

PURPLE LIGHT HEALING AND COACHING

EQUINOX MANIFESTING SESSION

SEPTEMBER 22, 2022

Today is the opening of Equinox
Sept 22,2022.

A magical point of balance in the
Universe, when all things seem
possible.

AUTUMN
AUTUMNAL EQUINOX
SEPTEMBER 23



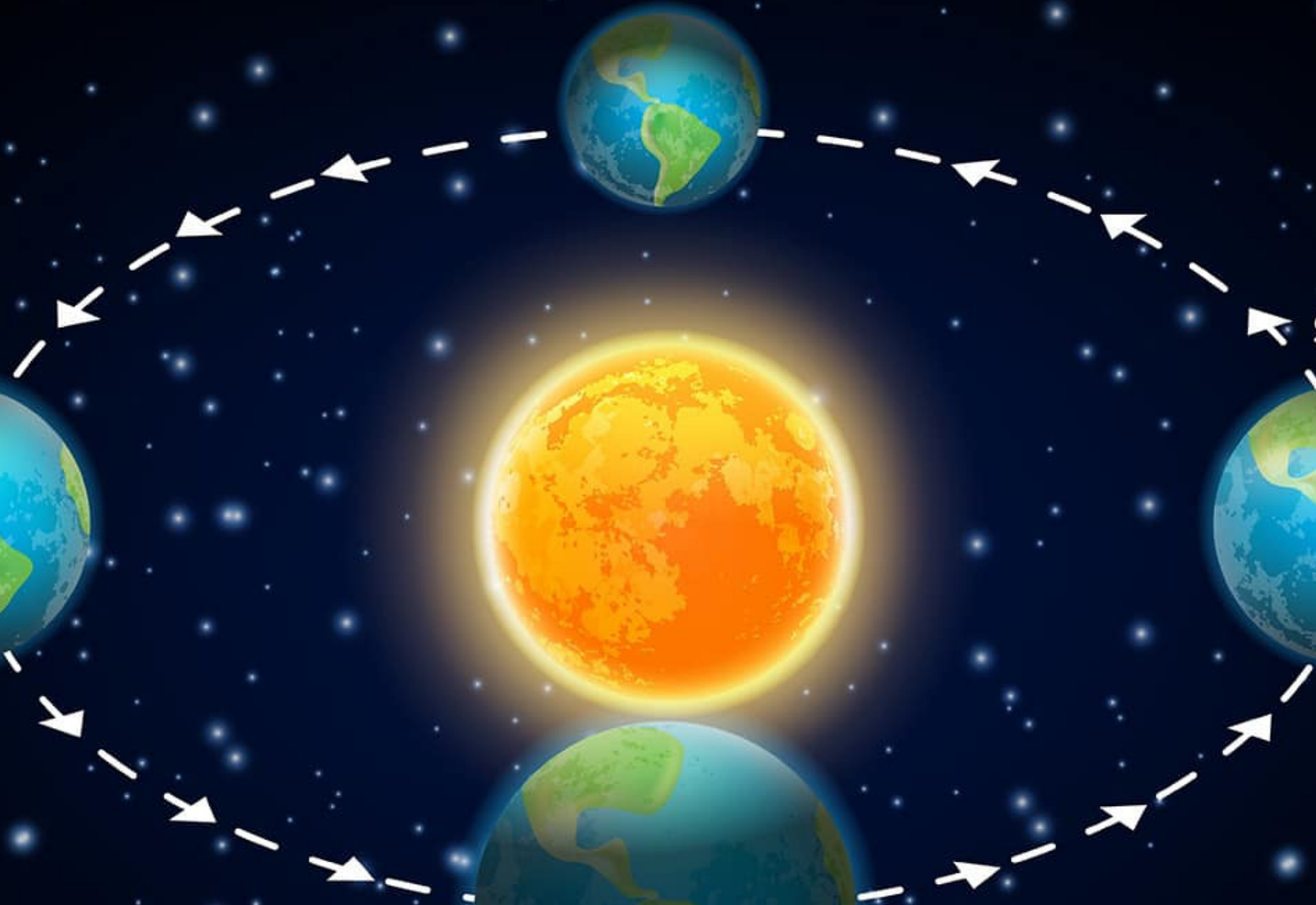
WINTER
WINTER SOLSTICE
DECEMBER 21



SUMMER
SUMMER SOLSTICE
JUNE 21



SPRING
VERNAL EQUINOX
MARCH 21



The Equinox is a special time for manifestation because it's a moment in time when all outcomes are equal - everything is as likely as everything else, including the ideal outcomes you'd like to manifest.

