



Time of Transition

“In September, the universe asks us to slow down, breathe deeply, and honor the beauty of both endings and beginnings.”

September is a time of beautiful transition—a bridge between the fullness of summer and the quiet reflection of fall. In the rhythm of the seasons, this is a time to pause, realign, and prepare for what you want to harvest in your life.

Energetically, September carries the vibration of balance and intention. As the days grow shorter and the air shifts, it's a gentle reminder from the universe: *What you plant with clarity now will carry you into the months ahead.*

In numerology and energetic cycles, September often symbolizes completion and preparation. It's a chance to release what no longer serves us, to clear space in our hearts and minds, and to step forward with renewed clarity. Just as the trees let go of their leaves, we, too, are invited to let go of old patterns, fears, or resistance.

Use this time to clarify your vision, strengthen your intentions, and open yourself to fresh opportunities.

Embrace the energy of September, and let the universe meet you halfway as you step into this new season with purpose and grace.

—Marty

3 Law of Attraction Inspired Tips for Living Well Beneath Your Means

Financial freedom isn't just about how much money you make—it's about how you **align** with money, how you manage it, and how you allow abundance to flow. Living beneath your means doesn't mean living without joy or comfort. In fact, it creates space for peace of mind, savings, and the freedom to focus on what truly matters.

Here are three inspired tips to help you shift your money energy and live with more ease:

1. Release comparison and embrace gratitude

When we constantly measure ourselves against neighbors, coworkers, or friends, we send the universe a signal of lack. But when we release the need to “keep up” and instead focus on gratitude for what we already have, we amplify abundance.

- Drive the car that gets you safely from A to B.
- Refresh your home with small updates instead of stretching for more.
- Remember: what you appreciate, appreciates.

2. Be mindful with your food choices

Groceries can quietly drain a budget, but small shifts make a big difference. Approach shopping with intention rather than impulse.

- Avoid shopping when hungry or tired.
- Add simple, nourishing meals (like beans, soups, or hearty grains) a few nights each week.
- Conscious spending not only saves money but also aligns you with mindful living.

3. Treat savings as sacred

Think of your savings account as a container for future blessings. Every dollar you set aside tells the universe: *I am responsible, I am ready, I am open to more.*

- Break goals into small, manageable steps to make them feel effortless.
- Budget “fun money” too—balance is key to an abundant mindset.
- If you fall short, reframe: how can you spend differently or attract new income streams?

The truth is, you don't have to overhaul your whole life to live beneath your means. With intention, mindfulness, and a little Law of Attraction magic, you'll find yourself living more abundantly—not by spending more, but by aligning more. ♦

How to Cultivate Kindness and Acceptance Towards Yourself

In a society that often prioritizes achievement and flawlessness, developing self-compassion becomes vital if you want to experience happiness. To become more self-compassionate, you must embrace your imperfections, acknowledge your humanity, and nurture your emotional well-being. Today, we'll explore the transformative power of self-compassion and provide a few practical strategies to cultivate more kindness and acceptance toward yourself.

Embracing Imperfection

One of the key aspects of self-compassion is embracing your imperfections. Recognize that being imperfect is part of the human experience and does not diminish your worth. Instead of berating yourself for mistakes or perceived flaws, treat yourself with kindness and understanding. Embrace self-acceptance by acknowledging that imperfections are opportunities for growth and self-improvement.

Practicing Self-Kindness

Extend the same kindness and compassion to yourself as you would to a dear friend. Treat yourself with warmth, empathy, and understanding when faced with challenges or setbacks. Engage in self-soothing activities that bring comfort and joy, whether indulging in a hobby, spending time in nature, or engaging in self-care practices. Be gentle with yourself and cultivate a nurturing inner dialogue that promotes self-kindness and self-acceptance.

Cultivating Mindfulness

Mindfulness is an essential tool for developing self-compassion. Practice being present in the moment without judgment, allowing yourself to observe and accept your thoughts, feel-

Be kind to yourself.
Be kind to yourself.
Be kind to yourself.
Be kind to yourself.
Be kind to yourself.
Be kind to yourself.

ings, and experiences as they arise. By cultivating mindfulness, you create a space for self-reflection and self-compassion. This awareness enables you to respond to yourself with kindness and understanding, fostering a deeper sense of acceptance.

Letting Go of Self-Criticism

Challenge the habit of self-criticism and replace it with self-compassion. Notice when your inner critic arises and consciously choose to respond with self-compassion instead. Challenge negative self-talk by reframing your thoughts and focusing on your strengths, achievements, and positive qualities. Practice self-forgiveness for past mistakes or shortcomings, recognizing that they are part of your growth journey. Let go of self-judgment and embrace a mindset of self-compassion and self-acceptance.

Seeking Support and Connection

Building a support network of understanding and compassionate individuals can contribute to your self-compassion journey. Surround yourself with people who uplift and support you and encourage self-compassion in their own lives. Share your struggles and experiences with trusted friends, family, or therapists who can provide guidance, empathy, and a safe space for self-reflection and growth. Remember, you are not alone in your journey toward self-compassion.

Cultivating self-compassion is a transformative practice that allows you to embrace your authentic self and nurture your emotional well-being. Embrace self-compassion as a lifelong journey of growth and self-discovery and witness its transformative power in your life. Treat yourself with the kindness and acceptance you deserve, for self-compassion is the key to embracing your truest and most authentic self. ♦



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Bring the Joy of Reading Books Back Into Your Life

Reading is an excellent habit to develop. You can read about anything that interests you and acquire virtually an infinite amount of knowledge. You might not ever be able to travel to Antarctica in real life, but you can “be there” in a flash with a book.

