

UNITY INITIATION CEREMONY

Dear Angels, Guides, Galactics, Prime Source Creator,
Dragons and Higher Self.

We are so Grateful for all your support, guidance,
synchronicities and connection in these moments, it all
feels so magical.

I ask that you all join us throughout this workshop,
supporting, activating and drawing in abundance to all
doing this work, so we may serve and assist humanity
in Higher ways.

We are here to take our Power back, claim our
Sovereignty, Embody our Higher Selves. That we
create a strong unified field of love that will be felt by
all of Creation to assist in the raising of the collective
consciousness with full intention.

We ask that our DNA and Angel Chips are fully
activated.

We trust that we are lined up with the Highest Good
in all moments, that is workshop is blessed and held in
Sacred Space.

May the Dragon Clans be present, assisting in blasting
through the density, illusion and all our personal
limitations.

This is such an exciting time, thank you for bringing us
into Unity, we are all in for ourselves and Humanity!

Thank you love, all of Creation, we love you and we
love ourselves.

LET'S DO THIS!

CONSCIOUS BREATHING

None of us know how to Breathe properly and this traps energy in our bodies and contributes to the anxiety we feel and also creates exhaustion as we are not getting enough oxygen through to our bodies.

Take a deep breath in through your nose and fill your belly as much as possible, hold for 3 seconds and breathe out through your mouth until there is no oxygen left to let go of. Feel how your body relaxes.

3 Deep Conscious breathes will release a lot of tension and relax you, do this a couple times a day, the more you do it the better you will feel.

You can do this anywhere, anytime to feel calmer.

breathe



Daily Gratitude Prayer

to honor Mother Gaia

It's time, good morning Love, All of the Angels and All of Creation. Thank you for the many Blessings and Love Surprises today as I walk in Love with my every thought and my every action. Thank you for the many miracles and synchronistic events which are lighting up my life with overflowing Joy. Thank you for the Laughter today during the AHA Moments as I remember more of the Love that I AM and share this with others. Thank you for All this energy of Love and Oneness pouring into the planet and through me activating All which is dormant so I may serve in the Wholeness of Love.

Thank you for the increased visions of Love, which is assisting in the Manifestation of the New Earth, where only Love exists. I AM honoured, I AM Worthy of All Love is and thank love this day for this realization in my life. Thank you Love, thank you Angels. I AM here, I AM present and I AM ready to be who I really am and to live my life in Love. It is Time. Dreams of Love do come true.

GRATITUDE

Gratitude is one of the most powerful energies in the Universe, as it is the basis for all love and manifestation. Gratitude requires one to look at the higher perspective of all things, to see the big picture. The truth is that no matter how low or dark an experience is, there is always a lesson and blessing beneath the surface. A true divine being is always grateful for both the highs and the lows, as they both provide growth, expansion, and learning. Gratitude allows us to find the purpose within pain and the grace through suffering.

Gratitude is also the strongest force to assist with manifestation. When we are entitled or in expectation of something, we actually push what we want away from us because entitlement/expectation are forceful energies, whereas gratitude is a receptive, feminine energy. When we practice gratitude daily, we create the space of receptivity to manifest miracles, joy, surprises and blessings. Even when we are not feeling the energy of gratitude, we can practice the art of saying “thank you” to every person and experience that comes into our lives, especially with the hard and painful experiences.

Gratitude journaling also helps anchor the energy in and refocuses you on what blessings you have in your life. The more we focus on the blessings rather than the lack or the challenges, the more we will attract experiences to be grateful for.

