My deep appreciation for your presence & your interest in intentional creation.

Cosmic laws are unavoidable. For that reason we don’t get a second chance. Have fun and discipline yourself passionately to enjoy 21 days of simple yet profound tools. Integrate them in your daily life only a few minutes here and there and see benefits in your emotional, mental and physical body. Try to get back to this worksheet often and make yourself more familiar with the concept of universal laws and our connections to them, possibly creating new muscles in your emotional body with love and trust. I hope by using this worksheet you lovingly service yourself and by doing so feel empowered in every aspect of your life. Empowering one empowers many, your work today is for the benefit of all. A peaceful society have peaceful individuals right. So love yourself for the good of all.

Welcome to Conscious Manifestations Community
To start, I am introducing the ingredients for self-empowerment, with a short explanation on each specific quality in our soup. At the end of this workbook, there is a 7-day worksheet for your daily use. Please repeat that for 3 weeks. You may find it much more beneficial if you print the workbook.

**Have fun mastering the game:**

- **Love**

  I go right to the point from the beginning my friend: Love is the answer and the only way to self empowerment! Before we dive in deep into this, just go on say “I love you” to yourself, and to someone you know or see on the street. You don’t have to say it out loud, say it in your heart: “I love you”. Listen to your favourite music and stay conscious and aware of all the sensations in your body. Walk in nature and pay attention to all the details mother nature provides for us as a gift. The fresh air, the colourful flowers... allow yourself to be aware of all the sensations. Look at the face of a child. How everything is unknown and unknowable to him, feel his innocence.

  Okay now that we are done with the love exercise, let’s dive in deeper together.

  The first step of self love is honesty. We are here only to grow and evolve, in other words, we are here to love and be loved. Allowing to be loved is the path to conscious manifestations. Allow yourself to be loved by YOU. Do you love yourself? It’s time to pay attention to your feeling about yourself. Love everything you see in you. Give a voice to your heart, mind and body parts. Make sure every part of you feels your love. We get lost in the content of our lives and become confused thinking we are the content of our lives! We are much more than that we could see with the eye. You already know that. Self-empowerment increases the quality of our life.

  **Two questions : 1-Do you love yourself? 2-Do you feel safe?**

  “Practice feeling safe, feeling loved by YOU”

  **I would like to emphasize on the meaning of love.** Although it is a longer discussion that can be addressed individually, for the purpose of this work consider this: Love is an emotion and needs to balance herself with the emotion of Trust. In other words, when we feel love, we want to include or to be included. It doesn’t feel completely right if there is no trust there, right? Trust is the desire to surrender. I love this... So if you love yourself you also trust yourself, you love the child in you and you also trust him/her. If trust is missing, love more, up to the point that the feeling of surrender comes around. Surrender only means to accept. Not to drop everything or do nothing, but to accept yourself just the way you are. To look at the good, the bad and the ugly
and find the poetry of creation in it. To accept all that is. This in return will provide the support you need to welcome change and bring out the best in you. To manifest consciously, you need to use the power of “love & trust”. It is the root and foundation of creation.

- **Affirmations**

There are seven affirmations to read every day. You may also be inspired to come up with your own affirmation as intuitively guided to a specific area in your own life. Share it with me, share it with others. If you can, create a small group of friends to share your affirmations every morning. For example you can email it to your friends or write it on your social media page daily.

**Seven affirmations we are using in this worksheets are as follow:**

- **“Through self-regeneration I am as new as the moment”**

  Acknowledging the fact that our body is a powerful vehicle is very important. It receives the guidance for the quality of our cells or physical body from our belief system. Allow this acknowledgement to replace the social condition of aging and health issues. This affirmation will change the belief around that.

- **“I cease to oppose life”**

  Another affirmation to ease life’s experiences and slow aging, if not eliminate it, is to allow your experiences in your life flow through you like currents of an ocean. Do you feel resistance there? As the currents of an ocean travel effortlessly with ease, it moves around any obstacle in the way without resistance. You can also travel through experiences effortlessly with joy and open heart. Life is a journey not a destination!

