***FORGIVE AND LOVE YOURSELF BUNDLE***

Hello. Thank you for your interest and trust as you journey through healing.
I am Heather Boodhram of Happiness Infectious.
Below are two brief but powerful meditations I have created to assist you in your inner healing.

- This meditation guides you step by step through speaking directly to your inner child.

https://drive.google.com/file/d/15Zjg4Xt_KcZxWmHNoADEKvNqI5OsUiVQ/view?usp=share_link

- This meditation is perfect for when you are busy and want to get straight to the point.

https://drive.google.com/file/d/15Zna-6rNo1kvn9kKp8K9J1osEzgSqrzi/view?usp=share_link

---

Follow me on IG: https://www.instagram.com/happinessinfectious.

hi HAPPINESS INFECTIOUS