

We move into a progressively more HEART FULL and SOUL FULL TIME

As part of that journey we are going to be exploring SOUL PASSION this month

The UNIVERSE will be pulling out all the STOPS to get you to identify and CLAIM what you have SOUL PASSION ABOUT and what you have SOUL PASSION for

Because of this you may notice previously uninteresting things become more important to you, or you may experience a much stronger pull toward things that you previously experienced as somewhat interesting

By making room to notice these things you will more fully align with ESSENCE and more deeply connect with your SOUL

The more you honor your HEART the more you will find a deeper PEACE growing in you

This month's EXERCISES and messages are DESIGNED to to RETURN TO FEELING WE CAN be PeaceFULL of HEART, STRONG of PASSION and SOUL FULLY FREE

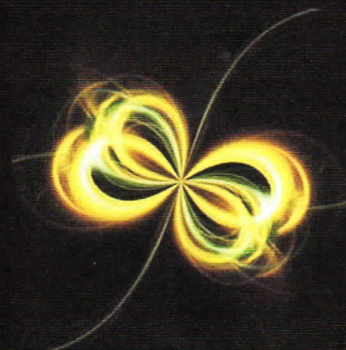
All of you is ready to EMBRACE the FREEDOM and JOY of HEART FULL and SOUL FULL

This year will be challenging but the COLORS of your HEART and Your SOUL LIGHT will lead



**I MOVE MORE AND MORE INTO THE COLORS OF ME
I EMBRACE WHAT IT IS LIKE TO BE FULLY FREE**

**I EXPERIENCE MY SOUL SO BOLD
I REMEMBER, I FOREVER HOLD**



**THE INFINITE BEAUTY THAT IS MY HEART
ANCHORS ME FIRMLY IN THIS ESSENTIAL START**

**THE LOVE THAT IS TO BE
IS SOMETHING THAT I MORE AND MORE SEE**

**THE SOULFULL REMEMBERING IS SO CLEAR
MORE AND MORE MY HEART SONG I HEAR**

**SO I MOVE INTO THIS TIME FEELING GRACE
NO MATTER WHAT I CAN RETURN TO THAT PLACE**

**EVEN AS A THINGS FALL AWAY
I REMEMBER THAT MY HEART IS HERE TO STAY**

**MY SOUL TOUCHES ME TENDER
I KNOW TO LOVE I CAN SURRENDER**

**I EXPERIENCE MY SELF AS WHOLE
EVEN AS I LET GO OF CONTROL**

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TIPS AND SUGGESTIONS

Treat your self to Hand MASSAGES—massaging your hands (especially your thumbs)will support you REMEMBERING you can handle this TIME

(Hands will be very important this year - tend to your hands carefully and REMEMBER THIS GREASES the wheels of CHANGE

Breathing in a light lemon yellow will help you approach things in a lighter way

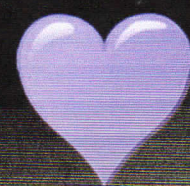
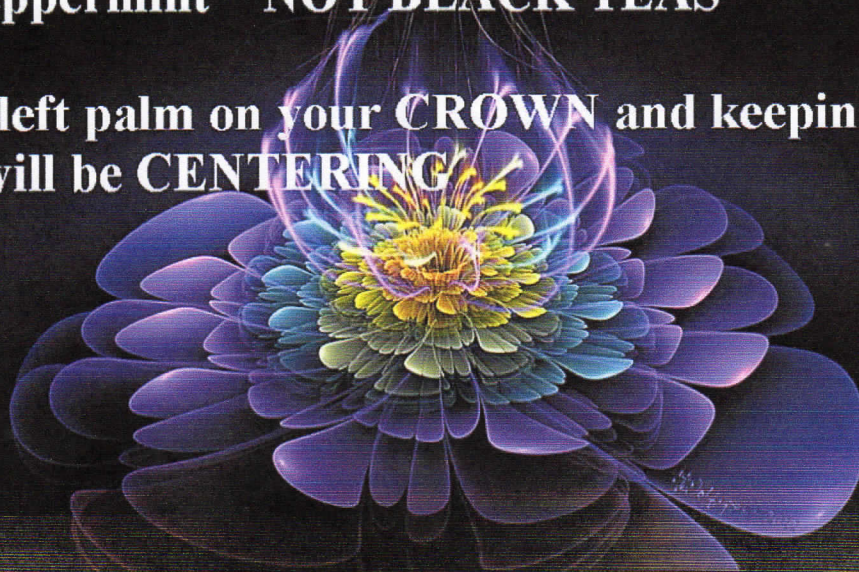
Take time to focus on BLUE - not breathing it, just experiencing the color in all its shades. The more you do this the less things will feel like they “came out of the blue”

