



# LEMON PIE POSSIBILTIES

*Live up to your  
Full Potential!*





WELCOME  
TO MY

# Party!

Hey, I'm Connie! I've lived enough of 'real life' to feel like I've earned a Ph.D. in it—especially when it comes to keeping your chin up and pushing through the hard stuff.

From March 2016 to March 2018, I went through the most upsetting and unsettling time of my life. Over those two years, the life I knew and loved slowly unraveled. Looking back, I can see that even though I was in a fragile state, I didn't collapse. I held it together, and in many ways, I continued to thrive.

Yes, thrive—because to me, thriving means living well and having your needs met, and I was. My needs were met, and I was carried and protected during that VERY HARD and challenging season. It's so important to recognize your blessings, even in the midst of hard times!


Flourishing, though—that's a step beyond thriving. Flourishing is when your world is SO EXTRA abundant and blessed that your everyday life feels like a fun party!

This book is all about the secrets to thriving and flourishing that I've learned and mastered along the way. I've risen above struggle and heartbreak to create a joyful, fulfilling life, and I know you can, too. I'm so excited to guide you and share my tricks!

Get ready, because this book is a body-mind-spirit WELLNESS PARTY! Think of it as a recipe book for turning sour lemons into the most delicious lemonade. I hope you love it. Let's get started!



*Life is either a daring adventure,  
or nothing. Helen Keller*



I've healed my relationship with God, and I feel solid there. I talk with my Heavenly Father and Savior daily and find peace in this crazy world. I am BLESSED, and I know it! My heart is truly filled with gratitude.

I LOVE LIFE so much that I want to take it all in! That's why I keep my plate so full. I'm drawn to the limitless opportunities life offers, and I'm always up for engaging in all kinds of amazing things. I love having a lot of LIFE happening around me!

So here I am, chasing my dreams while juggling the day-to-day and making time to nourish and nurture myself and my loved ones. Sure, some things get shuffled around, and not everything gets done, but I focus on what's most important.

Some days, I don't look like I'm a hundred percent on my game, but big deal—I've learned that all that glitters is not gold. Things aren't always what they seem on the outside, and what truly matters is what's within.

I am solid. I know my true value, even if it isn't always obvious to the human eye.

Even if I don't look great on paper or seem perfectly pulled together on the outside, I know my worth. I am PerFeCT, more than enough, and so flourishing in ways that truly matter, that my life feels golden!



# FOR YOU

*Ask yourself and journal:*

Self-Reflection: What are some patterns or habits you have that are no longer serving you? What steps can you take to release them and embrace positive change?

- Emotional Healing: Reflect on a time when you felt stuck or weighed down by your emotions. What helped you move forward, and what can you learn from that experience to apply now?
- Self-Worth: In what areas of your life do you feel most confident and worthy? How can you bring that same sense of self-acceptance to other areas where you may struggle?
- Compassion: Write a letter to yourself, expressing compassion and understanding for your journey. Tell your younger self about the challenges and growth you've experienced!

*Write letters to your younger self:*

- Write letters to your younger self at different ages. Speak from your heart. Share how you felt about them back then —write down whatever comes into your mind without filtering or judging.
- Then, switch perspectives: write letters from your younger selves back to you, letting them express their feelings, experiences, and gratitude.



If you haven't tried doTERRA oils yet, check out my website—I'd love to help you get started! Whether you're looking to enhance your emotional wellness, create a calming atmosphere, or add a boost to your self-care routine, essential oils are truly a game-changer.

I recommend making your favorite blends in sample-size bottles, which you can find at essential oil supply stores or on Amazon. These small bottles are perfect for experimenting with blends until you find what works best for you. Try creating an "uplift and refresh" blend or a "calm and restore" mix tailored to your needs!

Use essential oils, journal, and try the exercises suggested in this book—they work! When you take charge of your life and upgrade the way you do things, you'll feel better, and your life will naturally improve.

You are so worth it!

## CLEAR THE AIR Oil Blend

7 drops Grapefruit  
4 drops Siberian Fir

Diffuse and/or rub on bottoms of your feet and behind your ears, and on your throat and wrists, and wear like perfume.





I started monitoring myself and paying close attention to both my words and the tone of my voice—and oh my goodness, what a reality check that was!

When I really listened to myself, I quickly realized I was sending out A LOT of non-productive and negative messages all day long.

