

June DIY Exercise

KEY: SEE NO EVIL

EXERCISE: CALL IT ALL GOOD!

Starting today, choose to see everything from a higher perspective. Every day, Bless every situation, challenge, obstacle, barrier, person, or even good and positive thing you encounter.

As you go about your day, say to yourself, "I bless this (name it) and call forth increased good."

Doing this raises your vibration, your thought processes, and your expectation for good above any negative mental or emotional causes. You are freeing yourself from the pull of negative and lower energy and mental attachments that your mind, aka fear, might create or any negative energy from someone else.

You are not only helping your human mind to remember who you are (Spirit/Spiritual Being), but in the process, aligning with God/Divine Mind/The All and the result is that fear, negativity, etc. cannot exist in the same space where Truth/God resides.