

Example Scripts for Resonance Shifting

Relaxation process: Relax the body from the feet up, using your breath to release tension. Begin to feel yourself as heavy and connected to the Earth or the ground. Allow gravity to release your shoulders. Allow your navel to release and relax. To breathe deeply, one may extend the naval on the inhale and draw the navel in on the exhale. Relax the tailbone and breathe into the chest. **Smile** and be. For resonance shifting it's very important to incorporate joy. Thinking of something or someone who makes you smile or even laughing can spark joy. Remember to massage the scripts to find resonance within your body. (To learn more about this process, watch the energy workshop on Resonance Shifting [here](#).)

1. I am exactly where I am supposed to be.
2. My spirit is at peace.
3. I am happy and healthy and strong.
4. All my needs are provided for.
5. I have everything I need and more.
6. My life is full of opportunities to experience joy.
7. I see the beauty of life all around me.
8. Love creates a path for me that is for my highest good.
9. Everyday the best opportunities arise for me.
10. Money is an issue NOT.
11. I receive spiritual guidance easily and clearly.
12. I am connected to my higher self and receive guidance with clarity.
13. My loved ones are cared for, supported and fulfilled.
14. I am fulfilling my highest purpose in life.
15. I am surrounded by love and support.
16. I am aligned with Love and Truth.
17. The world around me orchestrates for my highest good and the highest good of those I love.
18. I am an instrument for the highest good in the world and I easily fulfill my reason for being here.
19. Peace fills my heart and everything is always working out for me.
20. I don't know how but _____.
21. I love [insert your name].
22. I AM.