



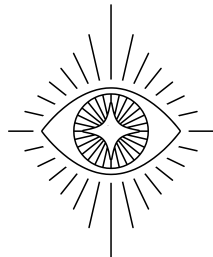
LIGHT YOUR OWN WAY

COMPANION BOOK TO THE 'LIGHT YOUR
OWN WAY' CARD DECK.

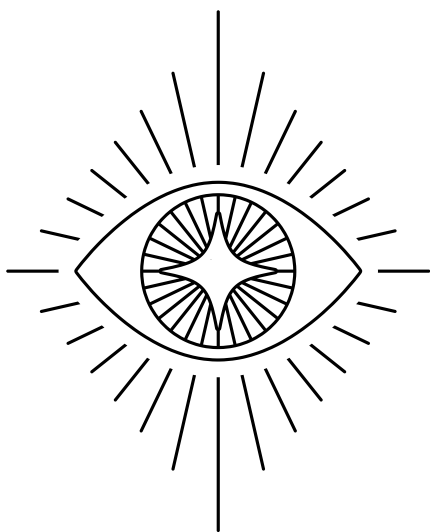
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Written and Created by
Aphra Wilson
www.aphra.wilson.com



LIGHT YOUR
OWN WAY



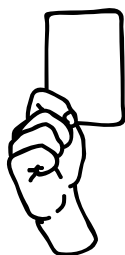
INSTRUCTIONS

SHUFFLE THE DECK,
SLOW YOUR BREATHING,
PICK THREE CARDS.

EACH ONE OFFERS AN ACTION,
QUESTION, AFFIRMATION OR IDEA TO
BUILD YOUR CONFIDENCE AND HELP
YOU FIND YOUR PASSION.

USE DAILY TO MAKE POSITIVE CHANGES
TO YOUR LIFE AND LET GO OF WHAT'S
BEEN HOLDING YOU BACK.

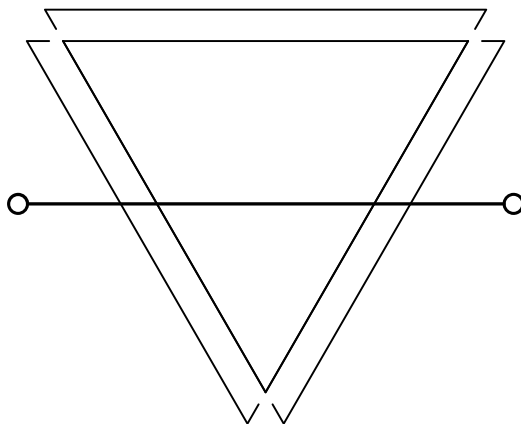
THIS BOOK CAN BE USED WITH OUT THE
CARDS, SIMPLY FLICK THROUGH AND
PICK THREE RANDOM PAGES.



EARTH

THE CARDS IN THIS
CATEGORY GIVE YOU
ACTIONS TO TAKE.

EACH INSTRUCTION
WILL BRING YOU INTO
YOUR BODY, RAISE
YOUR VIBRATION, AND
PREPARE YOU TO MAKE
POSITIVE CHANGES

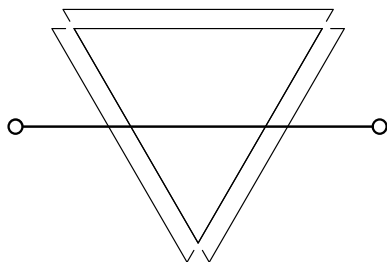


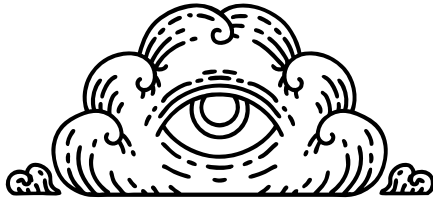


CONNECT YOUR BARE FEET TO THE
EARTH, LET YOUR ENERGY BECOME
GROUNDED.

RECHARGE YOURSELF.

DO THIS EVERY DAY, RELEASE BUILT-
UP ELECTRICITY BACK INTO THE
EARTH, AND STABILISE YOUR
PHYSIOLOGY.

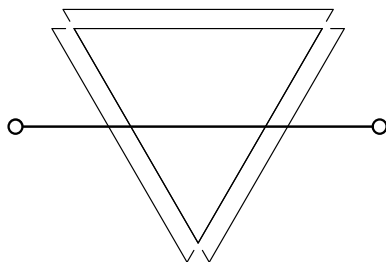


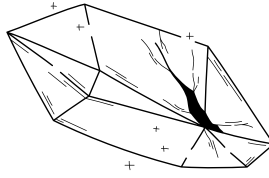


GO OUT IN NATURE, ANYWHERE.
FEEL THE ELEMENTS,
TOUCH A TREE, PUT YOUR HANDS IN
RUNNING WATER, WATCH THE
CLOUDS.

MAKING THIS PART OF YOUR
ROUTINE WILL REDUCE STRESS,
AND RAISE YOUR VIBRATION.

YOUR BODY NEEDS THE SUN, AND
YOUR SPIRIT NEEDS TO BE PART OF
THE NATURAL WORLD.



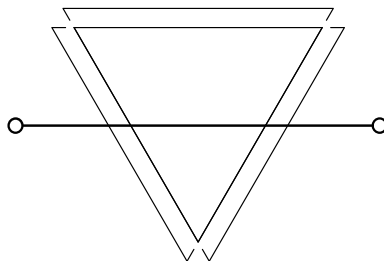


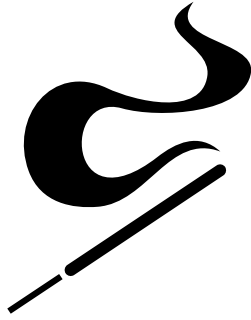
RUN A BATH, ADD A HANDFUL OF
SALT, AFTER SOAKING, PULL THE
PLUG AND STAY IN PLACE WHILE IT
DRAINS.

VISUALISE NEGATIVE ENERGY
FLOWING AWAY WITH THE WATER,
LEAVING YOU REFRESHED AND
POSITIVE.

ADD ESSENTIAL OILS TO SUIT YOUR
MOOD.

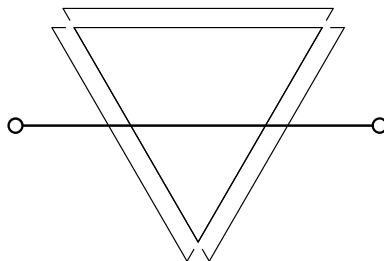
FRANKINCENSE AND ROSE OILS
HAVE THE HIGHEST VIBRATIONS.





BURN SOME SAGE OR INCENSE,
OPEN ALL YOUR WINDOWS, FAN
THE SMOKE INTO THE CORNERS OF
THE ROOM, VISUALISING STALE
NEGATIVE ENERGY LEAVING AND
BEING REPLACED WITH FRESH,
POSITIVE VIBES.

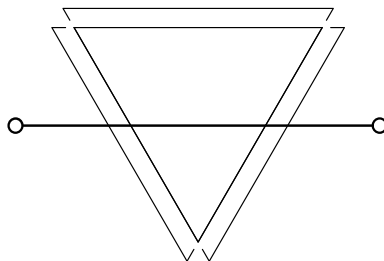
ADD YOUR FAVOURITE MUSIC, LIGHT
A CANDLE, AND MAKE A CUP OF
HERBAL TEA TO ENJOY THE FULL
EFFECTS.





BRING YOURSELF DOWN TO EARTH
ANY TIME YOU FEEL STRESSED OR
OVERWHELMED BY
LISTING EVERYTHING YOU CAN
SEE,
SMELL,
HEAR,
TASTE
AND FEEL.

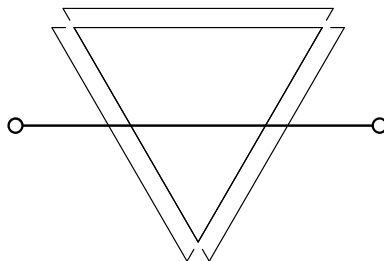
DO THIS ANY TIME YOUR THOUGHTS
ARE RUNNING WILD, AND YOU NEED
TO CENTRE YOURSELF.

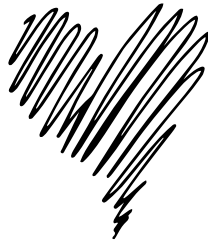




CHANGE THE VIBES WITH SOUND,
RING A BELL,
SING,
BANG A DRUM,
STRUM A GUITAR,
PLAY SOME HAPPY MUSIC.

IF YOU CAN, INVEST IN A SINGING
BOWL OR BRASS Cymbals TO
CLEAR THE AIR AND RESET THE
VIBRATION ANY TIME, AND BEFORE
MEDITATION.

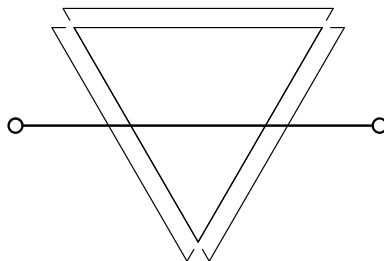


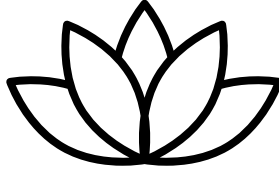


CLOSE YOUR EYES, PUT YOUR
HANDS ON YOUR HEART,
BREATH IN FOR 4,
BREATH OUT FOR 6,
FEEL THE ELECTROMAGNETIC
ENERGY EXPAND IN YOUR HEART
SPACE.

FEEL YOURSELF COME INTO YOUR
BODY.

THIS IS GOOD PREPARATION FOR
MEDITATION.

