

Sonia
CHOQUETTE

YOUR GLORIOUS LIFE

A MASTERCLASS BY SONIA CHOQUETTE



A NOTE FROM SONIA ...

Welcome to Your Glorious Life!

This companion workbook to Your Glorious Life Masterclass is designed to help you fully absorb and incorporate the material I'm teaching you. If you follow along faithfully, and do all the exercises, you will learn at an even faster rate and on a deeper level. By applying the information, insights, tips and tools I give you in every video of the Masterclass, you will make real progress in six weeks. You will see your life beginning to transform right before your eyes. You will find and feel your Vibes, you will know and recognize your Guides, and you will begin to create Your Glorious Life.

Now, to really master what I am teaching you, please understand that you will be integrating this material for the rest of your life. So, after you finish this Masterclass, go back to the beginning, re-watch the videos and return to this workbook. Make a commitment to do this every day for a year. Consider it your Daily Dose of spiritual mentoring and intuitive coaching. Dive into the videos in any order you choose. If you have a favorite, watch it over and over again.

You can also use this workbook for recording your thoughts, feelings, surprises, and successes. These things are all so important as you learn to become more intuitive, to trust your inner voice, and live a more authentic life.

Remember, this is YOUR GLORIOUS LIFE. Yours to create and enjoy. I am so happy to be on this journey with you.

All my love,

Sonia

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BEFORE YOU BEGIN

SIGN YOUR GLORIOUS LIFE COMMITMENT CONTRACT.

Dear Universe, Divine Self, Angels and Guides:

- It is my intention and commitment to fully show up for the next six weeks to each lesson of Your Glorious Life Masterclass.
- I will faithfully watch and apply the day's lesson and do the suggested daily practices without fail.
- I will write down in my daily workbook all that is asked of me during this entire six-week course.
- I will apply myself to each lesson with love and an open heart, mind and spirit, and I will give my full and best effort as I work through the course.
- I will do all that is suggested and record my experiences each evening in my daily workbook.
- I will listen to the morning and evening meditation, which I can do while waking up and falling asleep.
- I will remain open and available to the support of my Higher Divine Self and spiritual support system to escort and assist me through this glorious journey until the end.
- This is my commitment this day.

SIGNED**DATED**

Take a picture or print this contract and post it on your computer, smart phone, refrigerator, bathroom mirror, dashboard of your car – wherever you will see it often throughout the day during the entire next six weeks. This will reinforce your intention and commitment to Your Glorious Life.

Sonia
CHOQUETTE

YOUR GLORIOUS LIFE MASTERCLASS WORKBOOK

PART ONE: TRUST YOUR VIBES





PART ONE: LESSON ONE

TRUST YOUR VIBES

TODAY'S NEW PRACTICE: TRUST YOUR VIBES

Write down your experiences of getting ready to trust your vibes today:

How did you feel drinking more water?

What did it feel to become more grounded in your body?

Record past intuitive experiences, however subtle or insignificant, that you can recall

TODAY'S NEW PRACTICE: TRUST YOUR VIBES

Where in your body did you feel your vibes?

What did you do once you felt your vibes? Did you listen to your vibes? Not listen? What Was the outcome of your choice?

Is there anyone in your life today with whom you can talk about your intuitive feelings?

Write down the name of your Spirit:

TODAY'S NEW PRACTICE: TRUST YOUR VIBES

Welcome your Spirit and give your spirit permission to lead your life.

Write down your “permission to follow your Spirit” statement below. For example: I Give my Spirit (name here) full permission and authority to override all resistance from my ego mind and lead me in the direction of my highest good this day.

Your turn:

What did you learn from today’s lesson? What were your biggest “ah-ha’s” and personal discoveries when it comes to trusting your vibes?

Did you listen to your meditative journey for Part One this morning?

Listen to the Part One meditative journey tonight as you go to sleep.





PART ONE: LESSON TWO

NOTICE YOUR SPIRIT NOW

TODAY'S NEW PRACTICE: NOTICE YOUR SPIRIT NOW

Recall any intuitive experiences you've had in the past. What they were concerning? Did you listen to your intuition at the time or did you ignore it? Did you tell anyone else or did you keep it to yourself?

There are distinct differences between your intuition and your ego voice (your fears, your anxieties, second guessing, and the opinions of others). These differences are very physical. Write down the Energetic attributes of your ego voice and how it feels in your body. The effects of the ego voice on the body are explained in today's video lesson. Next, write down the distinct physical and energetic attributes of your intuitive voice, the voice of your authentic Spirit. Explain how your Spirit guidance leaves you feeling (this is also described in today's video lesson):

I laughingly refer to listening to your ego as getting trapped in a bad neighborhood.

How do you quickly leave the bad neighborhood of your head and get back into your heart-based wisdom an intuitive guidance? This is also explained in today's lesson.

write the answer below:

TODAY'S NEW PRACTICE: NOTICE YOUR SPIRIT NOW

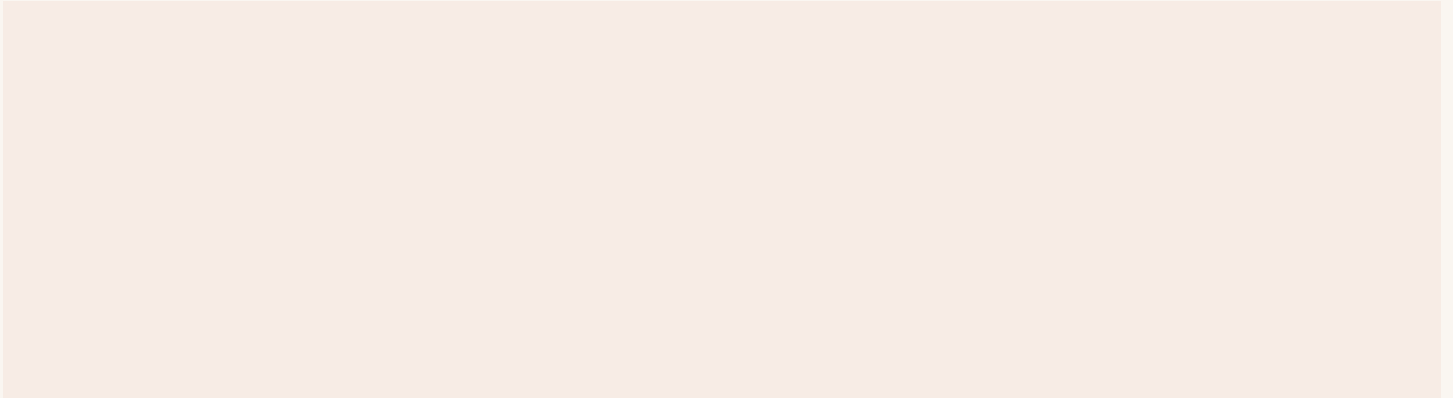
In this Masterclass, we lovingly and playfully refer to our ego as our “barking dog.” What is your barking dog’s name and what kind of breed is your barking dog?

Playfully describe your barking dog in the space below. Doing this will help you more easily recognize your ego when it’s trying to control you so you can lovingly ask it to Lesson aside and quickly tune into your Sprit and true intuitive guidance.

Continuing our playful recognition of the barking dog ego, do you recognize the barking dog ego in people in your life? What kind of barking dog do they have? A nervous Chihuahua? An aggressive Doberman Pinscher? A lazy Labrador? Have some fun and ask them. Describe others’ barking dogs below:

TODAY'S NEW PRACTICE: NOTICE YOUR SPIRIT NOW

Turn now to your Spirit and write down any guidance your spirit is offering you today:



Listen again to the Part One meditative journey tonight as you go to sleep.



