

Is This YOU today?



BY RAJENAIRA-MADALYN KENNEDY

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A GUIDE FOR 6 EASY STEPS TO RECLAIM
YOUR MAGIC

*Hi, I'm Rajenaira-Madalyn
Kennedy*



ABOUT ME

I am trained in the Universal Laws, how they are working all the time, either for or against you. And how your mind works with it's secrets that create the our reality.

My gifts are that I am an Intuitive Transformational Life and Soul Awakening Spiritual Coach, Teacher & Mentor. A clear channel for the Divine, a spiritual intuitive, and energy frequency artist.

How are you doing with creating the reality that you want right now and every day? Do you need some help that that?

6 EASY STEPS TO RECLAIM YOUR MAGIC

Guidelines for How to reclaim your Magic that controls your personal desires and beliefs.

1 CALL IN THE WHITE LIGHT

Always call the white light. White light protection is one of the easiest forms of aura protection because of how easy it is to visualize with your thoughts.

Set your intention that your energy is yours and their energy is theirs before you go anywhere, talk to anyone, or do anything.

2 SET YOUR INTENTION

3 ASK

ASK When you all of a sudden feel bad or have a headache, sick stomach or feeling off, the first thing you need to remember to do is simply to ASK.

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4

BREATHE AND
VISULIZE

When something has, shaken or scared you, disturbed you or made you super tired all of a sudden; just take a moment and breathe slowly in and then out several times.

The Zip yourself up exercise is something I learned from Donna Eden. This practice uses your imagination and it's all about holding your energy in place.

5

ZIP UP

6

LOCKED AND
LOADED

Your done. Your locked and loaded and all set for the best day, best event, best project or best visit ever

6 EASY STEPS TO RECLAIM YOUR MAGIC

More Detailed Description of the 6 Easy Steps to Reclaim Your Magic

Step # 1:

WHITE LIGHT cannot be used to harm anything or anyone. Call in the white light to surround you so no outside energies or sources can hook into your energy and use it for themselves leaving you drained and open for more energetic attacks. Now most people don't even know that they are doing this, and they are not doing it on purpose; regardless, you will feel it, especially if you are a sensitive. Calling in the white light will calm you and help you to think easier and clearly.

Step #2:

SET YOUR INTENTION: You don't want to drain yourself and you don't want their stuff either. When you take on their stuff, especially when you are wanting to help someone, it can physically make you sick and you don't even know how, why, or what happened to you.

Step #3:

Ask: with your thoughts or even out loud if your comfortable doing that, "Is this mine? And if not, please take it away and return it to who it belongs. Thank You." It usually goes away almost immediately but if it doesn't leave you fairly quickly work with Step 4.

YOUR NOTES:

6 EASY STEPS TO RECLAIM YOUR MAGIC

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Step # 4:

BREATHE AND VISUALIZE: White sparkly light directly from the Divine, Spirit, Source, the Universe, God, use the name you are most comfortable with and then feel and see this beautiful light flooding you inside and out. Visualize a column of Arch Angel Michaels blue flame surrounding outside the tube of white light You can also imagine Michaels blue flame sword cutting away any cords or energetic connections to you that are not yours. Keep breathing and laser focus to the white light and blue flame and sword visualization until you start to feel yourself to calm down, and relax. After a short while of doing this, you will feel so much better. You will even begin to feel energized and don't be surprised if you find yourself starting to smile.

Step #5:

ZIP Up: Place you hand together in front of you at your pubic bone and move your hands up the center of your body, just like you are zipping your energy up inside your body, up to the little divot just at your lower lip and make a lock motion with your hands as you are locking that zipper into place. Then reach behind at your base and with one hand make that zipping up movement up your back as high as you can reach. With your other hand, reach over and back and connect up as best you can to your other hand (just thinking about them connecting will do it), and continue zipping up your back, up over the top of your head and then lock that zipper in place with your top lip. And then breathe

Step #6:

LOCKED AND LOADED: And remember, to do this anytime you need to and it might be several times in a day, depending on the work you are doing, who you are interacting with and where you are going.

