



Handwriting is a Gateway To Your Soul

with Shannon Poppie

M m

Declaration of Intent: I give up the need to control; Divine Grace fuels my life.

Soul Quality: At ease in all situations; the letter of Divine Grace.

Guardian Protector: Ananias (Ah-nan-eh) - The angel of Divine Grace.

M m

N n

Declaration of Intent: My friends love and trust me.

Soul Quality: The letter of precious friendship.

Guardian Protector: Raphael (Rah-my-lah) - The angel of playfulness.

N n

H h

Declaration of Intent: I am courageous.

Soul Quality: Living with honesty, purpose, drive & enthusiasm; dynamic self-expression.

Guardian Protector: Gabriel (Sir-VEE-EL) - The angel of courage.

H h

How To practice Transformational Handwriting:

On a piece of 8.5 x 11 unlined paper in the landscape direction, write with your favorite color ink (no black ink please!) the declaration of intent, inserting your name, the letter, (upper and lower case), the soul quality the letter represents, followed by 3 lines of the letter, both upper and lower case, then a line or two with words that contain the letter.

Set aside quiet time to do your writing and enjoy the process! Notice how you feel and where things are shifting in a positive direction in your life.

Example:

I, Shannon O'Rourke Poppie, give up The need to control; Divine Grace fuels my life.

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Mary Miles Minneapolis Michael Monty Matthew Mia Mitchel Maya Molly Mila Melissa
Many miracles make my memories marvelous mystery maven mountain motivate mindful magic