

Times of Beautiful Reinvention

I love, love my people and that is you!

We are in a period of beautiful destruction and reinvention. If you have been feeling any of these: off balance, body pain, trouble sleeping, things are blowing up around you or you feel like you are treading water and want to swim to the other side of the pool you see not alone.

This is Recovery and Reinvention which is pushing us all to grow and let go...

Let go of old patterns

Let go of negative people and places

Let go of the old ancestral programs of fear, shame and guilt

Let go of the old systems

Let go of the ego


Let go and align with God, the divine, your higher power and allow peace, joy, creativity and abundance

The time is now!

“Exercise on Releasing and Reinvention”

Step one: Releasing

Make a list of all you desire to let go.

Burn it in a fire pit, fire place or I use this big green bucket  on the porch.

Make a statement about letting go and being free. Declare your freedom to create your next chapter! God wants you to use your gifts in the world and the time is now.

There is a magical energy of creation and Reinvention. There is a force greater than the mind, a powerful spiritual up leveling happening.

Step Two: Reinvention

Answer these 3 questions:

1. What do you long for?
2. What has been your dream that you are holding yourself back from?
3. What do you want to feel upon waking every day?

Great work!

I love  you all!

Love,

Louise