

The Sacred Roadmap

by Melinda Bernstein



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R Responsibility, Respect and Reverence: First we must take stock, look inside our past and honor our karma and build a self love and healing platform.

O Offering & Opening: To attract love, our hearts need to open and we need to let humility moisten our lips of intention, of our neshama, our soul.

A Awareness & Activation: your body is a Bracha, a blessing. The practice of meditation, solo or in partnership IS the juice in juicy love.

D Devotion, determination, discernment & discipline: Known as the 4-D effect, this is where we get to honor the sacred mystery unfolding. There are some things that will always be unknown. This is a time for us "know it all's" to listen up!

M Manifesting Miracles: Ongoing obstacles are miracles in the waiting. With kavannah (intention) not only do we help the world feel more love, we receive more by doing so.

A Allowing Alchemy: The polarity of masculine and feminine worlds is blending within. By working on this very important piece, we create our legacy. Our legacies are birthed, just as we were birthed, through alchemy.

P Possibility, Passion, Purpose: Remember.... Now is the time to honor, cherish, respect and keep the energy flowing... A time for kedusha, holiness. So relax on this day and feel the work integrating within.

For ongoing 7 week programs or 4 month intensives, please email me at Melinda.b.bernstein@gmail.com