

LEAVING THE MATRIX

CLAIM YOUR POWER AND
CREATE THE LIFE YOU DESIRE



Leaving the Matrix

by

Nina Heikkila

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PREFACE

I would like to talk to you about fear.

I wasn't always as confident or fearless as people think I am. As a sweet young child, I was happy, passionate, and creative. I loved my pretty dresses, my pretty room, and I really loved wrapping my long princess hair around my finger.

One morning, at the age of six, I woke up and ran my fingers through my hair, only to realize that I didn't have any. Since I had been diagnosed with childhood leukemia, my days alternated between going to school and long hospital stays for chemotherapy treatments. When I went to school I was often teased, and I felt like I didn't belong. I didn't have any friends so would spend a lot of time in my room. There, I would imagine my perfect life playing out like a fairy tale.

As I grew older, my hair grew longer, and people complimented me, telling me how pretty, smart and talented I was, just like they used to. But, by then, my confidence had been shattered; I didn't even recognize who they were talking about. After my recovery, I spent 10 years changing jobs, feeling frustrated, going around in circles, and feeling stuck.

Sitting in my office one day, I found myself struggling to breathe. I was having an anxiety attack. Tears were streaming down my face and I asked myself how I had ended up sacrificing my passion for a paycheck and feeling so defeated by life. At that moment, I heard a voice inside me said, "That's enough, pack up your things and walk out the door, announce that you are never coming back."

But then the voice of fear immediately rose up and asked, "How are you going to pay your bills, or your mortgage? You have a family to support." And that's when I chose to not listen to my own inner wisdom, telling me I was meant to do something greater with my life. Instead, I told myself it would get better.

Two months later, I was laid off due to a significant drop in the company's profits.

The morning after my layoff, I woke up feeling like I could breathe again. Then I remembered a recurring dream that I'd had as a sick child. In that dream I was given a choice in life. I was asked, "Do you want to stay, or would you like to go?" Back then, I had chosen to fight. I wondered how I ended up like this, when I had been so courageous as a child.

That day, I decided to change my life. I vowed that I would have everything I ever wanted and, despite the physical evidence around me, I would have the life I deserved. That was when I started working with the Law of Attraction. Every day, I faithfully repeated affirmations, meditated and practiced gratitude. I also read over 100 books, dissolved my limiting beliefs, and changed my mindset.

I was still waiting to manifest my dream job when I heard the warm and comforting voice of the Universe, "Don't worry." "Thank you," I replied. Curious, I asked, "Can you give me some more details please?"

After initiating a conversation with the Universe that day, my answers started to come in the form of inspiration and nudges to go to different places and to google topics on the internet. I surrendered my fear of failure and not living up to the expectation of others, and I handed my road map over to a higher

power. After three months I manifested my dream job, as Set Designer, in the film industry. The Universe had delivered something greater than I ever imagined and I was truly grateful.

That is when the Universe spoke to me again and said: “Nina, you have done so well turning your life around. You need to share your experience and knowledge with others, and teach people how to change their lives, just like you did”

By that time, I had complete faith and trust in the Universe, and I truly believed that the guidance was intended for my highest good. So, I took inspired action and started my coaching practice.

What I would most like to tell you is that fear is an illusion. We give it life when we allow it to take control over our lives. Fear can cripple you, making you feel like you are frozen in time. But what is most important, is that fear will stop you from hearing the voice inside you, the one that says: “You already have everything it takes, all the necessary tools, to overcome life’s challenges.”

The most important lesson I learned, is that we come into this life with an internal guidance system; a strong connection to the Universe, God, Spirit, Infinite Source, which ever name you feel comfortable using. We are in a loving and supportive relationship. But sometimes, we are pushed off our present course and directed onto a higher path that leads us to being who we are truly meant to be—our best self.

You don’t have to go through a near death situation, or become supernatural, to manifest everything you want in life. The greatest power we have been given is the power to choose our beliefs, and when you decide to believe that anything is possible, it is.

INTRODUCTION

My name is Nina Heikkila and this book describes my own magical journey using the Law of Attraction. I successfully transformed my life—from living in fear and feeling helpless, to experiencing a spiritual awakening and abundance.

The Matrix is responsible for our belief systems and controls our perception of reality. What we have been taught determines our beliefs and behaviors. We are consciously and subconsciously controlled by the limitations that stop us from realizing our true potential. We may suddenly get a wake-up call and start to question these rules, and that is when magical things can happen. Great thinkers, physicists and artists could not have created their masterpieces if they had not broken out of old paradigms. My intention for writing this book was to make people aware that the Matrix does exist, and to help them change their perception of reality, and open up to the infinite possibilities that exist in each moment.