GROUNDING

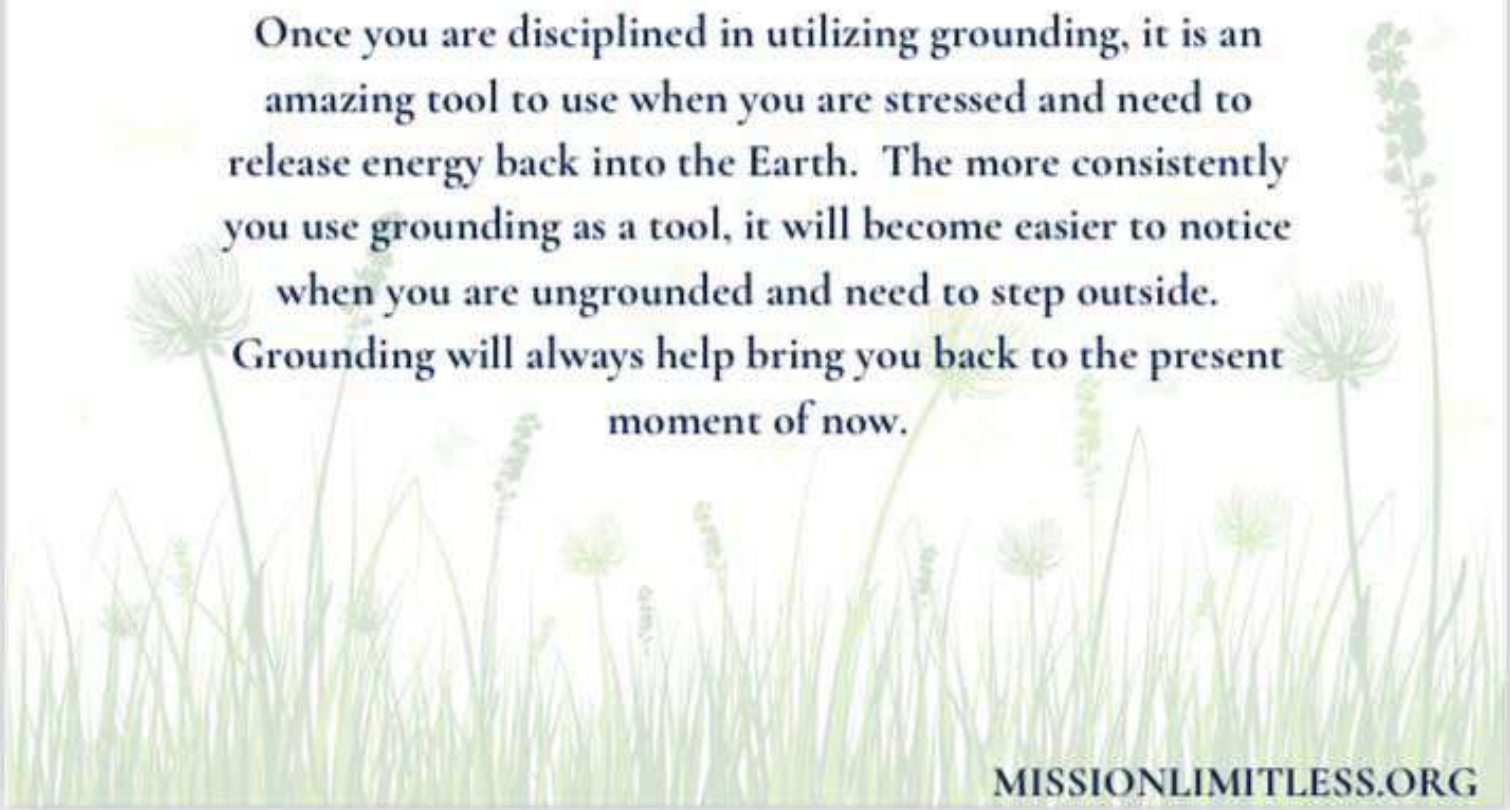
Grounding is simply putting your bare feet on the ground! When you do this you are connecting your whole body and essence with Mother Earth.

When you ground it is like taking handfuls of anti-oxidants into your body through your feet. Grounding supports organ function on a cellular level. The benefits are huge, grounding alkalizes your body, reduces inflammation (the cause of most diseases) and healing naturally occurs. 10 minutes a day will make such a difference to your energy, stress levels, sleep and health.

