"A sacred daily practice to align your heart, soul, and angelic guidance."

77 Date:

TODAY'S INTENTION

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

"Thank you, my angel. I am ready to live this day in your light."

Date:

TODAY'S INTENTION

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

"Thank you, my angel. I am ready to live this day in your light."

77 Date:

TODAY'S INTENTION

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

💫 NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

"Thank you, my angel. I am ready to live this day in your light."

Date:

TODAY'S INTENTION

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Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

"Thank you, my angel. I am ready to live this day in your light."

77 Date:

TODAY'S INTENTION

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Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

"Thank you, my angel. I am ready to live this day in your light."

Date:

TODAY'S INTENTION

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

💫 NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

"Thank you, my angel. I am ready to live this day in your light."

77 Date:

TODAY'S INTENTION

DAY 7

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

"Thank you, my angel. I am ready to live this day in your light."

77 Date:

TODAY'S INTENTION

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

"Thank you, my angel. I am ready to live this day in your light."

Date:

TODAY'S INTENTION

DAY 10

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

77 Date:

TODAY'S INTENTION

DAY 11

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 12

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 13

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 14

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 15

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 16

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 17

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 18

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 19

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 20

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 21

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 22

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 23

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 24

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 25

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 26

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 27

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 28

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 29

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud:

Date:

TODAY'S INTENTION

DAY 30

What do you wish to receive today?

Today, I ask for clarity and guidence in:

SACRED CHANT PRACTICE

Time dedicated to listening to the angelic frequency.

I listened to the chant today:

Morning Night Both

REFLECTIONS AFTER THE CHANT (HOW I FELT, WHAT I NOTICED):

NOTES & SIGNS OF THE DAY

Dreams, signs, synchronicities, or divine inspiration.

FINISH WITH A DEEP BREATH

Close your eyes, take 3 slow breaths, and repeat silently or out loud: