

PAM'S MAP

January 2026

TOPIC: Procrastination

PRAYER:

Today I release all fears and any feeling of lack that causes me to procrastinate. In gratitude for your assistance, I call upon Arch Angel Michael, all my guides and Master guides for assistance as I now release (with grace and ease) all fears that may be blocking me from showing up as the Highest form of myself today and forever more.

AFFIRMATION:

I AM inspired, energized, and living in the flow of Divine Awareness, Divine Order. Divine Creativity, and Divine Love, NOW, and forever more. I AM grateful. So, it is! And it is so!

MEDITATION:

You may want to find a comfy place to sit or lie down for this meditation. Let your body relax and breathe in slowly to a count of 4, hold to the count of 4, release to the count of 4 and blow out any residual breath to the count of 4. Repeat this 3 times and focus naturally on your breath.

*Note: If the counts are not comfortable for you, you may want to try a lesser count in, hold and release.

Now simply ease into your natural rhythm of breathing.

Visualize:

Visualize, with your eyes closed, that you are standing on the shore of a great ocean.

You exhale and release all fears to be transmuted.

The water moves out taking all fears to be transmuted and cleansed.

The sun is slowly coming up and is shining brightly. The clouds are parting.

Feel:

The slight warm glow on your skin as the sun begins to rise and shine on your face, slowly warming your whole body.

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You are now becoming one with the light.

Feel the blissfulness.

Your breath is light and slow.

Continue to connect with the warmth of the sun and the loving presence of your I AM presence.

Your connection is strong.

Notice any sensations that you are feeling in your body right now and where they are at, without the need to fix anything. Just notice and take a mental note of them.

As you breathe in the fresh air, your body feels cleansed of any blockages or ailments, fears, or stresses.

You feel inspired to start your day in an empowered and self-creative fashion.

You are now feeling stronger than ever.

Hear:

The Wind picks up and reminds you of the positive changes that are in progress NOW.

The water rushes back onto the shore. You feel refreshed and renewed. You smile and repeat:

“Thank you, Sweet Spirit!”, “I AM Grateful”, “What a Glorious Day it is!”

SERVICE:

This is up to you.

How are you choosing to show up today and why is it important for you?

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