And it was SOBERING...

I realized just how much my moaning and complaining had been creating my reality! Paying attention to my words was a serious wake-up call—an eye-opener that I couldn't ignore.

**WOW! WOW! WOW!**



My life had been unfolding precisely as I said it would! I'd predicted I'd feel overwhelmed, frustrated, and stuck. I kept telling myself life was sad and hard, and so it was. No wonder everything felt so utterly UN-rewarding!

Once I realized I am a powerful manifesting machine, I knew it was SUPER IMPORTANT to start consciously choosing words that would create the life I actually wanted.

I thought about the phrases I commonly said, and I turned them into positive statements. Then I wrote those positive statements on pieces of paper and stuck them where I'd see them often—on my fridge, my bathroom mirror, everywhere I needed the reminder!



# BLUE SKY DAY

There's a story about a couple searching for the perfect town to move to. They stumbled upon a charming little place and asked a local man what kind of town it was.

The man turned the question back to them and asked what their current town was like. They began listing all the things they disliked about it. When they finished, the man simply replied, "Well, that's the kind of town this is."

A few days later, another couple visited the same town and asked the same man the same question. He again asked about their current town. This time, the couple shared how much they loved their town—the wonderful people, the beautiful surroundings, and the happy memories they had there. The man smiled and said, "You're going to love it here because that's exactly the kind of town this is!"

The moral of the story? You get what you look for. If you're a glass-half-full person, you'll see what's right in every situation. But if you're a glass-half-empty type, nothing will ever truly satisfy you for long.

I've lived life both ways. I've been a gloom-and-doomer, and now I'm a head-in-the-clouds dreamer. And let me tell you—life FEELS so much BETTER when your chin is up, and your head is in the clouds!

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## Empowering oil tip:

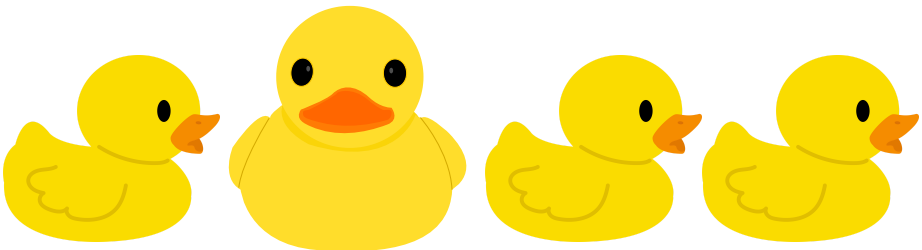
- Lavender essential oil is a symbol of calm, balance, and restoration. It's perfect for soothing your mind, reducing stress, and promoting relaxation.
- Evening Calm: Add 2-3 drops of Lavender to your diffuser in the evening. Close your eyes, take slow, deep breaths, and declare, "I am calm, peaceful, and ready to release the day."
- Stress Relief: Mix 1 drop of Lavender with a carrier oil and massage onto your temples, wrists, or the back of your neck. Let its soothing aroma melt away tension and bring a sense of balance.
- Sleep Support: Add a drop of Lavender to your pillow or bedding before bedtime. Allow its calming scent to create a restful atmosphere and prepare you for a deep, restorative sleep.
- Declaration to Pair with Lavender: "I am calm, balanced, and fully restored in mind, body, and spirit."





Although you may not always  
be able to avoid difficult  
situations, you can modify the extent  
to which you can suffer by how you  
choose to respond to the situation.

*Dalai Lama*





I know people who have consistently pushed forward and risen to the top. I also know some who have given up and slid so far backward that their regression is glaring.

Each person is reaping the fruits of their mindset and daily efforts, but to an outsider with no understanding of the backstories, the people in the first group might seem "entitled" or "lucky," while those in the second group might be labeled "poor" or "unfortunate."

If you watch people closely, the truth will become clear: the harder you work, and the more persistent and consistent you are in choosing the elevated path, the luckier you will become. Luck favors those who put in the effort to succeed in life!

The more goals you set, the more steps you take toward them, and the more challenging the walls you climb over, the luckier and more successful you will become. Growth, success, and even "luck" are predictable. Achieving the good things life has to offer is directly tied to your mindset and habits.

Only you can captain your own ship, and you've been given the incredible ability to choose your direction in life and determine how fast you'll get there. The sky's the limit when you keep stepping up!

