

Divine Plan Healing – Light Blessing

Thank you so much for registering.

How to Receive the Divine Plan Healing – Light Blessing

To receive the Light Blessing remotely, please make yourself comfortable in bed or on a sofa at the scheduled time. Cover yourself with a blanket up to your chest. The blanket is a symbol of the **unconditional Divine Love** that will surround and hold you throughout the Light Blessing.

Take a moment to settle down and leave the everyday world behind. Now consciously allow yourself to receive the Light and feel its energy touching you. You may wish to quietly repeat the following mantra to yourself:

- **I am worthy of receiving this divine love. I allow my Self to receive this divine love.**

The Emerald Heart Light and the loving energy of Mary Magdalene will flow directly to you for approximately **one hour**. You will continue to benefit from their effects for a further **24 hours**. Allow yourself to be surprised by what may unfold for you during this time.

Try to relax as much as possible during the Light Blessing. You are safe, and you can fully open yourself to receiving. You don't need to do anything, achieve anything or make anything happen. Simply be present and allow the Light to work for you.

Everyone experiences the Light Blessing in their own unique way. Therefore, it is impossible to predict what your personal experience will be like. Most people, however, enter a **deeply relaxed state**. You may even fall asleep – and that is perfectly fine.

You may feel surrounded by a **gentle, nourishing Light** or have the sensation of being **lovingly held and embraced**. Perhaps you will experience the energy in a completely different way. And even if you don't feel anything in particular, you can trust that the Light is working for you. You don't need to perceive or feel anything in order to receive it.

When you wake up after about an hour, or feel ready to get up, you may find yourself feeling **refreshed, revitalised and full of energy**.

Please drink **a little more water than usual over the next 48 hours** to support your body in eliminating anything it no longer needs.

From my heart, I wish you a **wonderful Light Blessing** and a deeply touching experience with Divine Plan Healing!

If you feel in any way uncomfortable after the Light Blessing, please don't hesitate to contact me by email.

With love and gratitude,
Daniela Hörath