

DAY 2

“When you live from your heart, each decision, each action reflects your truth. Align with your heart in every moment and allow the Master that you are manifest in your everyday experience.”

TODAY'S JOURNAL PROMPT

Write about where you believe or feel you are not fully in alignment with your mastery. Give examples and how it makes you feel. Then write down when you've recently noticed that you respond or act from a lower frequency than your mastery.

Awareness is always a place for a breakthrough in your experience.

MULTIDIMENSIONAL POETRY #1

Bring yourself into a centered quiet space. Drop your conscious mind down into your heart. Connect into the crystalline core of Gaia. From the bottoms of your feet, visualize roots expanding down and wrapping around the crystalline core (sphere) of Gaia, and weaving to anchor you to Pachumama.

Then take a deep breath and read today's poem. Let it penetrate into your mind, body and soul. Read it aloud or silently, whichever feels most empowering to you. Sit with it for a minute or two and then read it again with the intention of the codes to activate and open the multi-layers of your Being.

ACTIVATION #1 - LISTEN AGAIN

You are always expanding, exploring and remembering your truth. Be open to receive the awareness and has that your soul is sending you.

