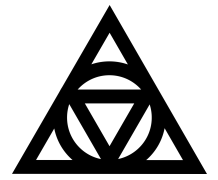


SOUL MATE MANIFESTATION RITUAL



WELCOME

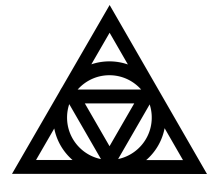
THIS RITUAL WAS CREATED FOR YOU. I AM A CHANNEL AND AM IN COMMUNICATION WITH MY GUIDES AND THE GUIDES OF OTHERS ON A DAILY BASIS. MY GUIDES LED ME DO THESE WRITING EXERCISES MYSELF WHEN I WAS SEEKING GUIDANCE ON HOW TO CONNECT WITH A SOULMATE RELATIONSHIP, AND THEY HAVE COME UP DURING READINGS FOR OTHER PEOPLE A NUMBER OF TIMES AS WELL. I AM SO GLAD I DID THESE WRITING EXERCISES BECAUSE THEY HELPED ME HEAL FROM PAST EXPERIENCES WHICH OPENED THE DOOR FOR ME TO MEET MY SOULMATE. BEFORE I BEGAN HEALING AND UNDERSTANDING WHAT I WANTED AND WHY I WANTED IT, I NEVER WOULD HAVE EVEN LIKED MY SOULMATE. I WAS SADDLED WITH ALL OF THESE IDEAS ABOUT WHAT MY PARTNER HAD TO LIKE, BE, AND DO THAT I NEVER TOOK THE TIME TO STOP AND EXAMINE WHERE THOSE BELIEFS CAME FROM AND IF I AGREED WITH THEM FOR MYSELF AND THE LIFE I WANTED. I CREATED THIS RITUAL BECAUSE I WANTED TO SHARE THE TOOLS MY GUIDES GAVE ME TO HEAL SO I COULD ATTRACT AND ACCEPT THE RIGHT PARTNER INTO MY LIFE WITH MORE PEOPLE WHO ARE READY TO DO THE SAME. NOW ANYONE DRAWN TO THIS RITUAL CAN ENJOY THE BENEFITS OF CONSCIOUSLY CREATING THE RELATIONSHIP THEY WISH TO EXPERIENCE.

THE WRITING EXERCISES ARE DESIGNED TO HELP YOU HEAL, CLEAR OUT BELIEFS THAT ARE NO LONGER NEEDED TO HELP YOU GET WHERE YOU WANT TO GO, UNDERSTAND WHAT YOU WANT AND WHY YOU WANT IT, BUILD WITHIN YOURSELF ALL OF THE QUALITIES YOU ARE LOOKING FOR IN ANOTHER, CONNECT TO THE LOVE YOU HAVE FOR YOURSELF, AND ATTRACT AND MANIFEST THE RELATIONSHIP YOU ARE READY TO EXPERIENCE, WHILE PRACTICING GRATITUDE FOR WHO AND WHERE YOU ARE RIGHT NOW. THESE EXERCISES WILL HELP YOU SET A CLEAR INTENTION FOR YOUR RITUAL.

THE RITUAL IS A PROFOUND EXPERIENCE. WHENEVER I AM FEELING LOST, DOWN, OR OUT OF ALIGNMENT, I CONDUCT A RITUAL. IT IS A MIXTURE OF LOVE BASED MAGIC, INTENTION, MANIFESTATION, PRAYER, CLEANSING, AND COMMUNICATION WITH OUR OWN SPIRIT AND TEAM IN SPIRIT, WHICH INCLUDES OUR SOUL, HIGHER SELF, AND GUIDES. THIS RITUAL IS BUILT ON A FOUNDATION OF LOVE AND YOU ARE ALWAYS SAFE AND SECURE STANDING ON A FOUNDATION OF LOVE SURROUNDED BY YOUR GUIDES.

