



WORKBOOK

Preparation - Daily Invocation & Clarifying Desire

PART 1:

Use this daily invocation last thing at night in bed and first thing in the morning, when you feel most relaxed and with an open heart!

Place your hands on your heart and take 5 deep slow breaths, in through your nose and out through your mouth!

State this intention out loud 3x with a loving clear voice to the Universe & yourself!

" It is my intent to surrender to the flow today (or tomorrow) & receive with ease & grace (3x) - thank you, thank you, thank you!"

PART 2:

Now imagine for 5 mins HAVING what you desire!

Really PLAY FULL OUT and FEEL how it would be if you had got it, you could see it, touch it, smell it, it was fully present in your life, and it came with EASE & GRACE!

FEEL in your body the sensations of HAVING!

What words would you use to describe to a child these feelings of having it?

Connect and bask in these feelings & use the words every day.

Day 2 - Journal Prompt

Now grab your journal (after the Golden Rose) and answer this question!

HOW WOULD IT FEEL TO ME IF I WAS ALREADY LIVING IN DIVINE FLOW EVERY DAY?

Write down freely all the ways you feel, think, and imagine this to be -- simply allow the inspiration to flow through you and raise your frequency!

Note: The words you really love and feel an emotional charge and connection are your **ABUNDANCE POWER WORDS!** Make sure to write those down so you can go back to them over and over again!

Day 3: Why We Need To Dance - Weekly Power Song

We started this 21-day Immersion focused on activating your Energy frequency...

Because it's ALWAYS Feminine first, Masculine second when it comes to living with the Cosmic Flow of Abundance!

This is not about gender, but Energy --

The **Divine Feminine Energy** is the higher frequency of your SOUL, the abundance flow & the energy of the Creation grid (vortex).

When we align with that first we can activate our cells and align our mind & body with the already manifested VIBRATIONAL versions of your desires

- it's like plugging into the electrical socket to give it the ENERGY to make your toaster work!

This is where the most important 'so called' work really needs to happen...

As you connect more and more you begin to feel deep trust that it is all done and ready for you...

Then we need to move into **Divine Masculine embodiment** & physical manifestation second...

The mind & body need to be open, playful & receptive...

So today we are playing in the physical to raise your '**Body Vibe**' and get the energy moving through the physical realm!

Music is a very powerful tool for manifesting because it can be so playful!

But most of all it can help us feel relaxed, open & connected to ourselves!!

DANCE, DANCE, DANCE - Use Me Everyday To Raise Your Vibe!

YOUR POWER SONG => [HERE!](#)

It's time to dance in your underwear -- dance freely and fully as no one is judging!

Move all your body parts & feel the freedom to simply express yourself in your gorgeous body that feels the rhythm of music (& life) through its cells!

Enjoy this fabulously fun, joyful tune...

** I would recommend dancing first thing to this EVERY MORNING for the next 7 days, after your Golden Rose Meditation to shake that energy awake and get you VIBING with Abundance!*

*** MAKE SURE TO DRINK PLENTY OF WATER EACH DAY TO HELP WITH THE ENERGY FLOW...**

Day 4 - Appreciation Exercise

Today I have a simple exercise to add to your daily morning routine.

First thing when you wake up, lie with your eyes closed in your bed and begin to say thank you & feel deep appreciation...

- For the NEW DAY ahead of you
- For Breathing
- For being here in this world and ALIVE
- For having YOUR BODY & that it is your vehicle for being a soul in a human experience.
- For your bed & how delicious it feels to be snuggled up
- For your pillows
- For your bedroom
- For your home
- For the warmth
- For the water for your shower & to drink
- For the unknown opportunities ahead of you

Day 5 - Journal Prompt

Grab your journal and take some time TODAY to reflect on these questions!

1) WHAT - What in your life have you been holding/clinging onto?

(like holding onto the riverbanks in the meditation)

2) HOW - How have you been holding on? And how long?

3) WHY - Why have you been holding on?

4) BODY VIBE - Can you recognise how your body is telling you you are holding on?

5) FEAR - What are you afraid you would lose if you let go & let flow?

6) COST - Do you believe there is an exchange cost if you shifted into receiving the deep desire you have been blocking?

7) HOW - How has holding on been serving you?

Note: Often what you cling to - is what you desire most but block it creating CONFLICTING ENERGY!

eg: If I allowed more money, I believe I would lose my freedom!

ARE YOU READY TO LET GO & GO WITH THE FLOW, SO YOU RECEIVE WHAT IS RIGHT FOR YOU?

Day 6 - Joy Exercise

*Read these instructions fully first!

1) Complete this exercise, after The Golden Rose Meditation & Dancing, so you are relaxed and open!

