



I am

THE CONSCIOUS
BEING PLANNER

A close-up photograph of a hand holding a white rose. The rose is in full bloom, with many layers of white petals. The hand is positioned at the bottom and right sides of the frame, with the thumb and index finger visible. The background is a soft, warm, out-of-focus light brown or beige color. Overlaid on the image is the text "I exist here now" in a dark brown, serif font, arranged in three lines: "I exist" on the top line, "here" on the middle line, and "now" on the bottom line.

I exist
here
now



Remembering
who you are



Remembering
where you are

The Solar Logos



You

The Earth

The Energy Centers in the Body

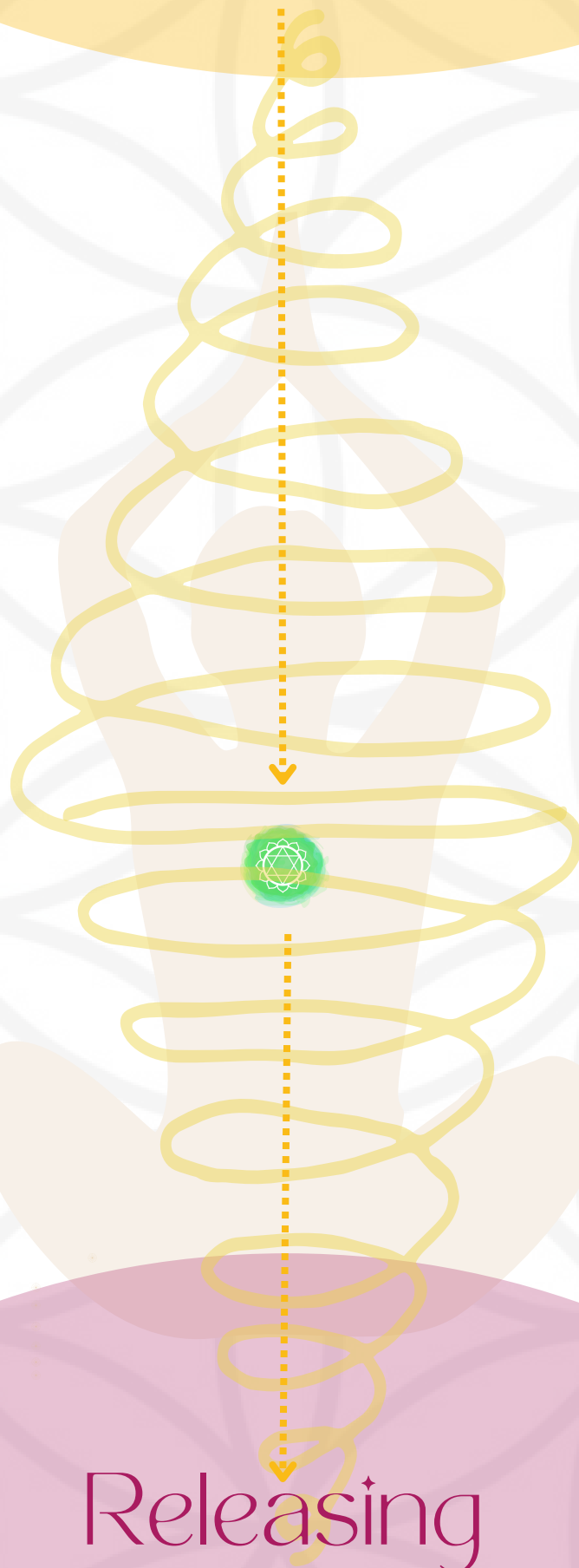


Solar flares coming down



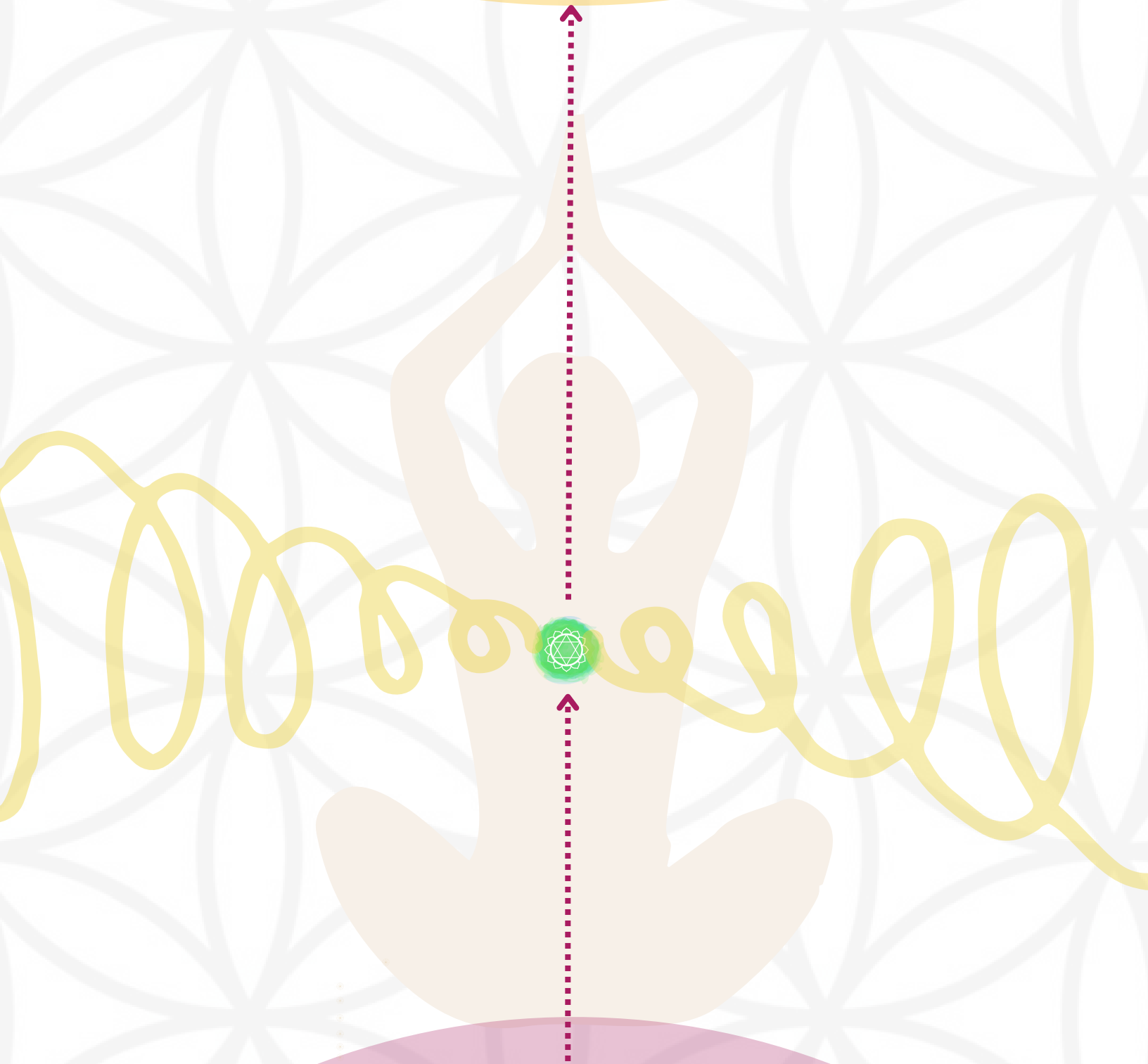