Young children love to read and to have books read to them. Then, to our own detriment, many of us lose interest or simply can't find the time once we grow up.

Try these ideas to rediscover the joy of reading books:

1. Read books that you really want to read. Avoid reading something just because you think you should. Not everyone needs to read War and Peace or Paradise Lost. Read old Superman comic books, if that's what you like. You're not in school; you can read whatever you like.

2. Create the time to read. It might be 20 minutes before bed or during your lunch hour. We feel like we don't have the time because we over-schedule our lives, watch too much TV, and spend too much time surfing the Internet. Let go of some of that stuff and read instead. Make reading a habit by doing it regularly.

3. When you're reading, only read. This isn't a time for one eye on the book and the other eye on the television set. If you're going to get the most out of it, then really commit to what you're doing. Just read during your reading time.

4. Avoid thinking that you must finish every book you start. We have to suffer through some things in our lives that are less than exciting, but your books don't have to be one of those things. If it's not exciting to you, get rid of it and find something else. Life is too short to be bored any more than absolutely necessary.

5. Don't worry about how quickly you read. It doesn't matter how long it takes you to finish a book. The important thing is to have a blast reading

it. You'll find you're your reading speed will increase when you read regularly.

6. Check out the book reviews before you choose something to read. Websites like Amazon.com have thousands and thousands of reviews. You can usually read part of the book online. It's a quick and easy way to figure out if you might like it before you buy.

7. Get a library card. Free is good. Your local library is a wonderful place. Take advantage of your tax dollars and check it out.

8. Remember the used bookstores. Not only can you find a lot of books that are at least 50% off, you can also sell the books you've finished

reading. Books aren't trophies that need to be kept on your shelves. If you're not going to read it again, why save it?

9. Consider joining a book club. You can read the book on your own and then discuss it with others. You'll learn a lot more about the book and get a new social circle, too. Reading is a solitary activity, but there are aspects to reading that can be very social.

Reading opens your mind up to new possibilities. There is so much you can learn, and with a library card, reading can even be free. Find a great book that fascinates you and carve out some time in your life to read it. You'll be glad you did! ♦

Speed Reading Tips and Tricks

Speed reading is a much sought after skill that enables you to boost your reading speed, while also improving your comprehension.

Speed reading strengthens your ability to read any style of writing while still understanding the intended and deeper meaning.

For example, when speed reading, you'll be able to skim right over the less vital pieces of information and pick out the sections which are more important far quicker than by using traditional reading techniques.

Whether you're already a fast reader or not, once you start training yourself to speed read, you'll notice your reading rate and retention will vastly improve over time.

Just like anything else, when learning how to read more quickly, you can't expect to read faster overnight. To learn how to use this skill properly requires time, effort and practice. You'll need to work at speed reading every day in order to become proficient.

Here are some effective techniques you can use to teach yourself to speed read:

1. Time yourself. When you first begin, time your current reading pace so you'll have a baseline that you can use for comparisons. Time yourself often when reading to see your growing improvement.

2. Practice improving your speed. Try and force yourself to read a little faster each time you pick up the material. You can do this by skipping over common words like the, to, from, and, etc.

3. Read each and every day. If you only read when you feel like it, you can't possibly improve. Work a little bit each day, otherwise you may find yourself having to backtrack and re-learn skills all over again.

- Go to the library and grab plenty of books to practice with.
- Take time each day to sit down and practice quickly reading a chapter or two, then test your retention by paraphrasing what you read.

4. Learn good reading habits. Work to break yourself of habits that slow your reading down, such as subvocalizing words, which is pronouncing words to yourself or moving your

— See *Speed Reading* on page 4

How to Gain the Most From Reading a Book

Books are incredible. You can have the knowledge of the world's experts at your fingertips. You don't have to sit through seven years of PhD classes or learn lessons the hard way if you make use of good books.

A good book is like a portable mentor that has a lifetime cost of less than \$20. It's one of the best deals on the planet!

Unfortunately, most of us read great books, but we fail to get anything substantial from them. Our knowledge increases, but our lives stay the same.

Speed Reading

Continued from page 3

lips when reading. Be sure you're only saying the words in your head.

5. Read with your hand. Moving your hand down the page helps guide your eyes quickly through the material.

6. Avoid re-reading. Practice taking away understanding of your material the first time you read it.

- You can skim through the information from time to time if needed, but avoid re-reading it in depth if you don't have to.

7. Read in blocks of words. Instead of reading words letter by letter or the information word by word, interpret the author's ideas in blocks of words.

8. Avoid distractions. Interruptions can interfere with your capability and cause confusion.

- You may want to try reading in the morning or before you go to sleep, when there are likely to be fewer distractions.

Before you can speed read, you first have to make the commitment to continually refine your skills. Practicing speed reading will help you improve your reading, writing and comprehension. As you strengthen your speed reading skills, you'll soon find that you enjoy reading and learning new things more than ever! ♦

Don't be afraid to tackle challenging books. Pushing yourself outside your comfort zone can lead to significant growth. Choose books that genuinely interest you. This will make the reading experience more enjoyable and engaging. Enjoy a book on "Read a Book Day — September 6th."

It's not enough to passively read a book. There's a lot more to the process.

Consider these ideas to get the most from reading books:

1. Choose an appropriate topic.

To get the most from a book, it's important to choose a subject that will help you in some way. Where do you need the most help in your life? Is it something general like confidence or self-esteem, or a specific skill like public speaking or networking?

