

The Game of Life for the 21st Century BONUS

Perfect Self-Expression Guided Journey

Place your feet flat on the floor. With your hands gently in your lap, close your eyes. Focus your attention on your heart.

Take a deep breath and shift your focus to gratitude of the blessings in your life and embrace the things that you're grateful for. Breathe into the gratitude.

Ask yourself these questions – don't try to answer, just ask:

Who am I?

What do I want?

What's my purpose?

What makes me happy?

Now simply allow yourself to be aware of your physical body. Your hands in your lap – your feet on the floor.

Now focus again on your heart – and allow yourself to hear the beating of your heart as a sound or feel it as a sensation.

Together we set the intention to connect with our angelic assistants to open our hearts to set the foundation to experience the highest possible outcome of your day and life to gain clarity on what makes your heart sing with joy - whether that be a job, business, relationship, connection with the angelic, whatever your heart longs to gain clarity about.

Together we'll release resistance, doubt, and the lower energy of less than desirable past life experiences to allow for the limitless possibility of this moment.

So... with eyes closed...

We begin with a prayer... Father, Mother God, Creator of All That Is. We ask that only those of the light be allowed to communicate with us. We ask our personal assistant angels to join us and help us hold the safe space to gain clarity on what we desire from this safe space of love.

In Gratitude, Amen...

Allow yourself to see before you in your mind's eye, your beautiful grounding tree.

Step into the tree's open loving heart essence of God and Mother Earth and allow your feet to mold into the roots of the tree - down into the soils of Mother Earth. They travel deeper and deeper into the center of Mother Earth to the core light of healing love energy within her. With a deep breath pull the vibrant healing light energy back up through the soils to your feet, up through your legs, to your heart.

Notice the branches of your tree open wide to the breath of God. Take a deep breath and pull the healing love of God forth through your heart.

Take a deep breath and expand the healing energies of Mother Earth and the breath of God within your heart. You are... the limitless possibility of God incarnate...

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Step out through the other side of your mighty oak tree to your field of potentiality. Your Angels welcome you into this field of possibility.

An angel asks you, "What do you wish to gain clarity about?"

Share with them, what you want to know and allow your heart to dream big - nothing is too big for you to experience... Allow your heart to soar with your angels exploring all that brings you joy and embrace that joy filled energy!

MUSIC - 4 minutes

Take a deep breath to expand and anchor this experience with your angels and fully embrace the limitless possibility that is you.

Now it's time to return to the physical world and bring that joy of having, being and doing the dreams of your heart with you.

Thank your angelic assistants for helping you to step into your power and anchor the limitlessness of your essence.

You and your angels agree to continue working together to bring your heaven to earth.

Walk over to your mighty oak tree and step into her grounding spiritual essence.

Take a deep breath and see the roots of your mighty oak tree blend with your feet to burrow deeply into Mother Earth to the core light within her. Take another deep breath and pull that vibrant healing light energy up through the soils of Mother Earth up to your feet – up through your legs to your heart.

Step out of your mighty oak tree fully grounded and returned to the physical world - bringing with you joy filled energy of creation.

And when you're ready... open your eyes.

Know that you deserve to experience all that brings your heart joy.

Again... this magical time of creation is what you've longed for - don't give up 5 minutes before what you want manifests! HOLD to your conviction of your truth - knowing with every cell of your BEing that it's your birthright as a powerful master creator of love and light to experience the highest version of joy and happiness possible in human form.

Direct the energy our planet and human bodies are experiencing with focused intensity to powerfully create more joy and happiness than you can even imagine at this moment. It is a magical time!

*** Get clear on what you want and embrace the energy of how much joy it'll give you to receive what you want and maintain that energy as much as humanly possible.**

*** Demand and command the JOY energy within you to mold into what you want.**

*** Actively prepare to receive what you want - taking any action steps you're guided to take and open your arms wide to receive.**