

This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Trusting in what you feel but can't yet see

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Perfect timing

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Patience (and realizing that when you finally have it, you're no longer "waiting.")

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Healing. First yourself, then others.

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Courage

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Unconditional giving

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Perseverance. Don't give up!

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Humility

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Speaking your truth

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Taking initiative

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Compassion

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Opening your heart

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Leadership

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Going for it with gusto!

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Sharing yourself with others

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Oneness with All That Is

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Applying an old skill in a new context

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Seeing the big picture

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Releasing what you no longer need

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Collaboration

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Interdependence

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Peace, regardless of outer circumstances

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Letting go of your attachment to outcomes

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Trust

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Independence

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Asking for help

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Sharing your vulnerability

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Trusting yourself

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Self-acceptance

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Listening to inner guidance

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Opening to happiness

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Contentment

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Accepting what is

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Opening to love and partnership

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Giving time and attention to what you most love

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This lesson has come to you because you are now ready to learn something new. Trust that you will be guided in this process and the new skills you develop will lead you to your highest good.

You are Divinely guided to learn the spiritual lesson of:

Reframing failure—knowing that every seeming failure brings you a step closer to success.

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Working hard to survive

so that I am free to:

Thrive!

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Being how I've always been

so that I am free to:

Reinvent myself

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Being perfect

so that I am free to:

Being perfectly myself

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Unworthiness

so that I am free to:

Receive my heart's desire

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Doing what I'm supposed to do

so that I am free to:

Do what I want

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Trying to control the behavior of others

so that I am free to:

Experience the joy of unconditional giving & receiving

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Being certain

so that I am free to:

Explore new possibilities

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Feeling inadequate

so that I am free to:

Receive the sweetness of life

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Being right

so that I am free to:

Feel acceptance and peace

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Doubting myself and others

so that I am free to:

Trust

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Pain from the past

so that I am free to:

Heal

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Depression

so that I am free to:

Feel passionately and live fully

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Holding on to the past

so that I am free to:

Make a fresh start

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Excessive caution

so that I am free to:

Taste the richness of life

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Judgment

so that I am free to:

Love and accept myself

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Isolation

so that I am free to:

Radiate the love that is my true nature

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Feeling stuck

so that I am free to:

Achieve my goals

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Jealousy

so that I am free to:

Love myself & others without worry or fear

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Staying silent

so that I am free to:

Be myself & make a difference with my words

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Staying invisible

so that I am free to:

Shine!

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Resisting change

so that I am free to:

Feel alive, and excited about life

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Having to know the outcome

so that I am free to:

Trust the process of life & enjoy the mystery

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Care-taking others

so that I am free to:

Be loved for who I am, not what I do

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Material clutter

so that I am free to:

Let something new & wonderful into my life

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Resentment

so that I am free to:

Manifest physical health

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Excessive planning

so that I am free to:

Enjoy the journey as much as the destination

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Habits and substances that keep me numb

so that I am free to:

Experience joy

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Fear

so that I am free to:

Experience miracles

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Heartbreak and tears

so that I am free to:

Let my heart break open to love

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Pleasing others

so that I am free to:

Fulfill my purpose

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Doing it all myself

so that I am free to:

Receive assistance and support

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Being picky

so that I am free to:

See beauty and love all around me

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Feeling powerless

so that I am free to:

Create the life I want

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Feeling like a victim

so that I am free to:

Find my own power to feel love, peace, safety & joy

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Control

so that I am free to:

Receive creative inspiration

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Negative expectations

so that I am free to:

Reap my highest good

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Self-sufficiency

so that I am free to:

Experience the synergy of partnership

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

so that I am free to:

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Shame

so that I am free to:

Love and be loved unconditionally

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

so that I am free to:

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

Financial scarcity

so that I am free to:

Experience prosperity

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

so that I am free to:

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

The fear of being alone

so that I am free to:

Experience lasting love

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

so that I am free to:

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

so that I am free to:

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

so that I am free to:

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

so that I am free to:

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You have received this message because you are now ready to let go of something that has burdened you. Don't resist. Soften, surrender, let go and let your healing begin.

I now release the burden of:

so that I am free to:

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Steady Growth

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Power

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Reassurance (You're on the right track)

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Divine Spirit now blesses you with the gift of:

Strength

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Open Doors

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Clear Purpose

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Fulfillment

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Ease

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Passion!

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

The ability to flow with change

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Freedom

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Divine Spirit now blesses you with the gift of:

Communication

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Vulnerability

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Right Timing

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Love

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Balance

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Child-like Wonder

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Miracles

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Actualization

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Inspiration

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Innocence

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Limitless Choices

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Validation

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Rejuvenation

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Divine Grace

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Loving Friends

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Knowing the Truth

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Something you've wanted for a long time

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Laughter

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

A Healed Heart

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Nurturing

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

An Open Heart

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Perfect Endings, Perfect Beginnings

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This blessing has come to you because you have earned it. You have done the work and now you are reaping the rewards. Opening fully to this blessing will lead to your highest good. Receive!

Divine Spirit now blesses you with the gift of:

Magnetism

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Divine Spirit now blesses you with the gift of:

Paradigm Shifts

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Divine Spirit now blesses you with the gift of:

Release from the Past

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