2. Take the time to find a great book on your subject. Most online booksellers include reviews. Let these be a guide. You can find most of the most popular books in your local library.

3. Read the entire book. Avoid skipping chapters or pages that bore you. Read the entire book, including the foreword and introduction. Writing is a hassle, so the author is only going to write things that they believe are relevant.

4. Take notes. Avoid relying on your memory to capture the most relevant points in the book. Write down those nuggets of wisdom, so you'll have them available in the future. You'll also have them all in one place.

5. Ask yourself how you can apply this information to your life. Include the answer in your notes.

6. Review each chapter. Once you complete a chapter, review what you've learned. Spend some time thinking about it. You might spend an entire day thinking about it on and off. Consider that each chapter may reveal valuable information that can change

your life for the better. Find that piece of information.

7. Make a plan to apply the information. It's not enough to know something. You have to apply it to get any benefit from it. Set up a plan for utilizing the information. What habits could you create? What are some things you need to do or stop doing?

8. Re-read the book. Many success gurus brag about reading a new book each day. This is a mistake. You're far better off reading fewer books multiple times each year and deeply understanding the information. How can you read a book each day and apply the information to your life? You can't.

9. Read other books on the same topic. One book gives you information. Five books on the same topic gives you understanding. Become an expert on your topic of choice. As you're applying the information from one book, deepen your understanding with a similar book. Take your time and be thorough.

How much benefit have you really gotten from the books you've read? Odds are that you could be doing a lot better.

Books can save us so much time versus trying to figure things out on our own. They are a way to rapidly boost your life, but it's important to read actively and then to apply the information.

Information that isn't acted upon has little value. Let your reading time be a catalyst to a bright future that you can look forward to! ♦

Essential Energetic Skills for Healthy, Aligned Relationship

At the heart of every thriving relationship is communication—not just the words we say, but the energy, intention, and vibration behind them. When we communicate with clarity, love, and presence, we align ourselves with deeper connection, trust, and joy. These skills don't just improve relationships; they shift the energy you bring into them, which is exactly what the Law of Attraction responds to.

Active Listening with Presence

True listening is more than hearing words—it's about tuning into the vibration behind them. When you give someone your full attention, you send the signal: *You matter. I see you. I value you.* This presence creates safety and trust.

- Maintain open body language.
- Allow pauses instead of rushing to respond.
- Reflect back what you hear with compassion.

The energy of being truly heard is magnetic—it invites others to meet you at the same level of care.

Expressing Yourself with Clarity and Love

Clear expression isn't just about words—it's about vibration. When you speak from honesty, respect, and alignment, your message carries power.

- Use "I" statements to own your feelings and experiences.
- Be direct, but infuse your words with kindness.
- Let your tone reflect love, even in difficult conversations.

When you express yourself clearly, the universe responds by bringing more harmony into your relationships.

The Energy of Nonverbal Communication

Your energy speaks before your words do. Body language, tone, and facial expressions all transmit frequency.

- Align your energy with your words so they resonate as truth.
- Notice the cues of others—some-



- times what's unspoken says more than what's said.
- Practice authenticity: let your energy reflect your heart.

The energy of being truly heard is magnetic—it invites others to meet you at the same level of care.

Empathy as Alignment

Empathy is one of the highest vibrational states we can bring into a relationship. By stepping into another's perspective, we cultivate compassion and connection.

- Validate feelings without judgment.
- Acknowledge emotions, even if you don't agree with the story behind them.
- Offer understanding—it expands love in both directions.

Conflict as Opportunity for Growth

Conflict isn't failure—it's contrast. And in the Law of Attraction, contrast shows us where we can grow, realign, and create new desires.

- Approach conflict with curiosity, not defensiveness.
- Focus on solutions, not blame.
- Seek the win-win, knowing that harmony is always possible when love is the foundation.

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Communication is an energetic practice. Each time you listen deeply, speak with love, embody empathy, or move through conflict with grace, you align yourself with higher vibrations. The result? Deeper trust, more joy, and relationships that reflect the energy of love you're putting into the universe. ♦

Enjoy these Law of Attraction Relationship "Jokes"

Why are healthy relationships like vision boards?

Because what you picture together, you create together.

Why did the couple meditate together?

So they could attract calm... instead of chaos.

According to the Law of Attraction, what's the secret to a lasting relationship?

Focus on the love, not the laundry.

Why did the partner bring affirmations to date night?

To make sure the conversation stayed positive and magnetic.

(I didn't promise these were actually funny.)

30 Law of Attraction Journal Prompts for September

1. What does “new season, new energy” mean to me right now?
2. What am I most grateful for from the summer months?
3. What lessons from the past season will I carry forward?
4. What am I ready to release as the seasons shift?
5. What no longer feels aligned with who I’m becoming?
6. Where in my life am I craving more balance?
7. What new intentions feel most important for September?
8. How can I simplify my life this month?
9. What inspired actions can I take toward my biggest goal?
10. What does abundance look like for me in this season?
11. What would I love to manifest before the year ends?
12. What is one belief I’m ready to let go of right now?
13. Where do I want to focus my energy this month?
14. What would my highest self want me to prioritize in September?
15. How can I create more space for rest and reflection?
16. What daily practices keep me aligned and centered?
17. How can I use this month as a fresh start?
18. What do I feel most called to create in September?
19. What new opportunities am I ready to welcome in?
20. Where am I resisting change, and how can I soften into it?
21. How can I bring more joy into my daily routines?
22. What small changes could make a big difference this season?
23. What is one habit I want to strengthen this month?
24. What inspires me about the energy of autumn?
25. How can I show up more fully for myself right now?
26. What signs has the universe been sending me lately?
27. What am I excited to attract into my life this month?
28. What feels like it’s “in harvest” for me right now?
29. What do I want to feel by the end of September?
30. What vision am I holding for myself as I step into this new season? ♦

