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## The Intuitive Process

Preparation: You will get the best results if you do this process before you get caught up in daily things. So, if you can, as soon as possible after waking, before beginning your normal routine, take some precious time for you. Close your eyes, try sitting up in bed so you don't fall back asleep. After doing this Process a few times you'll be able to complete it in just a few minutes.

### 1-Connect With The Earth

Root in, Drop down into the deep stillness, feel into the quiet, move into the calm. Picture a wide beam of golden white light entering you from above your head, moving down through the center of your body, down through your feet into the earth, into its very core. Feel the warmth of its deep red center. Your beam of golden white light clicks into place there in the earth's center, within its scarlet warmth. You belong here, you are safe here. Now your beam of light tinged with scarlet becomes a golden pink as it moves upward filling your body, your mind, your heart with loving light as it does. Moving up, all the way up through the top of your head, earth meeting heaven. You are joined to both.

## 2-Raising Your Energy

Think of who you want to be, how you want to be, how you want to feel, every day, in every aspect of your life. Think of three words to describe yourself "being" this - because this is who you truly are, who you have always been. The world may have caused you to forget, now it's time to remember.

## 3-Asking The Universe

Ask for what you want and need. Wisdom and the ability to use it. Connection, Trust, whatever your needs and desires are, this is the time to become clear and ask. Ask for the "feelings" you will have once you've received your desires. It's the essence of what you want that will fulfill and satisfy you.

## 4-Receive

Now you're ready to receive. With your inner eyes envision a sparkling shower of multi-colored light descending from above, covering you completely, enfolding you, bringing you all you have asked for.

## 5-Thankfulness

Thank the Universe for the gifts you've received. Gratitude always allows for more goodness to come to you, so don't skip this part. Trust what you want and need is on its way and feel into gratitude

for some goodness already in your life, it will make being thankful for what is on it's way more tangible.

### 6-Idea Sparks

Open your eyes and begin writing whatever comes to you. You'll be amazed at the creative ideas and solutions that are sparked by this process. Honor them, act on them, this truly is transformational.

I hope you've enjoyed the Morning Transformation Process. I frequently include Processes like this in my newsletter, for just my subscribers, I'm so happy you're now one of them.

Always let your heart dance,

Christianrose 