



A Guide Toward Taking Your First Step

This download is a resource to help you take a first step into your own life purpose path. Repeat this process as often as you would like.

You Will Need

- Something to sit upon, allowing you to sit up straight
- A device connected to the Internet
- A way to record your voice
- A way to capture the information you receive; pen & paper, a second recording, digital bookmarking or screen captures

Directions

Read through the entire document at least once, just to become familiar with the process. When you are ready, create a voice memo or recording reading this document, starting below. Play the recording, following the guidance of your own voice.

Begin by clearing away the cobwebs of your mind and outside influences from the world around you with a simple meditation practice.

Start Recording Your Voice

1. Sit in an alert manner; feet firmly on the floor, back straight, hands resting on your thighs.
2. Close your eyes or leave them open with a soft, downward, gaze on the floor.
3. Take 3 slow breaths; in through your nose, out through your gently opened lips.
4. With each out breath, allow your face, your shoulders, your belly to loosen.
5. Say aloud,
 - a. "I'm tapping into the white light energy that flows in me, through me, throughout the Universe.
 - b. In a place of infinite love and gratitude, I ask to receive links to the persons, information, and modalities I need most at this exact moment in my life."
6. Gently open your eyes.
7. Look around, wherever you are, noticing the objects in your field of view. You might stop on something especially appealing to you for a few moments.
8. Now follow the steps outlined as A, B, C, and so forth in the document.

Stop Recording Your Voice



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A. Choose the search phrase below that resonates most with you right now.

The best healing modalities near me
The best walks in nature near me
How to live my life with truth and justice
The key to happiness for me
The best nutrition path for me
The best fitness activities for me
The best fiction author for me
The best non-fiction author for me

- B. Use your favorite Search Engine, Google, Bing, Yahoo or whatever you like. Just make sure it is a general search website. For instance, don't use Amazon.
- C. When you get your search results, ignore the Ads. They might be right, but if they are the right result for you, they will also be in the 'real' result.
- D. As you look through the links, notice what you feel in your body. Wherever you feel the most joy in your body, know it will guide you to the correct link for you.
- E. Record your results using a method that you like; pen & paper, another digital recording of your voice, digital bookmarking, a digital list, screen captures saving in your photos or some other method that appeals to you.

It's that simple.

If you are still unsure how to connect to your body's messages, I offer you these options.

1. Search for the answer with this phrase
"best way to learn how to tap into my body's messages"
2. [Book a Zoom session](#) with me and I will support you as you learn how to connect to your body's messages.