

## THE ASTRAL TOME NATHAN MOORE

# THIS ASTRAL TOME BELONGS TO:



take ownership of your own destiny you are in control of your life

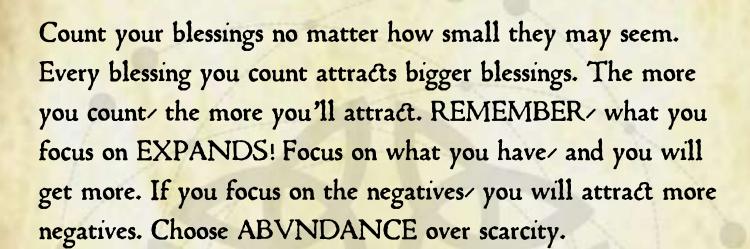
#### MY WHYS

REASONS FOR WANTING TO MANIFEST MY DESIRES:

1. 5-6. 8. 9. 10. 11.

know your reasons and the universe will show you the ways

**INSTRVCTIONS:** 



Whenever you catch yourself feeling blessed or grateful about your health or body/write it down in the pages of your personal Astral Tome! And whenever you feel negative/you can open this magical Astral Tome and reflect upon all the blessings that you have recorded and watch as the magic happens!

Example 1: I am grateful to have gotten 8 hours of sleep in the past night!

Example 2: I managed to stop myself from eating that extra piece of cookie by releasing the negative emotions pent up in me!

Example 3: I am feeling positive and peaceful today. I am so grateful that I am free from stress and negativity.

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