

The next step in anchoring your Power is Building

In these exercises you may notice your Power continually accumulating and readily available to you

Continue to write in your power journal and validate your progress

Congratulations!



You are Remembering more of Your Innate State of BEing!

I personally have found these exercises to be easier and fun to do!

Let me know what your experience is!

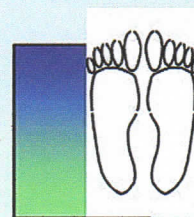
Enjoy the journey. . .



X SPELLING

3

I Sit Chin level
Eyes Open
Feet Somewhat far apart
Place **POWER DOOR** under Left foot



Say **LIGHT GUIDES**
2X's **ME HOME**
(2 Breaths)
LIGHT GUIDES
ME HOME
(3 Breaths)

LIGHT Spells
ME
LIGHT Spells
ME
LIGHT Spells
ME
(4 Breaths)

Take a **LED FLASHLIGHT ON**



Hold it in **Left Hand**
Place **Left hand** to rest on top of **Left thigh**

Transfer Flashlight **ON** to **Right side**



use **Right HAND** to spell

ME



At the end of 2nd time close eyes & tilt head back
Breathe in nose/out mouth for 6-10 minutes

Turn **LIGHT OFF**

Thank **LIGHT** for leading you **ON**

*Keep flashlight near your bed

Do **1 time** a week during weeks **1 to 3**

BUILDING

2



X SPELLING

II

Sit Head Up
Eyes Closed
Feet 2GETHER
Place **POWER DOOR** words side down top facing
 forward behind feet



Take A **ROSE QUARTZ** in your Left HAND
FUNNEL ENERGY from ATLANTIS in 2 it

I Magine Water
entering the
Pink
and
THE
Quartz
becoming
Purple



Put the **ROSE QTZ** near the FLASHLIGHT that is by
your bed

Suggested **2 times** a week during **weeks 1 to 3**



GATHERING

3

I

Sit Head level
Eyes Open look STRAIGHT in front of you
Feet Somewhat far apart
Place **POWER DOOR** words side up on floor
next to your left side top facing
out away from you



Very softly and not quickly clap Hands
4X's

Sit and breathe in mouth/out nose
4X's

Clap Hands very softly and not quickly
5X's

Sit and breathe in mouth/out nose
5X's

Clap Hands softly and not quickly
6X's

Sit and breathe in mouth out nose
6X's

Say
1 Time

By the **LIGHT**
By the **sight**
By the **gathering of the moon**
That which is my **power**
returns **SOON**



Sit with eyes closed and head back for 3-8 minutes
Thank your power for returning to you

Do **2 times** a week during **weeks 1 to 3** and
up to 4 times if you like



BUILDING

4

GATHERING

3

II

Sit With head up
Eyes Closed
Feet Somewhat far apart
*No POWER DOOR USED

Imagine your Self in a circle  of waves

Feel the WAVES washing away all that isn't
ESSENTIAL

Do 2 minutes

Recall

THAT which wasn't
to be washes away
from you and Me



Do 1 time a week in weeks 1 to 3

BUILDING

5



III

Sit with Head UP
Eyes Closed
Feet and Ankles close together

Say In Days
of
Your
I
Recall
from
Before
Breathe 3X's



Say Power's ways
3X's Return
Power
I
do
RELEARN
Breathe 4X's

Sit and breathe in nose/out mouth 8-14 minutes

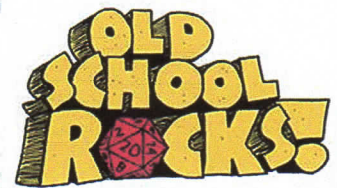
Suggested Time 1X a week in weeks 4-6



III

Sit with Head UP
Eyes Closed
Feet and Ankles close together

Say In Days
of
Your
I
Recall
from
Before
Breathe 3X's



Say Power's ways
3X's Return
Power
I
do
RELEARN
Breathe 4X's

Sit and breathe in nose/out mouth 8-14 minutes

Suggested Time 1X a week in weeks 4-6



I

Sit
Eyes Open – See in front of you
Feet Somewhat far apart

Keep your Right toes on the ground
Gradually lift and Power Right heel

Do 2 Minutes

Place both feet flat and breathe 2 times
in nose out mouth

Gradually lift and lower Right heel

Do 2 Minutes

Breathe 2 times in nose out mouth
while having both feet flat

Gradually lift and lower Right heel

Do 2 Minutes

Breathe 2 times

Tilt head back
Close eyes
Breathe for 8-12 minutes in nose
out mouth

Do up to **3 times a week** during
weeks 4 to 6

My
wish
4
U
May
all
distances
between
you
and
Power
be
healed



Power Exercises

Weeks 1 to 3

- | | |
|-----------------|----------------|
| Do Spiritual I | 1 time a week |
| Do Emotional I | 1 time a week |
| Do Emotional II | 3 times a week |

Weeks 4 to 6

- | | |
|-----------------|---------------------------|
| Do Spiritual II | <u>Only</u> 1 time a week |
| Do Physical I | 2 times a week |

E Book

Weeks 1 to 3

- | | |
|------------------|----------------|
| Do X Spelling I | 1 time a week |
| Do X Spelling II | 2 times a week |
| Gathering I | 2 times a week |
| Gathering II | 1 time a week |

Weeks 4 to 6

- | | |
|-----------|----------------------|
| Expanding | UP to 3 times a week |
|-----------|----------------------|



POWER DOOR 3

AN-OL-UB
GZ-J-D-N-B



I AM THIS