

Transform
Your Life
through
Handwriting



Guidebook





SOUNDS TRUE

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Appendix A

Letters and the Qualities They Reflect

Below is an alphabetical listing of the intentional power of each letter. Use it as a reference when you're deciding which quality you want to enhance in your life. The temptation is to adopt far too many letters at one time! For maximum benefit, limit yourself to no more than three letters for each 40-Day cycle. As you adopt certain letters and write them faithfully, as your life changes, other letters will change automatically as well. Enjoy the process ~ Miracles ahead!

Letters to practice...

A a If you want to get out of your own way and express yourself from your indwelling soul energy

B b If you want to be worthy of respect in your business dealings

C c If you would like to be more trusting

D d If you want to stop taking comments, actions, and life personally

Ɛ ε e If you want to stop judging others and, instead, extend silent compassion

F f If you want to stop comparing yourself with others and begin sharing your unique gifts freely and openly

Ɔ ĸ If you want generosity and gratitude to fuel your life, magnetizing prosperity

H h If you want to stride forth on your life path with confidence, zeal, and joy

I i If you tend to exaggerate and would rather see “what is” clearly

J j If you want to begin honoring your “hunches”

K k If your approach to leadership tends to be dictatorial and you would rather it be inspiring

L l If you would like to function from Spirit at all times

M M m If you tend to control, micromanage, and try to “fix” people—and if you would like to banish this habit

N N n If you want to be a true and trusted friend—and magnetize like souls to yourself

O o σ If you want to speak always to the Indwelling Spirit in others, with no “shoulds”

P p If you want to love and accept yourself just as you are—right now

Q q If you want to use your life to serve humanity

R r r If you have an innovative idea that you want to give a form to and you’ve been shy about doing so

S s If you are looking to reduce stress and want to achieve balance among and within all areas of your life

T T T If you're a visionary who keeps hesitating about sharing your vision with the world, yet you *really* want to step out there

U u If you would like to begin listening—truly listening—to others instead of interrupting

V v If you want to make decisions based not on personal considerations, but on what is best for all

Ww Ww If you *know* you're a teacher, but have never (yet) taught and want to express that part of yourself

X x If you want to stand by all your decisions unflinchingly

Y y If you want to accept praise for your gifts with ease and grace

Z z If you want to accept that everything is happening as it should, and for the good, in Divine timing