

*Dear Elizabeth April,*

*This journey through wellness has been very transformative. With one potential for negativity and six potentials for positivity, it shows that there is more positivity than negativity in life. This journal ensures that people are able to grow into positive mindsets and not get too upset when something negative happens. Looking at the positive at the positive out of every situation ensures that people are able to stay well. This journal makes me understand that even though I can feel sad, there is so much around me that can help me become happy again. I definitely think that my vibrational frequencies have increased as a result of doing this journal. I was crying one time and practiced being in a medication state and saw people in my mind and "released all attachments to the negative situation." Then I felt better. I wanted to share with you the scribble photos that I drew. I decided to just scribble photos and see what it formed. Here are some of the explanations for my drawings that were scribbles:*

June 18th: A fancy signature with flowers on it

June 19th: A seal: that was the day after I got in a fight with my mom and a seal means "care and protection" spiritually. I found an apartment shortly after that

June 20th: Flamingo: that was the day I signed my lease for my new apartment and had my first night in my apartment. Flamingos represent "balance."

June 21st: red robin bird: that was my first full day in my apartment, realizing I was going to save \$500 in gas. Red robins represent "renewal and joy."

June 22nd: Frog: That was the day I enjoyed my apartment and got a new fish. Frogs represent "transformation."

June 23rd: Pig: That was the day I had visitors to my apartment and it was my first full day with my new fish. Pigs represent "abundance and prosperity"

June 24th: A bike: That was the day that the art person in HR said I could hang my crystal grid in the employee art section. Bikes represent "renewal"

June 25th: Falling: I was feeling sad that day and scribbled me falling off a horse and landing on my tailbone. This happened to me back in 2016 and I still have pain today. Falling represents "anxiety and fear"

June 26th: Fish: That's the day I realized that one negative thing doesn't determine my success. Fish represent "the unconscious and feelings"

June 28th: Upside down picture of a bird taking a dog away. I lost my dog last year and had a dream about a human looking bird taking her away. A bird taking a dog away could mean that ancestors have a message for you.

June 29th: Jellyfish: this is the day I manifested radical change to higher frequencies. Jellyfish represent "Resilience and adaptability."

June 30th: Upside down snake: this was the sunday before the 4th of july and I was looking forward to seeing my cousin. An upside down snake could mean that I still have a lot of "wisdom" to gain.

*This wellness journey has been amazing, thank you very much Elizabeth April!! :)*

*-Sebrina Cataldi*