

the GAME of LIFE Mastery Program

Class Module 6

Welcome home to our community of Love and Light! I'm Kate Large and this is our 6th class module call for the Game of Life Mastery Program.

I am so very excited to be introducing you to Florence's energy - and I'll be sharing some other information as well.

But first, we'll begin with some admin info:

The recording and transcript of today's call will be available within 48 hours and this class module will be about 45 minutes...

Immediately after our call completes I'll be answering any questions you may have. If a question comes up for you, please jot it down if you're listening on the phone or type it into the queue if you're listening on the web.

AND... I want to invite everyone to share in the Facebook, your experience with Florence's energy during this call. I would love it if you would share your experience!

Our next class module call will be Tuesday, August 11 - your homework for next week is to read chapter 2, The Law of Prosperity and complete the inside assignments.

I want to remind you... if this is your first time participating in the mastery program, you also get a 30 minute one-on-one session with me. If you haven't already scheduled your session, please go to the private one-on-one session's section on the mastery website and follow the directions there to schedule your session. If the dates and times do not work with your schedule, please email me privately and I'll see what I can do to schedule a time for you.

I believe I mentioned this before --- the GAME of LIFE Workbook will be in its second printing this year! And I'm really celebrating this - I'm so excited! I'll be making a few updates to the workbook and I'd like to include as one of those updates, your experiences with the mastery program. So I would absolutely love it and be so grateful to you if you would email to me your experience of the program. The publisher will have the final say on what goes in the workbook, but if your testimonial is not used in the workbook - and even if it is, I'll also be using it on the website and in emails about the program - and if you have a website, we can also reference your website. What you share may be the deciding factor for someone who is on the fence about diving into the program.

So I would really love it if you would take a few minutes to email me your thoughts about the program and how it has helped you in your life.

The Energy of Florence's Treatments

Okay, so this is our sixth class module and I trust that you're exactly where you need to be! Your homework was to read Chapter 8, Intuition and Guidance and complete the Inside Assignments, but if you haven't, don't worry, simply ask your angels to guide you to what is of your highest good to read and complete next!

In this call we're going to be working with Florence's energy, but first I want to talk about the energy behind her treatments.

When Florence was living she would "Speak the Word" and perform "Treatments" for people. Florence would create an energetic container of "knowing" that whatever the person she was "treating" - whatever they wanted to experience - whatever they wanted to be, do or have, was already theirs at a higher plane of existence - she knew this without any doubt.

Florence understood that the only way we can have the "idea" of something is because it already exists. It exists in a higher dimension, and then we open our hearts into a greater awareness and that "idea" flashes in and we feel the excitement of being, doing or having this "idea".

Whatever flashes into your consciousness IS possible because it is already in your awareness - so when I say what you wish to experience already exists at a higher plane of existence, I really mean it - and so did Florence.

Florence knew with every cell of her BE-ing that whatever the person wanted was already theirs, they just needed to believe it, too, to bring it into their reality.

So Florence's energy never waivered - no matter what the person wanted. She knew the money, the apartment, the relationship, the business, the experience, the closer connection with God --- whatever they wanted existed.

No question.

No doubt.

No fear.

Just simple, matter of fact - it already existed - was already theirs.

So her "treatments" and "speaking the word" were of the energy of this knowing of having already received.... when there was no sign of it in sight to the human eye.

She created a safe container of energetic knowing that held her and the person she was treating for. Because Florence's energy was so anchored, solid and firm in the "knowing" it was easier for her student to believe, too.

The student would ascend their energetic vibration to that of Florence's knowing so powerfully that when they were no longer together physically, the student was still able to maintain that energy.

Florence held the Power of Two with her students and the people she "treated" for and when the student stepped to the plate and joined that excited, expectant, powerful energy of having already received ---- they did receive.

This program holds that same energetic "Power of Two" for you... The spiritual energy of Florence is very much alive and well and is multiplied by your angels and me - plus the other mastery students.

We know that whatever it is you wish to transform in your life, whatever it is you wish to create in your life ----- no-matter-what-it-is ---- no matter what you have or have not done in your life - no matter what your financial situation is, no matter what your background is --- no matter where you live... you have the ability to experience as your reality, everything that brings your heart joy - in whatever form that is. All that makes up your square of life: wealth, love, health, perfect self-expression - and everything in between is yours.

