



"I am a spark of the *Divine Creator*, therefore I affirm that I too am a creator. I ask my Guides and Higher Self to help me — *and all in this group* — manifest our desires for our highest good and well-being. I am thankful for my many blessings and I thank my Guides for their assistance in this manifesting and healing session."

Mondays, 8:00-8:20pm
(Eastern Standard Time if possible)

1) breathe IN and OUT through the symbol 2) FEEL THE LOVE 3) "ALLOW"