

## #8: COMPLETION & RECEIVE

In this energetic completion either receive next level, stepping stone guidance, or receive the unfolding manifestation.

**Action:** Feel appreciation, joy, gratitude, say thank you - celebrate it's inevitable manifestation.

## #7: THE DELICIOUS JUICINESS OF DOING NOTHING!

It is out of your hands & you've done your necessary parts. Get into the open receptive mode.

**Action:** Slow down & rest in faith. Surrender to graceful receptivity! Do little & feel the pleasure of just flowing.

## #6: RIDE THE WAVE & ACT IN JOY!

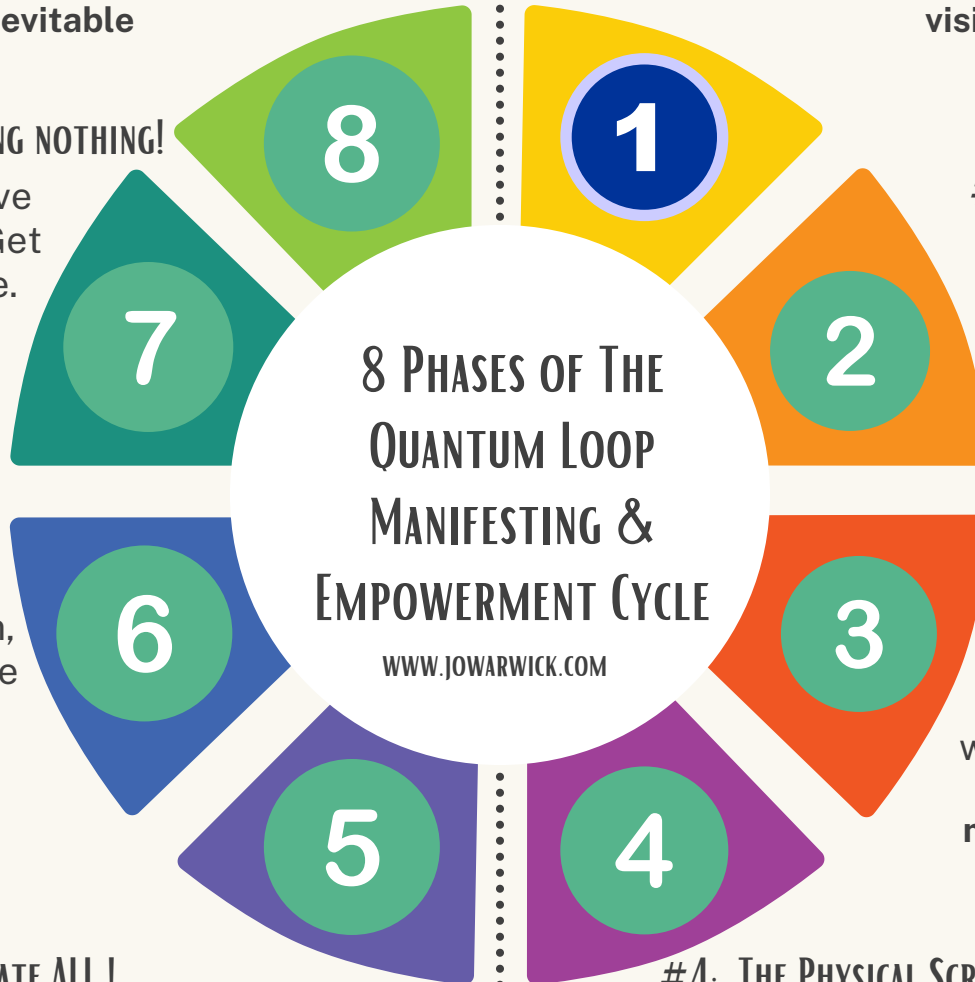
The 🔥energy has momentum, feel the push, so use it to take inspired & joyful action

**Action:** Ride the wave & take creative, inspired & pleasure seeking action until the energy wanes.

## #5: OBSERVE & CELEBRATE ALL !

It's time to play & create big time in the heightened energy 🔥

**Action:** Observe the twigs of success & enjoy feeling live & good. Celebrate & appreciate what is! ( high energy)



**#1: SOUL DESIRE. EXPANDED IDEAS & VISION!**  
You feel the Soul calling & energetic desire like a rising need & pull)

**Action:** Tune in to new desires & visions & accept the truth that it is done. Feel appreciation, joy, gratitude, say thank you !

**#2: WAKE UP. SHAKE UP CONSCIOUSLY!**  
Face what's currently in the way between here & you being in desired frequency & receptivity!

**Action:** Acknowledge, claim & release mental limitations & express emotional debris

**#3: THE PHYSICAL PLEASURE FILL UP!**  
Fill up your energy 🔥 with simple physical pleasures  
**Action:** Body touch, eating out, meeting friends, gentle exercise, walking the dog, singing, sunbathe, read, bath etc

## #4: THE PHYSICAL SCRUB AWAY!

As the energy fills up in the body shed dead skin & dead energy for the new to emerge.

**Action:** Cleaning/scrubbing house. De-fuzz & body scrub, massaging, releasing old clothes, declutter paperwork, junk.