

RIZ MIRZA

Excerpt from
Psychic Love
Podcast

*Raise
Your
Vibration*

B I T E S I Z E D T H O U G H T S

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The background is a dark, rich red color with a textured, crinkled appearance, resembling torn paper or fabric. The texture is more pronounced in the upper and lower portions of the image, creating a sense of depth and movement. The overall effect is dramatic and visually striking.

Stepping into Your Upgraded Life

In this excerpt from *Psychic Live with Riz & Lady O*, Riz shares profound insights about stepping into an upgraded life experience. He explains the principle of energetically aligning with your desires, whether it's a material upgrade or a shift in lifestyle. The key is owning your choices on a spiritual level, not just a physical one, and allowing these upgrades to elevate your vibration. Riz encourages approaching decisions with confidence, abundance, and faith rather than fear or doubt, emphasizing that this alignment leads to personal growth and empowerment.

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Reflection Questions

1. Current Perspective

- Reflect on a recent decision you've made regarding an upgrade in your life (e.g., a new purchase, living situation, or career choice).
- How did you feel when making this decision? Was it based on abundance or fear?

2. Shifting Mindsets

- When considering an upgrade, what thoughts or emotions come up? Are they supportive or restrictive?
- How can you shift any limiting beliefs into affirmations of abundance and trust?

3. Energetic Ownership

- Think of something you've upgraded in your life. How does it make you feel energetically?
- Are there ways you can embody this sense of abundance more fully?





2. Daily Practices to Align with an Upgraded Life

Morning Visualization

- Spend five minutes each morning visualizing yourself living your upgraded life. Imagine the details, from how you feel emotionally to how you carry yourself physically.

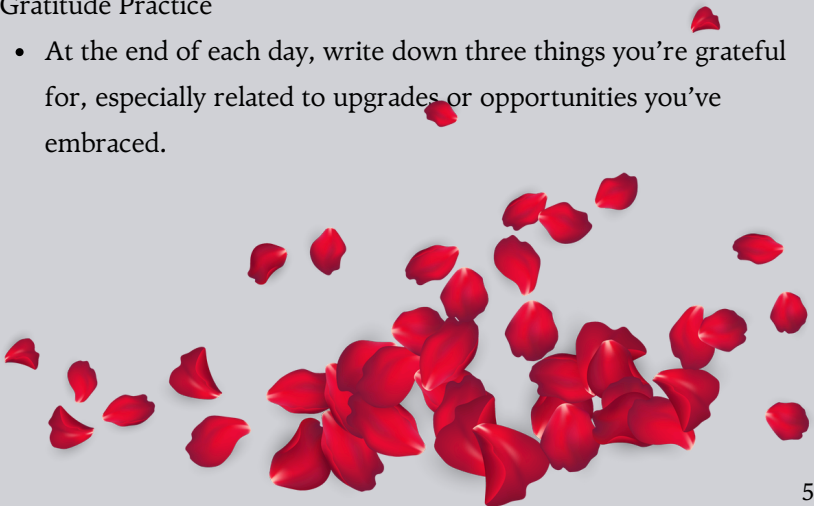
Affirmations for Abundance

Repeat the following affirmations daily to align your energy with abundance:

- “I fully own my choices and align with the energy of abundance.”
- “Every upgrade in my life supports my growth, joy, and peace.”
- “I trust the universe to provide for me as I elevate my life experience.”

Gratitude Practice

- At the end of each day, write down three things you’re grateful for, especially related to upgrades or opportunities you’ve embraced.



3. Exercises to Reinforce Abundance Mindset

Journaling Exercise

- Identify an area of your life where you feel ready to step into an upgrade. Ask yourself:
 - What's holding me back?
 - How can I shift my mindset to see this upgrade as a path to empowerment?
 - What would my life feel like if I fully embraced this opportunity?

Act As If

- Take small, tangible steps to align with your upgraded life today. For example:
 - Dress in a way that makes you feel abundant and powerful.
 - Surround yourself with items or experiences that reflect the energy you want to embody.

Meditation on Empowerment

- Meditate on the feeling of stepping into your next level. Visualize yourself confident, radiant, and at peace in your upgraded reality. Imagine this energy radiating from you and attracting opportunities.





4. Action Plan for Embracing Upgrades

1. Set an Intention

- Clearly state what you want to upgrade in your life and why it's important to you.

2. Take a Step Forward

- Identify one actionable step you can take today to align with this new level of living, no matter how small.

3. Celebrate Small Wins

- Acknowledge and celebrate every step you take toward your upgraded life. Each victory, no matter how minor, is a sign of progress.



Stepping into an upgraded life isn't just about material possessions or external changes—it's about aligning your inner energy with the life you want to create. It's a process of saying "yes" to abundance, trust, and personal power. As Riz says, this alignment strengthens you mentally, physically, and spiritually, leading to greater peace, creativity, and freedom.

Remember, dear seeker, every upgrade is an opportunity to grow closer to your true self. Approach these changes with confidence and gratitude, knowing that you are worthy of living your most radiant life. The universe responds to the energy you put out, so embrace the joy of co-creating your dream reality.

