

Love attracts Love



Take Control Technique

Harnessing Your Inner Power to Create Heal & Transform with Divine Energy

Beloved soul, remember that you are a divine creator, powerful beyond measure. With love and intention, you can shift situations, bring healing, and realign your life with your highest good. Yet, always trust that Spirit knows the perfect timing and the divine reasons behind each soul's journey. We are bound by karmic laws, and sometimes, the universe guides us in ways that may seem different from what we desire, for the highest evolution of our soul.

With that sacred understanding, let us begin this beautiful process of taking control with love, trust, and divine purpose.

Step 1: Breathe into Your Sacred Space

1. Take a deep: Nourishing belly breath.

"I PLACE MY CURRENT SITUATION of [describe specifically what needs changing] into this bowl of transfiguration."

5. Trust that the universe: Is working behind the scenes.
6. Visualize: A rainbow-colored bowl forming before you.
7. See yourself taking out the situation you desire: Visualize it exactly as you wish it to be.
8. Feel, smell, taste, and hear: This new reality, immerse yourself in its beauty and abundance.
9. Finish with gratitude:
"I AM SO GRATEFUL for this new reality, my life now manifests with love, peace and harmony." (State it with conviction.)

Optional Technique 3: Healing Yourself or Others

1. In your sacred space: Walk to the top of the hill with the person in mind.
2. Gently tell them: With love and compassion, that they are not well, acknowledge their pain or sickness.
3. Now, declare your intention:
"I am here to help you heal. Please help me in this process."
4. Visualize: Pulling out the sickness or imbalance, see it leaving their body, dissolving into light.
5. See the person completely healed: Expressing gratitude for their perfect health.
6. Ask the universe to remove the root causes of the illness: And trust that divine healing is happening.
7. End with: "So be it!"

♥ Always thank your guides for their divine assistance.

♥ Know that you are supported in every step of your healing journey

♥ If you feel you need extra help, remember, you can reach out to me or a trusted energy healer.

