

## MIND, BODY & HEART CLEANSING

All of us prefer a clean warm home we can be safe in. Sometimes things stand in the way of creating the environment we long for. We have responsibilities, other people's needs to consider and our own personal roadblocks.

The same thing applies to our internal environments. Many of us long for a clean warm inner space we can be safe in. Sometimes things stand in the way of us creating the environment we long for. We have responsibilities, other people's needs to consider and our own personal road blocks.

This mind & body mental cleansing allows us the freedom to clean our inner sanctums by taking us on a deep exploration of who stands in the way and what to do to resolve it.

We needn't fear that our loved ones will need to be ousted for us to achieve success, even our most difficult attachments are with us for a purpose, you will find peace once you comprehend the outcomes.

Much of this mental work is analogous to spring cleaning. There are dark hidden corners; which need sweeping, webbed networks behind the scenes; which need to be accessed, pictures with dusty film; which need shining, light bulbs; which need replacing and clutter; which needs to be expunged.

Once we achieve the cleansing, it is time to remove the remainder of the toxins from the body, it will require soaking in the beauty of the new sanctum, digesting the nourishment of the new tranquility, releasing the toxins of the residual and ultimately your tender affection.

