

# **SHE: Doorway to the Divine**

## **Eight Steps of the Holding Guided Meditation**

**1. Open to the Space Within You**

**2. Open Your Heart**

**3. Anchor Into Your Physical or Energetic Womb**

**4. Hold the Emotions That Emerge With Love and Without Judgment**

**5. Hold Your Feelings Until You Feel at Peace**

**6. Allow Yourself to Immerse Deeply Into the Silence and Stillness**

**7. Allow Yourself to Emerge Into the Light of Self Awareness**

**8. Notice Your “I AM”—Your New State of Awareness**

**ADDITIONAL NOTES:**