This program is a safe container of that BE-lief energy.

With that being said... I want to invite you to post in the private Facebook community what weighs on your heart that you're struggling with so we can support you - if there is something.

What is the energy that's between you and waking up with excitement and joy in the morning? Is it an energy you can put into words? If not, ask your angels to help you identify words to describe it, so we can help you heal it.

Remember, the private Facebook community is a safe place to be vulnerable. We're here to expand our awareness - me too - every time I facilitate this program I'm propelled into all kinds of new territory! Trust me - I'm human, too and to date, every time I've presented this program and the Secret Door to Success mastermind, a large dose of fear - some fear that has been suppressed that has NOTHING to do with the programs, reveals itself to me - and Thank God I've known what to do with it to heal it!

We are ALL as an onion - and as we grow and expand our awareness, we peel back the layers of suppressed pain and fear and that fear comes forward - not to punish or drag us back, but to be healed to set us free!

And healing it does just that! Healing it opens the way to freely expand even more beautifully into joy, love and light! -- to Be, Do and Have more joy, love and light as our daily experience.

When you experience a revelation of fear filled energy of the past that is screaming to be healed and you're struggling with healing it, reach out to the Facebook community! We're in this together... you're not alone - no matter what's going on in your life. If its painful, we're here for you. Reach out for help through the Facebook community - we're here to support you!

You're already working with Florence's energy whether you know it or not - as a follower of her teachings she's with you. Her energy is quiet and matter of fact, yet comforting and supportive. If you know Florence's energy already, you'll enjoy this opportunity to ask her questions and take your connection with her to a higher level. If you're unaware of her energy, I'm really excited to formally introduce you to her!

Insight to working with human spirits of the angelic realm

But before we do that, I want to share some insight into working with the energy of the people who lived in human bodies but now reside in the angelic realm. I'll share with you some of my story in re-connecting and just how simple it really is to connect.

I believe before we incarnate to Mother Earth we meet with a counsel of guides to determine things we want to experience and heal while living in a human body. However I believe we have free will as to the "how" we will experience healing this energy in order to achieve living our version of heaven on earth.

And I believe this counsel of angels, guides and teachers work with us throughout our lives to help us achieve our goals - they're our A-Team of the angelic realm. And along the way, people we love may become a part of that team when their physical body expires and their spirit returns to the realm of the angelic.

Like many of you I suppressed the ability to communicate with my angelic guides as I grew up. Then when I got older and learned about our angelic team and felt their love, I wanted to speak with them. Because in my human mind, I knew they had a perspective of understanding that I simply did not have as a human and I wanted access to that perspective.

When I was in my early twenties I tried to figure out how to reconnect with them, but really didn't get anywhere with it - I didn't make that connection - it just didn't seem to be working. I'd try to meditate and fall asleep.

Then when my daughter, Jesse, was in elementary school we received some disturbing news about a friend. We were both very upset and when we stopped crying, Jess went downstairs to get something out of the dryer. We were alone in the apartment, but she clearly heard a female voice, "Hello..." She came running back upstairs totally freaked out.

That voice was my great grandmother - Jesse's great, great grandmother, trying to comfort her. When I explained this to Jesse, she was comforted... but she really didn't want to talk with Grandma Hailey that way.

But I did... I thought if Grandma Hailey could talk with Jesse, then she could sure talk with me.

So I read books about communicating with deceased loved ones. I tried to connect with her and other deceased relatives through meditation - and sometimes it worked - I spoke with them - and those connections - OMG they were AMAZING - and I can still remember them today as clearly as they were in those original moments of connecting! But most of the time.... I just fell asleep.

Then my cousin Vicky was diagnosed with terminal cancer. My dear grandmother, Laura, visited Vicki a lot and she shared with me how hard it was on Vicki's dad. He was really struggling with the fact that his daughter was dying and he didn't want to accept it.

One night, not long after Grandma told me this, I was wakened from a sound sleep by laughter. In my mind's eye I could see Vicki and my Great Grandma Hailey in a beautiful garden of yellow roses. They were talking and laughing.

I was excited to see them - and they were excited to see me.

Vicki told me to tell her father that she was "EXUBERANT!" - she told me this several times to make sure I got it. And to be honest... up to that point I had never even used the word exuberant to describe anything. It just wasn't a word in my vocabulary.

