



LightSpring Transformations

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Connecting to your Emotions

Price: \$12.00

Channeled from Polaris:

We would like at this time to assist you with the process of becoming more consciously connected to your own emotions. This does not mean *understanding* your emotions on an intellectual level. It simply will allow you to become more consciously connected to the emotions that are already present within you. We will call this “connecting to your emotions”.

We would encourage you, in order for a more complete connection to your own emotions, to listen to this visualization once a week or so, for the next several weeks to several months. You will know how often is best for you to listen to this. And every time you do so, you will increase the strength of your connection to your emotions. Each time you listen to this visualization you increase also, the connection to your own Self, and you manifest your Self more completely.

24 mins in length

[Vendor Information](#)