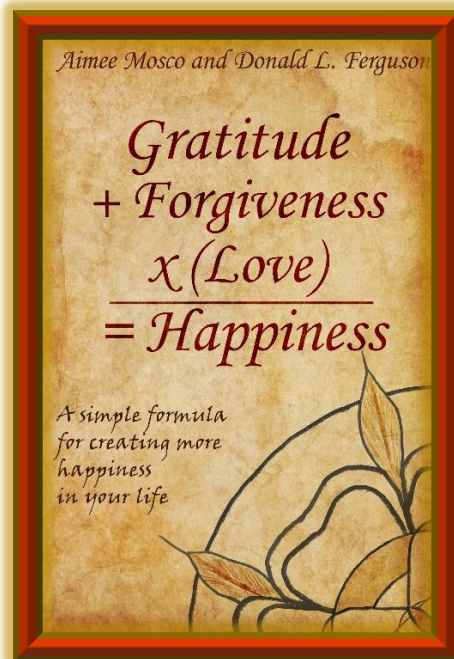


Growing Your Soul



*“Now as we stand at the gates to the Golden Age of Peace, struggle and pain no longer serve us...It’s time to step through the gates by way of remembering and harnessing the most powerful force that drives our souls to live and breathe...LOVE.” **Gratitude + Forgiveness x(LOVE) = Happiness, by Aimee Mosco and Donald L. Ferguson, Foreword viii***

The symbol appearing on the flashcard images was channeled as artwork, appears in the book pictured above, and connects with energy that helps to integrate the wisdom of a core soul lesson embedded in humanity’s divine original blueprint.

The flashcard images serve as tools to deeply integrate the information and energy of the book as well as bring conscious awareness to any daily practice associated with the book. They can also be used as a daily practice on their own.

How to use the flashcard images:

If you have the book, **begin by reviewing chapter 1** in the book as this corresponds with the flashcard images. If not, begin with the next instruction.

Focus your attention on the symbol. Have the intent to connect with the deepest level of Universal information associated with the symbol.

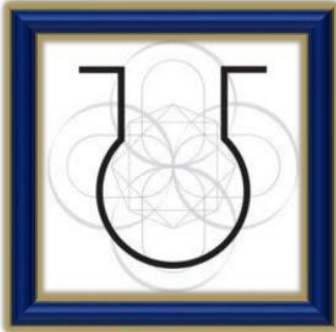
State each affirmation out loud and do as the flashcard instructs after you state the affirmation.

Close out the exercise by putting your hands together in prayer position, closing your eyes, and taking 3 slow, deep breaths.



™ Live with Purpose

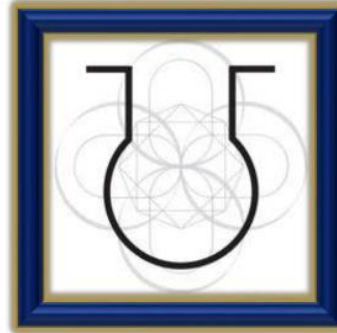
GROWING MY SOUL



“My purpose is to learn and grow my soul.”

Take 3 deep breaths and visualize light emanating from all parts of you.

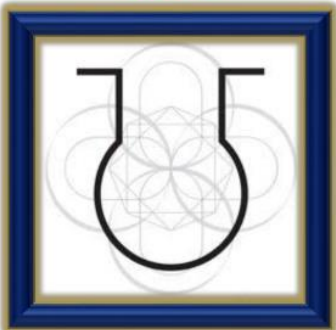
GROWING MY SOUL



“I have faith that I am growing from my experiences.”

Tap heart chakra

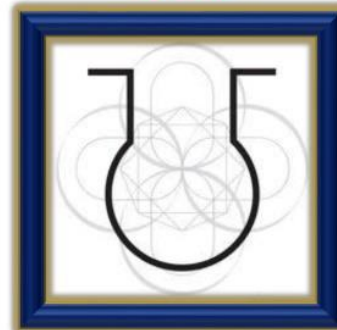
GROWING MY SOUL



“I am serving an important purpose.”

Tap hollow of throat

GROWING MY SOUL



“My body gives my soul new opportunities to grow.”

Tap base of skull, L thyroid, throat, base of skull, R thyroid, throat