Focus on images of snow—REMEMBER nothing can be white-washed now

Read books that are favorites of yours—Rereading AWAKENS

Drink tea especially: citrus, and herbal teas like chamomile, ginger, cinnamon, peppermint NOT BLACK TEAS

Placing your left palm on your CROWN and keeping it there for 2-8 minutes will be CENTERING



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MONTHLY THEME - PASSION

As already noted **PASSION** will be taking front and **CENTER** this month . . I see this as a deep **BUBBLING UP** of **SOUL**

Prepare for this **BUBBLING UP** by focusing on the **COLOR RED**
This shift into **PASSION8 TIMELINE** I see taking place over about
a 3 week period

1st 1-3 to 1-8—to prepare for this **PLACE** the color **RED** deep
I repeat **DEEP** into your Spinal Column
make sure that on **1-8-18** you move the color all the way
into your **BRAIN STEM**

(1-8-18 will be major energetically—more on this later)

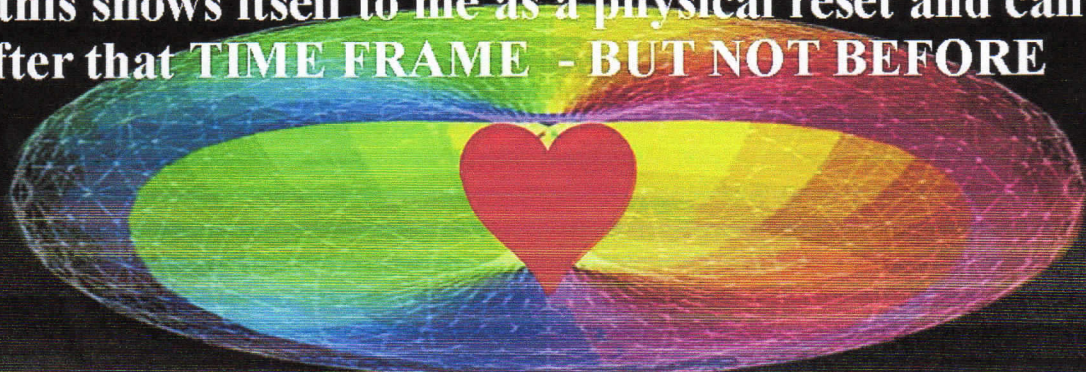
2nd 1-11-18 to 1-18-18 to best **RIDE** this **DAILY** apply the
color **RED** to your left inner thigh. Rub the “color” in
using your hand

- writing the word **PASSION** on paper 3-8 times will also
be helpful—extra support if you place those
PIECES/PEACE IS under your bed

3rd 1-21-18 to 1-25-18 to access best **ESSENTIAL** placement of
PASSION repeatedly **PUSH** the color **RED** into the center
of your left palm by using your right thumb

-do this daily in am for 5-8 **XS** and if you ever feel
overwhelmed

- this shows itself to me as a physical reset and can be done
after that **TIME FRAME - BUT NOT BEFORE**



