

To Begin My Day

1. Immediately set the day up with the statement:

Today will be a great day, filled with joy and laughter,
productivity and rightful outcome.

2. Call in the Divine:

Light the God candle stating:

I call forth the Power of Divine Space.
I permit it to be mine.

Gaze at the candle, using the words:

I am Light, I am Love, I am Power.
This triad is perfection and shall encompass me,
fill me and guide me throughout the day.
For the Creator and I are One,
in all things and all ways.
I am Love, I am Light, I am Power,
and I share. So be it.

3. Meditate for 20 minutes
4. Send Divine Healing energy to those on my list
5. Express gratitude for at least three things in my life
6. Review weekly goals and a character trait to work on
 - a. Set my intentions for the day to achieve the goal and character work

b. Set phone timer for 10am, noon and 3pm as a reminder to connect with my High Self and meet my intentions for the daily goal and character work.

7. Use a healing affirmation:

God is my source of all supply and answers my every need.

For all the rest of my days, joy and fulfillment are mine.
Kindness and love flow from me and to me.

Thus, it is with a great dance of life that I move forward.

I know that I will have all that I need in every form,
for I am about my Creator's work.

I am a beautiful spirit with the courage to be. So be it.

8. Extinguish the candle with the thought:

Love, Light and Power, follow this flame
in its most delicate form.

Hear my vision, my sight, my thoughts
as you lift them to the higher space.

So be it.