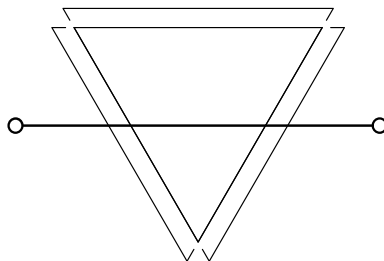


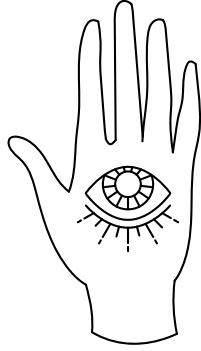


SQUEEZE YOUR TOES TIGHT.
RELEASE THEM,
AND RELAX.

WORK UP YOUR BODY, SLOWLY
TENSING AND RELEASING ONE AREA
AT A TIME, 'TIL YOUR ENTIRE BODY
IS RELAXED.

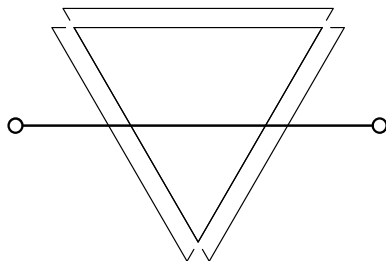
THIS IS A GOOD TECHNIQUE TO
HELP YOU GET TO SLEEP.

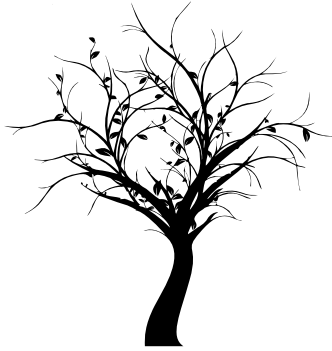




TRY A NEW ACTIVITY OR NEW
FOOD,
GO SOMEWHERE YOU'VE NEVER
BEEN.

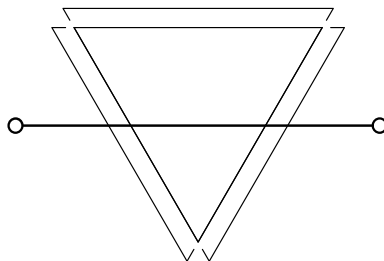
THE MORE YOU EXPAND YOUR
COMFORT ZONE THE BRAVER
YOU'LL BECOME.

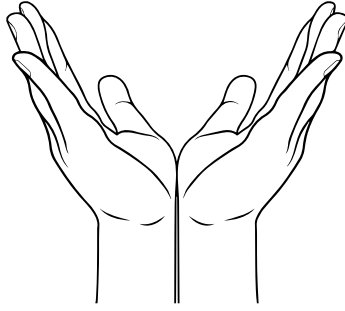




REPEAT THE
AFFIRMATION

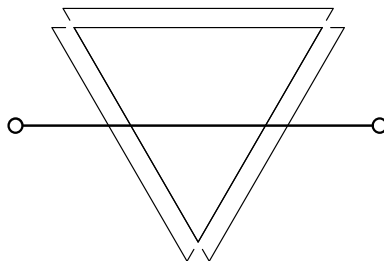
"I AM
GROUNDED
AND SAFE."

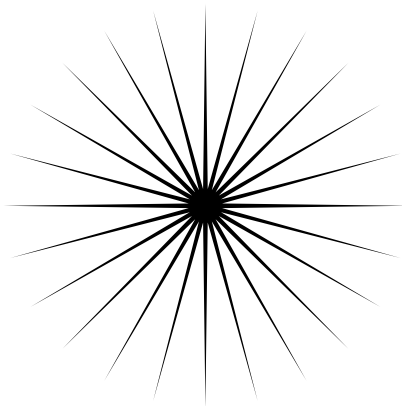




BE KIND TO SOMEONE TODAY.
GO OUT OF YOUR WAY TO MAKE
SOMEONE ELSE FEEL GOOD.

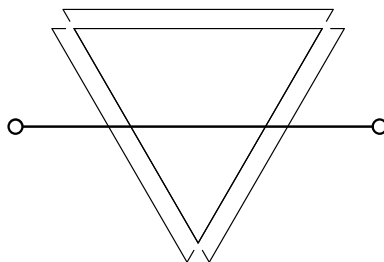
RANDOM ACTS OF KINDNESS RAISE
EVERYONE'S VIBRATION.





CHANGE SOMETHING TODAY.
CHANGE YOUR LOOK,
REARRANGE YOUR LIVING SPACE.
FEEL REFRESHED.
RE-IMAGINE YOUR LIFE, AND START
LIVING IT HOWEVER YOU LIKE.

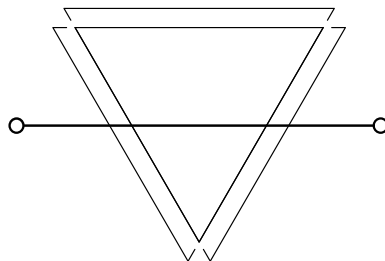
YOU ARE FREE TO RE-INVENT
YOURSELF EVERY DAY.





GO OUTSIDE.
EVEN IF YOU DON'T WANT TO, TAKE
A WALK, LOOK FOR MIRACLES IN
NATURE.

GET OUTSIDE EVERY DAY AND FEEL
THE CHANGE INSIDE. BE INSPIRED
BY THE WORLD.

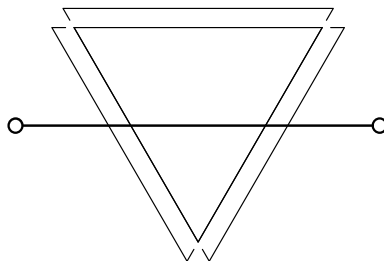




TIDY UP, SORT OUT YOUR WARDROBE,
CLEAR UNDERNEATH YOUR BED.

MAKE SPACE FOR NEW ENERGY TO
FLOW.

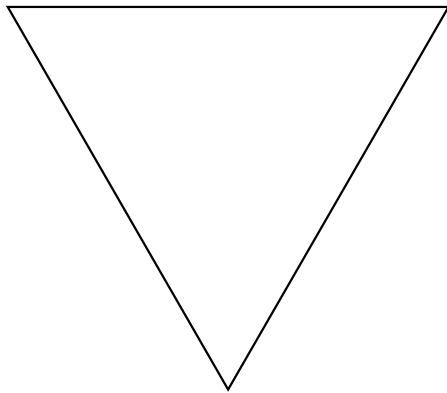
THINGS YOU NEVER USE ARE CREATING
BLOCKS, WEIGHING YOUR VIBRATION
DOWN, AND TAKING UP MENTAL SPACE.

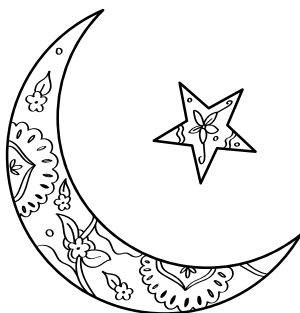


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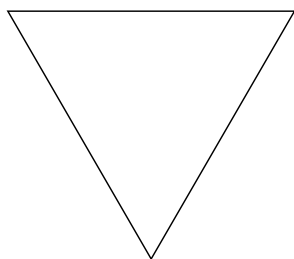
THE CARDS IN THIS
CATEGORY GIVE YOU
QUESTIONS TO ASK
YOURSELF.

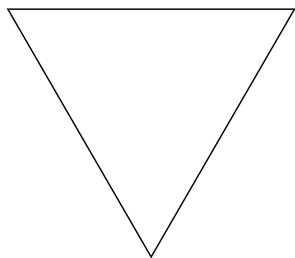
TAKE YOUR TIME, LET YOUR
SUBCONSCIOUS PROCESS
THE ANSWER, USE THE
SPACE HERE, OR A JOURNAL,
TO WRITE WHAT COMES UP.

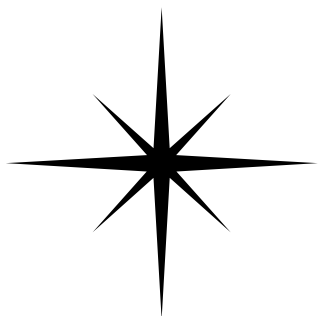




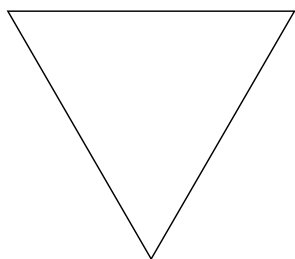
WHAT'S YOUR BIG IDEA?
GIVE YOURSELF TIME TO EXPLORE IT. GET
EXCITED. WRITE IT DOWN AND IT STARTS TO
BECOME REAL.
DREAM BIG.

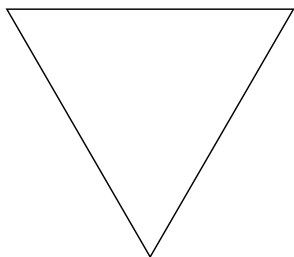
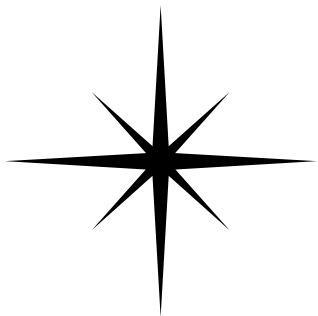


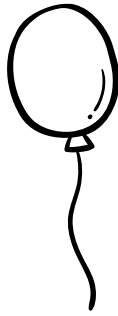




WHAT COULD YOU TALK FOR HOURS ABOUT?
IS THAT WHAT FEEDS YOUR SOUL?