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SPECIAL HIGHLIGHT

1-8-18 MAJOR SHIFT
MAJOR MOVEMENT
MAJOR ENERGY

THIS DAY REVEALS ITSELF TO ME AS
A STRONG LEVELING/SWEEPING

THE IMAGE THAT COMES TO ME IS AN ARM SWEEPING
OVER AND CLEARING OFF A TABLE

COMPLETELY CLEARING IT - LEAVING IT BARE

THERE WILL BE THINGS LEFT BARE ON THIS DAY
THE HABIT OF PLACING THINGS ON TOP OF THINGS
SO YOU WOULDN'T HAVE TO SEE UNERNEATH
WILL NOT WORK FROM THIS DAY ON

2017 DENIAL STOPPED WORKING

2018 DISTRACTION STOPS WORKING ON THIS DAY

IT IS WRITTEN IT IS SO

FOLLOWING THE SUGGESTIONS/TIPS WILL HELP YOU
PREPARE FOR THIS TIME AND SUPPORT YOU ADJUSTING
TO THIS NEW REALITY AFTER 1-8-18



JANUARY 2018 4CAST HEART FULL/SOUL FULL p. 6
EXERCISES

SELF FREEDOM EXERCISE - LIFT YOUR HEART



ALLOW AT LEAST 10 MINUTES FOR THIS EXERCISE

PREP: YOU ARE GOING TO BE PICKING EITHER A TIME PERIOD OR PERSON THAT YOU WILL BE ENERGETICALLY FREEING YOUR SELF FROM

-YOU WILL STICK WITH THE SAME PERSON OR TIME PERIOD FOR THE WHOLE EXERCISE

-IF YOU DECIDE TO DO A TIME PERIOD PICK A WHOLE YEAR LIKE BIRTH TO ONE—DON'T PICK A TIME FRAME LIKE ELEMENTARY SCHOOL— PICK AN AGE AND DO ONLY ONE YEAR

POSITION:SIT IN A COMFORTABLE CHAIR WITH YOUR HEAD BACK AND YOUR EYES CLOSED—PLACE YOUR PALMS ON YOUR UPPER THIGHS—HAVE YOUR FEET FLAT ON THE GROUND AND—WIGGLE YOUR HIPS MAKE SURE YOU FEEL VERY COMFORTABLE

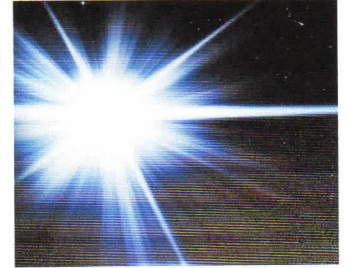
(MOVING YOUR HIPS IS A GREAT WAY TO ACCESS FREEDOM)

PROCESS: ONCE YOU FEEL VERY SOLID START TAKING DEEP BREATHS IN YOUR NOSE OUT AND OUT YOUR MOUTH (IF YOU SHAPE YOUR MOUTH LIKE YOU ARE WHISTLING YOU WILL MOVE ENERGY EVEN FASTER)

IF YOU ARE GOING TO BE SAYING THE **PHRASE QUICKLY, THEN BE SURE AND TAKE MORE ANCHORING BREATHS TO START**

EXERCISES CONTINUED

**YOU WILL BE SAYING THE PHRASE OUT LOUD
(SAYING IT OUT LOUD IS KEY. YOU ALLOWED THAT TO
BECOME PART OF YOUR FIELD AND NOW YOU ARE LETTING
IT GO)**



THE PHRASE YOU WILL BE SAY OUT LOUD IS:

YOU DON'T GET TO DECIDE WHO OR HOW I AM

YOU WILL BE SAYING THE PHRASE REPEATEDLY

- THE FASTER YOU SAY IT THE FASTER THE RELEASE WILL BE**
- SAYING IT SLOWER WILL MAKE YOUR RELEASE DEEPER**
- YOU CAN VARY THE PACE**
- WHILE YOU SAY IT MAINTAIN YOUR SOLE FOCAL POINT OF
EITHER PERSON OR TIME PERIOD**

