

Basic Information: Welcome to *“Into the Mystery of Love & Relationships”*

BASIC INFO:

All healing is inherently done by your own Self from within yourself. The MP3s act as resonating, attuning, and activating devices that help you into remembrance of your own wholeness. They are timeless and work outside time and space in the field of quantum entanglement, which means we are all ONE and connected.

Arathi Ma’s work never uses hypnosis. There are no subliminal mental messages, only spiritual true light frequencies. Depending on your own growth and readiness, you will respond in a deeper way, or “pull out” more energetic information, each time you listen.

ON LANGUAGE:

In the wording of the recordings, you will hear the descriptions of LIGHT coming from above or below, or within. The Light we speak of is YOUR OWN TRUE LIGHT. The terms Spirit, Light, Self, God, Creator, All there IS, are all interchangeably utilized.

Depending on your time-space continuum perspective at each moment you are listening, the momentum of direction of the Light varies and can change and be different for each person and at each given time. In fact, you may experience Light as Peace, Stillness, Bliss, Neutrality, etc.

This is all good. Allow yourself to remain organic in the process. Know that Your Higher Self is orchestrating each healing step. Trust in that and feel free to participate more deeply, if needed by stating “yes” when processes are offered.

YOUR BREATH:

Your breath essentially is and transports your spirit, which in this package is given the authority to lead in the healing and clearing processes as the heart centre is directly involved in breath and prana (energy).

HOW TO START:

There is no harm in starting with any one MP3. For better results, please, begin with the **“Opening to the Infinite Heart”** and **“Seeking Refuge in the Heart of All there IS”**. Then, you may continue as you prefer or need. It is advisable to listen a few times aloud and then for continued work, you may silently loop them 24hours or as you wish.

YOUR MP3S:

Please, make sure you **back up your MP3s**, being your digital property now, to a flash disc, another hard drive, drop box, Icloud, etc.

Too often, just having them on your phone or computer causes one to loose them during the next software update, phone loss, or failure.

FAMILY & OTHERS:

Each MP3 is activated to work only with the person who purchased this package. As you change in your capacity to relate, others will be prompted to change as well, or you will see them differently, because you changed.

Thank you,
Enjoy!
Arathi Ma

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