

The Game of Life for the 21st Century BONUS

See Yourself Receiving Guided Journey

Take a deep breath and embrace the energy of receiving what you want to be, do, or have... we begin... by quieting our minds...

Place your feet flat on the floor. With your hands gently in your lap, close your eyes and focus your attention on your heart and take a slow... deep breath in...

Take another slow, deep breath... and shift your focus to gratitude of the blessings in your life. Embrace things that you are grateful for. Feel the emotional fulfillment of gratitude. Take deep, full breaths of gratitude.

Ask yourself these questions – don't try to answer, just ask:

Who am I?

What do I want?

What's my purpose?

What makes me happy?

Now simply allow yourself to be aware of your physical body... your hands in your lap – your feet flat on the floor and focus again on your heart – allow yourself to hear the beating of your heart as a sound or feel it as a sensation.

Take another deep breath...

From this beautiful safe space, with your eyes gently closed, allow yourself to focus on the energy of what it would *FEEL like to receive everything you want*.

How Awesome would it be to receive what you want?

Take a deep breath in and embrace the excited joy of receiving what you wish to be, do, or have.

Now, in your mind's eye... observe yourself experiencing the joy of having received what you wish to experience.

What you've received through your creation energy may be your own business, a new job, a new home, new car, better relationship, or new relationship, it could be peace, love and joy in your heart - whatever it is you wish to create.

Embrace the joy filled bliss you feel at receiving what you want.

Take a deep breath in of the joy and happiness receiving what you want brings you!

Allow this exciting joy to course throughout your body - through every cell.

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With another deep breath, expand that exciting energy through your heart out to the room around you - fill the room with your joy!

With gratitude, we ground this joy filled energy of SEEING your human body experiencing what you want as yours.

Take a deep breath and allow roots from your feet to travel down into Mother Earth - through the rocks, the soils, the water, the clay - all the way to the core light of healing love within her.

Take a deep breath and pull that healing light of love up through the soils of Mother Earth to your feet, up through your legs... to your heart.

With open heart we give the universe permission to deliver to us what we want. Repeat after me:

Infinite Spirit, I give you permission to deliver to me by divine right, what I want or better - under grace - in a miraculous way - for the highest good of all! Thank you, thank you, thank you!

Take a deep breath and again, see yourself in receipt of what you want and embrace the joy of receiving it.

Now take a deep breath and bring this wonderful, excited energy of receipt back with you to the physical world of this moment.

In gratitude, thank you, thank you, thank you!

When you're ready, open your eyes.