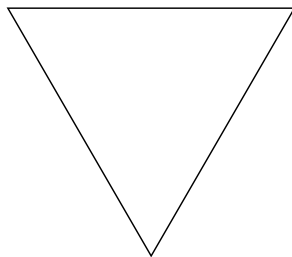


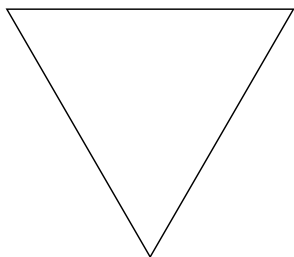
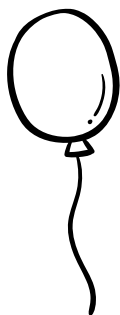


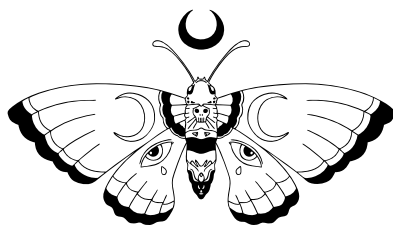
WHAT NO LONGER SERVES YOU, THAT YOU ARE
HANGING ON TO?

STALE RELATIONSHIPS, OLD IDEAS, LIMITING
BELIEFS, AND A FIXED MINDSET CAN ALL BE
CHANGED.

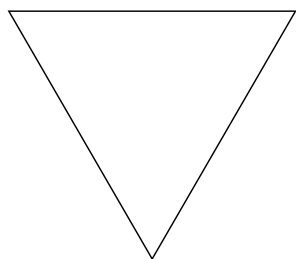
CAN YOU LET ANY OF THEM GO RIGHT NOW?

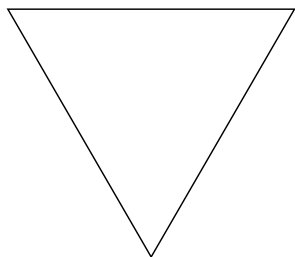
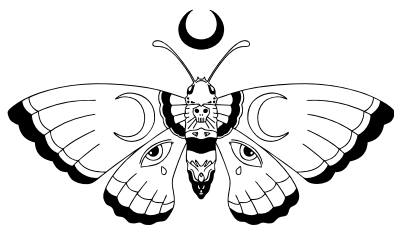






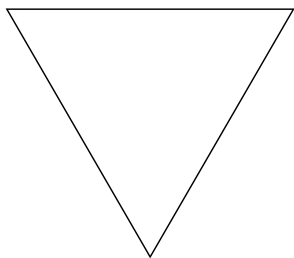
LIST ALL THE THINGS YOU'VE ACHIEVED SO FAR,
SEE HOW FAR YOU'VE COME.

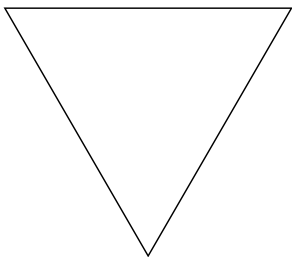
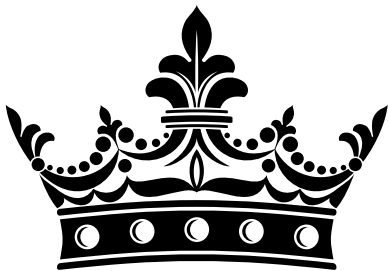






WHAT ARE YOU MOST PROUD OF?



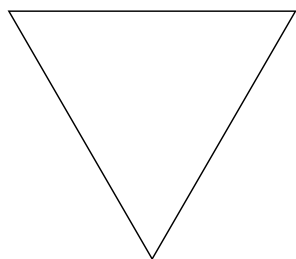


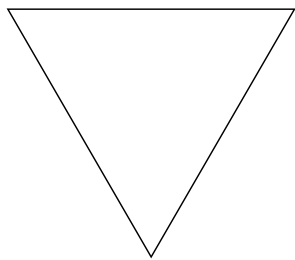


WHAT FEARS HAVE YOU ALREADY OVERCOME?

WHAT FEARS REMAIN?

ARE THEY HOLDING YOU BACK FROM TAKING
ACTION?



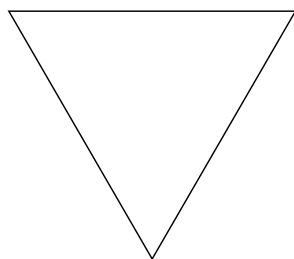


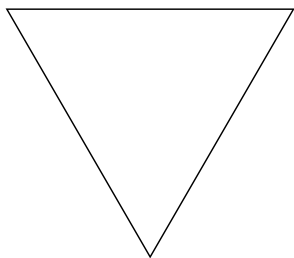


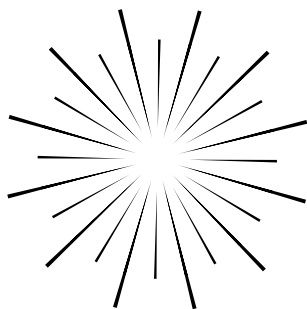
WHICH RELATIONSHIPS ARE YOU GRATEFUL
FOR?

HOW DO THEY SUPPORT YOU?

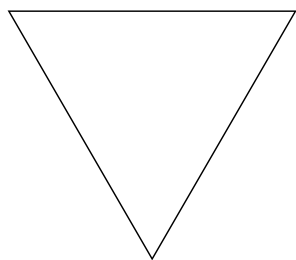
HOW DO YOU SUPPORT THEM?

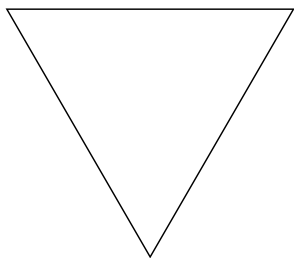
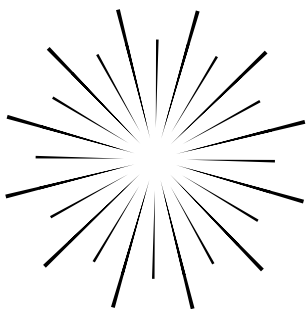


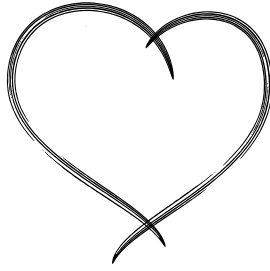




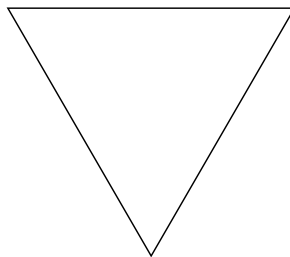
WHAT LIGHTS YOU UP?
CAN YOU DO MORE OF IT?
FIT SOME OF THAT INTO TODAY.

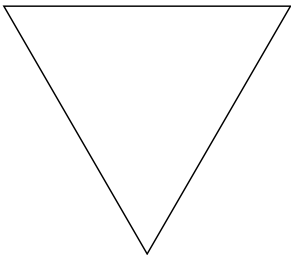
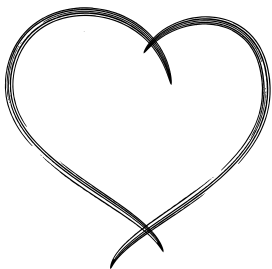


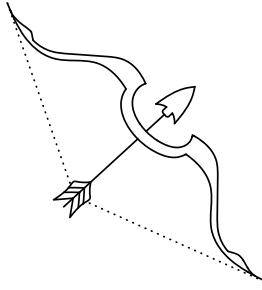




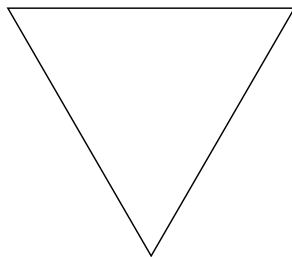
WHAT ARE YOU GRATEFUL FOR RIGHT NOW?
LIST 5 THINGS.
DO THIS EVERY DAY AND NOTICE A SHIFT IN
YOUR PERCEPTION.

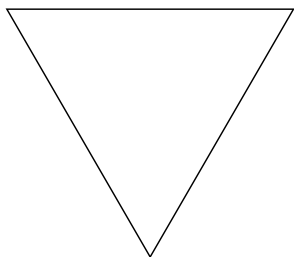
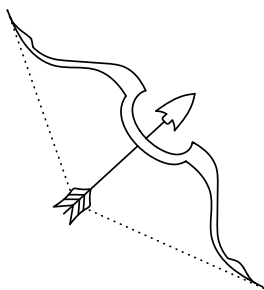






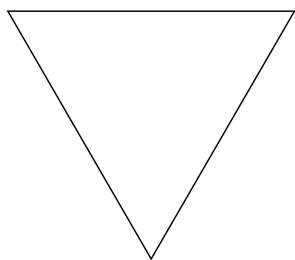
WHAT WAS YOUR FAVOURITE HOBBY AS A CHILD,
DO YOU MISS IT?
COULD YOU SPEND SOME TIME ON IT NOW?

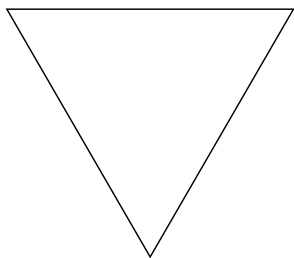


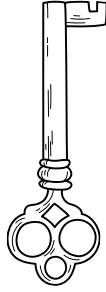




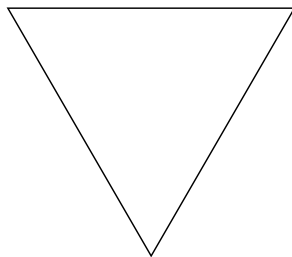
WHAT WOULD YOU DO IF THERE
WERE NO LIMITS?