Grounding energies into Earth's
Core

Surrendering



Releasing

Heart Expansion



Receiving transmuted
energies from Core

Raising Higher Vibrations
from Within



Using your Merkaba

Crystalline Body

Release the density held within your heart by going within and into the feeling, rather than reacting from the lower mind and ego self-limitation.



A close-up photograph of a beach scene. In the foreground, there are several seashells, including a prominent white starfish on the left and a large, textured white shell with a circular hole in the center. The background is filled with soft-focus pink flowers and more seashells, creating a serene and natural setting.

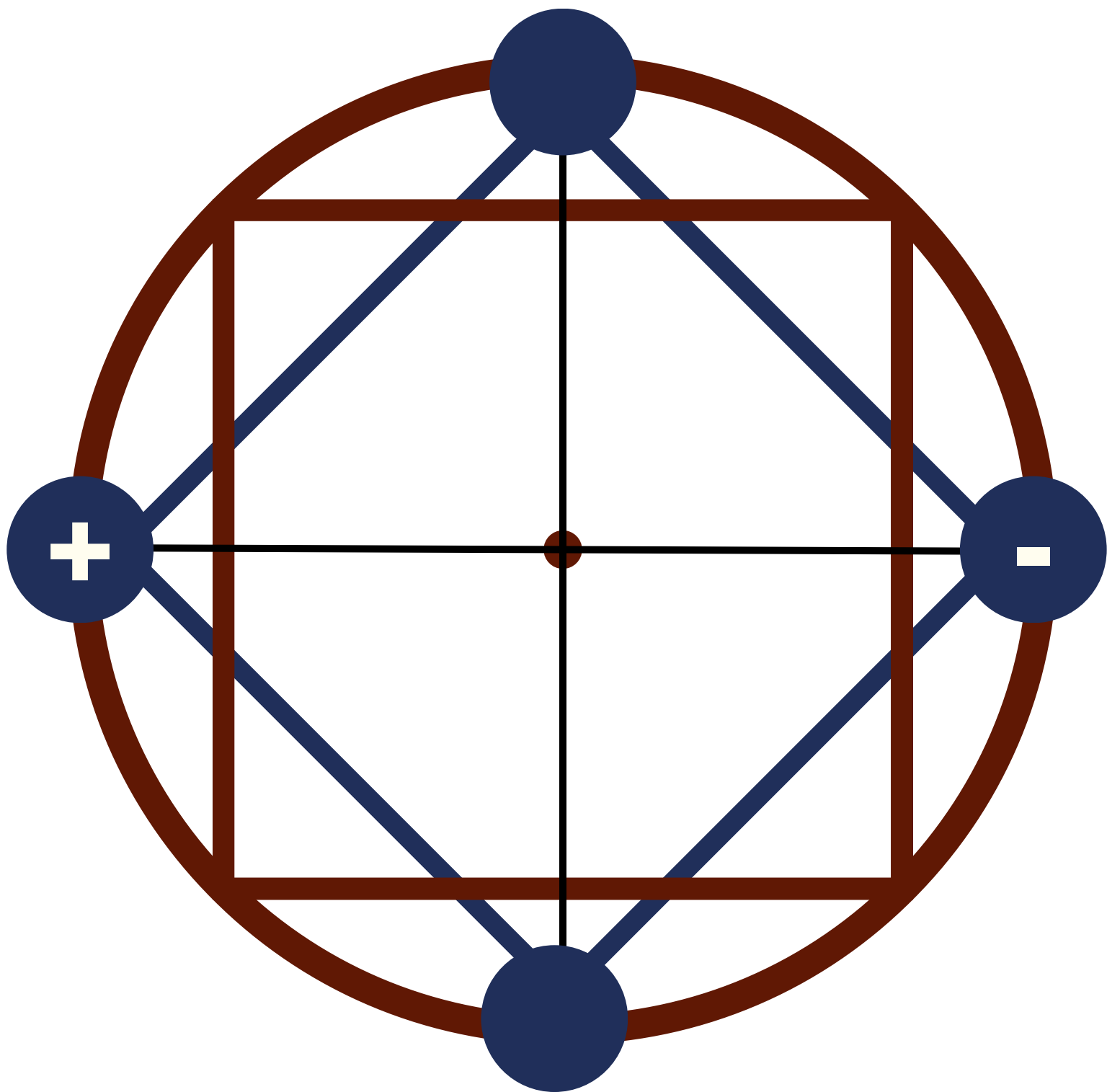
Let go of the memories of pain and
suffering.