PART ONE: LESSON THREE

CHANGING THE CHANNEL

TODAY'S NEW PRACTICE: CHANGING THE CHANNEL

Did you notice the difference in how speaking from your heart and intuition versus speaking from your head feels in your body? Write a few sentences to describe the difference between how the ego voice versus your spirit voice feels in your body:

Write down any observations on these different sensations in your body when speaking from your ego, your intellect, and your spirit. Be as specific as you can:

Did you practice the hand over heart exercise, using the expression “My heart says...” when responding to a question? Record your experience of this exercise below:

TODAY'S NEW PRACTICE: CHANGING THE CHANNEL

Now practice posing more questions to both your intellect and your intuition in the space below, and write the answer that each aspect of you offers following each question you pose:

Question ... ?

“My head says”:

“My heart says”:

Question ... ?

“My head says”:

“My heart says”:

Question ... ?

“My head says”:

“My heart says”:



TODAY'S NEW PRACTICE: CHANGING THE CHANNEL

What is the most significant difference between the feeling and answer coming from your head versus the feeling and response coming from your intuition, your spirit?

Which voice feels true? Describe why below:

Listen again to the Part One meditative journey tonight as you go to sleep.



PART ONE: LESSON FOUR

BE IN LOVE

TODAY'S NEW PRACTICE: BE IN LOVE

Today we focus on strengthening your intuition, your vibes, with fill you with love. Did you express the “I am in love with me and my life” mantra today?

How did this feel? What kind of response from others did you receive?

Name as many things you love as you can think of in the space below:

Did you feel you being in an “in love “vibration?

TODAY'S NEW PRACTICE: NOTICE YOUR SPIRIT NOW

Did you ask anyone “What do you love?” today? What happened?

Did being “in love” in your sacred space enhance your intuition or influence your day? How?

Write down today’s intuitive experiences, however subtle or insignificant, in the space below:

What color filled your sacred space today? Did you fill your sacred space with love?

TODAY'S NEW PRACTICE: BE IN LOVE

How might this color have helped you today? Trust your vibes as you answer this question and be spontaneous in filling in the answer:

What intuitive guidance came to you today in your sacred space?

Did you remember to ask your spirit for guidance? What did you ask?

Did you receive guidance from your Spirit? What guidance came through?

TODAY'S NEW PRACTICE: NOTICE YOUR SPIRIT NOW

Did you listen to your guidance? How did it feel in your body? Was it difficult to listen? Was there any interference from anyone?

Did being “in love” enhance your intuition? How?

Write down today's intuitive experiences, however subtle or insignificant, in the space below:

Listen again to the Part One meditative journey tonight as you go to sleep.



PART ONE: LESSON FIVE

NOTICE THE SIGNS

LESSON FIVE: NOTICE THE SIGNS

What were your strongest intuitive insights today?

Were you open to intuitive guidance today? In what area or matter of your life? Share your experience below:

Did you expect intuitive guidance today? Did guidance show up quickly? Were you able to stay out of the “bad neighborhood” in your head? Share your experience below:

Did you say “YES!” out loud to any intuitive guidance that came through today? Share your experience below:



LESSON FIVE: NOTICE THE SIGNS

Did you act on the intuitive vibes you received today? Did you have a positive outcome if you acted on it? Was it difficult to act on your intuition or did it come easily? How did it feel in your body to act on your intuition? Share your experience below:

anyone?

Did you doubt your guidance? Did you argue with it? Did you try to figure it out? Share your experience below:

Did you find yourself in the bad neighborhood of self-doubt, second guessing, overthinking? and going in mental circles as opposed to feeling clearly guided?

LESSON FIVE: NOTICE THE SIGNS

What if any doubts came up? Such as “I’m afraid to make a mistake,” “How can I be sure?” “I better check with others before I trust my vibes.” Write down those self-sabotaging thoughts in the space below:

What was your most important intuitive insight today?

Before going to sleep or as you are falling asleep, listen to the beautiful meditative journey aligning you with your intuition.



PART ONE: LESSON SIX

CLAIM YOUR INTUITION

TODAY'S NEW PRACTICE: CLAIM YOUR INTUITION

Write down any occasions in which you let others know “I trust my vibes. It works for me” today.

Who did you share this conviction with? What was their response?

Did you get any negative pushback from anyone for trusting your vibes? Did you get any positive feedback?

Regardless of the feedback you received, how did it feel for you come out of hiding in the intuitive closet and openly express yourself intuitively in the world?

TODAY'S NEW PRACTICE: CLAIM YOUR INTUITION

Did you feel empowered in openly claiming that you trust your vibes and choose to follow them?

Did you have the occasion to playfully engage another in trusting their vibes along with you today? Who? What happened?

Were you able to remain comfortably committed to trusting your vibes even if those around you do not support this decision or give you positive feedback?

Were you able to keep trusting your vibes in a playful and fun way?

TODAY'S NEW PRACTICE: CLAIM YOUR INTUITION

What was your most important intuitive insight and shift today?

Before going to sleep or as you are falling asleep, listen to the beautiful meditative journey aligning you with your intuition.



LESSON SEVEN

RED LIGHTS, GREEN LIGHTS, YELLOW LIGHTS

TODAY'S NEW PRACTICE: RED LIGHTS, GREEN LIGHTS, YELLOW LIGHTS

What were your strongest intuitive insights today?

Did you experience any red-light vibes suggesting caution or advising you to stop or reverse your direction? If yes, what were they?

Did you experience any green-light vibes suggesting for you to advance, to go for it, to continue in the direction you are moving in spite of outward appearances? If yes, what were they??

TODAY'S NEW PRACTICE: RED LIGHTS, GREEN LIGHTS, YELLOW LIGHTS

Did you experience any yellow-light vibes suggesting that you wait for more information, remain patient, and refrain from taking any action at this time? If yes, what were they?

Could you distinguish the difference in red-light, green-light, and yellow-light vibes in your body? Describe these differences below as specifically as you can. Doing this will help you more quickly recognize these vibes the next time they arise.

Did you openly express your vibes instead of keeping them silent? Did you encounter any resistance from others? Did you encounter any resistance internally? Share your experiences below:

Before going to sleep or as you are falling asleep, listen to the beautiful meditative journey aligning you with your intuition.



LESSON EIGHT

SET YOUR COMPASS

TODAY'S NEW PRACTICE: SET YOUR COMPASS

Allow your spirit to easily lead. Observe life becoming more magical and synchronistic.

As long as we are alive, we are always growing and evolving, becoming new versions of our beautiful divine selves.

Working with your intuition, in what ways do you notice yourself evolving?

Have you had any new insights, inspirations, intuitive directions appeared as a result of the practices of the last few weeks?

Intuition follows and supports your intentions. What intentions are you asking your intuition to assist you with today?

Be specific:

TODAY'S NEW PRACTICE: SET YOUR COMPASS

Did you receive any direct guidance on these intentions today? Were they red-light, green-light, or yellow-light vibes?

Write down everything that came to you today in the space below:

Did you openly affirm “I trust my vibes! It works for me”?

Are you becoming more comfortable with your intuition? Are you accessing your intuition more readily? How is intuition helping your life so far? Write your answers in the space below:

Where would you like to have your intuition help you next? In what area?

TODAY'S NEW PRACTICE: SET YOUR COMPASS

Did you receive any gifts, insights, and positive surprises today? if yes what were they?

How has setting your intentions helped your vibes come through today?

Did you encounter any resistance to your intuition and if yes, what was it?

What did you do?

TODAY'S NEW PRACTICE: SET YOUR COMPASS

Are you becoming more comfortable living in the third space of what feels true for you deep in your soul, as opposed to figuring out the world with endless second guessing, black and white, all or nothing, right or wrong?

Describe your experience living in the “third space” as best you can. Focus on your physical body and how it feels in this new energetic realm.

Listen to your meditation journey tonight and enjoy traveling in this beautiful new third space, full of surprises, presents, synchronicities, blessings, reassurance, and connection to the support of the Universe.



