

## First This....

Welcome dear one,

This course will launch May 17 and all the curriculum for this introductory section will be up and available then. Each week thereafter a new section will be uploaded and available.

This first week will be an introduction with things to look at and learn about. There will be some exercises for you to explore that will help you deepen your intention and open yourself to the benefits that this course will bring. You will want to gather your materials, plan your time and make your space. You will need to order the oils you need. Look at and read the PDF about oils.

As you plan and prepare to do this course, you want to create a space for yourself that will support your work. Look at and read the PDF about creating space.

You also want to free up your life a bit, take care of the small things that have been on your mind and do some purging and organizing, so that you make a statement to yourself that you are freeing up time and space to devote to this.

You want to make an inner commitment to this course, giving yourself time to do this work and supporting yourself in showing up by clearing stating your intention. Write down your plan now. State how much time each day as a minimum and how many days each week you will devote to working on this course and plan what time of day you will use. Block this time out on your calendar and post the written statement of your commitment where you can see it. Share your commitment with someone. Share it in the FB group. Then show up as you committed to, when you committed to.

You will meet resistance. Be aware. As you look at your inner voices and shine a light on some unexplored corners of yourself, you will find that you really don't have time, you have to get the dishes done, there are lots more important things that you need to be doing, you have to take a nap, etc. Sit yourself down, show up, do some of the exercises or use oils, affirmations, or tapping to shift the energy and keep going. Showing up is what matters. Use the time that you committed to, more if you can, and plan to relish the experience, resistance and everything.

I will send you a link to join a Face Book group. This will be a great place to share your commitment, your progress and your obstacles. Anything that is going on with you will probably be going on with others, so any insights you gain will be helpful to someone else.

You need to remind yourself of why you are doing this. Write about your purpose for doing this course now. Make a statement of your intention for this course that you can refer to when it gets hard to do the work. How do you want to feel? What do you want to manifest in your

life? What relationships would you like to improve? Is there something in your physical health that you would like to shift? Are you aware of a pattern of thought or behavior that you would like to change? Is there something you want to learn about? Are you wanting to establish new habits for healthy living? Write about all the things that you hope for and make it a statement that inspires you to continue working. Post this where you can refer to it.

We will find a time on Sunday or Monday to do a small intention setting and welcome ceremony together. If you can't be there live, it will be recorded for you to look at later.

Welcome and many blessings. I am so grateful to be sharing this journey with you!

Love,  
Maria