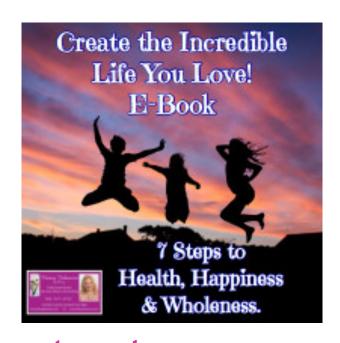




Create the Incredible Life You Love!



Unleash Your True Purpose, Path & Passion!

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Page 17 © 6 magical methods to opening your 3rd eye, and increasing your wisdom and psychic and intuitive gifts!



What Do I Really Need to Know? (or how to be Happy, Healthy & Holy!)

Thank you for downloading your copy of "Create the Incredible Life You Love!" This book is the absolute nutshell version of how to create balance in all areas of your life, throughout your chakras and empowers you to create health, happiness and wholeness in every area of your life, every day of your life.

Is this over-simplified? Yes. Can it be this simple? Yes, absolutely. Divine guidance is always simple. It's the human way to struggle and strain. You are created in the image of the creator. Therefore by definition you are also a creator. Your thoughts and words are powerful tools for creating and manifesting. By creating intentions and affirmations you can re-program your mind to create exactly what you want and not what you do not.

This is what you want to do next ~

- ~ Read through all 7 Simple Steps. It's an easy read!
- ~ Over the next 7 days spend an entire day on each of the 7 Steps. Set your intention in the morning before you start your day and repeat your affirmation at least once every hour throughout the day. Before you go to bed at night repeat your intention and your affirmation. Simple? Yes!
- ~ After you have completed your 7 days, next it's time for you to review all 7 areas of your life. How happy are you in each of the 7 areas? Prioritize them. Put them in order of your desires, wants and needs. Then Monday through Saturday focus on your particular priorities. On Sundays re-read all 7 Steps.
- ~ That's it! You did it. Now just remember that we are always learning and growing, every day, in every way. You will need to repeat this process often to stay current. I hope you enjoy the journey! Happy manifesting, creating and celebrating. The secret to successful manifesting is to be happy in the now, knowing that something even better is always coming. When life seems dark and dismal, know that

there is always a blessing in disguise waiting for you ahead. When you are feeling successful, happy and content, cerebrate your joys and triumphs. And most of all always, keep on going. Even when you are on the right track, you will still get flattened if don't keep moving!

May you find your Happy, Healthy, Holy life today!



1 Sure-Fire Way to Master a Magical Mindset to Safety, Security and Abundance!

Intention

Today, I choose to recognize and release fear in every area of my life, physically, mentally, emotionally and spiritually. I am ready to move forward fearlessly!

In fact, I am fearless!
I am embracing today with love in my heart, and I am succeeding.
I am expecting miracles, and I am accepting miracles.

1. Fear is the lie that tells us that we could ever be anything less than perfect, have less than abundance, and ever be alone. In Truth we are surrounded by angels, spirit guides, loved ones in spirit, ascended masters and all the company of heaven.

Fear actually stands for:

F = Forgetting

E = Everything's

A = AII

R = Right

My Affirmation:

"I move forward fearlessly, every day, physically, mentally, emotionally and spiritually.

I know that in truth, my footsteps are and always have been Divinely guided.

I am safe, loved and protected at all times."



2 Amazing Answers to Abundance, Passion and Sexuality!

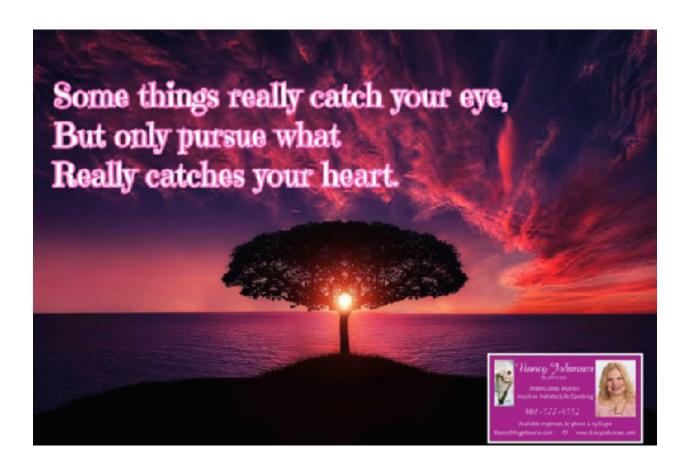
Intention

Today, I choose to live passionately and love passionately. I am opening my heart to knowing, feeling, seeing and hearing all the passion that is the divine spark of a love filled life.