You only keep the information your soul
needs not the distortion your mentality
recorded.

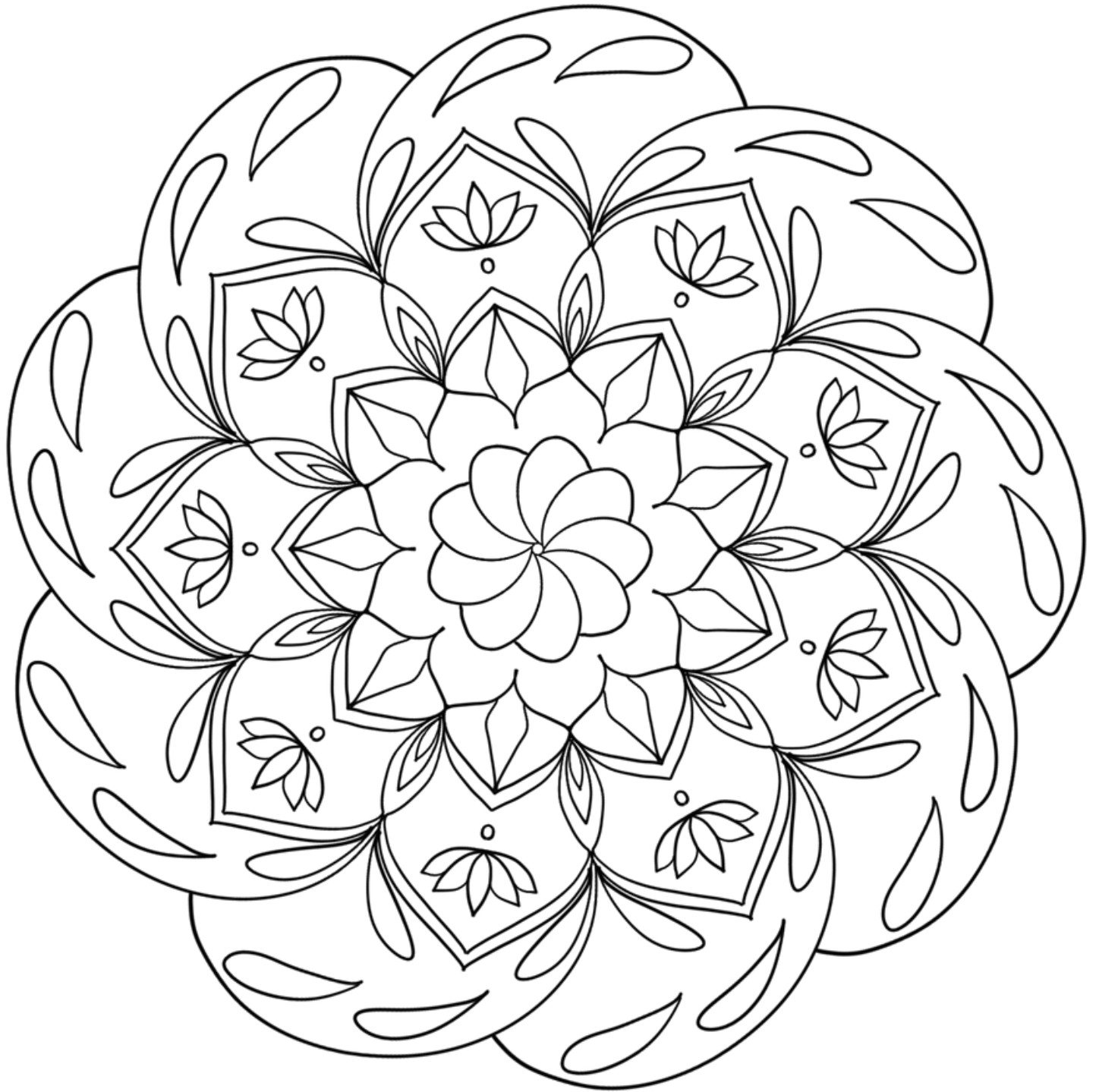
From my heart to
my higher mind



Transcending 3rd Dimension & Duality



Transforming the Self from Within



The Body of Wisdom and
Knowledge

My Body is a Tree

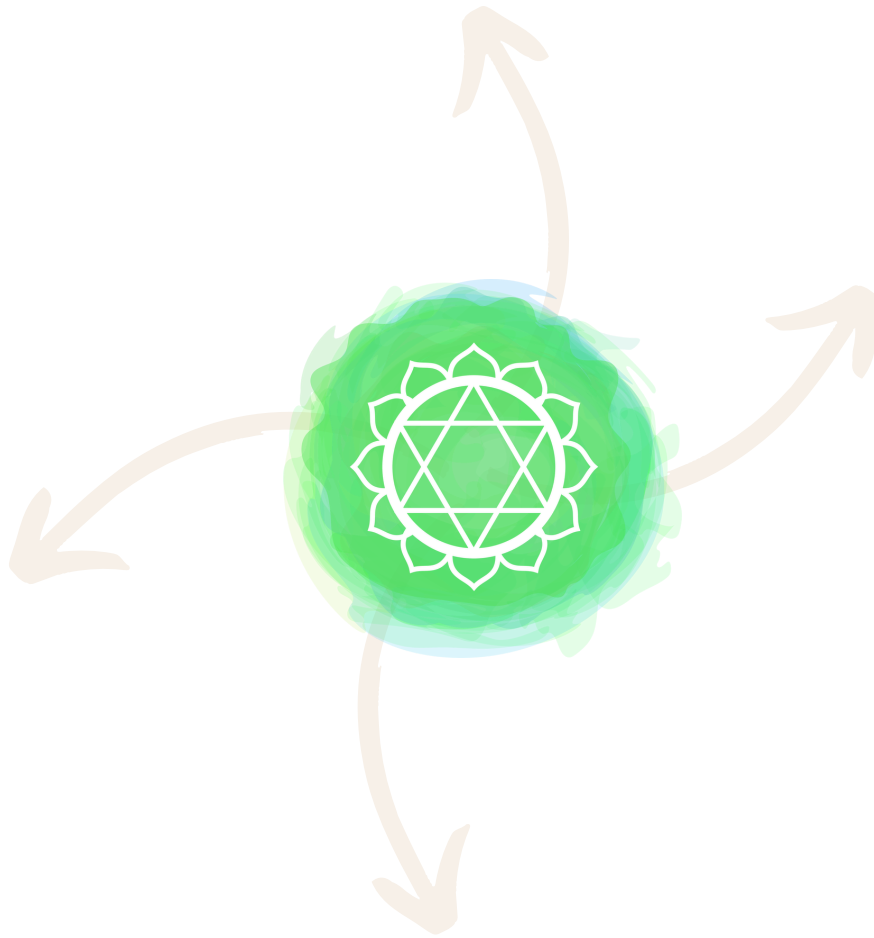


I connect with all 5 elements



Water, Fire, Earth, Air & Spirit

I am
therefore