YOUR BELIEF AND INTENTION IS VERY POWERFUL, SO EVEN IF YOU FEEL THE WORDS USED, IDEAS BEING MENTIONED, OR PRACTICES YOU ARE ENGAGING IN ARE WOO WOO, HOAKEY, OR NON-SENSICAL, ALLOW YOURSELF TO SUSPEND DISBELIEF AND INDULGE IN A BIT OF SPIRITUAL HEALING AND MANIFESTATION TO SEE HOW IT GOES. MEASURABLE PHYSIOLOGICAL CHANGES CAN BE OBSERVED IN THOSE TAKING A PLACEBO WHEN THEY BELIEVE THEMSELVES TO BE TAKING THE MEDICATION THEY WERE TOLD THEY WERE GIVEN. THESE PHYSIOLOGICAL CHANGES ARE SIMILAR TO THOSE OBSERVED AMONG PEOPLE WHO ARE ACTUALLY TAKING THE AUTHENTIC MEDICATIONS, SO EVEN IF YOU FEEL THIS PROCESS IS SILLY, ALLOWING YOURSELF TO BELIEVE IT CAN WORK FOR YOU JUST MIGHT BE THE REASON IT DOES. LET YOUR BELIEF AND INTENTION CARRY YOU TOWARD THE LIFE YOU WANT BY RELEASING BELIEFS THAT TELL YOU YOU CAN'T HAVE IT. USE YOUR INTENTION TO HELP YOU DIVE INTO THE WRITING EXERCISES AND RITUAL WITH BELIEF THAT YOU CAN CREATE EXACTLY WHAT YOU NEED AND THE INTENTION TO FULLY ENGAGE IN THIS PROCESS OF CREATING IT.

SOUL MATE MANIFESTATION RITUAL



RITUAL NOTES

RITUAL ORDER: THE WRITING EXERCISES ARE DESIGNED TO BE COMPLETED BEFORE YOU CONDUCT THE RITUAL. YOU DO NOT NEED TO COMPLETE EVERY SINGLE WRITING EXERCISE, BUT WE RECOMMEND THAT YOU READ THROUGH EVERY WRITING EXERCISE BEFORE DECIDING TO ABSTAIN FROM ANY OF THE EXERCISES. THEY ARE VERY HELPFUL IN FOCUSING IN ON WHAT YOU WANT FOR YOURSELF, IN YOUR PARTNER, AND IN YOUR RELATIONSHIP SO YOU CAN SET AND HOLD A VERY CLEAR INTENTION THROUGHOUT THE RITUAL. MANIFESTATION IS ALL ABOUT INTENTION AND BEING ABLE TO FEEL THE EMOTIONS OF THE EXPERIENCES YOU ARE TRYING TO ATTRACT INTO YOUR LIFE. THESE WRITING EXERCISES ARE DESIGNED TO HELP.

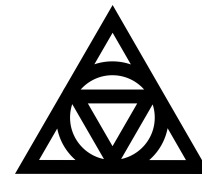
RITUAL TIMING: THERE ARE MANY WRITING EXERCISES IN THIS RITUAL AND YOU CAN TAKE AS LONG AS YOU WANT TO COMPLETE THEM. YOU CAN DO SOME AND NOT OTHERS, OR YOU CAN DO THEM ALL. YOU CAN COMPLETE THE WRITING EXERCISES AND RITUAL IN ONE NIGHT, ONE WEEK, OR ONE MONTH, OR YOU CAN DO THEM SEPARATELY. THERE IS NO RIGHT OR WRONG WAY TO COMPLETE THIS RITUAL. LET YOUR HEART AND TEAM IN SPIRIT GUIDE YOU TO COMPLETE EACH STEP WHENEVER THEY WILL BE MOST IMPACTFUL.