On September 22, 2022, we meet the second equinox of the calendar year. The word “equinox” is derived from the Latin words meaning “equal” and “night,” referring to the roughly 12-hour days and 12-hour nights that occur twice each year. It indicates a moment of stillness before the Earth shifts directions. The fall equinox is a sacred day of equal parts light and dark, facing outward as well as turning inward, and allowing our past and future to merge in the present.

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What does the fall equinox 2022 mean for you?
As the Earth rotates around the Sun, one half, or hemisphere, faces the Sun, and the other faces away. During the last six months, the Northern Hemisphere has been tilted closest to the Sun. The September equinox brings this chapter to a close. Our proximity to the Sun lessens, the days shorten, and the nights lengthen. The temperature of the air becomes cooler as the outward energy of the Sun is felt less.

Spring and summer hold outward-oriented movements. Fall holds a slower pace, a time of inward stillness, and an invitation to surrender. This is the metaphoric death before the rebirth. We witness it all around us. The leaves fall from the trees. The Earth continues to tilt away from the life-supporting energy of the Sun. The trust in the natural cycles of life holds steady, even on the darkest days of the year. There is only continued surrender.

Like the Earth, we, too, are in a continual motion of becoming, releasing, transforming, moving, expressing, and receiving. As the Earth comes into a balance of light and dark, day and night, we are invited to honor the polarity within ourselves.

When we are in our chapters of outward expression, it can be easy to dismiss our internal light. Fall represents a time of release. Of finding a new groove. Of reorienting ourselves to a new direction that will continue to take us away from the Sun and into some of the coldest, darkest months of the year. It offers us a time to renew our relationship with outer darkness and turn inward. It is a chance to rediscover our own light that exists only within the darkness, our inner voice that can only be heard in the quiet, and our richness that can be found only in stillness.

The equinox in September is an opportunity to bring our past and future into the present moment. To witness each step that has gotten us to where we are now and acknowledge that this exact moment is leading to all that has yet to come on the journey. It is on this day that we can bridge together who we have been with who we are becoming, to honor the parts of ourselves that we have lived, expressed, and praised as well as the parts of ourselves we are still discovering, getting to know, and learning to love.

The fall equinox initiates a chapter in which you discover the medicine within. To move through your inner landscape while the outer landscape begins to slow down, to heal through feeling, and to release patterns, beliefs, emotions, identities, and more through awareness and an entirely new discovery of self.

“You cannot recreate yourself until you uncreate yourself.”
—Neale Donald Walsch

Many of us were taught, from the moment of our birth, to live from the outside inward. The fall equinox ushers us into a chapter that asks us to let go of all we have been taught, and to instead live from the inside out. To find our own language, guidance, perception, and desires.

Let go of who you have become. You cannot add to what is already full. Empty your hands, knowing it is only then that you may receive. Empty your mind, becoming the student, the inner explorer, the pathfinder who knows each moment of life is the greatest teacher. Become the listener, hearing the wisdom in each meditation and yoga practice. Become intuitive, sensing the guidance in moments of silence.

Growth, transformation, and becoming can only take place when there is space to do so. Empty what is ready to be emptied. Let go of all that is excess. Release all that feels like noise. The emptiness, the darkness, the unknown, the mystery, the spaciousness, silence – this is where we emerge. This is where we get to meet ourselves anew. This is what lies waiting for us in the coming months. - Yoga Journal



Purple Light

HEALING & COACHING

I am good at encouraging people to shift their mindset from negative to positive, from poverty to wealthy mindset, from a victim mindset to a successful mindset, through spiritual healing & coaching that leads to loving their healthy & wealthy life.

Jenny Umali
Magical Healer & Manifesting Coach



Flow of our
session.

Step 1 – Desire

Think about what you want to accomplish. It must be something you really want. If you only have a half-hearted desire to achieve your goal, then you probably won't. Make sure whatever you choose brings joy to your heart!

Step 2 – Belief

This step is critical to your success. You need to believe that you can realize your goal. Even though it might take time, you must believe it is possible for you to achieve it.

If you set a goal so high that you don't believe you can achieve it, your mind is going to be filled with fears and doubts. And you probably know what happens when your mind is filled with fears and doubts. Either you will struggle terribly as you try to achieve your goal or – even worse – you might not try at all.

Choose a goal where you honestly believe that you have a chance to succeed.

Step 3 – Expectancy

You must expect that you will accomplish your goal. It might not happen today, but you must expect that you will eventually succeed.

