

ORGASMIC LIVING EXERCISE

Get Ready for More Juicy Living

Welcome to Your New Life!! You get to create it which makes it even MORE powerful. The more you step into your ideal life, the more the world around you gets uplifted.



You deserve to live an absolutely orgasmic life!!

DR.KYIA



Orgasmic Living means having enough energy and vitality to enjoy your daily activities, having the love of the Universe infusing and surrounding you and your day, and having all of the resources you desire to feel completely fulfilled. The more we can connect into the energy of the Universe...and I will show you one of those energies...the more we can use that energy to create our ideal lives.

Hold on tight! As you do the following exercise daily, your life will start to change and rearrange. Continue doing the practice daily, even if it looks like some things are moving out of your life. Believe me, these are the things that are not serving you any longer. Continue to remain high-vibing and allow the Universe to bring in something even greater than what you asked for.

If you would like more guided manifestation coaching to bring in your ultimate desires, then please contact me at support@drkyia.com. I'd be happy to chat with you about how I can help you step into your power and purpose even more!!

Now, go have some fun creating your Orgasmic Life!!

ORGASMIC LIVING EXERCISE INSTRUCTIONS

Step 1: We are going to harness the energy of the Universe/God through gratitude to “do” the “work” for us!! You will write down what you are grateful for...but with a caveat. You will continue writing why you are grateful for that thing/person until you can feel the gratitude gushing in your heart.

Step 2: Once you feel this gratitude and wonderful feelings spilling out from your heart and you feel really uplifted, light, and high, you will write out your ideal life (or situation, or romantic partner, etc) in the present tense as if it is happening now (or has already happened). Pretend that you are telling a friend about all of the wonderful things that have happened.

Step 3: Release any blocks to receiving this. If any niggling doubts or “what ifs” or “buts” come up during the exercise, these are areas of energy that are keeping the manifestation from coming faster. You can write these down and ask you Higher Power to remove these from you. You can imagine putting these thoughts into a ball of energy and seeing it carried away into the sky.

Step 4: Be Open to Receiving. Once you start doing this exercise, your life will start to shift and rearrange. Be mindful to pay attention to any nudges or synchronicities. You’ve done

your work by completing the exercise and getting into the energy of gratitude. You can reconnect with your ideal vision throughout the day if it feels good.

Step 5: Get Help if you need it. If you are doing the exercise daily, you should start to see things changing quickly. If this isn't happening, then you may need some extra support, either in clarifying your vision, releasing the blocks, or building up your faith muscle. You can contact me for an Orgasmic Living Session at support@drkyia.com and I'd be happy to chat with you about how I can support you stepping into your "Juicy Life!!"



Love and Hugs!!
Dr.Kyia

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Step 3: Identify and Release Any Blocks (write down any niggling thoughts that say you can't have what you desire..

**Now ask your Higher Power to release these blocks gracefully and easily and bring to you what you desire in the highest way for all involved! If you need help releasing the niggling blocks, then please reach out to me at support@drkyia.com for an Orgasmic Living Session. I'd love to support you!!

Now, go play!! Reconnect to your vision, relax and be open to receiving what you have asked for, and ask for help if you need it 🤗 Much Love To You!!

Dr.Kyia

www.drkyia.com

**Make sure to print out multiple copies. You will want to do this exercise daily to stay in the energy of what you are receiving.