



LIGHT BEACONS PORTAL

with

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A 5D Community for
Light Age Activists

Light Beacons December Topic Breath, Spirit, Grounding & Intention

In this month's **first lesson you will learn how to use breath** to connect with spirit which, with intention, create the energetic pathway to manifest the joy, peace, love, and prosperity you want in your life.

Breath is necessary to life in the physical body – we live from one breath to the next.

Breath is how we connect to spirit, we breathe in the energy of spirit with every breath.

Breath is how we manifest our reality, as our in-breath brings in the energy that aligns with our intention and with our out-breath we release what is occupying the energetic space and blocking our new reality from manifesting.

We can use the breath in two ways:

1. To bring in new energy that is aligned with our intention and release the old energy that needs to be replaced for it to manifest, or
2. To empower our intention with the in-breath, using it to connect to the energetic frequencies we need to manifest, and push the manifestation forward with the out-breath, intending the realization of it in our reality.

What do you want to bring into your life – start with joy, peace, love, and prosperity

With your in-breath bring in the energy that supports the joy, peace, love, and prosperity

With your out-breath release what blocks the joy, peace, love, and prosperity. You do not have to know what that is beforehand, you can release whatever comes up for you. So you do not have to know what you need to release or shift to bring in a

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higher frequency. Invite your higher self or your body to tell you what it is ready to release to create space for new energies, then release it with each outbreath.

The second lesson this month is acceptance, which is total non-judgment of others' actions or choices. You may not like what they are doing and have two options, to judge them or to accept them.

Judgment is a waste of your time and energy because you're talking to the wind – it is not in your power to change what they are doing, so why spend your time judging it and them?

With acceptance you can believe that they know what they are doing and are going to walk a path that you do not agree with. You do not have to sever all ties to them, just ensure that your energy is not being drained by your anger, worry, concern, or other judgments. Setting strong energy boundaries is a far better way to deal with these situations as it create an energy path others can connect with; they cannot connect with your judgments.

For this part of this month's lesson, write down all of the actions people in your life are taking, or choices they are making, that you do not like, agree with, or approve of, especially the ones that negatively impact you.

Then for each action write an acceptance statement:

"I accept that you are making this choice to _____ of your own free will and I now acknowledge that choice, accept it, and disconnect my energy from any judgment of it and of you.

You may not feel better at first but you will be able to energetically disconnect from the judgments that limit your joy and siphon your energy. And the energy you are using for judgment is using the resources you need for your own manifestation.

I hope you enjoy this month's lesson!

Many blessings
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Remember to send your questions to support@enlighteninglife.com