

HIGHER POWERED

THE PRACTICE GUIDE JOURNAL I

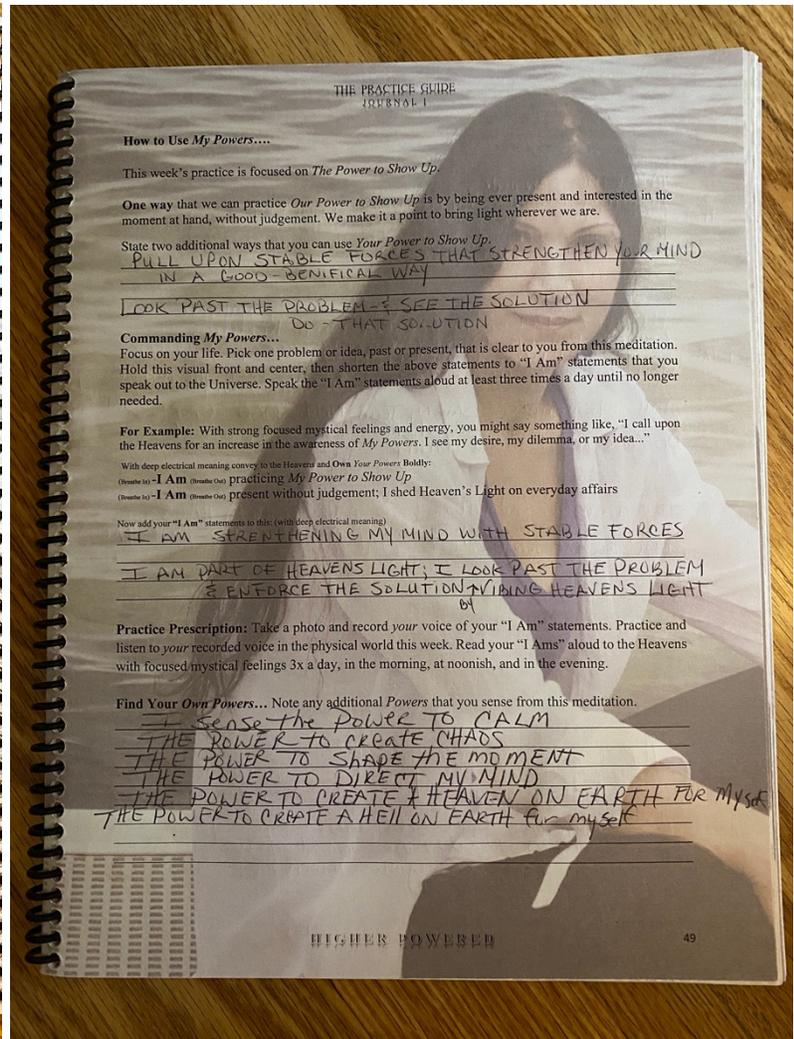
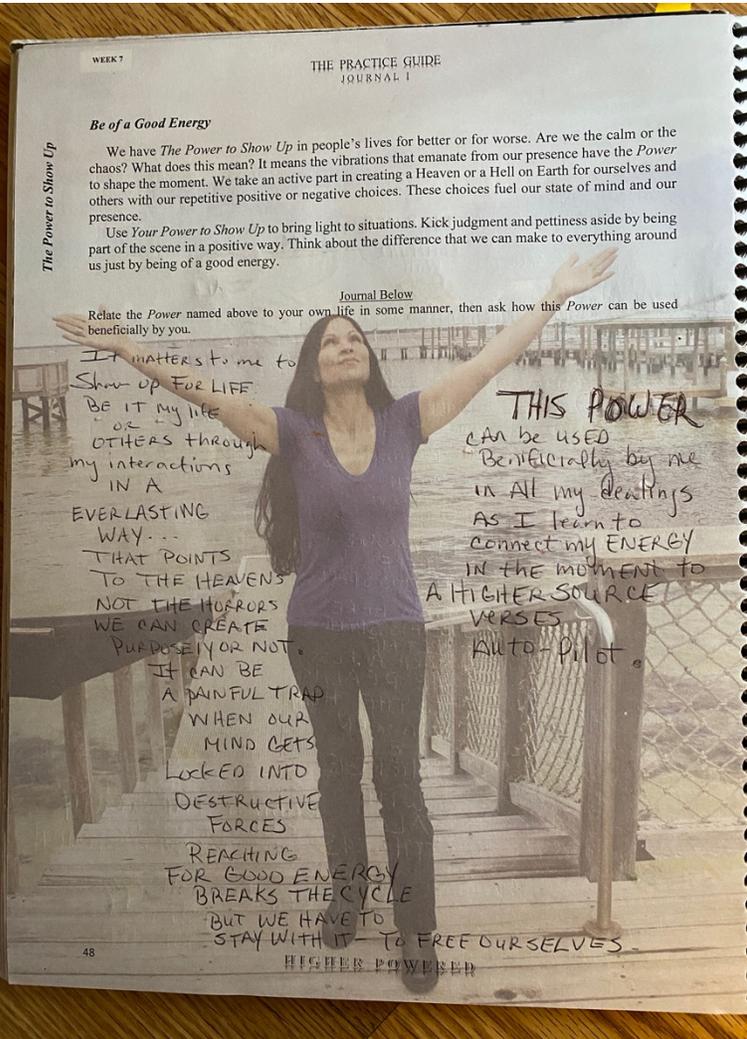
The book series for people who are hurting, hard-headed, or too busy...