30 Affirmations for September

1. I welcome the fresh energy of September with an open heart.
2. I release what no longer serves me and step into alignment.
3. I am ready for the new opportunities this season brings.
4. My energy is balanced, grounded, and clear.
5. I trust the timing of the universe in all things.
6. I am worthy of abundance in every area of my life.
7. I invite joy and ease into my daily routines.
8. Change is a gift, and I embrace it with grace.
9. I am grateful for the lessons of the past season.
10. I create space for renewal, rest, and inspiration.
11. I choose thoughts that support my highest vision.
12. My dreams are blossoming into reality.
13. I attract people and experiences that uplift me.
14. I am a magnet for clarity, peace, and purpose.
15. My intentions are powerful, and the universe responds.
16. I welcome balance and harmony into my life.
17. I trust my inner wisdom to guide me.
18. I am open to miracles, both big and small.
19. I let go of resistance and allow flow.
20. My energy attracts abundance in every form.
21. I step into this new season with confidence and grace.
22. I celebrate the progress I’ve already made this year.
23. I focus on what lights me up and brings joy.
24. I am aligned with the rhythm of the universe.
25. Each day, I grow closer to my highest self.
26. I release the old and welcome the new with love.
27. I radiate peace, calm, and positive energy.
28. I am grateful for the blessings already on their way.
29. I embody abundance, clarity, and creativity.
30. I enter October aligned, refreshed, and ready for miracles. ♦

Affirm Daily...

I am a magnet for clarity, peace, and purpose.

Top 10 Reasons Why You Stop Before the Finish Line (and How to Attract a Better Outcome)

Have you ever started a project with excitement, only to quit before you crossed the finish line? You're not alone. Almost everyone has. But in the Law of Attraction, quitting isn't just about giving up—it's often a sign that your energy, beliefs, or focus have drifted out of alignment.

The good news? When you understand why you stop, you can shift your vibration and create momentum that carries you forward. Imagine where you'd be if you stayed aligned with your vision instead of letting fear or doubt interrupt the flow.

Here are 10 energetic reasons you may quit—and how to turn them around:

1. Fear of failure

Fear lowers your vibration. But failure isn't an ending; it's feedback. Each "failure" is simply contrast helping you refine your desire and call in what you really want.

2. Fear of success

Sometimes success feels scary because it requires expansion. Remember: the universe never gives you a dream you're not capable of growing into.

3. Discomfort with uncertainty

Uncertainty is where magic lives! If you can lean into the unknown with trust, you'll find doors opening you couldn't have planned yourself.

4. Lack of motivation

When you're not motivated, it may mean the goal isn't truly aligned with your soul. Ask: *Does this light me up? Energy flows toward what feels expansive and joyful.*

5. Lack of clarity

If you don't know exactly what you want, it's hard for the universe to deliver. Get clear on your vision—be specific, emotional, and vivid.

6. Slow results

Seeds don't sprout the day you plant them. Trust divine timing, keep your vibration high, and focus on the long-term vision instead of instant gratification.

7. Overwhelm

Overwhelm comes from trying to control everything at once. Step back, simplify, and focus only on the next aligned action.

8. Procrastination

This is often just resistance energy. Shift it by taking one tiny inspired step. Momentum builds quickly once you're in motion.

9. Negative influences

If you're surrounded by people who

don't believe in your vision, their vibration can pull you down. Protect your energy. Seek voices that support your expansion.

10. Distractions

When your focus is scattered, your vibration is scattered. Simplify, declutter, and put your energy into what truly matters to you.

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Remember this: Quitting isn't about weakness—it's about misalignment. When you choose to realign, refocus, and keep your energy tuned to your vision, the universe will conspire to meet you halfway. The key to success isn't perfection—it's persistence in the vibration of belief. ♦

How to Turn Procrastination Into a Magnet for Success

When most people think about success, they imagine breakthroughs, big leaps, or flashes of inspiration. But the truth is, success is often built on the small, consistent, everyday actions—the ones we sometimes resist. That's why procrastination isn't just a hurdle—it's an opportunity to align your energy and practice becoming the person who attracts success with ease.

Think of procrastination as a signal from your vibration. It's your inner guidance telling you where your energy is out of alignment. When you learn to shift how you *feel* about the task, you shift your point of attraction—and success flows more naturally.

Here's how you can transform procrastination into a tool for growth:

1. Recognize the feeling. Every thought creates a vibration. When you think of a task and it feels heavy or resistant, that's your signal: your energy isn't aligned with the outcome yet.

2. Reframe resistance as practice. Instead of labeling procrastination as "bad," see it as practice for

success. Each moment of resistance is an invitation to strengthen your ability to act from alignment, not avoidance. Successful people don't push harder—they align better.

3. Breathe into the discomfort. Close your eyes, breathe, and soften the part of your body where you feel tension. By releasing that energy, you create space for inspired action to flow in.

4. Just start—for five minutes. Energy builds momentum. Commit to just five minutes. Often, that small step shifts your vibration enough to carry you forward with ease.

