



Field Play - Frequency of Joy

Field Play Steps

Ideally, do this process standing up, with your body posture open and relaxed. Your hands may be in prayer position at your heart space, or you may place both hands on your heart space.

1. **Connect to your Heart**

- Place the Frequency of Joy magic circle on the ground and stand in front of it. (Or open it on your device and put your attention on it.)
- Place your hands on your heart space, close your eyes and connect with your heart. Think of someone or something that you deeply love. *Pause, relax, and breathe.* When you feel connected to your heart ...
- Create the intention to remain connected to your heart space throughout this field play. Reaffirm this heart connection at any time by simply taking a moment, placing your hand on your heart space, and breathing deeply.

2. **Activate the Field**

- Open your eyes. With your attention focused on the magic circle, and the palms of your hands open, facing the circle, say out loud with energy and enthusiasm:

“Frequency of Joy, field activate.”

- Sense with your hands as the energy field of JOY manifests.
- When you feel that the field is activated, take a step forward and step into the field. (Or, from your device, welcome the energy of the magic circle into your heart space.)

3. Explore the Field

- Close your eyes and breathe gently and deeply. *Pause.*
With your awareness still resting in your heart space, explore this field. Let it take you on a journey.
- Describe out loud all that you're noticing and experiencing. *Pause – give time for this.*

4. Declaration Statements

Remember, the more energy and enthusiasm you put into making these statements out loud, the greater the benefits and results. Really get into it! OWN these truths for yourself.

a) Still standing with your eyes closed and your arms relaxed by your sides ...

“I, [name], am in harmony with the Frequency of Joy.”

Pause & breathe that statement in.

Repeat this statement at least 3 times, more if you feel to, while breathing deeply. Notice, and say out loud, all that you're experiencing in your body and in your energy field, in response to this statement.

When you feel complete with this statement, move on to the next ...

b) **“I, [name], am in resonance with the Frequency of Joy.”**

Repeat this declaration statement out loud, with enthusiasm and intention, at least 3 times, breathing in between each time, and letting the energy of this new reality deeply in.

When this statement feels complete, go on to the next ...

c) This statement is in three parts and includes arm and hands movements.

With your arms stretched out above you and your open palms facing up toward the heavens ...

“I, [name], fully receive the Frequency of Joy into my body ...

Pause & breathe

Place your hands on your heart space.

... “into my being ...

Pause & breathe

As you say this next statement, extend your arms in front of you with open hands facing upwards, and sweep your arms through your energy field to your sides at solar plexus level.

"... and into all aspects of my life."

Pause & breathe

Repeat this statement – with enthusiasm – at least 3 times.

Now move to the final statement ...

d) **"I AM JOY!"**

pause & breathe

Repeat this statement enthusiastically at least 3 times, or until it rings true for you!

5. **Completion**

Notice how you feel – in your body, in your heart, in your thoughts, your emotions, and in your energy field.

Become acquainted with this feeling of Joy in you and around you.

Welcome the Frequency of Joy into every cell and space of your being.

When you feel completely filled up with the Frequency of JOY, gently open your eyes and look around.

Notice how the world around you looks and feels!

And remember, the Frequency of Joy is IN you – always.

It's a matter of remembering that, and of calling Joy forth throughout your day.

Well done, beloved!

Now, go out into your world and share your JOY!! 😊