

*grigoria*

SPIRITUAL ENTREPRENEUR & BUSINESS COACH

# DIVINE INTERVENTION

*Out of your head and into your heart. Business with soul.*

*grigoria*

[www.grigoriakritsotelis.com](http://www.grigoriakritsotelis.com)

DIVINE INTERVENTION



# 03 SELF-AWARENESS AND MEDITATION





# WELCOME

I'm Grigoria, but you can call me Gee

Spiritual Entrepreneur & Business Coach, bringing you a transformational experience - out of your head and into your heart, business with soul.

*grigoria*

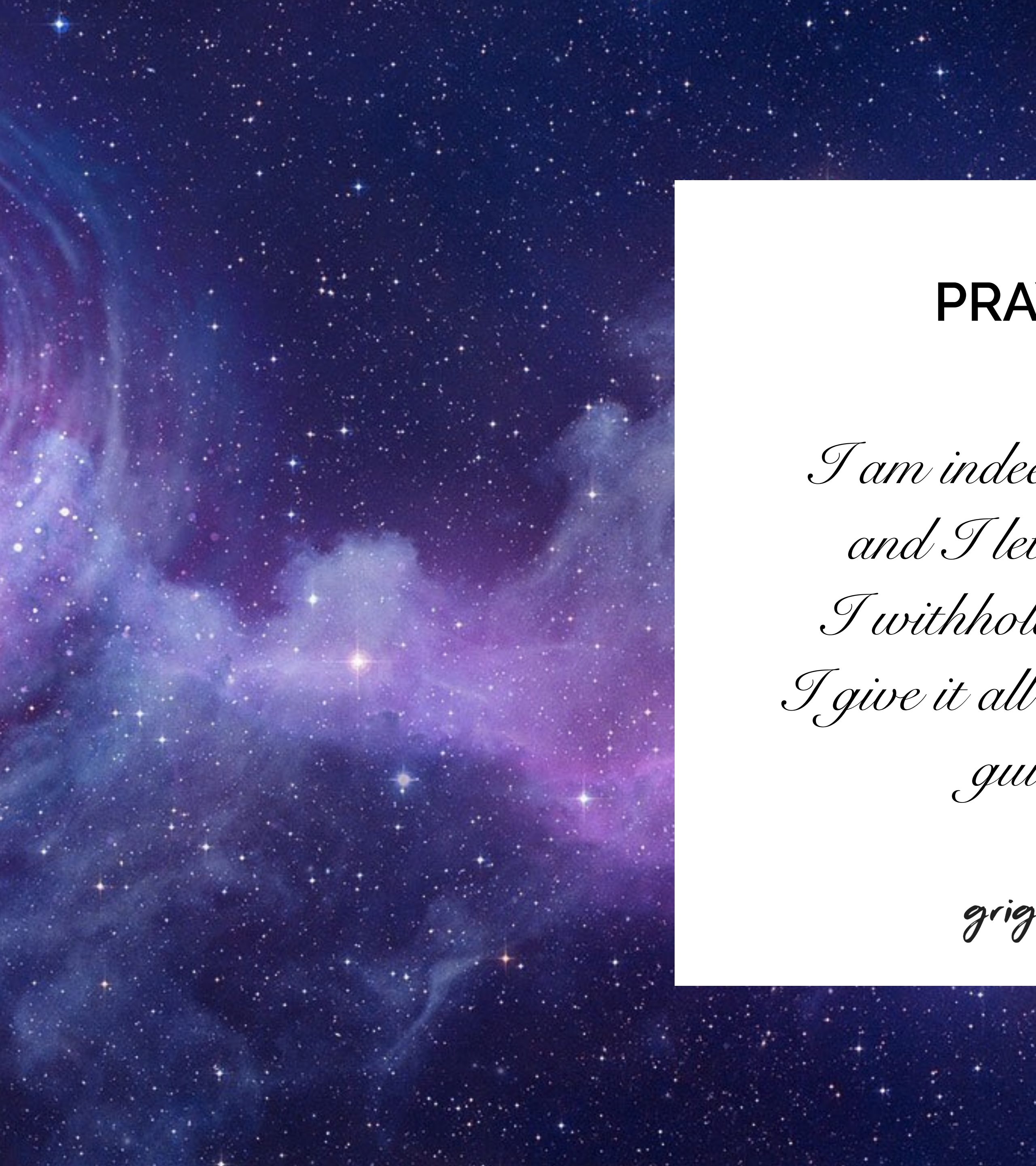
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## PRAYER

