

Reiki with Shannon Masterclass

Staying on the Path

1. Get clear about your desire/Ask
Spend some time getting to the core of WHY you want what you want. This creates crystal clear intentions and a balanced foundation. Ask the Universe for help.
2. Discover your blocks
Write down the areas you feel stuck and what you suspect is blocking your progress.
3. Observes the beliefs that could be the cause of your blocks.
Write them down.
4. Explore the root cause of the beliefs. Take it way back to where it originated.
5. Forgive & Release. Look for the blessing and then lesson in the situation. Write it down and release the rest.
6. Proceed with the Chakra Clearing and Aura Cleansing Process.

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7. Fill up your Chakras with Life Force Energy. Close eyes, ground, shield. Center in the heart space and begin to feel love, happiness, joy. Send positive energy to your blocks, negative beliefs and what you are working to manifest. Send it where needed either forward or backward in time.

8. Create a new story.

Close eyes and begin to visualize your new life from the END. Create the energy of that NOW so that it can manifest. What you focus energy on today creates your future. When you create the energy of something, the Law of Attraction finds the same energy and sends it right to you.

9. Clear your space.

Clear space from what you want to show up in your life by getting rid of things that are taking up space in your home, wallet, and life.

10. GIVE BACK.

Activate your good karma by helping others who are having similar challenges. This is your chance to be of service. The Universe loves a giving heart.