

# HELLO MY DARLING

## I LOVE YOU

MORE THAN WORDS CAN EVER SAY.

- 1) Fix your eyes on a point in front of you and focus on it for as long as possible without straining. Feel your emotions, your feelings as you do.



- 2) Circle your eyes clockwise 10 times, anti-clockwise 10 times anti-clockwise, looking at what's in your line of sight .

- 3) Fix your eyes on a point in front of you and then turn your face slowly to one side, so your nose is pointing towards your side.

Then turn your face the other side slowly, always keeping your eyes fixed on the point in front of you.

- 4) Find two points and merge them into one by crossing your eyes. Hold the sight, feeling your feelings.



- 5) Then choose one point, and crossing your eyes split it into two. Hold the sight and feel how you're feeling.

*There are some things only love can heal. For everything else there are herbs.*

Caraf Avnayt - <https://herbal-treatments.com>