*I am indeed grateful,  
and I let it be so.  
I withhold nothing,  
I give it all to my inner  
guide.*

*grigoria*





DIVINE INTERVENTION

SELF-AWARENESS  
SELF-AWAKENING  
MEDITATION

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# TWEET IT

DIVINE INTERVENTION

YOU CANNOT TRANSMIT WISDOM AND INSIGHT TO ANOTHER PERSON. THE SEED IS ALREADY THERE. A GOOD TEACHER TOUCHES THE SEED, ALLOWING IT TO WAKE UP, TO SPROUT AND TO GROW.

UNKNOWN



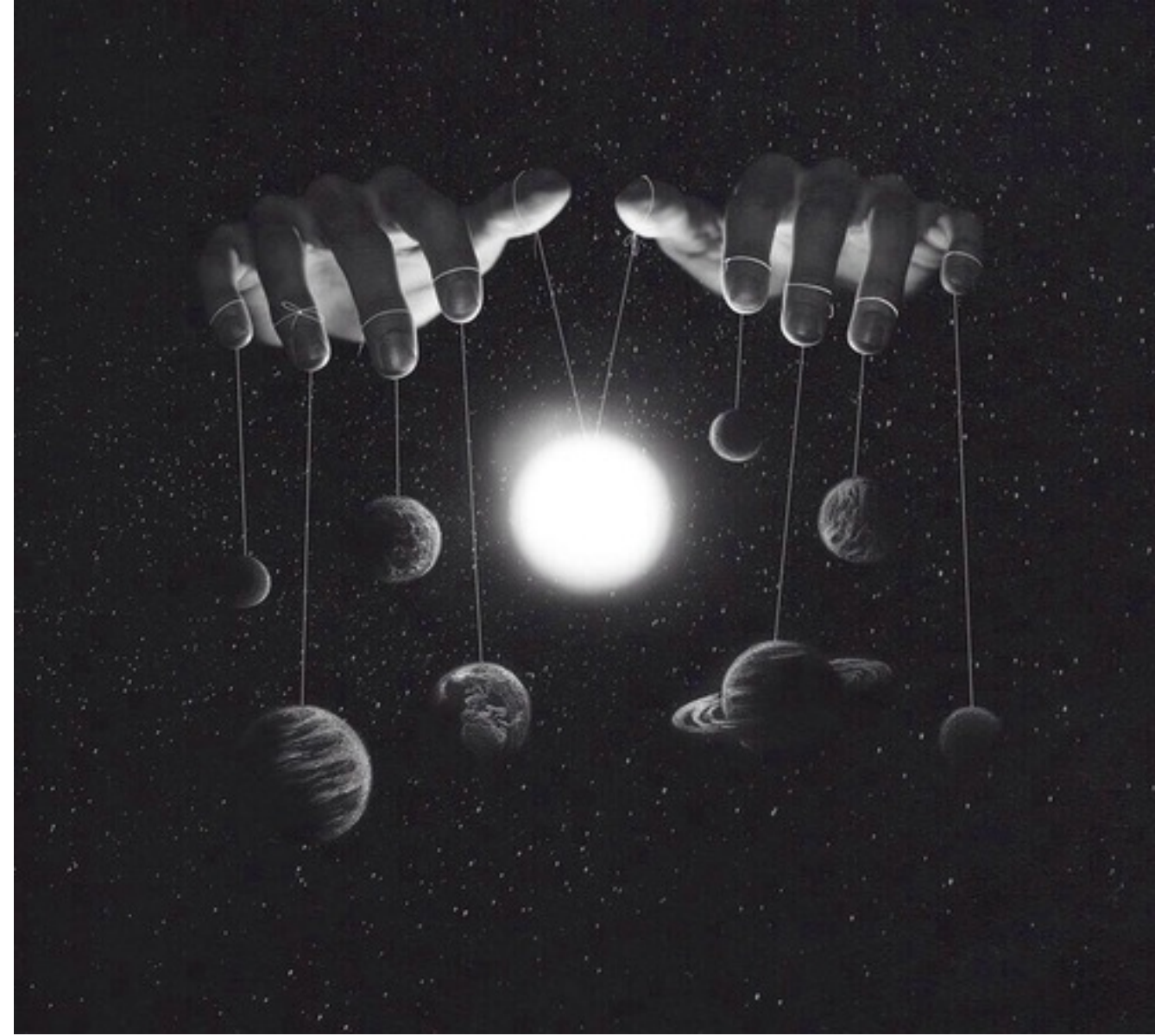
DIVINE INTERVENTION

YOU ALREADY ARE ALL THAT YOU WISH TO BE



# SELF-AWARENESS

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# SELF-CARE

RECOGNISING THAT THIS IS A TIME SPIRITUALLY THAT WE CAN FIND OURSELVES AND OUR INNER STRENGTH VERY QUICKLY IF WE FOCUS ON SELF-AWARENESS.



# RELEASING

DON'T BE HARD ON YOURSELF - IT WILL PASS  
RELEASE THE BAGGAGE - CONSCIOUSLY CHOOSE TO FORGIVE



YOU DON'T HAVE TO WORK AT BEING IN THE HIGH VIBRATION THAT IS NATURAL TO YOU, BECAUSE IT IS **NATURAL** TO YOU.

BUT YOU HAVE TO STOP HOLDING THE THOUGHTS THAT CAUSE YOU TO LOWER YOUR **VIBRATION**.

IT'S A MATTER OF NO LONGER GIVING YOUR ATTENTION TO THINGS THAT DON'T ALLOW YOU TO VIBRATE IN **HARMONY** WITH WHO YOU REALLY ARE.

