

CHECK NUMEROLOGY-IT FIGURES!®

Start Your Day the Right Way©

First thing every morning before you get out of bed, say aloud:

“Thank you for this wonderful day!” Repeat 2 times.

As you’re going about your morning, if you think of it, repeat.

White Light Shower – Shifting Your Mirror

Using sea salt, look up at the shower head (picturing water as white light), raise your arms and say:

“From the one source with no harm to anyone, I give great thanks for my gratitudes or personal desires, such as car, family friends, pets, health, my job, etc., in this now and present moment, in this time and space called now. I give great thanks. I give great thanks for my wonderful blessings. It is done.”

Then you begin talking about the things you would like to have in your life in a very positive way, using positive words. Use phrases such as:

“I choose to allow . . .”

“My intention is for . . .”

“I am ready for . . .”

“I am . . .”

Remove all negatives from your vocabulary because the universe refuses to acknowledge the negatives such as, “isn’t, wouldn’t, couldn’t, don’t, not” in any format.

Using the word “want” will put you in “the want” for the rest of your life. Using the word “wish” will put you in the “wish” for the rest of your life. In other words, you are asking the universe for all things, for your personal desires to come into your life. You must put it in the now and present moment.

After you asked for all the generosity, for all you desire, the next step in the shower is to say, “In this now and present moment, in this time and space called now, it is done.”

The next step is to visualize all the lower energies washing off you and going down the drain. You say, “I send this tired, unworthy, unwanted, lower energy down the drain in love in light to be transmuted by the universe in love and light across all time, space, alternate realities and dimensions. It is done.” This has to be done in order for the

unwanted baggage to fall away and be totally removed. If this step is omitted, the baggage will climb back on you.”

The proper form for this shower is to spritz a little bit of sea salt on your head at the crown, put some in your hands, wash your face, down your throat, down your chest all the way down to your outside private areas, then returning back upwards to the crown above your eyes. This opens up the flow of the chakra system. Salt is an excellent exfoliator and cleanses thoroughly. Follow the salt with some type of soap that lathers white bubbles. While you are washing, you are saying the verbiage mentioned above. Visualize the soap going down the drain.

Some examples of positive words are as follows:

Generous
Loving
Kind
Compassionate
Worthy
Caring
Supportive
Great
Giving
Wonderful
Blessed
Divine
Success

Willing
Non-judgmental
Objective
Angelic
Deserving
Powerful
Passionate
Spiritual
Prayerful
Charming
Decisive
Friendly
Successful

Empowered
Free
Productive
Happy
Positive
Enthusiastic
Capable
Healing
Forgiving
Lucky
Artistic
Generosity