5. Celebrate and reset. Every step, no matter how small, is evidence of progress. And if you slip? Forgive yourself quickly and realign. Remember: the Law of Attraction responds to your current vibration, not your past actions.

Procrastination isn't your enemy—it's your teacher. Each time you notice it, you're given a chance to raise your vibration, strengthen your alignment, and step closer to the version of you who already lives the success you desire. ♦

Are You Aligning with Success or Sabotage?

Much of our happiness and success is shaped not by what happens “out there,” but by what we choose to think and believe. Your inner dialogue—your self-talk—is like a powerful signal you’re broadcasting to the universe. And the universe always responds to the frequency you send out.

Here’s the simple truth:

- Positive, empowering self-talk raises your vibration and attracts success.
- Negative, defeating self-talk lowers your vibration and blocks your desires.

The question is: what signal are you sending?

Negative self-talk often sneaks in quietly, forming habits you barely notice. But the results are loud and clear: stuck energy, repeated struggle, and unfulfilled dreams. The good news? By shifting your inner conversation, you can realign with abundance, joy, and success.

Here are a few common patterns to watch for—and how to realign:

1. “I’ll be happy when...”

Happiness is not a destination; it’s the fuel. The universe mirrors your energy, so choosing joy now magnetizes more joy later.

2. Feeling jealous of others’ success.

Jealousy says, “there’s not enough for me.” But the Law of Attraction is infinite. Celebrate others’ wins—they are proof of what’s possible for you, too!

3. “I can’t do anything right.”

Every “failure” is simply feedback guiding you closer to success. Remember: your persistence attracts momentum.

4. “Why does this always happen to me?”

This belief broadcasts victim energy, which only draws in more frustration. Shift it to: “Everything is happening for my growth and alignment.”

5. “I can’t do this.”

If you hold the vision, you hold the power. Every small inspired step raises your vibration and brings the dream closer.

6. “I’ll do it tomorrow.”

The universe responds to NOW energy. Align with courage today, and the next steps will unfold naturally.

7. Any thought that drains your joy.

If it lowers your vibration, it’s not in harmony with your highest self. Re-

Be sure to check out the Morning and Evening Alignment Rituals on the next page 9

place it with something that feels better—even slightly.

Remember: your thoughts are magnetic. Repetition creates momentum. By consciously choosing uplifting self-talk, you’re not only changing your mind—you’re changing your frequency, your point of attraction, and your future.

Nurture yourself with words that empower and inspire. When you align your inner dialogue with possibility and joy, you open the doors wide to the success and abundance you’ve been asking for. ♦

Flip-the-Script: Self-Talk Shifts for Alignment

Negative Self-Talk

“I’ll be happy once I get ___.”

“Other people always get ahead of me.”

“I can’t do anything right.”

“Why does this always happen to me?”

“I can’t do this.”

“I’ll start tomorrow.”

“I don’t deserve success.”

“Things never work out for me.”

“This is too hard.”

“I’m stuck.”

LOA-Aligned Reframe

“I choose happiness now, and that energy is attracting more reasons to smile.”

“Their success shows me what’s possible. If they can, I can too!”

“Every step teaches me something valuable. I’m getting better every day.”

“Life is guiding me toward growth. Everything is happening for my highest good.”

“I am capable of learning and growing. The universe supports my progress.”

“Now is the perfect moment to begin. Small inspired action today creates momentum.”

“I am worthy of abundance, joy, and success simply because I exist.”

“Everything is always working out for me. The universe has my back.”

“I’m stronger than I think, and each challenge is an opportunity to rise.”

“I’m aligning with clarity and new opportunities are already on their way to me.”

You may want to print this out and keep on your desk, or set reminders on your phone with the positive versions. Over time, these reframes become automatic and naturally raise your vibration.

Morning & Evening Alignment Rituals

Morning Alignment Ritual

This quick ritual raises vibration, shifts focus to possibility, and programs the subconscious to attract matching energy throughout the day.

Step 1: Centering Breath (1–2 minutes)

- Sit comfortably, close your eyes, and take three deep breaths.
- On each exhale, imagine releasing worry, doubt, or resistance.
- Say quietly (or think): *“I am open, I am clear, I am aligned.”*

Step 2: Power Affirmations (3–4 minutes)

Choose 3 affirmations from your list (or the flip-the-script guide on page 8). Say each one **out loud** three times, with feeling. For example:

- “Everything is always working out for me.”
- “I am magnetic to abundance and joy.”
- “Today I welcome opportunities with ease and flow.”

Tip: When doing these rituals stand tall, smile, or even place a hand over your heart to amplify the energy.

Step 3: Visualization Spark (2–3 minutes)

- Close your eyes again and picture one thing going beautifully today.
- Imagine the feeling of ease, joy, or success as if it has already happened.
- Seal it in with gratitude: *“Thank you, Universe, for aligning this day for my highest good.”*

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Total time: 7–9 minutes.

The folks at *Calm* tell us: Engage with rituals consciously and mindfully, paying attention to the actions, symbols, and emotions involved. The folks at *Atlantic Health* say, “don’t be afraid to adapt or create new rituals to fit your current needs, circumstances, and personal values.”

Evening Alignment Ritual

This ritual clears lingering resistance, programs the subconscious with positive expectation, and helps you fall asleep tuned to your desires.

Step 1: Release the Day (2 minutes)

- Take three deep breaths, exhaling slowly.
- Whisper (or think): *“I release this day with love. I keep what serves me, and I let go of the rest.”*
- Imagine any stress dissolving like smoke into the night sky.

