



One Day My Soul Just Opened Up

- Iyanla Vanzant

Perkl-Light settings

(for 323-LightShip Perkl-Lights)



	Red	Green	Blue	Intention
Phase 1 - Honor the Divine				
	43	54	26	Day 1 - Honor the Divine within - Truth
	61	23	16	Day 2 - Honor the Divine within - Trust
	50	42	9	Day 3 - Honor the Divine within - Prayer
	55	51	14	Day 4 - Honor the Divine with... Meditation
	51	63	33	Day 5 - Honor the Divine with... Willingness
	63	87	35	Day 6 - Honor the Divine with... Creativity
	86	34	44	Day 7 - Honor the Divine with... Peacefulness
	92	84	31	Day 8 - Honor the Divine with... Simplicity
Phase 2 - Honor Your Self				
	75	50	27	Day 9 - Honor your Self with... Awareness
	83	44	23	Day 10 - Honor your Self with... Acceptance
	81	62	30	Day 11 - Honor your Self with... Affirmation
	83	53	21	Day 12 - Honor your Self with... Choice
	81	47	32	Day 13 - Honor your Self with... Conservation
	96	84	41	Day 14 - Honor your Self with... Freedom
	70	32	8	Day 15 - Honor your Self with... Fun
	72	50	31	Day 16 - Honor your Self with... Surrender
Phase 3 - Honor Others				
	38	25	34	Day 17 - Honor others with... Boundaries
	95	44	39	Day 18 - Honor others with... Compassion
	85	48	28	Day 19 - Honor others with... Closure
	80	71	36	Day 20 - Honor others with... Nonjudgment
	63	54	13	Day 21 - Honor others with... Forgiveness
	41	45	18	Day 22 - Honor others with... Service
Phase 4 - Honor What You Feel				
	55	32	5	Day 23 - When you feel... Angry
	86	38	41	Day 24 - When you feel... Confused
	55	47	17	Day 25 - When you feel... Disappointed
	49	39	21	Day 26 - When you feel... Doubt
	72	67	16	Day 27 - When you feel... Fearful
	48	52	32	Day 28 - When you feel... Guilty
	46	35	22	Day 29 - When you feel... Lonely
	60	59	30	Day 30 - When you feel... Unappreciated
Phase 5 - Honor your Process				
	83	78	44	Day 31 - Honor your process with... Authenticity
	68	70	36	Day 32 - Honor your process with... Patience
	89	35	55	Day 33 - Honor your process with... Faith
	55	17	16	Day 34 - Honor your process with... Discipline
Phase 6 - Honor Life				
	69	75	21	Day 35 - Honor Life with... Balance
	29	43	6	Day 36 - Honor Life with... Expansion
	55	36	14	Day 37 - Honor Life with... Gratitude
	50	40	0	Day 38 - Honor Life with... Order
	63	46	16	Day 39 - Honor Life with... Joy
	45	39	18	Day 40 - Honor Life with... Unconditional Love