

THE ORYKL PODCAST

33 DAY CHALLENGE

with Diana Delmonte

THE CHALLENGE:

Quiet your mind with five deep breaths, ground yourself, and focus on your heart. Set a clear intention to be calm and drop expectations. Send your animal a loving thought with a clear image and feeling, then wait without forcing. See what you notice and how the communication develops over the 33 days.

1	2	3	4	5	6	7	8	9
10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27
28	29	30	31	32	33			

NOTES:
