

Step into Your Field of Potentiality

Hand Out

Together we will step into our power and claim our Field of Potentiality!

Write in the space below what your day was like today:

Three inherent truths that mold our lives:

- 1.**
- 2.**
- 3.**

In the space below write down what you think holds you back from living the life you really want to live. Also write down what you believe isn't working.

Write down your experience with the LOVE meditation:

Write down your experience with the Claim Your Power and step into your Field of Potentiality meditation:

Breathe deeply and embrace being “In this Moment!” Dream big and write down all the desires of your heart:

Journal Pages

Date: _____

Prayer Request: Today I ask my angels to help me heal _____

_____ Amen

Today I felt resistance within my body when: _____

I anchor healing this resistance by writing: I'm willing to look deeply within to heal this fear within me: _____

Is there anything in my Past Experience Archive that matches the resistance of this new life event, situation or relationship? _____

Is there an earlier experience that matches this new life event, situation or relationship? _____

Who was involved in my earliest experience with this energy of resistance? _____

I affirm my healing by writing: *I am safe now – I am in a safe place to heal this resistance:* _____

I forgive those involved, knowing forgiveness doesn't condone behavior.
Forgiveness disconnects me from the pain of the experience: _____

I forgive myself for my part in the experience: _____

I send love to myself and to others involved to heal the wound within my heart,
shifting me to love source energy. I have changed within – my without reflects
this change: _____

I am grateful for this healing experience. I embrace the gratitude: _____

Thank your angelic helpers and use this space to write about the experience: _____

If you need additional help healing within, the Prosperity Tool Kit holds twenty physical world tools to make this healing transformation easier. You may learn more about it at www.soulkisses.com/tools.

You may join the Happy 11:11 In the Moment Movement to help live your life in the power of this moment creating what you want in the joy of love source. Learn more about it at www.soulkisses.com.

You may learn more about Kate's continued communication with her dad, Big Jim, in the book they wrote together: *Waiting in the Other Room*. You may order it from Amazon or get a signed copy from www.soulkisses.com.

Join Kate every Thursday night at 9pm EST on Blog Talk Radio for the Spiritual Whispers Radio program. Where she will discuss what's going on in today's Mother Earth and share tools to make life easier!