Then she told me to tell my grandmother, Laura, that she loved her. I asked her if she wanted me to tell her mother anything and she said, "She already knows."

Vicki had never seen my daughter Jesse, but she then told me that Jesse was beautiful. Well being the emotional girl that I am... I started to cry and to sniff and Grandma Hailey told me to stop it, because my husband would want me to get up and blow my nose! Somehow she knew sniffing annoys him and she had never even met him!

I thought that perhaps Vicki had passed that night, but she didn't, however she passed a few days later. Vicki's brother wrote her obituary and stated that Vicki had lived an "Exuberant" life! He didn't know about the conversation Vicki, Great Grandma Hailey and I had in the middle of the night, a thousand miles away - but he used the same word that Vicki did!

When I finally spoke with Vicki's mother, I asked her what Vicki's favorite flower was --- it was yellow roses.

This was a HUGE turning point for me.

When I think back about this experience, its as clear as it was when it happened. This is how to know when you talk with a deceased loved one that experience is real! Sharing this with you, right now, its like that experience just happened - its that clear.

When that happened - I had no more doubts about my ability to communicate with those of the angelic realm - I knew I could really do it.

But then not long after that I was having dinner with a friend - who had known my Grandma Hailey when she was living. I was so excited to tell her about the visit from Grandma Hailey and Vicki and how I'd created the Soul Kisses website and was actively working to improve my communication skills with those of the angelic realm.

But moments later I felt like I had hit a brick wall, because my friend was devout Catholic. She immediately disapproved and told me that the bible states that talking with deceased relatives is work of the devil.

This woman was my friend. I didn't want her to think badly of me, but I knew the energy I had been experiencing was of love and light and she had to be wrong! So... I just sat there, confused and unsure.

I retreated and I... I looked deep within, I asked questions and I got answers and I KNEW with every cell of my being that yes... she was wrong.

I learned first hand... When you're working on something that is near and dear to your heart - something you're passionate about - something that brings you joy beyond measure... don't share it with just anybody. If you're not 100% sure someone you want to tell will support you. Don't. Do NOT tell them. Only tell people who will completely support you.

There are a lot of people out there who will try to squash your dreams - no matter what the dreams are. Some people will do it on purpose, others will do it just because they don't get it. And its ok that they don't get it. What's important is that you maintain your energy - for your passion.

And my friend, well... my friend died a few years ago. And the funny thing is... she immediately came to me - from spirit. Imagine that?? She condemned me while she was living, but didn't hesitate to come from spirit to tell me to give her husband a message. And that was ok.

As for my friend disapproving of my communicating with the angelic realm and cautioning me.... there are energies that are not of the light. Fear feeds these energies and gives them life. I want to ask you to never use an Ouija board. And I suggest you ask that only those of the light be allowed to communicate with you when you intend to work with those in spirit. And you'll note that my mediation - my prayers in the meditations ask that only those of the light be allowed to communicate with us.

Big Jim and Barbara

To get back to working with loved ones of the angelic realm... When my dad died during open heart surgery on Halloween in 2005 and I met with him in spirit before he left his physical body. I was sitting at my desk in Colorado, he was in a hospital a thousand

miles away - our higher selves, our spirits, met over the operating table. We talk about this experience in *Waiting in the Other Room* book we wrote together and published in 2009 - four years after his death.

When he died, I hadn't seen him for 12 years, but we talked on the phone - a lot - and when we got on the phone my battery usually died before our calls were complete. So when he died, and his spirit came to see me, it was as if he never really died - I was still talking to him.

The next morning after his death, I was getting dressed and I heard him laughing and he said, "you've put on weight!"

Like... Really, daddy? You're in this magical place and your first comment is, "you've put on weight!" As unenlightening as the comment was, it confirmed for me that it was him, because he would say something like that - and the laughter - well that completely took the sting out of the comment.

When Daddy died, my dear friend Barbara Mark, co-author of *Angelspeake*, shared with me that one of her deceased friends explained from the angelic realm that the physical body dying is simply a breath....

An exhale of breath out of the body into spirit form. The body simply being the vessel that houses our spirit here on Mother Earth.

In the spring of 2006 Barbara was diagnosed with cancer. She died that summer. Her sister Trudy called me early that next morning to let me know. After talking with Trudy, I walked into my office and stood in the center of the room looking around and I said out loud, "Well... I guess I should get some work done today..."

