

In LOVE

aligning to the
FREQUENCY OF LOVE

Do you believe that you can make anything new? Do you believe that your current reality can change at any moment? If not, journal on this. Where and which things do you not believe are possible for you?

What do you desire to make new? Either in your body, relationships, career, mental and emotional well-being? Get specific on the things you desire to make new or change.

Where can you respond more with love through pausing before you react? Where do you notice yourself getting triggered by others and can you begin to see everyone in their own divinity and on their own journey? Where can you relinquish more control over others and give more compassion?

Where are you creating self-fulfilled prophecies? Where are you predicting what will happen based on past circumstances?

Where do you catch yourself giving attention to what is (what you don't want) instead of what you desire? Is there a certain time of day, an unconscious habit or someone or some thing reminding you of this? Work through this and see where you can shift your attention when it comes up. And get honest with yourself on this one, you can only shift what you acknowledge.

What's ONE thing your soul is leading you towards that you've been ignoring? Meditate/sit in quiet and set the intention for the answer to come through.

If you had a magic wand and could ask for anything right now (use your imagination) what would you ask for? This can be materialistic, physical, relational or a certain feeling. If you knew without a doubt that what you asked for would be given, what would you ask for?