



# Grace of Light

LIVING A YEAR OF HEART  
CONSCIOUSNESS 2022



*House of light*

HEALING HUB

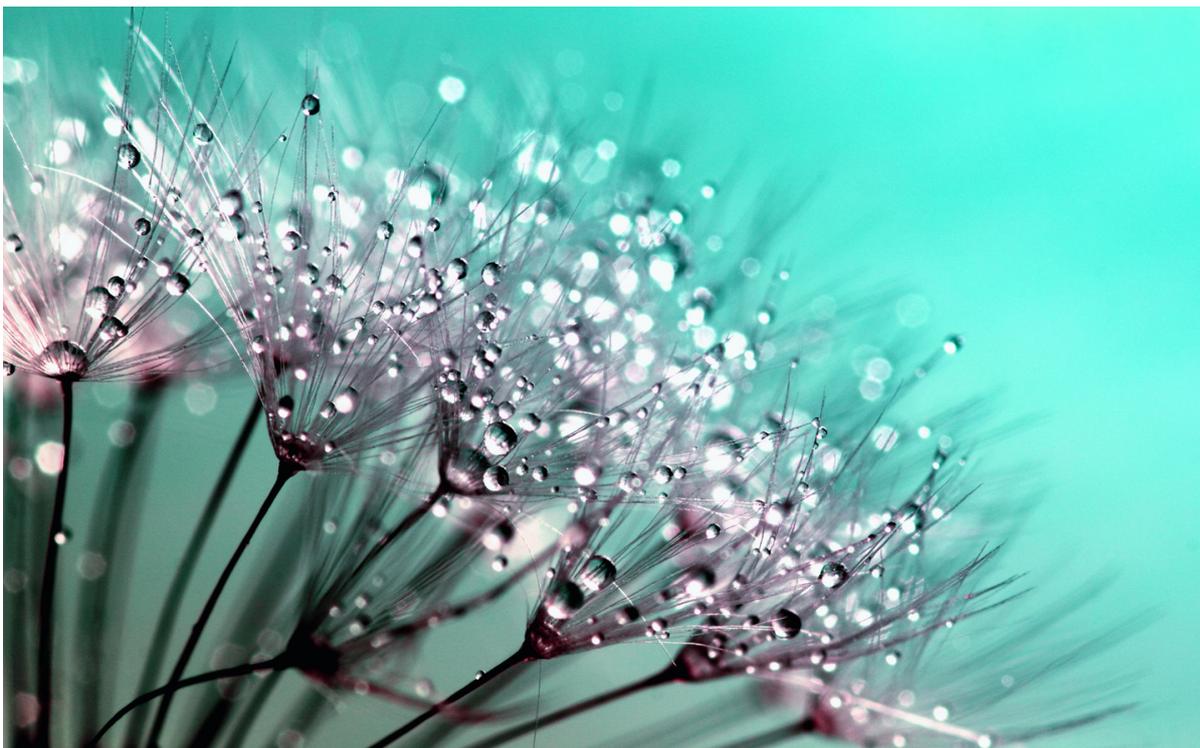
## Opening Practice for 2022

At whatever moment in time you connect with Grace of Light, whether it is month 1 or month 6 of 2022, this practice is an opportunity to lay the foundation of how the balance of your year will unfold.

The rising energy for 2022 being the Year of Jupiter, is where we are at one with the Universe, as it offers an exploration of self, knowledge, growth & expanding our connection with the greater cosmos. The energy of the year offers an abundance of good fortune, and an abundance of the intention you choose to lay seed for.