I envision
and
create my life



I create using
the imprint of my 4 bodies



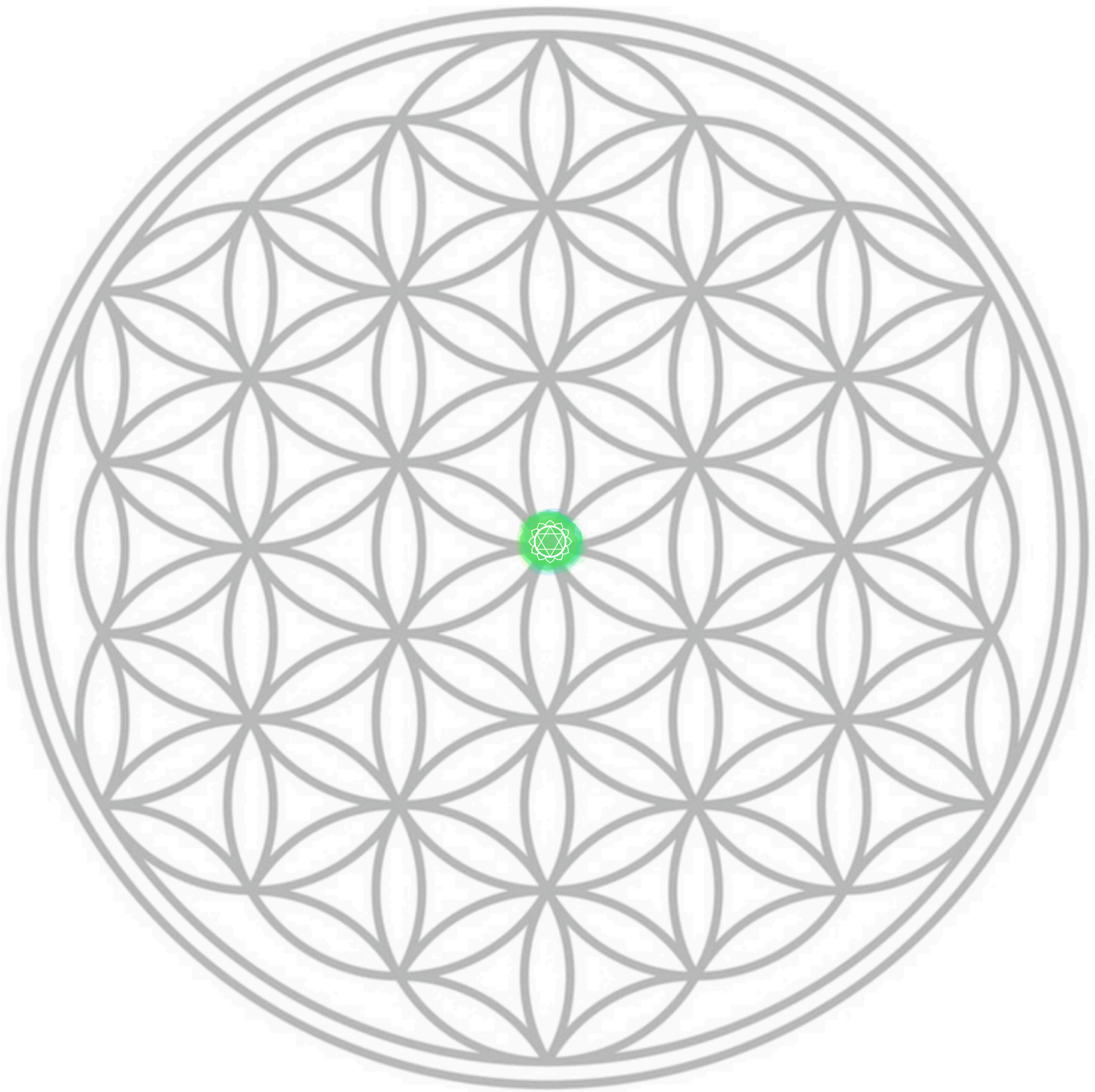
To perceive information
to create

An hourglass with a brass frame and glass bulbs, containing sand, sits on a dark wooden surface. A large white circle is overlaid on the right side of the image, containing the text "Time is not linear" in a brown, sans-serif font. The background is a dark, textured wall.

