

Good vibrations

Learn to open your heart, connect with the energy of the universe, banish negativity and live your best life

Love is the driving force of the world. When we do things for love, magic happens, we raise our spiritual vibration and anything feels possible.

Yet it can be easy to become disillusioned by setbacks, let our hearts become closed off and retreat into ourselves. If we exist in a place of fear like this, we become disconnected from ourselves and our true desires, as well as the people around us who can inspire and support us.

How then can we flip the switch and open our hearts to the universe so we are operating on a higher spiritual vibration and making the best of life?

Jane Bliss is a transformational life coach who guides others to heal past hurt, shift limiting beliefs and open their hearts to live their best lives.

'When we open our hearts to the universe, we understand that we are more than the flesh and bones that make our body, we are part of universal energy,' says Jane, who works with clients all over the world and from her London-based clinic.

'We are vibrational beings that are created from source energy and we are all connected. As we open our hearts, we choose love over fear. We move to a more centred place of trust and we have more acceptance and flow. The entire universe opens up to us and the possibilities are endless.'

Here, Jane shows you the transformational techniques she's developed over the years to help you connect with universal energy and harness a brighter future.

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Light up your life

This pink light technique to heal relationships and hurt can be practiced daily and only takes minutes

Try it now!

1 Find a quiet space. Relax and think of a time you felt loved.

2 In your mind's eye, picture pink, loving light radiating out from your heart and encompassing you. Stay within your pink, loving light for the entire exercise.

3 Bring to mind a loving image of yourself (recent or from childhood) and project this part of you outside

of the pink light bubble surrounding you. Cover the image with the pink light radiating from your heart.

4 Next, imagine a loving image of each member of your family - partner, children, parents, siblings. If you can't create a loving image, just picture them as they are.

5 Cover each person in the pink light, then let them go and move

on to the next person.

6 Do the same with anyone who you have an emotional charge or discomfort with.

7 Allow anyone else to appear, cover them with the pink, loving light and let them go.

8 Finally, return to the loving image of yourself. Cover that image in pink light too, then let it go and open your eyes.



Believe in yourself

Jane believes the first step to opening your heart is to face limiting beliefs and address your inner critic.

'From a very young age we create beliefs about ourselves that limit who we really are and how we operate in the world,' says Jane. 'As we grow up this can affect every aspect of our life and drive our decision making. Life experiences lead to challenges, pain, heartache and broken hearts. Walls can then be built around the heart to protect it from being hurt



or feeling pain again. Closing the heart centre is a learned response of how to cope with emotional pain. Yet it doesn't ultimately serve us because it blocks us from being who we really are and doesn't allow life to fully shine.'

Jane explains that by observing our thoughts and what we are telling ourselves to be true, these walls can be broken down.

'We all possess an inner voice, an internal commentary on who we are,' she says. 'Our inner voice can encourage and support us and can also criticise and judge. It can block our

ability to give or receive love. It is important to notice whether you are listening to your inner wisdom or your harsh inner critic. Your inner wisdom will guide and inspire you towards your truth, whereas your inner critical voice is an internal enemy that blocks your truth. It is negative and self-critical thoughts that undermine positive feelings about yourself and show up as defensiveness, distrust and inwardness. It may tell you 'you always mess up', 'you could never do that', or 'no one will ever love you'.



ON THE SCALES

The ancient Egyptians believed the heart played a role in the spiritual dimension. Upon death, a person's heart was weighed to see how much good and evil it contained and then placed in a special urn for burial.

Know the signs

'You can practise recognising when fear and doubt are drowning out your true inner voice,' says Jane. 'You are listening to fear and doubt when you feel stagnant, unfulfilled, resentful or angry. You are listening to your true inner voice, your innate wisdom, when you feel good, empowered, inspired, authentic and hopeful. Each time you hear your inner critic, take a moment to yourself, imagine fear and doubt subsiding and the voice becoming distant until it fades away.'

