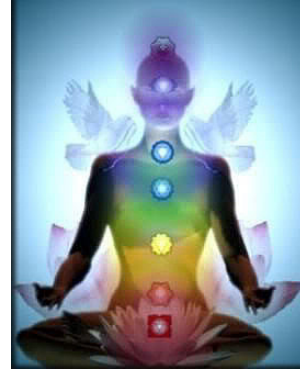




## Reach for Infinity and Integrate Yourself



- 1) Begin to doodle with your index finger number 8 on your solar plexus (abdomen). This is your center of power. Draw the #8's and remember you are powerful and strong.
- 2) Doodle (as in 1) over your heart. This is your center of unconditional love. Draw the #8's and remember you are Love and Loved.
- 3) Doodle (as in 1) over your third eye in the middle of your forehead. This is your center of intuition. Draw the #8's and remember you are intuitive. You always know what's up!  
TRUST YOURSELF!
- 4) Doodle (as in 1) over the top of your head. This is your 7th Chakra. Your center of Divine Connection. Draw the #8's and remember you are always connected, guided and protected. You are never alone!
- 5) Doodle (as in 1) on top of your pelvic region/ the beginning of your spine. This is your root chakra. This is how you become rooted on the earth and in the present moment. Draw the #8's and remember you can ground yourself and your soul's mission in this life.
- 6) Go back up to the heart.
- 7) Finish on top of the crown.

**Remember, you are infinite! You get to choose what you wish to become as you continue on this sparkly journey of Self Love!**