2) Set a timer on your phone for 5 minutes

3) Now lean back & imagine something that currently in your life gives you JOY (EG: *an activity, animal, child*)

* Only 1 is needed...

4) Think and feel about all the ways it/they give you joy and why?

5) Really feel into those thoughts and delight and bask in the sensations.

6) Thank it/them for all that they bring you doing it or being with them. Feel the love for it/them.

7) Now focus on where you can feel that love & appreciation in your body & what it feels like as sensations - how would you describe what it feels like to a very young child?

8) Notice what has happened to your face?

9) How does your mind feel - is it spacious, open & free?

10) Notice what has happened to your vibrational frequency - are you feeling more of yourself? Are you feeling lighter, fuller, more like the Golden Rose?

**Did you notice that it was ALL coming from within you - not dependent on anyone else to give you those feelings?*

** Did you also notice as you started to think and bask in those joyful loving feelings and thoughts -- it got easier and new things popped into your mind?*

That is the law of attraction in action!

You were connected and shifted into receiving inspiration, instead of making it happen --- Welcome to the Divine FLOW that resides within YOU!

Day 7 - Chanting Exercise

Open your arms and hands palms up speak clearly, lovingly, softly and with intention out loud to the Universe & yourself 10X...

"I AM OPEN TO THE UNIVERSE

I AM OPEN TO LOVE

I AM OPEN MY BODY

I AM OPEN TO THE FLOW

I AM OPEN TO RECEIVING

I AM OPEN TO ABUNDANCE...

[REPEAT 10x]

THANK YOU, THANK YOU, THANK YOU!"

* Now notice how you FEEL in your mind, your body, your energy?

Day 10 - Dance! Your Power Song

DANCE, DANCE, DANCE - Use Me Everyday To Raise Your Vibe!

YOUR POWER SONG => [HERE!](#)

YES, dance in your underwear -- dance freely and fully like no one is judging!

Move all your body parts & feel the freedom to simply express yourself in your gorgeous body that feels the rhythm of music (& life) through its cells!

Enjoy this fabulously fun, joyful tune... & Don't Stop The Feelings!

** I would recommend dancing first thing to this EVERY MORNING for the next 7 days, after your Golden Rose Meditation to shake that energy awake and get you VIBING with Abundance!*

* MAKE SURE TO DRINK PLENTY OF WATER EACH DAY TO HELP WITH THE ENERGY FLOW...

Day 11 - Money & Abundance Journal Prompt

Today there are a few simple questions to reflect on with your journal, regarding your positive and negative beliefs about

MONEY & ABUNDANCE!

1) Answer these statements with the first answers that come to mind! Write all of the thoughts that come to mind without analysing them...

[don't overthink it!]

* Money is...

* Rich people are...

* Wealth is...

* Being wealthy means being...

- * Being poor means being ...
- * Poor people are...
- * Abundance is having ...
- * Being Abundant is...
- * Money and Spirituality are ...
- * Being Abundant is...
- * Having more than enough means...
- * When I don't have enough I become...
- * My family believe money is...
- * My family believes is it ... to have an abundance of ...

2) **CONFLICTING ENERGY!**

Now feel into these answers!

Do they feel like a high-flowing, expansive, abundant vibe - like the river in your meditation?

If not, they don't resonate with your SOUL and the truth of Divine Wealth & Abundance...

*What might you lose if you let go & let flow on these judgements? (fear)

*Do you believe there is a weighty cost if you shifted these into a higher frequency by letting go & let flow? (guilt)

Are you ready to LET GO & LET FLOW?

Day 13 - Journal Prompt

Today we are once again tapping into the power of music to manifest & be in FLOW -- but this time using the power of our voice...

*WE SPEAK OUR REALITY INTO EXISTENCE - THIS IS REAL MAGIC!

Let this become a powerful ear-worm that you sing to yourself & out loud and play with throughout your days...

The Divine does not care if you are tone deaf or angelic in your voice - it is all Divine and about your emotional resonance...

ALL IS ALIGNING

EVERYTHING IS ALIGNING

ALL IS ALIGNING FOR ME

I AM ALIGNING

I AM ALIGNING

ALL IS ALIGNING FOR ME

I AM ALIGNING

ALL IS ALIGNING

EVERYTHING IS ALIGNING FOR ME

YES YES YES!

Day 14

Part 1: Body Love Journal Prompt

Using your journal explore how you are loving your body and allowing the flow to move through it.

1)FLUIDITY:

Do you give your body enough water daily to support energy flow?

[*if not be conscious to drink more, so you are more buoyant, fluid and flexible -- note that coffee and tea are diuretics so remove water from the body.]

