

Strawberry Moon  June 21st, 2024

I am open & ready for the universe to start conspiring in my favor to make my dreams come true. I request a clear sign in my reality today. I am open. I am ready. I am grateful. I am here. Thank you, I love you universe.

I am healed. I feel healed. I do create healing. I love being healed, I absolutely love it. ♥ I speak healing into existence. I see myself healed. I see healing all around me. I know I am healed.

Mark 11 Verse 24:

"Therefore I say to you, whatever things you ask when you pray believe that you receive them & you will have them. For assuredly I say to you, whoever says to this mountain be removed & be cast into the sea & does not doubt in

~~her~~ heart but believes that those things she says will be done, she will have whatever she says."

Daily Affirmations from Mark 11:24

1. I am capable of achieving my goals w/ hard work & perseverance. God gives me the strength & wisdom to succeed.
2. Every day in every way I am becoming better & stronger. Through God's grace I overcome challenges & grow in faith.
3. I attract positivity & peace into my life. The lord's presence fills my days w/ joy & serenity.

I am healthy. I feel healthy. I do create health. I love being healthy! I speak health into existence. I see myself healthy. I see health all around me. I know I am healthy! ♥

Transcendental Meditation -
Close eyes, take deep breaths, relax,
repeat mantra w/ eyes closed for
15-20 min

