

~ Light Leader Power For Success And Mission Impact ~ Day #1 - Energy

1. Journal about your experiences of being impacted by other peoples' energies in the form of their moods. This does not mean the content of their words or even their actions. The focus in this question is purely from an energy impact perspective: describe how you have been affected by other peoples' energetic broadcasts. Please choose a situation when you were in the presence of someone who was broadcasting that they were in a 'positive' frame of mind. Choose a second scenario when you were in the presence of someone who was broadcasting that they were in a 'negative' frame of mind.

Negative frame of mind experience:

Positive frame of mind experience:		

2. Journal about your experiences as you reflect upon your energetic impact on others. Specifically, please journal upon your observed impact on others when you were in a 'negative' frame of mind. Choose a second circumstance and journal about your observed impact on others when you were in a 'positive' frame of mind.

3. Energy Exercise:	
Describe the energetic block that you want to remove, transmute, and he Describe how this block currently impacts your life in as much detail as to its sweeping influence throughout all aspects of your life.	

4. Describe the energy that you want to install and embed into your energy field as the substitute replacement. Describe how this replacement energy construct might impact your life in as much detail as to your imagined expectations of its sweeping influence throughout all aspects of your life

5. Describe the messages that you received about the the learning and lesson that you are to gain from having communication that you received from the block energy	the block, any
communication that you received from the block energy	constructi

bring your M	ission out into	o your work	a:	

7. Describe your experience of doing this exercise. Write about how you felt before you did the exercise and, then, how you felt after you implemented the exercise. Include: 1) Your physical body sensations and comfort, 2) Your emotional state when thinking about the block before and, then, after doing the exercise, and, 3) The quality of your thoughts as to
whether or not you can notice a shift in your outlook on your life, your future, your ability to accomplish your goals:
ruture, your ability to accomplish your goals.

8. Describe the messages that you received about the block: its purpose, the learning and lesson that you are to gain from having the block, any communication that you received from the block energy construct:

Notes From Your Practice Exercise Sessions





~ Let's Talk About YOU As A Light Leader ~

Let's get on the phone together. We will identify what you need to heal, resolve, and strategize your Light Leader presence in your world. This will include discussing your readiness for greater Soul Alignment in all areas of your life.

Step #1:

Please fill out this survey. We will not be able to have an initial session without this survey being submitted:

https://www.surveymonkey.com/r/8MZC6CC

Step #2

Schedule a 15 minute, no cost phone session with me from my Business Services Menu. I suggest that you allow for 30 minutes in your schedule in case we need more time together.

https://tinyurl.com/y7nq2atm

I am so excited at the thought of you bringing more of your power, mission, and purpose out into the world. You are needed now more than ever as our current consciousness awakening evolution launches into accelerated momentum.

