

Sacred Reminder Guide

A gentle two-page soul reference

A grounded collection of the key principles simplified into timeless reminders for anyone walking a spiritual path.

Core Truths

- The present moment is your only point of power.
 - Your attention is creative — what you focus on expands. Be mindful.
 - Your emotions are guidance, not identity.
 - You are never waiting — you are choosing.
 - Reality responds to your state. Improve your state by prayer.
 - The universe moves with your softness, not your force.
-

Daily Practices

Presence

- Return to the body
- Notice breath, senses, temperature, texture
- Ask: *Where am I right now? Can I soften here?*

Awareness

- Observe thoughts without merging with them
- Shift from autopilot to conscious choosing
- Ask: *Is this thought building the life I want?*

Conscious Choice

- Replace fear thoughts with aligned ones
 - Redirect attention toward desired outcomes
 - Repeat: *I choose what supports my soul*
-

Emotional Guidance

- High states (joy, gratitude, peace) accelerate manifestation
- Low states are invitations, not failures
- Practice emotional presence without fighting what arises

- Ask: *What feeling am I choosing now?*
-

Manifestation Principles

- Feel the desire as already true in the Now
 - Shift from *wanting* to *embodying*
 - Neutralize limiting thoughts by naming them illusions
 - Replace with conscious, loving statements
 - Let desire live inside you before it arrives outside you
-

Soft Divine Feminine Energy

- Receive instead of chase
 - Magnetize instead of reach
 - Trust instead of force
 - Rest and openness sharpen intuition
 - Stillness is a portal, not a pause
 - Your body is a vessel, take care of it. Yoga, walk, run, lift etc.
-

The Path & Resistance

- Being a light does not exempt you from resistance
- Pressure does not mean misalignment — it often signals expansion
- When life moves against you, it is refining you, not rejecting you
- Some seasons contract you so you can rise deeper, not higher
- Resistance is a sacred invitation to grow capacity, resilience, faith, and embodiment
- Trust the stretching; it is sacred preparation

Remember: *the universe does not test you, it strengthens you for what you asked for.*

Soul Questions

Use these as daily checkpoints: - What am I feeling right now? - What story am I choosing?
- Where can I soften? - What would my aligned self choose here? - If I already had what I desire, how would I breathe right now?

Simple Anchoring Tools

- Breath + heart touch
- Gentle affirmations
- Visualization portal moments
- Journaling one clear desire
- Gratitude for what is + what's arriving
- Movement or stillness — whichever brings presence.

(whatever you are doing be completely immersed in it – that's being in the NOW)

Essence Reminder

You do not manifest by effort — you manifest by alignment. Your life meets you where you are. Choose peace. Choose presence. Choose faith.

Everything you desire already exists in the unseen. Your only task is to meet it.

End of guide