2)WEIGHING DOWN:

Do you weigh down your body flow, so that it doesn't get too high and free using heavy amounts of food, toxins, sugar(including dairy) alcohol, caffeine, red meat, wheat, grains, carbs etc?

[* Ask your body what it now needs to release and adjust in your eating habits at this time to allow it FLOW better, so you can receive increased abundance]

3)BUOYANCY:

Could you clean up & lighten your diet a little by eating more fresh vegetables, fish, white meat, salads etc

*[*homemade smoothies for breakfast combining some green veggies, fruit, water & a drop of non-dairy milk can really help boost your body with nourishment & nurturing]*

4) REST, RELAXATION & SLEEP:

Do you go to bed earlier enough to have downtime to read, meditate, journal, pray, say thank you etc before sleep? Are you getting enough sleep and rest? Are you taking enough relaxation time in the day, and the week to do nothing, hang out in nature etc?

Part 2: Remembering Your Joy Exercise

Read these instructions fully first before beginning

1) Complete this exercise, after The Golden Rose Meditation & Dancing, so you are relaxed and open!

2) Set a timer on your phone for 10 minutes

3) Now lean back in the chair & remember something that you loved doing as a child, where you felt deep FREEDOM, in flow, that gave you great pleasure & joy!

* Only 1 is needed... but if more appears through the law of attraction matching your vibration that is good.

4) Think and feel about all the ways you loved doing it and why?

5) Really feel into those thoughts, delight and bask in the sensations.

6) Thank it for all that it brought you doing it. Feel the love for it!

7) Now focus on where you can feel that love & appreciation in your body & what it feels like as sensations - how would you describe what it feels like to a very young child?

8) Notice what has happened to your face?

9) How does your mind feel - is it spacious, open & free?

10) Notice what has happened to your vibrational frequency - are you feeling more of YOU? Are you feeling lighter, fuller, more like the Golden Rose?

***Did you notice that it was ALL coming from within you - not dependent on anyone else to give you those feelings?**

*** Did you also notice as you started to think and bask in those joyful loving feelings and thoughts -- it got easier and new things that also felt so good that you remembered popped into your mind?**

Day 17 - Dance! Your Power Song

With this NEW tune, I encourage you to SHAKE all of your body, as you dance, jump, swing those hips...

Look to SHAKE off the energy & claim your HIGH VIBE each morning!!

Enjoy this fabulously fun, joyful tune... & HAVE FAITH!

** I would recommend dancing first thing to this EVERY MORNING for the next 7 days, after your Golden Rose Meditation to shake that energy awake and get you VIBING with Abundance!*

LISTEN TO YOUR POWER SONG => [HERE!](#)

Day 19 - Alphabet Abundance Exercise

*Read these instructions fully first!

1) Complete this exercise, after The Golden Rose Meditation & Dancing, so you are relaxed and open!

2) Set a timer on your phone for 2 minutes

3) Now lean back & begin with the letter A

4) Think of ALL the ABUNDANTLY feeling, descriptive words beginning with A
... eg: Abundance, Allowing, Accepting, Authentic

5) FEEL INTO THE WORDS! - Feel into the VIBE of each word...

6) Now move through the ALPHABET!

7) Notice how you FEEL with each word - and what happens to your body!

8) Notice how quickly you begin to think of the next word!

9) Notice when it becomes easier and easier as you are INSPIRED and receiving words not thinking of words!

10) PRACTICE - do this exercise every day, as many times as want and you will see a shift in how powerful this becomes as the words become activated!

**you can do it in bed at night too if you are relaxed!*

Day 20 - Thank You Reflection

Can you feel that the energy of Abundance must FLOW to you -- through you -- & allowed to return to you!

And so, therefore, all the forms it takes must also be shared, given, used to buy things etc to allow the Abundant FLOW!

It can only be done with a generous OPEN HEART!

As we allow the receiving, giving & sharing without hindrance, fear or conditions!

LOVE IS UNCONDITIONAL ... and therefore so is the FLOW!

We will only receive the same amount of Abundance in physical form we are willing to FLOW freely through our minds, bodies, heart, soul and lives - as positively charged energy!

Because we must be able to willing to be in our greatest joy and happiness - without hindrance - as the Universe truly supports that!

1. Are you willing to say thank you for your whole life, being alive and the gift it is?
2. Are you willing to fully accept and say thank you for what is currently present now -- so it can evolve and transcend to new levels naturally and without limitations?

Day 22 - Continuation

It is time for the unfolding FLOW...

So I invite you to continue with SOUL FLOW practices and revisit anything you feel drawn to revisit over the next 5 days.

Be guided by your Soul for your needs.

You may want to relisten to the final ceremony again to really lock it in.