Like Henry Ford said, "Whether you think you can, or think you can't, you are right." That's why I choose to believe that everything works out for me.



On the way home, Elijah told me it was one of the most awesome days of his life, and he was so glad I made him go! I wholeheartedly agreed—it was well worth the hassle.

One of my favorite celebration memories was after my chakra book was printed. We went out to a Mexican restaurant where an older couple was singing Mariachi. The woman had a beautiful voice, and she stood by our table, singing several songs directly to me. I soaked it all in and I will always treasure that night. It was totally celebratory and special!

Another unforgettable celebration was my last birthday when my friend Kimberly arranged a surprize party for me. Several of my closest friends were gathered and waiting to surprize me. Then we enjoyed amazing food, talked for hours, and they recorded heartfelt messages on my phone, which was one of my favorite gifts ever.

Big celebrations like that are so much fun, but I've learned celebrating the little milestones is fun too! They deserve acknowledgment and celebration as well!

One of my favorite daily rituals is looking back on my day before bed and reviewing what I got done. Sometimes, I write down my accomplishments in my journal—there's something about seeing them on paper that gives them power and makes them feel more real. Celebrating progress, no matter how small, is incredibly empowering.

Sometimes I celebrate by adding essential oils and epsom salts to bathwater and turning my bathroom into a spa. It transforms bath time into something special and leaves me feeling refreshed, which is exactly what celebrating is all about! Other times, I'll invite friends over, we'll make delicious food, and sit around talking for hours.

Whatever sparks joy in your heart and soul is worth celebrating, and it's also how to celebrate—do what brings you joy!

Eventually, I got good at respecting myself and setting clear boundaries, and over time, most of my family shifted and began to treat me with respect.


After I did the work necessary to upgrade myself, it slowly but surely created a ripple effect within my family. Things have improved immensely all the way around, and it was well worth the time, patience, and consistent effort it took to get here!

When you decide to uplevel and take responsibility for how you manage your relationships, it will inevitably put you in situations that trigger you and stir up strong emotions—emotions that you might not know how to handle. That's why it's so important to have a plan in place for releasing charged-up feelings in a responsible and healthy way.

The easiest and most effective method I've found is to get your upset feelings out on paper:

Go to a quiet place where you won't be disturbed, and grab an inexpensive spiral notebook. Start with the prompt: "I feel \_\_\_\_\_ because \_\_\_\_\_." Close your eyes and let the painful emotions rise to the surface. As the feelings come up and you identify them, write them down: "I feel \_\_\_\_\_ because \_\_\_\_\_."

Don't censor or correct yourself as you write—just let the words that come into your mind flow. Keep writing and letting your feelings come out—write until you feel calm again. This simple practice can make a world of difference in processing and releasing tough emotions.



I've learned that when things are going flawlessly, it's a gift from God—not a given. So don't take the good times for granted! When your life is going fabulously well, be grateful and enjoy every moment because circumstances can change on a dime, and the good times can disappear in an instant.

Hard times are inevitable and can come out of nowhere and knock you off your feet—that's how God set up this life. When adversity hits and disrupts you, you have two choices: you can turn upward and become better, or you can you turn inward and become bitter! How you handle life's challenges will either make you victorious, or it'll cause you to adopt a victim mindset.

Challenging times are an invitation to turn to God, and He hopes you'll use them to grow closer to Him. He gives you challenges because He knows you'll grow best when you're pushed way out of your comfort zone.

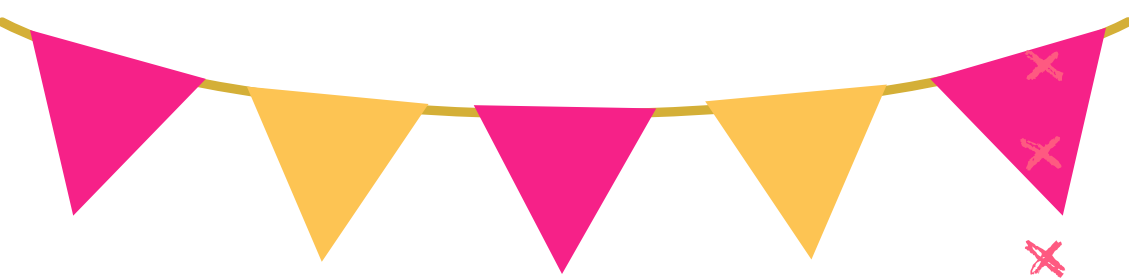
When you invite God into your life and ask Him to help you, and then you get extreme curveballs thrown at you and everything feels like chaos, remember that life is just rearranging itself so you can have what you really want. Partnering with God and His angels doesn't eliminate challenges, but it does bring GROWTH and tender mercies and miracles alongside the struggles.

