



Handwriting is a Gateway To Your Soul

with Shannon Poppie

Aa

Declaration of Intent: I am comfortable when people compliment me.

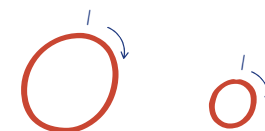
Soul Quality: Spiritual Stardom: Transforming ego into Spirit



Oo

Declaration of Intent: My words are always kind and helpful.

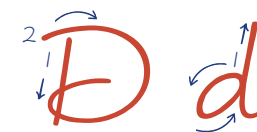
Soul Quality: Speaking honestly, without judgment: sensitive Truth Telling



Dd

Declaration of Intent: The cause of any upset I have is never outside myself

Soul Quality: Personal sensitivity as a gift



How To practice Transformational Handwriting:

On a piece of 8.5 x 11 unlined paper in the landscape direction, write with your favorite color ink (no black ink please!) the declaration of intent, inserting your name, the letter, (upper and lower case), the soul quality the letter represents, followed by 3 lines of the letter, both upper and lower case, then a line or two with words that contain the letter.

Set aside quiet time to do your writing and enjoy the process! Notice how you feel and where things are shifting in a positive direction in your life.

Example:

I, Shannon O'Rourke Poppie, am comfortable when people compliment me.

A a

Spiritual Stardom: Transforming ego into Spirit

A a A a

A a A a

A a A a

Anna Ashley Amanda Armond Australia Alpha Anderson Ali Albania Alaska Andalusia

as always amazing absolutely astonishing awesome abundant apple alabaster laama mamma alarm