You can also look up Grounding videos on YouTube there are a lot of studies to prove this.

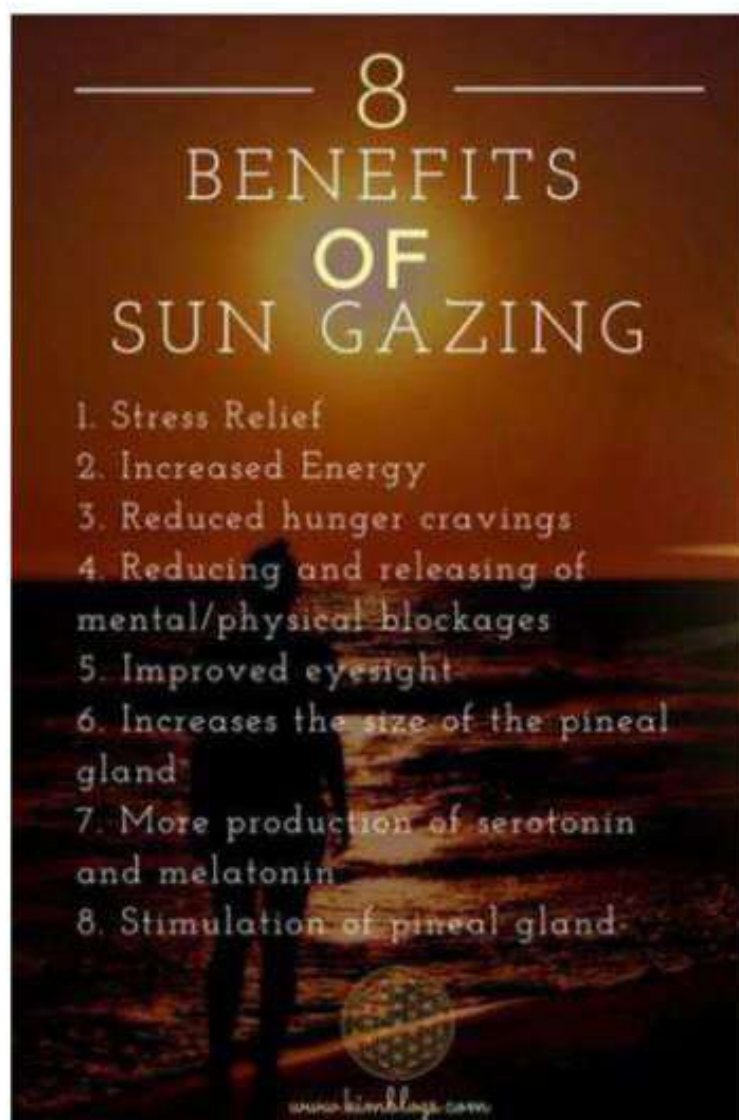
Once you are disciplined in utilizing grounding, it is an amazing tool to use when you are stressed and need to release energy back into the Earth. The more consistently you use grounding as a tool, it will become easier to notice when you are ungrounded and need to step outside.

Grounding will always help bring you back to the present moment of now.



SUN GAZING

When you are staring at the sun, you are connecting to and accessing Source Consciousness and Universal Plasma energy. This is where we receive great sources of our energy, information and downloads. We have been taught that the sun is bad for our eyes, however, this is not true. A few minutes at sunrise and sunset daily is very beneficial. If you find it difficult in the beginning, keep your eyes closed and let your closed eyes and forehead receive the energy from the sun until you get used to it.



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BENEFITS
OF
SUN GAZING

1. Stress Relief
2. Increased Energy
3. Reduced hunger cravings
4. Reducing and releasing of mental/physical blockages
5. Improved eyesight
6. Increases the size of the pineal gland
7. More production of serotonin and melatonin
8. Stimulation of pineal gland

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