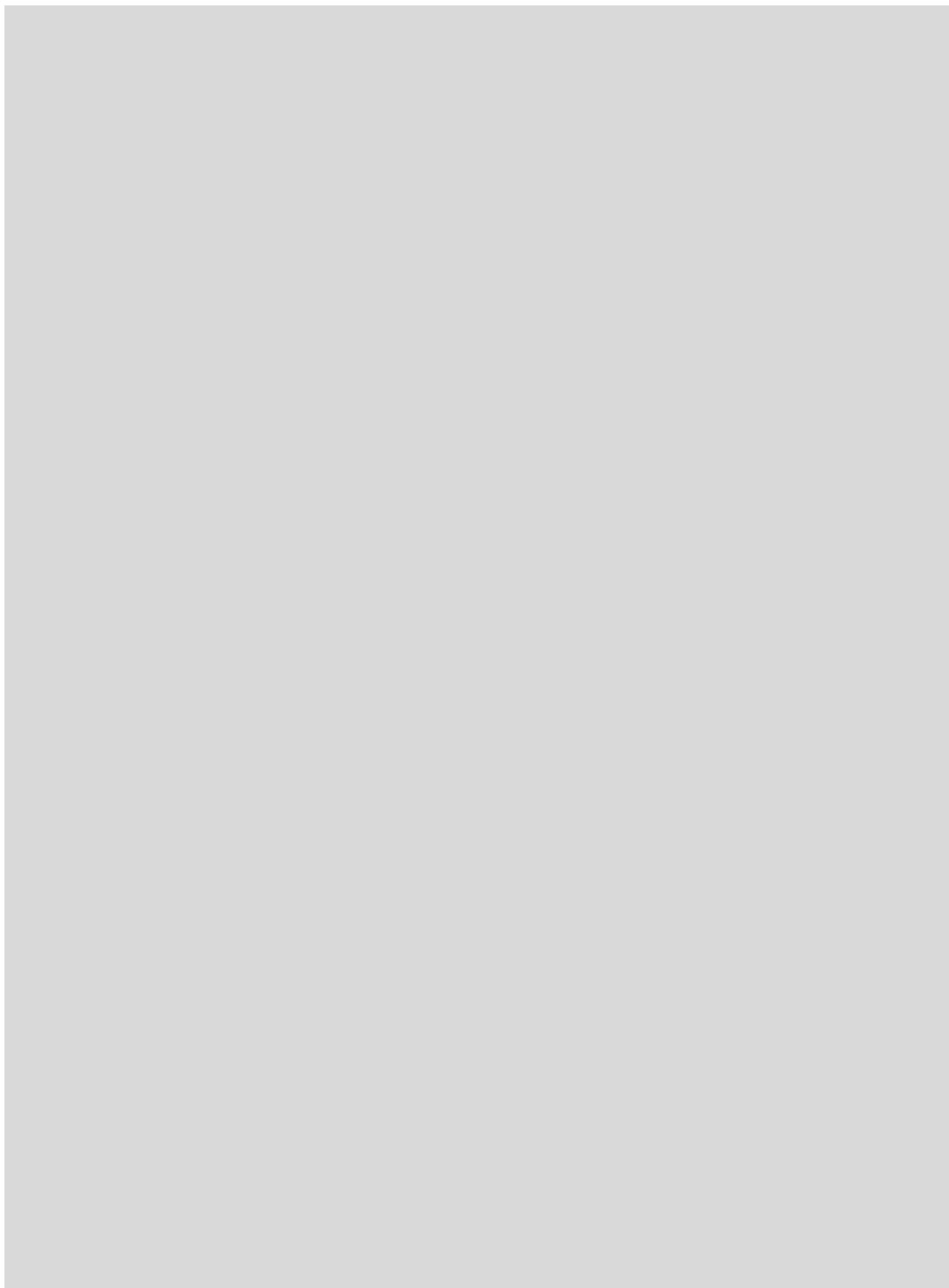
This is a rare triple number year which won't be experienced again until 3033. The number two in itself is linked to the moon ruling sign of Cancer which guides in monumental rays of compassion this year. The 22 vibration asks us to deeply consider the new foundations we wish to lay for our future and the evolvement of our new earth. This links into 2022 adding up to a 6 year, which welcomes in the energies of Venus, the planet of love.

