



## **Soul Relief & Renewal - How to Prepare**

In order to come into a space where you can fully relax and *easefully* receive all that we are ready to transmit for you, you may wish to engage a deeper level self-care. Here are some suggestions we recommend for your consideration ...

### **Prepare your Physical Vessel**

Eat well, sleep well, touch the Earth every day, exercise ... Your capacity to gracefully release what no longer serves you and receive all that we are ready to offer will be supported or hindered by the level of your body's physical ease and wellbeing. So be sure you are caring for and listening to your body in a holistic way.

### **Prepare your Soul**

Your capacity to receive will be supported or hindered by the degree of wellbeing of your emotional, mental and energy bodies. This doesn't mean you have to practice austerities :-) ... Rather, you want to be sure you are taking good care of your relationship with your Inner Self through spiritual dedication, a commitment to low stress, and loving kindness for self and others.

### **Prepare your Emotional Body**

The Soul Relief & Renewal Healing Meditation which accompanies this Guide is a simple way for you to sooth your emotional body and expand your receptivity for the Guidance, abundance, love and Light upgrades available to you. Whether you wish to increase your own spiritual abilities, resolve a difficult situation in your life, activate a beloved vision, call forth a divine mate, attract greater abundance, or simply wake each day with more optimism and ease, this meditation is your go-to resource



## **Keep a Journal**

Tracking life events, insights, aha's, downloads and dreams during the weekend and beyond is a wise idea. Identifying the energetic shifts that occur, along with the blessings and opportunities which present, will support you in maintaining alignment with the new Light Codes you will receive. Journaling is also a way to help you integrate, with insightful connections and correlations for other areas of your life.

## **Clearings May Arise**

With the depth of this work we will surely receive the blessings of this dedication. AND ... one thing we know is that if we have obstructions impeding the light in any way, they will arise to be cleared. So please know that you aren't doing it "wrong" if you find any resistants or obstructions occurring. This often arises prior to major shifts and upgrades. What is asked of you is simply "a little willingness" to receive, so that these high-frequency energies can support your greater clarity and abundance.

THANK YOU for joining us for ***Soul Relief & Renewal Weekend***. We look forward to welcoming you into this healing container!

Many blessings,  
Dawn & Marguerite