

DAY 8|30

Let's imagine...



Let's imagine...create YOUR perfect vision of LOVE!

Last week was all about looking at the past and all it taught us about our LOVE journey to date.

This week we are shifting gears! Now that we have gotten some of the heavy lifting out of the way, this week is all about creation and the power we have to create the LOVE experience we deeply desire.

This is the fun part!

If you have never had experience with manifestation, this idea may feel

farfetched and unlikely. Could I really create the future I want simply by first imagining it?

And yet, if you have had experience with manifesting something(s) in your life, you'll realise the idea isn't unlikely at all.

We must first see things in our minds before we bring them into reality. So, we are going to take that step today!

Over this week we will examine what your perfect Vision of LOVE looks like plus examine who you have to be(come) to step into it.

As usual, I'll ask you to trust the process as we continue to build on each day in the week in a powerful way.

EXERCISE: ANSWER THE FOLLOWING QUESTIONS

1. Imagine that EVERY part of you KNEW that you could experience EVERYTHING you wanted in LOVE; there is no doubt whatsoever, what would LOVE look like to you?

Tip: Observe your thoughts as you answer this and usher away any thoughts which may be coming up to suggest that this is not possible. Allow yourself to dream BIG and write out what this Big, Bold, Beautiful LOVE looks like in as much detail as possible.

2. What would LOVE feel like to you?
Allow yourself to feel each emotion in a delicious way. Close your eyes and allow these feelings to envelop you completely from head to toes. Consider what comes up for you.

3 a. Consciously identify an example of the LOVE experience you seek in the form of a couple.

You may know this couple personally or they may just be persons you see and admire from afar (even if this is through a book or TV). What is important is identifying and connecting with a real life example of what you are seeking.

3 b. Identify and write out which part(s) of their relationship resonate with you and why.

Quick Technique: You are essentially stepping into Level 6 Energy (The Energy of Synchronicity). This has NOTHING to do with comparing yourself to others, but rather you are starting to step into the Energy of "if this LOVE can exist for them, it CERTAINLY exists for me" and you start to joyfully (and feeling full of possibility) vibe with this energy.

4. Preparation for Day 9| 30 - Identify and download specific pictures in an online folder dedicated to your LOVE journey.

These pictures should be visual representations of what you came up

with after completing Exercises 1 and 2 (what LOVE looks like and feels like to you.)

This is an important part of tomorrow's work and the focus of this week. **Choose these pictures intentionally. Something about each one of them should draw them to you.**

5. What additional thoughts come up for you (if any)?

Thought for the Day:

"What you think, you become. What you feel, you attract. What you imagine, you create."

Gautama Buddha