

The Game of Life for the 21st Century BONUS

Meet Florence Guided Journey Transcript

So, we'll begin by quieting our minds.

Place your feet flat on the floor. With your hands gently in your lap, palms up and close your eyes.

Focus your attention on your heart and take a deep breath...

Now shift your focus to gratitude of the blessings in your life. Embrace things that you are grateful for. Embrace the love 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.

Now focus again on your heart – allow yourself to hear the beating of your heart as a sound or feel it as a sensation.

Take deep breaths in... and with your eyes closed... allow yourself to experience whatever the angels bring to you... You may see Florence in your mind's eye, you may simply feel her energy and don't be surprised if you recognize it as familiar.

We begin with a prayer...

Father, Mother, God, Creator of All That Is....

We come together in love and light to meet with the loving energy of Florence Scovel Shinn. We ask that only those of the light be allowed to communicate with us. We ask for your guidance and support as we open our hearts to experience our highest possible good.

In deepest gratitude,
Amen...

Take a deep breath and see before you your mighty oak grounding tree. Step forward and gently touch the bark. As your hand slips into the tree... lean into it and blend your spiritual being-ness into the loving essence of your grounding tree.

Your feet mold into the tree's roots and travel through the soils of Mother Earth down through the rocks, through the clay, down to the core love light at her center.

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Take a deep breath and feel the vibrant healing energy of Mother Earth as it flows up the roots to your legs, through your body to your heart.

The branches of your tree open wide to the breath of God. Breathe deeply of the healing love of God.

Take another deep breath and expand the healing energies of Mother Earth and the love of God within your heart.

You are One with God...

Now the hand of an angel reaches for you from the other side of the tree. Take the angel's hand and step into the safe space of the angelic realm.

You've stepped into a beautiful garden, lush green plants and beautiful flowers welcome you.

The angel guides you deeper into the garden where Florence waits for you. She's sitting on a bench quietly enjoying the sunshine while she waits.

Walk over to her.

She's very excited to meet with you and hugs you with great affection.

Sit down beside her on the bench and get comfortable.

Florence wants to share that you've stepped into a magical time - a magical time that's easier to take your power back that you've given away this lifetime and previous lifetimes. Its easier to take it back now...

And she's so happy to be holding the space for you to reconnect with the love that is your essence - to help you open your heart to the love and prosperity that is yours in all areas of your square of life.

Florence gently takes your hands in hers and with great love she asks, "What would you like to know?"

This is your time to ask her any question that you have.

Allow your heart to be open to whatever she shares with you.

While you sit here on the bench with Florence - talking with her - breathing in her energy and all the love she holds for you Ask her anything you wish to know and just allow yourself to take in her answers, her guidance, her wisdom - in whatever way that works best for you.

This is a beautiful place for you and Florence to get to know each other.

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Breathe deeply, continue to breathe deeply and the connection grows stronger... and its easy to understand her love, her wisdom, and her guidance.

{{time to visit – music plays}}

Take a deep breath and know that you can return to this place any time you wish to work with Florence - if you like, set a time and date with her and she'll meet you here.

Now its time to return to the physical world. Thank Florence and the angels for meeting with you and walk back to your grounding tree - taking the loving energy of Florence with you.

Step into the grounding tree.

Breathe in deeply and see the roots of your grounding tree blend with your feet to burrow deeply into Mother Earth, down through the soil, the rocks, through the water, down to the core light of love within her. Take another deep breath and pull that vibrant healing light energy up through the soils of Mother Earth - up through your legs – up through your body to your heart.

Step out of the tree into the physical world, fully grounded and holding the love of this experience within your heart.

When you're ready, open your eyes.