

**A NOTE REGARDING JULYS INSTALLMENT:** During the process of creating this installment, I sat to listen to the instrumental track before I recorded the spoken word/scripture/prayer track. I found it so incredibly peaceful and it allowed my mind to settle and focus in a beautiful way. So I decided that I would release the instrumental version to you as a bonus to this month's session. You will find both sessions below. These are recorded at 432 hz. All my love and blessings on you all! I pray your Summer is rolling along beautifully and your lives are full of the riches of His grace poured out on you.