

Week Five



RELEASE

You Were Born to *Love*

Have you noticed different dreams, emotions and feelings popping up?

When we attract more of what we love we have to create space.

When I designed and experienced this process I had a powerful clearing process in a dream. I was dreaming God had visited me. This dream happened just about mid way of following the blueprint. Suddenly God's hand raised and a sharp, bright laser beam of light hit my heart. It felt so real and I do believe it was on some level.

When magic is happening in our life it needs a path of least resistance, therefore we must clear away that which does not serve us. When the light cracked open my heart, pain oozed out. It was so incredibly painful! I could hear myself letting out a gut wrenching scream. It was so loud, I sat up in my bed thinking the family may have heard me. I quickly fell back on my pillow and heard God say, "now you are ready to receive more of what you love."

Since that day, more opportunities have opened to me. I make clearer decisions on what I want to receive now.

LESSON - NOTICE WHAT IS RELEASING

What have you noticed leaving your life?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

..... Love

LESSON - NOTICE WHAT IS RELEASING

What feelings are coming up?

LESSON - NOTICE WHAT IS RELEASING

What are you noticing in dreams?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

You Were Born to Love

LESSON - TIME TO CREATE SPACE

If you want the universe to send you opportunities, let's release what we are ready to let go of this week, what no longer serves you.

List 3 things that come to mind.

Example

Negative talk

A relationship that isn't serving

Pay off a bill you keep saying needs to go

1.

.....

.....

2.

.....

.....

3.

.....

.....

LESSON - HONOR WHAT YOU ARE LETTING GO OF

Honor the grieving process you may be experiencing.

[illegible]

You Were Born to *Love*

*Let your heart have the courage
to open and receive*

LESSON - I WILL RECEIVE

I will open to receive now (List 3)

1.

.....

.....

.....

2.

.....

.....

.....

3.

.....

.....

.....

As your week progresses remember to acknowledge a greater sense of freedom
that will come with en“lighten”ment.

*When my heart is overwhelmed,
lead me to the rock that is higher than I.
~ Psalms*