God is the first one I talk to when I wake up in the morning, and He's the last one I say goodnight to before I fall asleep. He knows my weaknesses and the crooked ins and outs of my heart. There's no hiding from God!



The most beautiful  
things are not associated  
with money; they are  
memories and moments. If you  
don't celebrate those, they  
can pass you by.

*Alek Wek*



She lit the candles, turned down the lights, brought food to the table, and then we ate, laughed, and talked for hours. I soaked it all in and thought it was the most fabulous dinner party I'd ever been to. That evening was unpretentious, spontaneous, and FUN, and it changed me forever.

I knew my soul NEEDED more times like that!

I thought about all the potentially good times I'd wasted because the conditions weren't perfect enough. How many times had I let an opportunity to enjoy life pass by because I didn't think my situation was good enough? FAR TOO MANY is the answer!

That evening, I decided I was never going to let an opportunity to create an enjoyable moment go to waste again.

Thanks to Ursula's example, I now welcome people into my home and create spontaneously beautiful memories with them, whether my house is clean and picked up, or not. I've created an environment that encourages people to relax and enjoy themselves, and most of the time, I feed them. They sit at my bar while I make food from whatever I've got in the house, and then we set the table and eat together.

I stopped being embarrassed about the imperfectness of my life a long time ago. I know what's truly important now, and I make it happen.


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## Empowering oil tip:

- Grapefruit essential oil is a symbol of joy, vitality, and self-confidence. It's perfect for uplifting your mood, energizing your mind, and inspiring a fresh outlook on life.
- Morning Refresh: Add 2-3 drops of Grapefruit to your diffuser as you start your day. Take a deep breath and declare, "I am vibrant, confident, and ready to embrace today with joy."
- Energy Boost: Mix 1 drop of Grapefruit with a carrier oil and massage onto your wrists or neck. Let its invigorating aroma revitalize your energy and renew your sense of purpose.
- Self-Love Ritual: Add a drop of Grapefruit to your palms, rub them together, and inhale deeply. Let its bright, citrusy scent promote feelings of self-confidence and positivity, helping you see the beauty in yourself and the world around you.
- Declaration to Pair with Grapefruit: "I am vibrant, joyful, and confident, embracing life with energy and optimism."







Grandma always knew what we liked and made sure our favorite foods were ready when we visited. My dad loved her fried chicken with potatoes and gravy, so she made that often, along with cherry trifle—which was my absolute favorite.

I was always curious about what Grandma was up to, so after we ate and cleaned the kitchen, she'd take me into the "office." That was where Grandpa's big desk and her cedar chest were, and she'd open the cedar chest and show me her latest projects. I never got tired of being around her and seeing what she was working on.

My dad's twin brother lived nearby, and they had a "wiener dog" named Stretch. Grandma loved Stretch and made special round sugar cookies with pink icing just for him. She carefully layered the cookies between sheets of waxed paper in a Tupperware container and stored them in the big chest freezer on her back porch. "These are for Stretch," she'd say.

Every day, around four o'clock, Stretch would come to her back door, and Grandma would listen for him. When she heard him pawing at the door, she'd laugh and say, "There's Stretch for his cookie." Then she'd open the freezer, pull out the Tupperware container, and take out one pink-iced cookie. After Stretch got his cookie, he'd sit on the porch and eat it, and then head back home. Grandma got such a kick out of that! When we were there, she'd give us pink-iced cookies too.

LOL! My grandma Stella really knew how to spice up life and make every day feel extra special and fun! What an outstanding example she was to me!

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## *Create happiness:*

- Look at your life right now and ask yourself: What can I do with what I have to make my life feel brighter and more special?
- Journal about your ideas, then choose one, schedule time for it, and follow through!

