



DAY 3

"We walk the path of an enlightened soul illuminating the way for humanity."

TODAY'S JOURNAL PROMPT

Ask your Higher Self to provide you with insights of how you are a living, breathing, Light worker. Ask what ways your presence, for example, Light influence those around you. Own your mastery and how you show up in the world. Allow yourself to embrace your mastery, while still staying out of ego.

Remember to write with your non-dominant hand... it allows you to tap into your subconscious mind and your Higher Self with more ease and grace.

LIGHT LANGUAGE #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 open your heart to the written Light Language message. Let your mind, body and spirit expand into a higher field of consciousness. Simply allow the images/language to speak to you in a non-linear place of being.

ACTIVATION #1 - LISTEN FOR THE THIRD TIME

Remember to take care of your body. As you continue to infuse more Light into your Matrix, your body needs deep nurturing and care.