

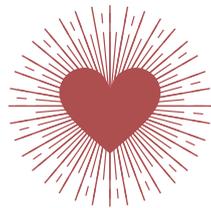
# Sacred Heart Journey

School for Mediumship, Channeling & Healing

## A 3-Year Path of Embodiment, Heart Awakening & Spiritual Development

This school is a 3-year journey of deepening. Not a fast training, but a path where you gradually open, develop and embody your intuitive and spiritual gifts.

Each year builds upon the previous one, guiding you from grounding and self-awareness → to spiritual connection → to living and expressing your gifts.



### The structure of the program

Every session is built on four essential elements:

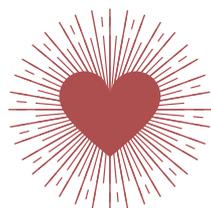
#### 1. Embodiment

Learning to stay connected to your body, regulate your energy and feel grounded.



#### 2. Heart Opening

Connecting with your emotions, truth and inner experience.



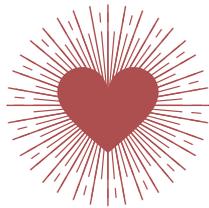
#### 3. Spiritual Connection

Developing your intuition, channeling abilities and connection with Spirit.

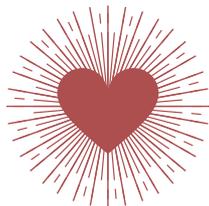


#### **4. Joy & Expression**

Allowing space for lightness, creativity and expressing who you truly are.



These four elements are present in every session, creating a balanced and integrated development.



### **Year 1 – Foundation & Embodiment**

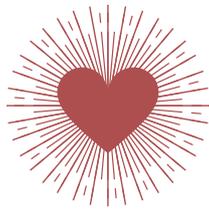
#### **Coming home to yourself**

In the first year, we focus on creating a strong and safe foundation.

You learn to:

- ground your energy and calm your nervous system
  - understand your sensitivity
  - feel and protect your energy
- build trust in your body and inner awareness

This year is about stability, safety and reconnecting with yourself.



## **Year 2 – Heart Opening & Deepening**

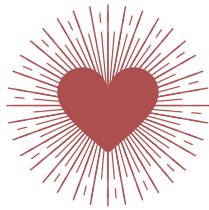
### **Healing and living from your heart**

In the second year, we move deeper into emotional awareness and inner truth.

You learn to:

- open your heart in a safe and supported way
  - work with emotions and patterns
  - deepen your self-awareness
- connect more authentically with yourself and others

This year brings emotional depth, healing and inner clarity.



## **Year 3 – Spiritual Connection & Expression**

### **Working with Spirit and sharing your gifts**

In the third year, your spiritual connection becomes stronger and clearer.

You learn to:

- channel and receive guidance
  - work with your spirit team
- give readings and energy healing
- trust and express your intuitive gifts

This year is about integration, confidence and expression.

**A path of deepening. This is not about rushing or achieving.**

It is about:

- growing step by step
- integrating what you learn
- and becoming more fully yourself

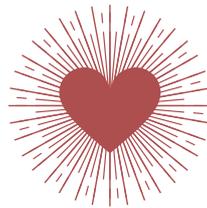
## **The result**

**After these three years, you will not only understand your gifts, you will be able to:**

- stay grounded and present
- feel and trust your intuition
- connect clearly with Spirit
- and express your truth in your life and work

**This is a path of embodiment, connection and living your soul.**

(you can do this journey also personal 1 on 1 in your own time)



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With Love

Maneesha