



Spiral Blueprint

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Each of us has the power to raise our own awareness and tap into the fluid reality that surrounds us. We can each raise our personal vibration to discover a place of attunement with the energies of Mother Earth and the energies of the Divine Universe. In doing so, we can manifest change and create beauty in our personal lives on a daily basis. Not only that, we can kick off a Butterfly Effect that spirals out into the world around us, creating positive change on a global scale as well. Whether you were drawn to The Spiral Blueprint out of a desire to manifest change in your personal life or out of a wish to activate more balance and beauty in the world at large, your simple willingness to be here and to read this book is already having a profound effect. All spirals of movement begin simply with a single, sincere intention. For this reason, there is no wrong way to engage with the Spiral Blueprint Meditation. The nine simple motions of this Meditation are carefully designed to align your energy with both the pulse of Mother Earth and the spin of the creating universe. The Spiral Blueprint meditation does not “create” a connection between you, the Earth, and the upper realms; that connection is already there and is permanent and cannot be broken. The Spiral Blueprint Meditation simply opens a clear path that activates a connection you already have and allows it to grow stronger.

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