

Welcome, and thank you for joining me in Co-Creation at its Best.

Just by signing up for a course called 'Co-Creation at its Best' already sends a message to the universe that you're ready to include more consciously, your soul in navigating your life in a higher way. You and I are the human expressions of our souls, and when you consciously include your soul by your willingness to listen, you create a life with more harmony, love, confidence, and freedom in it.

There are worksheets attached and you'll find all the affirmations and questions within are ideal to have by your side as you practice this course, together with a notebook and pen; and also, to have available for you to revisit, as a checklist, for when you feel you need to work through something at a later date.

What we're working towards is having the *feeling of harmony to be your baseline*. Using this feeling as a barometer, you can:

- observe your emotions deviating from that,
- determine what questions to ask your soul and your inner being on how best to move forward,
- listening to the answers for guidance,
- enabling you to ease how you feel, to bring yourself back to harmony again.

## Self-Care, Self-Support and Self-Love

You'll find yourself reviewing your life as it is now, and in doing so, may discover some relationships or situations which aren't nourishing you and you sense that there is a change coming.

You know for your self-care, self-support, and self-love you are responsible for creating that change.

***When you listen to your higher guidance, and then take action, you will grow and expand. You are opening yourself up for an accelerated spiritual growth path.***

### Creating Change by establishing a Boundary

There will be an element of discomfort when creating this change. Allow the energy of that discomfort to move through you and keep connecting with your soul and inner being to receive the guidance to help you *with the courage, the timing and the highest way to move forward*.

As you bring your boundary process of being your authentic self, give yourself permission to annoy, upset, or create discomfort for the other people too, because there are lessons for both sides.

Although you aren't responsible for whether or not they learn their lesson you are responsible for you, and learning from the process of overcoming the challenges you face, and there's no one better than your soul to guide you. Yes, change is scary. You can always ask your soul:

What's the worst that can happen?

Also

How do I practice heart energy instead of fight energy?

All good things happen to those who co-create

Also, timing is important when creating change. If you find yourself feeling so much fear grief or trauma around the situation, then now is not the time to take action, as there's an inner healing required before you're ready to create this change in your life.

### Grief

If your situation is that you're grieving because someone has passed away or is no longer available to you in a physical way, you can - after your heart settles, communicate with this person's soul, as I've explained in Activate your Intuition.

But whilst your heart is in the deepest pain you may find 'intuitive writing' frustrating because your vibrations may be too low.

What will help you is, asking your heart:

"How can I support you?" and

"What can I do to soothe you?"

If this is the type of grief you're feeling, I invite you to keep going on this journey and only answer the questions which make sense to you, as some may not be appropriate.

### Healing

I offer heart healing and empowering programs on this website and you may like to listen to your energy to determine if they feel right for you, and I highly encourage you to also seek the help you require from other sources, like a trusted friend and professionals, if you recognize you need more layers of support for the trauma that you've experienced in the past.

I set my intentions to offer to you the wisdom I've allowed in my life in the hope that what I present to you will help you become natural in bringing all the parts of you together to co-create the best life for you.

### Let Go of Judgements and Blame

We're all on this earth going through human experiences and I invite you to let go of all judgments and blame - *of yourself and others*.

This is an opportunity to accept where you are right now, and investigate how to heal, change and grow to support loving and looking after you.

Let's begin with the invocation below to raise your vibrations.

All good things happen to those who co-create