

A Heart-Mind Practice
SEEDS, WEEDS, & LIVING TRUTHS 2022

'Pull' Weeds of Entanglement

(LET GO – RELEASE – EMPTY)
I RELEASE THE FOLLOWING:

'Gestate' Seed Truths

(I WILL TO MANIFEST IN 2022)

'Be' One With Your Living Truths

I Am

I Am

I Am

SEED THOUGHT:

"In the light of my soul, I surrender my mind to Divine Love"

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*Between the heights and the depths
Between the within and the without
I Am balanced and centered – aligned
and harmonic, One with life, light & love.*

*I give thanks for this shared consciousness
and for All That IS and so it is and help
me to do my part for the Greater Good
of the Whole.*

Amen. Amin. Hum. OM. Shanti.

**NEW THOUGHT
DECLARATION
ACTION
2022
INNER – WORK**

EMPTY TO BE FILLED

~ Release Personal WEEDS OF ENTANGLEMENT

~ What SEED TRUTHS are planted in the soil of your soul to manifest in 2022, to germinate and gestate Now.

~ LIVING TRUTHS = Birthing Balance; Harmony; Integration; Synthesis; Wholeness; Oneness, Community, Collective, Collaborative, Right Relationship ... Unity

I WILLINGLY RELEASE any rigid held beliefs and emotional attachments to allow my Truth of Being to reveal, now.

When my interpretation of my belief changes, a change in my reality will too. I willingly change my awareness first. I understand the greatest enemy to my renewal of self is in a habit, pattern or old belief.

PLEASE IDENTIFY & SPECIFY that which you are RELEASING

I willingly release - _____

I willingly release - _____

REFRAME each of the above into an AFFIRMING point of focus ('as if, it has occurred – philosophy) in thought, word and action. Center in your heart, be the equal armed cross, embody your new point of focus. Be the truth, love and light you are and trust in the process. Be your TRUTH OF BEING.

- a) NEW THOUGHT ~ Ex. I allow myself to be good enough.
- b) NEW DECLARATION ~ **I am good enough.**
- c) NEW ACTION ~ Today: I consciously act in a manner reflective of cultivating self-acceptance, self-love, confidence, taking a break during the day to affirm my worth; perform an act of random kindness; give thanks each day; take a spiritual time out; meditate early morning, yoga, Qi gong, exercise, etc.

a) NEW THOUGHT ~ _____

b) NEW DECLARATION ~ I AM _____

c) NEW ACTION ~ _____