LESSON NINE

THE POWER OF PLAY

TODAY'S NEW PRACTICE: THE POWER OF PLAY

The more you activate and engage your imagination the more intuitively guided you become. Using your imagination, describe your most glorious life in the most specific in every way possible. What are you doing that feels so glorious? Dancing with a loved one? Standing on a stage? Writing a novel? Write it down:

What do you look like? Smiling and waving at your beloveds? Hiking in the mountains? Planting a garden?

Where are you? In your beautiful new home? On an airplane going to an exotic destination. Rocking on your rocking chair while listening to beautiful music?

TODAY'S NEW PRACTICE: THE POWER OF PLAY

What are others in your life doing that helps your life feel more glorious? Singing and dancing in a group, eating around a large outdoor table, listening to your speech, watching your play? Admiring your painting?

What are you wearing? A gorgeous new suit? A colorful sarong? A beautiful dress? A bathing suits? A wetsuit?

What are you hearing? Sounds of birds. Applause after a speech you've just given, the sound of laughter with your family. Hearing a love song?

What aromas are in the air? The fresh ocean air? The aroma of freshly baked bread? French perfume?

TODAY'S NEW PRACTICE: THE POWER OF PLAY

The words **I wonder** are the front door to intuition. In the space below wonder about 20 things:

1. I wonder

2. I wonder

3. I wonder

4. I wonder

5. I wonder

6. I wonder

7. I wonder

8. I wonder

9. I wonder

10. I wonder

TODAY'S NEW PRACTICE: THE POWER OF PLAY

The words **I wonder** are the front door to intuition. In the space below wonder about 20 things:

11. I wonder

12. I wonder

13. I wonder

14. I wonder

15. I wonder

16. I wonder

17. I wonder

18. I wonder

19. I wonder

20. I wonder

TODAY'S NEW PRACTICE: THE POWER OF PLAY

Did you practice wondering aloud with anyone today? How was your experience?

Did wondering provide any new intuitive insights that had not occurred to you before wondering? What were they?

Were you able to remain open to solutions through the practice of wondering?

Music helps activate the imagination and often allows our intuition to speak to us. Create your inspiring musical playlist to help activate your intuition.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



TODAY'S NEW PRACTICE: THE POWER OF PLAY

Here is a list of uplifting songs to jumpstart your own inspiring musical playlist:

- You Got It – Roy Orbison
- Walking on Sunshine – Katrina and the Waves
- Getting Better – The Beatles
- Sunny Side of the Street – Ella Fitzgerald
- I Feel Love – Donna Summer
- Somewhere Over The Guidance – Israel Kamakawiwo'ole
- Best Day of Your Life – Katie Herzog
- Born This Way – Lady Gaga
- Always Look On the Bright Side of Life – Michael McGrath
- I Can See Clearly Now – Johnny Mars
- Your Keeps Lifting Me Higher & Higher – a Jackie Wilson

Listen to your meditation journey tonight and enjoy traveling in this beautiful new third space, full of surprises, presents, synchronicities, blessings, reassurance, and connection to the support of the Universe.



LESSON TEN

FIND YOUR PEOPLE

TODAY'S NEW PRACTICE: FIND YOUR PEOPLE

Who are your “people?” Those who “get you”? Kindred spirits? People who understand and support you in the highest sense? Name them here:

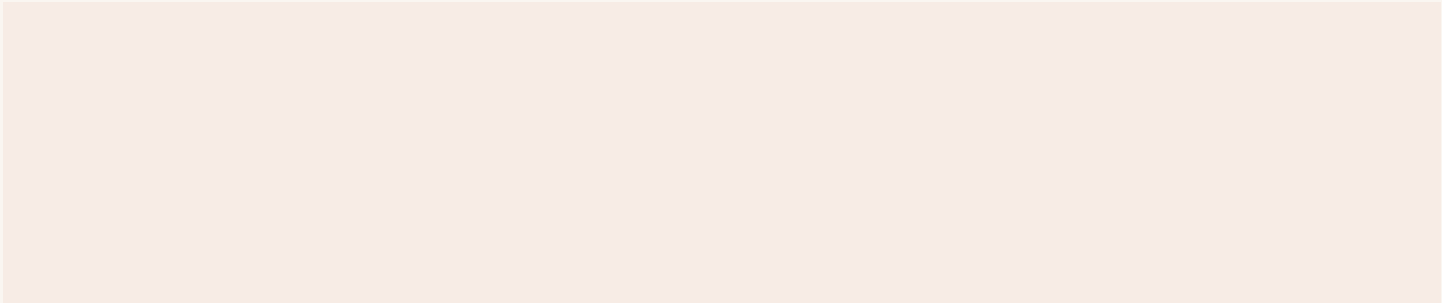
Are there people in your life that fail to lift you up? Are there people who bring you down and drain your spirit? Have you considered taking some space from these people?

Can you do this with little drama?

Write down your intuitive experiences today. Did you attract any new supportive people into your life? Did you cut the cord and move away from anyone who is not very supportive?

TODAY'S NEW PRACTICE: FIND YOUR PEOPLE

Do you allow yourself enough time to connect with supportive people? When and how do you connect with people who help you have a glorious life?



Listen to your meditation journey tonight and enjoy traveling in this beautiful new third space, full of surprises, presents, synchronicities, blessings, reassurance, and connection to the support of the Universe.



LESSON ELEVEN

I ALWAYS
TRUST MY
VIBES

TODAY'S NEW PRACTICE: I ALWAYS TRUST MY VIBES

Say “Thank you...I’m grateful” to stabilize your intuition. Did you openly thank others today? How often? With who? How did they respond?

It is important to maintain a loving high vibration to have a glorious life. Loving yourself is the key. Write down ten things you most love about yourself:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



TODAY'S NEW PRACTICE: I ALWAYS TRUST MY VIBES

What were your most powerful intuitive insights today?

Describe how intuition best gets your attention now:

Listen to your meditation journey tonight and enjoy traveling in this beautiful new third space, full of surprises, presents, synchronicities, blessings, reassurance, and connection to the support of the Universe.



LESSON TWELVE

TIPS FOR THE ROAD

TODAY'S NEW PRACTICE: TIPS FOR THE ROAD

Which of the tools and practices of the last two weeks has been your favorite and why?

Which of the intuition-strengthening practices of the past two weeks has been the most challenging to use and why?

Are you feeling more grounded and centered in your personal sacred space?

Are you feeling more connected to your Spirit and are you letting your Spirit lead? Is it easier in some areas of your life than others?

TODAY'S NEW PRACTICE: TIPS FOR THE ROAD

Is your barking dog ego learning to be more supportive and helpful to your Spirit?

How has your life become more glorious in the past two weeks?

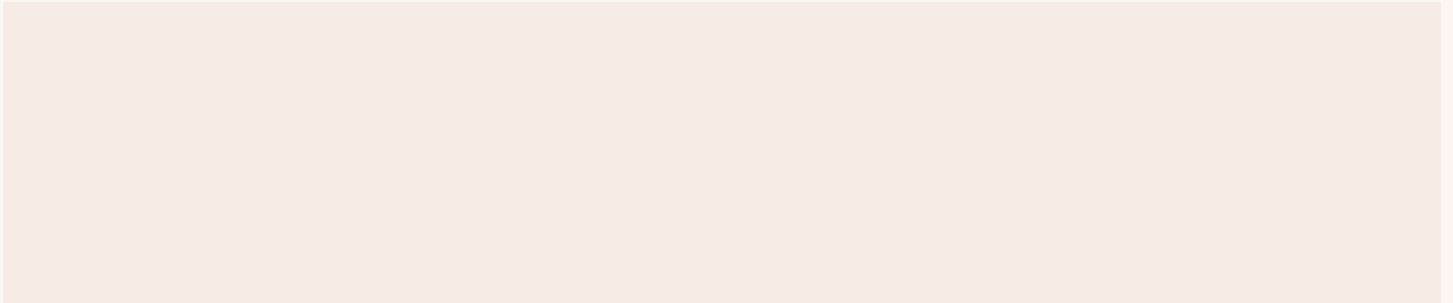
Are you starting to live more intuitively?