This book begins by explaining how the Matrix limits our potential. Next, it explains the Universal Laws and how they affect our lives. Once you understand these natural Laws, you will unleash the power to create the life that you desire. The Laws govern everything in the Universe and from the time you were born, these Universal Laws have played a hand in your successes, and failures. Once you understand how these Laws work, you can make them work to your advantage and gain control over your future events.

The Law of Attraction process described in this book combines manifesting techniques from various origins that I compiled through my extensive research: ancient eastern cultures, metaphysical, spiritual, to quantum physics. The ones that gave me amazing results; like winning contests, attracting money, and manifesting a successful and fulfilling career. Now, I am sharing all of it with you.

By reading this book and doing the exercises, you will have the necessary tools to manifest what you desire, regardless of what is going on in your physical reality.

Throughout the book, you will be introduced to spiritual teachings and scientific research that support the belief that we are co-creating our reality with the Universe.

Working with the Law of Attraction means surrendering your plans and moving outside your comfort zone. It is a journey into the unknown. But once you choose to embark on this journey, the Universe will guide you down the yellow brick road, to your most abundant life!

I was working at a job that continually left me stressed out and feeling unfulfilled. My frustration grew as I realized that, even though I put in the long hours and my best effort, I was never able to get ahead. I was always earning just enough, never reaching the level of success I had imagined for myself. I had agreed to play by the rules, so why did it feel like life was a never-ending struggle?

Most of my life I had accepted my parents' beliefs about money, get a good education, work hard, save all your money. But I always struggled to get ahead, doing the same thing over and over, hoping to get a better result the next time. I was miserable but too afraid to change, and that's when the Universe stepped in and did the required course correction. When I lost my job, it was sink or swim, so I made the decision to change my life. I vowed that I would find a way to achieve my goals; a life filled with abundance, joy and happiness.

When I was introduced to the movie, “The Secret”, I listened to people talk about witnessing miracles in their lives and I challenged myself: If they can do it, so can I! Fueled by my relentless desire to make a radical change in my life, I committed myself to using the Law of Attraction. I faithfully repeated affirmations, meditated and practiced gratitude. I also read over 100 books, dissolved my limiting beliefs, and changed my mindset. During this process, I also discovered that the Law of Attraction is only one of the many Universal Laws influencing my reality. Once I learned how to work with these laws, I was able to manifest what I wanted more quickly.

Ultimately, I knew the only way to achieve my goals was by breaking through the self-imposed limitations that had always halted my success. This led me to experimenting with several methods in order to overcome the obstacles that kept me from manifesting what I wanted. I struggled with painful memories and my inner critic, but I finally replaced the old paradigms with empowering beliefs. From that point on, I experienced magic and miracles, and I transformed a life of anxiety and frustration to one of happiness and fulfillment.

As a public speaker and coach, I am constantly asked, “How can I make the Law of Attraction work for me?”

Repeating affirmations, meditating and elevating your vibration is not the key to success. The truth is, you already are a fantastic manifestor who has been unconsciously creating from the day you were born. Everything that you need to achieve success and fulfillment in this lifetime is already within you. Your ability to effectively express your desires to the Universe has been reflected in your life experiences. In my opinion, that there should have been a Manifesting 101 class in grade one!

Learning how to live in sync with the Universe has allowed me to be in the right place at the right time, meeting the right people; all the right circumstances magically fall into place. The practices and exercises in this book have clearly worked for me, and they will work for you too. They are based on the laws of nature, and principles that are currently at work all around you; like the Universal Laws and Quantum Theory. The transformation process in this book is not a lipstick renovation for your life. You will tear down the walls and glass ceilings that surround you, and you will demolish your limiting beliefs and programming to begin again with the proper foundation for success. You don’t have to be special or lucky to have everything that you want in life.

This book is intended to shift your mindset and open your awareness to the infinite possibilities available to us. The process will be a rebirth, an awakening, and the emergence of your most authentic self. If you have passion and a burning desire to create your best life ever, you will!

You can use this process repeatedly as you practice manifesting your desires. These principles, exercises and practices can be used over and over again.

After you finish this book, you will know exactly how to create the life you’ve always wanted. We all came into this life as powerful manifestors; meant to have a life filled with happiness, love, and abundance!

My sincere intention is to share my knowledge and experiences so that you too can realize your dreams. I will be your guide, taking you through the steps of transformation as outlined in this book. These methods work and have shown successful results—for me and my clients.

Our greatest power is the ability to choose our experiences, to choose the fulfilling and abundant life that we were meant to have. So that leaves the important question:

What have you got to lose?

CHAPTER ONE - "THE MATRIX"

"Let me tell you why you're here. You're here because you know something. What you know you can't explain, but you feel it. You've felt it your entire life, that there's something wrong with the world. You don't know what it is, but it's there, like a splinter in your mind, driving you mad. It is this feeling that has brought you to me. Do you know what I'm talking about?"