**ABRAHAM HICKS**



# DO SOMETHING GOOD FOR YOURSELF



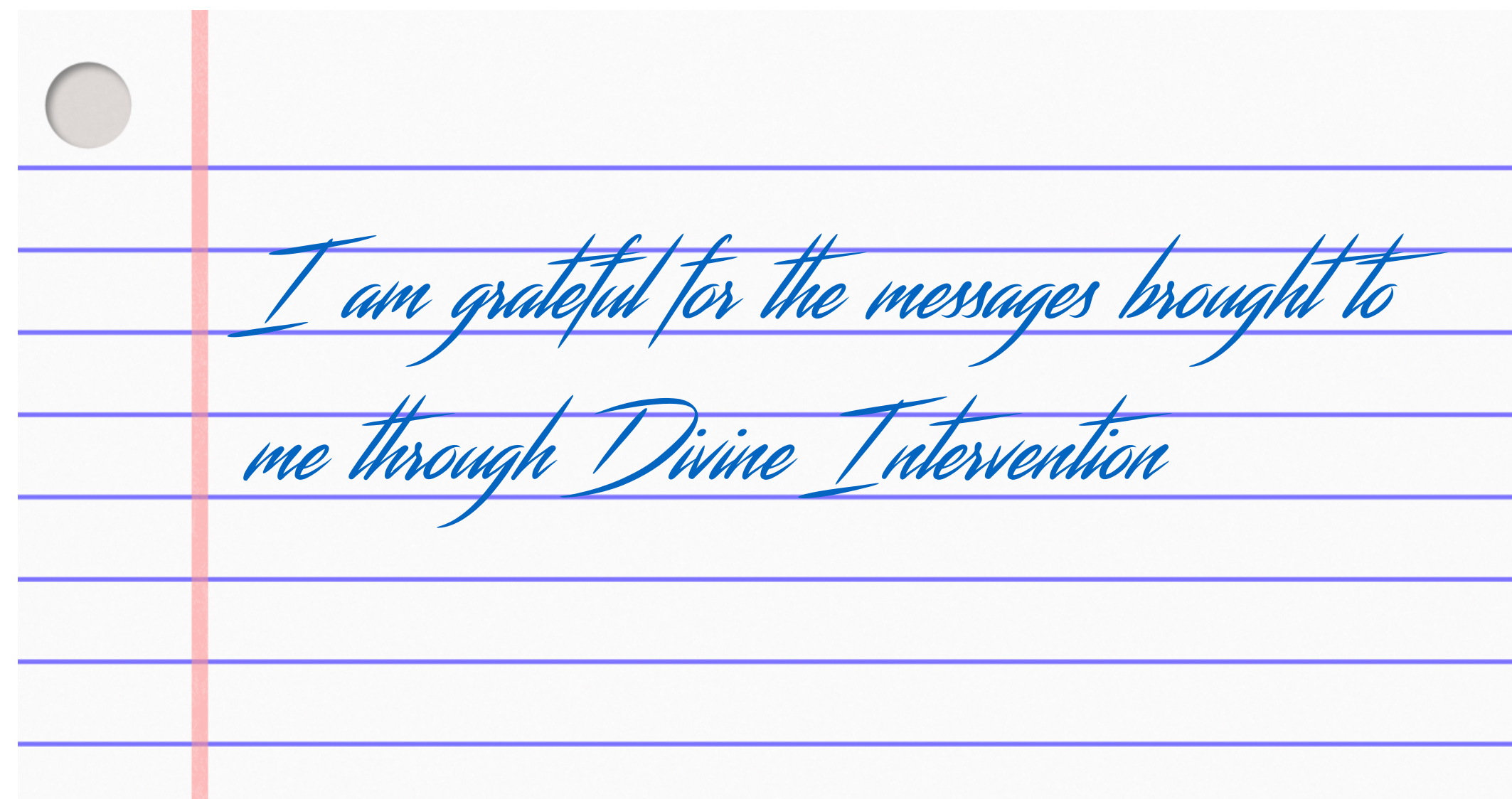
DON'T WAIT TO BE HAPPY - JUST BE HAPPY

"I'M DOING THIS FOR ME"

# DAILY GRATITUDE JOURNAL

YOU BECOME MORE ALIGNED WITH THE ABUNDANCE AND BLESSINGS THAT ARE ALWAYS FLOWING TO YOU.