Find
Identify
And Use
Your
POWERS WITHIN

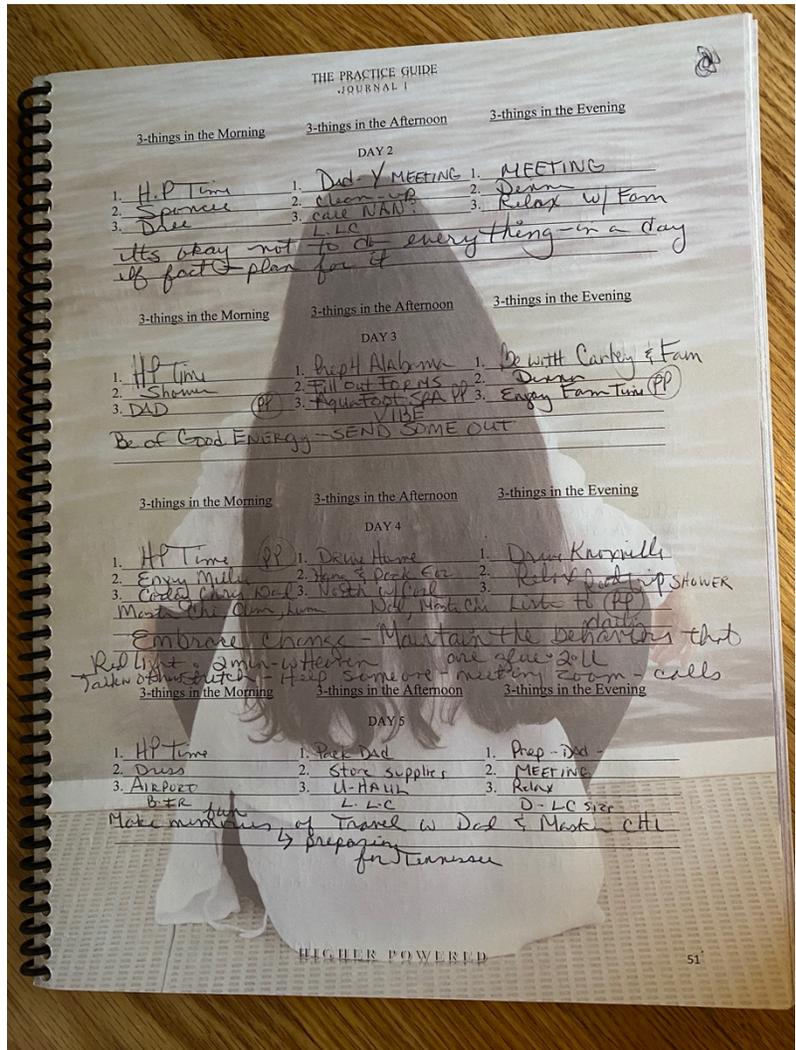
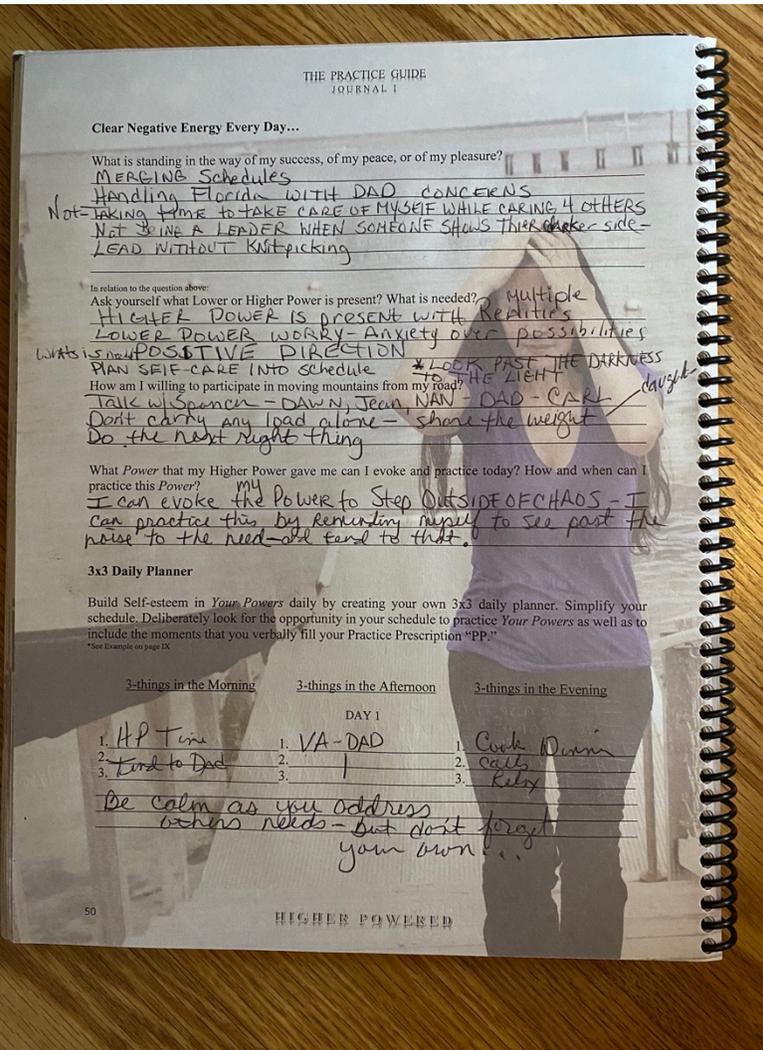
BY VERONICA SLACK

The Practice guide Prefilled Sample Week 7

- The interactive recovery guides and journals engage the user through a variety of prompts that raise personal purpose through empowerment. The practice guides and recovery journals helps process thoughts, reduce cravings, manage emotions, and instill new behaviors.
- Daily Meditation Prompt & How to Use My Powers -interaction, personal empowerment.



- Clear Negative Energy and the 3x3 daily planner -self-esteem builder.



- Future Use of my Powers and Black Tab special Higher Powered page -what I learned.