Morpheus "The Matrix" movie

The movie "The Matrix" depicts a future where Artificial Intelligence have taken over the human race, trapping them in a realistic computer simulation called The Matrix.

A few years ago, if you had mentioned the word "Matrix" to me, I would have automatically pictured a series of numbers vertically streaming down the movie screen. I believe the core message of this film is to free our minds from what we have been led to believe and realize our true potential. For example, as Neo leaves the Oracle, after being told that he is not the "One," he sees the plaque with the Latin inscription "know thyself" on the wall. It is when Neo releases his limiting beliefs that he is able to overcome all physical limitations and perform superhuman feats. But going even deeper into the message behind the movie, it was a warning about the dire consequences if the population continues to allow authority figures to control their beliefs; and fate.

I have defined the Matrix as a system where social conditioning is used to persuade individuals to conform to an established behavior. People who accept these beliefs and never find the need to question them are the ones plugged into the Matrix. It is when we start to awaken and question the rules that the Matrix loses its power over us.

To this day, I still struggle with the viewpoint of my parents, who grew up after WW2, during a period of scarcity and lack. I know they meant well and they did the best they could. I do not blame them for trying to raise me in such a way that I could maintain the comfortable lifestyle I had grown up with. When I was growing up, their opinions about success, were the opposite of my chosen career in the design industry and go with the flow lifestyle. Born with an active imagination, I loved to sing and dance. Wanting to gain the love and approval of my parents, I attempted to conform to their ideals. But every time I tried, I failed. I believe that if I had grown up in an environment free of the limiting beliefs that were passed down to me from previous generations, it would have been a smoother ride.

Most of us decide to take action after we experience trauma or a disaster in our lives. In my case, I was tired of being defined by my past; I was sick of conforming to the rules of the game. After becoming aware of my connection to the Universe, I realized that I always had the power to change my life.

Work the Matrix

Think of the Matrix as a big pond. When anything touches the surface, it creates a ripple. The energy of your thoughts and actions continuously affect the Matrix. When you believe that you have the power to create reality, you send out ripples that change the constructs of the entire Matrix. As more people start to reject what they have been told, the Matrix will begin to dissolve.

For years I justified going back to jobs in the design industry because of my passion for design and the personal satisfaction I received through helping my clients. Over the course of seven years, I had been laid off three times from companies that were suffering from an economic downturn. I considered

myself a victim of my circumstances, sticking to my story about being an unappreciated artist. What could I do about my fate when so many factors were out of my hands? It was easy to ignore my own accountability for my life choices.

When something happens in our outer world, we often convince ourselves that it is beyond our control. Changing direction is too difficult, so we tell ourselves, Let's just keep going back to what we know, this time it will be different. It's too difficult to learn the required skills to change careers and start on the bottom of the ladder again.

Neo is a fictional character who changes his perception of reality in the movie "The Matrix." But there are numerous real individuals, throughout history, who changed their reality through determination and endurance. Martin Luther King Jr. fought against a huge collective belief, creating the possibility for a better life for millions of people who came after him. When a group of people witness one person choosing a new way of being, it can shatter their own existing paradigms and beliefs. It is difficult to find the courage to change how something is done, especially in an environment full of fear and doubt. But refusing to go back to the old system is a game changer.

A lot of people settle for stressful jobs, relationships with the wrong person, and an unfulfilling life, because they don't believe they are worthy of something better. As we move to a new level of consciousness, we begin to feel that something is missing from our lives.

At a high point in my life, success in my career gave me the money to buy things that gave me pleasure; like designer clothing, shoes, and handbags. Everything seemed to be going well. Until one day I found myself feeling depressed and yearning for something more. I felt broken and incomplete, like something important was missing from my life. The word "faith" suddenly came out of my mouth. Immediately, I was taken aback and confused. The term "faith" brought the concept of religion to my mind. Growing up, my parents had not practiced any kind of religion, but watching the people I loved die, and seeing such chaos in the world, I ended up forming a negative belief about the existence of an all-powerful God. And I dismissed the incident.

A year later, I was drawn to books in the Spiritual and Philosophical categories. My social circles included people from different belief systems, who referred to God as Spirit, the Universe, or Source. These new ideas filled the void and gave me a new perspective on life. Instead of feeling helpless to my surroundings, I now had the power to create my ideal circumstances.

If you have been experiencing the following:

A growing feeling of frustration and dissatisfaction.

Playing the money game makes you feel like you are going against your true self.

An inner voice telling you that there is something missing from your life.

A desire to lead a more fulfilling life.

Questioning the rules of the game.

A desire to break through the figurative glass ceiling.

Then, congratulations, you are ready to leave the Matrix and take back your power.

