

## **Itemized Action Steps**

### **5 action-steps you can take to overcome survival mode:**

#1. Acceptance --- Breathe deeply and accept what your life IS in this moment and accept that you have the power within you to improve your life.

#2. Quiet your mind --- one of our modules is about quieting our mind, so we'll go deeper into how to do this momentarily.

#3. Set your intention from this safe space to surrender to the LOVE that is your essence – breathe deeply with eyes closed, into the nothingness of full awareness of the greater consciousness of the divinity within.

#4. Consciously choose to BE the LOVE vibration of the Divinity within as your conscious state – use your power – consciously choose instead of defaulting to the dominant energy in your subconscious.

#5. Be AWARE of your energy and course correct when it begins to dip into fear from rogue thoughts or outside stimuli – when you're vibrating in LOVE energy, outside stimuli that is of fear energy cannot engage with you.

### **To stop the programming:**

\*\*\* breathe – stop holding your breath – we humans typically breathe shallowly, but when we get stressed, we subconsciously hold our breath. When you consciously choose to take deep breaths every few minutes, you retrain your Vagus nerve and condition your body to take deeper breaths. As a result, you'll have clearer thought – more clarity and less brain fog – because your brain, as well as the rest of your body, will be getting the vital oxygen it needs to operate efficiently.

\*\*\* accept what your life is in this moment – when we're not in agreement with what our life looks like and we want something different, an internal battle happens. When you accept what your life is, the internal battle stops.

\*\*\* on the heels of accepting what your life is – accept that you have the power to create a higher outcome and consciously choose to USE it!

\*\*\* Then with the support of your new programming consciously choose to BE the vibration of LOVE and set your intention to be consciously aware when your energy dips so you can shift it back to LOVE.

### **Infuse situations and people with LOVE 2 things happen:**

#1 – you shift your energy from fear to love – remember you can't be in fear and love at the same time – you're vibrating in one or the other all the time. When you are LOVE energy, you create experiences of the love vibration – LOVE experiences are what is mirrored back to you....

#2 – shifting the energy you're vibrating in opens the way to create a higher outcome – always --- when there are other people involved, it may not be exactly what you want, but whatever it is – from the LOVE vibration you'll be better equipped to cope and manage from the vibration of love.

**Tips – life hacks:**

**BLESS FOOD** -- Bless your food and your drinks – Reiki it if you're attuned to Reiki. Blessing holds an intention of LOVE and Reiki is pure LOVE energy. When you infuse your food with the vibration of LOVE, your body will reap the greatest rewards!

**MAGNIFY the Power of WATER** -- Water magnifies energy – so no more crying in the shower. Instead... think about all the things you're grateful for while you're in the shower – take a Gratitude shower and magnify your gratitude energy.

**PROTECTION PRAYER** – Dearest Angels, in deepest gratitude, I thank you for surrounding me with your diamond steel forcefield shield of protection – filled with strength, stamina and healing love energy – that deflects negativity and all viruses. Thank you, thank you, thank you!

**DREAMS** -- During the first Game of Life Mastery Program the students were moving a LOT of energy and they started having uncomfortable dreams. I asked the angels what we could do about this and they told us to ask them, before we went to sleep – ask the angels to help you to only remember the parts of your dreams that will benefit you during your waking hours.

Everything we're talking about today opens the way to move a lot of energy. When we set our intention to improve our life and we begin to transform the old fear energy to the LOVE that is our essence, our brain continues to process through energy while we're asleep. When this happens, we can have uncomfortable dreams or even nightmares. So, before you go to sleep, ask your angels to help you to only remember the parts of your dreams that will benefit you during your waking hours.

**INFUSE LOVE** -- Infuse situations, people involved and yourself with LOVE sincerely from your heart with the intention of creating a higher outcome – and let the miracles begin.