SAY IT UNTIL YOU FEEL IT CLICK

**THEN TAKE SOME DEEP BREATHS TO RECENTER IN YOU
MAKE SURE YOU ARE CENTERED IN YOU BEFORE YOU GO ON**

NEXT SLOWLY AND REPEATEDLY SAY: I AM



**CLOSING - SIT IN STILLNESS AND SILENCE AND WASH
GRATITUDE OVER YOUR SELF**



**KNOW THAT THIS CAN BE EMOTIONAL TO DO THIS EXERCISE
IT IS BEST TO DO THIS EXERCISE WHEN YOU ARE ALONE**

BODY FREEDOM—LIVE YOUR TRUE HEART

WITH THIS EXERCISE YOU ARE MOVING YOUR SELF AND YOUR BODY FIRMLY TO HEART SIDE

POSITION: YOU CAN DO THIS SITTING OR LAYING DOWN
DO THIS FOR AT LEAST 3-5 MINUTES
YOU CAN DO THIS FOR AS LONG AS YOU WANT

PROCESS: PICTURE YOUR SELF STANDING ARMS AT YOUR SIDES
AND FINGERS SPREAD

FEEL THAT YOUR FEET ARE STANDING ON A STRONG LIGHT SOURCE

FEEL THE LIGHT AND YOUR FEET MAKING SOLID CONTACT

IMAGINE TILTING YOUR HEAD BACK EYES CLOSED

TAKE 3 DEEP BREATHS IN NOSE AND OUT MOUTH

PICTURE HEARTS RAINING DOWN ON YOU
FEEL HEARTS WASH ALL OVER YOU
CLEANSING EVERY PART OF YOU

FEEL THE HEART TRUTH LEAVE YOU PURE AND REFRESHED

REMEMBER YOUR HEART REIGNS NOW

CLOSING SIT IN STILLNESS AND GRATITUDE FOR YOUR
WILLINGNESS TO TAKE THIS STEP

**SO NOW COMES TO ME
SO NOW COMES TO ME
AND I GO TOWARD IT
THERE IS NO SEPARATION
WE ARE AS ONE**



**NOW AND I ARE AS ONE
NOW IS ONE TO ME
I AM ONE TO NOW**



THIS DEEP UNFOLDING IS FOR ME

**TO FEEL NOW IS TO BE
TO BE NOW IS TO KNOW
TO FREE NOW
IS TO FREE ME**



**I FREE ME NOW
I FREE NOW NOW**

**I AM FREE
NOW IS FREE
WE ARE AS ONE**

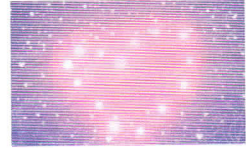
(IF YOU SAY THIS OUTLOUD IT WILL FIRE A TRUE LIFT)

