




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:

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know your reasons
and the universe will show you the ways

TODAY'S BLESSINGS

INSTRUCTIONS:

Count your blessings no matter how small they may seem. Every blessing you count attracts bigger blessings. The more you count/ the more you'll attract. REMEMBER/ what you focus on EXPANDS! Focus on what you have/ and you will get more. If you focus on the negatives/ you will attract more negatives. Choose ABUNDANCE over scarcity.

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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what you focus on EXPANDS
attract abundance through gratitude

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