

## Introduction to Week 4

### I am connected! I am Conscious! I am Intuitive!

Repeat after me...

I am connected

I am connected

I am connected

Repeat after me...

I am conscious

I am conscious

I am conscious

Repeat after me...

I am intuitive

I am intuitive

I am intuitive

Now, repeat this after me...

I am consciously connected and intuitive.

I am consciously connected and intuitive.

I am consciously connected and intuitive.

Breathe this in. Breathe. Take a moment and breathe. Now, let us continue...

Repeat after me...

I am connected

I am conscious

I am intuitive

I am consciously connected and intuitive.

Yes you are. You are.

You are on your way. You are on your way to incorporating everything learned thus far into one pivotal week of pulling it all together. As we allow our intuition to unfold life becomes easier, faster, more joyful, heightened, amazing, loving, crazy, fun, and more! Clearing and being and knowing who you are as a consciously connected intuitive being is amazing!

This week, we bring it all together. Be prepared to learn how to fly. It's time for you to fly wise one. It's time to fly. The baby bird has no idea that mama bird is going to push her out of the nest and when she finally does that bird can fly. That is what you are doing this week. We are learning how to fly and instinctively use our conscious intuitive nature in every practical event that happens in our life.

Tomorrow we are reviewing the importance of ritual. How we merge with consciousness on a regular basis to heighten our lives. This does make a difference. To embrace our intuitive living, we must allow ourselves to be nourished. It is imperative for an intuitive to have **a sacred space to gather her energy and ritual to increase her vibration.**

Today create your sacred space. Even if you live alone, you will need a space to connect with your intuitive side on a regular basis. Now that your body, mind, and homes are cleared of any limiting energies that do not match your vibration that is climbing higher and higher we need to complete the process by establishing your sacred space. This space gathers our energy. It helps us to be elevated, enhances, connects and in tune with our highest potential. It reflects everything we are on an elevated level. Only the most sacred representations of ourselves go in our sacred space. For example, you might have a book of sacred mantras you use regularly to pray or connect with your Source, this can go in your space. There may be rocks or gemstones that are very meaningful and bring you connection. Maybe a candle, a feather, or an item you inherited from a distant land. There are so many possibilities. A basic way to start is to relate to the elements of fire, air, earth, water, ether. Fire is the force of prana that burns bright and pushes us towards completion. I use incense to represent fire. Air is what briskly passes by and fuels fire or pushes water or earth to keep going. I use a feather to represent air. Earth is grounding and keeps us stable and supported by mother nature and the elements. I use various rocks to represent earth. Water helps to flow and easily mold our lives to be carried through and assisted by divine forces. I use the color blue or a swimming turtle or fish to help me tune into water. Ether or spirit is the essence of all life. I use a picture of my family and ancestors, gurus or masters that have passed on, to give me strength and support from the unseen worlds. I put these all in this area to help feed my intuitive connections. Simply put, it is a place that we come to connect with ourselves, meditate, reflect, and establish our daily aspirations. It is a place of gratitude and love that elevates us and the world around us. Begin with a small seat and a blanket, maybe a basket by your side, or a small table, and use your intuition to guide you, to inspire you. Keep expanding on this every day... quickly it will become your favorite place to be. It will inspire you to be even more intuitive and to live your life inspired by your spirit. Make your sacred place very comfortable and begin today. We will return here every day from this day forward. Go ahead and begin. Do this today.

Then we will be working on ritual... RITUALIZING OUR DAY EVERY DAY. This will be a game changer. We wake up ready to go and manifest our fullest expression of ourselves. More on this tomorrow.

Then we move on to continuing to practice surrender. I have had to surrender at so many times in my life. At first, it is not easy. I had to learn to role with it and trust in being lead, guided, and directed in just the right manner and exactly the right time to follow through and surrender to the obvious knowing that my mental mind could not have figured out a better outcome. This is true. As soon as I surrendered and opened to listening, I understood the meaning of 'roll with it baby!' One of my favorite quotes that I paired with a picture of my son in a wheelchair propelling himself fiercely through a sand filled beach. Quite often, while following the promptings of my intuitive self I HAD to learn to 'role with it' and trust that the situation was being handled exactly as it was supposed to be. I had no choice but to let go and surrender to the moment and be right where I was, ***breathing into the moment***. I had to open and receive and not hold onto an outcome. Holding on would not have allowed for the perfection to unfold. Mentally, I was tempted to do it my own way... intuitively I had to learn to listen and let go. The hardest part is learning to listen. This is why ritual, sacred space, and learning to clear our energetic worlds are incredibly important. My mental personality would have shifted the entire situation and decided I had a better plan. This would have prolonged the inevitable and made my life purpose and highest potential that much harder to achieve. I did this too... that's why I always live what I teach.... *Wink...wink...*

