

DAILY REMINDERS

- * Bless My Food Each and Every Meal and Drink. Work with the Body Consciousness to eat better and choose what is in my Eternal Living Organic (ELO) divine sovereignty when purchasing food.
- * Realign the Body Elemental, Inner Child & Emotional Body with my ELO divine sovereign heart. Align myself with the highest good & Allow life to unfold as the soul path blossoms before me each day with ease and grace.
- * To release thoughts from the sub-conscious: Talk with the body elemental, body consciousness, inner child, emotional body and explain "I am releasing old programming, unplugging from self sabotaging patterns and blocks. Now I move forward with ease & grace and over ride the old programming with a new program that serves my true authentic ELO divine sovereignty and elevates me to the next level of potential."
- * I accept and honor the divinity within me. I AM PERFECT AND BEAUTIFUL AS I AM!
- * I affirm that I am experiencing subtle energies. I acknowledge all of the ways spirit talks to me. I am walking in the flow with the divine creating peace, balance, and awareness. I am deserving of all blessings, guidance, and love.
- * Abundance has to come from the heart and be in alignment with the soul path. "I am completely loved and supported by the Universe. All my needs are taken care of as I follow my Higher Path. I trust the universe and believe that \$ is neutral and is in perfect balance for my highest good and the highest good of all."
- * PRACTICE: Ask as you purchase if it is in my ELO divine sovereign highest good & better.
- * There is no need to judge self or others as all are a reflection of Divinity and present a gift or opportunity to grow and expand.
- * Look beyond the illusions & peel back the ego and personality filters. CLEAR ego & personality filters once a week by using the ELO transfiguration flames. Anything out of balance or outside of my ELO divine sovereign highest good & better send back to ELO Eternal Sacred Source to transfigure & use again for humanity's compassion, love, balance, harmony, & gratitude.
- * Evaluate moment to moment and get in the practice of acknowledging & following your ELO divine sovereign heart and the highest good of all.
- * Enjoy the Journey, Stay in the Present Moment and Be Kind to Yourself.

Choose Love ~♥~ Live Consciously

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