

# The Best Days of Your Life Game

You will need:

- A journal
- Your list of chosen ways to create your best state
- An egg timer (or timer on a watch or other electronic device that you can carry with you at all times except when you're sleeping). If you are house-bound or cannot find a timer in time to begin the game, you may estimate minutes.
- The Bliss Method ebook (optional – It's yours free if you join the month-long support program.)

Daily, keep track of how many minutes you spend in a resourceful state (as taught in the teleclass). To begin each "session" be in your head, send out your rose and take a moment to connect with the Earth. Then create any of the states (aspects of Love) you liked from the class. You may also use the process taught in The Bliss Method, which will improve your results even more and give you a means to clock more minutes for the game. Use your journal to record the minutes and anything you have learned about yourself, your motivators, your power drains, etc., and the changes you notice happening in the externally visible aspects of your life (health, relationships, money, how you deal with your time and space, etc.).

(optional if you decide to join the program)

Weekly, come to the support call on Sunday evenings (or listen to the recording if that time is not convenient). You will learn new tools to play the game as well as hear about how others are doing, get insights about yourself and your choices, and be able to ask questions. This call will put you in a great position to play the game during the coming week. See below for the call topics.

After the 4<sup>th</sup> week (in the 5<sup>th</sup> class, counting the one that launched the game) we will have a celebration of all our "wins", insights and changes. We will also find out how everyone did (unofficially). Those not enrolled in the month-long program are invited onto the second half of this call. The game officially ends on Day 30, after which you may email your final results to Ellen at [E.Kratka@sbcglobal.net](mailto:E.Kratka@sbcglobal.net) to be eligible for the prizes.

Everyone wins, because ANY time spent in a resourceful state is better than no time spent that way. And you are only competing against yourself, not against anyone else.

In addition those who clock 600 minutes or more (20 minutes a day) will win:

- “A Prosperity Blessing” – a beautifully written extended poem to help you continue to create the best months of your life, by Veronica Hay
- Self-Confidence – a simple, yet powerful instructional ebook by Sasha Xarrian
- The Immunics Cleansing Prayer with instructions on how to use it – This is not just something you say; it’s something you DO to remove the obstacles from your life and install the factors that can support your healing and growth.
- A chance to win an hour-long coaching and healing session with Ellen Kratka (regular value \$200)

Those who clock 1100 or more minutes will be our special invited guests on the last call (whether or not they have participated in the month-long support program). They will each be asked to share their experience so we can learn from them.

The optional month-long support program will begin on Sunday November 9, 2008 and continue for 4 weeks. It will take place at 8:30 pm and generally last for 90 minutes. The calls will be recorded for those who cannot make them and be available for listening or downloading for one week. The fee for this program is \$55 (in honor of how “young” I turned this year!) To sign up go to: [www.theLoveandLight.net/Best\\_Month.php](http://www.theLoveandLight.net/Best_Month.php). You must capitalize “Best” and “Month”.

The weekly calls will include teaching on the following topics:

- Class 1 (free intro) - The experience of Love
- Class 2 – The power of feelings and emotion breaths
- Class 3 – Switchwords, affirmations (NOT affirmations) and other ways to change your subconscious
- Class 4 – True Love goals and desires
- Class 5 – Wins, lessons and hearing your Soul

Ellen Kratka

*Sacred Spiral Services*

“To love is all you need.”

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