



LaSetaBelle
Spiritual Coaching & Healing

Raise Your Vibration

- I meditate daily
- I am deeply thankful
- I listen to and trust in my internal wisdom
- I let myself receive and be eternally replenished
- I acknowledge and allow my resistance
- I invite compassion & forgiveness into my heart
- I connect regularly within nature
- I ask to see the perspective of Source in everything
- I live within my heart
- I look for & do what makes me feel good
- I realise how much I have to offer
- I allow myself to love unconditionally
- I surrender & let Source guide me
- I let myself be my true self
- I live in alignment with my Soul's purpose



Come Into Alignment to Be Your Peaceful & Magnificent Self