

The Awakening of Human Consciousness



Spiritual Awakening With Me.... Kellie French

Your Free Guide !

Daily Living Tips For Awakening



Disclaimer

The Following Guide is my personal daily regime that supports my Awakening process. I am sharing this as inspiration, so you may create your own regime suited to your own personal needs. Always do what feels right for you & enjoy your Journey!

Early Morning

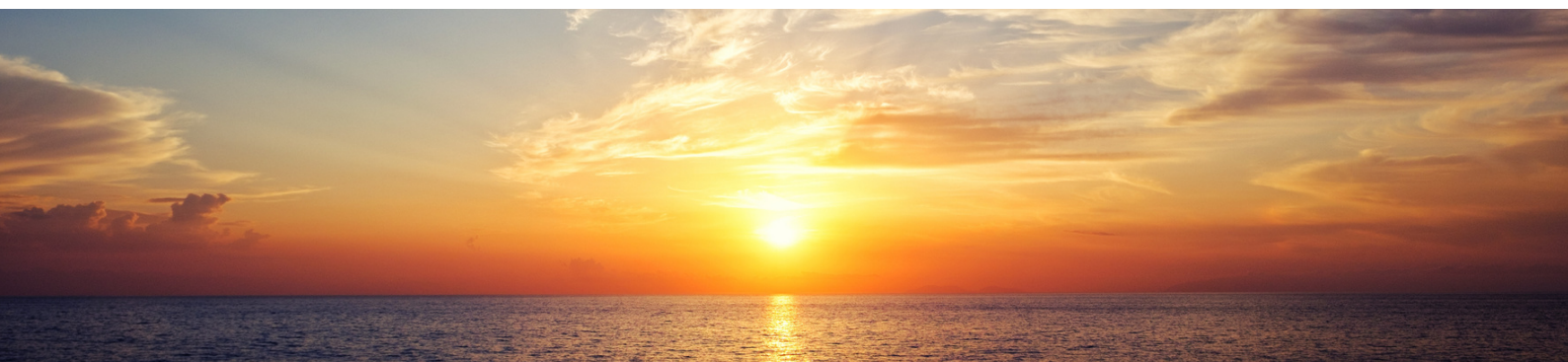
The best part of the day!

Prior to the sun rising the majority of people on this beautiful planet are still sleeping, leaving the atmosphere quiet. The meaning of this description “is the people in your area”.

I describe that as “Social Consciousness is sleeping”

It is a great time to do some mind work!

- Approx 4.30am, before I wake out of slumber I manifest my day. I go through my list of desired experiences, one by one, visualising & acting like they have already occurred.
- Approx 4.50am I rise out of bed with a wonderful attitude & fully participate in my Disciplines; A breath technique for manifesting reality & bringing the Kundalini Energy up into my brain. It's called C&E. You can learn this at <https://www.ramtha.com/>
- If I don't feel like doing my breath technique I have a wonderful Meditation.
- Approx 6am I have a healthy breakfast according to my hunger, as I only eat when I am hungry, however I always have a herbal tea & my herbal supplements.
- If I miss out on my morning regime, like sleep in or have to be somewhere, I never ever punish myself. Instead i fill my entire being with love & go about my day knowing that I am Divine.



During the Day.

- After breakfast I complete any around the house chores, exercise & get myself ready for the day.
- I only eat during the day when I am hungry & when I do eat, it is a choice of healthy foods.
- As many times as possible I go through my list of desired experiences, visualising & acting as if they have already occurred.
- No matter what happens during the day I bring myself into alignment with my list of desired experiences.
- If I can, I take moments to close my eyes & centre myself. Just like mini meditations.
- I do self-checking - every time I have a thought or feeling that is not in alignment with my list of desired experiences (meaning negative or against), I stop & realign with my list.
- I do my utmost to have a wonderful day filled with love & joy. If my day isn't that great, I know there are lessons to be learnt & I don't get down about it. I learn by them & simply get back on track.



BE HAPPY!

Evening

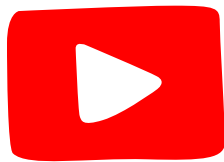
- In the evenings I like to read & it is usually about something that will assist me with my Awakening or something I really enjoy.
- As much as possible I enjoy time outside observing the midnight blue sky speckled with star dust, filled with planets of many different frequencies & their civilisations. Knowing I am connected to my Cosmic family & feeling the gratefulness of being here on planet earth assisting with the beautiful Awakening process.
- I always go to bed between 8.30pm & 9.30pm to ensure I get adequate sleep for my body to repair itself. Stage 3 Non-Rapid Eye Movement, also known as deep sleep or slow-wave sleep, is the deepest stage of sleep. It is when your muscles and tissues repair themselves and cells regenerate. Before I fall asleep, I express my gratitude for life & everything in it. I go through my list of desired experiences & anchor myself into the future as I drift into slumber.
- Between 1am to 3am is the time when I am connecting with my God within or my Higher Self, receiving guidance & answers to questions. Every night I am receiving downloads of information either about myself or Humanity, mostly about Humanity. I have also had many experiences with being on space craft with my cosmic family, showing me what is occurring for Humanity & experiencing my future self.



General Tips

- I always drink 1.5 - 2L water per day to flush my body. The human brain is 75% water & the body is 55% - 65%, so water is highly important. I drink enough so that my urine is very pale.
- I am always self checking my thoughts, stopping anything negative or not in alignment with my list of desired experiences & replacing them with my list.
- Whatever I wish to experience whether it is weight loss, abundance, a car or contact with interstellar beings I add it to my list.
Thoughts/Feelings Become Things!

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