



# *Ignite Your Joy*

A 4 WEEK JOURNEY TO IGNITE YOUR JOY  
AND LIGHT UP YOUR LIFE

WEEK 3

*Janette Stuart*





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Janette Stuart, Angelic Practitioner

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# *Morning and Evening Practices*

In this week's lesson I share with you my morning and evening practices. For me, they are non-negotiables. Each day, I begin the day in quiet contemplation with God and the angels. I read or write something inspiring and daily draw an angel/oracle card after prayerfully considering and asking The Divine what is it I need to know today.

**I love to enjoy the gift of a walking meditation most mornings also along with doing my Morning Pages.**

Another daily practice is my evening ritual of a bath, gratitude, reading and prayerful intentions. I love to set the stage for a peaceful night's rest by enjoying a bath containing Epsom salts, baking soda or sea salts and essential oils.

I would love for you to think about what you could create for your own daily practices.

In last week's workbook I gave you space to write down your daily spiritual practices. Now I'd like for you to get a bit more into it and divide them up into a morning and evening practices.

In choosing which practices to do when, think about which ones help you to prepare for the day and start with a fresh, new canvas, and which ones feel more like a closing ceremony and help you prepare for a relaxing evening and peaceful sleep. This will help you to sort them into morning and evening practices.

## *My Morning Practices*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## *My Evening Practices*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

# *Pivoting*

Pivoting is a process introduced by The Teachings of Abraham® through Esther Hicks and described in detail in the book “Ask and It Is Given”. It is simply realizing you are at a lower point emotionally than where you’d like to be and are willing to take steps to reach that higher vibrational state.

“Whenever you know what you do not want, you also know even more clearly what you do want, and whenever you know what you do want, you also know even more clearly what you do not want.” Abraham

This contrast, this desire helps you realize a pivot, or shift, is needed to achieve an elevated feeling or vibration. Once you take the focus off what you do not want and focus on what you do want, you are taking action to reach that higher vibration.

When you are feeling a negative or unwanted emotion, more negativity comes to us. When you are experiencing a feeling that you do not want, ask yourself, what is it that I do want? Little by little, by focusing upon what you do want, you shift or pivot your point of attraction and raise your vibration. You can see this process as a gradual shift in your perspective and enjoy the positive results that are sure to follow. It is law, the Law of The Universe: The Law of Attraction.

Often, the easiest way to pivot is during a period of sleep since we are not resisting during sleep. I notice a huge benefit even after a short nap. I also experience a huge shift or pivot point following an enjoyable event such as a walk out in nature or dancing to a favorite happy song that raises my vibration and thereby lowers my resistance.

I invite you to begin making this a process to use to elevate your own vibration to a more positive and joyful level.



# My Pivoting Process



**INSTRUCTIONS:** Write down how you are currently feeling. Then write down how you want to feel instead. Then visualize yourself feeling the way you want to feel.

I'M FEELING

WHAT DO I WANT TO FEEL?



**Now** visualize yourself feeling the way you want to feel.

I'M FEELING

WHAT DO I WANT TO FEEL?



**Now** visualize yourself feeling the way you want to feel.

I'M FEELING

WHAT DO I WANT TO FEEL?