JANUARY 2018 4CAST HEART FULL/SOUL FULL p. 10
DAY BY DAY - ALL UPDATES ARE IN BLACK

- 1-1-18 MASSAGE YOUR KNEECAPS IN CIRCLES
WE ARE KNOWING FREEDOM FULL CIRCLE**
- 1-2-18 SAY: THIS TIME I FREELY RECEIVE
BEST TO SAY THIS IN THE AM 5-8 TIMES**
- 1-3-18 BREATHE THE WORD TRUTH IN
BREATHE THE WORD IS OUT
THIS WILL SUPPORT YOU ACCEPTING HEART
TRUTH**
- 1-4-18 BREATHE THE COLOR PURPLE DEEP INTO
YOUR CORE—OPEN TO EVEN MORE**
- 1-5-18 BRING OCEAN BLUE INTO YOUR THIRD EYE
THIS WILL SUPPORT YOU IN SEEING WHAT IS NEXT**
- 1-6-18 SAY: I EMBRACE BEAUTY FULLY BEST IN PM 3-7 XS**
- 1-7-18 BRING THIS COLOR INTO THE SOLES OF YOUR FEET
YOUR SOUL CAN NOT BE BEAT**
- 1-8-18—BE SURE AND FOLLOW WHAT IS SUGGESTED FOR THIS
TIME FRAME—BRING RED INTO YOUR BRAIN STEM
REMEMBER DISTRACTION DIES TODAY**
- 1-9-18 SHAKE YOUR HANDS OUT RELEASE ANY ILLUSION**
- 1-10-18 SAY: TIME IS ON MY SIDE I HAVE NOTHING TO HIDE**
- 1-11-18 BREATHE FOREST GREEN IN AM 2-3 MINUTES
BRANCHING OUT IS EASY REMEMBER**
- 1-12-18 CLASP YOUR HANDS LIKE IN PRAYER—PREPARE
KNOWING IS FLOWING BACK INTO YOU TODAY**
- 1-13-18 TAKE TIME TO HONOR YOUR FEET TODAY
YOUR SOUL HAS BEEN THROUGH MUCH
REMEMBER YOU ARE STRONG**
- 1-14-18 THERE IS AN OVERALL FEELING OF ONENESS TODAY
SAY: I AM AT PEACE WITH ALL OF ME 3-6 XS AM BEST**
- 1-15-18 TAKE TIME TO SIT ON THE GROUND TODAY
REMEMBER THE LOVE YOU ARE IS GROWING**
- 1-16-18 THIS IS A STRONG PUSH DAY - TAKE TIME TO CENTER IN
THE AM—AND PUT ORANGE INTO YOUR WRISTS**

JANUARY 2018 4CAST HEART FULL/SOUL FULL p. 11
DAY BY DAY - ALL UPDATES ARE IN BLACK

1-17-18 BE SURE AND EAT OR TOUCH CITRUS TODAY
BRING BACK YOUR CORE ACCEPTANCE



1-18-18 SAY: WHEREVER I AM, TRUTH IS 4-7 XS IN AM
THERE WILL BE A LARGE ENERGY OF TRUTH TODAY
BEST TO ADJUST TO IT EARLY

1-19-18 THIS DAY WILL TIE TOGETHER 1818 1918 2018
TAKE TIME TO DO THE HEART SHOWER EXERCISE AM
IT WILL STABILIZE YOU

1-20-18 THINGS WILL BE IN YOUR FACE TODAY
PAY ATTENTION AND BE SURE AND DO THE CROWN
EXERCISE THAT IS CENTERING (PAGE 3)

1-21-18 SAY: I MAKE ROOM FOR HAPPINESS
SAY IT AS MANY TIMES AS BRINGS YOU HAPPY

1-22-18 LOTS OF ENERGY MOVING TODAY
GROUND AND EAT PROTEIN
MASSAGE YOUR FEET
USE ESSENTIAL OILS



1-23-18 SEND OUT INTO THE WORLD: PLEASE WAKE UP!
(THIS IS A POWERFUL DAY THAT WILL INCREASE YOUR WISH)

1-24-18 BE SURE AND DO THE EXERCISES RECOMMENDED FOR
THIS TIME FRAME (SEE PAGE 4)

1-25-18 SAY: THE DEEP KNOWING OF ME BRINGS ME TO MEANT
TO BE 5-8 XS AM (MUCH ENERGY MOVES TODAY)

1-26-18 AM MEDITATE ON MAGENTA 4-6 MINUTES
WILL TAKE THE EDGE OF THE ENERGY SHIFT TODAY

1-27-18 SAY: I WELCOME MORE FAITH IN ME 3-6 XS PM

1-28-18 MASSAGE ABOVE YOUR BELLY BUTTON 3-4 MINS AM
THERE ARE SOME CORE SHIFTS HAPPENING TODAY

1-29-18 TAKE TIME TO BREATHE INTO THE WORD FREEDOM

1-30-18 THIS IS A STRONG ENERGY DAY - CENTER IN AM
BREATHE INTO THE ENERGY OF SOFT PINK

1-31-18 TODAY I AM GOING TO "HUG" EVERYONE OF YOU
I WILL EMPHASIZE RECEIVING MORE EASILY
THIS IS TO SUPPORT RECEIVING GREATER CLARITY IN FEB.