Then as clearly as I'm talking to you right now, I heard Barbara laughing and she said, "If you can't take off on the day your best friend dies, then when can you?"

I grabbed a pen and paper and wrote down everything she said! She was so excited, she said "Kate, I was right when I told you that dying is just a breath - just a breath out of the physical body into spirit! There's no pain - only love - and the love.... Oh Kate, she said... the love here is more than the human mind can take in - you become LOVE! There are no human words to express it!!"

Barbara was ecstatically happy!

Communicating with the spiritual essence of those who once lived in human bodies is a gift we give to ourselves and to them. Daddy says its like applause and they can't get enough of it!

And... my experience has been that I've never spoken to a human spirit that was unhappy. My dad suffered from severe depression before he died - and now, every time I see him,

he's smiling and happy - even when I'm not. When my cousin Vicki was dying, she and Grandma Hailey were happy and laughing. Barbara was ecstatic when she first came to me and has been every time since.

What I've learned is that we are communicating with the angelic realm all the time - every moment of every day. And each of us take in that communication in our own way. We may have a feeling or knowing within or a nudge, or we may hear them or see them in our mind's eye.

And the reason we're not consciously aware of them communicating with us is because they've been with us since before we were born, so they are a part of us - like our heart - we all have one and its working, but we don't feel it all the time. Same with our Angelic A-Team - they're always with us, but we don't always feel them. That's why many times when we do a meditation together I'll ask them to come in close, so you'll feel the shift of energy in the room to that higher vibration of love.

Florence

At the end of last week's chapter five - on page 96 Florence states:

"In the world thought there is tribulation, but Jesus Christ said, "Be of good cheer; I have overcome the world."

The world thought is that of sin, sickness, and death. Jesus saw their absolute un-reality ---and said sickness and sorrow shall pass away, and death itself, the last enemy, be overcome."

That enemy of fear....

A short biography is sometimes included in Florence's books and it says: "We do know that it was in her apartment at 1136 Fifth Avenue that Florence Shinn passed away, a half hour before noon on October 17, 1940 at 69. The attending physician did not indicate the nature of her short illness."

Then he shares the comments of noted New York writer, Ira Glackens - and this is what it says:

"Finally one day Flossie went into her living room, sat down and died. Not long afterward her effects were sold in a dingy auction room. Edith Glackens, Ira's mother, found Flossie's goods and chattels had been sold and carted away. Only a few of her drawings were scattered on the floor, not yet having been swept up, and the attendant said she might have them. So Edith, faithful to her old friend, picked up the drawings off the floor and carried them home. No one else had cared. One or two of these rescued drawings are now in the Library of Congress."

“And on that note the story ends. But not really. Many thousands more than those Florence Scovel Shinn reached in person have made her life a very real part of theirs. Is it too much to suggest that in and through them she continues to play ‘the game of life’?”

Every time I read this about Florence, I feel an intense sadness that isn't real, because Florence wasn't alone - she was never alone.

She fully understood the connection humans have with the angelic realm and she lived her life path as *one with God*. She had fully reconnected with the source of her life force energy and the reason her physical body died was because she had completed her mission this lifetime on Mother Earth and she was ready to go home.

She was and still is a remarkable metaphysical teacher with a true gift of holding the safe space for us - you and me - to look deeply within and face the fears of this lifetime as well as the fears of past lifetimes.

In the Who was Florence Scovel Shinn section in the beginning of the workbook, I suggest asking yourself, “What would Florence do in this situation?”

And to not be surprised when you receive a sign (or a “lead,” as Florence calls it) to guide you. Because Florence now has the ability to be omnipresent. Meaning she can be with each one of us at the same time.

Florence’s spirit is very much alive, well, and very active in both the angelic realm and here on Mother Earth.

In 2006, after implementing Florence's teachings for over 10 years, the energy of her spirit came to me - just like my dad does and told me she wanted me to write an e-course based on *The Game of Life* - and I thought that was a fantastic idea.

So we went to work. She chose which chapter we worked on first - and it wasn't chapter one. We had three chapters left when she disappeared. I asked my guides where she did she go? And they told me I had some physical world experiences to get through before we could finish.

This didn't sound good for me.... and it wasn't...

The experience rocked my life to its foundation, but I continued working with my guides and using Florence's simple techniques to manage my energy and I got through it. On the other side of the experience, she came back and we completed the final three chapters - and the Soul Kisses community loved the e-course.