- **“Trust in my ability to self-sustain myself is my firm foundation during the winds of change”**

  Growth is everyone’s desire even though we may think that we have it all. We want growth and fulfillment in some or more than one area of life; relationship with self, love and romance, finance, family, resources. There is always something to grow in. This only happens if we welcome change. External change also happens by us changing internally first. For that we need to have faith and trust our inner strength and abilities. Without trusting in ourselves, we can easily quit. Change can be difficult in the world that addiction to comfort exists. When our comfort zone is really important, quitting becomes the only way to survive. Comfort zone do not let you let go unless you trust yourself. Love yourself enough to provide the change you wish to have. When you love another (child, parent, partner, a best friend), you go out of your comfort zone and assure them that they can trust you. Your love is strong for them so they can count on
you. You do this for them, right? YOU also deserve change! YOU also deserve your support and one hundred percent of your attention. The winds of change are too strong and bring us down without love and trust in our own ability. Quit? No way… Trust in yourself. Never give up. Trusting in your words and receiving your own support are your firm foundation during the winds of change. That is why you should never give up. Be your own best friend and tell yourself: “you are safe with me, trust me and take my hand. We will make it together”.

- “Power emanates from my being with every touch and word I speak. I bear this responsibility with reverence”

Staying conscious about the words we use in communication with others or while planning our days can be difficult. By acknowledging this law of universe help your journey unfold effortlessly. Pay attention to the words you choose to use, and to the thoughts that you focus on and remind yourself of the responsibility you got in shaping your reality.

- “With great consideration I powerfully shape my environment with my words and thoughts”

An example could be working in a place that you don’t enjoy. Instead of saying: “I hate my job” you could say “I would love a job that has flexible hours, an exercise room, child care for children, free refreshments”. “I don’t oppose life by hating what it is. I cease to do that by being authentic with myself and allow myself have a vision of my desired workplace”. Breathe in knowing that will come in time and move on. Through acceptance of what is, you start shaping the changes of what is to become.

- “I attract what I love and I empower what I focus on”

This affirmation is a good reminder to find more things you love to focus in life. As you go through your day remember to only focus on what you wish to empower in your life. Whenever you see happiness, health and wealth around you, focus on that, love and enjoy wealth and health. What you focus on will increase around you. When you see sadness and pain show kindness and love, be happy that you are able to provide love and kindness. When you see madness and hate, stay in your heart, be compassionate and take responsibility in your response. “Choose” the things you focus on. As you may noticed, we focused on what we want to experience in the above examples: wealth and health, kindness and love, compassion.

This is also an acknowledgement of the soul in one with the soul in you.

- “With great sensitivity to the consequences of my actions, I live spontaneously and express myself freely”
When we know our words and thoughts has such an effect in our life, we may tend to police ourselves. You may watch every word and move with a negative approach, right? Just be, and allow awareness take care of your words and actions. Don’t resist yourself! Remember the affirmation: “I cease to resist life”. The awareness you are gaining in this simple worksheet will push your perception in ways that you might not even notice. You’ll be more sensitive to the consequences of your actions automatically and will find yourself breathing deeply before saying anything.

Breathe deeper before taking any actions, breathe a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to. Dive in deep in life before watching news every hour, every day... you may ask yourself: “is it necessary to hear negativity often and repeatedly?” You can find other ways to stay informed and participate in society. So live spontaneously and express freely. Trust yourself. Always permit yourself to feel whatever you feel.

**Exercise:**

For the purpose of this worksheet, I choose dancing. What kind of exercise do you enjoy? What do you chose for your daily exercise? Add your favourite music and dance or exercise 5 to 30 minutes. Dancing increases your vibration, brings you to the moment and now. Your physical, emotional and mental body benefit from it. I also integrate the integrity dance from hinduism. It is joyful and definitely useful. To do the Skeleton Dance; close your eyes and envision your body’s skeleton dancing! (fun right? I can see your smile). Imagine your skeleton as you dance with your eyes closed and dance your heart out. Acknowledge the cooperation of your bones, how well they work together. Feel the integrity in your bones. Appreciate the integrity within and in practicing integrity internally we create faster results in our external world.

**Meditation**

Each morning when you are ready to start the day, mabe still in bed, close your eyes for 5 to 15 minutes and breathe deeply while observing your breaths. If you are sitting make sure your spine is straight and if lying down you are comfortable and warm.

As you breathe in and breathe out count 5 deep breaths. Connect with your heart and stay there. If any thought arises don’t resist it. Just don’t participate in it. Let it rise and fall. Observe your breaths. Think of what it is that you wish to have and envision yourself as if you already have it. Don’t think how you are going to get it. How the desire takes form is not your work, just know and remind yourself daily what it is that you want. That is your work, do it and get it out of your own way.
If you don’t get an image it’s ok, concentrate on your feeling. Feel it, see it, enjoy it. The rest of the day forget about your vision and detach yourself from the outcome. Just get yourself busy doing something else. Like a job that is done, no need to think about it anymore. Add more details each day if you wish. Make sure to set your alarm so you are not worry about time. You may wish to increase your meditation length as you feel more comfortable. It is entirely up to you.