Step 2: Gratitude Glow (3 minutes)

- Write down (or say aloud) ****3** things you are grateful for today.**
- Feel the warmth of each blessing, big or small.
- Example: *“I’m grateful for the smile from a stranger, the meal I enjoyed, and the quiet moments of peace.”*

Step 3: Affirmations for Peace (2–3 minutes)

Choose 2–3 soothing affirmations to anchor your subconscious as you drift to sleep. Repeat each one slowly, like a lullaby:

- “I am safe, I am loved, I am supported.”
- “Everything I desire is already on its way to me.”
- “Tonight I rest in abundance, and tomorrow I rise in joy.”

Step 4: Visualization Drift (2 minutes)

- As you close your eyes in bed, imagine a scene of your dream life as if it’s happening now.
- Let yourself **feel** the joy, ease, or success.
- Drift off while holding that feeling lightly, like a cozy blanket.

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Total time: 9 minutes.

...

What time of day will you perform your morning and evening rituals? How can you make them a habit?

What Dog Training Can Teach You about Personal Growth

Your life is a lot more complicated than your dog’s. He probably spends most of his time sleeping, eating, and chewing on a squeaky toy. You, on the other hand, have to go to work, put your kids through college, and save for retirement.

Yet, when it comes to training, some of the principles that work for your dog can help you too. See what you can learn from basic obedience classes when it comes to your personal growth and development.

Strategies That Work for Both You and Your Dog: Whether you’re trying to walk your dog on a leash or to speak Russian, some fundamentals apply to any learning project. Consider these tips for mastering new skills.

1. Clarify your goals. Identify the behavior that you want to focus on. It’s usually more effective to think in terms of forming a new habit rather than breaking an old pattern.

2. Practice regularly. For any learning to take hold, it’s important to repeat the steps over and over. Make your new activities part of your daily life.

3. Pace yourself. Start with your top priorities like running each day or studying for your CPA exam. Postpone other projects that could drain your time and energy. Start out small, and gradually increase the time and intensity of your efforts.

4. Expect off days. Whatever you’re working on, prepare yourself for ups and downs. Some days you’ll feel sharper than others.

5. Be consistent. You’ll reinforce new habits quicker if you try to follow a regular routine. Do yoga at the same time each morning or devote one corner of your bedroom to a meditation space.

6. Offer rewards. Boost your motivation by giving yourself something to look forward to. Maybe you love

— See *Dog Training* on page 10

What Your Dog Wants You to Know About Using Social Media

Social media is a wonderful way to stay in touch with family and friends, but it can have its downside. Numerous studies suggest that overdoing it on Facebook or similar sites can make us unhappy.

For example, having more than 7 social media accounts triples the risk of depression among young adults. Maybe it's the multitasking or the pressure to look cool in multiple venues with different rules. Either way, that's one mistake your dog wouldn't make. He's content with playing in the same park each afternoon, and eating his usual for dinner each night.

If you're going to use social media, there are a few more things your dog could teach you. After all, he's man's best friend, so take a look at these ideas he'd want to share with you.

Play Nice:

Online spontaneity can lead to regrets if you say something insensitive. Even dogs benefit from being socialized.

1. Think first. Ask yourself if what you're typing is encouraging and constructive. Imagine how you'd feel if you were on the receiving end.

2. Consider your audience. Avoid misunderstandings by choosing the appropriate platform for your remarks. Puppy pictures will get more laughs on Facebook than LinkedIn.

3. Take the high road. You'll probably run into some rudeness and aggression online. Try to elevate the conversation or leave gracefully if necessary.

Accept Yourself:

The average mutt can have just as much confidence as any Westminster

Kennel Club winner. Loving yourself protects you from feeling inferior online and off.

1. Be authentic. Know that you are worthy of happiness and respect just the way you are. Celebrate your strengths, and enjoy exploring the areas where you want to grow.

2. Resist comparisons. Sometimes it looks like everyone else on Facebook is taking exotic vacations and bragging about their gifted children. Count your blessings and pursue your own definition of success.

3. Think positive. Think of challenges as opportunities. Be kind to yourself. When talking to yourself, choose words that comfort and inspire you.

Stay Active:

Being sedentary takes a toll on your mental and physical health.

1. Take a walk. Exercise each day. Walk your dog an extra mile or visit the gym.

2. Move around. Incorporate more physical activity into each day. Climb the stairs or do some extra chores around the house.

3. Interact offline. Cultivate relationships face-to-face. Meet up with friends for a regular coffee or lunch date.

Engage in Meaningful Activities:

Your dog can find fulfillment in chasing a stick. You may need to aim a little higher.

1. Live mindfully. Any activity can be profound if you keep your purpose in mind. Enjoy preparing breakfast for your family or giving your dog a bath.

2. Find a hobby. Fill your leisure time with projects that expand your knowledge and skills. Play a musical instrument or study a foreign language.

3. Focus on giving. True gratification comes from helping others and contributing to your community. Volunteer at a local animal shelter or library.

If your dog can figure out how to avoid Facebook depression and Instagram anxiety, so can you. Monitor your social media use and pay attention to your life offline. You and your dog will both benefit! ♦

Dog Training

Continued from page 9

bacon-flavored crackers as much as your dog does or maybe you'd prefer a night out at the movies.

7. Consider consequences. Choose actions that deliver the results you dream about. An afternoon spent on gardening or volunteering in your community will probably be more gratifying than watching television.

8. Create positive associations. You've probably heard about giving a dog a treat or toy to relieve separation anxiety. While you probably don't panic when your spouse goes to work, you can use a similar strategy with your own stressors. Listen to opera while you iron or wear cashmere socks on job interviews.

