



My Gift for You

BE PRESENT *Playsheet* by Ulla Suokko

Breathe: Allow a conscious breath

Dear Beloved, thank you for being right here.

Allow a deep, loving, conscious breath.

In through your nose and out through your mouth.

Breathe in as if you were smelling a beautiful flower.

Breathe out as if blowing out candles.

Breathe in whatever you need at the moment and feel it filling you.

We often overcomplicate things. We go into a story, or a definition, explanation, entitlement, defense, description, or anything else that limits us and brings us away from the center of our presence. To bring you back can be as simple as pausing for a moment and allowing a deep, loving, conscious breath.

You may also want to count your breath: Inhale with the count of five. Hold your breath with the count of five. Exhale with the count of five.

When in doubt, pause and breathe.

How would it feel to have your next breath change your life?

Breathing in Love. Breathing out Love.
Breathing in Peace. Breathing out Peace.
Breathing in Health. Breathing out Health.
Breathing in and out Gratitude.

Imagine breathing in the whole entire Universe, and with the outbreath shaking off all limitations. Shake it with sound please.

Remember, energy follows intention. Use your brilliant mind to focus the energy toward what you want to be manifesting in this world.

You do have the power. Claim it now through your breath.



WISEWOMAN
energetics



SENSING: Tune Your Instrument

Sing with all your senses. Be playful.

Look around. Allow a deep connection as your eyes touch what you see.

No explanation. Breathe.

Communicate through your Beingness.

Commune with the essence of each encounter.

Pause for a moment to taste your food. Feel its texture and vibration.

Honor your body, show gratitude. Pad yourself on the shoulder. Praise yourself. Hug yourself.

Listen *to* your body. Listen *with* your body. Listen *through* your body.

Listen with your skin as you breathe. Be the listening.

Allow smells and fragrances to tell their story without words or definitions.

Become the sensing. Become the feeling, the vibrating, the flowing.

Be the space for your creation.

Tune in to the subtlest frequencies of the moment. Receive the gift of this moment. Allow the wisdom of the Universe to reveal itself to you. Allow the support of the Universe speak to you through all your senses.

I see with the eyes of the Universe.

I hear, taste and touch as the Universe.

I am the fragrance of the Universe.

I am the dance of my senses.

Allow the truth to be revealed to you through your senses.

Give yourself a gentle space to pause and to pay attention.

To listen. To see. To touch. To Taste. To feel. To know.

By the way, feel free to replace the word "Universe" with anything that feels right to you. It is not about the word, but the experience that we are after.

How would it feel to allow the infinite flow through you?





YOUR STORY: Only in the Now can you shift

What story are you telling yourself?

Does your story make you feel heavy or light?

Are you being hurt over and over again by summoning a feeling of a past story?

Do you lose your sleep over worrying about the future?

Only in the present moment can you create with the Universe.

Only in the present moment are you free to transform.

Only in the infinite now can you heal and be healed.

Only the present invites you flow with all that is.

Now is your opportunity to choose and shift.

Only in the now you find your answers.

Watch where you are in your story

The center of the sacred geometry represents the alignment to flow with the Universe to create and manifest, while the limiting stories remain outside of the now and thus keeps you from accessing your truth and power.

worrying about the future

projecting
victim
stories



limiting
story of
yourself

being hurt by the past

I choose to flow in the now.
I choose the narrative of my story.
I choose to trust the present moment.





CONNECTION: The Infinite Flow

Breathe in the nurturing energy of the earth through your feet.

Feel your connection to the earth.

At the same time, breathe in the energy of the Universe through the top of your head.

Feel a shower of light washing through you, energizing you,

activating every atom of your energy field.

Lengthen your spine, reach your arms up to the sky, and feel how your entire being is filled with sparkling golden light.

Imagine a soft, gentle space opening within your heart. Imagine a beautiful temple of light, love and healing. You feel safe and supported.

Put your hands on you heart and feel the living peace of your own touch.

Hum gently as if the sound of love of the Universe resonated through your hands.

The vibration of your own voice bringing what you need at this time. Come up with any "I am..." mantras that feel good to you.

What do you need right now?

I am Love.

I am Peace.

I am Healing

I am Health.

I am Joy.

I am Creation.

I am Courage.

I am my own Permission.

I am Infinite Possibility.

I am Divine Presence.

I am Abundance.





THANK YOU: In the Now

I am honored to journey with you. We are in this together. Allow your own wisdom and soul light to show you the way.

Learn to flow with all that is and to trust your own innate ability to listen, to know and to discern. Keep finetuning your instrument.

You are a flute through which the infinite makes music.

It might take some practice to shift your old thinking. Ask yourself:

Does this thought make me feel heavy or light?

Keep choosing the lighter feeling thought.

You may also wish to ask yourself the famous question:

Who would I be without this story?

Tune in to the unique divine aspect of the infinite that is you.

Own your knowing. Own your wisdom. Own your present moment.

Give yourself permission to know and to trust in the now.

Dear Beloved, you are infinitely loved.
You are always supported here and now.
You are more than enough.
There is nothing to deserve.
You are beautiful and powerful.
Trust yourself. Trust the Universe.
Thank you for being you.

How would it feel to live your ideal life?

What if you could feel it now...

Please be in touch if you feel I can support you in any way.