We don’t manifest our desires, we manifest our beliefs. What we are doing with the 21 days exercise is to find the beliefs that are not serving us anymore. In your meditation, like the olympic runner, see the finish line and feel the joy, because you believe it, it is done. It’s ok if that didn’t happen, you now know the belief beyond it. It’s a win win game. Play it joyfully!

During the day whether you work at home or somewhere out there, find a quiet place to take some time off and slow your mind. Breathe deeply and consciously. Make sure your breaths are deep and felt in your stomach not in your chest. 1 minute to 5 minutes. (anywhere, even washroom will do)

Use one affirmation per day for one week. Then repeat for 3 weeks. Read the affirmation then close your eyes and repeat it a few times. Say them aloud and repeat them as many times as you can during the day. Practice the meditation and exercise daily.

7 days worksheets is provided with this e-book for the ease of daily use, please repeat for 3 weeks.

We love to hear from you. Feel free to share your experience with us at: www.consciousmanifestations.com
Day One

Start Date: ___________________________  End Date: ___________________________

Name: ___________________________

1- Love Exercise

“Practice feeling safe and feeling loved by YOU”

I love myself: In your words, write down how do you love yourself today:

________________________________________

________________________________________

I feel safe: Trusting yourself and your abilities combine with trusting life and cosmic laws- where I feel safe today:

________________________________________

2- Today’s Affirmation:

“Through self-regeneration I am as new as the moment”

Acknowledging the fact that our body is a powerful vehicle is very important. It receives the guidance for the quality of our cells or physical body from our belief system. Allow this acknowledgement replace the social condition of aging and health issues. This affirmation will change the belief around that.

Are you thinking of a specific area in your life that wish to include here? Write down your own affirmation here:

________________________________________

Read the affirmation then close your eyes and repeat it a few times. Say it aloud. Write it down, if you are a visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it often.
Exercise:

What kind of exercise I want to do today and how long?

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Meditation

- Deep breaths

Observe your breath to quiet the mind. If a thought arises, don’t resist it, just don’t participate.

- You are comfortable and warm,

- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

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At night review your day: How many times I meditated, when, where and how long:

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Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive in deep in life before watching news every hour, every day... you may ask yourself: 'is it necessary to hear negativity often and repeatedly?” You can find other ways to stay informed and participate in society.

**Live spontaneously and express freely. Trust yourself. Always permit yourself to feel whatever you feel. Allow yourself to feel the power within.**
Day two

1- Love Practice

“Practice feeling safe, feeling loved by YOU”

I love myself: In your words write down how do you love yourself today:

I feel safe: Trusting yourself and your abilities combine with trusting life and cosmic laws- where I feel safe today:

2- Today’s Affirmation:

“I cease to oppose life”

Another affirmation to ease life experiences and slow aging if not eliminate it, is to allow your experiences in your life flow through you like currents of an ocean. Do you feel resistance there?

As the current of an ocean travels effortlessly with ease, it moves around any obstacle on the way without resistance. You can also travel through life’s experiences effortlessly with joy and open heart. Life is a journey with no destination, the quality of each moment to me counts.

Are you thinking of a specific area in your life that wish to include here? Write down your own affirmation here:

Read the affirmation then close your eyes and repeat it a few times. Say them aloud. Write it down, if you are visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it a few times.
Exercise:

What kind of exercise I want to do today and how long?

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Meditation

- Deep breaths
  Observe your breath to quiet the mind. If a thought arise don’t resist it, just don’t participate.
  - You are comfortable and warm,

- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

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At night review your day: How many times I meditated, when, where and how long:

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Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive in deep in life before watching news every hour, every day... you may ask yourself: ‘is it necessary to hear negativity often and repeatedly?” You can find other ways to stay informed and participate in society.

Live spontaneously and express freely. Trust yourself. Always permit yourself to feel whatever you feel. Allow yourself to feel the power within.

