

METAPHYSICAL AF

self reflection

LAW ONE: THE LAW OF ONENESS

Journal Prompt

CAN YOU THINK OF A TIME WHEN YOU MET OR COINCIDENTALLY RAN INTO SOMEONE, AND THIS BLEW YOUR MIND?

Daily Gratitude

REFLECT ON TODAY'S BLESSINGS. "I EMBRACE CONNECTION, I CULTIVATE COMPASSION, AND I FIND GRATITUDE WITHIN!"

Daily Reflection

IF YOU DIDN'T FEEL GRATITUDE, JOURNAL ON WHY YOU DIDN'T FEEL GRATITUDE TODAY. IF YOU FELT SEPERATION OR SCARCITY, LEAN INTO THAT FEELING. WHAT WAS HOLDING YOU BACK FROM FEELING GRATITUDE?

METAPHYSICAL AF

self reflection

LAW TWO: THE LAW OF VIBRATION

Journal Prompt

WRITE EACH NEGATIVE OR LOW-FREQUENCY EMOTION THAT YOU FEEL THROUGHOUT THE DAY. BESIDE EACH NEGATIVE OR LOW FREQUENCY, ADD ONE THING THAT YOU ARE GREATFUL FOR.

Daily Gratitude

JUST FOR TODAY, I WILL NOT ALLOW LOWER FREQUENCIES TO INHABIT MY DAY

Daily Reflection

AM I AWARE OF MY NEGATIVE THOUGHTS? HOW DO I FEEL WHEN THEY ARISE? HOW CAN I MEET THEM WITH HIGH-VIBRATION ENERGY?

METAPHYSICAL AF

self reflection

LAW THREE: THE LAW OF CORRESPONDENCE

Journal Prompt

DID I FILL MY CUP TODAY?
WHAT DOES IT LOOK LIKE
AND FEEL LIKE WHEN I TAKE
CARE OF MYSELF FIRST?
HOW IS MY DAY DIFFERENT
WHEN I CALM MY ENTER
CHOAS?

Daily Gratitude

NAME THE PEOPLE THAT ARE IN YOUR SUPPORT
SYSTEM. WHO ARE YOUR FRIENDS, FAMILY, LOVERS,
ETC., AND IN WHAT WAYS DO YOU APPRECIATE THEM?

Daily Reflection

MY COMMUNITY REMINDS
ME TO FILL MY OWN CUP
SO I CAN BE OF SERVICE
TO OTHERS. HOW HAS MY
COMMUNITY SUPPORTED
ME, AND IN WHAT WAY
CAN I RETURN THE FAVOR?

METAPHYSICAL AF

self reflection

LAW FOUR: THE LAW OF ATTRACTION

Journal Prompt

AM I OBSESSED WITH
MANIFESTING
SOMETHING? DOES THIS
EMOTION OR FEELING FEEL
DESPERATE OR
AUTHENTIC?

Daily Gratitude

WHAT PROSPERITY DO
YOU ALREADY HAVE
WITHIN YOUR DAILY
LIFE? FOCUS ON THE
SMALLEST THING FIRST
AND THEN EXPAND OUT.

Daily Reflection

AM I BRINGING DESPERATE ENERGY INTO MY
MANIFESTATIONS AND THEREFORE PUSHING
THEM AWAY?

METAPHYSICAL AF

self reflection

LAW FIVE: THE LAW OF INSPIRED ACTION

Journal Prompt

WHAT WILL YOU DO TODAY TO TAKE INSPIRED ACTION?
HOW WILL YOU CREATE MOMENTUM FOR THE THINGS THAT YOU WANT TO COME BACK TO YOU?

Daily Gratitude

WHAT THINGS WOULD BE MATERIALISTIC THAT YOU HAVE THAT YOU ARE GRATEFUL FOR? DO YOU FEEL SHAME FOR WANTING MATERIALISTIC ITEMS?

Daily Reflection

WHERE DOES THE EMOTIONAL CHARGE COME FROM WHEN YOU TAKE INSPIRED ACTION?
DO YOU FEEL IT IN YOUR BODY?

METAPHYSICAL AF

self reflection

LAW SIX: PERPETUAL TRANSMUTATION OF ENERGY

Journal Prompt

TRANSMUTE A TRAUMATIC EXPERIENCE INTO SOMETHING THAT IS FUELED BY YOUR CREATIVE PURSUITS. WHAT DOES THAT LOOK LIKE FOR YOU?

Daily Gratitude

FIND GRATITUDE IN LESSONS FROM PEOPLE WHO BETRAYED YOU IN THE PAST DO I SEE MY LESSONS AS BLESSINGS, NOW THAT I HAVE TRANSMUTED THROUGH THEM?

Daily Reflection

YOU CAN ALWAYS GO BACK TO A TIME THAT WAS DIFFICULT AND BE THE PERSON YOU NEEDED IN THAT MOMENT.

