

MasterClass with Donna Hartley

Insight 3: Out with the Old, In with the New

Transformation:

What you need:

- Paper
- Pen
- Old pan or pan lined with tin foil
- Matches or lighter

List 6-12 negative patterns in your life that you want to shed forever. Put the paper in the pan, and burn them. You have to have the clear intention that you are releasing these negative behaviors into the Universe forever.

Intentions:

What you need:

- Paper
- Pen
- Envelope or box

List 6-12 positive intentions for the year. What do you want to have in your life this year? They can be personal or professional. Put them in a box or envelope, and take them out and look at them every month. Make sure these intentions are clear.

Checklist:

- Meditate three times this week to Healing Meditations “Calming Tides”
- Write in journal three times (the “ah-ha!” moments)
- Keep working on creating balance in your life
- Be positive with self-talk and visualization

Insight of the week:

Magic happens in your life. – *Donna Hartley*