

MY

EPIC 30

Sanctuary Practices

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For BEST results, integrate the MyEpic30 process into your morning coffee ritual as the first thing you do each day.



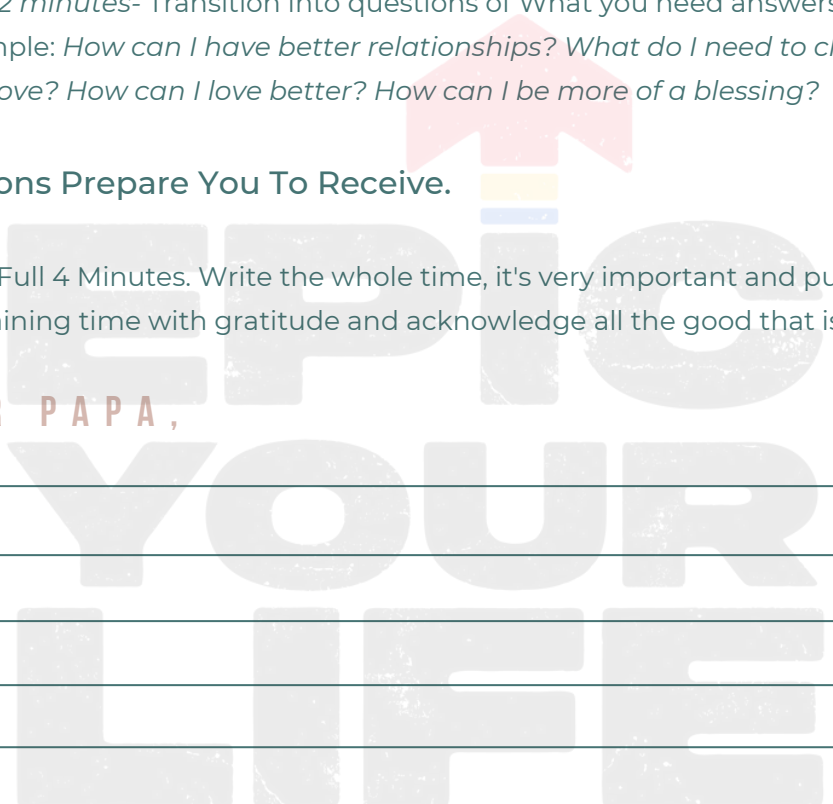
RELEASE

1. Set a timer for 4 minutes.
2. 1st 2 minutes- Write a Letter like you would to a good Father, Daddy or Papa. Release all the ugly, any concerns, frustrations, problems, challenges and obstacles you are facing. Hold nothing back. Ask all the 'WHY' questions. *This is private, no one will see this. This is for your eyes only.*
3. 2nd 2 minutes- Transition into questions of What you need answers for. Example: *How can I have better relationships? What do I need to change to improve? How can I love better? How can I be more of a blessing?*

Questions Prepare You To Receive.

Use the Full 4 Minutes. Write the whole time, it's very important and purposeful. Fill remaining time with gratitude and acknowledge all the good that is in your life.

DEAR PAPA ,




RECEIVE

1. Set a timer for 4 minutes.
 2. You will be writing a letter to yourself from a source of wisdom.
 3. Select a book or website and open it at random to receive a message of wisdom.
 4. In this example, we use the Bible or Random Bible Verse (DailyVerses.net).
 5. Read the words of wisdom and then write yourself back a letter like a good Father would give wisdom, love & support to his child. (See example).
- *If you are not connecting with current wisdom, do another search.*

SOURCE :

PAGE :

QUOTE / VERSE :



MY PRECIOUS SON / DAUGHTER,

GIVE

1. Set a timer for 4 minutes.
2. Write Gratuudes & Worthies in order of Honor (see examples).

Worthies are a moral uplift and encouragement.

You can choose to express gratitude and worthies to God, Spirit, love, universe, higher power, Abba, ect. In this example we will use 'PaPa.

GRATITUDES & WORTHIES

WHAT ARE YOU GRATEFUL TO PAPA FOR?

WHAT IS PAPA WORTHY OF RECEIVING?

EXAMPLE:

"PAPA, I AM GRATEFUL FOR YOUR LOVE, SUPPORT, WISDOM & REVELATION.

PAPA, YOU ARE WORTHY OF RECEIVING MY LOVE, BLESSING, TIME & BEST!"

WHAT ARE YOU GRATEFUL FOR ABOUT YOURSELF?