METAPHYSICAL AF

self reflection

LAW SEVEN: THE LAW OF CAUSE & EFFECT or KARMA

Journal Prompt

WRITE OUT YOUR TOP 3 KARMIC CONNECTIONS AND CREATE A NEW POTENTIAL OUTCOME.
HOW DOES THIS APPLY TO YOU? WHAT CONNECTIONS DO YOU FEEL HAVE STRONG KARMIC BONDS?

A KARMIC CONNECTION IS A BOND BETWEEN SOMEONE ELSE THAT CARRIES THROUGH LIFETIMES.

Daily Gratitude

HOW CAN I BE GRATEFUL TO THOSE WHO MAY HAVE HURT ME IN THE PAST?
CAN I SEE THE SITUATION IN A NEW LIGHT?

Daily Reflection

EACH PERSON HAS A "HIGHER SELF" THAT ISN'T ALWAYS THE ONE IN CHARGE. CAN I COMMUNICATE WITH MY HIGHER SELF TO REFLECT ON PAST EXPERIENCES?

METAPHYSICAL AF

self reflection

LAW EIGHT: LAW OF COMPENSATION

Journal Prompt

WHAT ARE THE FIVE THOUGHTS I THINK THE MOST EVERY DAY? WHAT VIBRATION FREQUENCY AM I ON WITH THESE THOUGHTS?

Daily Gratitude

REMEMBER THAT ALTHOUGH YOU CAN CHANGE YOUR MINDSET THIS MOMENT, THAT DOESN'T MEAN YOUR ENTIRE "HARD DRIVE" IS GOING TO UPDATE OVERNIGHT. IT TAKES TIME, BUT THE SHEER AWARENESS THAT YOU WANT TO THINK ON A DIFFERENT WAVELENGTH IS THE MOMENTUM THAT CAN PROPEL YOU UP.

Daily Reflection

DO YOU ENJOY BEING IN A STATE OF ANXIETY OR TENSION? WHAT HAPPENS WHEN YOU ALLOW YOURSELF TO RELAX? WHAT COMES UP FOR YOU?

METAPHYSICAL AF

self reflection

LAW NINE: LAW OF RELATIVITY

Journal Prompt

DO YOU BELIEVE IN FORGIVENESS?
CAN FORGIVENESS LOOK LIKE FORGIVING THE SELF WITHOUT FORGIVING THE OTHER?
WHAT DOES FORGIVENESS LOOK LIKE TO ME?

Daily Gratitude

THINK OF A TIME WHEN YOU WERE THE ONE WHO NEEDED THE GRACE OF FORGIVENESS? HOW DID THIS FEEL, AND HOW DOES THIS HELP YOU WITH WHAT YOU KNOW NOW?

Daily Reflection

IS THERE A TIME WHEN YOU HAVE SEEN THE LAW OF RELATIVITY PLAY OUT BEFORE YOUR EYES? CAN YOU MOVE FORWARD FROM A NEUTRAL STATE OF MIND, KNOWING THEIR HIGHER SELF KNOWS BETTER?

METAPHYSICAL AF

self reflection

LAW TEN: LAW OF POLARITY

Journal Prompt

WHAT'S SOMETHING THAT HAPPENED TO ME THAT I SAW AS A FAILURE BUT WAS A MESSON FOR SUCCESS?

Daily Gratitude

CAN I PUT MYSELF IN SOMEONE'S SHOES WHO WISHES THEY HAD WHAT I HAD?

Daily Reflection

WHAT CHALLENGES WILL I OVERCOME TODAY?

METAPHYSICAL AF

self reflection

LAW ELEVEN: RHYTHM or PERPETUAL MOTION

*Journal
Prompt*

WHAT'S YOUR POLAR
OPPOSITE?

*Daily
Gratitude*

WHAT ARE THINGS YOU
HAVE NOW THAT YOU
NEVER BELIEVED YOU
WOULD HAVE?

*Daily
Reflection*

AT ONE POINT YOU WERE
ON THE COMPLETE
OPPOSITE SIDE OF
SOMETHING YOU WANTED.
YOU MADE A GOAL, AND
YOU REACHED IT. YOU ARE
IN A CONSTANT STATE OF
GROWTH. DO YOU HAVE
DOUBTS IN YOUR ABILITY
TO KEEP ACHIEVING YOU
GOALS? WHY?

METAPHYSICAL AF

self reflection

LAW TWELVE: THE LAW OF BALANCE or GENDER

Journal Prompt

WHAT DOES
BALANCING ENERGY
LOOK LIKE TO ME?
WHAT 'S SOMETHING
I'VE NEVER
CONSIDERED DOING
BECAUSE IT DOESN'T
FIT IN THE
PROVERBIAL BOX?

Daily Gratitude

WHERE DO I HAVE
BALANCE IN MY LIFE?

Daily Reflection

WAKE UP AND FOR ONE DAY TRY TO LIVE AND
APPLY EVERY LAW THAT RESONATES WITH YOU
THE MOST THAT DAY.