

Lesson One Affirmation Card:



Your loved ones in spirit want the very best for you. Now that their journey here on earth is done, they can watch over you and help you on yours. They want to remind you to focus more on the things in life that will bring you the most happiness. When you are unsure of your path, remember that you can ask for their guidance at anytime. Close your eyes and feel their presence leading you.

Lesson Two Affirmation Card:



Your loved ones are with you every step of the way through your life's journey. Heaven is not a separate place, and death does not mean being gone. Death is a transition. When you speak to your loved ones, either out loud or in your head, they can hear you. The more you acknowledge their presence and acknowledge that they are with you, the easier it will be for you to communicate with them. You can ask for their guidance at anytime. Close your eyes and feel their presence leading you.

### Lesson Three Affirmation Card:



You have your own divine connection that keeps you close to those you love and miss in spirit. Think of the love in your heart like glue. It keeps you connected no matter what. Remember that the longer your loved one is in Heaven that bond just becomes stronger and stronger over time. Your bond and emotional connection is a reminder that one day you will see your loved ones again. can ask for their guidance at anytime. Close your eyes and feel their presence leading you.

### Lesson Four Affirmation Card:



Happiness and joyful moments are stored in our hearts and soul. When you recall those moments you bring yourself back into that emotional state of pure joy and happiness. Allow yourself to think back to memories of when your loved one was alive and well. These same memories are ones that your loved ones in spirit also have with them in Heaven. They want you to remember the good times you shared with them and smile knowing they love you so much. and acknowledge that they are with you, the easier it will be for you to communicate with them. can ask for their guidance at anytime. Close your eyes and feel their presence leading you.

Lesson Five Affirmation Card:



Heaven responds to your positive thoughts and feelings. When you are vibrating in a positive place, you are aligned with Divine Flow and our vibration is raised high enough to connect to the powerful energy of the creation. When you are in this space, you are in alignment with the flow of the Universe and you are unstoppable.

Lesson Six Affirmation Card:



Channel your intuitive abilities towards a deep sense of confidence in everything you do, knowing you have the power to change your reality and overcome ANY obstacles. Your Angels, Spirit Guides & loved ones send you subtle reminders such as symbolic items like birds or songs, pennies or feathers, to let you know to stay true to your inner values and keep progressing.