## *Turn negatives into positives:*

- Identify one thing in your life that feels challenging right now.
- Reframe it by asking yourself, "What lesson or opportunity can I find in this?"
- Write down one positive outcome or thought you can take away from the experience.

## *Find your happy place:*

- Think about a specific activity, place, or memory that always brings a smile to your face.
- When you're feeling down, intentionally take a moment to imagine or engage with that happy place.
- Journal about what makes it so special and how you can create more experiences like it.

When something FEELS HEAVY and in your way, you will KNOW it's time to let go. Be willing to bravely step into a void. Beautiful things happen when you live in empty spaces!

I have a friend who's a self-made multi-millionaire. When he was starting out, his life was a mess—emotionally and physically. He had a lot of cheap stuff and clutter lying around, weighing him down. As he chose an elevated path and began letting go of the emotional baggage that was holding him back, he realized how overwhelming and draining the physical clutter was, too. So, he decided to restore order in his life by getting rid of whatever he didn't need.

His rule was simple: if he didn't love it and wasn't using it, it had to go—even if it was nice. He made it easy on himself by placing good furniture and tools in his driveway with FREE signs on them. Before long, everything was gone.

The more empty SPACE he created, the lighter and freer he felt—and the more success and growth he experienced in his business. He shared with me that as fast as he released old stuff, new people and new money flowed into his life.

Now, whenever he wants to attract an increase, he looks around for things that need to go. He firmly believes that letting go of what's no longer serving him goes hand in hand with creating and achieving success.

Holding on to things—whether they're physical possessions, outdated beliefs, or lingering emotions—clogs your energy and keeps you stuck. Letting go creates space for new opportunities, fresh experiences, and a renewed sense of freedom.



# Aspire HIGHER

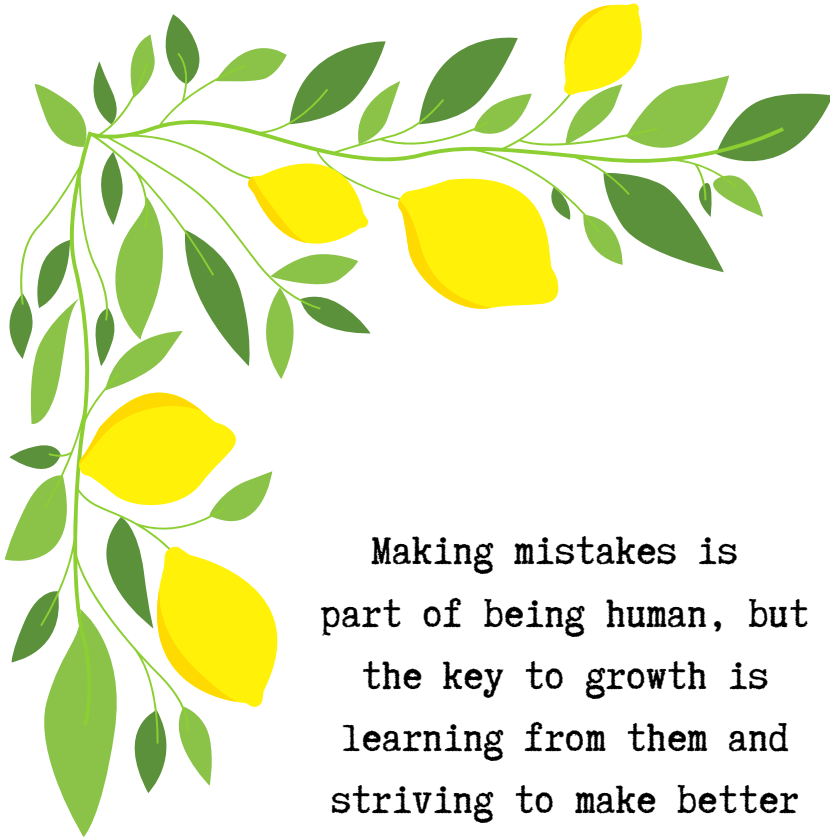
There's an apricot tree growing in the corner of my backyard, and the apricots on that tree are large and delicious. But I had to remove its lower branches so they wouldn't shade my garden. Now, the apricots grow at the top of the tree, way out of easy reach. It takes EFFORT to get to them—but they're so good, they're worth it!

Like my sweet apricots, the best things in life are rarely found on low-hanging branches. They're not the easiest to reach. Almost always, it takes extra effort to get to the very best things!