How easy has it become to listen to your intuition? Where do you still hesitate?



TODAY'S NEW PRACTICE: TIPS FOR THE ROAD

What intentions do you have going into the next two weeks? Write them down here:



Listen to your meditation journey tonight and enjoy traveling in this beautiful new third space, full of surprises, presents, synchronicities, blessings, reassurance, and connection to the support of the Universe.

Sonia
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YOUR GLORIOUS LIFE MASTERCLASS WORKBOOK

PART TWO:
CONNECT TO
YOUR DIVINE
SUPPORT
SYSTEM





PART TWO: LESSON ONE

YOUR DIVINE SUPPORT SYSTEM

TODAY'S NEW PRACTICE: YOUR DIVINE SUPPORT SYSTEM

Let's review. Write down any possible recollection or sense of a spirit guide or angel helping you in the past. This includes all experiences. Everything counts:

Now wonder, "How supportable am I?" Check in to see if you are open to receiving help from your angels and guides today. Write below how available or resistant you are to the help of angels and guides:

Angels work best when acknowledged and asked for help. Ask your angels for their help in the following areas of your life.

TODAY'S NEW PRACTICE: YOUR DIVINE SUPPORT SYSTEM

Angels please help me:

Angels please help me:

Angels please help me:

Angels please help me:

Angels please help me:

Angels please help me:

Angels please help me:

Angels please help me:

Be on the angel and guide look out. Did you receive any help from angels today? Write down any experience:

New mantra for the day: "I welcome the support of my angels and guides." Say this aloud every hour.



TODAY'S NEW PRACTICE: YOUR DIVINE SUPPORT SYSTEM

Did you ask for a gift for a present from your angels and guides today? What presents did you receive? This includes any helpful Information, finding something that was lost, having a new idea or solution drop into your head, receiving a welcome call from someone unexpected, or any other thing that made your life easier today:

Write down 10 things for which you are grateful that happened today and thank your angels and guides for helping bring these blessings about:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

As you listen to new meditation tonight, thank your angels for bringing music into your experience.





PART TWO: LESSON TWO

MAKING YOURSELF AVAILABLE TO ANGELS AND GUIDES

TODAY'S NEW PRACTICE: MAKING YOURSELF AVAILABLE TO ANGELS AND GUIDES

Write down all signs and signals that may have come from your angels today:

Did you receive any gifts from angels?

Did you receive any angel messages?

Do you feel the presence of your angels in any way? Write down what angelic help feels like to you. Did you sense your Guardian Angel to the left? The right? Behind you? Above you?

TODAY'S NEW PRACTICE: MAKING YOURSELF AVAILABLE TO ANGELS AND GUIDES

Did you ask anyone if they ever had an angel experience today? What did you learn?

Write down ten things for which you are grateful this day.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



TODAY'S NEW PRACTICE: MAKING YOURSELF AVAILABLE TO ANGELS AND GUIDES

Thank your angels for the following blessings which you received today.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

Imagine your angels are performing music for you as you listen to tonight's meditation.





LESSON THREE

ASK FOR HELP

TODAY'S NEW PRACTICE: ASK FOR HELP

Angels speak in many ways, signs, symbols, colors. They even send people to help. What color entered your sacred space today?

In what area did you ask your angels for help today?

- In your relationships?
- With work problems?
- With money challenges?
- With communication issues?
- For SOS assistance?
- Other?

What kind of help showed up?

TODAY'S NEW PRACTICE: ASK FOR HELP

Write down ten things for which you are grateful today:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Thank your angels for the following things:

1.

2.

3.



TODAY'S NEW PRACTICE: ASK FOR HELP

4.

5.

6.

7.

8.

9.

10.

How often did you thank your angels aloud today?

Blank space for writing the answer to the question: "How often did you thank your angels aloud today?"

Did you receive any presents from your angels?

Blank space for writing the answer to the question: "Did you receive any presents from your angels?"

As you listen to your meditation tonight, thank your angels for the music while falling asleep.



LESSON FOUR

MEETING
YOUR ANGELS
DIRECTLY

TODAY'S NEW PRACTICE: MEETING YOUR ANGELS DIRECTLY

Angels help change your perspective. Where have your angels changed your mind?

Any changes of heart?

New insights?

Any breakthroughs of understanding?



TODAY'S NEW PRACTICE: TIPS FOR THE ROAD

Did you receive any “ah-ha’s” today that made your life easier?

Have you talked with your angels today? Have you asked for their help?

Did you add a new song to your play list to invoke your angels?

Thank the angels for the music as you fall asleep to the meditation tonight.



LESSON FIVE

MEET YOUR GUADIAN ANGEL

TODAY'S NEW PRACTICE: MEET YOUR GUARDIAN ANGEL

Did you feel the presence of your guardian angel to the left or to the right of you?

What is your guardian angel's name? Write down the name and thank your guardian angel for being here to help:

Do you feel more relaxed knowing your guardian angel is watching over you? In what way? Can you describe the difference you feel knowing your guardian angel is with you?

What guardian angel experiences did you have in the past?

TODAY'S NEW PRACTICE: MEET YOUR GUARDIAN ANGEL

Did you sense your guardian angel's presence at any time today? Can you describe your guardian angel? Use the power of your imagination to do this.

Did you share any guardian angel stories with other people in your life today? if yes how did you feel after this conversation?

Thank the angels for the music as you fall asleep to the meditation tonight.



LESSON SIX

THE MINISTRY OF ANGELS AND SOS ANGELS

TODAY'S NEW PRACTICE: THE MINISTRY OF ANGELS AND S.O.S. ANGELS

Did you call upon the any one of the ministry of angels for help today ? Describe what happened?

Have you ever called upon an S.O.S. angel for help in an emergency? Did an S.O.S. angel ever appear, even if you didn't call? What happened?

In which aspect of your living arrangement would you love the ministry of House and Home Angels to help you enjoy your life more?

Do you need the help of the Ministry of Relationship angles to assist in any relationship in your life? Which one? How can they help?

TODAY'S NEW PRACTICE: THE MINISTRY OF ANGELS AND S.O.S. ANGELS

In what creative area would you like the Ministry of Arts angels to help you?

Did you remember to thank the ministry of angels for their assistance today? How did they help?

What is your preferred artistic expression? You don't have to be good at an art. You just have to love it. Write down your favorite artistic expressions so the ministry of angels can help you in the or these areas.

Which ministry of angels would you like to invoke today to help you enjoy your life more?

Thank the angels for the music as you fall asleep to the meditation tonight.



LESSON SEVEN

MEET YOUR ARCHANGELS

TODAY'S NEW PRACTICE: MEET THE ARCHANGELS

Did you surround your sacred space with the Archangels?

Here are the names of the Archangels and the direction in which they protect and support you:

RAPHAEL

Raphael from the East, the color electric green. He is Archangel of Air and of the Mental Plane, and helps with clearing negative and hindering beliefs, thoughts, outlook, attitude, and vows taken in the past.

Write down all the things you would like Raphael to help you with today, such as:

- Raphael, help me with my depression.
- Raphael, help me with my laziness.
- Raphael, help me with my resentment.
- Raphael, help me stop being judgmental.

MICHAEL

Michael, to the South and standing behind you, is the Archangel of Protection, and vibrates to the color electric blue. He watches your back and cuts the cords to every interference and disturbance that does not resonate to the frequency of unconditional love or does not support you at the highest level.