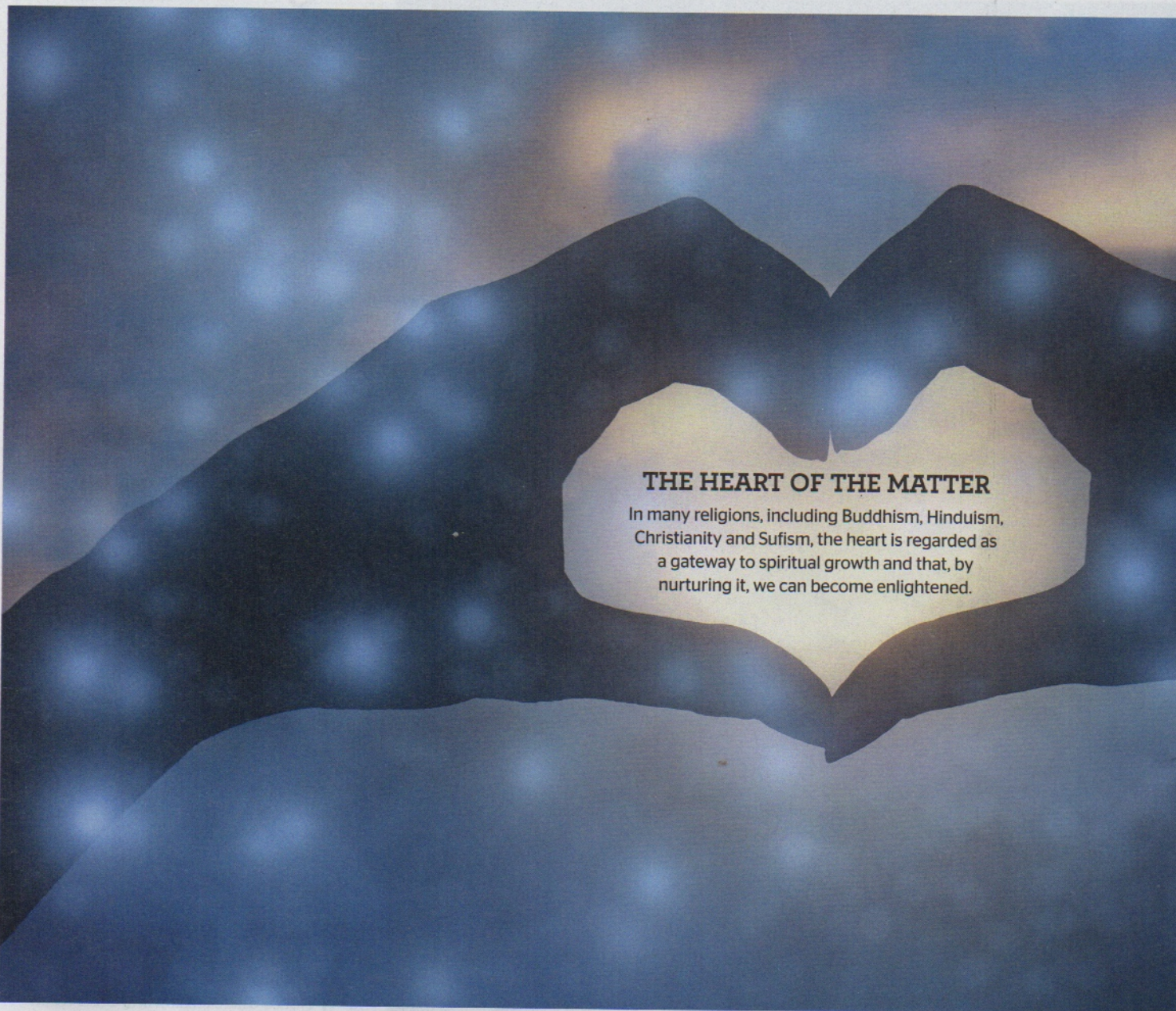
This body scan technique will help you find and heal emotional blocks held in your body.

- 1 Sit or lie in a comfortable place. Set an intention to identify where the block is in the body. Ask your subconscious mind to bring into your awareness where the block, pain or hurt is being held. Take three deep breaths, close your eyes and allow your body to relax.
- 2 Begin the body scan. Start to send your awareness through your body, one area at a time. Start with your head and face.
- 3 Notice where tension lies. Observe any uncomfortable sensation you're feeling. Notice any tightness, pain or pressure. Do you feel concentrated 'energy' here? Stay in this area for a few minutes. If you don't feel an uncomfortable sensation, move to step four. If you do, go to step five.

- 4 Move your awareness through your body one area at a time. First to your throat then shoulders, chest, down to the stomach. Repeat step 3 at each area before moving to the next.

