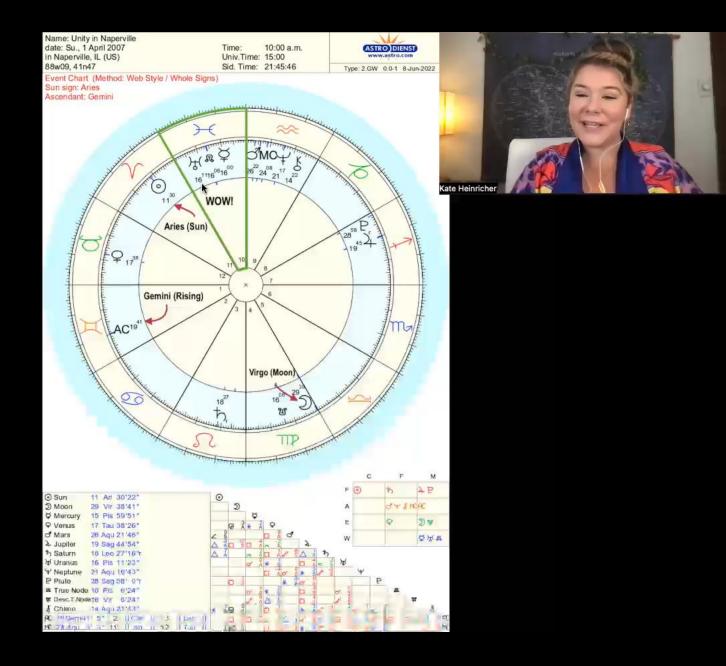


Grateful in Advance

End result
What am I doing?
Who am I with?
Where am I?
How am I feeling?
How am I living differently?
What did I surrender?

What are benefits?
Am I helping others?
What am I being?
What is my essence?
How have I changed?
Take grateful breath
Feel relaxed, thankful



Kate Heinricher

What is asked of you more than ever in experiences of great change is to stay conscious, stay present, practice all that you know, be in peace, and create an entire field of peace within and around your being.

Change is always going to happen. We want you to get really good at navigating change with ease and balance and harmony and peace and joy and an ability to hold a higher perspective of whatever is happening around you, instead of going into mass conscious fear.

Choose to elevate your consciousness out of the level of density where imbalance is occurring and guide others to navigate that time with greater ease.

Sara Landon – The Wisdom of the Council



