

# Infinite Blessings

Divine Grace Blessings for specific Intentions  
to create the life of your dreams.

## How to use this project

This project was created to assist with the opening, expansion, enlightenment, awakening and healing of all sentient beings on our planet today. From doing a lot of spiritually uplifting workshops, private sessions, live, and over the phone with people all over the world, I've experienced that the grace that flows through can be transferred in an innumerable amount of ways. One way is through music. I thought it would be particularly effective to help people through this medium.

Receiving specific Intention Blessings gives an extra energetic boost to get your life in the flow of Grace, in the flow of life.

Please note that it does not matter whether you feel anything physically or not when you listen and receive these Blessings. Some people feel nothing, some feel a lot, it depends on the person and rest assured has nothing to do with how much energy your receiving or if it is working. It is working, it does so every time!. Just relax and be open to receive. Then take notice of how your life changes and shifts for the better in ALL areas of your life. At the bottom of this page are stories from people from around the world who have received Grace Blessings and the amazing transformations that they have experienced.

I want to speak a little bit about how to use this project. Please do not listen while driving your automobile. The energies that flow through the tracks are very powerful and can put you in various high states of consciousness that would not be appropriate while driving. Listen when you have time to yourself to go within, bask in the energy, receive and rest. You can choose to listen and receive a Blessing from one track per day. To do this, simply sit quietly eyes closed, spine erect, hands gently folded on your lap. Listen to whatever track speaks to you at the time and you will receive that specific Blessing through the music. It is strongly suggested that after you listen to a song and receive a Blessing, lie down flat on your back palms up for 15-20 minutes to assimilate the energy. If you have more time you may listen to the entire program and lie down and rest at the end for the suggested period of 20 minutes.

There are 7 tracks on this program and each have specific Blessings placed in them.

Track number 1 is entitled Forgiveness. This assists in setting your relationships right.

Track 2 is Peace. Which gives a blessing for a peaceful mind

Track 3 is Love. Flowering of the heart

Track 4 is entitled Physical Healing. I placed specific intentions into this track to assist in returning the body to a more perfected state of being, kind of like our normal healthy selves you might say.

Track 5 gives a special dispensation of Divine Grace. Grace can lift all pain, burdens, heaviness and limitations. This is very soothing, freeing and liberating.

Track 6 is titled Abundance and Prosperity. The blessings are for increased health, wealth and abundance on all levels and for all aspects of our lives.

Track 7 is for Enlightenment and Awakening. The Grace Blessings that flow through are very powerful and activate the enlightenment process.

All materials contained herein are designed for spiritual enjoyment and to be personally and spiritually uplifting. This information is not designed to provide medical advice, and is not professed to be a physical or medical treatment. Erica Rock shall not be responsible or liable for any medical-related claims inferred from these materials.

The energies and Blessings you will receive are life transforming in ways you cannot even dream of.

## About the Creator of Infinite Blessings Project:

**Erica Rock is a dynamic spiritual teacher and healer** that radiates Divine Grace while she was in silent communion with the Presence speaking to no other human being. Erica has been interested in health, healing and consciousness expansion her entire life. She has always had an innate knowing that the potential of the human being is tremendous and has sought to see how far she can go and how she can ignite others to awaken to their unlimited potential. One of her gifts is to spark the innate talents and abilities that are lying dormant within people so they can fully realize their life purpose.

**She holds a Bachelor's in Social Work, Doctor of Metaphysics and Holistic Healthcare Practitioner degree.** She specializes in nutritional counseling. Helping people to live more healthy and joyful lives through proper nutrition that is right for their unique body and lifestyle.

**Erica has been noted as a "free spirit" by her family** and friends and has always paved her own path, she enjoys experiencing life to it's fullest and exploring life to learn for herself what is true. She had been urged from within very early on not to read many spiritual books but to instead, learn directly from the presence and through direct experience. She strongly supports her clients in this endeavor as well.

**Erica is highly intuitive** and shares with clients profound wisdom, insight and clarity.

**People awaken to who they truly are,** freeing themselves of everything that is not really them so people live from a place of peace, love, freedom and joy.

**What Erica is most passionate about is assisting people** in having direct experience of the divine presence within. Not only having that direct experience but bringing all challenges and struggles to the presence and discovering expanded resources, deeper peace and innate wisdom in which to move through life more gracefully. This is full empowerment

To contact Erica to book a workshop in your area or schedule a private session live or phone call 603-512-3865 or email Erica @ericarock.com you may visit her websites [www.ericarock.com](http://www.ericarock.com) or [www.divinegracefrees.com](http://www.divinegracefrees.com)

