

P.A.M.'S. M.A.P.
July 2026

Topic: Consciously Creating in Technicolor

Prayer:

Dear Source, Creator of all that is,

Please help me to remember that from love, as love what it feels like to create that which I choose to manifest and not from the fear and noise of the world.

I now gratefully release all fears that are blocking me from creating the life of my choosing to you to be transmuted.

With gratitude and Love, I Thank you. And it so!

Affirmation:

From Love, As Love, I NOW call forth and claim my Power of Imagination to design that which is in my Highest and Best .

I am grateful for the beautiful life that I am living now.

I am grateful for my mind and heart are open to creating and receiving more of that which I treasure now.

I am grateful for all assistance from my angels, guides and Master guides.

In gratitude, it is so, and so it is! Amen.

Meditation:

Step I: Find a comfortable place to sit or lie down where you won't have any distractions.

Step II: Set your intention to meditate for as long as you want (15 minutes, 30 minutes, 1 hour...) and CREATE a vision of what you would like to manifest in your life.

An example might be, becoming an Author: you may see yourself sitting at your favorite desk in a home on the beach overlooking the ocean, with sounds of seagulls, lapping waves of water, while you type on your computer (unless you are you personally writing your thoughts out on paper), while sipping your favorite beverage...

Step III. You may want to ask your Angels and or Guides for support (always your choice).

Step IV: You may want to meditate with Amethyst, Kyanite , Citrine, Tiger's Eye, Aragonite (one of my favorites) or any special stones that you choose to assist you in your meditation.

Step V: Set your intention to come out of your meditation with grace and ease so that any distractions that you might encounter in your surroundings don't startle you.

Step VI: Close your eyes and put your focus on your breath for a few minutes to settle your nervous system and to relax your mind.

Step VII: Now, what is it that you REALLY want to manifest in your life?

Step VIII: Continue to focus on your breathing and relax into your vision. What are you seeing, smelling, tasting, touching and hearing in your vision?

Step IX: Take your vision for a test drive. Be the observer. What are you doing in your vision?

Step X: Now, how does it **FEEL** to be free to do what YOU CHOOSE to do? Allow yourself to stay here for a bit and integrate with it.

Step VII: Once you have come out of your meditation, slowly look around and get orientated with your surroundings by touching something, wiggling your fingers and your toes, putting your focus on an object in the room, and noticing any smells.

Step VIII: Notice how you feel and maybe journal any insights that you may have received while they are fresh in your mind.

SERVICE:

To BE in service for yourself, practice releasing your fears of what no longer serves you, continue to affirm with heartfelt gratitude what it is that you choose and use your Power of Visualization, Feel what it is like to BE the Author of your life, and whatever it is that you are choosing to call forward and manifest.

Journal your thoughts, insights, feelings. By writing them down, you continue to solidify your vision.

Build a Vision board representing the qualities and tasks that are involved with your vision. This might actually help you when you are working on getting better at visualization