

# Day 3

*I Am Loved and Guided By Powerful Forces!*

In the process of turning your dream into reality, you may come to a point where you feel completely lost and alone. You may feel miles and miles away from what you desire without any clear path forward.

If this is how you feel, rest assured things are about to change. You were born with powerful guiding forces who walk beside you in every moment, and you can connect to them at any time. These guides are your lights out of the dark, leading you step by step to the manifestation.

The quickest and easiest way to connect to this inner guidance is to put your hands on your heart. Right now, put your hands on your heart, close your eyes, and take 3-4 deep, deeeeeep breaths.

As you sat with your hands on your heart, breathing deep, what did you feel?

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Today, instead of doing the audio at the end, you're going to listen to it now. Because connecting with our guides is a *feeling* more than a thought, we need to feel it, and then we can continue on. Listen to the audio *Day 3: The Doorway*, and then come back.

<https://soundcloud.com/melissafield/day-03-the-doorway>

Once again, you're going to put your hands on your heart, close your eyes, and take 3-4 deep, deeeeeep breaths. After having done the meditation, did this feel different in any way?

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During the meditation, you had a chance to ask your team of guides for a message. How did your guides respond? (If you did not get a message during the meditation, come back to this after you get it – you'll know it when you see/hear it!)

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What does it feel like to be in complete trust? \_\_\_\_\_

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If you were to feel complete trust everything was working out for you, what would be different about you? What would your energy be like? Your body language? What would you focus on?

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Imagine that right now, your powerful team of guides and angels is standing around you, ready to act on your behalf. How does that feel?

\_\_\_\_\_

\_\_\_\_\_

Now imagine you can give your team something to do on your behalf. Ask them to take care of something for you – an unresolved conflict, a bill, a job opportunity. Trust that your team will lead you, in the divine right way, to a resolution. What would you like to hand over to them?

\_\_\_\_\_

\_\_\_\_\_

Describe a day where you feel connected to your guides for the whole day. Describe how you feel when you wake up, how you respond to things, what you do, and what you let your guides do for you.

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Give gratitude as if your guides and angels have already taken care of everything for you:

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What's something you could carry with you to always remind you of your guidance team? Something you can look at when you feel fear and disconnect coming over you. Something like a small keychain with wings, a lucky coin, or a crystal.

My guidance token is.... \_\_\_\_\_

Once more, put your hands on your heart. Breathe. Close your eyes and ask your team to give you a word. A word you need. Trust that the right word will come.

My word is.... \_\_\_\_\_

Return to the *I Am* statement you wrote on page 1 of Day 1. What was it?

**I am manifesting** \_\_\_\_\_

Return to the feelings you associated with this manifestation on the bottom of page 1 of Day 1. Write one or two of those words here:

**When I Am** \_\_\_\_\_ **I feel** \_\_\_\_\_

Now give your team a chance to guide and support you with this. Using your *I Am* from above, complete this:

I am manifesting \_\_\_\_\_ and my guides are supporting me by

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At the end of Day 1, you picked your favorite *I Am* and wrote it after using the White Light (page 4 of Day 1). Write that statement again below and add on to it using the prompt.

I am... \_\_\_\_\_

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and my powerful guidance team supports me in this by \_\_\_\_\_

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