

How are you feeling today? Check in with yourself...

Are you in your Abundance zone? Bring in Golden Light to see all possibilities...

Are you in your Love Zone? Open your heart. Send love to yourself and others...

Are you in your Health Zone? Send your cells Green Healing Light with the assistance of Archangel Raphael...

Are you in your Joy Zone? Think about something that makes you smile...

Are you in your Power Zone? Remember those amazing things you did yesterday...Even if it was just putting on your pants (Pants are important)