Then in 2009 she came back and wanted me to put the e-course into workbook format. Again, I was totally on board with that, so we did it. We self published the first workbook - just like she did in 1925. Then in 2010 Devorss & Company offered me a contract to publish it and we accepted. They were also the first ones to publish Florence's

book. It took them 3 years to put it in my hand, but finally in January of 2014 the new Game of Life Workbook made its debut.

And here we are. Florence and an entire team of angels are working behind the scenes to introduce and re-introduce people to her simple teachings. For those who want to transform their lives more quickly with a human hand of support as a community, the Game of Life Mastery Program is available.

In 2010 when the first workbook came out, I presented a program based on it, and people wrote to me telling me how they felt Florence's energy with them, helping them.

Florence helped me to deliver that program. I was so nervous - SOooo nervous! That was the first time I had presented any kind of program - I had never done anything like that and I would sit there moments before the program started - and I'd have sweat rolling down both sides - I'd be a mess and then I'd notice that Florence was sitting on the end of the desk... filing her nails. She did that before every call and I calmed down.

She's with you to help you.

Students of the Mastery program have shared with us how Florence has come to them in dreams, in meditations as well as working directly with them consciously.

You may not communicate with Florence or those of the angelic realm the same way I do - and that's ok - just simply allow yourself to experience whatever you experience. You may see a vision or experience in your mind's eye, like a movie trailer or movie itself - you may see images or pictures. You may see Florence as an energy or light - or you may see her as she looked while living in her human body. You may even see her as a geometric shape.

You may hear whispers -- inside or outside your head - whispers of love and light - or you may simply have a knowing in your heart of the communication --- again... simply allow yourself to experience whatever you experience.

Oh... and if you're deceased relatives are like mine, one or more of them may hijack your experience – so they can talk with you! I had that happen once during a LIVE program that I was presenting. It was last year - my uncle was in the hospital having suffered a severe stroke and his higher self stepped in to talk with me while the recorded guided journey was playing during a live program call - it was all good, but totally unexpected!

So just allow yourself to experience whatever you experience and we'll just ask the angels to hold you in love and light and allow only those of the light to communicate with you.

With that being shared... Every time I've introduced everyone to Florence's energy, the experience has been awesome! I'm going to play the version that is in the Mastery Tool Library - the one with music. I love, love, love using this, because then I get to participate with you!

I'll begin this guided journey to meet with Florence's energy in just a moment. First, I want to warn you that the recording may be a little louder than my voice, so be aware of that and pull the phone away from your ear before we start if you need to.

I want to ask the angels to hold the safe space as we meet with Florence.

Meet Florence

So we'll begin by quieting our minds.

Place your feet flat on the floor. With your hands gently in your lap, palms up and close your eyes.

Focus your attention on your heart and take a deep breath

Now shift your focus to gratitude of the blessings in your life. Embrace things that you are grateful for. Embrace the love of gratitude.

Ask yourself these questions – don't try to answer, just ask:

Who am I?

What do I want?

What's my purpose?

What makes me happy?

Now simply allow yourself to be aware of your physical body. Your hands in your lap – your feet flat on the floor.

Now focus again on your heart – allow yourself to hear the beating of your heart as a sound or feel it as a sensation.

Take deep breaths and with your eyes closed... allow yourself to experience whatever the angels bring to you... You may see Florence in your mind's eye, you may simply feel her energy and don't be surprised if you recognize it as familiar.

We begin with a prayer...

Father, Mother, God, Creator of All That Is....

We come together in love and light to meet with the loving energy of Florence Scovel Shinn. We ask that only those of the light be allowed to communicate with us. We ask for your guidance and support as we open our hearts to experience our highest possible good.

In deepest gratitude,
Amen...

Take a deep breath and see before you your mighty oak grounding tree. Step forward and gently touch the bark. As your hand slips into the tree lean into it and blend your spiritual being-ness into the loving essence of your grounding tree.

Your feet mold into the tree's roots and travel through the soils of Mother Earth down through the rocks, through the clay, down to the core love light at her center.

Take a deep breath and feel the vibrant healing energy of Mother Earth as it flows up the roots to your legs, through your body to your heart.

The branches of your tree open wide to the breath of God. Breathe deeply of the healing love of God.

Take another deep breath and expand the healing energies of Mother Earth and the love of God within your heart.