Time
is not
linear

Time
is
Spiral

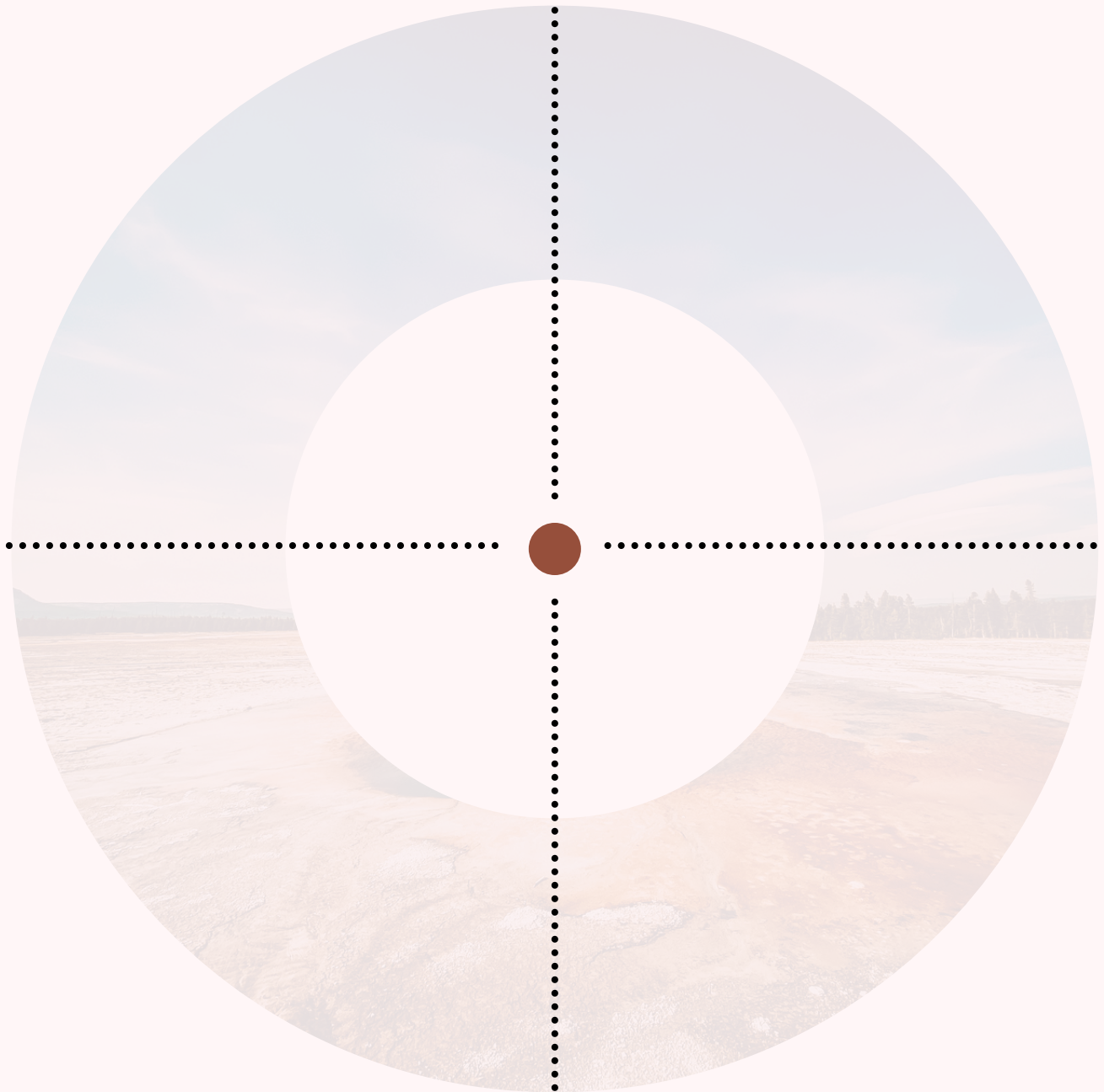




Give Colors to your Life

Awakening the Power within

My power resides in going within
(Will power)

