



COUNTER INTUITIVE METHODS for health and connection

that work with the intuitive mind

- to cause transformations and breakthroughs in life



INNER SELF LETTER

/** Like the "inner child"
write this to yourself as kid **/

Dear Beloved Child,

I write to you from the depths of my heart, carrying the spirit of love and guidance that I hope will light your path. As you navigate the challenges of your journey, I want to remind you of the strength and courage that resides within you, cultivated by our shared heritage and divine purpose.

You are precious and beloved, a vital part of this tapestry of life. Just as I sought to lead our family in faith and righteousness, I encourage you to listen to the voice of your heart and nurture the dreams that dwell within you. Your feelings and desires are valid; they are markers of your soul's journey and express the beautiful essence of who you are.

Remember, like the wisdom of the Spirit that guided me, your intuition is a light that illuminates your way. Embrace your curiosity and those moments of wonder that fill your heart with joy. Do not shy away from exploring the world around you, for it is rich with possibilities and lessons waiting for you to discover.

Know that I am with you in spirit, supporting you as you grow and evolve. In times of doubt or fear, reach toward that inner light and trust in the love that surrounds you. You are never alone; the love of God and your family will guide you, even in the uncertainty.

And as you venture forward, don't forget to play, to laugh, and to find joy in the simple moments. These experiences are essential threads in the fabric of your life, nurturing your spirit and connecting you to the beauty of creation.

I love you unconditionally, and I believe in your extraordinary potential. Stand firm in your truth and let love be your guiding force.

With all my heart,

(Your name)

WRITTEN INTENTION

/// Intention Statement ///

"I joyfully open my heart and mind to the dance of life, allowing my intuitive spirit to lead me toward love, fun, peace, and romance. I embrace spontaneity and creativity, welcoming inspiration in every moment. With each heartbeat, I feel the pulse of joy guiding me to connect deeply with others, igniting laughter and lightness in all I do.

I visualize a world where love flows freely and playfulness ignites sparkles of joy. I trust my intuition to lead me on adventures filled with beautiful connections, peaceful moments, and sweet romance. I release any barriers to experiencing these gifts, allowing my senses to awaken to the beauty around me.

In this sacred space, I stand for love, inviting harmony into my relationships and finding peace within. I celebrate the magic of each day, fully immersed in the playful energy of life, open to romance, and radiating warmth and kindness. With every step, I embody this essence, creating a ripple of love that touches everyone I encounter."journey of life.

OPPOSITE HAND WRITING

Write with the **OPPOSITE HAND**

Or both hands

Don't worry how it looks

It has a deep neurological effect

I am filled with love and light.

I embrace my unique journey and celebrate my growth.

I choose to see the good in every person I meet.

My heart is open to love, acceptance, and forgiveness.

I am a source of kindness and compassion in the world.

I welcome the diversity of humanity as a beautiful gift.

I listen with empathy and respond with love.

Every day, I strive to understand others more deeply.

I honor my feelings and the feelings of those around me.

I am deserving of love and treat myself with kindness.

I am grateful for the connections I create with others.

My words have power; I choose them carefully.

I radiate positive energy and attract love into my life.

I practice patience and understanding in all my interactions.

I am constantly evolving and embracing the journey of life.

NOTES

If you choose

Consider speaking these out loud with others

Lead other people to speak if for themselves

For new relating, connection, authenticity, and empowerment

More at:

mindcomets.com

GENERATIVE QUESTIONS - CHOOSE OR CREATE FOR YOU

(And to SPEAK OUT LOUD with others!!!)

DON'T answer the question - just speak it out loud

LET YOUR MIND HEAR IT

Who am I a soulmate for? **(If you choose)**

What do I feel like as a soul mate for and with someone?

What would it feel like to Get a raise, have more money, have more fulfillment, etc

What would it feel like to love God with all your heart? Love essence? Love Jesus?

Love universal love?

I am standing to have love in my life

I am standing to be have more authentic conversation

What are you standing for?