We are being called back to nature as we seek new ways in which to live and sustain our lives looking forward. We release the lower vibrational bonds of fear and control, welcoming in waves of love and creativity of new, to guide our relationships and our collaboration in finding a loving balance on Earth for the greater good of humanity.



What lower vibrational bonds do you wish to release from your previous year?

Gift yourself the space to write and express .....

A large, empty gray rectangular area intended for writing and expression. It occupies the central portion of the page, below the introductory text and above the footer. The gray is a uniform, medium-light shade, providing a clear space for the user to write their response to the question above.

## A sacred closing of the old

Take a moment to head out into nature, wherever you are drawn. Sit on the earth, walk into the bush, lean into the magnificence of a tree. Stand in the watery bliss of a lake or stream, walk along the tide of water that flows up to a beach edge. Or stand upon a hill, a mountaintop, a ridge or a range, with your arms open wide to receive the magnificence of the landscape all around you.

Connect with your beating heart. Feel it respond to the healing energy of nature all around you. With each breath, feel the low vibrational bonds start to release, sending them deep into the folds of nature encompassing you. Giving yourself permission to let go of anything and everything that serves you no purpose. Giving thanks for the Earth and her mighty nurturing offering, to transmute these old bonds into new vibrations of love. Feel them, see them, sense them, being sent deep into the ethos of the Universe, for the greater good of humanity, and the greater good of your pathway looking forward.

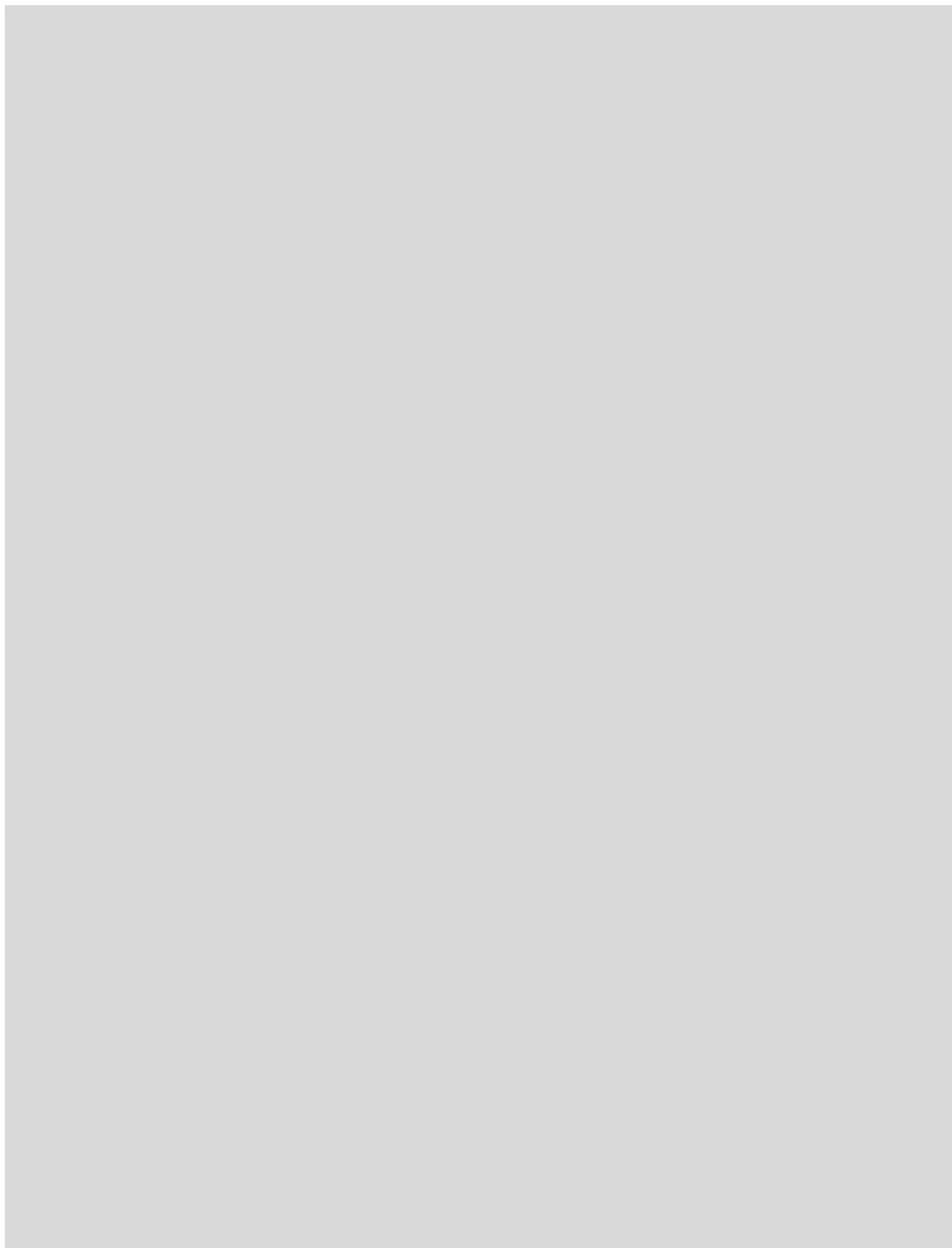
Now sit within the stillness. Feel the sensations of new gliding into your physical form, your energetic form. Draw in this new healing energy from the cascade of nature around you. Feel it wash over you, thru you, as it pools in your feet, anchoring you to the earth, to your journey and your footsteps. Feel a glowing pulse of green light within your heart space, a seed unfurling in recognition of your higher heart consciousness. An eternal source of bountiful love that will lead you this year. Beating in harmony, each step of the way. Guiding you, guiding you, guiding you.....