Your expectation is the link that taps into the limitless power of your subconscious mind. Your subconscious mind has the power to create in ways that you can't even imagine. And it uses your expectations as the blueprint for what it is going to create for you.

You might not necessarily get what you want, but you will always get what you expect. Make sure you expect the best!

Step 4 – Positive

You must set your goal using a positive statement. Most people know what they don't want but they usually don't focus on what they do want. It is important for you to be very clear about what you really want and that it is stated in the positive.

Step 5 – Visualize the Accomplished Goal

Finally, you create a scenario in which you are experiencing your goal as if it was already a reality. You imagine what it feels like to have accomplished your goal. You continue using this visualization until you finally achieve your goal.

Step 6 – ACT ON IT!

Grab every opportunity that will come your way.

“The Alpha state is a state of controlled relaxation. When you are in this state, you feel very relaxed, yet you are still fully conscious.

This is a great place to train your mind to do what you want it to do.

When you are in an Alpha state, your mind is very open to any positive suggestions you give it.

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MY MAGIC BOOK

Whatever you write in it turns into reality.

WHATEVER YOU WRITE IN IT TURNS INTO REALITY

**THIS BOOK WILL HELP YOU CREATE THE LIFE YOU HAVE
DREAMING OF.**

**WE ARE CO-CREATORS OF GOD AND WE HAVE A CHOICE ON
HOW TO LIVE THE LIFE THE WAY WE WANT IT.
JUST BELIEVE.**

Jenny Umali

**Life Author
Life & Mindset Coach
Reiki Master**

Consistency is the key to success.

I have unlocked the power of manifestation and my connection to my Higher Self and the Divine Source of Light.

I continue using this practice and I am still amazed how it works and how excited I am to share this with you.

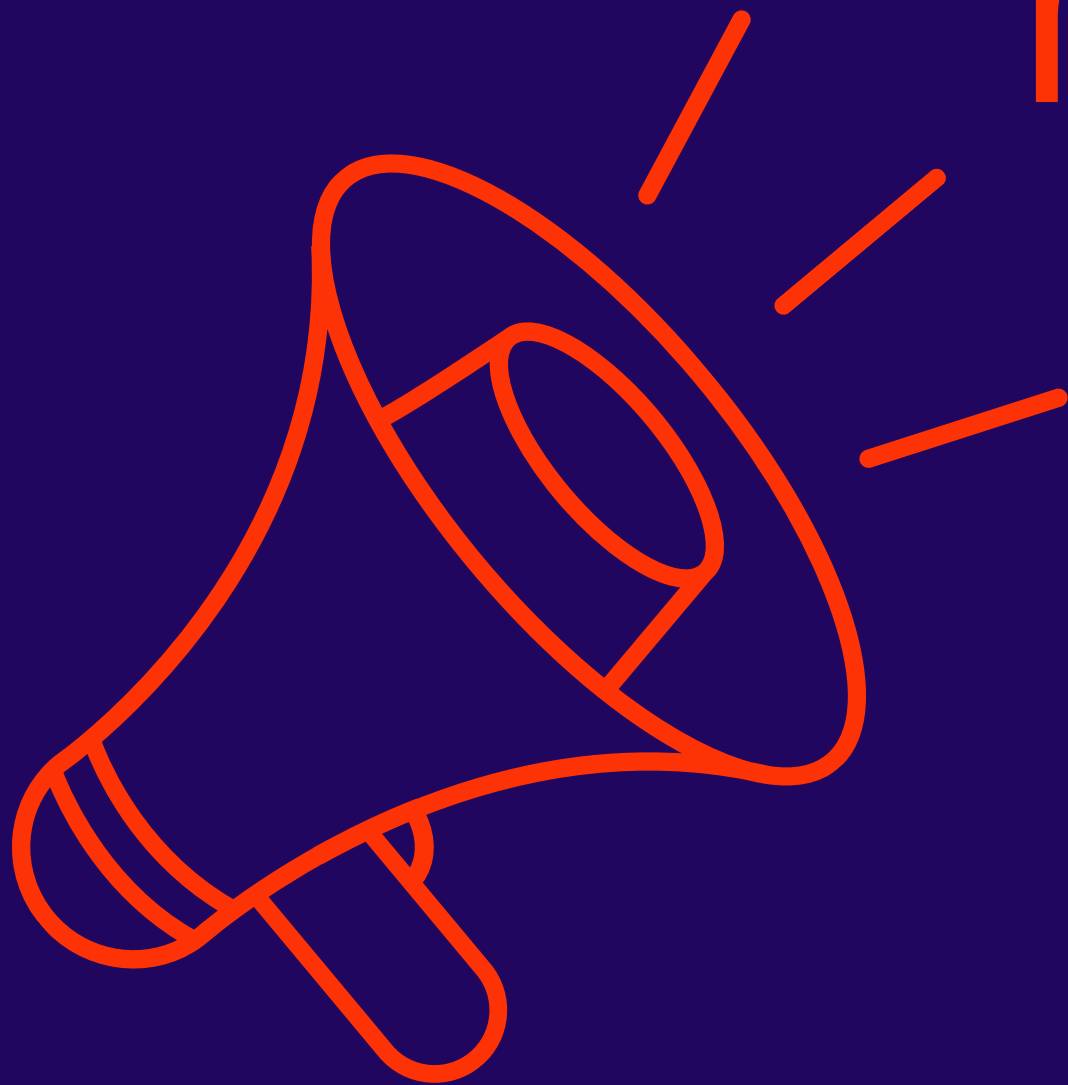
I promise that I will share my story and everything I have learned to the ones who are committed to grow in spirit and determined to reach their highest potential and reach their dreams the possible way they can, even if it is hard.

