THE CSO MEETING

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, The CSO and I attended the meeting.

Step 1 – Write down the gratitude statements in a letter to the CSO. Include those things that I am grateful for and those that I want as though they are already manifest in my life.

Step 2 – Read something spiritual and inspirational to get in a receptive mood.

Step 3 – Speak and read your letter out loud with feeling and emotion.

Step 4 – Imagine, think about, and feel grateful for all that I’ve listed as my desires as though I already have them. What does it feel like to have them now? How do I look having those things or experiences? Write down any guidance from the CSO as a direction to do something. If I don’t receive any guidance that’s okay. If I do receive guidance I will follow the directions (write down in your journal the guidance you received) or ask for another lead.

Step 5 – Watch every moment in the day for signs, intuitive direction, flashes, and hunches and write them down in your journal. They all can lead you to your abundance and good.

Step 6 – Celebrate and express gratitude in a joyful way when something good happens that is related to what I want by calling or texting a friend or relative. Write down what you are celebrating in your journal. Nothing is too small.

Step 7 – At night as I prepare for bed say out loud any gratitude statements for anything that I can remember off the top of my head that may have occurred during the course of the day. Thank the CSO for those things and at the same time ask the CSO to reveal to you anything or anyone that you need to forgive.