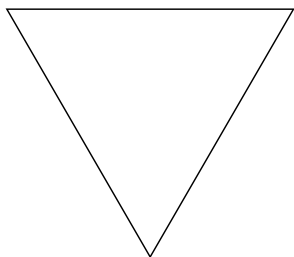
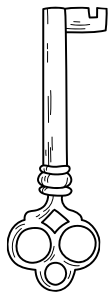


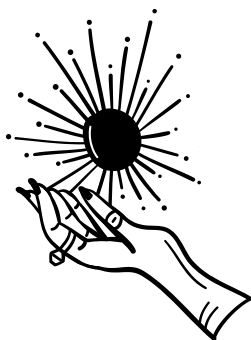




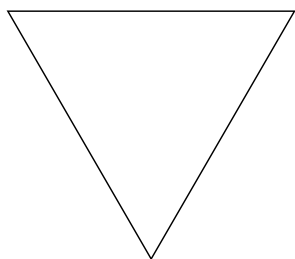
WHAT WOULD YOU DO IF YOU
COULD NOT FAIL?

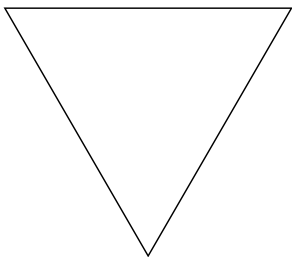
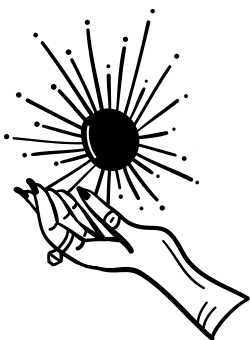






WHAT WOULD YOUR BEST-SELF DO EVERY DAY?
HOW WOULD THEY SPEND THEIR TIME?

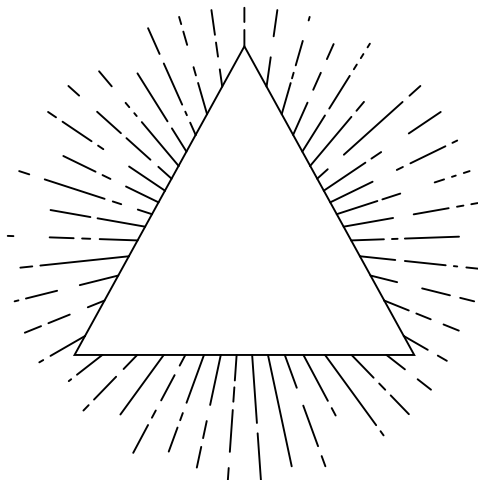


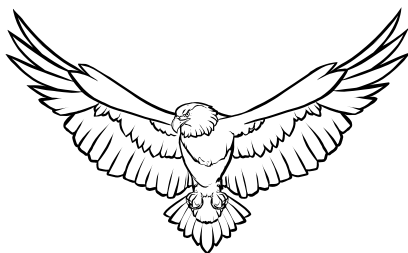


FIRE

THE CARDS IN THIS
CATEGORY FOCUS ON
LETTING GO.

FIND THE FEARS, MEMORIES,
LIMITING BELIEFS AND
PEOPLE THAT ARE HOLDING
YOU BACK, AND RELEASE
ANYTHING THAT NO LONGER
SERVES YOU.

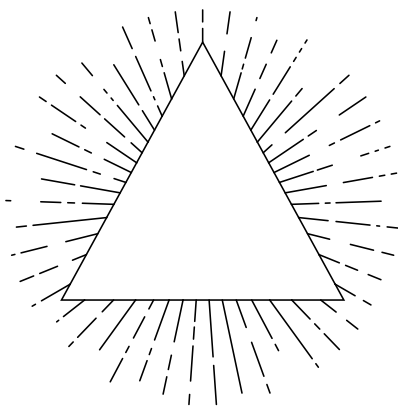




DO YOU HAVE ANY OLD HABITS YOU NEED TO
GET RID OF?

TAKE A STEP TODAY TOWARDS DROPPING
UNHEALTHY COPING MECHANISMS.

WHAT DO YOU REACH FOR IN TIMES OF
STRESS? A GLASS OF WINE, A TUB OF
ICECREAM, PAINKILLERS, OR HOURS OF SOCIAL
MEDIA? RECOGNISE WHEN YOU NEED TO NUMB
OUT FOR A WHILE AND SWAP AN UNHEALTHY
TOOL FOR A NEW ONE. TRY RUNNING,
DRAWING, SEWING, MEDITATING, OR PLAYING
AN INSTRUMENT.



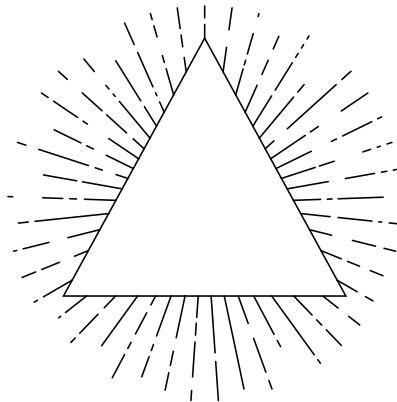


"I RELEASE MY FEARS, AND LET OLD
ATTACHMENTS GO."

WHAT STORIES DO YOU TELL YOURSELF?
AS WE GROW UP, WE COLLECT STORIES
ABOUT OURSELVES, THEY COME FROM OTHER
PEOPLE AND ARE FUELLED BY OUR NEED FOR
ACCEPTANCE.

RECOGNISE WHEN YOU THINK YOU ARE TOO
MUCH/NOT ENOUGH/TOO LOUD/TOO QUIET
TOO SOFT/TOO HARD, THESE ARE NOT
TRUTHS.

WHAT STORIES YOU BEEN TOLD, AND WHAT
DO YOU BELIEVE?
OBSERVE THEM, AND RELEASE THEM.



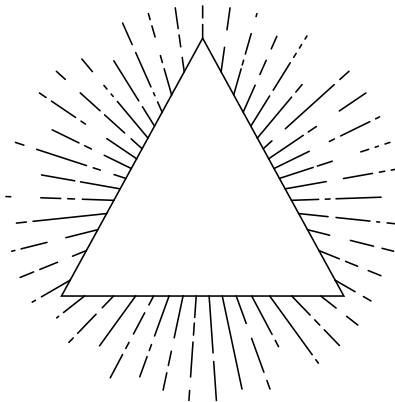


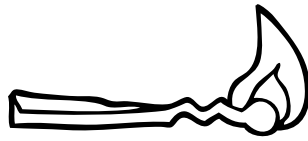
WHO ARE YOU STILL HOLDING ON TO?
SOMEONE YOU LOVED? SOMEONE WHO
WRONGED YOU? A BULLY FROM SCHOOL?

WRITE THEM A LETTER, TELL THEM
EXACTLY HOW YOU FEEL, AND HOW THEY
MADE YOU FEEL. GET IT ALL OUT, DON'T
HOLD BACK! WRITE EVERYTHING YOU WANT
THEM TO KNOW.

READ IT AGAIN, AND SAY OUT LOUD THAT
YOU RELEASE ANY ATTACHMENT TO THEM.

LIGHT IT ON FIRE, LET THEM GO WITH THE
SMOKE.



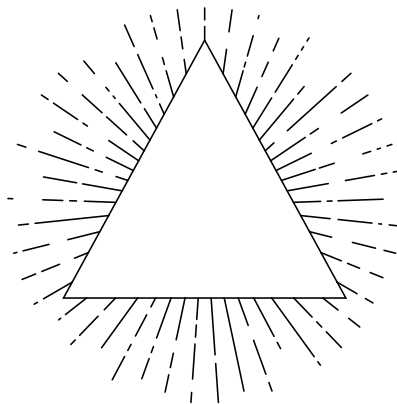


WRITE DOWN YOUR FEARS, ALL THE THINGS
THAT ARE STOPPING YOU FROM TAKING
ACTION.

FOR EACH ONE, ASK "AND THEN WHAT." TAKE
YOUR WORST-CASE SCENARIO TO THE LIMIT. IS
THAT REALLY LIKELY? IF IT IS, HOW COULD
YOU GET AROUND IT?

TAKE IT AS FAR AS YOU CAN, REALISE,
WHATEVER HAPPENS, YOU CAN ALWAYS
FIGURE OUT THE NEXT STEP.

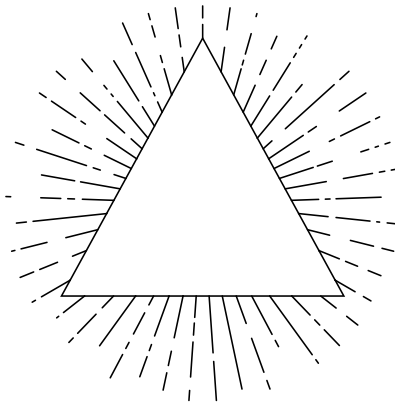
READ YOUR LIST, AND THANK THEM FOR
KEEPING YOU SAFE, THEN BURN THE LIST,
VISUALISE YOUR FEARS BLOWING AWAY WITH
THE SMOKE.

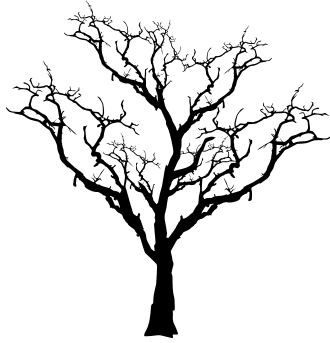




WHAT MEMORIES STILL HURT?
TELL YOURSELF A NEW STORY.
RE-WRITE YOUR PAST TO REFLECT THE
LESSONS YOU LEARNED, INSTEAD OF
THE PAIN YOU FELT.

