

# Creating with the Frequency of Unconditional Love



Working with this golden love energy teaches us what it means to unconditionally love ourselves and others; that is without fear, hesitation, or the promise of something in return. The process of reclaiming this channel requires healing, grace, forgiveness, support, and gentleness.

By setting the intention of living from this womb based, heart centered space you will see how things shift in your life. As you transform your inner world your outer world will follow.

Miracles happen when we make this deep love the center point of our lives in our daily thoughts, choices, and most importantly our actions.

## Create Your Own Structure



The triangle we went over includes **creativity, spirituality, and movement**. We'll go deeper into these concepts next but before we do you can draw your own triangle or your own shape that's coming through to support you during your creative process.

# Spirituality

## Journal Prompts:

- In what ways do you connect to spirit?
  
- When do you feel very close to spirit?
  
- What stops you from connecting to spirit?
  
- What message does spirit have for you right now?

## Mantras:

*I invite spirit into my life in a deeper way.*

*I am ready to walk with spirit.*

*Spirit, guide me to my highest good*

# Movement

## Journal Prompts:

- What moves you? When was the last time something or someone deeply moved you?
  
- What vision wants to move through you?
  
- What way does your body want to move? How can you nourish your physical body?

- What message does your body have for you?

**Mantras:**

*I follow my breath back into my body.*

*Beautiful body, I honor you and am grateful for your support. I am here for you.*

*It feels nourishing to bring movement back into my body.*

## Creativity

**Journal Prompts:**

What have I been creating my entire life?

What connects me to my creative power?

What is the next level of my creative expression? What's in my heart to create next?

What message does your creativity have for you?

**Mantras:**

*My creativity is a deep well I can always return to and explore.*

*I am connected to and supported by my creativity.*

*I have the power to create exactly what I need in this life.*

## My Wish for You

May this new level of love that you're channeling overflow from you and into your creative work, your home, your community, and any other places that may need its medicine.

May you always feel the support of spirit, may you be present in your body, and may you move freely as you move others to live and walk in this potent energy too.

May you fall back in love with yourself and your life as you create what's in your heart.

*With love, Stacey (feel free to reach out anytime with questions or insights)*