THE PRACTICE GUIDE JOURNAL 1

3-things in the Morning 3-things in the Afternoon 3-things in the Evening

DAY 6

1. HP-Time 1. PACK DAD 1. EAT HEALTHY
 2. Dress 2. DRIVE 1/2 WAY (FP) 2. Kaley - Steven (FP)
 3. Nancy & Mike MCH 3. Home w/ DAD MCH 3. Hotel

Make memories by looking the Hand, the bed & the light in a better direction
 this includes me - EVEN IF IT IS ONLY A STEP ABOVE
 TAKE IT!!

3-things in the Morning 3-things in the Afternoon 3-things in the Evening

DAY 7

1. HP Time 1. Road to Home 1. Home w/ Fan Carl MCH
 2. Dress 2. 2 min - to Heaven 2. Relax - Upland Fair
 3. Breakfast Del 3. Re-light Green light yellow Redwood Oak

Today I plan to stretch & Ponder how to share - take time to care for my world with Dad

What is a Higher Power revealing to you today/this week?
 THE IMPORTANCE TO SELF-CARE IN HEAVENLY SCHEDULES
 A LEADER IS A LEADER - BECAUSE THEY LEAD & LEAD WITH
 Take a deep BREATH of LIFE & LIVE - BEST YOU CAN :) STYLE
 (:SMILE OFTEN ANYWAY :)
 These are my feelings, my words, and my vibrations to the Heavens Above...
 I AM LOOKING TO YOU TO prepare me to care effectively FOR
 my Father. I will practice my power to Show Up by being
 interested in the moment & look for the opportunity
 to VIBE YOUR HOLY LIGHT WHEREVER IT IS NEEDED
 Notes for the future use of My Powers...
 This is how I practiced The Power to Show Up this week:
 I sought others to STRENGTHEN ME
 I VIBED GOOD ENERGY OVER DISTORTED VISION & THOUGHTS
 I practiced LOOKING PAST CHAOS TO ENFORCE HOLY SOLUTIONS
 I OWNED HEAVENS LIGHT IN ME & HOW I CAN SHINE IT
 TO THE HEAVENS ANYTIME - ANYWHERE - & Did it - shine it.
 * I sensed THE HEAVENS AROUND my HANDS - just by holding
 them open & being still - I could feel the WIND in the AIR
 & space in & around my hands - I could & can feel it merging
 with me - I can feel - sense the heat of my essence flowing from
 my hands - my body without even moving - I can feel the Heavens
 pressing against my FORM - WOW

THE PRACTICE GUIDE JOURNAL 1

My Black Tab Page ...

The Black Tab Pages are designed for your special one-on-one weekly appointment with your Higher Power. Use this page or time to converse thoughts and emotions in creative sound, writing, deep pondering, and pictures. Consider using color art, 3D-artwork, drawings, or whatever you can conjure up that inspires you to practice this week's Power going forward. These Black Tab pages are creative art letters from Your Essence that are communicated to what you believe in, and to what you receive your Power of Life from.

STRONG LEADERS TAKE THE TIME TO SELF-CARE
 BY BUILDING IT INTO THE SCHEDULE
 BE A STRONG LEADER... RIGHT NOW

I am part of your Light Heaven
 I will shine OUR LIGHT past
 CHAOS to enforce A HIGHER SOLUTION
 At times that enforcement is just
 a step above destruction
 & that's a start
 to LET LIGHT SHINE

ARE you changing me
 HEAVEN?
 I THINK YOU ARE ...
 INTERESTINGLY
 I CAN SEE
 SOMETHING SUPPORTIVE
 OF THIS Realm EVERYWHERE
 I look and I desire
 THIS SIGHT
 BECAUSE I
 SENSE My CONNECTION
 TO CREATION.

THE HEAVENS CO-EXIST
 IN & AROUND
 EVERYTHING
 SEE IT - FIND IT
 REACH FOR IT
 CHOOSE IT
 BE WITH IT
 OVER & OVER & OVER ...

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