

Filling Space



What if everyone you met
radiated their unique light into
the dark spaces?

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*In the asking, I am intending.
In the asking, I am open to
receiving. In the asking, I am
ready to see the signs being
shown to me.*

Here's what I am asking...

1. If you could put in a request for guidance, or any thing, or experience, you desire, what would you ask for?

2. If you could ask any unconditionally loving being (in the visible, or invisible realms), for this guidance/support, including your Higher Self, who would you ask?

3. Why did you choose this being? How do you feel when you are communicating with them?

D - 3

*I can choose where to focus:
Hands, pressing down on top
of, or hands, gentle on the
edge of, my shoulders.*

1. Consider an area in your life where you're feeling self-pressure, or overwhelmed with responsibility. If you were able to see the choices available to you, what would you see?

2. Review your list of choices: Which choices feel light and free? Which choices feel heavy and draining?

3. For those choices that feel like you've got hands pressing down on your shoulders, what would you rather be doing?

D - 2

*It's my turn to receive. It's my
turn to have fun. It's my turn to
focus on me. It's my turn!*

1. To whom, and in which areas of your life, do you freely give of your time/energy/resources?

2. From whom, and in which areas of your life, do you resist, or feel uncomfortable, receiving time/energy/resources?

3. Review the question above. What if you knew that the giving came from the Universe, your Higher Self, or an unconditionally loving, compassionate Spirit Guide? How would that feel in your body?

D - 1

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It's safe to play, to be free, to fly - to express my creativity.

1. What if you knew it was safe to play? Which activities/games would you like to experience?
2. What are you passionate about?
3. What is the title of the story, or name of the song, you wish to write for this next phase in your life?

D - 6

I can relax into a new pattern: It's safe to stand out with my vibrant energy, like I'm running the show.

1. When was the last time you felt your vibrant energy running through you? How old were you? What were you doing?
2. What does "running the show" feel like to you?
3. What if you knew it was safe to stand out - what would you say, or do?

D - 5

I am nature - elements, energy, and light - experiencing the power of singing my sweet song.

1. Which element/being in nature would you like to connect with? What are the characteristics that draw you to it?
2. Upon asking and receiving permission to connect, ask the element/being what it would like you to know about it. What does it say?
3. What is its helpful message for you?

D - 4