Your happy Map

CONNECT VERTICALLY

As a society today we are far too connected horizontally - trying to achieve some sort of safety and control on our own, without engaging the help of our higher mind, our inner knowing and our heavenly helpers.

What are some things in your life right now, you could put in a big basket and hand over to your angels and guides - or to source - to God - as you have come to experience God?

What can you let go and accept as it is right now? So that it can finally change?

Step #1: When stressed please say loud and clear: I Clear Cancel Delete all Goals For the Day. 3x

Step#2: Find 5-10 minutes to connect vertically (you have lots of MP3s Meditation Librairy)

Clearing Away Any Fears

Invite up your fears and let them feel vacuumed away into the white light.

Always be loving to the fears, approving and compassionate. They are a part of you.

Keep expanding your energy upwards as though you are growing really tall towards the sky and let the white light take up those balls of fears and keep breathing in that light.

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Step #4: Schedule 10 minutes to read through course materials and 10 minutes (3x) to work through meditations.
Tell us how you plan on having Meaningful Connections with Spirit, Nature and Friends throughout the course?
What can you schedule in?
What blocks you from finding the time?

Step #5: Practice asking questions to clear energies:
Do I have a closed chakra?
Which one of my chakras are closed?
How can I open it up again?
What's keeping it closed?
How can I release it?

Let yourself be an empty vessel - like a white board so you can hear the answers being echoed back to you.

In summary: meditate meditate meditate often for short periods of time and stay connected all day long if you can.