



Ep. 126 What to do when shit hits the fan

1. Breathe and bring yourself back to the present moment.
2. Knowing your part in the destruction you are in, and owning your crap.
3. Remembering who you really are.
4. Claiming your sovereignty to change your frequency.
5. Ask yourself, what do I choose? Step into your power.
6. Who do you need to be in order to create your reality?
7. What actions do you need to take to achieve this?
8. Help somebody else just for the sake of helping.

Don't forget, if you haven't left us a review yet over on iTunes, please do me a favour, be a good listener and return the favour for us.

Faith + Action = Miracles