SETTING YOUR INTENTION: YOU SHOULD HAVE A NOTEBOOK OR PIECES OF PAPER AND A WRITING UTENSIL WITH YOU DURING THIS RITUAL. WE ASK YOU TO THINK ABOUT WHAT YOU WANT TO CREATE IN YOUR LIFE BEFORE YOU START THE RITUAL. THE WRITING EXERCISES WILL HELP YOU SOLIDIFY YOUR INTENTION FOR THE RITUAL AND CREATE A VERY CLEAR PICTURE OF WHAT IT IS YOU ARE LOOKING TO ATTRACT AND CREATE. YOU SHOULD VISUALIZE AND HOLD THIS INTENTION THROUGHOUT THE RITUAL. PICTURE THIS INTENTION IN YOUR MIND AS IF IT HAS ALREADY COME TO FRUITION TO EMBODY THE FEELING OF ALREADY EXPERIENCING IT.

NOTE ON MEDITATION: MANY PEOPLE ARE INTIMIDATED BY THE WORD MEDITATION, BUT THERE ARE MANY WAYS TO DO IT, AND THEY ARE ALL RIGHT. YOU CAN CLEAR YOUR MIND OF ALL THOUGHTS, SIMPLY RELAX AND LET YOUR MIND WANDER, VISUALIZE YOUR INTENTION BEING FULFILLED IN YOUR LIFE, FOCUS ON YOUR BREATHING, OR LISTEN TO SOUNDS/MUSIC THAT SOOTHS YOU. ANY OF THESE METHODS ARE USEFUL AND WHATEVER FEELS RIGHT TO YOU IS EXACTLY WHAT YOU SHOULD DO.

NOTE ON AFFIRMATIONS: AFFIRMATIONS ARE STATEMENTS THAT ARE IN THE PRESENT TENSE AND AFFIRM THAT SOMETHING IS TRUE. IT IS HELPFUL TO BEGIN THEM WITH "I AM" TO ENSURE THEY ARE IN THE PRESENT TENSE AND ABOUT WHAT YOU ARE AND NOT WHAT YOU HAVE. AFFIRMATIONS CAN BE USED TO REDIRECT YOUR MIND FROM A FEAR, WORRY, OR ANXIOUS THOUGHT, FOR EXAMPLE, IF YOU START TO FEEL SELF-CONSCIOUS AND BEGIN THINKING SELF-DEPRECATING THOUGHTS ABOUT YOUR APPEARANCE, A REDIRECTING AFFIRMATION COULD BE, "I AM BEAUTIFUL AND MY ENERGY IS RADIANT AND ATTRACTIVE." YOU CAN CREATE AN AFFIRMATION TO REDIRECT ANY THOUGHT YOU FEEL IS LIMITING YOUR JOY AND YOU CAN MAKE THEM UP AND USE THEM ANYTIME, ANYWHERE. THEY DO NOT NEED TO BE SPOKEN ALOUD TO BE POTENT.

SOUL MATE MANIFESTATION RITUAL



RITUAL NOTES

SAFELY BURING PAPER: WE ASK THAT YOU BURN A PIECE OF PAPER IN THIS RITUAL. TO DO SO SAFELY, GET A LARGE BOWL OF WATER THAT YOU CAN PUT THE PIECE OF PAPER IN TO EXTINGUISH THE FLAME AT ANY TIME. LOOSLY ROLL UP THE PIECE OF PAPER BEFORE LIGHTING IT SO THE FLAME IS CONTAINED AND MANAGEABLE. PLACE THE PIECE OF PAPER IN THE BOWL OF WATER AT ANY TIME YOU FEEL THE FLAME SHOULD BE EXTINGUISHED REGARDLESS OF HOW MUCH OF THE PAPER HAS BURNED.

RITUAL ADDITIONS: THIS RITUAL WAS DESIGNED TO BE ABLE TO BE COMPLETED USING ONLY A PEN AND NOTEBOOK OR PIECES OF PAPER, BUT YOU MAY ALREADY HAVE MATERIALS ON HAND THAT YOU CAN USE AS WELL. YOU CAN USE CANDLES, CRYSTALS, OILS. HERBS, SCENTS, OR ANYTHING ELSE THAT YOU FEEL WOULD ENHANCE THE EXPERIENCE. BELOW WE HAVE INCLUDED A LIST OF MATERIALS THAT HAVE BEEN HISTORICALLY USED IN SELF AND ROMANTIC LOVE RITUALS.