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# GOALS AND INTENTIONS

CLEAR INTENTIONS ABOUT HOW YOU WANT TO **FEEL**

GOALS AND INTENTIONS SHOW THE UNIVERSE YOU ARE **WILLING** TO DO YOUR PART TO CO-CREATE THE LIFE YOU DESIRE

DON'T HOLD TIGHTLY ONTO **DETAILS**



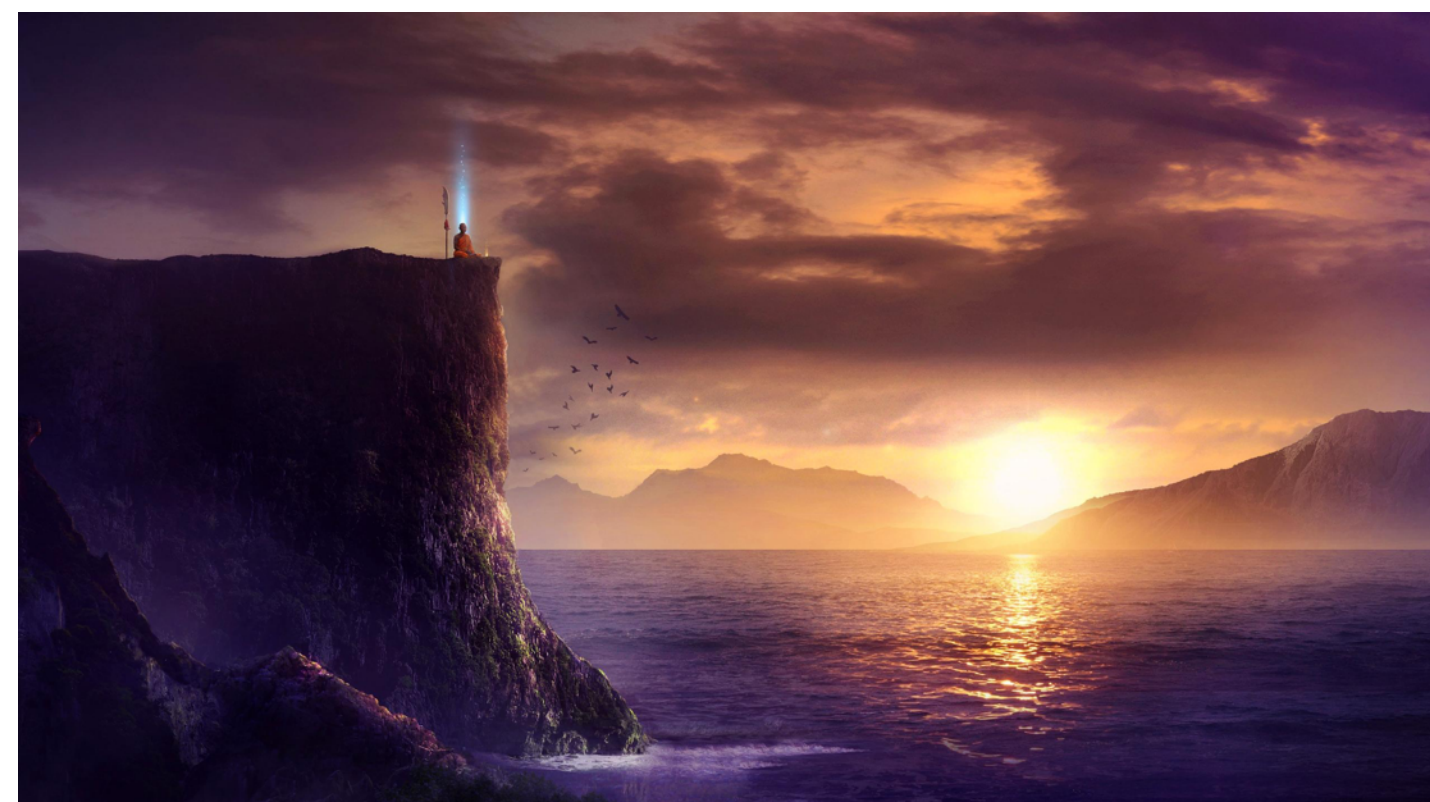
# MEDITATION





# MEDITATION (NOUN)

TO FOCUS ONE'S MIND FOR A PERIOD OF TIME, IN SILENCE OR WITH THE AID OF CHANTING, FOR RELIGIOUS OR SPIRITUAL PURPOSES OR AS A METHOD OF RELAXATION



