

# Release the Resistance

## April 2025 Insights

Insights (*noun*) – Your list of items - *transformation, light, and focus* to release the resistance that no longer serves you.

### ENERGY

Feel the powerful energy that flows through this sacred space. Feel the deep sense of awe and tranquility as Merlin teaches you the mystical energy skills to release the resistance to transform your life into peace, abundance, and joy.

*Lesson – Visualize the glowing orb of light entering your heart. Feel its warmth and radiance spreading through your entire body, dissolving any resistance or negativity. Allow this light to expand, creating a protective and uplifting aura around you.*

### GUIDES

Cleo's plays a gentle, enchanting melody, and you feel a deep connection to the universe and its infinite possibilities. Merlin tells you to focus on what you wish to manifest—peace, abundance, and joy. See it clearly in your mind's eye and feel it in your heart.

*Lesson – Close your eyes and imagine this light filling your heart, illuminating every part of your being. This is the energy of transformation to release resistance.*

### MINDSET

Visualize your desires. See yourself living a life filled with peace, abundance, and joy. Feel the emotions of gratitude, contentment, and happiness as if they are already a part of your reality.

*Lesson – You have the power within you to create the life you desire. Trust in your inner light and let it guide you on your journey.*





# My Insights Journal

Journal your experiences for this month below.

**ENERGY**

**GUIDES**

**MINDSET**

