

Topic: Reflect, Release, Remember and Regroup

Prayer: Dear God, Higher Self, Creator of all that is (choose your own words), Thank you for the Divine guidance that I received in the past, even when I didn't see it or recognize that I was being assisted.

I come to you now with a heartfelt desire to gently release with love :

- old beliefs
- patterns
- worn out ways of operating in my life

I am grateful for I know that you hear my call for Divine direction, insight, clarity and guidance now. Thank you. It is so. And so it is.

Affirmations:

I know what it feels like to be supported by the Creator of all that is, down deep in my heart.

I am now Divinely guided with clarity, inner confidence, forgiveness, compassion, grace and resilience .

Thank you "I AM Higher Frequency of Love", flowing through my physical body and mind now.

I am an Illumined Source of Love.

Thank you. And it is so. And so it is.

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 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), Watermelon Tourmaline (another favorite) or any special stones that you choose to assist you with 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 BE in the flow of Love, trusting in your inner guidance as to what to create next in your life. Allow yourself to stay here for a bit and integrate with this feeling, visions or insights.

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