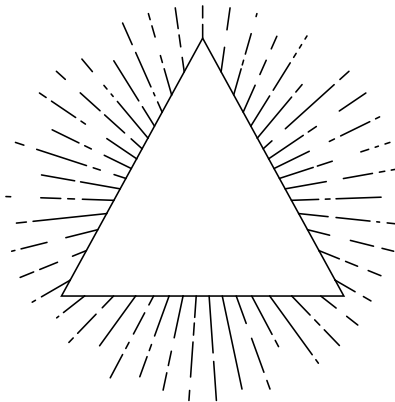
-TRY TAPPING-
THE EMOTIONAL FREEDOM TECHNIQUE
TEACHES YOU HOW TO QUICKLY
CHANGE YOUR AUTOMATIC RESPONSES
TO TRAUMA AND PAINFUL MEMORIES.
FIND A PRACTITIONER ONLINE, OR USE
THE FREE INFORMATION ON YOUTUBE.

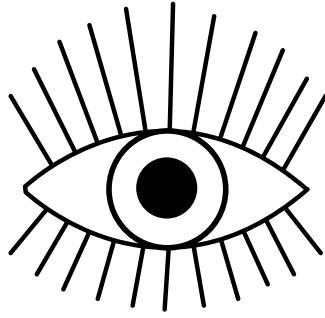




REPEAT THE
AFFIRMATION

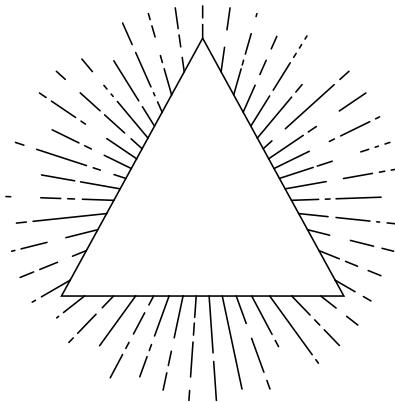
"I SHED DEAD LEAVES
AND WELCOME NEW
GROWTH."

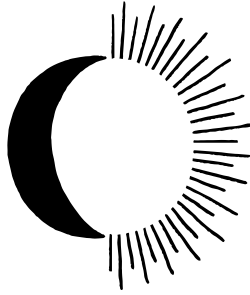




REPEAT THE AFFIRMATION

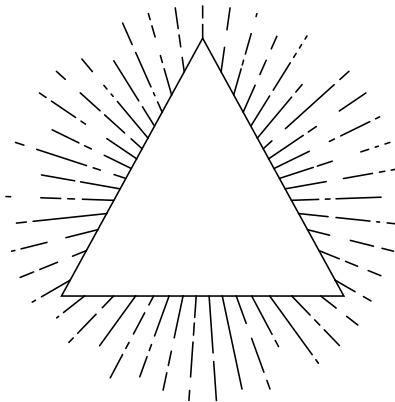
"IT IS SAFE FOR ME TO
STOP COMPARING MYSELF
TO OTHERS."

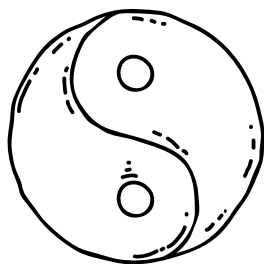




REPEAT THE AFFIRMATION

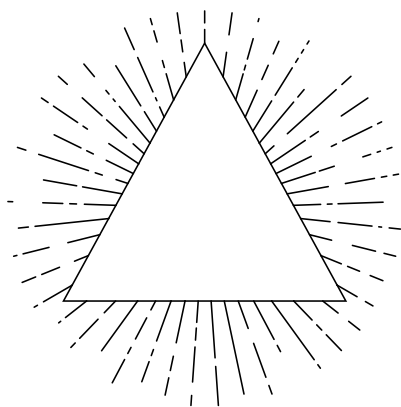
"I ACCEPT MY DARK SIDE
ALONG WITH THE LIGHT."

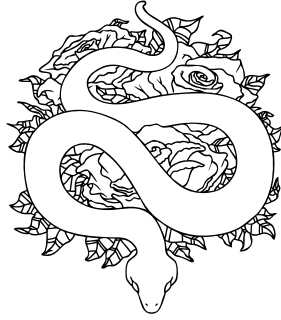




REPEAT THE AFFIRMATION

"BOTH POSITIVE AND
NEGATIVE BRING BALANCE
TO MY LIFE."

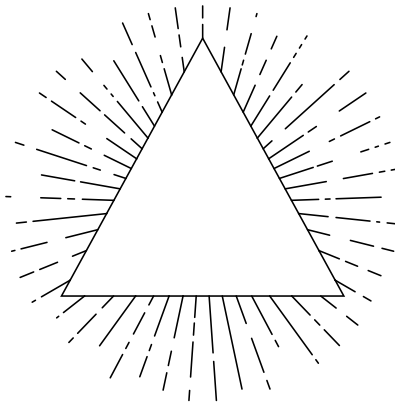


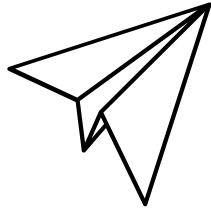


TELL YOUR INNER CRITIC TO
SHUT THE FUCK UP.

STOP DOUBTING YOURSELF, AND START
BELIEVING INSTEAD.

RECOGNISE THAT CRITICAL VOICE, SEE IT AS
SEPARATE FROM YOU. CHECK AND
CHALLENGE WHAT IT'S SAYING.
ENCOURAGE YOURSELF LIKE YOU'D
ENCOURAGE A FRIEND.



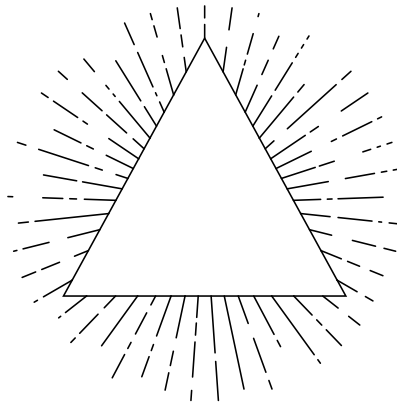


YOU BECOME WHO YOU SURROUND
YOURSELF WITH.

IF SOMEONE BRINGS YOU DOWN ALL
THE TIME, LET THEM GO.

IF YOU SPEND TIME WITH PEOPLE
WHO MOAN AND SEE THE WORST IN
EVERYTHING, YOU WILL TOO.

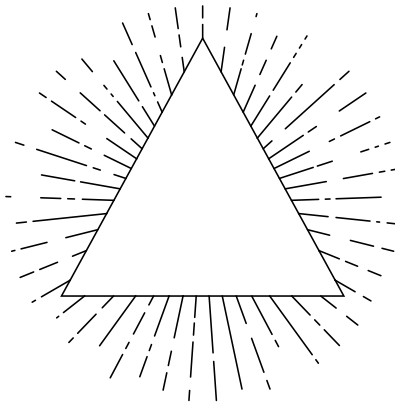
IF YOU SPEND TIME WITH MOTIVATED
PEOPLE WHO ARE EXCITED ABOUT
LIFE, THIS IS CONTAGIOUS. IF YOU
DON'T HAVE ANYONE LIKE THIS, JOIN A
GROUP, WATCH INSPIRING TALKS ON
YOUTUBE, OR READ BOOKS BY
PEOPLE WHOSE ENERGY YOU ADMIRE.





YOUR VIBRATION IS WEIGHED DOWN BY
ATTACHMENT - TO PEOPLE, THINGS,
IDEAS, MEMORIES AND OUTCOMES.
LET THEM GO, AND FEEL YOURSELF
RISE UP.

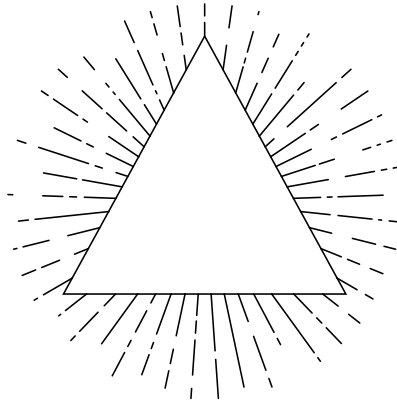
WE ARE NATURALLY HIGH VIBRATION
BEINGS, WHEN WE LET GO OF
ATTACHMENTS WE RAISE OUR SET
POINT AND EXPERIENCE A MORE
POSITIVE REALITY.

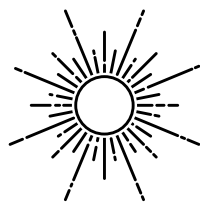




PRACTICE SAYING 'NO'.
YOU DO NOT NEED TO GET
DRAGGED INTO OTHER
PEOPLE'S SHIT.

YOU CAN DECLINE OTHER PEOPLE'S DRAMA.
IF SOMEONE DRAGS YOU INTO NEGATIVE
SITUATIONS, LET THEM GO.
YOU GET TO DECIDE HOW YOU SPEND
YOUR TIME, AND WHAT YOUR THOUGHTS
ARE FOCUSED ON.

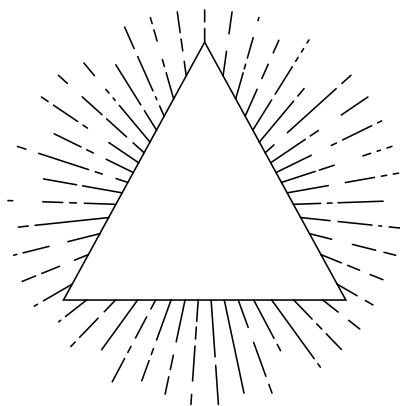




LET YOUR INNER LIGHT
SHINE, DO YOUR WEIRD
STUFF AND THE RIGHT
PEOPLE WILL FIND YOU.

DON'T BE SCARED TO BE YOURSELF, IF
THEY DON'T LIKE YOU, THEY'RE NOT YOUR
PEOPLE.