MATERIALS COMMONLY USED IN SELF & ROMANTIC LOVE RITUALS

CRYSTALS:

ROSE QUARTZ
MALACHITE
PINK TOURMALINE
MOONSTONE
GREEN AVENTURINE
RHODOCHROSITE
LAPIS LAZULI
GARNET
RUBY
KUNZITE
AMETHYST
MAGNETITE
CARNELIAN
JADE
LEPIDOLITE
EMERALD
RED JASPER
PYRITE
RHODONITE
CITRINE
SMOKEY QUARTZ

HERBS & ROOTS:

LEMON BALM
DAMIANA
DILL
JUNIPER
LEMON VERBENA
LINDEN
PEPPERMINT
ROSEMARY
SARSAPARILLA
THYME
VALERIAN
VERVAIN
VETIVERT

FRUITS & NUTS:

BRAZIL NUT
CHERRY
LIME
RASPBERRY
STRAWBERRY
TAMARIND

OILS:

ROSE
LAVENDER
GINGER
PATCHOULI
JASMINE
BERGAMOT
GERANIUM

SPICES:

CARDAMOM
CINNAMON
CLOVE
SAFFRON

CANDLES & MISC ITEMS:

PINK CANDLES
ROSE SCENTED CANDLES
LAVENDER SCENTED CANDLES
BELLS TO CLEANSE ENERGY
PINK SALT FOR A RITUAL BATH
FLORAL OR RESIN INCENSE

FLOWERS:

ROSE
CHAMOMILE
HEMP FLOWER
HIBISCUS
LAVENDER
LINDEN FLOWER
SAFFRON FLOWER

TREES & RESINS:

PINE
JUNIPER
LINDEN
DRAGON'S BLOOD

WAY TO USE RITUAL ADDITIONS

CRYSTALS: CAN BE USED TO CLEANSE, UPLIFT, AND SET THE SPACE DURING RITUAL,

HERBS & ROOTS: BURN THEM TO SMOKE CLEANSE YOUR BODY, MIND, SPIRIT, AND HOME. BREW THEM INTO A TEA TO DRINK OR TO ADD TO A RITUAL BATH.

FRUITS & NUTS: CAN BE EATEN, ADDED TO YOUR WATER, OR USED AS AN AROMA.

OILS: USE THEM TO ANNOIT YOUR BODY AND CANDLES, AS AN AROMA USING A DIFFUSER OR OIL BURNER, OR ADD THEM TO A RITUAL BATH.

SPICES: BREW THEM INTO A TEA TO DRINK OR TO ADD TO A RITUAL BATH.

FLOWERS: ADD THEM TO A RITUAL BATH, USE THEM TO ANNOIT YOUR HOME AND CANDLES, OR BREW THEM INTO A TEA TO DRINK.

TREE & RESINS: BURN THEM TO SMOKE CLEANSE YOUR BODY, MIND, SPIRIT, AND HOME.

SOUL MATE MANIFESTATION RITUAL



WRITING EXERCISES

WRITE DOWN ALL THE WAYS YOU ALREADY KNOW YOU'D LIKE TO HEAL AND GROW BEFORE YOU ENTER YOUR NEXT RELATIONSHIP. THIS CAN INCLUDE THINGS LIKE JEALOUSY, VANITY, SELF-WORTH, CODEPENDENCY, OR FEAR OF ABANDONMENT. WHEN YOU HAVE A LIST OF WAYS YOU WOULD LIKE TO GROW BEFORE YOUR NEXT RELATIONSHIP, GO THROUGH EACH ONE AT A TIME AND FOLLOW THESE STEPS.

