



## **Heart Mantra – I Am a Channel of Light**

The power is always within me, the light is there within me. The light of my soul holds me, guides me. The light guides me every step of the way.

I open my heart and mind to the light. I open my heart and mind to the light of my soul.

This light clears all doubt, clears all confusion, clears all fear.

My inner channel is opening, from crown to base, from heaven to earth. I feel this light, I feel this flow of light.

I open now to a greater flow of light, the light that guides, the light that informs, the light that shows the way.

This light flows through me, this light radiates from every cell of my being.

I am here as a clear and pure channel of light. I am a channel of light. I am a channel of light. I am a channel of light.