Next, we will see the world with WONDER again! We must live life in a state of awe inspiring and mouth dropping amazement. We must become a student of miraculous-ness. Where an opening of a flower is magnificent. Where we say 'Yes' to the universe over and over again. We put all hesitation and limitation

aside and we recognize that saying yes to our lives is the way to complete joy. We must open ourselves up to learning again and to create and then learn even more again. In a state of learning we remember that we are limitless. Learning brings up opportunity to release more hesitations and more things that remain holding on. We must release ourselves when we get scared...we must release ourselves when we hesitate and we are not sure if we can do something. We must learn to step into and breathe into the uncomfortable-ness and follow through with our passions and love for life because the outcome IS ALWAYS a higher way of living. This is what we are truly meant to learn and embrace as a child. We are returning to true childlike, trusting, and joyful living. Every child is this way...we need more adult children to teach our children today we can trust in the universe. We can trust in our conscious and intuitive nature. We have amazing instincts we can act on instantaneously. When we come from a heart centered way of being and we act consciously from the heart there is never a wrong way. We are the way.

Then we are moving onto playfulness and creation. A child who trusts in the beauty and wonder of the universe truly knows how to play and create. Creation is a direct connection with Consciousness. Consciousness creates and intuitively flows with wonder and amazement. This is also you. We continue to practice this today. Every day is a play, and every day is creation.

Lastly, we bring it all together again and see our lives without the illusions once more. We are one, we are conscious, we are intuitive, and we know this to be true in the presence of an all knowing and all being presence that is you.

All of these things do matter... when we have elevated energy, we can master practically anything in our life... for example... this scenario happened to me just the other day...

I had an incredibly full schedule with no wiggle room for anything to be late or mishandled. On my way to a very important self-care appointment, tucked into an ultra-packed day, my son calls me because his car will not start. "OH NO! Not now!", my mind announced... "Not now!" I needed this solace time and felt like the rug was being pulled out from underneath me. But as every parent knows, we must be called to where we need to be and we must trust. Well, I asked for help, to my guides, of course, and what looked like a dire circumstance that would have taken hours to correct took 40 minutes and I was able to still make my appointment. With some phone calls and inspired intuitive downloads for possible answers to the needs at hand, everything worked out.

His car battery died, and he was stranded. I kid you not! In the moment that I hung up the phone with my son I saw pictures in my head showing me to call roadside assistance immediately. If the version of me from years ago was present, I would have cancelled all my plans and anticipated that this was going to take a long time. What did I do? I saw the images, I called immediately not knowing exactly what was going on but new I had to call and ask for help. As I pulled into my son's location and confirmed what I already knew (a dead battery or starter issue) the roadside assistance was already on their way and what was perceived would take up to 2 hours took minimal time. They showed up in less time than anticipated and was replaced on site and he was on his way home. It was one of the best experiences ever!

That's what I'm talking about. We are tuning into using these practices in every component of life. Our outward expression of ourselves will shift into a powerful state of joy...and a sense of "Just roll with it because you've got this baby!" Remember you have a force field of help lining up all around you waiting for you to ask for assistance. It is true! All you must do is practice the triad of connection of the ears, throat, and voice and

allow yourself to speak up and talk to the universe with productive questioning that asks powerful questions and receives life shifting answers in a positive means. That's it...so let's do it!

I promise that as we do the work this week, we will come to an understanding that this is only the beginning of a new way of being. As we practice these lessons repeatedly our lives will climb higher and higher and open up more and more to something bigger than us: Reverence for all life and all beings.

Let us begin... this week... continue to create sacred space and ritual your day. Continue to breathe and continue to make you the most valuable person of your life. You are worth it, and your ancestors and lineage know this to be true. We must embrace this for all of us and all of them. You are love. You are strong. You are abundance. I believe. I believe. I believe.

Tomorrow, we begin.

Our Mantra...

**I am connected! I am Conscious! I am Intuitive!**  
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**I am connected! I am Conscious! I am Intuitive!**