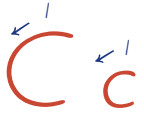
Handwriting is a Gateway To Your Soul

with Shannon Poppie

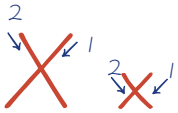
C c

Declaration of Intent: I Trust that I am taken care of.
Soul Quality: Trust in the feminine aspect of the Divine; compassion.
Guardian Protector: Kwan Yin (Quan Yin)– She who looks upon the world with eyes of
compassion.



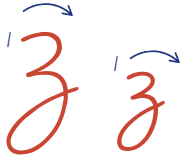
X x

Declaration of Intent: I am able to make wise choices on my own.
Soul Quality: Reliance on your own clear inner authority.
Guardian Protector: Sandalphon (SAND-al-fon) The angel of power.



Z z

Declaration of Intent: There are no "shoulds" in my life; I am at peace.
Soul Quality: Contentment with all that is.
Guardian Protector: Zacharael (Zah-kah-ry-EL) – The angel of surrender.



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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 lowever 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, trust that I am taken care of.

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Claire Collin Colleen Carmen Cindy Carla Charlie Cory Corrine Courtney Christian Clay Chase
courage compassion creative committed community caring celebrate cheer comfort chakra coaching
accept consciousness sacred alchemy bocce occur scuba lock shock excel soccer etc...

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