And yet, not everything that glitters brightly is gold.

*don't get lured in by fool's gold + gold plated*

Several years ago, I was invited to an event at a home with gorgeous white carpeting throughout. As soon as I walked in the door, I was struck by the magnificence of the carpet! My first instinct was to take off my shoes, but when I noticed the other guests were wearing theirs, I decided to leave mine on too.



Making mistakes is part of being human, but the key to growth is learning from them and striving to make better choices. By aiming for "best" decisions, we elevate our lives, inspire others, and create a ripple effect of positivity and progress.





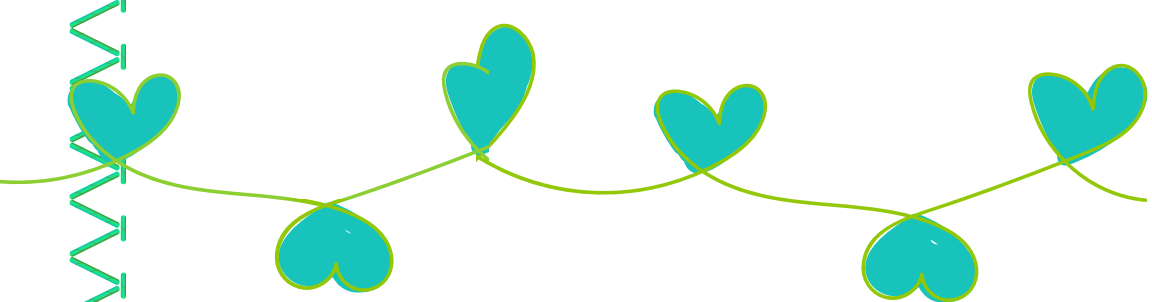
There have been many times when I was in danger and something terrible could've happened, but it didn't because my angels were there, protecting me. I KNEW IT! —I could feel them close by!

I remember about twenty years ago, I had something challenging and scary to do. Beforehand, I prayed and asked angels to come with me. I vividly recall walking into that situation with the powerful sense that a league of mighty angels was marching alongside me. I don't even remember what the outcome of the situation was, but I do remember feeling strong and supported. Knowing those angels were with me made the experience far less intimidating.

I once read a book about a woman who had an out-of-body experience and found herself at the site of a disaster. She saw people being dragged down a rushing river, suffering in the freezing water. What struck me most was her description of angels surrounding the people.

The angels were ready to help, but they were limited in what they could do until the people prayed and asked for assistance. The woman observed that when someone in the river prayed, it gave the angels the power to intervene and help them.

I believe it works like that. It makes sense that angels have more power when we ask for their help. I know I was praying and asking for help the day I couldn't get out of the canal!



Be honest about what happened in your old relationship. Don't play the blame game. Be accountable for your part in how things went. Where did you slip up, and how can you improve in the future?

Acknowledge what was good about the relationship, and be grateful for the experience. See the gifts and lessons it brought you. Apologize for your own wrongdoings, and as much as possible, leave on good terms.


If you leave an old relationship with clarity and accountability, moving forward will be far more satisfying. Take time to heal yourself before diving into a new relationship! When you're ready, you'll attract a better match and have a much greater chance of finding lasting happiness.

After an unhappy relationship, consider staying single for a while and putting your energy into taking good care of yourself. Keep your space clean and make the most of what you already have. Be enjoyable to be around. Do the things that make your heart smile, and don't forget to laugh.

Invest in personal development. Set goals for yourself and actively work toward them. Keep your commitments. Keep growing and progressing. Be the change you want to see, and absolutely cherish your life. Let your heart have the space it needs to heal.

Self-love and respect are essential for keeping your own grass green! Learn to be comfortable being alone. Fall in love with yourself instead of looking for someone else to fill your void.

