



# Co-creating with the universe

FIONA DOUBLEDAY

## Co-creating with the universe.

### Means -

1. Speak out loud your intentions or write them down.
2. Each morning place your hand over your heart and 'listen' to your heartbeat. Breathe deeply and witness your heart beat slow slightly. Feel the energy and the sense of intention within the heartbeat. Think about your day ahead. Choose one sacred thing to do just for you and look forward to that moment.
3. Always follow your highest excitement. What do you look forward to most in your life? What produces the most positive emotion reaction? Tap into these higher vibrations as they will set you on the right path.
4. Keep a written and graphical journey recording how you feel. What you enjoy? What your new projects are going to be and how they turned out. Keep the journal positive and forward moving.
5. Start very small and take action. Resist leaving everyone as thoughts. Make changes, however small and witness the delight that comes with them.

Fiona Doubleday