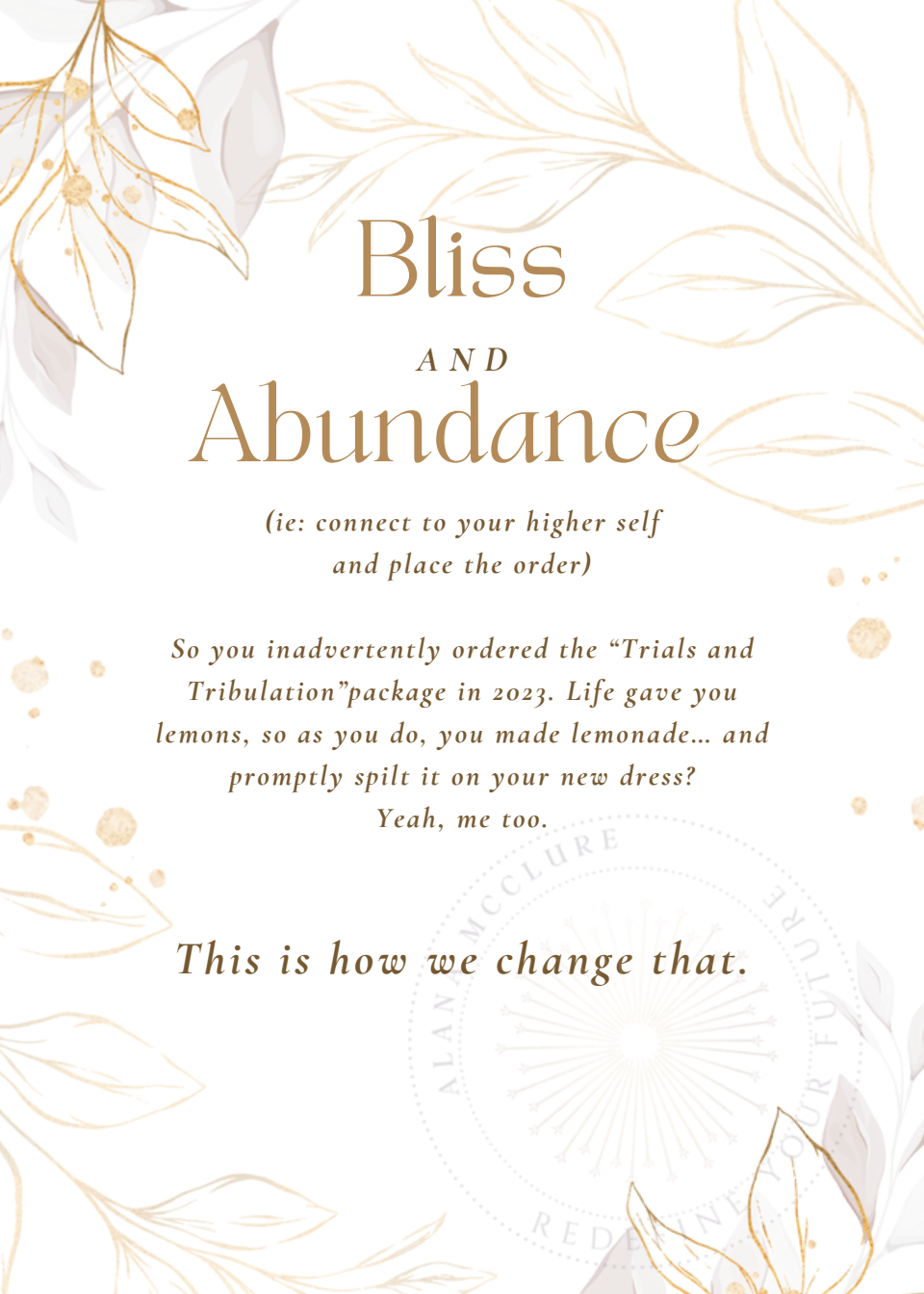




Bliss

AND

Abundance

*(ie: connect to your higher self
and place the order)*

*So you inadvertently ordered the “Trials and
Tribulation” package in 2023. Life gave you
lemons, so as you do, you made lemonade... and
promptly spilt it on your new dress?
Yeah, me too.*

This is how we change that.



Make a date with yourself.