## Stories from people who has received Grace Blessings and Physical Healing through Grace from Erica :

"I sometimes get migraines, from stress, but I have not really been stressed, the Grace Blessings have been moving things. Today as I was traveling to my part time job after working my full time job, the migraine started. It was way worse than normal, it felt like my 3rd eye and crown was going to explode, the pain was intense, then all the other symptoms of the migraine came, well needless to say I never made it to my other job, I took the migraine pills (which did not work as they always do), got home, put a towel on my head with ice, and lied on the couch. I was experiencing the pain and discomfort for quite some time and then I said to my self, " FEEL THE FEELINGS", and all of a sudden the pain and all of the symptoms stopped, as if it never had just happened!!!! I believe this was some sort of fur ball, or maybe my chakras are opening!!!! I just had to share this!!! Erica, Thank you for everything!!!! I'm so glad you have touched my life. (A NEW LIFE IS JUST AROUND THE CORNER)!!!! Love Sheila"

"I want to write you and tell you all the things that are or have transformed, I have definitely gotten rid of much fear and still awaiting a business partner connection. Yesterday was a huge milestone for me personally, I ended a long time hatred/dislike that just turned into love for 2 people that were at a party/shower for me! Thank you again, W. K. Pennsylvania"

(after days of having knee pain that was so bad this client had to leave work and go to the Dr.).....after less than 10 minutes of being on the table she got up walked around and her pain was completely GONE! All of it within minutes.

"I don't know what you did to me yesterday during our session, but boy do I feel differently today. I feel optimistic again. My pain from my fibromyalgia is GONE, I mean gone. I did not have to take any of my pain medication this morning! That is a miracle. Plus I walked an entire mile with no pain at all! The relationship I was worried about seems to be resolving itself as well.....my friend whom I hadn't heard from in 6 weeks called me the same afternoon as our session. I feel fantastic and I want to thank you and I cannot wait until my next Grace Blessing session. thank you Erica." B.T. Hampton, NH

"Well it is official, I no longer want to drink alcohol. It doesn't even taste good to me. Any cravings or desires for it are GONE!" I was trying to fulfill a fundamental need within myself through drinking, which of course never worked, I wanted to feel at peace in my own body. Now that I feel peaceful the need or desire to drink is just gone. Amazing!"  
T. L. Dover NH

"I received my first Grace Blessing today with Erica and almost instantly shifted into a state of flow. Only one day prior my head was swimming with things that needed to be done, unanswered questions as to how to proceed, and severe angst about a relationship. I was a mess...a mental and emotional mess. After the Blessing I felt relaxed and oddly at ease. Nothing that I needed to do had changed but my state of being dramatically shifted into a space of letting things flow. I wrote a list of what I needed to do and started on the first item, a painting project for a friend that had seemed like an obstacle course of needing materials, space to paint, running to the store, etc. All these things had kept me in a state of inertia as time marched on and nothing got done. As I began working, the same obstacles arose, but instead of thinking about all the errands I needed to run and all the materials I needed to buy, I found solutions right under my nose. Everything I needed was right there, including the ingenious ideas I had as to how to get there without running around. I never left the house that night and the project is done. What I had put off for three weeks I completed in a night. I can't begin to describe the sense of peace that comes when you are in the flow, when life gives you what you need when you need it. The angst is gone and, because of this simple experience, I am beginning to trust that the more complex issues will find a resolution as well. I feel an inner peace about all of it. Thank you Erica! " Alex LeFavre Imagine Life Coaching, Portsmouth NH

"Since my Grace Blessing I am finding that I am not wanting any wine at night anymore. I knew that the wine was helping alleviate some boredom I was feeling in my life. Well now I feel SO ALIVE and present in each and every moment, the craving or desire for the wine is simply gone. Without any work!"  
Anonymous, New Hampshire

“I could give you a daily update about how great things are going since my Grace Blessing! First of all, and this is HUGE.....all fear is GONE. It has simply vanished. I had been feeling chased and enslaved by fear my entire life and it was beating me down. After my Grace Blessing with Erica, I AM FREE! No more fear! Also, a dear relationship is resolving on its own without me having to DO A THING! How amazing! I have this sense of peace and knowing about my life that everything will be alright, and it is not an intellectual knowing it is a deep down in my heart knowing. Thank you so much! A. L. New Hampshire”

“After Erica did Divine healing on my right knee and my neck, both had been giving me so much pain, the pain had subsided by over 50% by the morning! She only worked on me for about 10 minutes! I am looking forward to spending a longer session with her and resolving the rest of the pain completely!”  
B. V. Michigan

“Dearest Erica,  
Thank you so very much for my Grace Blessing & Divine Healing... it was very gentle, I rested & felt the energy flowering & blossoming through me, but softly.”  
A.M. United Kingdom

“Wonderful Erica, Thank you SO much for the incredibly powerful Grace Blessing last night.... I still can't believe I actually felt my vibration as it rose, that was one of the most incredible experiences. Thank you so much! I was filled with energy & buzzing, and felt really warm and tingling all throughout my body.

I \*really\* want to feel was God's love, and to experience the Divine as a Friend -- I still have not felt those things, but last night I did come close.  
I know I am loved intellectually, but I now know to remember to savor the waiting until the day comes when I actually can \*feel\* the love. I think the blast of Grace works wonders on re-educating my body.

You're a most astonishingly powerful and gifted Giver, you sparkle like stardust! Thank you so!”  
A.M United Kingdom