



The Golden Circle

In order for you to call into your life that which you choose it is important that you are absolutely clear about what you are actually calling in. It may be surprising to realise that you are not as clear as you need to be. We have spiritual free will and the energies wishing to support us in receiving what we are calling for cannot give this to us without our permission.

Then, the magic part is, that we let our requests go so that we allow the 'degrees of freedom' allowing your wise 'Higher self' to bring to you that which is truly right for you. Saying 'thank you' means that what is right for you will manifest – when we TRUST!

Enjoy the process – and keep receiving!

1. Draw a large circle on a large piece of paper and make sure there are no gaps.
2. Put inside the circle all that you want – be as selfish as you can! That's physical eg house, emotional eg happy and spiritual eg fulfilled
3. Put outside the circle what you don't want any more – you'll enjoy that!!
4. Take about a week to do this because things will crop up during this week which will prompt you to put other things down which you would have forgotten
5. Then, when it's ready, let your circle go – by burning it or burying it or scrunching it up and putting it on a stream
6. The most important thing you do now is to TRUST that it is already happening NOW in the "ether" and you say "Thank you". Your clear intent and trust in the Universe, that Higher being – and that you really are worth this happening for you now – is what makes this process work.
7. Do not keep a copy but just keep trusting that it is all happening and there for you it's just *you* holding it back!

Tell me how you get on!