

New Year Rebirth

January 01, 2023



After completing the meditation, **PRINT OUT** these pages and write down any insights, revelations and thoughts that came to you.

Statement of Intention

Ascended Self,

Raise the Frequencies of

- * My Physical Body,
- * My Emotional Body,
- * My Mental Body &
- * My Spiritual Body

to Match ALL of the

Frequencies of You NOW!



Write a List of Emotions, Beliefs and Thoughts that are the Most Limiting in your Life.

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Using the list from PAGE 1, fill them into the following statement to create your own release statements. This will CONTINUE your healing.

Statement of Intention

I Unbind, Unwind and Transmute ALL Energies of [FILL IN YOUR LIST HERE] ALL Back to Source Origin.



You can amplify the release, by sensing where you feel tension or pain. Place your left hand over the area and repeat the Statement of Intention.



Perform this as much as you would like this week. This will release restricting energies inhibiting your New Year's Resolutions ... layer by layer.

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What Did You Experience During Your Optimal Life Journey? *If you performed the New Year's Resolution Meditation, write our what was different this time.*

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Draw the **SYMBOL** of your Optimal Life below.



What was the **SOUND** of your **SYMBOL**?



Daily, visualize your **SYMBOL** and trace it with your finger in front of you while stating the **SOUND**. Repeat this three times.

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For Continued Chakra Healing and Balancing.
Repeat the Mantras while lacing your hands on
each area sending energy from your Heart into it.

ROOT CHAKRA ~ Muladhara

Mantra: Om Kriyam Namah
Essence: My actions are aligned
with cosmic law

SACRAL CHAKRA ~ Svadhisthana

Mantra: Om Daksham Namah
Essence: My actions achieve
maximum benefit with minimal
effort

SOLAR PLEXUS ~ Manipura

Mantra: Om Ritam Namah
Essence: My intentions and desires
are supported by cosmic law

HEART ~ Anahata

Mantra: Om Vardhanam Namah
Essence: I am the nourisher of the
universe and the universe
nourishes me

THROAT CHAKRA - Vishuddha

Mantra: Om Anandham Namah
Essence: My actions are blissfully
free from attachment to out-
come

THIRD EYE - Ajna

Mantra: Om Varunam Namah
Essence: My life is in harmony
with cosmic law

CROWN CHAKRA - Sahaswara

Mantra: Om Bhavam Namah
Essence: I am absolute existence

