

# Oracle Mindset & Meditation Kit

## Introduction

This meditation kit is for Oracle ERP, AI, and career-focused professionals who want to align their inner energy with their outer goals. When you're calm, clear, and confident, your results multiply.

## Step 1: The Ho'oponopono Alignment

Use these four healing phrases anytime you feel fear, self-doubt, or frustration:

I'm sorry.

Please forgive me.

Thank you.

I love you.

Say these silently or aloud before an interview, Zoom call, study session, or resume update.

## Step 2: Pre-Interview Grounding

Sit still for 90 seconds. Close your eyes. Focus on your breath. Then say:

"I am prepared. I am peaceful. I am open to receiving the right opportunity."

Repeat 3 times.

## Step 3: Post-Failure Reflection

If a rejection happens, avoid overthinking. Instead, take a deep breath and repeat:

"All outcomes are guiding me to something better. I release and reset."

Follow with the 4 Ho'oponopono phrases again.

## Step 4: Daily 5-Minute Morning Mantra

Every morning, read this aloud:

"I align myself with clarity, confidence, and divine guidance. Today, I choose to grow, learn, and serve with joy."

Optional: Listen to 528Hz music while reading.

## **Optional Playlist & Resources**

- 528Hz Healing Music: Search '528Hz Morning' on YouTube
- Guided Meditation (Coming Soon on YouTube Channel)
- Printable Journal Prompts (Bonus File)

Bookmark these for future clarity boosts!