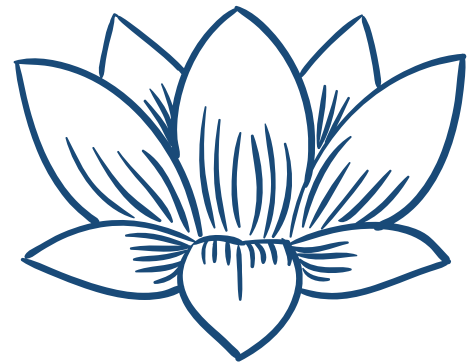


8 Suggestions for Life in Transition



- 01** Breathe – it only takes one minute to take 3-4 deep breaths. Giving yourself one minute to take deep breaths 5 times during the day will enhance your experience of wellbeing.
- 02** Grounded Presence – checking to make sure you are grounded throughout the day will clear your thinking and support your ability to make good decisions for yourself.
- 03** Signs, Synchronicities and Symbols – when making decisions in life, it is always nice to ask for an affirming sign that you are on the right track. When synchronicities occur the Divine is letting you that you are not alone and you are going in the direction aligned to your soul. Recognizing symbols helps to provide meaning and intention for life.
- 04** Safety, Ease and Grace – when seeding the Infinite Field of Pure Potential, these three power words offer clear intentions for what you want to create for your life. Especially when you are in a Transition experience.
- 05** Flexibility – it is good to ask for what you want, but if Life throws you a curve ball, know that God has a better plan.
- 06** Creative Solutions – when things look bleak and closed for your way forward or for situations on Earth, asking for Creative Solutions puts the Archangels into motion to provide an alternative you never thought of.
- 07** Discrimination – everyone on Earth is in transition right now. Asking to have more Discrimination in relationships, in your work, health and all other situations clears the way for Divine Right Action.
- 08** Alignment – a powerful way to begin the day and an important check-in throughout the day. When you are in alignment from Heaven to Earth you are in tune with Divine Order. The connection through your inner core keeps you connected with your Highest Self, and more neutral in the face of all that is going on around you.

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