Live Vertically NEWS

FALL 2026



LEARN TO OBSERVE YOUR HIGHEST NATURE

Becoming familiar with your Inner World with meditation, matrix work, and positive intention will enhance your inner awareness. Come into higher frequency and dimensional travel through chakra clearing, affirmation, visualization, belief, and Live Vertically.

Fall is the season to come into center to work with Source, and Spirit Guides, as we pull more inside our homes in the physical, we can align through meditation and intention. Take a look inside spiritually as well, to shower your 4 bodies (spiritual, mental, physical, and emotional) with Light and Love each day. Health and vitality will cover the 4 bodies as you shower every atom with your SPARK of Light. Confirm this with the **Light Shower Affirmation**.

Light expands by being the OBSERVER of your life. From this vantage point you live beyond 3D, in higher dimension 4D-5D and beyond. You are riding your 'wave of life', and attracting higher thoughts/emotions (gratitude/love) and energies into your day. You are attracting Love, Light, and goodness into your life instead of struggle. This is truly the key to peace. and happiness When you come upon a potential trigger to engage in negative thoughts/emotions (fear/anger), immediately pull back and view it from your Higher perspective as the OBSERVER of your life. Bless all your challenges with love and light.

Allow the Universe to bless you, as you stay in the NOW moment in sacred harmony, and miracles will follow. The Quantum Field will open naturally to create balance and love in all aspects of your Life. Learn to align all your lessons with LOVE and not with fear, resolution will follow and your journey will be blessed. The Universe will guide and assist you.

As we travel to new 'rivers' of consciousness inside our Selves, we discover our Light, our Spark, and our Divinity. We clear our chakras each day to open-up and blossom from our energy 'cocoon', into our Divine birthright, we emerge into quantum connection with 'wings', and in union with our highest nature as Source. BELIEVE in your Divinity as a piece of God with the ALL. Blessings.

For more information, contact:
laurie@livevertically.net

LIVE VERTICALLY INTO HIGHEST NATURE