9. Leverage your strengths. Just like greyhounds run and huskies pull sleds, you have your own unique gifts. Figure out what you like to do and what you're good at. Capitalize on your assets in your personal and professional life.

10. Remain cheerful. When you run into a challenge, smile and think positive. A happy attitude encourages learning.

Other Essential Tips for Growth

On the other hand, you have a lot more options than your dog. Take advantage of your human abilities.

1. Plan ahead. Your dog excels at living in the moment, but has a harder time making the connection between chewing your shoes and being corrected hours later when you arrive home from work. On the other hand, you can think long-term and care for your future self.

2. Continue learning. There's some controversy about whether you can teach an old dog new tricks, but humans can certainly keep advancing in their golden years. Sign up for cooking classes or start playing tennis.

3. Consult a professional. Your dog doesn't know that an expert might be able to help him with his chronic barking, but you can reach out for counseling and other services when you feel stuck. Asking for help requires wisdom and strength.

Overall, what works for your dog often works for you too. When you're trying to form healthier habits, be patient with yourself and reinforce your positive choices. ♦

Do You Really Know Yourself?

12 Questions to Align Your Energy

Most of us move through life on autopilot—thinking the same thoughts, repeating the same patterns, and rarely pausing to connect deeply with ourselves. But self-awareness is the foundation of alignment with the Law of Attraction. The more clearly you know who you are and what you desire, the easier it is to attract it into your life.

Ask yourself these questions to shift your energy, gain clarity, and start manifesting your best life:

1. How would I honestly describe myself? What would you say? Be completely honest with your positive and negative characteristics. How does the answer to this question make you feel? What changes could you make?

2. Anyone who knows me knows that I? This question reveals a fundamental truth about you. What is your defining characteristic? What does the answer say about you?

3. What am I passionate about? What gets you excited? This is the thing that causes you to lose track of time. It's the thing that can make you jump out of bed in the morning. Maybe you haven't even thought about this before. When you know your passion, you can spend more time doing it.

4. If I had one year left to live, what would I do? It's easy to live day-to-day in a rut. However, if you knew that you only had one year left, you would find the energy to change your life and your focus. What do you feel that you should be spending more time on?

5. If I could go back in time five years, what advice would I give myself? What was the most important thing you learned over the last five years? What were your biggest mistakes? What did you fail to appreciate? What opportunities did you

squander? What can you learn from the last five years?

6. If I lived today over and over, what would my life look like in five years? This can be a very informative question. Take a look at your average day. What are you accomplishing each day and how will that impact your future? Most of us are working diligently, but accomplishing little in the long-term.

7. If I could accomplish five things before I die, what would they be? This question will help you to determine your most important tasks and reveal your values. What do you want to be able to look back upon when you're at the end of your life?

8. What would I do if I knew I couldn't fail? What does your fear of failure prevent you from attempting? This question will let you know.

9. What would I do with \$10 million? Would you stay at your job? Help others? What would you purchase? How would you spend your free time? Ten million dollars creates a lot of options. What would you do with those options?

10. Who am I? The big question. This is a challenging question to answer, but it's important to ask and to give the answer some thought.

11. What is my purpose? Why do you exist? What is your purpose in life? It's up to you to determine. Maybe you've never considered it.

12. In what ways am I failing to live authentically? Why? How are you not being true to yourself? How do you hold yourself back and why? What are you afraid of and what is that costing you?

...

The more you ask empowering questions, the more the universe responds with clarity, opportunities, and synchronicities. Be brave enough to look inward—you'll discover that self-awareness isn't just knowledge, it's the key to manifestation. ♦

The Power of Asking Aligned Questions

The questions you ask yourself shape your vibration—and your vibration shapes what you attract. Every time you ask a question, your mind (and the Universe) immediately starts searching for an answer. That's why the quality of your questions is so powerful.

When you ask *disempowering* questions like “Why can't I ever get this right?” you attract more reasons to feel stuck. But when you ask *empowering* questions like “What's the best step I can take right now?” you shift your energy and invite inspired solutions.

Here are simple ways to harness the Law of Attraction through better questions:

1. Start your mornings with high-vibe questions.

Instead of rushing into the day, ask:

- “What am I grateful for right now?”
- “How can I make today joyful?”
- “Who can I uplift today?”

These raise your vibration and set the tone for positive manifestations.

2. Redirect your self-talk. Notice when you ask limiting questions (“Why does this always happen to me?”) and flip them: “What is the blessing here? What is life trying to show me?” Your energy instantly shifts from victimhood to empowerment.

3. Use questions in challenges. When difficulties arise, ask: “What's the opportunity in this?” or “How can this situation work out even better than I imagined?” This directs your attention to solutions and aligns you with better outcomes.

4. End your day with reflection.

Ask: “What went well today? What did I learn? How can I attract an even better tomorrow?” Gratitude and reflection invite more reasons to celebrate.

Remember: the Universe responds to your focus. Ask empowering, aligned questions, and you'll attract empowering, aligned answers. ♦

10 High-Vibe Habits to Attract a Great Day

Your daily habits are powerful—they shape your vibration, your mood, and what you attract into your life. When you choose habits that align with positivity and clarity, you set yourself up to magnetize joy, ease, and success.

Here are 10 simple habits to raise your vibration and ensure every day starts in alignment with the life you desire:

1. Rise with intention. Getting up on time tells the Universe: *I'm ready for the opportunities today brings.*

2. Hydrate with high vibes. Begin your day with pure water to refresh your energy flow. Imagine each sip washing you with clarity and vitality.

