



## **Starlight Essence March 2019**

### **95 Divine Humour**

Divine Humour comes from the joyful flow of divine light which is expressed in the diversity of creation. Completely detached from the polarising forces on Earth, Divine Humour reminds you of your own divinity. This essence grants insights from a higher level thus making it easier to connect with your own light and joy. The essence helps you not to take yourself too seriously or to give too much power to situations in your life; and it helps you in finding solutions from the level of unity. Divine Humour awakens the consciousness for the great cosmic game helping you to find your own joyful expression and to bring it into your life. Divine Humour brings guidance that you may live your life harmoniously in accordance with the divine plan. Divine Humour frees you from being stuck in certain situations and patterns helping you to shape your life through happiness.

#### **Daily application in March:**

1. Place one drop each onto the lotus, brow, throat, heart, solar plexus, sacral and root chakra, both knees, the shoulder points (GB 21) and into your mouth.
2. Hold the essence with your arm stretched above your lotus chakra and lead the essence toward your lotus chakra. For the other chakras you hold the essence with your arm stretched out in front of the chakra and lead the essence toward the chakra, then make a clockwise turn around the chakra. (Brow to root chakra)
3. Repeat for both knees.
4. Allow the energy to flow for 5 – 10 minutes.