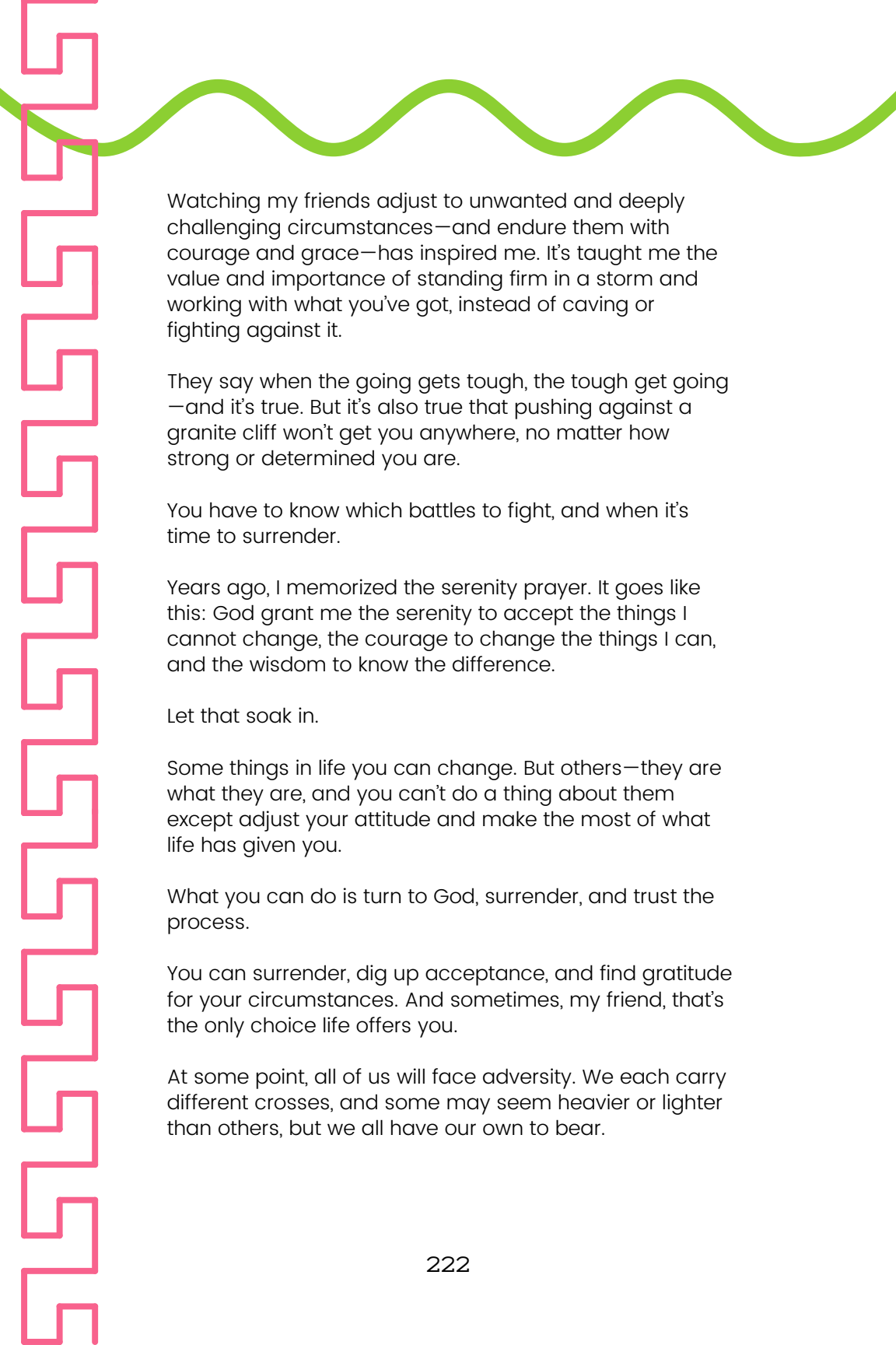


A close-up photograph of a person's face in profile, blowing a dandelion seed head. The person's mouth is open, and the dandelion is held in their hand. Several seeds are captured in mid-air, floating away from the seed head. The background is plain white.

If you  
set your  
goals  
ridiculously  
high and  
it's a  
failure, you  
will fail  
above  
everyone  
else's  
success.

*James Cameron*





Watching my friends adjust to unwanted and deeply challenging circumstances—and endure them with courage and grace—has inspired me. It's taught me the value and importance of standing firm in a storm and working with what you've got, instead of caving or fighting against it.

They say when the going gets tough, the tough get going—and it's true. But it's also true that pushing against a granite cliff won't get you anywhere, no matter how strong or determined you are.

You have to know which battles to fight, and when it's time to surrender.

Years ago, I memorized the serenity prayer. It goes like this: God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Let that soak in.