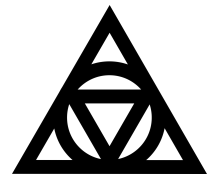
- Free write about when that issue first presented itself in your life. You don't need to perfectly pinpoint the root cause, simply start writing without self-editing or judging what comes out. Certain life events and beliefs and expectations you hold about yourself or the world around you will start to come out in your writing. Let yourself continue to write about memories, examples of how these issues presented themselves throughout your life, and your feelings about these issues until you feel satisfied.
- Think and free write about how these issues may have been a product of your life experiences, may have been defense mechanisms, or how they may have helped you cope during hard times.
- Now that you see what may have created the issues you are examining and the feelings and beliefs about yourself, others, relationships, and the world around you throughout your life, are you ready to release that issue and the beliefs it spurred? If so, what beliefs can you now create given the insight now have about the causes and results of this issue?

WRITE ABOUT THE RELATIONSHIPS THAT SHAPED YOUR PERCEPTION OF WHAT IT MEANS TO BE IN A RELATIONSHIP. YOUR EARLIEST AND MOST INFLUENTIAL EXAMPLES OF RELATIONSHIPS COULD INCLUDE YOUR PARENTS OR CARETAKERS RELATIONSHIPS, OLDER SIBLINGS RELATIONSHIPS. THE RELATIONSHIPS OF OTHER EXTENDED FAMILY MEMBERS, OR RELATIONSHIPS FROM POP CULTURE, TV, MOVIES, OR FICTION THAT YOU FOUND INFLUENTIAL.

- What did these relationships teach you about relationships, self-love, self-care, boundaries, and expectations?
- What do you love about these relationships and what aspects of them would you want to experience in your own relationship?
- What aspects wouldn't you like to experience in your own relationship?
- What behaviors did the individuals in these relationships display that you admire?
- What behaviors did the individuals in these relationships display that you would not like to experience or display in your own relationship?

WRITE A LETTER TO SOMEONE YOU FEEL WAS INFLUENTIAL IN THE DEVELOPMENT OF THE BELIEFS YOU FORMED ABOUT WHAT IT MEANS TO BE IN A RELATIONSHIP AND SAY ANYTHING THAT YOU FEEL NEEDS TO BE SAID. THIS LETTER CAN BE A LOVE LETTER OF THANKS AND GRATITUDE, OR IT CAN BE A PURGING OF PAIN, ANGER, AND SADNESS. THIS EXERCISE IS ONE OF RELEASE, SO DON'T HOLD BACK AND SAY ANYTHING YOU NEED TO SAY. THIS IS FOR YOU, AND NO ONE ELSE EVER NEEDS TO SEE IT.

SOUL MATE MANIFESTATION RITUAL



WRITING EXERCISES

WRITE ABOUT YOUR PAST RELATIONSHIPS AND HOW THEY SHAPED YOUR PERCEPTION OF WHAT IT MEANS TO BE IN A RELATIONSHIP.

- What experiences within these relationships created the beliefs you hold about relationships, self-love, self-care, boundaries, and expectations?
- What did you love about these relationships and what aspects of them would you want to experience in your next relationship?
- What aspects wouldn't you like to experience in your next relationship?
- What behaviors did you and your past partners display that you enjoyed?
- What behaviors did you and your past partners display that you did not enjoy and would not like to experience or display in your next relationship?

IF YOU FEEL YOU ARE HOLDING ONTO ANY PAIN, SADNESS, OR ANGER ATTACHED TO A PAST PARTNER, WRITE A LETTER PURGING ANYTHING YOU NEED TO SAY TO THEM. ALTERNATIVELY, IF YOU ARE HOLDING ONTO ANY LONGING FOR A PAST PARTNER, WRITE A LETTER PURGING YOUR FEELINGS AND DESIRES. THIS IS AN EXERCISE OF RELEASE, NO ONE NEEDS TO SEE THESE LETTERS BUT YOU.

WRITE ABOUT EVERYTHING AND ANYTHING YOU WANT OUT OF A RELATIONSHIP.

- Is there anything on this list that you can offer yourself? How can you start to bring this energy into your life even before you begin your next relationship?

