

Sacred Ritual

What is Emotional Healing?

Emotional healing is not like physical healing. While physical healing requires rest, emotional healing requires work. It requires us to dive into the experience and commit to changing our lives. An emotional experience follows us around as it contains a message, we haven't been able to fully acknowledge.

Healing is remembering who you are.



Today's practice guides you into the sacredness of your heart and releases old pattern/s which are no longer part of you as you continue your journey to your true Self.

Step 1: Prepare your sacred space and ensure you are not disturbed for 30 minutes.

For inspiration or guidance, please refer to this article in my column *Food For Your Soul* [HERE](#).

We start our practice by connecting to a feeling of gratitude for this moment in your life and for allowing you the gift to connect to your own presence.

Please find your *Sacred Soul worksheet* overleaf. Please have a pen available.

Step 2: Opening your awareness

Listen to or watch the live recording by

Mei-lan - Song to the Divine (Live with Ali Pervez Mehdi)

Resource (YouTube): <https://www.youtube.com/watch?v=gS12HIF-t4Q>

Step 3: Reflection & integration

We take 5 minutes to remain in our presence.

Step 4: Going within

We are being guided deep within our hearts by beautiful Davidji

Resource (Spotify): Flow of Love

<https://open.spotify.com/track/48GF9RYbbk14yokkFIDff?si=Lo8hfNsAShq5GiAcjEYXqA>

Step 5: Reflection & integration

Write in your Sacred Soul Worksheet the gifts you have been given by your heart; each heart speaks differently. Some of you may get messages of clarity, in other cases you may notice old or new emotions. And, if your heart chooses to remain silent that's also fine.

Sacred Soul Worksheet

It is recommended to complete these questions while you are connected to your heart. Let your heart speak and guide you.

- I am grateful for
- Opening my heart to love, I feel/I sense ...
- When I fill my heart with love, I feel/I sense ...
- I feel resistance and blockages in my heart. I say, “I hear you and acknowledge you”. I write down what resistance and blockages I feel/I sense. I invite these emotions to become my teacher. Your emotions want to be felt and be released.
- On the path of becoming one with my heart I commit to 1 ‘heart opening practice’ for the next 7 days. I write down what I am grateful for:

From my heart to your heart
Claudia



About Claudia Roth

Claudia Roth, Founder of [Soul Luxury](#), draws from her experience as an international corporate executive in luxury hospitality and her lifetime interest in the connection between thoughts, emotions and our energy field known to create our life. She is recognised for guiding others to an inner state – a space within our own consciousness - where change happens. She works as a Quantum Energy Coach, is an author and personal change programmes.

She is an author. Her book [A 28 Day Journey to Self Love](#), a guided journal, is available on [Amazon](#) and from other major book retailers.