Some things in life you can change. But others—they are what they are, and you can't do a thing about them except adjust your attitude and make the most of what life has given you.

What you can do is turn to God, surrender, and trust the process.

You can surrender, dig up acceptance, and find gratitude for your circumstances. And sometimes, my friend, that's the only choice life offers you.

At some point, all of us will face adversity. We each carry different crosses, and some may seem heavier or lighter than others, but we all have our own to bear.



But you know what happens when you plant a seed? IT GROWS. Your mind starts to grasp onto it, and soon, you find yourself pulling in people who have made millions of dollars. One day, it doesn't seem so far-fetched at all.

God is good like that. He works with you to rearrange your life and expand your thinking. When He gives you an idea and you start working with it, He doesn't leave you hanging. He guides you through the process, helping you move forward and expand your world. He brings new friends, opportunities, and experiences into your life that fit your evolving paradigm.

The changes I've made have all been necessary for me to measure up to the vision God showed me. I'm still not there. I'm still letting go, evolving, and changing things up all the time—because that's how progression works. If I want to reach my full potential and become the elevated person God created me to be, I must keep letting go of what no longer serves me and continue to rise higher.

I don't think I'm more special in God's eyes than you. I'm not one of a select few who came to play BIG. The only reason I know I am is because I asked Him—and He showed me.

Now it's your turn to ask God who He sees in you and what you came to do. I'm betting He thinks you're MAGNIFICENT too and that He wants you to step up and play BIG as well.





# KEEP THE Party GOING

Life can feel mundane and drab sometimes—I know! But I don't like feeling ho-hum, so I do my best to live like I'm on a fun vacation, even when I'm not. My goal is to ENJOY life as much as I can, and you know what? It totally works! What you think about, you bring about. Sure, some days are better than others, but overall, my life FEELS GOOD!

It's never too late to start making your life more fun. You can create your own brand of homemade happiness—and I think you should! The perfect time to step up and become the person you were born to be is now. Right now is the best time to invite more light and wholesome fun into your life. It's never too late to start partnering with God and making your life feel more fulfilling. You can do it—just jump in and get started.


Do what it takes to make your life FEEL rewarding! Do what floats YOUR boat and invite your loved ones to join you, because life feels best when shared with people you love. Playing win-win-win will always take you the furthest and make your life feel great!



Remember that the happiest  
people are not those getting  
more, but those giving more.

*H. Jackson Brown Jr.*





Sometimes I look at my front door and imagine there's a screen with a figure 8 on it, reinforcing the boundary. I make it clear that dark energy is not welcome in my home or my personal space! This practice keeps my home a sanctuary filled with peace, light, and God's presence.

I have firmly declared which side I'm on. I respect God's universal laws and do my best to play by His rules. I like being aligned with divine energy. I like being in the flow and flourishing. Even when life around me is falling apart, my own little holy space feels peaceful and calm. I like that feeling a lot!

Living in alignment with God's universal laws and inviting Him to guide you opens the door to a life of greater peace, purpose, and fulfillment. When you choose to live in the flow of divine energy, you experience clarity in your decisions, strength in the face of challenges, and a deeper sense of security. Life doesn't suddenly become perfect or free of hardship, but you gain the tools and grace to navigate it with resilience and faith.

When you align with God's principles, you also become more attuned to His guidance. You notice blessings more easily, opportunities present themselves more clearly, and your ability to create positive outcomes increases. Your life becomes a reflection of the divine order that governs the universe, and you're better equipped to thrive in the ebb and flow of life's natural rhythms.



When you have a strong desire, it's easy to carve time out of your day to connect with God, and it's a small price to pay for the tremendous peace it can bring you!

When you invest time and energy in strengthening your relationship with God, it's a sound investment that will pay you back with great dividends.

Prayer is a earnest and sincere conversation with God, said in the name of Jesus Christ. It's an act of pouring out your heart and expressing thanks for blessings as well as your concerns.

The most effective prayers are come from the heart. They work like this:

- You talk to God and thank Him, express what's on your mind, and council with Him. asking for advice and guidance.
- You listen for God's response and pay attention to promptings and clear thoughts.

The majik of prayer happens when you speak from yor heart and seek to feel a connection, rather than simply saying a recited prayer and walking away.



In the end, it's not the years in your life  
that count. It's the life in your years.

*Abraham Lincoln*