

## Practitioner Instructions for teaching the Daily Transcendence Higher Self Alignment Practice

**Step 1: Click on the “Jewel of You” card.** Take in the visual image and read the card text. Close your eyes and lean back into the Light of Pure Consciousness prior to all thoughts, emotions, and body sensation. Envision your body-mind as a jewel and the Light shining through you fills the room. Set your intention to align with the deepest truth of who you are and increase access to intuitive knowing.

**Step 2: Click on the “Ground of Being” card.** Take in the visual image and read the card text. Place your feet firmly on the floor. Envision your “roots” sinking deeply into the earth below you, providing a dependable anchor for whenever life’s challenges threaten your balance. Set your intention to increase your grounding so your visions, goals, unique expression and contribution to our world can manifest even more fully.

**Step 3: Click on the “Heart Center” card.** Take in the visual image and read the card text. The Joy of God can be found here in compassionate relationship with self, others, and Life. Envision your heart wide open to the love-bliss of your True Nature and interconnectivity with ALL. Set your intention to be an instrument of Loving Presence.

**Step 4: Click on the “Conduit” card.** Take in the visual image and read the card text. Once aligned with your Light, grounded, and open hearted, set the intention to be a conduit for Divine Intelligence to freely flow through the instrument of your body and mind. You might like to enter into silence and meditate for as long as you like before completing the practice with Step 5.

**Step 5: Tune into your SOUL guided “To Do” list for the day.** Once you complete the alignment practice ask Higher Self to reveal the 2-5 highest priority tasks for the day and write them down. Then take a nice deep breath!!!! Now, set your intention to allow the day to unfurl like a beautiful flower blossoming in the warm sunlight.