

Transforming the energy. Taking the stance as your higher self.



SELF-CARE, VALUE ESSENCES AND OWNING YOUR VALUE

Self-Care	Conscious Light – The Master awakened
Value Essences	Conscious Light – The Master awakened
Consciousness is raising	Conscious Light – The Master awakened
What is the fifth dimensions?	Conscious Light – The Master awakened
The importance of Unity	Conscious Light – The Master awakened
How we can easily practice the frequency of Unity	Conscious Light – The Master awakened
How to heal your inner critic	Conscious Light – The Master awakened
Confidence to be your natural beautiful you	Conscious Light – The Master awakened
Support net dialogue	Conscious Light – The Master awakened
Recognise the difference between the energy of presenting and being the recipient of your work	Conscious Light – The Master awakened
Handling the outer critics	Conscious Light – The Master awakened



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Take the stance as your higher self and calibrate to your wholeness	Conscious Light – The Master awakened
Transform the energy	Conscious Light – The Master awakened
How to own your value	Conscious Light – The Master awakened
How to request testimonials and what questions to ask	Conscious Light – The Master awakened
Reminder to practice intuitive writing/automatic writing as a regular intuitive practice	Conscious Light – The Master awakened
Uplift the energies through practical organisation in your home, work and social and family planning	Conscious Light – The Master awakened
Supporting evening invocation	Conscious Light – The Master awakened

TRANSFORMING THE ENERGY OF SITUATIONS AND THOUGHTS

Transforming the energy of situations	Conscious Light – The Master awakened
Transforming the energy of thoughts	Conscious Light – The Master awakened
Annual intentions	Conscious Light – The Master awakened
Practicing observation	Conscious Light – The Master awakened

SUPPORTING CONNECTIONS TO FURTHER YOUR GROWTH

Supporting connects to further your growth	Conscious Light – The Master awakened
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