

FREEly enJOY this gift, from my heart to yours ~ with loving emPOWERment to fully embrace, nurture, and uplift your everyday healing journey through life!! HOORAH! GO YOU!

If inspired, I invite you to venture through my healing journey offerings through **Kristin's Consciousness Consultancy**

at www.KristinWindsor.com, including:

- ★ Restoring Consciousness
- ★ Healing into Happiness
- ★ Implicit Transformation
- ★ Mere PLAY with Mirror POWER: “Dear Inner Life Partner,...”
 - ★ Personalized self-hypnosis sessions
 - ★ Personalized sleeptime affirmation tracks
- ★ 1-on-1 consciousness consultations (my personal favourite!)
 - ★ Subconscious Affirmation Video Series (personifying subconscious parts in brand new ways!)
 - ★ Delicious MagicK PLAYshop
 - ★ Inner Child LIBERATION Hand Dance
- ★ Sailing through Consciousness Guided Meditation Collection
 - ★ Implicit Revelations Gift Package

Direct links:

<https://www.kristinwindsor.com/book>

<https://www.kristinwindsor.com/personalizedaffirmations>

<https://www.kristinwindsor.com/selfhypnosis>

<https://www.kristinwindsor.com/healing> (programs)

<https://www.kristinwindsor.com/healingvideos> (practices)

<https://www.kristinwindsor.com/implicitgift>

Also discover a wondrous variety of healing journey merchandise through my **Compassionately Evolved Consciousness** store at

<http://teespring.com/stores/compassionately-evolved!!>

FREELY explore my healing journey content creations, including my KNOWN documentary series and Implicit Revelations Case Study,

at www.kristinwindsor.com/known and

www.youtube.com/kristinchronicles.

I look forward to sharing my services and creations with you!

From my heart to yours, I am sending you infinite LOVE and LIGHT
to tenderly nurture your everyday healing journey through life.

I BELIEVE in YOU, INFINITELY and INDESCRIBABLY!!!!!!

May your every step be blessed with nourishing energies of
uplifting compassion.

With LOVE and LIGHT,
~Kristin Windsor, consciousness consultant
{and her Loving Awareness,
Inner Life Partner,
Inner Best Friend,
And Inner Child(ren)}





***Mere PLAY with Mirror POWER:
Creative Connections Sneak Peek!***





Greetings, beLOVED soul friend(s)!

Congratulations on embracing your healing journey in these wondrously transformative ways! I AM so deeply proud of you!

Celebrate yourSelf every step of the way! You deserve it!

If inspired, please print this document and leave it somewhere you'll see often. Allow this gentle reminder to encourage your observational self to embrace every moment as a brand new opportunity for loving liberation and personal power reclamation!

Magick Awaits!





*Mere **PLAY** with Mirror **POWER**:*

Creative Connections



*Adopt the following MagicKs as your own to nurture
your everyday healing journey through life.*

Observational Self of This Perfect Consciousness:

My Daily To-Do List:

→ **Practice loving presence:** grounded presence with my body in each new moment, and loving connection with mySelf who is experiencing these freshly unfolding (brand new!) moments

◆ I AM more focused on sharing loving presence with my inner experiencer than concerning mySelf with any element of internal or external experience :D

- I keep in mind that automated thoughts, feelings, and action-patterns stem from unconscious brain-body activity, not my consciousness; they're elements of experience, not my inner experiencer¹

→ Practice distinction and connection: I AM the observer of mySelf within experience, not the self who encounters personal experience

→ Practice emBODYing personal POWER by consciously directing internal energy in each unfolding moment

◆ Guide *where* you energetically focus through *attention* and *how* you energetically focus through *intention*. Every present moment presents brand new opportunities for conscious emBODYment of personal POWER!

¹ Please explore other healing journey programs offered through Kristin's Consciousness Consultancy for further insight and assistance on this topic, including Restoring Consciousness and Implicit Transformation, available at www.KristinWindsor.com/healing.

