

HIGHER SELF INTEGRATION

Week Seven



THIS WEEK'S PROGRAM:

**Cultivate a relationship
with your Higher Self**

**Archetype Activation
Process**

Sacred Temple Meditation

Connect with your higher self's wisdom

Are you looking forward to the final week of Connect Now?

This week is about integrating your higher self's wisdom, make sure you have fun embodying their vision, guidance and wisdom into your new life.

Both the MIND and SPIRIT sections this week will help you to see your life from a higher perspective and allow you to let go of unnecessary resistance. This will make it easier for your mind, body & spirit to integrate in harmony with each other. Activating these 3 elements is key for the higher self to work through you in all its glory.

The Home-Play Sheet

YOUR WRITING GOALS

Make sure you print off and complete your "Archetype Activation" home-play sheet.

WEEK SEVEN HOME-PLAY

- *Take part in the Archetype Activation Process*
- *Listen to the Sacred Temple Meditation*
- *Mix up the meditations and do a different one each day*
- *Listen to this week's audio in your NET Time*
- *Mix up the physical workouts and do a different one each day*
- *Join us on the LIVE call each week for Q&As & Live Coaching. Check the Facebook group for details!*
- *Schedule your Mind Body Spirit Activations into your Activation Calendar*

Archetype Activation Process

This Archetype Activation Process is so powerful when you simply throw yourself into it. It always works best when you set an intention for what you want to gain from the experience.

Please find somewhere private to do this meditation and at a time when you can make as much noise as you like :) It's essential that make sure you can find somewhere that you won't be disturbed.

Some of you may find it difficult to be vocal and use your body to take part in the actions but by going through it you'll be amazed at what you find within yourself and how you feel on the other side!

Write down what each archetype tells you!

"The Higher Self is whispering to you softly in the silence between your thoughts."- Deepak Chopra



Sacred Temple Meditation

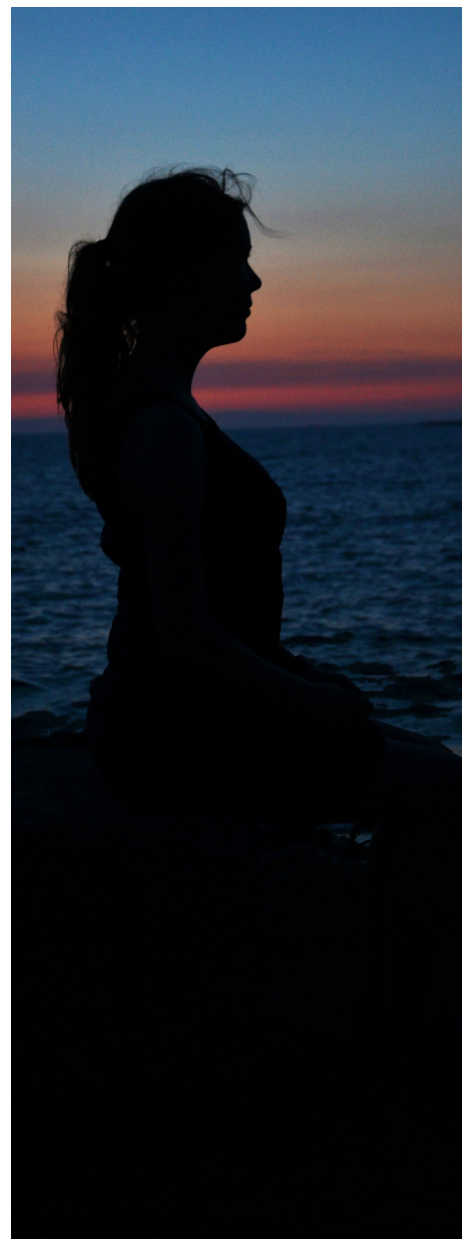
The Sacred Temple Meditation is a journey where you will get to communicate with your higher self.

Again make sure you'll be undisturbed but for this one you can find a comfortable soothing place and relax into the process. Have some empowering questions about taking life to the next level to ask and get ready for what comes back. Please write in full about your temple journey. Document the sounds, sights and smells as well as any other information that your higher self gives you.

Remember, spirit talks in symbols and seemingly irrelevant things can have meaning in the months to follow after the course ends.

PLEASE SCHEDULE THE ABOVE IN NOW & POST IT ON THE FACEBOOK GROUP - DON'T JUST THINK IT, INK IT TO SET YOURSELF UP FOR SUCCESS

*"Trust yourself.
Create the kind
of self that you
will be happy to
live with all your
life."- Golda Meir*



Lets Connect

FACEBOOK AND LIVE CALLS

I look forward to speaking with you on the live call. Remember to check in at the Facebook group CONNECT NOW ONLINE Private Mentorship Group for links, times, and other announcements!

If you can't make the call, you can post your questions there so I can answer them for you.

Remember to share your discoveries in the group. By opening up and showing our vulnerability we allow ourselves to speak our truth and finally connect now to our true selves!

Live N.O.W.

Skip

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Please write about the advice that each archetype gave you...

WARRIOR:

MAGICIAN:

LOVER:

SOVEREIGN (GOD OR GODDESS):
