

Week 4 Day 1

Coming back to our sacred space, our energy force, our ritual, our altar.

By now you have created your sacred space. It is either in one or several places within your home or it may have taken the form of a portable space you can create wherever you are. Now ask yourself, how does my space feel? Does it feel good to have a space of your own, enhanced by your beautiful energy field? Can you feel your energy giving to this space and the space giving back to you every time you enter your space? This space intuitively gathers and expands your energy just as you learn to gather and expand your energy. This space is used for many different purposes. It connects with your soul, spirit, your guides, and your team of helpers. It is used to pose questions to the universe and contemplate possible outcomes. It is used to set intentions, to integrate higher consciousness, to connect with life force, to heal, to resolve, to pray, to write goals, aspirations, intentions, desires, and express the overflowing gratitude for abundance. This space is more than just an altar or a place to gather energy. It is the sacred space connecting our ability to instantly connect with our source, our spirit, wherever we are and wherever we go. Ultimately, it is our place to practice being the divine force intimately connected with conscious intuition. Today, and every day we will continue to come to our sacred spaces to practice these techniques and broaden our perspective of our infinite abilities and skills. It is here that we become greater than we know ourselves to be.

The universe is always responding to our verbal and nonverbal requests that we are consciously and unconsciously sending out. With this new understanding coming through awareness in sensation and the connections of our thoughts and beliefs to behaviors we can redevelop skilled intention setting and lasered focus of what we heartfully want in our lives. The development of ritual sets the stage for this to manifest. The universe supports you and we are working together to manifest the life you feel deeply within your heart. If you have not developed a ritual then today is the day to begin.

Today, actively begin a ritual to complete every morning and evening before bed. Make this your time to connect, ask, move, and receive guidance for your-self. This active connection with your-self is a game changer for your life. It sets you up as an active participant putting into play what you wish to show up and what you are willing to resolve and release in order to get there. We are never denied what we heartfully want, we only need a light to shine the way. Here is a possible example of ritual:

Step 1: Wake up at the same time every morning, possibly at sunrise.

Step 2: Brew morning tea or coffee and bring it to sacred space or altar.

Step 3: Offer up 'thanksgiving/gratitude' to the force of light (your Source, Creator, All that Is, God, Divine Feminine, or whatever you choose) by connecting within your own prayerful state, however this may look for you. Announce gratitude out loud by using either a premade prayer or reviewing all the amazing things that happened the day before. Fill your journal of light with uplifting inspiration. Write down all your gratitudes, all your amazing things that have happened over the past several days, and all the amazing things that are coming your way.

Step 4: Set intentions by writing down what will be accomplished that day – optimally 5-10 actions for that day. These can be short/brief statements that reminds the mind and creates a visual representation of everything that will happen. Humans are purpose driven and this creates elevated purpose in our lives.

Step 5: Move the body by reconnecting the hands together at heart center and take slow rhythmic breaths or use a series of simple stretches or simply go for a walk. Movement turns the energy of creation into a tangible element. As we move, we bring that which we wish to create closer to us.

Step 6: Listen for 5-10 minutes. Simply just sit, breathe, and receive intuitive inspiration. Have an open heart and expand your awareness to bring in insights. Write these down. Listen and know that the answers will also come throughout the day.

Step 7: Bring closure by slowly and systematically packing up belongings, while giving thanks, and neatly close out the ritual spot in your own manner.

Remain consistent with your ritual. It may diversify due to travel or the unforeseen that comes up. Make the ritual suite your needs depending on your day. It is important to remain on task and connected. This will help your conscious intuition thrive in even the direst of circumstances.

As you gather your energy in your space you are allowing your energy field to remain elevated. You are enhancing your chakras and vibrating at a higher level of awareness able to navigate through almost anything during your day and attached to nothing.

You have a golden grid of protection and a beautiful iridescent arc of crystalline energy all around you. As you remain intuitively connected these grids become stronger and the energy around you elevates and enhances everything. Especially your sacred space. As we use ritual to return and keep connecting, we elevate and enhance and become stronger and stronger in our intuitive high vibration.

