

October DIY Exercise

KEY: BE A CONDUIT OF HEALING

BARRIER EXERCISE: LETTER FROM GOD/SPIRIT/DIVINE MIND

Begin the letter as follows: Dear (Your Name)

Now, imagine for a moment that God wrote you a letter in response to the letter you just wrote. What would the letter say about your importance as a spiritual being made in the image and likeness of God? What would it say about how you've always been supported by Spirit through anything you've ever faced, and that you will continue to be supported. What would a Truth filled, Love Inspired and Divine letter say to you to remind you of who you are, and how everything that concerns you is, and always has been. Imagine that God wrote you a letter in response to the letter you wrote to God/Spirit/Divine Mind in January. What would the letter say about your importance as a spiritual being made in the image and likeness of God? What would it say about how you've always been supported by Spirit through anything you've ever faced, and that you will continue to be supported. What would a Truth filled, Love Inspired and Divine letter say to you to remind you of who you are, and how everything that concerns you is, and always has been, and always will be in Divine Order?

Sign from God/Spirit, the Universe,