Day Three
1- Love Practice

“Practice feeling safe, feeling loved by YOU”

I love myself: In your words write down how do you love yourself today and what do you do today to practice self love:


I feel safe: Trusting yourself and your abilities combine with trusting life and cosmic laws- where I feel safe today:


2- Today’s Affirmation:

“Trust in my ability to self-sustain myself is my firm foundation during the winds of change”

Growth is everyone's desire even though we may think that we have it all. We want growth and fulfillment in some or more than one area of life; relationship with self, love and romance, finance, family, resources. There is always something to grow in. This only happens if we welcome change. External change also happens by us changing internally first. For that we need to have faith and trust our inner strength and abilities. Without trusting in ourselves, we can easily quit. Change could be difficult in the world that addiction to comfort exists. When our comfort zone is really important, quitting becomes the only way to survive. Comfort zones do not let you let go unless you trust yourself. Love yourself enough to provide the change you wish to have. When you love another (child, parent, partner, a best friend) You go out of your comfort zone and assure them that they can trust you. Your love is strong for them so they can count on you. You do this for them, right? YOU also deserve change! YOU also deserve your support and one hundred percent of your attention. The winds of change is too strong and will bring us down without love and trusting our own ability. Quit? No way... Trust in yourself. Never give up. Trusting in your words and receiving your own support is your firm foundation during the winds of change. That is why you should never give up
Be your own best friend and tell yourself: “you are safe with me, trust me and take my hand. We will make it together”.

Are you thinking of a specific area in your life that wish to include here? Write down your own affirmation:

Read the affirmation then close your eyes and repeat it a few times. Say them aloud. Write it down, if you are visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it a few times.

**Exercise:**

What kind of exercise I want to do today and how long?

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**Meditation**

- Deep breaths
  
  Observe your breath to quiet the mind. If a thought arise don’t resist it, just don’t participate.
  
  - You are comfortable and warm,

  
  - 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

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At night review your day: How many times I meditated, when, where and how long:
Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive in deep in life before watching news every hour, every day... you may ask yourself: “Is it necessary to hear negativity often and repeatedly?” Can you find other ways to stay informed and participate in society.

Live spontaneously and express freely. Trust yourself. Always permit yourself to feel whatever you feel. Allow yourself to feel the power within.
Day Four

1- Love Practice

“Practice feeling safe, feeling loved by YOU”

I love myself: In your words write down how do you love yourself today and what do you do today to practice self love:

___________________________________________________________________________

___________________________________________________________________________

I feel safe: Trusting yourself and your abilities combine with trusting life and cosmic laws- where I feel safe today:

___________________________________________________________________________

___________________________________________________________________________

2- Today’s Affirmation:

“Power emanates from my being with every touch and word I speak. I bear this responsibility with reverence”

Staying conscious about the words we use in communication with others or while planning our days can be difficult. By acknowledging this law of universe help your journey unfold effortlessly. Pay attention to the words you choose to use, and to the thoughts that you focus on and remind yourself of the responsibility you got in shaping your reality.

Are you thinking of a specific area in your life that wish to include here? Write down your own affirmation here:

___________________________________________________________________________

Read the affirmation then close your eyes and repeat it a few times. Say them aloud. Write it down, if you are visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it a few times.
Exercise:

What kind of exercise I want to do today and how long?

Meditation

- Deep breaths
  Observe your breath to quiet the mind. If a thought arises don’t resist it, just don’t participate.
  - You are comfortable and warm,

- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

At night review your day: How many times I meditated, when, where and how long:

Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive in deep in life before watching news every hour, every day... you may ask yourself: ‘is it necessary to hear negativity often and repeatedly?’ You can find other ways to stay informed and participate in society.

Live spontaneously and express freely. Trust yourself. Always permit yourself to feel whatever you feel. Allow yourself to feel the power within.
Day Five

1- Love Practice

“Practice feeling safe, feeling loved by YOU”

I love myself: In your words write down how do you love yourself today and what do you do today to practice self love:

______________________________________________________________________________________________

______________________________________________________________________________________________

I feel safe: Trusting yourself and your abilities combine with trusting life and cosmic laws- where I feel safe today:

______________________________________________________________________________________________

______________________________________________________________________________________________

2- Today’s Affirmation:

“With great consideration I powerfully shape my environment with my words and thoughts”

An example could be working in a place that you don’t enjoy. Instead of saying: “I hate my job” you could say “I would love a job that has flexible hours, an exercise room, a child care for employee's children, free refreshments”. I don’t oppose life by hating what it is. I cease to do that by being authentic with myself and allow myself have a vision of my desired workplace, breath in knowing that will come in time and move on. Through acceptance of what is, you start shaping the changes of what is to become.