You are One with God...

Now the hand of an angel reaches for you from the other side of the tree. Take the angel's hand and step into the safe space of the angelic realm.

You've stepped into a beautiful garden, lush green plants and beautiful flowers welcome you.

The angel guides you deeper into the garden where Florence waits for you. She's sitting on a bench quietly enjoying the sunshine while she waits.

Walk over to her.

She's very excited to meet with you and hugs you with great affection.

Sit down beside her on the bench and get comfortable.

Florence wants to share that you've stepped into a magical time - a magical time that's easier to take your power back than you've given away this lifetime and previous lifetimes. It's easier to take it back now.

And she's so happy to be holding the space for you to reconnect with the love that is your essence - to help you open your heart to the love and prosperity that is yours in all areas of your square of life.

Florence gently takes your hands in hers and with great love she asks, "What would you like to know?"

This is your time to ask her any question that you have.

Allow your heart to be open to whatever she shares with you.

While you sit here on the bench with Florence - talking with her - breathing in her energy and all the love she holds for you Ask her anything you wish to know and just allow yourself to take in her answers, her guidance, her wisdom - in whatever way that works best for you.

This is a beautiful place for you and Florence to get to know each other.

Breathe deeply, continue to breathe deeply and the connection grows stronger... and its easy to understand her love, her wisdom and her guidance.

Take a deep breath and know that you can return to this place any time you wish to work with Florence - if you like, set a time and date with her and she'll meet you here.

Now its time to return to the physical world. Thank Florence and the angels for meeting with you and walk back to your grounding tree - taking the loving energy of Florence with you.

Step into the grounding tree.

Breathe in deeply and see the roots of your grounding tree blend with your feet to burrow deeply into Mother Earth, down through the soil, the rocks, through the water, down to the core light of love within her. Take another deep breath and pull that vibrant healing light energy up through the soils of Mother Earth - up through your legs – up through your body to your heart.

Step out of the tree into the physical world, fully grounded and holding the love of this experience within your heart.

When you're ready, open your eyes.

Completion

I love, love, love, love that magical journey with Florence. You have access to this journey with Florence as a separate audio file in the Mastery Tool Library. Be sure to download all the files in the Mastery Tool Library - and the recordings and transcripts of this program for your records so you'll have access to them whenever you need them.

Be open to Florence's calm assertive energy. And she has a rather extreme sense of humor, I know you'll love it. Ask her and your angels to work with you every day and they will!

This completes our call. Your homework for next week is to read Chapter 2 and complete the inside assignments. If you have a question and you're on the phone, please raise your hand by pushing *2 on your key pad. If you're listening on the web, please type your message into the queue.

I want to ask you to continue to perfect your process of solidifying the love energy you wish to BE in when you wake up in the mornings and use your Powerful BOLD affirmation containers of energy to claim your Empowered Energy on a daily basis.

Keep your Worry Angel employed by giving him all the worries that flutter through your thoughts.

If you are a new mastery student be sure to go to the mastery website and schedule your one-on-one time with me. If none of the dates and times work for you, please email me and we'll get something scheduled. If you're a returning mastery student, and would like a 30 minute session with me, there is a fee, so email me and we'll get you scheduled.

Continue to rewrite your neural pathway DAILY! You can do this!!!

If you're experiencing strange dreams as you're expanding into a greater expression of yourself and reclaiming your energy as the master creator of your life, please listen into the guidance of our Mastery Expert, Lynette Turner - her insight will help you to work with your dream guides.

AND... I would love it if you would take a few minutes to send me a testimonial of your experience with this program. I'll be adding a few of them to the Second Edition of the GAME of LIFE Workbook when its printed this year and use them, and also use them to promote the mastery program in emails and on the website. I would love it if you would share your thoughts with me!

Before I take any questions... I want you to know - to really know - to feel it in your heart, just how much I value you and BELIEVE in your ability to live your version of Heaven on Earth - whether you're listening in live right now, or you're reading the transcript 6 months from now - I want you to feel the love and support the angels, Florence and I hold for you.

I want you to FEEL the belief I hold for you that you deserve and it is your birthright to experience whatever it is that brings you joy. I know this without any doubt! And if you're having doubts, please post in the Facebook community so we can support you and help you process through that doubt.

Breathe into that energy of love we send to you and take it with you every where you go.