

FOUNDATIONS DAY NINE ASSIGNMENT

Describe a time when you thought of something, briefly, that mildly interested you, and then it manifested into your experience.

How long did it take to materialize? _____

Did you think about it more than once before it came to you? _____

Can you recognize that in the case of this mild desire there was very little “lack” of the thing in your vibration?

Name something in your life that you would like to replace with a newer, better model. This can be an object, a job, an institution, an activity, or even a person in your life.

Why do you want a new and improved version of this?

What about the original is/has been good?

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What do you like about the original?

What can you deeply appreciate about the original?

What satisfaction would you get when you manifest the new version into your life?

**By allowing yourself to feel the appreciation for something (acceptance) instead of the resistance to it, you move from the lack vibration and into the vibration of what you want.

Notes