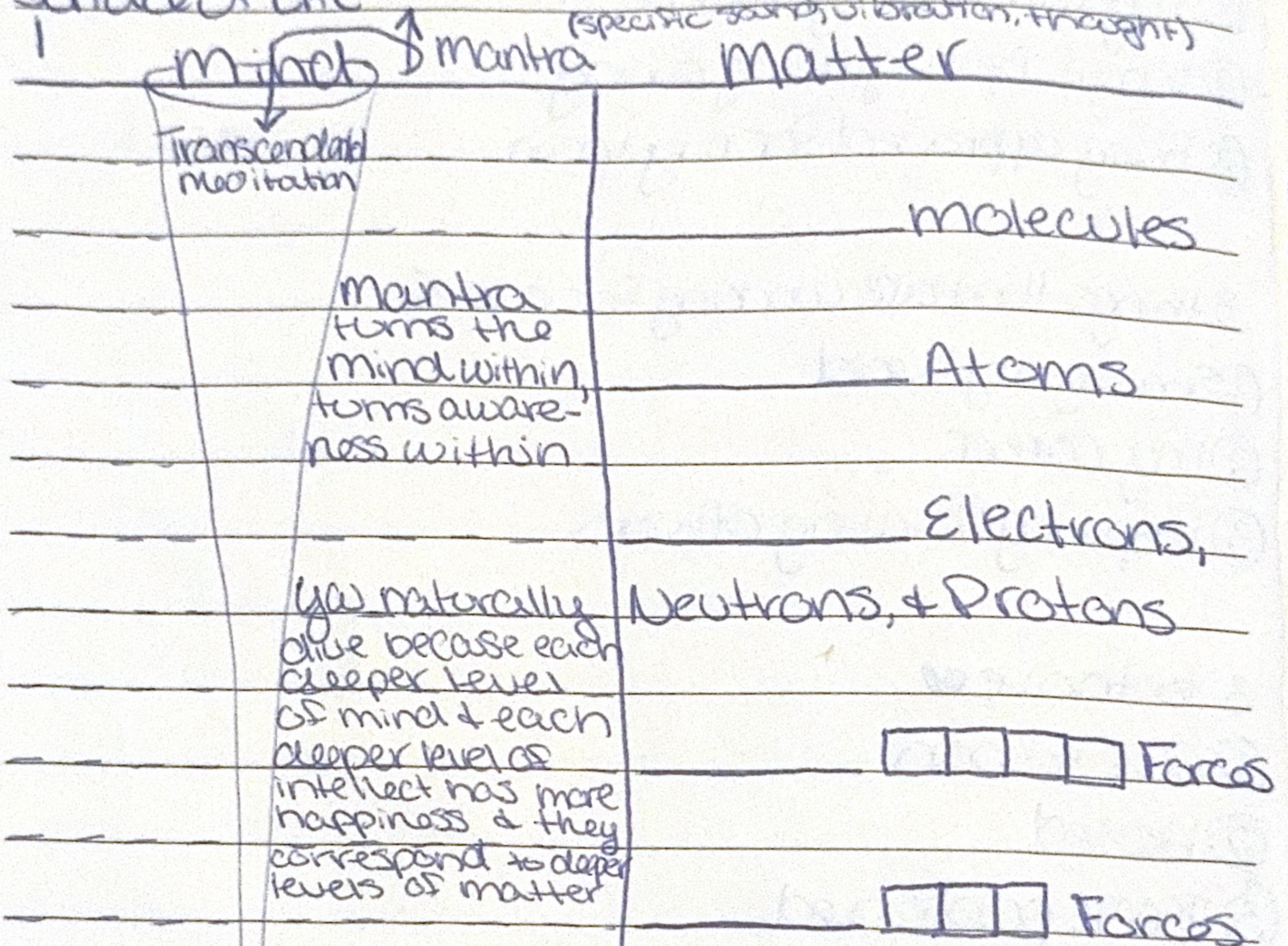
July 5th, 2024

Get to 11 Frequency Zone or higher

Astral Projection -
Get to Akashic
Records

How to Transcend

Surface of Life



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You're going beyond field of relativity, Duality, experiencing oneness

At the border line of intellect, you transcend (Go Beyond)

Infinite creativity, intelligence, energy, love, power, & bliss

Dynamic PEACE

Transcend

Pure consciousness

Unified Field (No-thing) (unmanifest)

Everything that is a thing, emerges oneness from this field.

July 10th, 2024

Priming the Day

3 things that make me happy ☺

- ① Working out
- ② Being healthy
- ③ ~~Protecting my peace~~ Educating myself

3 things that are working for me ✓

- ① Protecting my peace
 - ② Not talking about my problems
 - ③ Not trying to make people understand me
- ④ Letting go

3 to thrive ♥

- ① Love
- ② Peace
- ③ Health

Priming the Day

June 11th, 2024

3 things that make me happy ☺

- ① Elevating my level of consciousness
- ② Healing & being 100% healthy
- ③ Being a business owner

3 things that are working for me

- ① Being truly myself & being grateful for all that I have - no lack; I love myself ♥
- ② Forgiving instead of reacting/Protecting my peace; Not complaining or talking about my "issues" - Letting go ☺
- ③ Looking up to/talking to Marilyn Monroe, Cleopatra, Princess Diana, Giddy, Barbara O'Neill & Dolores Cannon / Walking like Marilyn Monroe & obtaining her aura
- ④ Reaching 100% Purification; relinquish ALL impure or negative thoughts

3 to thrive ♥

① Love

Priming the Day

July 12th, 2024

3 things that make me happy ☺

- ① Purifying myself / Elevating my level of consciousness
- ② Being 100% healthy
- ③ Being a Big Business Owner

3 things that are working for me

- ① Stepping into my feminine energy fully
- ② Not reacting / Protecting my peace - Loving myself & Letting go
- ③ Teaching 100% Purification, eliminating ALL impure or negative thoughts

3 to thrive ♡

- ① Looking up to, having conversations w/, & embodying Marilyn Monroe, Cleopatra, Princess Diana, Gaggy, Barbara O'Neill, & Dolores Cannon
- ② Peace
- ③ Health

♥ my Life ♥

I am exactly where I need to be. Everything I want also wants me. I've mastered the art of manifestation. I've mastered my mind & thoughts & raised my level of consciousness to the 10th dimension. I healed myself & many others. I am a magnificent teacher. I tell my story so others can learn from me & take action. I'm thriving in every area of my life. I'm happy, healthy, & abundant & so is everyone around me. I'm in the best shape of my life, I feel amazing. I'm accomplishing my soul mission & spreading love. My business is flourishing, my family & friends are thriving, I'm in perfect health & so is everyone around me. I am living my best life. Life is heaven.

Priming the Day

July 13th, 2024

3 things that make me happy ☺

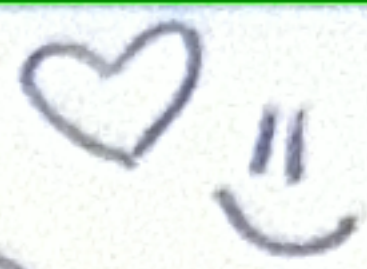
- ① Purifying myself / Elevating my level of consciousness
- ② Improving / Controlling my reactions
- ③ Being 100% healthy

3 things that are working for me ✓

- ① Stepping into the divine feminine
- ② Reacting better / more calmly w/ my cats & everyone
- ③ Teaching 100% Purification - Expelling ALL impure or negative thoughts

3 to thrive ♥

- ① Looking up to & having conversations w/ Marilyn Monroe, Cleopatra, Princess Diana, Barbara O'Neill, & Dolores Cannon
- ② Peace
- ③ Health
- ④ Giving people unconditional love*



August 6th, 2024 - A Beautiful Day

3 Rules For a Successful Life:

① Write down a clear description of your major desire in life - the one circumstance or position or thing which you will be willing to accept as your idea of success

* your only limitations are those which you set up in your own mind or permit others to set up for you

② Write down a clear statement of precisely what you intend to give in return for that which you desire from life, & then start in right where you stand out to begin giving.