3. Meditate. Just 10 minutes of stillness connects you with your inner guidance and raises your vibration, making you magnetic to positive experiences.

4. Connect with someone new. Each new connection is a doorway for fresh energy, opportunities, and expansion.

5. Take a walk. Walking grounds your energy, clears your mind, and opens space for inspired thoughts to flow in.

6. Choose positivity. Your thoughts are frequencies. When you choose uplifting ones, you attract circumstances that match that energy.



7. Learn something new. Expanding your mind signals growth to the Universe, which responds by sending you even more expansion.

8. Prepare with purpose. Writing your to-do list the night before keeps you aligned and focused, making your mornings flow with ease.

9. Journal. Record your thoughts, wins, and desires. Writing creates clarity and helps you align with what you want to manifest.

10. Prioritize sleep. Rest restores your energy field. A well-rested mind and body vibrate higher, making you more magnetic to joy.

Remember: the habits you choose are like setting your energetic frequency. Small aligned choices each day create a powerful ripple that shapes the quality of your life. ♦

Organize Your Life a Little Each Day

Your environment mirrors your energy. Clutter blocks flow, while order invites clarity, peace, and abundance. By tidying a little each day, you signal to the universe that you're ready for ease and success.

Tidy with Intention. Ten minutes of organizing can shift your vibration. Each cleared space affirms: *I welcome flow into my life.*

Give Everything a Home. When belongings have a place, energy moves freely. Harmony in your surroundings attracts harmony in your mind.

Use Reminders as Anchors. Planners, notes, or phone alerts aren't just tools—they're declarations of intention, helping you manifest order and productivity.

Release What No Longer Serves You. Letting go of clutter creates space for blessings. Each item you release opens the door to new opportunities.

Create Simple Routines. Daily habits and shared responsibilities establish balance. The universe reflects that order back as calm and abundance.

Small, consistent steps raise your vibration and align you with joy. ♦

10 Simple Ways to Raise Your Vibration and Transform Your Life

When we dream of a better life, we often imagine huge changes. But the truth is, transformation happens through small, aligned shifts. Each positive step you take raises your vibration and invites the Universe to meet you with more blessings.

Here are 10 simple practices that can help you attract more joy, abundance, and ease into your daily life:

1. Declutter a little each day. Clearing your space clears your energy. Just 15 minutes a day of tidying creates room for new opportunities to flow in.

2. Align your money with intention. Instead of "budgeting," think of it as telling your money where to go

with love and purpose. This keeps you in harmony with abundance.

3. Release one unhealthy food habit. Each time you choose nourishing foods, you affirm to the Universe: *I honor and love my body.*

4. Let go of one unnecessary expense. Releasing what no longer serves you creates space for more aligned prosperity.

5. Set daily intentions. Write down your top 3 priorities each day. This keeps your energy focused and magnetizes results

6. Appreciate your partner. Write one thing you love about them daily. Gratitude expands love and deepens connection.

7. Do something you enjoy every day. Joy is a powerful magnet. A few minutes of doing what lights you up raises your vibration instantly.

8. Fix small annoyances. Each time you resolve a little frustration, you send a message to the Universe: **I choose harmony in my life.**

9. Choose one meaningful goal. Align with a goal that excites you and take small inspired steps toward it each day.

10. Meditate daily. Even 10 minutes helps quiet the mind, align your energy, and open you to divine guidance.

Remember: tiny aligned actions compound into big transformations. Start today, and watch how quickly your life shifts in beautiful ways. ♦

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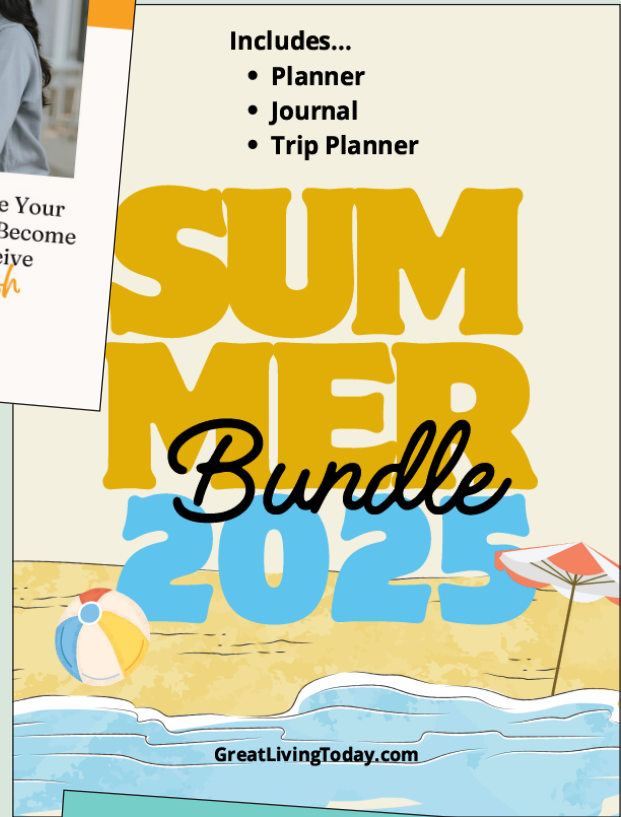
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Each day, I'll guide you through a simple practice designed to support your mental well-being and personal growth. Just a few minutes with pen and paper can set the foundation for creating big changes ahead.

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