Write down and invoke the support of Michael the Archangel to clear your energy and establish protection in ways, such as:

- Michael, cut all cords of negativity coming from me in all directions.
- Michael, stand behind me and walk with me this day and protect me in my business day,
- Michael, surround my home my family and my children and keep us safe from her.
- Michael, surround me with your love and protection while I am away on my trip.

TODAY'S NEW PRACTICE: MEET THE ARCHANGELS

GABRIEL

Gabriel, standing in the West, vibrating to the color of diamond white energy, is the Archangel of Emotional Energy and Creativity. He oversees imagination, creativity, and our authentic personal expression. Invoke Gabriel from the West. Ask for Gabriel's support in any area of life in which you seek greater emotional healing, or if you want assistance and inspiration with your creativity. He also helps you inhale and open your heart.

Write down all things in which you would welcome the help of Gabriel below, such as: Raphael, help me with my depression.

- Gabriel, help me to overcome depression.
- Gabriel, help me release resentment and anger.
- Gabriel, strengthen my confidence to pursue my artistic interests.
- Gabriel, open my heart so I am able to make new friends

URIEL

Uriel, is the Archangel of the North, vibrating to the color will be red with flecks of gold in the center. He oversees the physical plane and opens the gateway to abundance and support in all things physical. Uriel stands in front of you and clears all obstacles that you may encounter so that abundance flows easily to you in all areas of your life.

Write down all things in which you would benefit from Uriel's support. Ask for help in all areas of physical need, such as:

- Uriel, bring me more financial flow.
- Uriel, help me find a new job.
- Uriel, strengthen my physical body and give me the energy I need now.
- Uriel, please oversee and guard my house so that it is safe, grounded, and solid.
- Uriel, protect me when I am in my car so I remain physically safe as I move through the world.

TODAY'S NEW PRACTICE: MEET THE ARCHANGELS

SANDALPHON

Sandalphon, standing below you and connecting you to the center of the earth is the Archangel of the Moon and Nature. Sandalphon connects us with nature spirits, animal spirits, and provides us a solid energetic foundation upon which to stand and build our lives. His color is violet and silver. Sandalphon is also connected you to your subconscious mind and helps clear negative subconscious patterning so that you can create and manifest at a higher level.

Write down all the things that you would like Sandalphon to help you with, such as:

- Sandalphon, clear my negative subconscious patterns so that I may manifest at a higher more abundant level today.
- Sandalphon, reconnect me to my body and to the earth so I feel more balanced, energized, and calm.
- Sandalphon, please connect me to my intuition a help follow my inner guidance instead of ignoring it.

METATRON

Metatron standing above you, is the Archangel of the Sun and the conscious mind. Metatron's color is deep golden yellow like the sun. He opens the gateway to both the spirit guide and angelic realm. Metatron restores vitality, resilience, confidence, and strength.

Write down those things that you would like Metatron to assist you with today, such as:

- Metatron, connect me more directly with the SOS and ministry of angels.
- Metatron, open the gateway so that I can feel the love and support of the light being so are helping me heal my energy body right now.
- Metatron, connect me with my ancestors and clear my family bloodline so that I can gain the benefit of my ancestors' experiences without being hindered by their mistakes.

Tonight, listen to the regular meditation for this week, connecting you to your angels and guides. In the morning, listen to the bonus Archangel Meditation instead of the regular meditation, to invoke the Archangels and surround you with their love and protection.



LESSON EIGHT

MEET YOUR SPIRIT GUIDES

TODAY'S NEW PRACTICE: MEET YOUR SPIRIT GUIDES

Thank the angels for the Spirit Guides are specific helpers for specific areas, much like a volunteer corps. You have helper guides, teacher guides, and healer guides.

What color is the energy of your Sprit today?

Just behind which shoulder do you feel your primary helper guide?

Did you meet or sense any helper guides today? Did you call on a helper guide? In what area of life would you love a helper guide to assist you? Share your experience in the space below:

Are you aware of teacher guides in your life? They encourage you to grow your soul and consciousness? Have you felt the urge to grow? (Hint: they brought you to this course!)

In what ways are teacher guides getting your attention? Any books land on your head lately?

Share your experience in the space below:

TODAY'S NEW PRACTICE: MEET YOUR SPIRIT GUIDES

Have you felt the presence of healer guides? They often come in team. Have you felt any guidance in the area of pain relief on any level, such as physical pain, emotional pain, even spiritual pain?

Do you need the support of healer guides? What area would you like to receive the support of healer guides? Share your needs in the space below:

Is there any specific thing you need help within your life? Do you need a helper? A teacher? A healer guide or guides? They want to help, and the more you ask for their help the more they can help. Ask here for what you need. Be as specific as you can:

**Listen to the meditation for Part Two of the Masterclass in the evening,
and to the bonus Archangel Meditation in the morning.**

LESSON NINE

MEET MORE SPIRIT GUIDES



TODAY'S NEW PRACTICE: MEET YOUR SPIRIT GUIDES

- The Joy Guides
- The Runners
- The Light Beings
- The Ancestors
- Animal Spirit Guides

Joy guides make you laugh. They relieve stress, sadness and sorrow in the moment. Have you met a joy guide ever? Lately? Describe this experience here:

Have you called upon a runner to help you find something today? For example, a parking space, or your wallet or keys? Maybe a particular thing online or in a store? Have you ever been helped by a runner guide? Did you call upon a runner today? Describe your experience below:

Have you ever felt the presence of a light being? Have you become interested in light beings? These guides help us grow and evolve in consciousness. Describe your experiences below:

TODAY'S NEW PRACTICE: MEET YOUR SPIRIT GUIDES

Do you feel the presence and support of your ancestors? Are you connected to one side of your family or the other, or even to a particular member of your family, like a grandmother or grandfather? Do you feel them around you? Has one popped into your awareness out of nowhere lately? Have you sensed their energy? Describe any sense or feeling of your ancestors:

Do you sense your animal spirit guide? Describe your animal guide. What kind of animal is your guide? Ask your animal guide to give you their name. If you don't receive a name, give them one.

WRITE THE NAME DOWN HERE

Did you receive help or presents from any of your guides?

**Listen to the meditation for Part Two of the Masterclass in the evening,
and to the bonus Archangel Meditation in the morning.**



LESSON TEN

ANGELS AND
GUIDES ARE PART
OF YOUR NEW
NORMAL

TODAY'S NEW PRACTICE: ANGELS AND GUIDES ARE PART OF YOUR NEW NORMAL

Did you create a little song to ask for help? Write it here:

Did you place an image of a guide or angel image on your phone or computer?

Did you create a personal altar? If so, what did you put on your altar? Where did you place it in your home?

Did you visit your altar today? Did you leave your intentions on your altar? Did you write and place things for which are grateful on the altar? What were they?

TODAY'S NEW PRACTICE: ANGELS AND GUIDES ARE PART OF YOUR NEW NORMAL

What surprises did your angels and guides bring you today?

**Listen to the meditation for Part Two of the Masterclass in the evening,
and to the bonus Archangel Meditation in the morning.**



LESSON ELEVEN

LIFE IS NOT A SOLO JOURNEY

TODAY'S NEW PRACTICE: LIFE IS NOT A SOLO JOURNEY

How available are you to receiving help from your guides now?

What gifts presents surprises and healing did you receive today?

Repeat Today's Mantra: "Holy Divine Spirit and my loving spirit guides and angel helpers, gift me this day with awareness creativity productivity and the ability to be my best self. Gift me with me with everything I need and more."

Did you talk to your guides today?

Did you feel their answers, responses, signs, metaphors?



TODAY'S NEW PRACTICE: LIFE IS NOT A SOLO JOURNEY

How are your guides communicating with you?

Write down all the ways in which you were gifted today:

What signs did you notice today?