WRITE EVERYTHING AND ANYTHING YOU WANT IN A PARTNER.

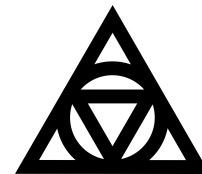
- Is there anything on this list that you can offer yourself? How can you start to bring this energy into your life even before you begin your next relationship?

WRITE A LETTER OF THANKS AND GRATITUDE TO YOURSELF FOR BEING ALL THE THINGS YOU WANT IN A PARTNER AND FOR GIVING YOURSELF ALL THE THINGS YOU WANT OUT OF A RELATIONSHIP. IT DOESN'T MATTER IF IT FEELS TRUE, JUST KEEP WRITING UNTIL YOU FEEL YOU HAVE COVERED ALL THE THINGS YOU WANT FROM A PARTNER AND RELATIONSHIP.

WRITE A "JOURNAL ENTRY" AS IF YOU ARE ALREADY IN A RELATIONSHIP THAT FEEDS YOU ALL YOU WANT TO EXPERIENCE WITH A SOUL MATE THAT EMBODIES ALL YOU WANT IN A PARTNER. FOCUS ON HOW YOU FEEL IN THIS RELATIONSHIP AND HOW YOU FEEL WITH THIS PERSON. REPEAT THIS EXERCISE OFTEN. THIS EXERCISE IS ALSO A STEP INCLUDED IN THE RITUAL.

THERE IS A PART OF YOU THAT IS ALWAYS LOVING, SUPPORTING, AND ACCEPTING YOU JUST THE WAY YOU ARE, NO MATTER WHAT. MAKE A PLAYLIST FOR THAT PIECE OF YOU TO THANK IT FOR ITS UNCONDITIONAL LOVE. LISTEN TO IT ANYTIME YOU NEED AN INJECTION OF LOVE, SUPPORT, AND UNCONDITIONAL LOVE, ANY TIME YOU ARE MANIFESTING, OR WHENEVER IT FEELS RIGHT.

SOUL MATE MANIFESTATION RITUAL



WRITE YOUR ACTIVATION INVOCATION

YOUR ACTIVATION INVOCATION SHOULD SET ANY BOUNDARIES AND INTENTIONS NEEDED TO MAKE YOU FEEL SAFE COMMUNICATING WITH YOUR GUIDES, GIVE GRATITUDE TO YOUR GUIDES FOR THE KNOWLEDGE, SUPPORT, AND LOVE THEY WILL BRING YOU. CALL IN YOUR HIGHER SELF AND ALL GUIDES SANCTIONED BY YOUR HIGHER SELF. WRITE IT DOWN, SAY IT ALOUD, AND GET READY TO COMMUNICATE.

SWEEP YOUR HANDS OVER YOU AND GENTLY TOUCH EVERY PART OF YOUR BODY AS YOU FEED IT LOVE & SUPPORT FOR EVERYTHING IT HAS EXPERIENCED WITH YOU. CALL IN YOUR GUIDES AND SAY A PRAYER TO CLEAR ANY STAGNANT ENERGY FROM YOUR HOME AND CALL IN PEACE, PROTECTION, AND SUPPORT.

**ANOINT
YOUR BODY
& HOME**

SET YOUR INTENTIONS & CREATE LIGHT

THINK ABOUT WHAT YOU NEED TO BRING INTO YOUR LIFE TO REACH THE INTENTION YOU ARE SETTING FOR THIS RITUAL. WHAT NEEDS TO HAPPEN IN YOUR BODY, MIND, LIFE, AND SPIRIT TO MAKE ROOM FOR THAT WHICH YOU WANT TO EXPERIENCE? WRITE IT WITHOUT HOLDING ANYTHING BACK, READ IT ALOUD, THEN LIGHT A CANDLE OR FLICK ON A LIGHT. CLAP YOUR HANDS TOGETHER TO CALL IN YOUR GUIDES & RELEASE LOW VIBRATIONAL EMOTIONS.

