

# PUTTING SOME ENERGY INTO IT:

LETTING THE LOVE FLOW THROUGH YOU

## TODAY'S CHALLENGE

We all have energy within us, of course! Today, the challenge is simply to imagine (will) some of the positive energy that flows through you to flow on to blessing something else that you see – the ground that you walk on, a tree that you pass, or the birds that you see in the sky.

As you do this, you might like to imagine a stream of light flowing through your legs and feet, or along your arms and passing through and out of your hands. Think and believe that you are sending positive energy in you to offer a blessing to what you brush near or see.

SHARE: your thoughts on using this willing intention approach in the Facebook group.

**Remember to offer encouragement / comment on Facebook posts added by others** (not necessarily for today's challenge).

*Clive x*