

## **Ideas to intensify the positive energies within your life during a hard astrological cycle.**

Some astrological cycles demand strong focus, determination and mental stamina to cut through and re-align yourself back to a positive state even experiencing the removal of certain problems.

It is imperative to develop a morning ritual first thing before you get up and get going with the usual things. Calling for the release of infinite power into your world, clearing hard blockages, confusion and interference to reaching your goals or that state of empowerment and progress. The power to write out and say outloud positive affirmations has been proven to work. If one keeps it up daily, things do shift.

Making list of I AM Accomplishments such as “I AM certainly capable and easily receive breakthroughs in my life now. I AM the perfection of this activity of .....and it is successful manifest now. I easily achieve these goals, experience success, joy, security and realize this task of \_\_\_\_\_ as the Full Power of the I AM acting here now in my life always.”

***“The I AM Presence is acting on my behalf and is the total complete perfection in my finances, my work, my divine plan (or in any situation).”***

Writing a list of two or three of these, affirmations and give them throughout the day, especially one declaring your wonderfulness, lovableness, competence, your faith in the Divine releasing all one needs in life, etc....spend some time writing these affirmations, tuning into your favorite positive mind transformational person(s) on you tube, creating a you tube playlist or podcast play list which are self transforming affirmations uplifting one's energy.

Remember, there is a powerhouse of pure invincible Love in this Higher Self of YOU, LIVING AND RADIATING JUST ABOVE YOU IN ANOTHER DIMENSION, READY TO RELEASE YOUR OWN Higher power into your hands for whatever you command, using the words, I AM.

Joining or creating a mastermind group to share support and challenge each other.

Working out every day, doing yoga, walking and getting outside in fresh air and sun, having a quick adventure, getting out of the office, the home or local area and exploring different places as sometimes negative grids and force fields float over towns and cities, and linger for hours emanating dark control over our moods. *Where do these come from? Mostly the astral plane. We live on a planet where a mixture of the beautiful and divine, the dark and negative flow in and through the world, so we are constantly needing to clear the earth, our towns, homes, family members and ourselves from the effluvia of hard energies.*

Eating differently- according to one's health, if you can eat more greens, vegetables, or whatever makes you feel strong.

Music – all beautiful music, classical music, inspiring mood music, make a playlist Or get on

Pandora and have music in your home.

Clear your home with Frankincense resin rocks burning on charcoal. Increase the vibration for higher divine energies to come into your space, while using a stainless steel knife to cut through the air up and down strokes, calling for the angels to come and remove all discarnate entities and things which are not in the highest vibration and need to move on. You can purchase real Frankincense and Charcoal here....<https://www.shopfatima.com/ital-incense-frankincense.html> or Here <https://www.incensetraders.com/incense-traders/p/frankincense-ethiopian-boswellia-papyrifera>

Writing a real physical letter to your most important Divine Being, it could be Jesus, Archangel Michael, Mother Mary. Many times the alchemy of writing down your distress on paper, signing your name at the bottom and asking for help to remove, transform, change the state of mind, the hard situation or steer one to the correct direction is the most powerful thing one can do as the bottom line action. Burn the letter safely in a pan or fireplace asking the angels to take it to the Master's abode in the higher planes and ask for a tangible easily recognizable sign in your life it has been answered.

*The most important part of this process is to have faith your letter has been read and some form of a release of light and solutions are incoming. Also to feel gratitude and not to take the response you receive lightly. See it as a grace, a rescue from one lower state to a higher state, even moving obstacles out of the way in order to advance in one's life. It is very very possible to experience this kind of intercession.*

Remember, it's better to do something than just wait for it to get better. Action triggers response and change.