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## PRAYER & PROTECTING YOUR ENERGY

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*Let the Universe  
surprise you. You  
don't have to, nor can  
you, figure out all  
the "how's"*

### DIVINE INTERVENTION

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

# MODULE SUMMARY.

Prayer and Protecting Your Energy is about exploring the power of prayer and the influence it has on protecting your energy.

The module dives into 4 topics; vibration, gratitude, healing and white light.

## VIBRATION

Your thoughts turn into feelings. Your feelings turn into beliefs. Your beliefs turn into vibration. And you will always attract that which you are a vibrational match for.

## GRATITUDE

Gratitude is the fastest path to manifesting your desires, because as you practice gratitude for what you already have in your life, you'll soon come to realise that most of which you desire, you are already living in your physical experience.

## HEALING

Healing starts by looking within. By being willing to be honest with yourself about pain, about forgiveness, about where you are right now in your life.

## WHITE LIGHT

Imagine yourself surrounded by a sphere of light. Nothing can penetrate the light unless you invite it to. Inside the light there is only love. It does not ever detach from you. It is always there with you, wherever you go, whether consciously aware or not.

### DECLARE IT:

*My eyes will see what I desire.*

# ACTIVITY ONE.

When we pray, we speak to God.

Write up a meal plan for the next three days that include plant based meals and at least 2L of water per day.

Each day, write a note about how you feel physically, emotionally and mentally.

MEALS	DAY ONE	DAY TWO	DAY THREE
<b>BREAKFAST</b>			
<b>SNACK</b>			
<b>LUNCH</b>			
<b>SNACK</b>			
<b>DINNER</b>			
<b>SNACK</b>			

DECLARE IT:

*I am successful in everything I do.*



# ACTIVITY ONE.

How I feel physically, emotionally and mentally:

DAY ONE

DAY TWO

DAY THREE

DECLARE IT:

*I am successful in everything I do.*

# ACTIVITY TWO.

Choose at least 5 affirmations that you can repeat daily, that make you feel good:

(If you are having trouble thinking of affirmations, jump on Instagram and search for the hashtag #affirmations - scroll until you find some you resonate with)

**DECLARE IT:**

*My inner world offers me everything I want.*



# ACTIVITY THREE.

Write up a gratitude prayer for today.

List all the things that you are grateful for. Keep writing until it no longer feels natural.

DECLARE IT:

*Anything can happen today. Stay open.*

# ACTIVITY FOUR.

It's time to heal. This exercise requires at least 15 minutes and isolation, away from distractions.

Most days you feel great, grateful, excited, creative, talented, beautiful and all the other feels. But there are moments where the darkness creeps in. It feels suffocating and sometimes debilitating. This activity will be emotional and heavy, but we are here to heal.

Spend at least 10 minutes, writing out all your fears/worries/concerns/pain points/anything that doesn't feel joyful.

Once you write it all out. I want you to reread it to yourself and reflect on what you have written. Come to understand why you chose to put those words on paper.

Then allowed, say to yourself, "I forgive myself, for I am spirit, I am love and from love I will return. I am not the words on this paper, I am the entire cosmos, and I am as I am; whole, complete and never separated from that which I desire, that which I love. I recognise that these things have brought me feelings of sadness/grief/pain/fear, but I choose to replace those feelings with those of gratitude/love/joy/excitement, for I am unbecoming what the world has told me I have to be, and becoming what I am. Love. In this moment right now, I heal, I see my wounds and allow them to heal. Thank you for the lessons and for my reflection. I now see myself as I am."

COMPLETE ACTIVITY ON NEXT PAGE

## DECLARE IT:

*I release all resistance to money. I allow it to flow freely into my life.*





# ACTIVITY FOUR.

DECLARE IT:

*I deserve all the good that life has to offer.*

# ACTIVITY FIVE.

Protecting your energy:

Close your eyes.

Take a deep breath in.

Hold your breath.

Now exhale deeply.

Imagine yourself surrounded by a sphere of light.

Nothing can penetrate the light unless you invite it to.

Inside the light there is only love.

It does not ever detach from you.

It is always there with you, wherever you go, whether consciously aware or not.

Slowly begin to open your eyes and as you do so, feel the sphere of light expanding.

Feel it surrounding you.

Protecting you.

**DECLARE IT:**

*I control the quality of my thoughts.*

**FACEBOOK GROUP**

**COURSE INFO**