Are you getting more comfortable with your spiritual support system?

Describe all the ways in which you're learning to communicate with the guides and angels without being in your head:

**Listen to the meditation for Part Two of the Masterclass in the evening,
and to the bonus Archangel Meditation in the morning.**



LESSON TWELVE

TIPS FOR THE ROAD

TODAY'S NEW PRACTICE: TIPS FOR THE ROAD

Are you asking for surprises?

Do you feel surrounded by angels and guides who love to help you?

- Ask your guides and angels: “What can we do that is fun today?”
- Name your angels and guides:
- See your guides and angels as your new best friends. Talk to them all the time.
- Use your imagination. What do your guides look like? Trust whatever you feel.
- Describe the personalities of your guides
- Notice how much more loved you feel since meeting your angels and guides.
- Notice how much more loving you feel since meeting your angels and guides.
- Notice how much more playful you feel since meeting your angels and guides.
- Say often and out loud, “I am loved. I love to love. I live in love. “
- Envision your guides and angels surrounding you all day long.
- Listen for guidance and expect help.
- Enjoy yourself and expand to make room for an even more glorious life.

**Listen to your evening meditation tonight and we will move on
to Part Three tomorrow.**



Sonia
CHOQUETTE

YOUR GLORIOUS LIFE MASTERCLASS WORKBOOK

PART THREE:
CREATE YOUR
GLORIOUS
LIFE



PART THREE: LESSON ONE

SUMMON YOUR THREE CREATIVE SUPERPOWERS

TODAY'S NEW PRACTICE: SUMMON YOUR THREE CREATIVE SUPERPOWERS: DESIRE, IMAGINATION, AND ACTION

In order to successfully manifest your heart's desire and Your Glorious Life, you need to summon your three superpowers.

Your first superpower is desire.

Do you have clear desire to manifest something different in your life? This means a desire so strong that you have no resistance, hesitation, or reluctance to do whatever it takes to bring this manifestation about. Write about this desire in the space below:

Your second superpower is imagination.

You cannot create what you cannot imagine. You always create what you do imagine consistently. In the space below write down the three best things you Imagine about yourself in the space below:

1.
2.
3.

Your third superpower is action.

**TODAY'S NEW PRACTICE: SUMMON YOUR THREE CREATIVE SUPERPOWERS: DESIRE,
IMAGINATION, AND ACTION**

Your third superpower is action.

It is not enough to simply just close your eyes and wish for something to show up. The Universe works with us, not for us, while we sit back and do nothing. Your angels, guides, and Divine Self are ready to help you create Your Glorious Life, and will meet you to match your own effort. We never create or attract more than the effort we put in.

In this space below write down the top 10 best things that you have manifested in the past.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



TODAY'S NEW PRACTICE: LIFE IS NOT A SOLO JOURNEY

Can you recall having the desire to create these things? In the space below right about the desire in you to create the things you have successfully created. What motivated you? What influenced you?

Can you recall how you used your imagination to create these past successes? Write down whatever you recall about how your imagination contributed to creating your heart's desires in the past?

Which of the actions you took to create what you wanted were the most fun and brought about the best results?

Are you getting more comfortable with your spiritual support system?

TODAY'S NEW PRACTICE: LIFE IS NOT A SOLO JOURNEY

Imagine being surrounded by your angels and guides, working along with your divine higher self to help you create your heart's desire. Using the superpower of imagination and listening to the voice every deep intuition, write down below any messages coming from your Divine Self, angels and guides as you prepare to manifest Your Glorious Life now. What do your angels and guides want you to know? Ask them. Go into in your sacred space and listen to your heart for the answer:

Did you spend the day pondering what you would love to create next or did you meet with frustrations of what you are not happy with in your life now? If you could change anything and replace it with something better, what would you create in its place? Write down what you would love to replace or change today.

Listen to your new meditation for creating your heart's desire this evening and again in the morning. You can choose to continue to listen to the Archangel Meditation in the morning instead if you prefer.



PART THREE: LESSON TWO

BRING YOUR DREAMS INTO FOCUS

TODAY'S NEW PRACTICE: BRING YOUR DREAMS INTO FOCUS

This is the most challenging but essential part of creating Your Glorious Life. You must clearly decide what you want to create NOW. WHAT DO YOU WANT? Unless you have a clear and focused idea of what you want to create you cannot create it. Write it down:

The best way to focus on Your Glorious Life is to break it down into the specific areas of your life. Start by reflecting on what would like to change in your life now. Do you want to improve anything physically? Write it down here:

Do you want to improve anything in your environment? Where you live? With whom? Write it down here:

Do you want to improve anything in your relationship with yourself? Write it down here:

TODAY'S NEW PRACTICE: BRING YOUR DREAMS INTO FOCUS

Do you want to improve anything in your relationship with others? Attract a new relationship. Improve a present relationship? End a relationship? Write it down here:

Is there anything you would like to manifest differently in your profession, vocation, or creative expression? Write it down here:

Is there anything you'd like to manifest differently in your finances? Be specific. Write it down here:

TODAY'S NEW PRACTICE: BRING YOUR DREAMS INTO FOCUS

Once you identify your basic general desires, pick one or two that are the **first priority** and let's focus on those for now. We successfully create our heart's desires best if we create them **one at a time**.

From the above list, write below the most important one to three (at most) desires you have now. These are the things you want with your whole heart and soul and spirit. The things you will do everything on your part to bring about now.

Desire #1:

Desire #2:

Desire #3:

Finally, listen to your Spirit and ask yourself if there is anything at this deep and profound level that you would like to create, manifest, or express purely for the joy of it. List that below:

CONGRATULATIONS!

You've completed the most difficult part of manifesting Your Glorious Life, which is to clearly focus on what desires to create next.

Listen to the meditation dedicated to the next two weeks of the Masterclass as you go to sleep tonight. Imagine that what you want is already on its way as you slip into slumber. Tomorrow you can either listen to the Manifestation Meditation or to the Archangel Meditation in the morning.



PART THREE: LESSON THREE

BE GENEROUS,
EXPANSIVE AND
BELIEVE IN YOUR
DREAM

TODAY'S NEW PRACTICE: BE GENEROUS, EXPANSIVE AND BELIEVE IN YOUR DREAM

Your subconscious mind supports you when you give it consistent direction. The best way to do this is decide in your mind that Your Glorious Life, like a guaranteed package ordered from the universe, is already on its way. Do not consider any other alternative or disappointment. expect success with confidence.

In the space below, write down what you want (from the previous lesson) as if it has already occurred and you are now living the life you want. Include a couple of paragraphs about how your angels and spirit guides helped you bring about Your Glorious Life. Using your superpower of imagination, have fun with this assignment. The more you write the more your guides know what to do and know how to help you:

The universe is a yes machine. Talking to the universe is best done with consistent, positive “YES!” affirmations. This makes it easier for the universe to reflect back what you want and love as quickly as possible.

In the space below write 10 “YES!” statements as if your subconscious mind is receiving and preparing to deliver your request as quickly as possible, such as:

- Yes! I am very happy and successful in your chosen profession.
- Yes! I am completely loved by the most uplifting and supportive soulmate partner.
- Yes! I live in the most gorgeous healing grounded home.
- Yes! I have never felt better physically my life.

Now write yours:

1.
2.
3.
4.
5.
6.
7.



TODAY'S NEW PRACTICE: LIFE IS NOT A SOLO JOURNEY

8.

9.

10.

Write a paragraph or two to yourself from your spirit. Share the fact that Your Glorious Life order was delivered and approved and that it is time to get ready to receive what is coming:

Listen to the new Manifestation Meditation. Imagine gaining support your subconscious mind, and from the people in your life, as well as from your spirit guides, angels, and Higher Self. Listen again to the morning meditation of your choice.



