



Intention To the Higher Self - Practicing Mastery

Step by Step Instructions

STEP 1) Things You'll Need

- A relatively quiet, comfortable space
 - Headphones for the audio, if handy
 - An open mind
 - A willingness to connect to something real and true.
 - Be open throughout the day, have vigilance
 - Force nothing, just observe
 - And let your Higher Self reach you in its own way
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STEP 2) Sit back and listen to the audio

There's nothing you have to do now... just be still and know that miracles are coming your way today