*(Connect with the "Gift of Release" online meditation in the Wellbeing of Stillness playlist should you wish to listen to a guided meditation to support this opening practice for 2022)*



## What gift were you offered thru this release to guide you forward into 2022?

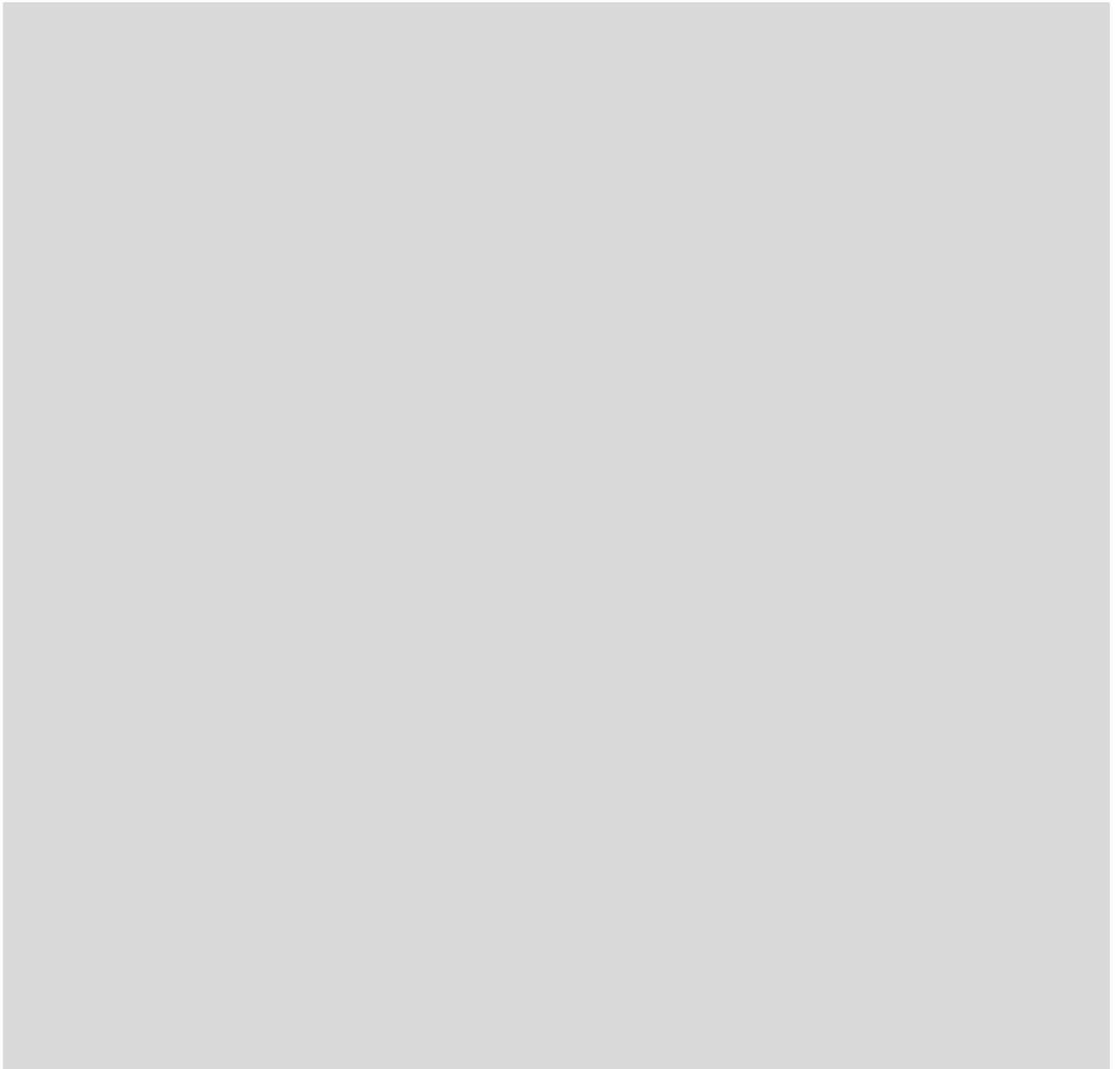
Share your thoughts & experience ....



## Intention for 2022

When we talk about intention, this is the practice of letting the Universe know what energy, events, significant experiences, relationships, dreams, visions we wish to manifest into our pathway. People often make a wish within their minds eye of what they hope for, however the true essence of manifestation is achieved when we write down, express, create an intention thru action, that the Universe in turn has an opportunity to knowingly respond. The final step, letting go of all expectation of how this intention shall be received, trusting in how, when & where the Universe will then deliver this to us.

Allow your creativity to flow as you express this intention. Will it be thru words, a written story, poetry, rhyme, colour, an image, photo, drawing ..... the choices are endless in how you wish to express and connect with your 2022 intention. Let the magic unfold.....



## 2022 Music Playlist

Create a new music playlist. Trust the songs that align in your pathway to add throughout 2022. The music you choose to add to this playlist throughout the year, will signify many moments that you experience. Whether its joy, exhilaration, celebration, sadness or challenge ..... Honour the music and the reminder it offers you in how you have revealed and how you have healed through 2022.

## Creative Expansion

2022 is calling us to invite in creativity, so how do we nurture this?

Our creativity flows from our sacral chakra (found just below our navel, encompassing our lower belly, reflected thru the colour orange). The sacral is also connected to our emotional body, sensuality, relating and relationships, feeling into the outer and inner worlds. Its element is water and the energy that stems from it offers us flow and flexibility.

Jot down thoughts of how you wish to invite creativity and new expression into your world. Is it through movement, dance, painting, writing, pottery, poetry, landscaping, sewing, music? Let your ideas flow, plant the seeds, & be open to the opportunity of welcoming this new experience into your 2022 pathway. We will walk a journey of discovery together as our creativity, our compassion and our collaboration for a new earth blooms.