③ Memorize both of your statements, what you desire & what you intend to give in return for it - repeat them at least a dozen times daily

* Always end your statement w/ this expression of gratitude, • for the

blessings w/ which yew were gifted
at birth : I ask not for divine
providence, for more riches, but
more wisdom w/ which to accept
& use wisely the riches I received
at birth in the form of ^{the} power to
control & direct my mind to whatever
ends I desire

Priming the Day - September 11th 2024

3 things that make me happy ☺

- ① Being outside - in the morning especially
- ② Working for myself
- ③ Having enough money to do what I want & do things for others

3 things that are working for me ✓

- ① Being alone
- ② Not being sexually active
- ③ Connecting w/ Nature

3 to thrive ♥

- ① Meditate
- ② Forgive & let go
- ③ Love

Releasing the old to make way for the new:

What's weighing me down-

1. ~~Fear of what others think~~
2. ~~Expectations~~
3. ~~Missing people who are no longer in my life~~
4. ~~Allowing old relationship habits to occur~~
5. ~~Going back to people I know aren't good for me~~
6. ~~Fear of something bad happening when I know I'm just making it up in my head~~
7. ~~Feeling lack of anything or anyone~~
8. ~~Not standing my ground enough~~

I release what no longer serves me, making space for new energy & blessings to flow in

What is working for me -

1. Saying no - standing up for myself
2. Being calm
3. Being at peace
4. Being love
5. Receiving the love I deserve
6. Being abundant
7. Being emotionally & financially stable
8. Being comfortable being alone
9. Not worrying about who I'm attracting
10. Thriving in my business
11. Giving back to people as much as I can
12. Forgiving myself & others
13. Helping people as much as I can
14. Inspiring / guiding others
15. Being light

I trust the universe to manifest my dreams & bring me abundance, love, & success. Thank you universe, I am grateful for what's being released & for everything coming my way.

November 12th, 2024

Health Affirmation:

My body is in perfect harmony, every cell vibrates w/ ~~radiant~~ radiant health, strength & vitality

New liver - every 6 weeks

New skin - once a month

Entire body - replaced in less than a year

Priming the Day - November 19th, 2025

3 things that make me happy ☺

① my cats

② my health

③ Excelling at my mission

3 things that are working for me ✓

① Spreading peace, love, & light

② Embracing my gifts

③ ~~Cons~~ Constantly working on myself & ~~ev~~ evolving

3 to thrive ♥

① To transcend, reach full consciousness

② To help as many people as I can

③ Create to inspire

10 things I'm grateful for:

① My family

② My friends

③ my pets

Pluto entering Aquarius
November 20th, 2024

Shadow work & Visualization

November 29th, 2024

"Whatever doesn't get done at the end of the day, didn't need to be done." ~ Bashar

Gut Shot: Olive Oil, Coconut Oil, Cayenne Powder, Celtic Sea Salt, Key Lime

Meditate in a ~~circle~~ ^{Imagine} circle or under a pyramid: utter these frequencies, huentanas, cuertas, Chitao, goryana, quartao, some beta orclale

Cover head to protect hair energy

Life Instruction Manual December 29th, 2024

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1. Act on your highest passion every moment that you can; ~~Take it as far as you can until you can take it no further~~
2. Take it as far as you can until you can take it no further
3. Do it with absolutely no insistence or assumption as to the outcome
- *4. Stay in a positive state no matter what happens, no matter what manifests, because the end cap to the instruction manual is...
5. It doesn't matter what happens, it ~~only~~ ONLY matters what you do with what happens.

Everything is neutral & can serve double-duty.

Stay in neutral state & positive state

Know that I must be experiencing this for a positive reason, no matter how it looks. I will also and always derive a positive and beneficial effect from it, no matter what anyone else is getting out of it

Have the power & freedom & choice to determine what this means for you in your life

Even something that you might naturally not prefer must still be there for a reason if it manifested in your life

- If I stay in positive understanding of that then I'll be able to use what I don't prefer in a way that ~~you~~ I do prefer.

