



Making Choices

A hugely important part of this work is learning to listen to our intuition so we can get out of the way of ourselves.

Here I invite you to make a set of 14 choices about how you want to live your life in line with the ripple you want to create in the world. The key to creating a future you would love is to imagine it on a daily basis. To teach your subconscious that this is what you desire, and take actions inspired by those images.

You may feel ready to make these choices as soon as you begin this work, or you might want to wait until you have delved further into the work. I invite you to then make these choices every single day (just like the athletes), to really connect with the life you are creating.

These 14 choices are the things that our heart desires: not when it is running from what we don't want, but when we let our heart soar.

The invitation here is to look at these choices each morning like a daily meditation. These will help you to stay on track with who you are: help you to remember who you are and set your vibration high, based on the life you would love to create each day.

We want to create what we would truly LOVE, so it is important that the focus is on JOY not going away from what we don't want like fear or survival.

This is why I encourage you not to create choices like, "I am enough", because this instantly makes your subconscious think about survival about how you are not enough. Be bold with your intentions. Try to fill these choices in from intuition: feel into these, based on the themes of each chakra and connect to what you would love to create.

This is one of the most powerful techniques I have ever used.

I use this practice every day, and I will continue to for the rest of my life, so don't underestimate it!

This process helps me to raise my vibration, and see all the stuff getting in the way, and take the obvious course of action (the Rubedo part of the process)





And here is how it works!

First, connect to what you would LOVE to create.

So think about something you would love to create and write it out in one yummy sentence that sparks all the tingly joy sensations.

Eventually you will have a set of 14 choices (two per chakra), covering all the things you would love to create in your life. If you want to learn more about how to make these choices, during my Embodied Alchemy course I teach the fundamentals of creating your 14 choices (things our goddxx would love to create from your Land Of Plenty (the land of your dreams). Or, on The Goddxx Path programme we connect to your Land Of Plenty 1 to 1, and then create your fourteen choices from there together. We then add these choices to our daily practice in the way explained over the next few pages.

Now I invite you to create your 14 choices and match them to each chakra laid out as below. You will say each one of these choices each day, but on the specific day of each chakra, you will dive deeper into that choice writing intuitively.

SACRED (Sacral Chakra, Monday)

- 1.
- 2.

CREATE (Naval Chakra, Tuesday)

- 3.
- 4.

HEART (Heart Chakra, Wednesday)

- 5.
- 6.

SING (Throat Chakra, Thursday)

- 7.
- 8.

FLY (Brow Chakra, Friday)

- 9.
- 10.

HOME (Root Chakra, Saturday)

- 11.
- 12.

GODDXX (Crown Chakra, Sunday)

- 13.
- 14.





Once you have your 14, it is time to learn how to connect to these daily





How to connect to your choices

JOY: In the fullest expression of this choice, what would your experience look like?

Now, zoning in on your two choices for whichever day of the week you are focused on, connect to that vision. Allow yourself to be in the fullest expansion of that choice.

Close your eyes and really allow yourself to build a complete picture in your imagination of that thing that you would love to create.

Now, under JOY, you will write all of that down

Use the free writing method: write, write, write!

Don't stop, don't censor, just keep flowing and going until you have got it all out onto the page!

ILLUSION: Consider where you are now in your current reality? What are the beliefs holding you back from living in line with your truth?

Next, once you are complete, you will close your eyes and connect to the illusion.

Why can't you have it? What are the beliefs around why that is not possible?

Maybe it's money?

Maybe it's your belief you are not worthy?

Maybe you can go even deeper and get to the core of what that story is about! (There is no need to go into trauma, but to use your intuition to un-surface the belief).

Now write all of that down here. Use the free writing method under ILLUSION: write, write, write!

Don't stop, don't censor, just keep flowing and going until you have got it all out onto the page!

Well Done! It is not easy, but I want to remind you that these are just beliefs!





BRIDGE: What is the bridge that will take you to your vision?

Now we are going to Alchemise it!

So now, close your eyes, and I want you to reconnect to the JOY!

Reconnect to that version of you.

Paint a complete picture in your mind's eye of who they are, how they are, how it feels to be them.

Now, in your mind's eye, you will construct a bridge between yourself now and then.

Fully see that bridge between you both.

Build a complete sensory picture in your mind's eye.

Now you are going to perform a ritual to alchemise it. Step onto the bridge, and walk across. This is your path for Joy.

As you walk, these stories and beliefs are becoming lighter, beginning to fall off.

Once you get to the other side, you will turn back and look where you came from, realising that this path actually represents time and space.

This bridge represents the obvious steps you took to become this goddxx version of you, living in line with your JOY.

This is your bridge. This is your PathFor Joy.

Now write all of that down under BRIDGE. Use the free writing method: write, write, write! Don't stop, don't censor, just keep flowing and going until you have got it all out onto the page!

Well done! This is the bridge! These are the obvious steps you can take to transform your life and live one of JOY at all moments! Use this process daily, and I promise you will experience a transformation.





Now let's take a moment to reflect on that: What was the obvious step in your journey?
Is there an affirmation that might support this unlearning as you step on your PathFor
JOY?

Choices practise sheet

JOY: In the fullest expression of this choice, what would your experience look like?

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BRIDGE: What is the bridge that will take you to your vision?

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