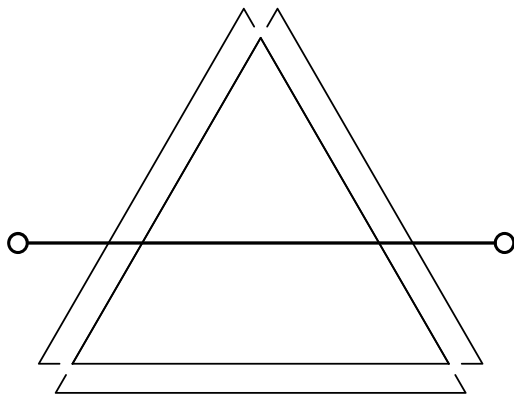
IF YOU'VE BEEN WITH THE SAME FRIENDS
FOR YEARS, AND STILL CAN'T BE
YOURSELF, IT'S TIME TO BRANCH OUT.
JOIN A GROUP ONLINE, FIND YOUR TRIBE.
THEY ARE WAITING FOR YOU!



WATER

THE CARDS IN THIS
CATEGORY DEAL WITH THE
EMOTIONAL ELEMENTS OF
DEVELOPING YOUR
CREATIVITY.

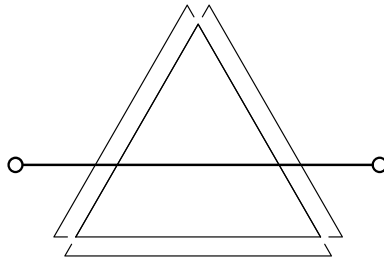
USE THE IDEAS AND
ACTIONS TO FLIP YOUR
STORY AND LET GO OF
WHAT'S HOLDING YOU BACK

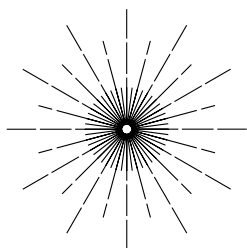




"MY POTENTIAL
UNFURLS LIKE A
BLOSSOMING FLOWER."

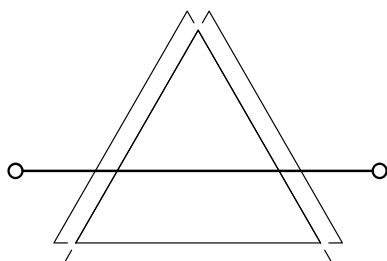
WHEN YOU'VE LET GO OF
EVERYTHING THAT'S HOLDING YOU
BACK, IT'S TIME TO GET EXCITED
ABOUT THE POSSIBILITIES.

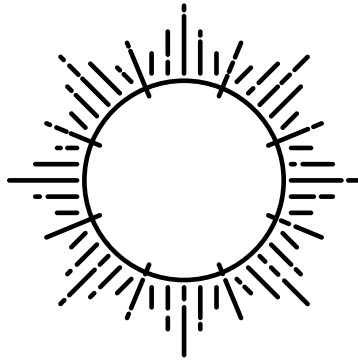




THE UNIVERSE WANTS
YOU TO SUCCEED, LET
IT KNOW WHAT YOU
WANT TO DO.

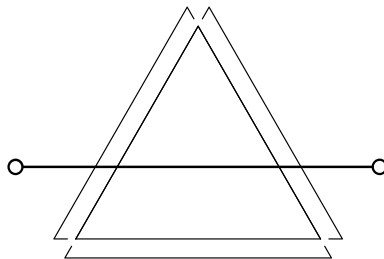
GET SPECIFIC, WRITE DOWN YOUR
DREAMS AND PLANS, THEN START
TAKING ACTION AND BE READY FOR
THE UNIVERSE TO SEND YOU
MIRACLES.

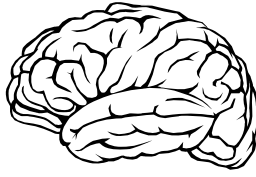




REALISE YOUR WORTH,
AND YOUR CONFIDENCE
WILL GROW.

YOU HAVE EVERYTHING INSIDE OF
YOU THAT YOU NEED TO SUCCEED,
SKILLS CAN BE LEARNED, THEY'RE
NOT PART OF YOUR PERSONALITY.
YOUR ABILITIES ARE NOT LIMITED.





THOUGHTS ARE NOT FACTS.
CHALLENGE THE ONES THAT
DO NOT SERVE YOUR
GROWTH.

WHEN YOU CATCH YOURSELF THINKING,
I'M NOT ... ENOUGH, OR I'M TOO ..., OR I
CAN'T...

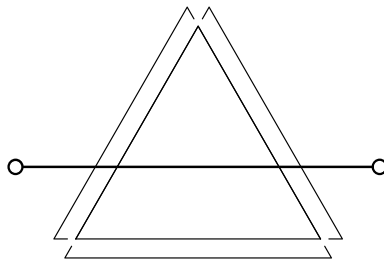
REMEMBER, THESE ARE JUST STORIES.

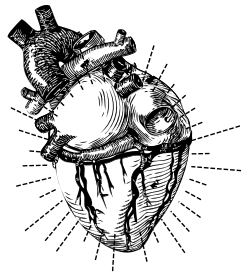
WRITE A NEW ONE,

I AM...

I CAN...

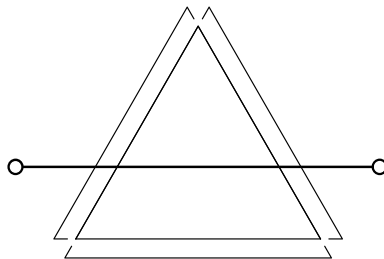
I WILL...

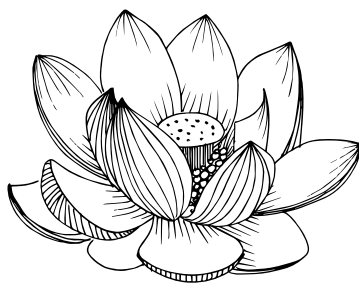




"WITH AN OPEN HEART, I
ATTRACT MY TRIBE."

LET YOUR TRUE SELF SHINE AND
ATTRACT THE RIGHT PEOPLE.
JOIN A GROUP, FIND A MEETING OR
START A COURSE, YOUR PEOPLE
ARE OUT THERE.

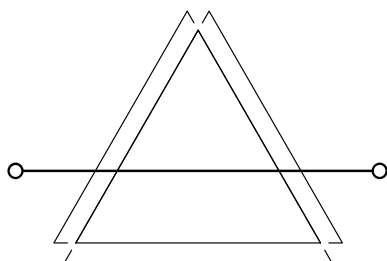


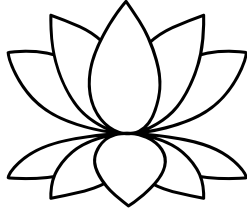


YOUR HAPPINESS NEVER
DEPENDS ON ONE
PERSON OR ONE THING.

YOUR HAPPINESS COMES FROM
WITHIN. IF YOU AREN'T HAPPY
WITH YOURSELF, YOU WON'T BE
HAPPY WHEN YOU GET THAT
PERSON, OR THAT CAR, OR THAT
JOB.

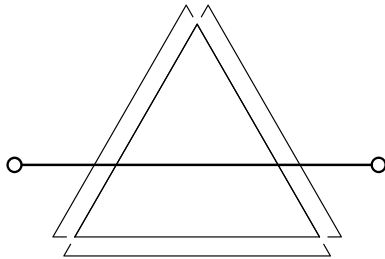
LOOK INSIDE, ACCEPT THAT YOU
ARE COMPLETE ALREADY.

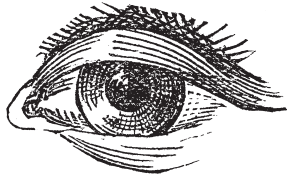




"I ONLY NEED TO TAKE
THE NEXT SMALL STEP."

WHATEVER YOUR DREAM IS, OR
WHATEVER YOU NEED TO
OVERCOME, YOU'RE NOT TACKLING
IT ALL AT ONCE. BREAK IT DOWN AS
FAR AS YOU CAN, AND START WITH
THE NEXT SMALL STEP.

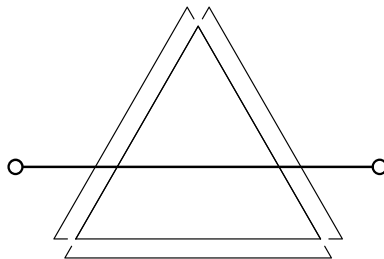




IF YOU CAN'T CHANGE
IT, CHANGE THE WAY
YOU LOOK AT IT.

BE THE ANNOYING PERSON THAT
ALWAYS FINDS A POSITIVE IN ANY
SITUATION. FORCE YOURSELF TO
COME UP WITH ALTERNATIVE
VIEWS, IT WILL SOON BECOME WHO
YOU ARE.

YOUR VIBRATION WILL RISE ALONG
WITH YOUR ATTITUDE.

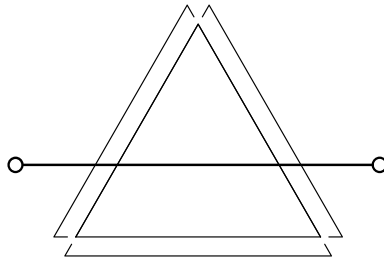


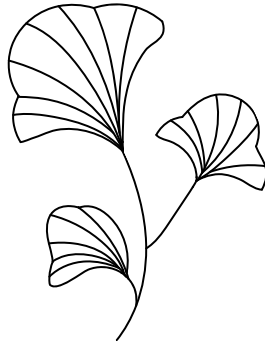


YOUR FEAR OF LOOKING
STUPID IS HOLDING YOU
BACK.

PEOPLE WHO LAUGH AT THOSE
WHO TRY SOMETHING NEW, ARE
USUALLY SCARED TO TRY ANYTHING
THEMSELVES.

INSPIRE THEM INSTEAD, CHASE
YOUR DREAM AND LET THEM
WATCH.