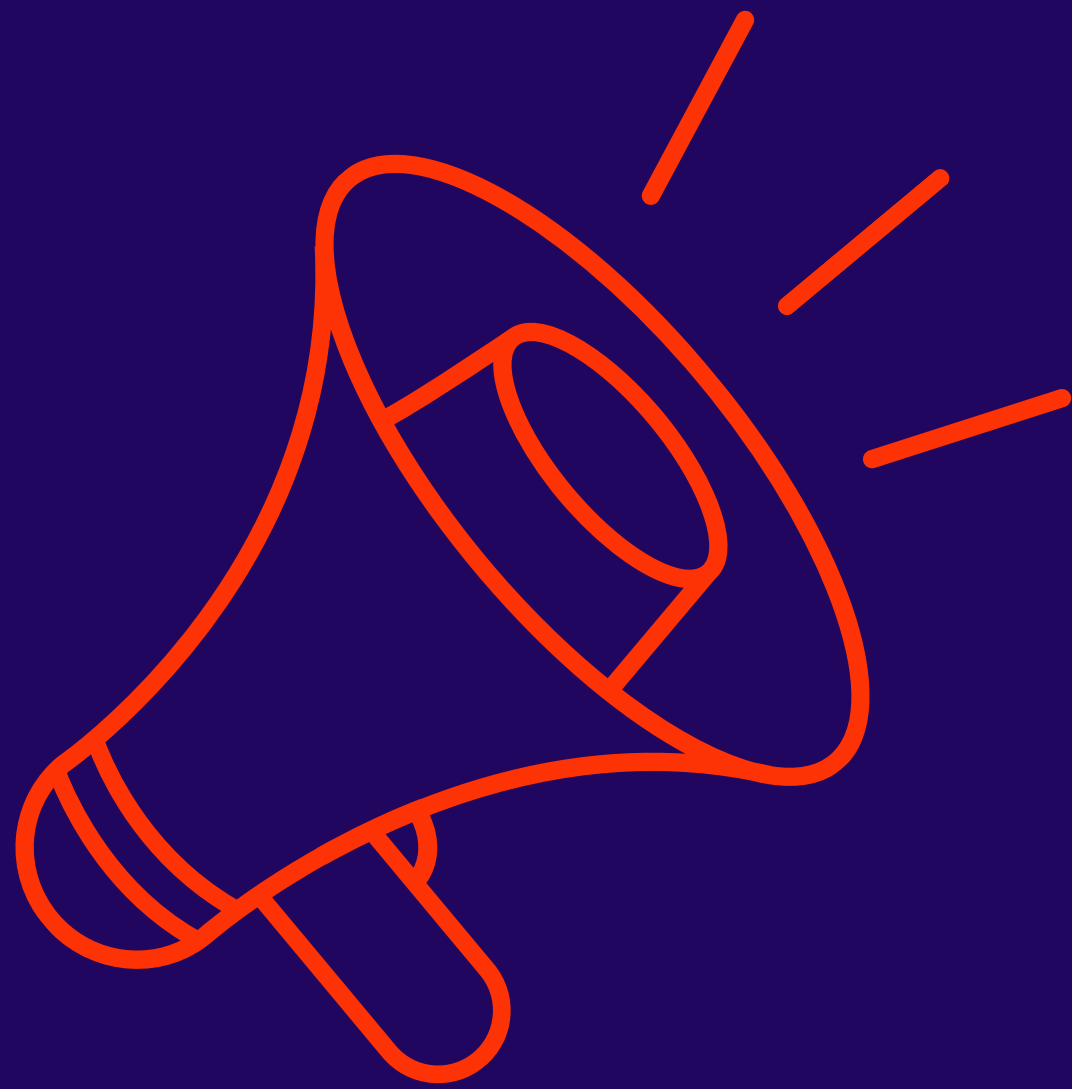
With Love,
Jenny Umali

Give yourself a gift of
unlimited supply of
self- love, good health,
loving relationship, and
financial freedom!

