

Fire Horse Guided Meditation

Personal Message Journal

Use this worksheet to gently reflect on the personal messages, clarity, and insights you received during the Fire Horse guided meditation. There is no right or wrong—write what feels true and present for you.

1. What personal message did I receive during the meditation?

2. What felt especially clear or certain for me?

3. What am I being asked to release or complete at this time?

The Soul Spark Summit January 2026

4. What direction, decision, or next step became apparent?

5. How did the Fire Horse energy support or guide me?

6. What qualities or strengths were reactivated within me?

7. What does soul-led abundance or alignment mean for me now?

The Soul Spark Summit January 2026

8. What intention am I choosing to carry forward from this experience?

Closing Reflection

Take a final moment to summarize what feels most important to remember from this meditation. Allow this reflection to anchor your clarity and direction.

Declaration

[In guided meditation]

I choose clarity now.
I release what is complete.
I honor the lessons of the past and claim the direction of my future.

I take the reins of my path with confidence and discernment.
My decisions are clear.
My direction is aligned.
My movement forward is intentional.

I embody the Divine Feminine wisdom within me—
the creative force, the liberating fire, the phoenix rising.

I am worthy of abundance, support, and expansion.
I move toward my dreams with courage, resilience, and trust.

The path before me is cleared.
The fire within me is activated.
I lead my life with purpose, presence, and grace.

And so it is.

About Monica Bermudez:

I'm Monica Bermudez—a heart-centered visionary, cosmic channel, light language channeler, and guide for empaths, highly sensitive light leaders who are ready to trust their higher guidance and step into soul-led purpose and abundance. I bridge mysticism, metaphysics, and emerging science into grounded insights and activations designed for real-life clarity, leadership, and expansion. Monica is known as a chakra repairer with a specialty in the heart center who harnesses unique encodement for the heart chakra center for healing heartbreaks around loss.

Monica's work supports those who feel called to lead differently—clearly, intuitively, and in purposeful alignment with who they truly are.

Monica is also a motivational and empowerment speakers, the host to one of the top 25 5D podcasts in the world, [*Ascended Earth: The Transfiguration of the New Human*](#), and a #1 International best-selling author of the book, [*Cracking the Sacred Heart Code: A Channeled Alchemical Formula and Practical Guidebook*](#).

Stay Connected:

Subscribe to FREE Ascension Newsletter: www.sacredheartawakenings.com

If you're ready to receive deeper insights, timely activations, and powerful messages to support your path, I invite you to subscribe to my email newsletter. This is where I share exclusive guidance, transmissions, and reflections you won't find anywhere else.

👉 **Subscribe and stay connected to what's unfolding next.**

Private Sessions:

If you're seeking deeper energetic support and personalized guidance, I invite you to explore my private sessions—a dedicated space for clarity, recalibration, and aligned next steps.

Click here to explore: <https://www.sacredheartawakenings.com/privatesessions>

Monthly Frequency Resonance Lounge (Membership Subscription):

Join my Monthly Frequency Lounge for ongoing energetic support, collective insight, and alignment as we navigate the evolving frequencies together.

Click here for more information and register:

<https://www.sacredheartawakenings.com/resonate>