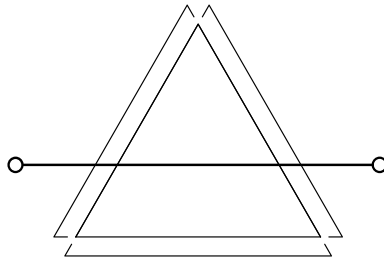


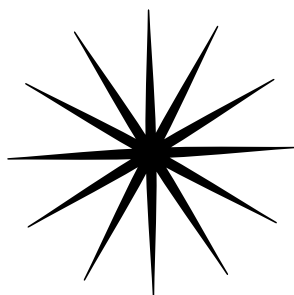


NEVER A FAILURE,
ALWAYS A LESSON.

THERE IS NO FAILURE, EITHER YOU
KEEP GOING AND LEARNING, OR
YOU QUIT AND TRY SOMETHING
ELSE.

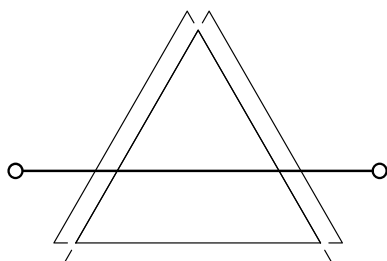
THE ONLY TIME WASTED IS THE
TIME NOT TRYING ANYTHING.





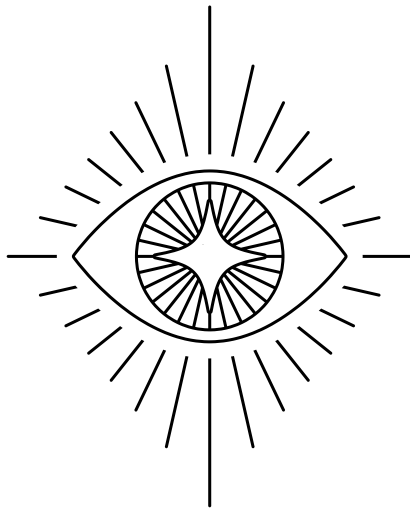
ENDINGS MAKE WAY
FOR EXCITING
BEGINNINGS.

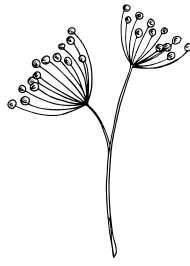
LETTING GO OF ATTACHMENTS TO
PEOPLE AND SITUATIONS ALLOWS
ENERGY TO FLOW, AND THE
UNIVERSE TO PROVIDE YOU WITH
WHAT YOU NEED.
LET THEM GO AND SEE WHAT NEW
EXPERIENCES THE UNIVERSE HAS IN
STORE FOR YOU.



MAGIC

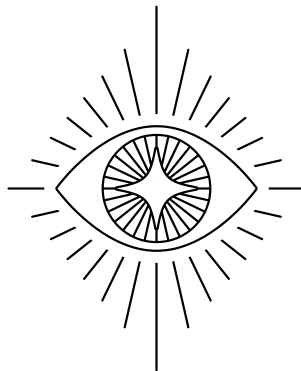
THE CARDS IN THIS
CATEGORY PROVIDE
INSPIRATION FOR YOUR
SPIRIT, HELPING YOU TO
LIGHT YOUR OWN WAY, AND
REMEMBER WHO YOU
REALLY ARE.

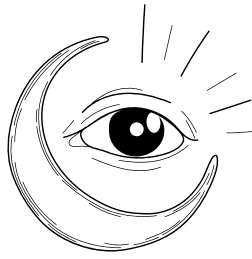




YOUR CIRCUMSTANCES
ARE A BLESSING,
ALLOWING YOU TO
LEARN & GROW.

IT WON'T ALWAYS FEEL LIKE IT, BUT
EVERY TEST GIVES YOU WISDOM,
AND EVERY STUMBLE GIVES YOU
STRENGTH.

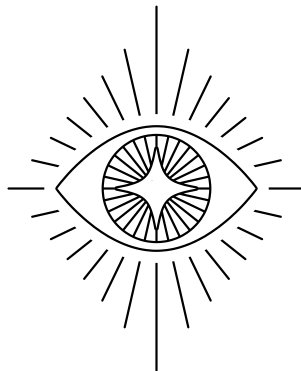


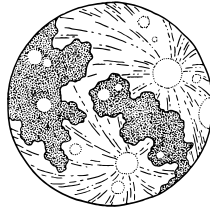


YOU ARE MORE
POWERFUL THAN YOU
KNOW.

WHEN YOU ALIGN WITH YOUR TRUE
SELF, AND LET GO OF OLD
ATTACHMENTS, MIRACLES WILL
HAPPEN.

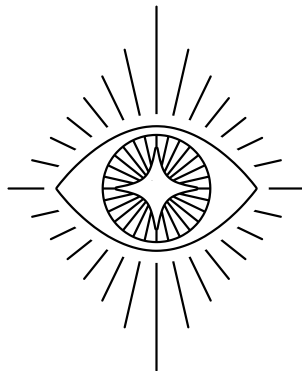
PUT OUT WHAT YOU WISH TO
RECEIVE, AND SEE HOW POWERFUL
YOU REALLY ARE.





YOU ARE AN ETERNAL
SPIRITUAL BEING, HAVING A
TEMPORARY HUMAN
EXPERIENCE, MAKE THE
MOST OF IT.

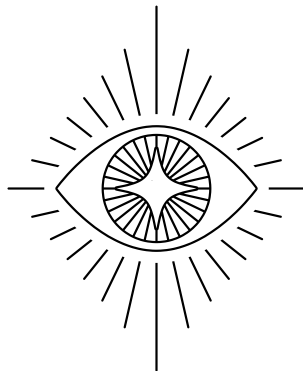
WHATEVER YOU BELIEVE, YOU ARE HERE,
WITH UNLIMITED POTENTIAL AND THE
OPPORTUNITY TO CREATE THE LIFE YOU
WANT. GO FOR IT.

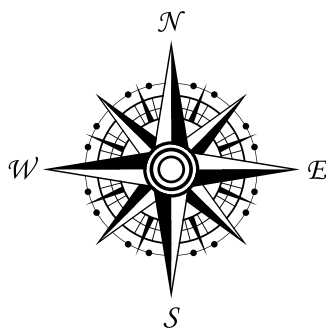




YOU GET TO CHOOSE WHO
YOU ARE. YOU CAN
CHOOSE AGAIN RIGHT
NOW.

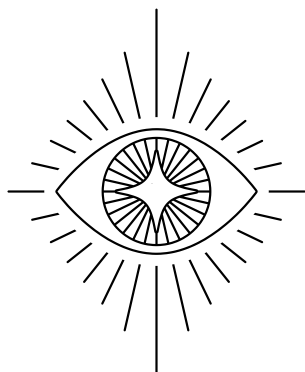
LET GO OF THE OLD STORIES, AND
START BEING WHO YOU WANT TO BE.
START DOING THE THINGS THE IDEAL
VERSION OF YOU WOULD DO.
PICK ONE THING YOU CAN DO TODAY TO
START BEING THAT PERSON.

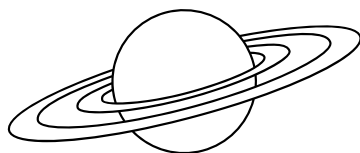




GET SPECIFIC WITH YOUR
DREAMS AND GOALS, KNOW
WHERE YOU ARE HEADING,
THEN TAKE ONE SMALL STEP
EVERY DAY.

YOU NEED A PLAN, AND YOU NEED TO LOOK
AT IT OFTEN, ESPECIALLY IF YOU VEER OFF
COURSE. REMIND YOURSELF WHO YOU ARE
AND WHERE YOU'RE GOING.

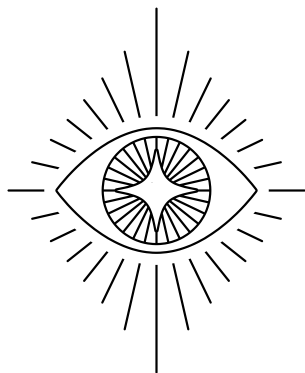




IF IT'S BEEN DONE BY
SOMEONE, IT CAN BE DONE
BY YOU.

ANYTHING IS POSSIBLE
BROKEN DOWN INTO SMALL
STEPS.

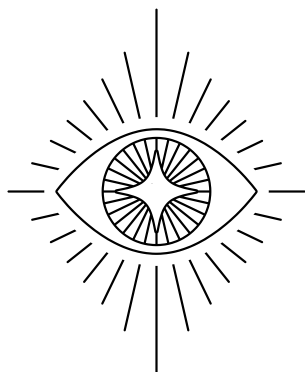
BUY THE BOOKS, DO A COURSE. STUDY
OTHERS, SEE HOW THEY DID IT. REPLICATE
THEIR ACTIONS IN YOUR OWN UNIQUE
STYLE.

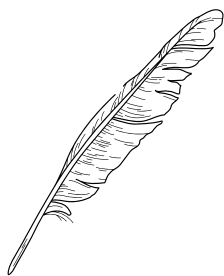




THE IDEA WOULDN'T BE
IN YOUR HEART IF YOU
WEREN'T CAPABLE OF
MAKING IT HAPPEN.

THE UNIVERSE GAVE IT TO YOU,
YOU HAVE WHAT IT TAKES TO
CREATE IT.
BREAK IT DOWN, MAKE A PLAN AND
TAKE THE FIRST SMALL STEP.