What are my qualities, skills, talents, abilities, strengths & interests? (Make list below)

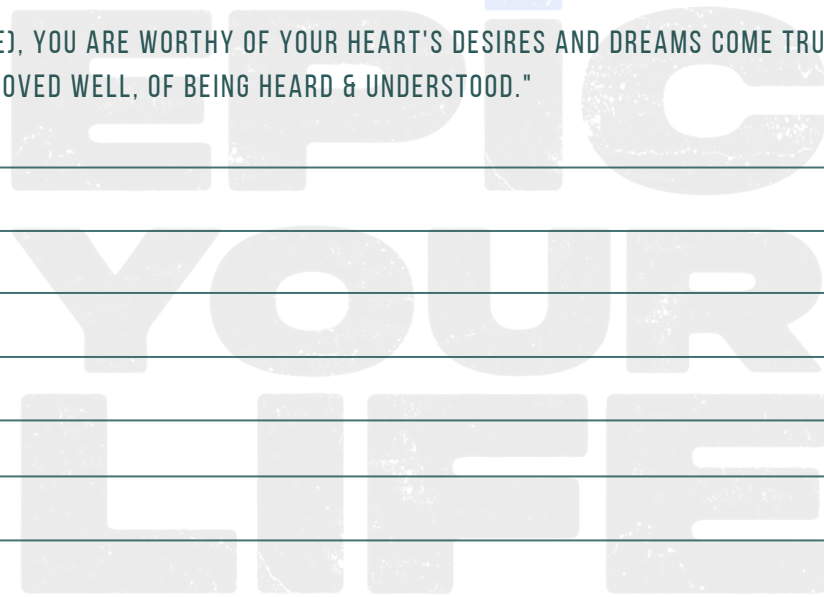
WHAT ARE YOU WORTHY OF RECEIVING?

What are my dreams, goals & needs?

E X A M P L E :

"(MY NAME), I AM GRATEFUL FOR YOUR KINDNESS, JOY, LEADERSHIP, CREATIVITY, INTELLIGENCE & BEAUTY."

"(MY NAME), YOU ARE WORTHY OF YOUR HEART'S DESIRES AND DREAMS COME TRUE. I AM WORTHY OF BEING LOVED WELL, OF BEING HEARD & UNDERSTOOD."



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WHAT ARE YOU GRATEFUL FOR ABOUT YOUR FRIEND OR FUTURE SPOUSE?

What are their qualities, skills, talents, abilities, strengths & interests? (Make list below)

WHAT ARE THEY WORTHY OF RECEIVING?

What are their dreams, goals & needs?

EXAMPLE :

"(THEIR NAME), I AM GRATEFUL FOR YOUR COMPANIONSHIP, CONSISTENCY, THOUGHTFULNESS AND SENSE OF HUMOR.

"(THEIR NAME), YOU ARE WORTHY OF BEING HEARD, SEEN, CHERISHED AND APPRECIATED. YOU ARE WORTHY OF YOUR HEART'S DESIRES."



DECLARE

1. Find a family member, friend, partner or spouse to share with.
 2. Verbally share the letter of wisdom you received and the Gratuudes & Worthies that you wrote down in the 'Give' portion of this process.
- Video call, Marco Polo, or send video in text message (show face, be genuine).
It is important to declare out loud by speaking what you received.

WHEN SPEAKING GRATITUDES & WORTHIES, DECLARE IN ORDER OF HONOR

EXAMPLE :

"PAPA, I AM GRATEFUL FOR YOUR LOVE, SUPPORT, WISDOM & REVELATION.
PAPA, YOU ARE WORTHY OF RECEIVING MY LOVE, BLESSING, TIME & BEST!"

"(MY NAME), I AM GRATEFUL FOR YOUR KINDNESS, JOY, LEADERSHIP, CREATIVITY, INTELLIGENCE & BEAUTY."

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* IMPORTANT *

EACH PERSON RESPONDS TO GRATITUDES & WORTHIES WITH...

" THANK YOU, I RECEIVE THAT. "

EMPOWERED

Turn up an empowering song for a minimum of 2 minutes.
YouTube Examples: I Believe by KB, All I Do Is Win by DJ Khaled

STAND! CHANGE YOUR POSTURE INTO A HIGH-POWER POSE.

EXAMPLE:

1. EXPAND, HOLD YOUR ARMS OVER YOUR HEAD, STRETCH OUT.
2. WONDER WOMAN OR SUPERMAN! FEEL POWER IN THE MOMENT.

*TED TALK POWER POSE-AMY CUDDY

THIS HAS BEEN PROVEN TO INCREASE CONFIDENCE AND LOWER ANXIETY.

IT DECREASES CORTISOL & INCREASES TESTOSTERONE!

IT CHANGES PERFORMANCE.

YOU SET THE TONE TO BE A CALM, CONFIDENT LEAD

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