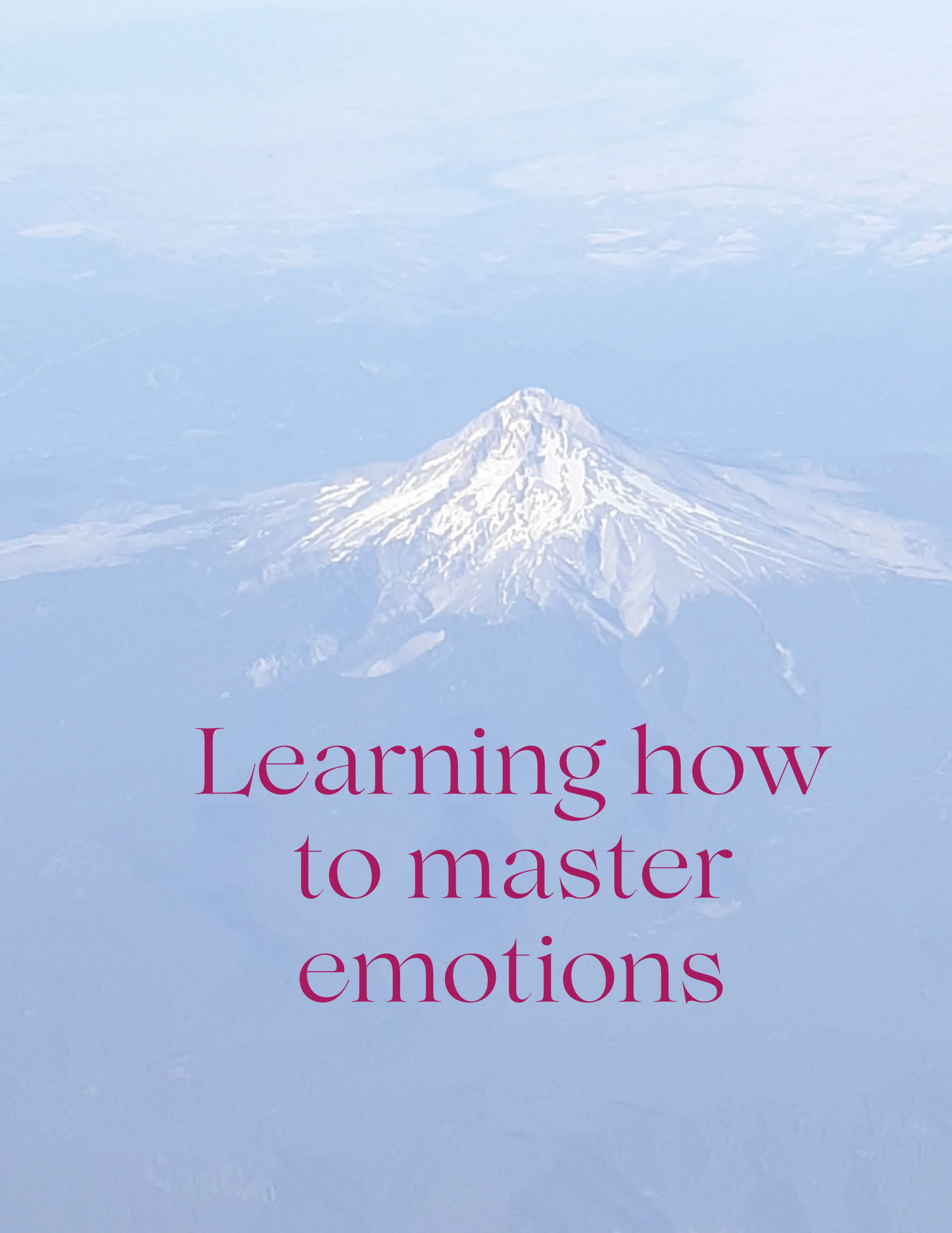


And creating from the sacred
space
(Inner Knowing)

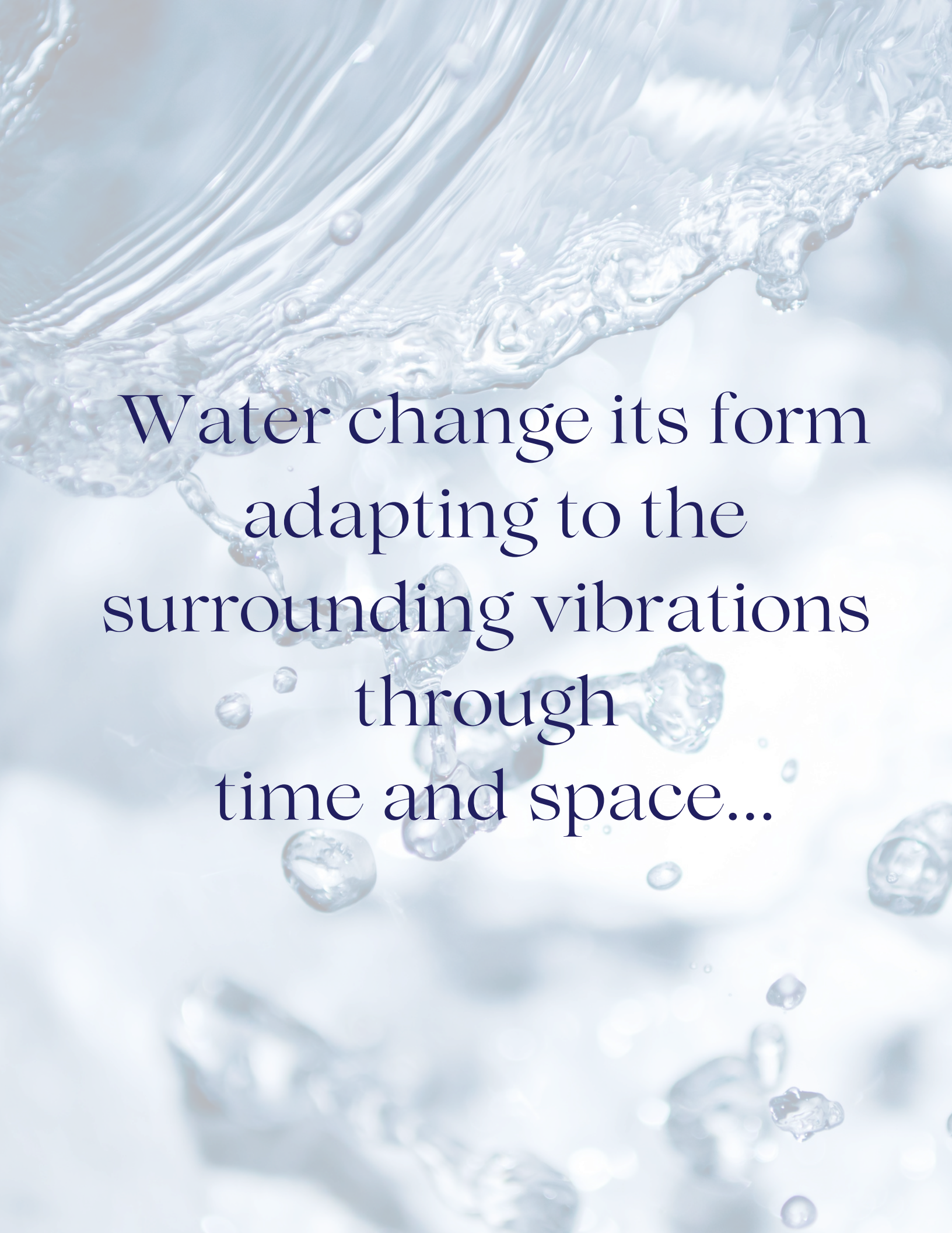
MY EMOTIONS

The background features two stylized dandelion seed heads in a light orange color. One is positioned in the upper right quadrant, and the other is in the lower left quadrant. A single, thin orange line extends diagonally from the top right towards the center of the page.

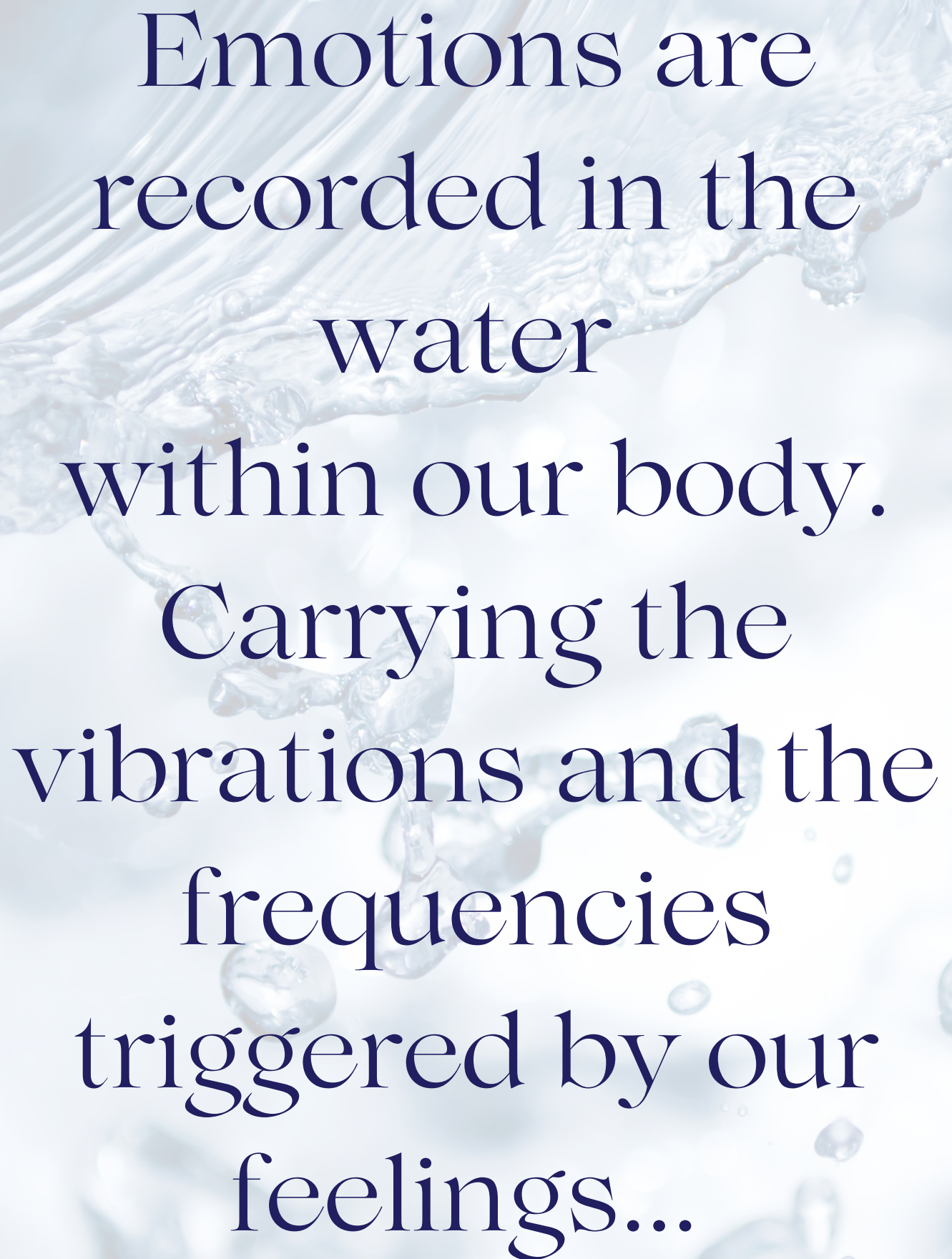
are the inner
energy forces
recorded in my
physical body as
memories of my
life

An aerial photograph of a large, snow-capped mountain peak, likely Mount Everest, with a blue-tinted overlay. The mountain is the central focus, with its snow-covered ridges and valleys clearly visible. The surrounding landscape is a vast, hazy expanse of lower mountains and valleys, all rendered in shades of blue and white. The text is centered in the lower half of the image.

Learning how
to master
emotions



Water change its form
adapting to the
surrounding vibrations
through
time and space...