- 5 Stop if you feel any uncomfortable sensations and focus your attention here. Breathe into the feeling. Visualise the tension, pain or block being healed. Allow it to leave your body through your breath. Let it evaporate into the air. It may become more intense as you focus on it but stay present and know that you are allowing the body to process, heal and release.

TURN THE PAGE FOR MORE



THE HEART OF THE MATTER

In many religions, including Buddhism, Hinduism, Christianity and Sufism, the heart is regarded as a gateway to spiritual growth and that, by nurturing it, we can become enlightened.

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Now you can start to tackle shifting your emotions to an improved state of being, which you can do using techniques to alter your focus.

'Every day, each interaction, thought and reaction, has an impact on your overall energy level and state of being,' says Jane.

'Each choice made influences whether you are moving in the direction of raising or lowering your personal vibration.

'Emotions such as fear, worry, anger, hate, guilt, shame or blame all have a low vibration and can make us feel out of alignment.

'The way that we can resolve this is to raise our frequency by moving our state of being from one of resistance to a place of acceptance. Then our body can move back into balance and into harmony, which is our natural state.

'There are so many different methods and approaches that can help shift you to an elevated state of being.'

MAKE A CHANGE

One quick and fast-working approach is to shift focus. Where your mind is focusing attention has a powerful effect on your state of mind and how you feel. Where is your current focus? Are you focused on things you fear, something displeasing, or your failures? Or are you focusing on things that make you feel good, excite and inspire you? A change in focus right now to accept the present moment will instantly sooth as resistance is released. Notice the emotional shift as your body moves towards alignment.

FIND HARMONY

'Another tool to shift vibration is using tuning forks,' continues Jane. 'The use of sound in

healing has been recognised since ancient times. The low vibrations caused by lower emotions can get stuck in the aura. Tuning forks send sound waves into the body's energy field to help change its vibration and restore harmony in the body. Raising your vibration with tuning forks can help shift the emotions and, therefore, achieve a sense of improved wellbeing.'

Keep yourself in check

Jane's techniques can be used daily to help you keep your heart centre open and be master of your own life. It's not all sweetness and light, however, because as we go through life, challenges and painful emotions can surface. Jane sees this as another opportunity for your spiritual growth.

'As you open your heart to the universe, be willing to receive what life brings you,' encourages Jane. 'If life brings challenges, trust



Feel the love

Try it now!

This morning ritual can open your heart to universal love and encourage peace and oneness

♥ Find a peaceful place, ideally out in nature.

Stand up with shoulders back to open and extend your chest. Keep your knees slightly bent to loosen them. Take deep breaths and focus your awareness on your heart.

♥ As you breathe and relax, imagine your heart centre glowing and filling up with more light with each breath you take. Notice how good this feels.

♥ Imagine your heart opening a little and let this light expand all around you, connecting you to the universe.

♥ With each breath, imagine your heart opening further and continue until your light is radiating out in all directions. Know that you are connected in this universe of energy, it is within you and you are connected to everything.

♥ If other thoughts arise, allow them to pass and return awareness to your heart filled with light, connecting you with everything.

♥ If you feel some resistance, or if your heart feels closed, try to imagine a wall that has

been built up surrounding your heart. Visualise very small cracks in the wall to allow a tiny fleck of glowing light to shine through. Slowly allow a little more to expand out and connect you with the universe.

♥ Each time this ritual is practised, allow the cracks to grow larger until your heart fully radiates light in all directions. Know as you open your heart you are becoming more empowered and connected. With an open heart you can let all the good of the universe in. You feel more inspired and alive. Know that all is well. ●

there is a lesson and that expansion and growth will follow. Growth may bring tension but we need to keep progressing, otherwise we stagnate. You will move through these challenges with more ease as you live more and more in alignment with your truth.

'As you experience painful emotions, sorrow, or sadness, try not to bury these emotions or behind layers of hurt,' advises Jane. 'Buried and suppressed painful feelings may be hidden but they're still there somewhere and may show up in other ways. They block the flow of love in your life and you will experience stagnation. Instead, become present, breathe, allow yourself to feel the pain, and keep your heart open. By breathing and opening your heart to allow love in, you are able to let the challenge go more readily. You take away its power and become the one in the driving seat.'

♦ **More info** visit janebliss.co.uk



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