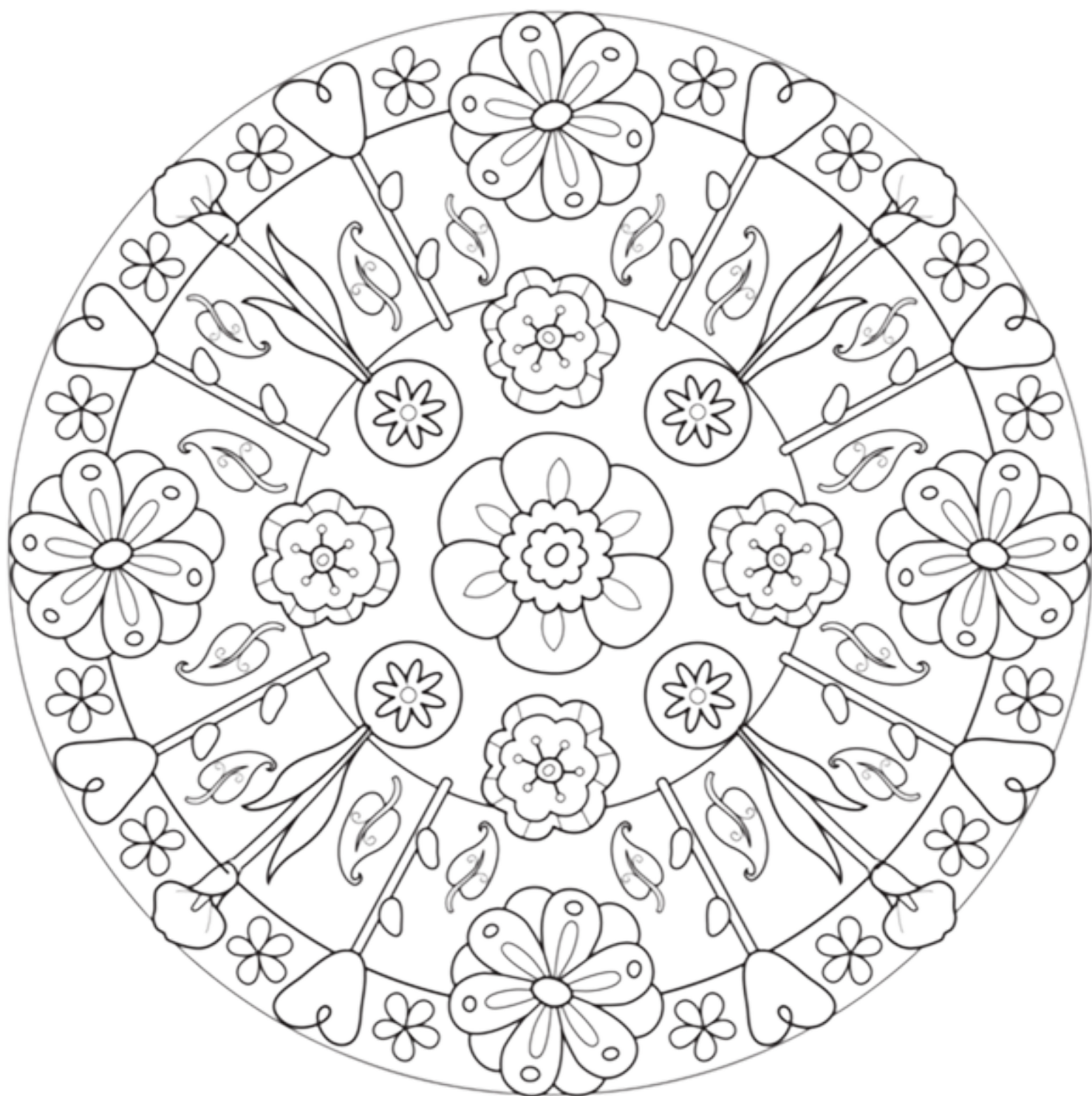
**Now** visualize yourself feeling the way you want to feel.

I'M FEELING

WHAT DO I WANT TO FEEL?



**Now** visualize yourself feeling the way you want to feel.



# *What Delights Your Heart?*

I'm including a passage from my book "On a Path of Joy", Vol. Two, Day 11 to bless your heart.

"Here is your invitation today, beautiful one, to enjoy something that tickles your heart and brings childlike joy to you. I love to go to the park and swing. I used to be so self-conscious about it, wondering what others would think. Now, I delight in the feeling of creating so much JOY.

"Maybe my sense of freedom and wonder in the act will motivate another to go for it also. I have fond childhood memories of my Mom reading me "The Swing" from Robert Louis Stevenson's "A Child's Garden of Verses" and love to think about those words as I swing.

"What little thing can you do today to delight your heart and bring more FUN into your day? Here's your permission slip to do just that, beautiful one. Here's to you on a journey of healing love.

"Here's an invitation for you to write down a list of future FUN possibilities. Nothing is too silly. Seek what delights your heart, precious one.

"Fun can bring about feelings of joy and be such a loving, healing curative for our soul. By raising your level of joy, your vibration, you automatically help raise others up around you. Bravo, dear one. And so it is."





## *What Delights My Heart & Future Fun Possibilities?*

In the space below, list all the things that delight your heart and any fun possibilities your heart can imagine

[illegible]

# *About Janette!*



Janette Stuart is a Best Selling Author, Certified Angel Card Reader, Blogger, Military Mom, and Emissary of Joy at Angel Angles with Janette Stuart.

Her mission is to assist you to own and embrace your Divine Beauty and live a life of love, joy, and peace.

Gentleness and Joy are her Superpowers.

*Love, Joy, & Peace*

Own Your Divinity  
Embrace Your Divine Beauty.  
Live in Love, Joy, & Peace.



# *Angel Affirmation*



I ALLOW MYSELF  
THE GIFT OF  
RENEWED  
CREATIVITY IN MY  
LIFE AND MAKE  
SOMETHING  
WHICH DELIGHTS  
MY HEART.

- JANETTE STUART



# *Next Steps*

## *Experience an Angel Reading*

Angel readings with Janette are a gentle, beautiful way for you to connect and receive guidance from God's divine messengers; your angels. It's like having a warm, inviting conversation with a trusted friend or loved one.

You will leave feeling uplifted, surrounded and filled with love. You will receive a loving, individualized and confidential session via phone or in-person with special arrangements. Janette uses a variety of oracle cards to enhance the divination process during the reading.

Janette is a Certified Angel Card Reader™ with Dr. Doreen Virtue

She has developed her own inspirational card deck "Love Notes from The Divine" which are divinely inspired images and messages.

Blessings of love, joy, and peace to you, dear one.

Love,

*Janette*



[SCHEDULE TODAY](#)