◆ Attributes of personal POWER include:

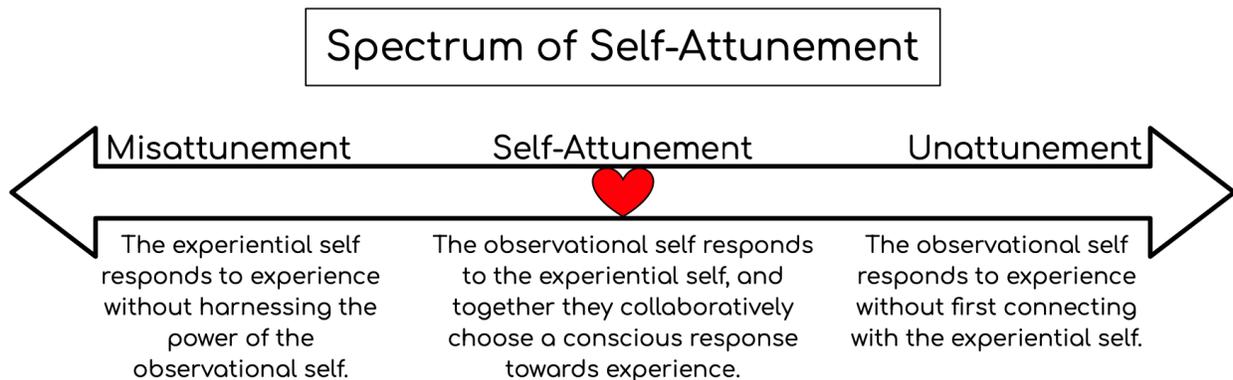
- Presence
- Patience
- Peace
- PLAYfulness
- Perspective
- Perseverance
- Potential
- Planting (energetic) seeds
- Practice (always makes progress! making the journey itself unconditionally perfect!)
- Pride (self-celebration! know your infinite WORTH!!!!)

→ From the distinct space of *ME* as the observational self, **practice self-attunement** by consciously witnessing and responding to my experiential self, prioritizing internal connectivity over external experience (because this actually grows my POWER to *be* and *do* my

best in the outer world, improving my quality of life, relationships, productivity, well-BEing, enJOYment, etc.!))

◆ I practice BEing the observer of mySelf within experience.

Then, I consciously cultivate internal abilities for self-attunement. Rather than responding to past, present, or future experiences, **I exclusively respond to my inner experiencer in the present moment.**



Concepts created by Kristin Windsor.

→ From the grounded space of loving presence as my observational self, **practice growing internal attachments** by developing loving relationships with all aspects of my experiential self, including the

present-day adult of my inner life partner and childhood self-aspects
of my inner child

→ **Practice fulfilling attachment needs** throughout all four internal systems for my inner experiencer, especially through nonverbal language as my unconscious body-mind receives cues from its own facial expressions, vocal tones, bodily postures, physical movements, energies behind eye contact, etc.

- ◆ (The observational self mindfully chooses nonverbal communication. Even without the conscious mind directly perceiving it, such as through a mirror, the experiential self instinctively and immediately receives these energetic messages, subsationally² felt through the body.)
- ◆ The first attachment system needs a ***felt-sense*** of BEing seen, loved, treasured, appreciated, and celebrated.
- ◆ The second attachment system needs a ***felt-sense*** of safety, security, protection, and provision.

² Discover more about “subsations” in Kristin’s book LIBERATED CONSCIOUSNESS at KristinWindsor.com/liberated.

- ◆ The third attachment system needs a **felt-sense** of support, connection, vulnerable closeness, and collaborative community.
- ◆ The fourth attachment system needs a **felt-sense** of recognition, respect, embrace, allowance, opportunistic space, and directional guidance.
- ◆ Attachment needs can only ever be effectively fulfilled from within as the observational self consciously cultivates these sensations for the experiential self in presently unfolding moments.

→ As the observational self of my miraculous consciousness, **I continuously refocus on my inner experiencer in each presently unfolding moment**, growing attached with their perfect BEing while helping fulfill their internal needs.

- ◆ I wholeHEARTedly embrace everyday moments to transform energetic vibrations of my unconscious body-mind, profoundly amplifying my infinite inner **POWER!!!!!!!**

*{***world-domination-styled chuckle as infinite*

*POWER is felt coursing through your veins!***}*

*Congratulations on Your
Loving Liberation and
Personal POWER
Reclamation!*