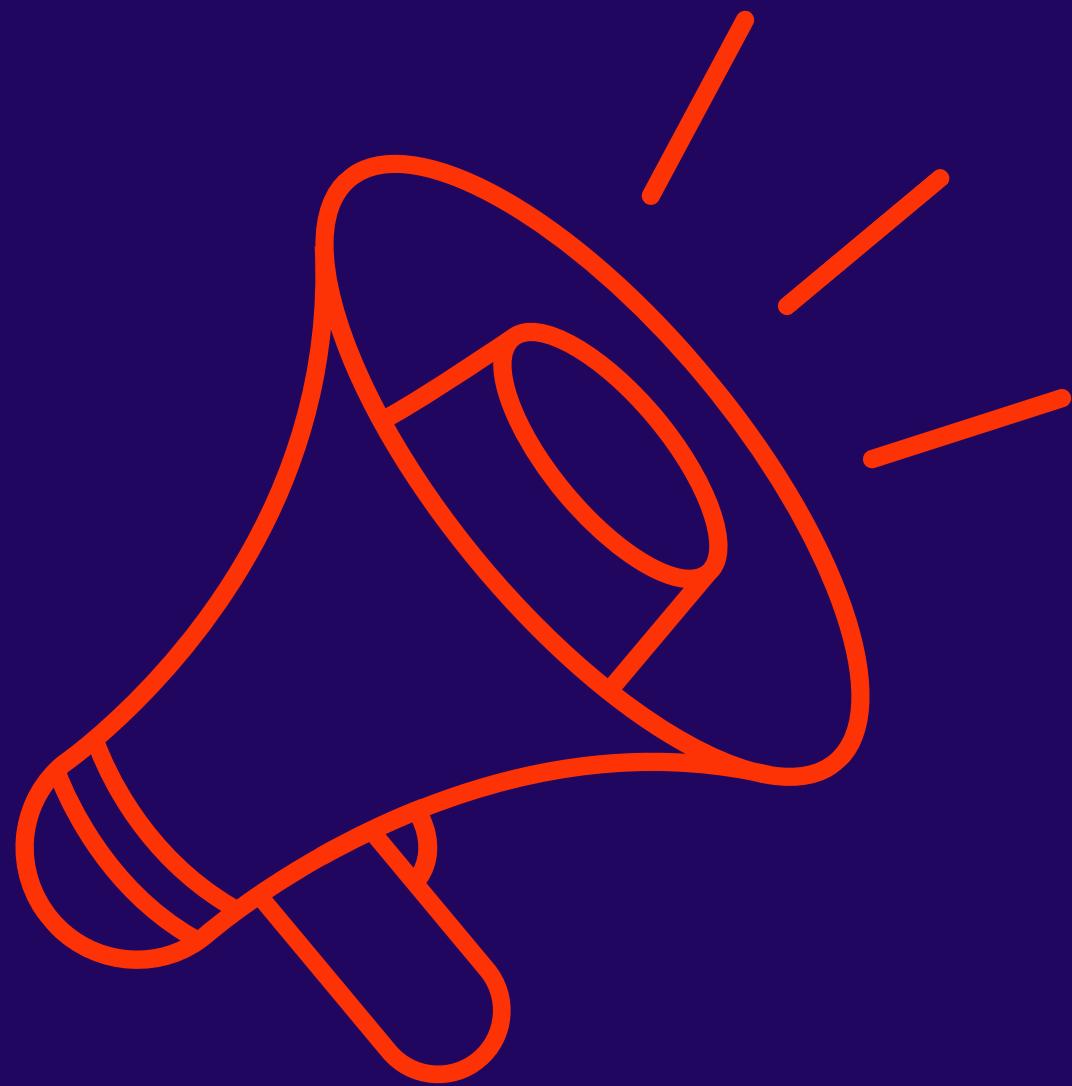


Pre-Selling is
now open!





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Magic Book
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unlimited supply of
abundance!

Bring The Spark
Back Into Your Life!



MY MAGIC BOOK

Whatever you write in it turns into reality.