**FIND A PLACE THAT FEELS COMFORTABLE**

CHOOSE A SOUNDTRACK

**SET A TIMER**

CLOSE YOUR EYES & SURRENDER YOUR THOUGHTS

**BREATHE IN, HOLD, BREATHE OUT**

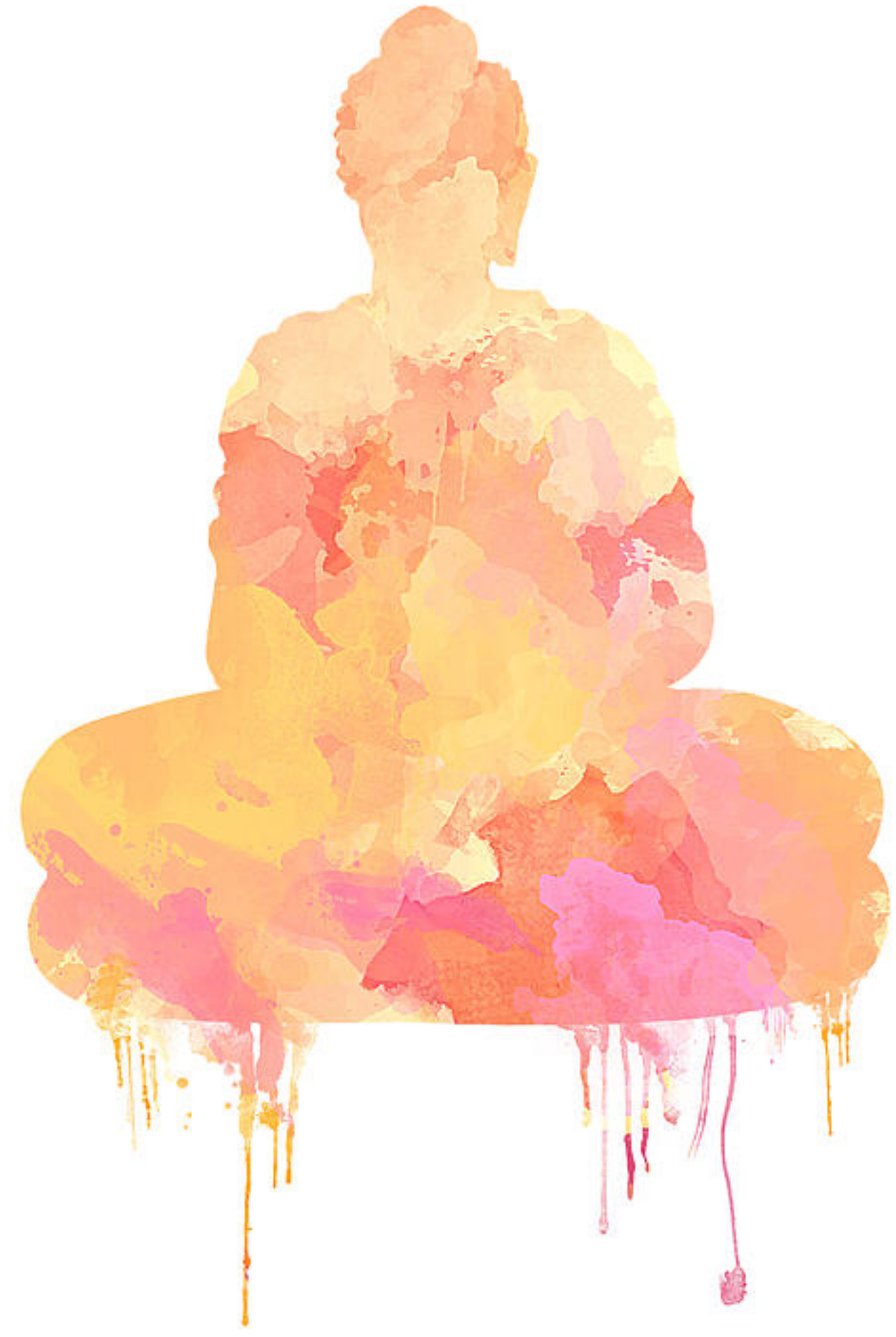
FOCUS YOUR THOUGHT ON THE ACTION OF YOUR BREATH







DIVINE INTERVENTION



**TO A MIND THAT IS STILL,  
THE WHOLE UNIVERSE SURRENDERS**

## SHOWER POWER MEDITATION

WASH AWAY YOUR STRESS AND ANXIETY

**CONCENTRATE ON THE FEELING OF THE WATER UPON YOUR SKIN**

ENVISION THE WATER WASHING AWAY YOUR NEGATIVE THOUGHTS

**FEAR, REGRET, ANGER SOAPING OFF YOUR BODY**

SWIRLING DOWN THE DRAIN



DIVINE INTERVENTION



LIFE IS ALWAYS ARRIVED IN THE IMMEDIATE MOMENT



# SUMMARY

DIVINE INTERVENTION

## WORKBOOK

DOWNLOAD FROM  
COURSE HOMEPAGE

## HOMEWORK

FOLLOW UP ACTIVITIES  
IN WORKBOOK

## BONUS

DAILY MEDITATION  
WORKBOOK  
24 HOUR SPIRITUAL  
AWAKENING  
CHALLENGE  
HOW TO FIND THE CEO  
WITHIN VIDEO AND  
WORKBOOK