



Ascension

... 'because you're more than you think

Increase your heart energy



To do this, hold one of the high-vibrational Light Crystal Pyramids of Ascension to your heart and allow the energy of this Light Pyramid to work with you. Take a few deep breaths in and out and notice how golden roots grow down from the soles of your feet to the center of the earth to connect with your crystal so that you are grounded. Then connect with the breath of the cosmos and repeat the following:

- I am who I am – full of magic and unique.
- I am here on earth because creation needs me with all my heavenly talents.
- I am a magnet for healing, well-being, creativity, love, for the infinite abundance of the cosmos and prosperity.
- I am boundless consciousness and full of gratitude for my life. I am the sun of my life.
- I am pure joie de vivre and enthusiasm and my words, thoughts and communications resonate in the light-filled frequency of higher dimensions.
- I lovingly listen to the signals of my body and follow my needs.
- I radiate from within, am aware of my true greatness and vibrate in the energy of the new lightness of being.
- I am curious and open like a child to "magical" new experiences. I trust my inner wisdom. I am who I am – full of magic and unique.

I wish you a lot of fun with it

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