- 1. Your thoughts, words and actions are infinitely powerful. The Universe is a space of infinite possibility. Only you can create and accept the abundance, passion and sexuality you seek. What you focus on expands. What you neglect is diminished.
- 2. We are spiritual beings having a human experience. Material needs, wants, passions and sexuality are part of the human experience just as the need for air, water, food, relationship, purpose, and spirituality.

My Affirmation:

"I love, live and create passionately knowing that enjoying myself and consciously creating physically, mentally, emotionally and spiritually in every area of my life is my divine purpose and is expected of me!"



3 Transformational Techniques to Self-confidence, Self-esteem & Self-worth!

Intention

Today, I choose carefully and responsibly who I spend my precious time with, knowing that it is through relationship that we learn our most valuable lessons.

- 1. You cannot release the past and create your amazing future, if you are still studying the past. You cannot move forward if you are only looking backwards!
- 2. What others think of you is none of your business. Your emotions are always teaching you something. Stop reacting out of fear and choose to respond with understanding.

3. In Truth you have never done anything wrong. You have made mistakes while learning lessons. Mistakes require teaching and correction, NOT punishment.

My Affirmation:

"I am a perfect divine soul, learning my personal individual lessons through my relationships and experiences every day.

I choose to react in the highest way possible and to the very best of my ability at all times."



4 Quick Tricks to Opening Your Heart to Greater Love, Compassion and Inner Peace!

Intention

Today, I choose carefully and responsibly who I spend my precious time with, knowing that tt is through relationship that we learn our most valuable lessons.

- 1. In order to have deep authentic relationships, first you must become your truest authentic self, and learn how to communicate.
- 2. Love yourself first. Know what your true path and purpose is first. You cannot give what you do not have. You must always start with you.
- 3. Everyone chooses their own partner, no matter how it may appear to have happened.

4. True love is not painful, hurtful, confusing or rightening. Know when to stay and when to go. Your heart always knows the truth.

My Affirmation:

"The love that I am seeking is seeking me, we come together and find each other in perfect love & understanding."



5 Wonderful Ways to Improve Self-Expression, Communication and Self-Confidence

Intention

It is my intention for me to speak, listen and learn. I am willing to share the best parts of myself, listen to what others are meaning, and to allow myself to be open to receiving the wisdom of the Universe.

- 1. Your words are valuable, have great meaning and are a gift to others. You matter.
- 2. Stay optimistic at all times and become a beacon of positive energy and hope for others. The world needs you.
- 3. Your body is also speaking! Pay attention to what your body is expressing.
- 4. Learn to become a story teller. You have a story. Everyone has a story. People love a good story.

5. Up your enthusiasm and cheer! Enthusiasm is from the Greek en-theos or in/with God. There is your true power.

My Affirmation:

"It is safe for me to express my truth with love and gratitude. I honor my gift of sacred speech."



6 Magical Methods to Opening Your 3rd Eye, and Increasing Your Wisdom and Psychic & Intuitive gifts!

Intention

I now that it is safe for me to see the Truth. I am ready to see myself, others and the world through my new eyes. My new sacred vision enables me to see that which remains invisible to most.

- 1. It is a choice to remove the veil from the 3rd Eye.
- 2. When I am free to see the Truth, I gain wisdom in all areas of my life.
- 3. My psychic and intuitive abilities are gifts of my divine soul at birth. I have always had these abilities and I will always have these abilities.
- 4. Clarity comes with practice. Everyone needs practice.

- 5. I now choose to see everything and everyone as if for the first or last time.
- 6. Seeing is not believing. Believing is seeing.

My Affirmation:

"It is safe for me to see the truth. Clarity, understanding and vision always comes to me."





7 Sacred Secrets Of Spirituality

Intention

I now choose the divine Spirit that whispers only Truth. I am a sacred spiritual soul therefore I know that in Truth, All is Well. When I embrace my spirituality all things become possible. My thoughts, words and actions are now in perfect harmony with my divine self and with Truth.

- You are already connected to Spirit whether you 1. believe this or not. In truth you cannot be disconnected from Spirit.
- The question is not, "Is Spirit speaking?" The 2. question is, "Are you listening?"
- The single most important thing you can do to 3. increase your spirituality is to embrace the gift of Sacred Silence.

- 4. Journaling has a unique magical power that is rarely recognized.
- 5. Create a Sacred Space in every room in your home, office or environment
- 6. Connecting with Nature will always nurture your Spiritual Self.
- 7. Conversation with Spirit is key! Spirit has something so much better in store for you than you could ever imagine. Ask for what you want but always end with, "Or something better!"

My Affirmation:

"Spirit is always speaking to me.
I am always listening.
I am one with Spirit."



Congratulations! You are already creating the incredible happy, healthy and holy life that you truly deserve. Remember, gratitude increases all your blessings and brings in more of the same. Know this with your whole heart and soul ~ All is Well.

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