Are you thinking of a specific area in your life that wish to include here? Write down your own affirmation here:

______________________________________________________________________________________________

Read the affirmation then close your eyes and repeat it a few times. Say them aloud. Write it down, if you are a visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it a few times.
Exercise:

What kind of exercise I want to do today and how long?

Meditation

- Deep breaths
  Observe your breath to quiet the mind. If a thought arise don’t resist it, just don’t participate.
  - You are comfortable and warm,

- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

At night review your day: How many times I meditated, when, where and how long:

Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive in deep in life before watching news every hour, every day... you may ask yourself: ‘is it necessary to hear negativity often and repeatedly?’ You can find other ways to stay informed and participate in society.

Live spontaneously and express freely. Trust yourself. Always permit yourself to feel whatever you feel. Allow yourself to feel the power within.
Day Six

1- Love Practice

I love myself: In your words write down how do you love yourself today and what do you do today to practice self love:


I feel safe: Trusting yourself and your abilities combine with trusting life and cosmic laws- where I feel safe today:


2- Today’s Affirmation:

“I attract what I love and I empower what I focus on”
This affirmation is a good reminder to find more things you love to focus in life. As you go through your day remember to only focus on what you wish to empower in your life. Whenever you see happiness, health and wealth around you, focus on that, love and enjoy wealth and health. What you focus on will increase around you. When you see sadness and pain show kindness and love, be happy that you are able to provide love and kindness. When you see madness and hate, stay in your heart, be compassionate and take responsibility in your response. “Choose” the things you focus on. As you noticed, we focused in what we want experience in the above examples: wealth and health, kindness - love and compassion. This is also an acknowledgement of the soul in one with the soul in you.
Read the affirmation then close your eyes and repeat it a few times. Say them aloud. Write it down, if you are visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it a few times.

Are you thinking of a specific area in your life that wish to include here? Write down your own affirmation here:
Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive in deep in life before watching news every hour, every day... you may ask yourself: ‘is it necessary to hear negativity often and repeatedly?’ You can find other ways to stay informed and participate in society.

Exercise:

What kind of exercise I want to do today and how long?

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Meditation

- Deep breaths
Observe your breath to quiet the mind. If a thought arise don’t resist it, just don’t participate.
- You are comfortable and warm,

- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

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At night review your day: How many times I meditated, when, where and how long:

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Live spontaneously and express freely. Trust yourself. Always permit yourself to feel whatever you feel. Allow yourself to feel the power within.
Day Seven

1- Love Practice

“Practice feeling safe, feeling loved by YOU”
I love myself: In your words write down how do you love yourself today and what do you do today to practice self love:

I feel safe: Trusting yourself and your abilities combine with trusting life and cosmic laws- where I feel safe today:

2- Today’s Affirmation:
“With great sensitivity to the consequences of my actions, I live spontaneously and express myself freely”
When we know our words and thoughts has such an effect in our life, we may tend to police ourselves. You may watch every word and move with a negative approach, right? Just be, and allow awareness take care of your words and actions. Don’t resist yourself! Remember the affirmation: “I cease to resist life”. The awareness we are gaining in this simple worksheet will push your perception in ways that you might not even notice. You’ll be more sensitive to the consequences of your actions automatically and will find yourself breathe deeply before saying anything.

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Are you thinking of a specific area in your life that wish to include here? Write down your own affirmation here:

Read the affirmation then close your eyes and repeat it a few times. Say them aloud.
Write it down, if you are visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it a few times.

**Exercise:**

What kind of exercise I want to do today and how long?

---

**Meditation**

- Deep breaths

Observe your breath to quiet the mind. If a thought arise don’t resist it, just don’t participate.
- You are comfortable and warm,
- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

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At night review your day: How many times I meditated, when, where and how long:

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Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive in deep in life before watching news every hour, every day... you may ask yourself: ‘is it necessary to hear negativity often and repeatedly?” You can find other ways to stay informed and participate in society.

**Live spontaneously and express freely. Trust yourself. Always permit yourself to feel whatever you feel. Allow yourself to feel the power within.**

You are a powerful being by nature, hope you start to see it more in depth, using this worksheet.

So Much Love

*Sara Roshan*


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“Through the rapture I feel at the boundless miracle of life, I dwell in passion & in joy”