If nothing else, sometimes things manifesting that I don't prefer more clearly delineate the difference between what you don't prefer & what you do prefer & that's a positive effect

Go with the flow of my own current in creation

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2025 Affirmations December 29th, 2025

I Let go of the resentment I've accumulated in my heart

I Let go of the feelings that keep me small

I Let go of the thoughts that disrupt my peace

I Let go of the beliefs that block my potential

I Let go of the version of me that I am leaving behind

I make space for forgiveness

I make space for empowerment

I make space for Love

I make space for the new version of me that brings me happiness, fulfillment, & peace

May what does not belong in my life leave me.

May what is meant for me come to me.

May my loved ones & I be protected & showered with blessings

May I be aided with strength & understanding

When I face situations I cannot control
May I get closer to peace, love, & all that is good for my soul

I can't wait for the moment
When I feel & can say
"I knew I was destined for
something ~~amazing~~ marvelous"

♡♡♡ 2025 ♡♡♡ Lucky Numbers: 4 & 19

I accept & am open^{& receptive} to all good

I accept my ~~prosperity~~ ~~ability~~ to be prosperous in time

I accept my beautiful success

I accept my ability to be prosperous in comfort

I accept my ability to be prosperous in wisdom

I accept my abundance in love & my ability to be prosperous in love

I accept my ability to be prosperous in joy

I accept my ability to see beauty

Let people be - no judgement
People from every perspective - shift convos
Feel comfortable with me - without anyone
noticing

everywhere & within everything

I accept my ability to be prosperous in good health

I accept my ~~ability~~ abundance in money & my ability to be prosperous in money

I believe I've set everything in motion & I am aligning my energy & mindset

I am abundant in time, success, comfort, wisdom, love, joy, beauty, good health, money & peace

don't explain myself & get comfortable being wrong & learning new things

Navigating hard conversations...

- Pause before reacting
 - Take a moment before responding to difficult questions or comments
 - Breathe in for 4 seconds, hold for 4, & exhale for 4
- Set gentle boundaries
 - "I'd rather not discuss this right now, but I'd love to catch up on..."
 - It's okay to steer the conversation away from sensitive topics
- Take a break if you need to
 - Excuse yourself to refill your drink or step outside for some air
 - It's perfectly fine to prioritize your well-being
- Practice empathy for others
 - Understand that everyone brings their own stress to the table
 - Be kind to yourself if you feel overwhelmed

The 5 Most Famous Laws in the World

1. Murphy Law - The more you fear something happening, the more likely it is to occur
2. Kidlin Law - If you write a problem down clearly & specifically, you have solved half of it
3. Gilbert Law - When you take ~~over~~ on a task, finding the best ways to achieve the desired result is always your responsibility
4. Wilson Law - If you prioritize ~~knowledge~~ knowledge & intelligence money will continue to come
5. Falkland Law - If you don't have to make a decision about something, then don't decide.

Priming the Days February 11th, 2025
The day before the New Snow Moon

3 things that make me happy :

- ① Being cured - having cured MYSELF!
- ② Realizing my power
- ③ The love in my life
- ④ Seeing the positive effects & impact I've had on people
- ⑤ Understanding my mission
- ⑥ Being alone, being 100% myself, treating myself as I deserve

3 things that are working for me ✓

① Being my 100% true & full, authentic self

② Letting go

③ Surrounding myself with good people, who understand me, & are open

3 to thrive ♥

- ① Continue my mission every day, in little ways - help people find themselves & remember what they came here to do, creating the life they desire - raise the collective awareness
- ② Never stop working on myself, learning, & trying to reach my full consciousness & potential
- ③ Be love, spread love, receive love
- ④ Be of service to whoever I can, especially the ones that need it the most
- ⑤ Nurish my mind, body, & soul so that I have the energy to be all that I can be for people, plants, animals, & everything around me
- ⑥ Put 100% of myself into everything I do

Priming the Day

February 13th, 2025

3 things that make me happy:

- ① Having a really good day
- ② Feeling the universe ~~align~~ & myself align
- ③ Being with my family & pets

3 things that are working for me:

- ① Mastering my mind
- ② Having the financial means to give back
- ③ Being the most confident, most authentic version of myself

3 to thrive:

- ① Have a good day - nothing is as precious as the present moment
- ② Being happy
- ③ Going for walks in nature

Priming the Day

March 5th, 2025

3 things that make me happy:

