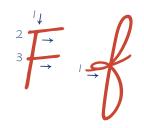


Handwriting is a Gateway To Your Soul with Shannon Poppie

Declaration of Intent: I love creating things that help others. Soul Quality: Sharing your talents for humanity without attachments to the results. Guardian Protector: Jophiel (Jo-Fee-EL) – The angel of creative power.



Declaration of Intent: What I create is unusual and useful; I am making the world a

Soul Quality: Innate creativity uniquely expressed.

Guardian Protector: Rohana (Ro-HAH-nah) – The angel of perceptive creativity.



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Declaration of Intent: I am actively calm and calmly active in all situations. Soul Quality: Balance among and within all areas of your life. Guardian Protector: Ariel (Ah-ree-EL) - The angel of nature.



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:

Frank Foster Fillmore Francis Faith Felix Finn Faye Flynn Finnegan Farah Felicity Florence flow fulfill fantastic future faith family fairy fashion favorite flavor fruit fascinating fun fancy playful joyful life safe fulfill fabulous fox fiddlehead fern fun etc.