PART THREE: LESSON FOUR

BRING YOUR DREAM TO LIFE

TODAY'S NEW PRACTICE: BRING YOUR DREAM TO LIFE

Write down your two or three heart's desires:

What color is your sacred space today?

Describe your desires in as much detail as possible. What are you doing? What are you wearing? What are you saying? What are you hearing? Who is with you? (Talk it out before you write it down):

What is your joy? Write this below:

TODAY'S NEW PRACTICE: BRING YOUR DREAM TO LIFE

Now write down the opposite of what you fear:

Pick one or two movies that support your heart's desire:

Choose a song or two to best invoke the feeling of your heart's desire:

Have you asked Michael the Archangel to cut any cords of disbelief around your heart's desires?

TODAY'S NEW PRACTICE: BRING YOUR DREAM TO LIFE

Have Positive Expectation. Write down all the successes you expect:

Write a letter to your Self from your Spirit congratulating you on your success. What does the letter say?

Did you play “Can You Imagine?” with a friend today?

Listen to the Manifestation Meditation tonight and again in the morning



PART THREE: LESSON FIVE

PROTECT AND SUPPORT YOUR DREAM

TODAY'S NEW PRACTICE: PROTECT AND SUPPORT YOUR DREAM

What has to change to support your heart's desire?

What has to go to make room for the new?

What one action can you take to begin your heart's desire?

What are you doing that is NOT in alignment with your intention?

TODAY'S NEW PRACTICE: PROTECT AND SUPPORT YOUR DREAM

What must you stop today?

What must you start today?

What discipline will help you succeed in creating your heart's desire?

What is one best first decision you can make to support your heart's desire?

TODAY'S NEW PRACTICE: PROTECT AND SUPPORT YOUR DREAM

What attitude of your supports or sabotages your heart's desire? Be honest.

Where did I show up to support my heart's desire?

And where or in what area or behavior can you ask your angels and guides to help you overcome sabotage to your heart's desire?

Listen to the meditation tonight as you go to sleep, knowing that as your body and mind rest, your spirit and every divine supportive element in the universe is working on your behalf – around the clock and in all dimensions – to manifest your heart's desire and Your Glorious Life.



PART THREE: LESSON SIX

THE POWER OF IMAGINATION

TODAY'S NEW PRACTICE: THE POWER OF IMAGINATION

Did you receive any subtle intuitive messages that might help you achieve or move toward with your heart's desire?

Did you remember to check in on the hour to consider if any guidance is coming through today?

Did you receive any guidance suggesting a change of behavior that challenged you or made you feel uncomfortable? Did you follow it anyway?

Did you spontaneously change a habit or behavior because you felt intuitively moved to do so?

TODAY'S NEW PRACTICE: THE POWER OF IMAGINATION

Did you act on any intuitive guidance today that supported your heart's desire and if so what happened?

Did you experience any synchronicities or any sort of divine support today, however subtle, to achieve your heart's desire? if yes what happened?

Did you listen to your guidance and say yes, or did your rational mind barking dog get in the way?

Did you act on guidance without resistance? What specific guidance did you act on?

TODAY'S NEW PRACTICE: THE POWER OF IMAGINATION

Did you ask your angels and guides to help you? If so, did you make room for them to help you and influence you, or did you stand in the way?

Did any Earth Angels humans unexpectedly help you in any way?

Listen to the meditation tonight as you go to sleep, knowing that as your body and mind rest, your spirit and every divine supportive element in the universe is working on your behalf – around the clock and in all dimensions – to manifest your heart's desire and Your Glorious Life.



PART THREE: LESSON SEVEN

BE THE CREATOR,
NOT THE VICTIM,
AND CREATE
WITH LOVE

TODAY'S NEW PRACTICE: BE THE CREATOR, NOT THE VICTIM, AND CREATE WITH LOVE

It's important that you have a loving and positive attitude. Write down 10 statements below stating what you would LOVE to do to create your heart's desire, such as:

I'd love to get up earlier than usual to meditate.

I'd love to help others on our shared project.

I'd love to meet new people and try new things.

I'd love to give myself a makeover.

I'd love to surround myself with uplifting people.

I'd love to create a beautiful garden.

I'd love to be of service to people at work.

I'd love to go for daily walks.

Your turn:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.



TODAY'S NEW PRACTICE: BE THE CREATOR, NOT THE VICTIM, AND CREATE WITH LOVE

How many times were you an uplifter today? In what ways did you show up with love today? How many times did you say, "I'd love to..." to another person today?

Did you live each hour with love? Was it challenging to choose to support your dream with love?

Did you find it difficult to live in love? Have a loving attitude?

"Fake it until you make it." What is your general attitude? Write down what it feels like to let go of an old unsupportive attitude and replace it with a loving attitude?

Listen to the meditation tonight as you go to sleep, knowing that as your body and mind rest, your spirit and every divine supportive element in the universe is working on your behalf – around the clock and in all dimensions – to manifest your heart's desire and Your Glorious Life.



PART THREE: LESSON EIGHT

DO YOUR PART, THEN SURRENDER CONTROL

TODAY'S NEW PRACTICE: DO YOUR PART, THEN SURRENDER CONTROL

What specific steps have you taken so far toward your creating your heart's desire?

What specific steps must you take next to further your heart's desire?

In what ways are you being fearful, or controlling in your life, thus blocking the flow, as well preventing as the support of your angels and guides? Be honest:

Are you faithfully meditating each day?

Do you recognize the value of your maintaining internal space to allow for your new creation to enter? What color was that internal space today in your meditation? What message is your guides telling you with this color?

TODAY'S NEW PRACTICE: DO YOUR PART, THEN SURRENDER CONTROL

Say “Thank you” for all the good things to come as an act of faith that your heart’s desire is on its way. Be specific and fill in the blanks:

Thank you for:

Thank you for:

Thank you for:

Thank you for:

Thank you for:

Thank you for:

ON A SEPARATE PIECE OF PAPER, FILL IN THE FOLLOWING:

My fears are:

My doubts are:

I’m anxious about:

THEN TEAR UP THIS PAPER AND THROW IT AWAY.

Listen to the meditation tonight as you go to sleep, knowing that as your body and mind rest, your spirit and every divine supportive element in the universe is working on your behalf – around the clock and in all dimensions – to manifest your heart’s desire and Your Glorious Life.





PART THREE: LESSON NINE

CLAIM YOUR DREAM

TODAY'S NEW PRACTICE: CLAIM YOUR DREAM:

Your words are your magic wand. Words of love and conviction spoken from the heart ALWAYS come to pass. What have you said in the past, both good and bad, that now reflect your reality today:

I am healthy.
 I feel good.
 I am successful.
 I am loved.
 I am strong.

I am lonely.
 I am afraid.
 I am resentful.
 I am insecure.

Select an aspect of your life that you want to change or improve. Write what you want in its place as if it is happening now. For example:

FROM: I do not like my job. **TO:** I have the best job in the world.

FROM: I am unhappily married. **TO:** My husband and I are great friends and dearly love one another.

FROM: I struggle to pay bills. **TO:** Money easily shows up in my life.

Your turn:

FROM:	TO:
FROM:	TO:
FROM:	TO:

TODAY'S NEW PRACTICE: CLAIM YOUR DREAM:

Become aware of the power of your words. Words spoken with love have super strength and will bring results faster than anything. Are your words supporting your dream? Do you speak positively in present time?

Take your wish or dream and turn it into a loving statement. For example:

I dream of going to Hawaii one day becomes:

I am so happy and grateful that I am going to Hawaii this year.

I dream of working for myself becomes

I love working for myself. I'm successful and happy doing what I love. It's so great.

Your turn, write your wishes and dreams as loving statements:

Write down ten statements that AFFIRM that what you desire is happening NOW.