- ① Learning lessons
- ② Being by myself
- ③ Trusting the universe & knowing that when I've hit a low that it can only go up from here

3 things that are working for me:

- ① Listening to my gut instincts/intuition
- ② Knowing my worth
- ③ Not repeating old patterns

3 to thrive:

- ① Recognize & work on my flaws
- ② Undo old patterns & mindsets
- ③ Focusing on myself & where my soul feels ignited

Priming the Day March 8th, 2025

3 things that make me happy:

- ① That my problems are never really problems, they're all lessons
- ② Knowing that God is within me & I am Divine Feminine
- ③ Being my full, authentic self

3 things that are working for me:

- ① Being healthy
- ② Trusting my intuition / Clairvoyance
- ③ Not repeating old patterns

3 to thrive:

- ① Going w/ the flow of wherever the universe takes me
- ② Quit vaping
- ③ Releasing all that no longer serves me.

I set the intention to fast until Sunday - Ramadan

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March 8th, 2025

The Month of Spirituality
Ramadan: (Feb. 28th - Mar. 29th)

March 1st - Abstaining from food, drink, smoking (when I can), & sexual activity (from here on out), & negative/sinful behaviors (gossip, lying, backbiting, & anger) from dawn to sunset; Putting trust in God, Creating healthy habits, focusing on spirituality, living by my principles & beliefs, purifying the mind, body, & soul, Learning self-discipline, becoming closer to ~~see~~ God & my higher self, breaking unhealthy cycles, creating/building God/Christ consciousness, & developing as a person

March 5th - April 17th

Lent: Praying, fasting, abstaining from plant-based meat on Fridays (Alkaline), almsgiving, repentance & reflection, repent/relect on sins & seek God's forgiveness, practicing

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self-control & self-denial, giving up luxuries (Imitate Christ's sacrifice), giving alms by sharing time, talents, & money, seek Christ's will more faithfully, & abstaining from talking negatively of people / gossip

It is my intention to fast, purify myself, become my full self, create / build Christ consciousness, break unhealthy behaviors / habits / choices, give as much as I can, repent / reflect on sins, seek forgiveness, give up luxuries, abstain from talking negatively about others & anything that is not good or healthy for me. I release everything that no longer serves me & welcome everything that aligns with my aura, frequency, being, & vibration.

Continue Ramadan Practice until April 2nd

Fast For Gagggy

03/26/25

My intention for this fast ~~was~~ is to do something for Gagggy because of the sacrifice she made this time last year. I want to use it as a tool to honor her & stay close to her. The weeks leading up to her hospitalization she could barely eat & whatever food she did like, the little amount she ~~was~~ had, she shared. This time last year she was on a ventilator & feeding tube & I know the poison in the liquid food killed her faster. I believe if she actually fasted for some time it would've cleared out her system. I was eating this time last year when she was dying which makes me sick. This is my first sacrifice for her. I love you sweetie, more than the sun, the moon, the stars, & the whole galaxy!!!! ~~xxxxxx~~ xoxoxoxo

Started Fast: Saturday, March 22nd
2025 at 9:55 pm

Goal: end Wednesday, March 26th
2025 at 7:00 pm

Ended Fast: Wednesday, March 26th
2025 at 7:25 pm

Total Fast time: 93 hours 30 min

Strawberry Full Moon June 10th, 2025
Peak on June 11th

I am open & ready for the universe to start conspiring in my favor to make my dreams come true. I request a clear sign in my reality today. I am open, I am ready, I am grateful, I am love. Thank you, I love you universe.

I release anyone & anything that no longer serves me, negative emotions or thoughts, emotional weight that doesn't belong to me, anything weighing me down mentally, physically, emotionally, or spiritually, old fears & old grown patterns. I am open to receiving any & everything that is meant for me & call in to my divine power.

I am exactly where I need to be & have everything I've ever dreamed of.

Mark 11 Verse 24.

"Therefore I say to you, whatever things you ask when you pray believe that you receive ~~that~~ them & you will have them. For assuredly I say to you, whoever says to this mountain be removed & be cast into the sea & does not doubt in his heart but believes that those things he says will be done. He will have whatever he says."

Daily Affirmations Mark 11:24

1. I am capable of achieving my goals with hard work & perseverance. God gives me the strength & wisdom to succeed.
2. Every day in every way I am becoming better & stronger. Through God's grace I overcome challenges & grow in faith.
3. I attract positivity & peace into my life. The Lord's presence fills my days with joy & serenity.

I am healthy & healed. I am leaving this ^{America} body.