

# DAY 5

***“Personal Mastery comes through awareness, intention and being connected to your omni-present Being. When you break free from the patterns and distortion, Mastery is your natural state of Being.”***

## **TODAY'S JOURNAL PROMPT**

Journal about how magical your life would be IF you were totally aligned and walking in mastery every single day. Especially note what would be different... what you would be experiencing. What your 3D reality would be like?

## **MULTIDIMENSIONAL POETRY #2**

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 #2 - LISTEN AGAIN**

It's time to do some physical energy cleaning. Please wash your sheets with a handful of sea salt and/or a few drops of lemon essential oil along with your normal detergent. Also, clear your bedroom, and your entire home if possible, by spritzing a combination of purified water with your favorite essential oil.

For their ability to cleanse the energetics, I recommend and prefer: Lemon, lavender, or rose. But again use your favorite. I do not advocate or recommend using sage, as it is a totally different frequency and is not conducive to this level of high frequency energy work.