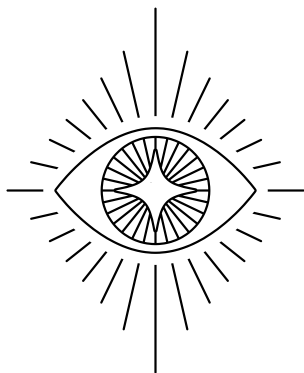


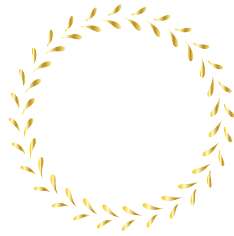
YOUR PAST DOES NOT
DEFINE YOU, CHOOSE WHO
YOU ARE TODAY.

THEN CHOOSE AGAIN, IF YOU FEEL LIKE
IT.

DO THE THINGS THAT MAKE YOU HAPPY.

LET GO OF THE OLD STORIES, STOP
REPEATING THEM AND GIVING THEM NEW
LIFE. LEAVE THAT IDENTITY WHERE IT
BELONGS, AND ENJOY WHO YOU DECIDE
TO BE NOW.

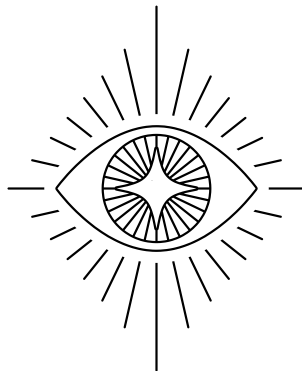


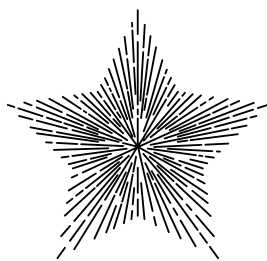


"ABUNDANCE FLOWS EASILY
TO ME."

MONEY IS ENERGY, IT FLOWS FROM IDEAS,
TO ACTION. REMOVE THE BLOCKS YOU HAVE
AROUND MONEY AND IT WILL FLOW MORE
EASILY TO YOU.

RECOGNISE BLOCKS LIKE 'MONEY IS BAD,
MONEY IS HARD TO GET, I NEVER HAVE
MONEY' AND TELL YOURSELF A NEW STORY.
THE UNIVERSE WILL MATCH THE ENERGY
YOU PUT OUT, TO THE ABUNDANCE YOU
RECEIVE.



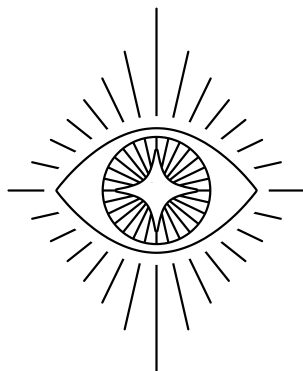


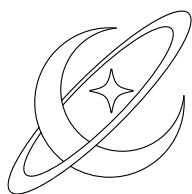
"I HAVE ENDLESS
CREATIVE POTENTIAL."

THE MORE YOU TAP INTO YOUR
IMAGINATION, THE MORE IDEAS
WILL FLOW.

EVERY SPARK OF AN IDEA LIGHTS
THE WAY TO MORE.

WRITE THEM DOWN AS THEY
OCCUR, TAKE ACTION ON THE ONES
THAT LIGHT YOUR HEART UP.

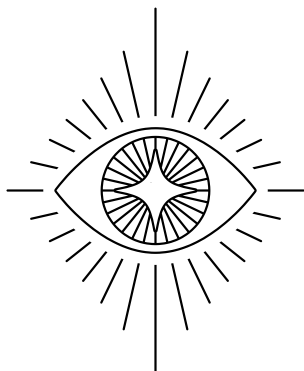


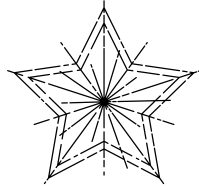


"IT IS SAFE TO LET MY
MAGIC SHINE."

LETTING GO OF THE FEAR OF OTHER
PEOPLES OPINIONS IS ONE OF THE BEST
THINGS YOU CAN DO FOR YOURSELF.
DON'T HOLD YOURSELF BACK TO MAKE
OTHERS COMFORTABLE.

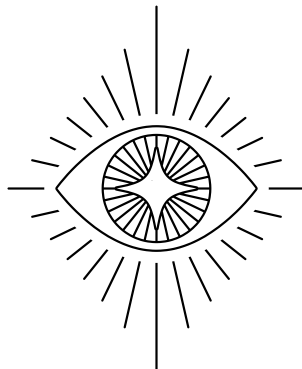
LET YOUR FULL SELF OUT, AND LET GO OF
ANYONE THAT DOESN'T LIKE IT.





THAT IDEA WAS A GIFT FROM
THE UNIVERSE, IT WAS GIVEN
TO YOU, BECAUSE YOU CAN
MAKE IT HAPPEN.

HOWEVER YOU BELIEVE IT HAPPENED, THE
IDEA IS IN YOUR HEAD. IT'S YOURS TO ACT
ON. IF IT'S HUGE AND OVERWHELMING, DO
SOME RESEARCH, BREAK IT DOWN INTO
SMALL STEPS, AND TAKE ONE TODAY.

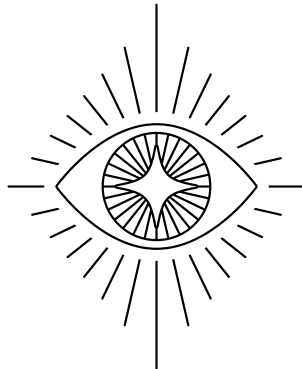


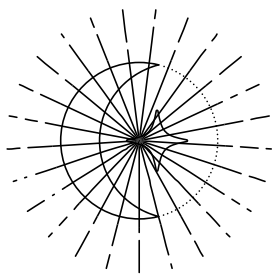


SEE YOURSELF SUCCEED
EVERY DAY, VIBRATE ON THAT
LEVEL AND ATTRACT THE
REALITY.

MAKE A VISION BOARD, CUT PHOTOS FROM
MAGAZINES OR FIND THEM ONLINE. LOOK AT
IT EVERY DAY.

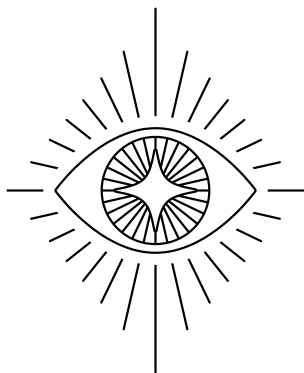
ACT AS IF IT'S ALREADY YOURS. LIVE, LOVE
AND INTERACT WITH OTHERS AS THE
PERSON YOU WANT TO BE, AND WATCH
YOUR LIFE TRANSFORM.

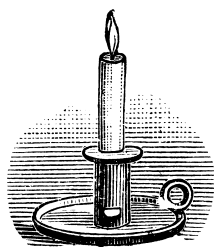




"MY CREATIVITY GUIDES
ME ON THE RIGHT
PATH."

DO SOMETHING ABOUT THAT MAD
IDEA YOU HAVE.
IT CAME TO YOU FOR A REASON.
YOU ARE CAPABLE.
EVERYTHING IS ACHIEVABLE IF YOU
BREAK IT DOWN INTO SMALL
ENOUGH PIECES.

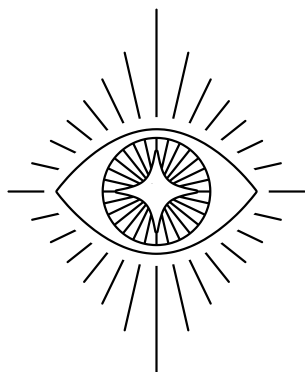


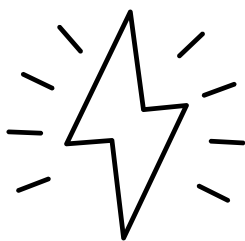


SEE THE LIGHT INSIDE
YOURSELF AND OTHERS
WILL TOO.

RECOGNISE YOUR UNIQUE VALUE
TO THE WORLD.

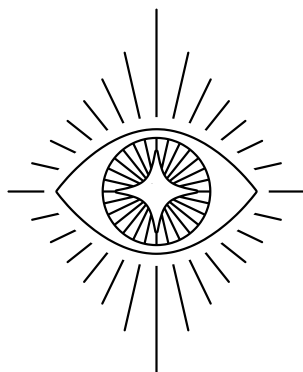
THERE'S NO ONE ELSE WITH YOUR
OUTLOOK, OR YOUR EXPERIENCE.
WE NEED TO HEAR YOUR VOICE,
READ YOUR WORDS, HEAR YOUR
MUSIC AND SEE YOUR CREATIONS.

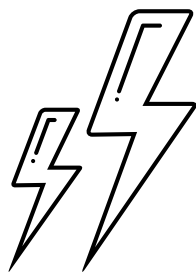




THE WORLD NEEDS THAT
SPECIAL SOMETHING THAT
ONLY YOU HAVE, DON'T KEEP IT
HIDDEN.

YOU ARE UNIQUE. EVERYTHING YOU'VE BEEN
THROUGH AND ALL THAT YOU KNOW COULD
HELP SOMEONE ELSE.
INSPIRE OTHERS BY BEING YOURSELF.

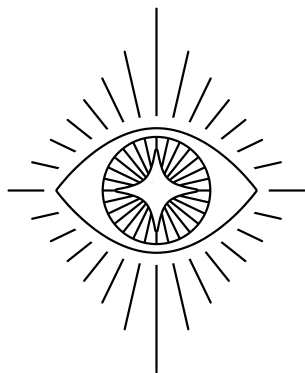




"I DON'T GIVE A FUCK
WHAT ANYONE THINKS
OF MY AMBITION."

DON'T MAKE YOURSELF SMALL TO
FIT INTO SOMEONE ELSE'S IDEA OF
YOU.

YOU'LL BE DOING THE WORK, SO
ONLY YOU GET TO DECIDE HOW FAR
YOU WANT TO GO.



TO BUY THE
'LIGHT YOUR OWN WAY'
DECK, PLEASE VISIT

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