Consider ending the day much like the beginning of the day. Proceed with many of the same steps except for step number 4. Instead of writing down intentions for the day; review and write down 5-10 things that happened that you are grateful for or check mark all the wonderful things you accomplished on your list and be thankful for these. This simple act announces to the universe your confidence in everything that is happening and continues to allow flow in the direction of good vibes. Continually aspiring to remain connected in gratitude sends messages of love to the universe. The appreciation you show the universe comes back to us 100 times brighter. Even for the moments that seem to be failures. We thank these for being diamonds in the rough.

For now...integrate the key elements we have covered thus far. Be ready, be prepared, make the most of the day.

Everything is consciousness and when we tune into and tap into the consciousness of every-thing we can make great shifts from within to help steer our lives in the highest form. We are consciously co-creating, and we are able to do this in every realm whether it be family, career, health, spirit, relationships, or finances. As we consciously choose and intend, we consciously bring to light what needs to be happening for our goals and intentions to manifest before us.

Setting your intentions consciously puts you on the path of light. As we set intentions that are heart centered the energy is multiplied and the universe responds at a rapid pace.

Simply know that as our heart filled intentions are being set the universe responds and the day will unfold exactly as we are inspired. Everything will open as we open and our journey will expand in heart-full ways as we remain lead, guided and directed. It is so, it is the law of the universe.

Remember, setting intentions for the day is the easier part, as we go through the day letting go of outcomes and releasing our expectations, we open to miracles showing up. We don't dress up our expectations to look a certain way or assume that experiences of the past are how it has always been so this is therefore how it

should be. We let go, sustain our progress, continue going forward, and surrender. That is the way of the heart.

In essence, we physically put forth on paper what we clearly want. An intuitive does this in every moment...intends, listens, actively carries through, and remains inspired to move forth.

Our lists are a form of prayerful connection helping us all day long. And if we feel stuck? We have access to any number of techniques we have practiced the last two weeks. The figure 8 meditation, the "I wonder" game, moving the body, breathing, resolving, and releasing, the rainbow yes meditation, can all inspire us to let go and move forward.

First, we must be where we are and aware of what is happening. We must feel and sense what wants to emerge to show us the way. Maybe there is a phrase desiring bubble up that no longer is helpful. Maybe we need to experience the powerlessness we have been simmering in, to rise above the illusions that have been holding us down. Multiple possibilities can happen. Everything that happens is an interrelated web interconnected by the vibration we hold. In any given moment we can either be leaning towards love or fear. Love transforms and transcends everything; fear keeps us where we are. Work with this energy and continue to work with yourself, we are always transforming into higher states of awareness as we become intuitive.

Think of your new life you are creating as one long ritualistic beautiful ornately orchestrated and sacred prayer. Live in unison with your spirit and always fully connect. This is how we ascend everything. Without separation is the key to everything.

As you get better at connecting, the beginnings and endings to your days will bear more fruit and flower your life. You will look forward to your list because you know that you are receiving help in every moment the more you connect and the more you ask. You breathe, you move about your day, and you unravel all that no longer is needed to become that which you authentically are. You look forward to the end of the day when you confirm your miracles, and you are grateful for the unseen help that continues to cross your path and bestow grace upon your life. Ingenuity happens, genius is born, and gnostic knowledge arises from within.

I encourage you to have a sacred space or spaces or a travel space. I encourage you to make your list. I encourage you to breathe, move, and connect throughout your day. I encourage you to come up with your best ritual to epitomize your best self. Your most authentic light will be different than everyone else's. Transform and transcend to build who you are once and for all.

Good luck and be sure you have this ready for the rest of the week to come. We will be using this repertoire every day.

Mantra:

I am gifted with an unlimited force of good behind me that has my back and guides and directs me as I ask and listen for help.

I am gifted with an unlimited force of good behind me that has my back and guides and directs me as I ask and listen for help.

I am gifted with an unlimited force supporting, guiding, and directing me as I ask and listen for help.