*Yes,
literally in your calendar book a date.
Block off at least 60 min, preferable
2 hrs for you and only you... (yes you
can do it...if you can watch a movie
you can do time with you)*



2. Set the scene.

Take care of you, all your senses.

Set the lights.

*Make your favourite drink ... hot herbal tea,
wine...whatever makes you feel a bit special.*

*Grab your journal....and your good pen
(you know you have one).*

With intention, light your favourite candle.

*I like to play Theta tracks in the background when
doing deep inner work,
but silence might work for you.*

*You can try this (or something similar)
-Pure Theta Waves: Healing.*

*Don't forget to set your timer with a gentle ring
tone if you have a time limit.*

3. Lets begin at the end:

*Briefly in reverse, play back the events of 2023 .
Reverse yourself in your mind all the way back to
Dec 2022.*

Remember where you were, how you felt...

What were you afraid of?

What were you excited for?

*What made you sad and happy and ...
you get the idea. Just feel.*

*Now, in your journal write what you would tell
Dec 2022-You about 2023.*

What would you say to her?

What advice would you give her?

*What would you tell her about her fears,
her choices?*

*How would you reassure her,
comfort her, protect her?*

Write without restrictions until you feel complete.

*(Doing a body scan will help you
know when you are complete.)*

Notice how you feel.

Supported? Reassured? Calm? Peaceful?

4. Fast forward

*through the story of 2024 until next December.
See the scenes as if you were fast forwarding
a movie.*

*(You can write this down but the critical
part is how you feel.)*

Now, imagine its December 2024.

*Where are you? What does it look like,
feel like (use all your senses)?*

How do you want to feel?

What are things you have done by the end of 2024?

The more details the better.

*What clothing have you worn and how did it make
you feel?*

*Who are you with? How do you feel when you are
with them?*

*Really connect with the frequency of who you are
in that moment. Are you dancing?,*

Jumping for joy?

Crying silent tears of gratitude?

5. Now, ask

your higher self what advice this future version of you has for the you of today. Write that down.

Do you suggest you let go of control?

Do you suggest you start a self love practice?

Cold plunges? Regular meditation?

*Do you tell you to invite and play
with more pleasure in your life?*

Do you suggest you turn your phone off more?

*Sleep more? Exercise more? Book the healer or the
coach you know you should?*

What choices and decisions are you proud of?

*Are so grateful you finally healed that guilt or
shame or grief?*

*Do you thank yourself for keeping your
boundaries, what boundaries were they,
or for leaning into your value, loving you more?*

Write it all. Keep going.

*When you think you are done, ask yourself “What’s
one more thing I need to know?”*

Write more.

You’ll know when you are complete.

***But Alana, I didn't hear
anything?*

*I don't have any advice for me! I don't think I
have an inner voice or a higher self or any of those
things!!*

Honey, That's completely ok.

*Listen, You're going to have to get very still, in
your body and your mind.*

*If you can't hear your inner voice chances are you
are too distracted, too tense, and more than likely
completely afraid of what you might hear.*

You've taught yourself you can't be trusted .

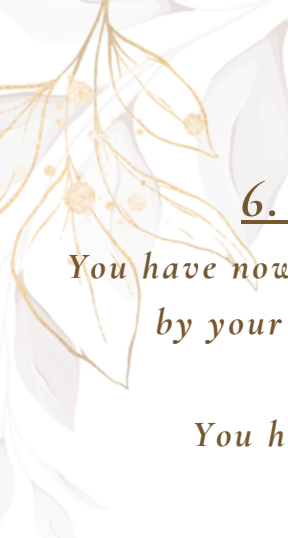
*It's ok. You thought that was the
safest way to live. We all did at one point.*

Baby steps.

*Conjure up the feelings you want or believe you
will feel once you have lived
the year you want to live.*

Write those feelings down. That's all.

*Then you can try asking yourself what someone
who feels that way would have done to have those
feelings... Write that down.****



6. Bringing it into 3D

*You have now been divinely guided by your future,
by your desires, frankly by the real you.*

*You have been gifted the dream map
by your higher self.*

But now what?

How do you use what you have been given?

*How do you take this from insight to
transformation?*

*Join me on January 3rd at 4pm for a live 90min
workshop. We'll create your 2024 Vision board
using ancient teachings, your theme
& your commitment statement.*

*Then we'll seal it all with a devotion ceremony I
promise you won't forget.*

