

The process is simple:

When you wake up in the morning you start a day fresh and clear of any negative momentum you might have accumulated from the previous day. Naps can work too.

You have a choice to pick up where you left off in negativity/ fear and build the same negative momentum again or to change.

Choose: The timing is perfect to set an intention that will put energies into motion to create whatever it is that you intend.

Simply state words out loud or write them down. This will invoke the word into your fields of energy and vibration.

Intend the words to color your day. This will have a strong impact on what happens for you that day. The more you say positive words throughout the day the greater the impact.

This process can happen throughout the day, at anytime, morning is nice because it is fresh.

*Becoming Yourself* is fabulous to read to understand transformation and healing. <http://www.lightsong.net/Products/book-becoming-yourself-journey-from-head-to-heart.htm>

I have numerous articles written on this subject. <http://www.lightsong.net/Newsletters-Articles/articles-by-jan-engels-smith.htm>

I have numerous blog entries <http://www.lightsong.net/Blog>