This One Shift Changed Everything for Me—It Might Change You Too Transcript

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Meditation and Grounding

I took a course and in this course, it really emphasized meditation and getting grounded and connecting with yourself. That course transformed me. It transformed my connecting your own spiritual guidance.

Connecting With Spiritual Guidance

it changed how I viewed the world and when I was able to connect with that the divinity, my connection to the divine. And I started to listen and I start to follow my intuition.

Everything, and when I tell you this, everything in my life started flow. It really did.

Listening to Intuition

When I was able to take the time, sit down, tune in, I wasn't like over here, over there, you know, busy. with the do, do do and started to be, be be that's when things really started change.

That's what I felt like. Okay. Oh, this is there's something powerful within me.