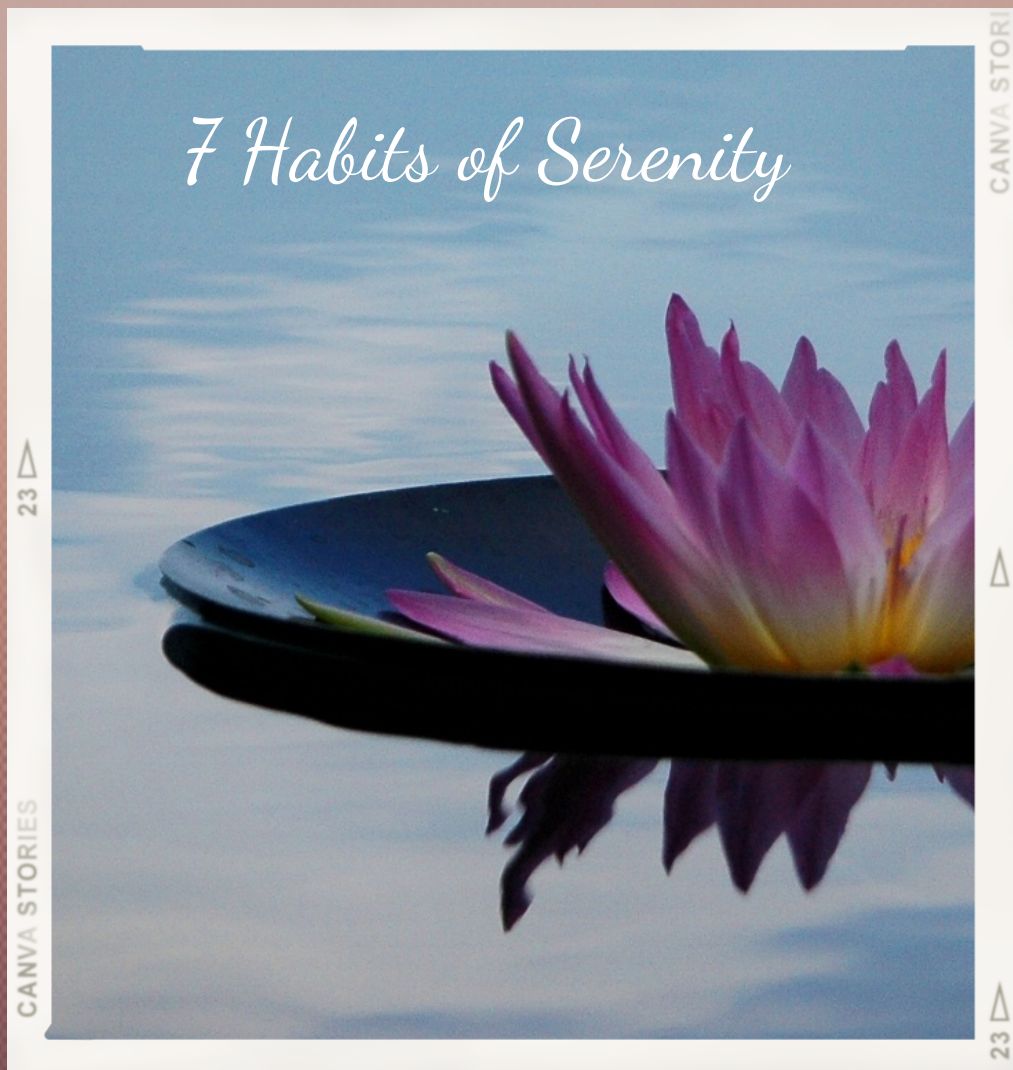
YOUR NOTES:

6 Easy Steps to Reclaim Your Magic

More room for notes



PLEASE ENJOY YOUR BONUS CHECKLIST & GUIDE



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The 7 Habits of Serenity

If you'd like to experience a more peaceful life, try adopting these 7 habits of serenity:

1

Create a calming morning ritual

- Get up early enough that you're not rushed in the morning
- Exercise a little bit
- Meditate
- Read the paper with your coffee
- Take a walk around the block

3

Notice how you respond to stress

- Do you feel overwhelmed by stress?
- Do you overeat?
- Do you work to eliminate the stress?
- Do you find some way to distract yourself to avoid the situation?

5

Only do one thing at a time.

Attempting to multi-task is stressful and less productive.

7

Recognize that most of the time negative issues are not about you. Everyone has their own concerns to deal with. The odds are excellent that you're not the cause of someone else's mood or behavior.

2

Be Thankful

- When life seems the most challenging, list the blessings in your life that bring you joy

4

Develop healthy responses to stress

- Replace any unhealthy responses with something more peaceful
- Try a cup of green tea, a few minutes of yoga, or calling a friend

6

Minimize the noise in your life.

Audible sounds and visual messes clutter your mind as well as your environment.

- Keep items that you need or love and get rid of the rest

Find Out More

We Can Change the World One Person at a Time

It Starts with YOU



I Help YOU Take

Control of YOUR Life

- Every person has genius locked up within them.
- Not feeling good? - You're emotionally involved with the wrong idea.
- We are programmed to live from the outside which causes us to become the plaything for outside forces.
- We are gifted with our higher mental faculties. It's our responsibility to learn how to utilize and develop them to a greater degree.
- Your self-image determines what comes into your life and how well you do. Do you constantly sabotage yourself or are you confident that your inner self-image and your outer image match and in harmony with the Universal Laws?

If you are wondering about paying for a consultation discovery, call it's simply for your subconscious mind to know that you have made a commitment statement and you're not messing around anymore. A commitment to make a change, to listen to something different with an open mind, and a commitment that you're ready for your life to be different. Without any commitment statement on your part, nothing is going to change that you really want to see happen.

[SCHEDULE A CALL](#)

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