For example:

- I affirm I am healthy and peaceful
- I affirm my bills are easily paid
- I affirm I have the most wonderful partner in life
- I affirm I am secure, confident, and successful in all that I do
- I affirm I unconditionally love myself
- I affirm I am unconditionally Loved
- I affirm I trust my vibes they work for me
- I affirm my angels and guides help me all the time
- I affirm my life is charmed and miraculous
- I affirm I love my life

TODAY'S NEW PRACTICE: CLAIM YOUR DREAM:

Your turn, write your I AFFIRM statements here:

Watch your words. Feel the power and vibration of the words that come from your heart. Words coming from your barking dog ego will create chaos and sow seeds of doubt.

Create your power expression by using the phrase, MARK MY WORDS. State what you desire with confidence and conviction, knowing the experiences you desire are on their way into your life NOW. Write your MARK MY WORDS statement here:

Silence is also Powerful. Listen to your inner voice instead of your barking dog. What is your inner voice saying now?

Listen to the meditation tonight as you go to sleep, knowing that as your body and mind rest, your spirit and every divine supportive element in the universe is working on your behalf – around the clock and in all dimensions – to manifest your heart's desire and Your Glorious Life.



PART THREE: LESSON TEN

STABILIZE THE NEW YOU

TODAY'S NEW PRACTICE: STABILIZE THE NEW YOU

What in your life has shifted since beginning this Masterclass?

What has shifted in your life now that your angels and guides can help you?

What kind of magic is showing up so far?

What change in your personality have you observed since beginning the course?

As if filling a dumpster truck and watching it drive away, what are you letting go of as you commit to living in this higher, loving, supported vibration?

TODAY'S NEW PRACTICE: STABILIZE THE NEW YOU

What has been the most appealing shift since you decided to intentionally create a Glorious Life?

Are you getting a better sense of your Divine Spirit? Write down all the beautiful attributes of your Spirit.

Are you allowing your angels to help you?

Write down what your guardian angel's presence feels like?

Are you maintaining your sacred clear inner space, surrounded by Archangels who watch over and protect you?



TODAY'S NEW PRACTICE: STABILIZE THE NEW YOU

Have you called in particular guides to help with specific requests? What results have you had?

Since choosing to intentionally create your life from a higher vibration instead of watching it happen to you, how is life different?

How are you and your barking dog ego brain getting along lately?

As you meditate this evening, imagine the color of this new you. Envision yourself as a butterfly emerging from a cocoon of inner growth and transformation. Listen to the meditation again in the morning.



PART THREE: LESSON ELEVEN

YOU ARE
FOREVER
EVOLVING

TODAY'S NEW PRACTICE: YOU ARE FOREVER EVOLVING

What new habits introduced in this course have you now comfortably assimilated into your life?

What old habits that prevented you from living a Glorious Life have you let go of?

What are you now most thankful for?

How have your goals and desires evolved since beginning this course?

What wonderful things about yourself have you discovered that you didn't know or realize since beginning this course?

TODAY'S NEW PRACTICE: YOU ARE FOREVER EVOLVING

What has been the most difficult part of this course?

Are you asking your angels and guides to help you with these challenges every day?

Do you remember to be thankful every day? Say thank you out loud and often? To your Spirit? To your angels and guides? To your Divine Creator? What responses or changes have come from this new behavior?

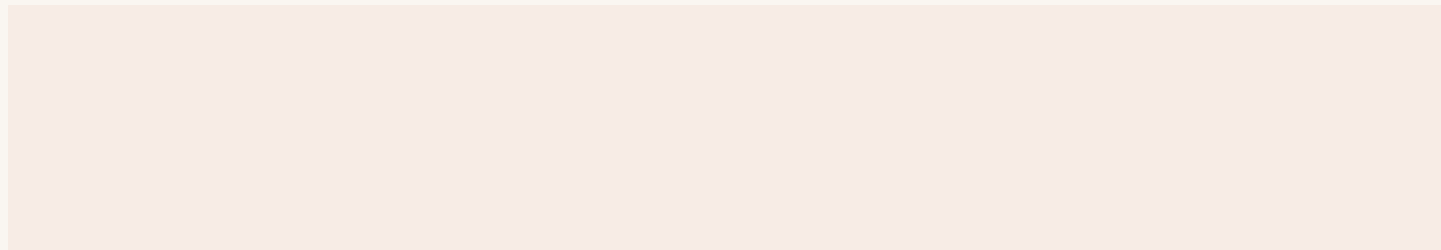
How have you evolved? How has life evolved since we began?

How is life since you've consciously chosen to be a generous uplifter of others?

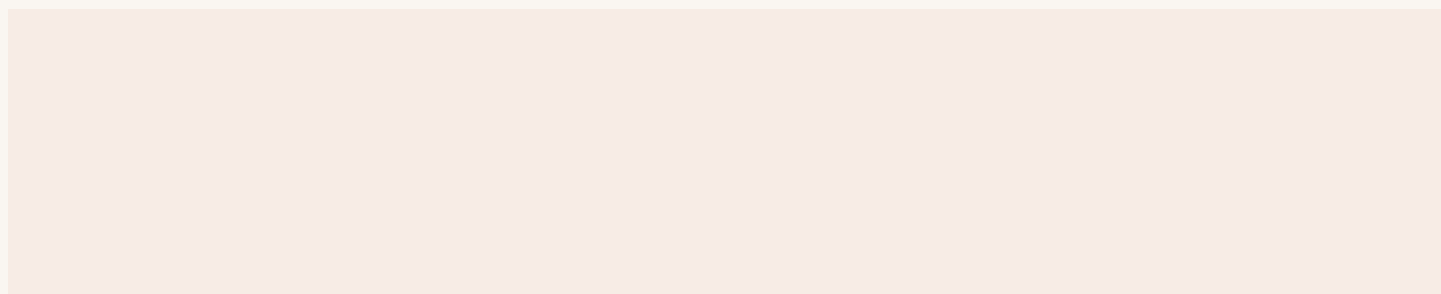


TODAY'S NEW PRACTICE: YOU ARE FOREVER EVOLVING

As you meditate this evening, envision yourself as a butterfly emerging from a cocoon of inner growth and transformation. Listen to the meditation again in the morning.



Claim your dream with this mantra: I am a glorious spirit living a glorious life with no apologies, no explanations. Life works gloriously for me.



Listen to your meditation tonight as you go to bed. While you sleep ask your angels and guides to help you empty yourself of all lower vibrations and fill you with loving light.

As you drift off to sleep wonder who you'll become in this lifetime. Wonder what you will creatively share and express. Wonder what you will discover. Wonder what good you will bring to the world.



PART THREE: LESSON TWELVE

TIPS FOR THE ROAD

TODAY'S NEW PRACTICE: TIPS FOR THE ROAD

- Breathe deep and drink water.
- Keep expanding your diaphragm. Stretch and move your body daily.
- Practice every day clearing and being in your sacred space.
- Be a vessel of clear light.
- If and when fears and doubts arise, put them in the mental dumpster, THEN ask your S.O.S. angels to take these to the dumpster and turn them into fertilizer for new life and inspiration.
- Let go of what isn't working as much as and fast as possible.
- Be aware of your environment and acknowledge the beauty you see.
- Seek beauty. Speak beauty. Give out beautiful energy.
- Be an uplifter. Be open, expansive, generous, and loving.
- If anything in your life runs counter to your dreams, ask your angels, guides, healers, and teachers to take this away or correct it. Say "Remove this from my consciousness. Remove this from my body. Remove this from my emotions. Remove this from my life."
- Remember to go into your sacred space and meditate.
- Be the best version of you.
- Reframe your life to see challenges as opportunities to grow.
- Ask your Divine Spirit to help you learn and manifest in every situation the very best.
- Be thankful and notice what is working in your life.
- Shine!