CREATE A SMALL SPACE AROUND YOU FILLED WITH SCENTS, IMAGES, ITEMS, AND MEMORIES THAT REPRESENT YOUR HAPPINESS AND GRATITUDE FOR ALL YOU ARE AND ALL YOU HAVE RIGHT NOW.

**CREATE
SPACE**

LET IT OUT

ON A SEPARATE PIECE OF PAPER PURGE ALL FEARS, GUILT, ANXIETIES, AND BELIEFS THAT MAKE YOU QUESTION WHETHER YOU CAN EXPERIENCE THE INTENTIONS YOU SET.

ASK YOUR GUIDES TO HELP YOU CREATE AFFIRMATIONS TO REDIRECT YOUR FEARS WHENEVER THEY ARISE. ON A SMALL PIECE OF PAPER, WRITE DOWN AFFIRMATIONS TO BALANCE ANY FEAR YOU PURGED. PLACE A CUP OF WATER IN FRONT OF YOU AND READ YOUR AFFIRMATIONS ALOUD WHILE FOCUSING ON THE WATER SOAKING IN YOUR AFFIRMATIONS. BURY IT OUTSIDE OR PLACE IT INSIDE OF YOUR PILLOW CASE AS YOU ASK YOUR GUIDES TO HELP YOU USE THESE AFFIRMATIONS WHENEVER THEY ARE NEEDED.

**RELEASE
FEARS TO
RESURRECT
YOUR HOPE**

MAKE AN OFFERING

GRAB THE PAPER WITH YOUR FEARS WRITTEN ON IT AND EXPRESS GRATITUDE FOR ALL THE WAYS THOSE BELIEFS MAY HAVE COMFORTED AND SERVED YOU AND SET THE INTENTION TO RELEASE THEM NOW. SAFELY LIGHT THE PIECE OF PAPER ON FIRE AND LET THEM GO. TAKE A DEEP BREATH AND LET OUT A LOUD SIGH OR SOUND TO CLEANSE YOUR SPACE AND ENERGY.

SIT OR LAY COMFORTABLY. REST YOUR HANDS ON YOUR CHEST. LISTEN TO YOUR BREATH AS YOU NOTICE ANY COLORS, IMAGES, OR FEELINGS THAT ARISE. LET YOURSELF NOTICE THEM WITHOUT PULLING YOUR ATTENTION TO THEM. TAP AND RUB YOUR HEART ANYTIME YOU FEEL DISTRACTED.

**CONNECT TO
YOUR GUIDES**

CREATE YOUR VISION

ASK QUESTIONS ABOUT ANYTHING YOU SAW, FELT OR THOUGHT WHILE CONNECTING OR SIMPLY ASK ANYTHING ON YOUR MIND AND BEGIN FREE-WRITING TO GET ANY ANSWERS YOU SEEK FROM YOUR GUIDES. REST AND VISUALIZE YOUR INTENTIONS BEING FULFILLED. FEEL THE LOVE OF THAT EXPERIENCE.

FROM THE PERSPECTIVE OF YOUR FUTURE SELF, WRITE DOWN WHAT IT IS LIKE TO HAVE REALIZED YOUR VISION, THE JOURNEY YOU WENT THROUGH TO GET THERE AND ALL THE THINGS IN YOUR LIFE YOU ARE GRATEFUL FOR NOW THAT YOUR VISION IS REALIZED. FOCUS ON HOW YOU FEEL IN THAT EXPERIENCE.

**BUILD YOUR
BRIDGE**

ACCEPT YOUR CREATION

DRINK THE GLASS OF WATER THAT YOU SPOKE YOUR AFFIRMATIONS INTO. TAKE A SHOWER AND INVITE YOUR SPIRIT TEAM TO SUPPORT YOU IN WASHING AWAY ALL YOU HAVE JUST RELEASED AND ALLOWING THE WATER TO HELP YOU SOAK ALL YOU HAVE JUST CREATED INTO EVERY FIBER OF YOUR BEING.