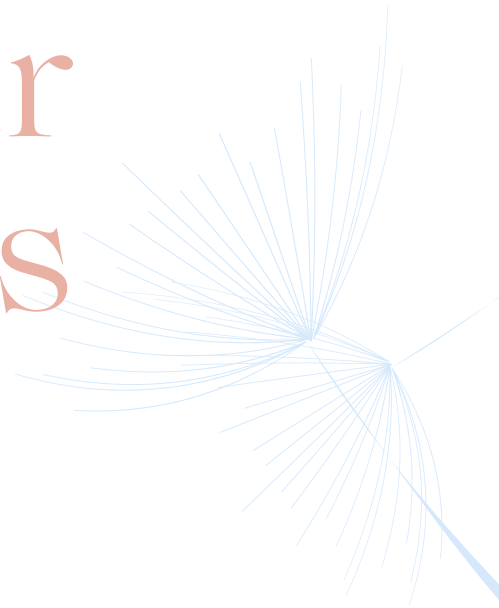
A background image of a water splash, with water droplets and ripples in shades of light blue and white. The text is overlaid on this background.

Emotions are
recorded in the
water
within our body.
Carrying the
vibrations and the
frequencies
triggered by our
feelings...

Feel Your
Emotions

&

Breathe
deeply into
your Heart



3 times

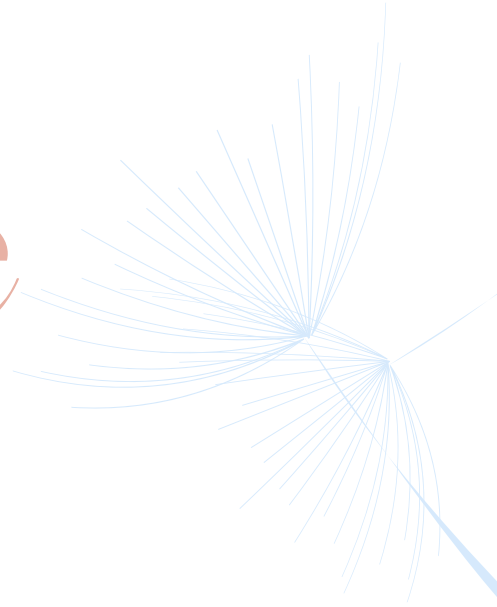
Each
breathing
cycle




Inhale

&

Exhale



Find where
your
emotions
trigger in
your physical
body



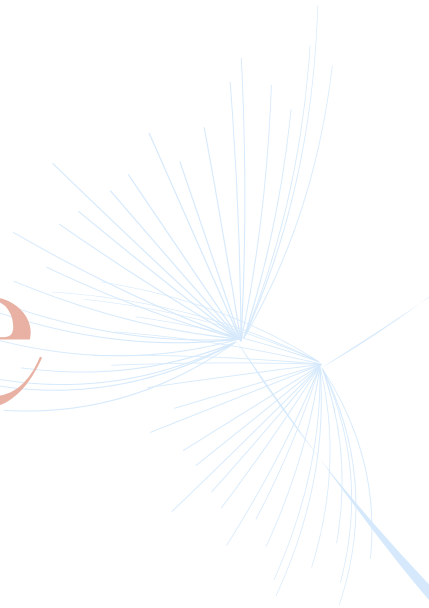
Breathe
where the
tension is



Feel the
density your
body
releases
when you
breathe



Feel the
energy
transmuting
in your body



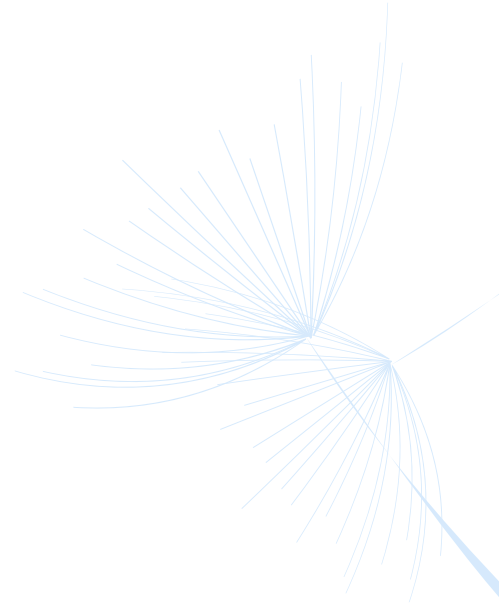
The energy
shifts with
your Will
Power to
transform

The image features a white background with a central text block in a reddish-brown serif font. The text is arranged in five lines: "The energy", "shifts with", "your Will", "Power to", and "transform". To the right of the text, there are two decorative elements resembling dandelion seed heads, rendered in a light blue color. One is positioned above the word "energy" and the other is positioned below the word "Power".

Rest

&

Water Intake



New life



Mighty I Am Presence

I give myself permission to connect to my
Higher Heart
I willingly choose to release, delete and
neutralize any
and all emotional attachments and memory
records of pain and suffering now.

So be it
So it is

Thank you
Thank you
Thank you.

A lush green forest with a path leading through it. The trees are tall and thin, with dense foliage. Sunlight filters through the leaves, creating a dappled light effect on the path. The overall atmosphere is peaceful and natural.

I see

I hear

I connect

Observe Nature

"Nature
is the technology
of the Spirit"



When I create



I am

I am

THE CONSCIOUS
PLANNER WAS MADE WITH
LOVE TO ASSIST YOU WITH
YOUR PRACTICE AND YOUR
AWAKENING PROCESS.

REMEMBER:
YOU ARE LOVED, CARED
AND ESSENTIAL HERE.

BE YOU



WWW.THENEWBIRTHSTUDIO.LOVE