By acknowledging my connection to the Universe, and implementing daily practices to strengthen the relationship, I am consciously living as the Creator of my reality. The focus of this book is to reveal the conflict between the Matrix and truth about who you really are: a powerful Creator.

“You take the blue pill - the story ends, you wake up in your bed and believe whatever you want to believe. You take the red pill - you stay in Wonderland and I show you how deep the rabbit-hole goes.”

Morpheus - “The Matrix” movie

CHAPTER TWO – THE UNIVERSAL LAWS

“There is no logical way to the discovery of these elemental laws. There is only the way of intuition, which is helped by a feeling for the order lying behind the appearance.”

Albert Einstein

The Universal Laws are natural laws that bring order to nature. These invisible forces affect everyone and everything around us. One of the most well-known laws is The Law of Gravity; we cannot see or touch it, but we experience its effects everyday. Once you understand how the Universal Laws affect your life, you can start to use them to your advantage, allowing you to have more control over your experiences.

The Law of Attraction is just one of The Universal Laws

This book will focus on the Universal Laws that play the most significant roles in our lives. They are not listed in any particular order.

The Law of Oneness

The concept of separation is an illusion. Our thoughts and actions not only affect the outcome of our own life, they also impact the experience of the whole world.

You are connected energetically to everyone and everything on this planet. You are an extension of the Universe, with access to all the divine resources for dealing with challenges, or overcoming obstacles on your journey. When you view the world this way, scarcity and competition will not exist for you.

The Law of Oneness advises you to treat others the same way you expect to be treated. By judging someone, or treating someone poorly, you are energetically harming yourself as well. Celebrate the success of others and you will attract the same energy back to you.

Your mind is connected to the Universal Mind and your thoughts have unlimited potential. Understanding that your thoughts influence your life and the world around you, will allow you to see the signs along the way, that support you on your journey

I didn't grow up under the influence of a specific religion, and I never felt any kind of connection to God or a higher power. But while working with the Law of Attraction, I experienced a shift in my consciousness. I no longer felt alone in the world, but that I was connected to a force much bigger than myself, and to everything else on the planet.

The Law of Mentalism

The Universe has been described as an intelligent field of energy. This infinite field has also been referred to as a Mental Universe, where all possibilities exist, and from which all energy and matter originate. Since everything and everyone are connected to

the Universe, all things share one mind, or Universal Consciousness.

“He who grasps the truth of the Mental Nature of the Universe
is well advanced on the Path to Mastery.” The Kybalion

“The Kybalion,” by the Three Initiates, is based on the thousand-year-old teachings of Hermes Trismegistus, a revered sage. According to Hermetic philosophy, three planes exist in this Mental Universe; physical, mental, and spiritual. We experience the mental plane as we receive inspiration, intuition, and insight. When we are inspired to create, we are connecting with the Universal Mind, and infinite possibilities. Because we live in a Mental Universe, our thoughts have the power to influence not just the physical plane, but the energetic and spiritual levels as well. The Law of Mentalism points out that once we understand the power of our thoughts and the nature of the Universal Laws, we can use them to our advantage, and create our ideal experiences and physical reality.

The Law of Reflection

The Law of Reflection refers to the Universal mirror that reflects both your positive and negative traits, through events and other people. For example: What you admire in others are the qualities you see in yourself. And thus, the qualities you dislike in others mirror your inner shadow; the qualities you don't like about yourself. When you look for a deeper meaning behind the people and events in your life, you gain more insight into your conscious and unconscious traits; and become more self-aware.

When I became a public speaker, I saw traits in other speakers that irritated me. After some self-reflection, I realized the people whose qualities I found annoying were the ones who possessed the qualities that I unconsciously wish I had.

The Law of Vibration

Everything in the universe is energy vibrating at different frequencies. The vibration that you send out is responsible for what you attract. Learning how to consciously correct your vibration will allow you to control what you manifest into your life.

Years ago, before I was aware of the Law of Vibration, if a loud noise woke me up before my alarm went off, my morning would start on a negative vibe. All day, the smallest things would annoy me; like my coffee taking too long, or other drivers on the way to work. It took me a few years to realize that by starting my day on a negative vibration, I was attracting more negative circumstances into my future.

Now, as soon as I wake up, I set the intention to have an amazing day and to attract great things into my life. As a result, I feel excited and joyous for the rest of the day. My high vibration attracts interesting people and opportunities into my life.

Vibration is the key to using the Law of Attraction. When your energy sends out high vibrations, it attracts high-vibrational people and experiences back to you.

The Law of Attraction

The Law of Attraction has been summed up as “like attracts like.” The Universe only pays attention to what you consistently focus on. Be mindful of where you direct your attention, negative or positive, as the same energy will come back to you.

What you resist, persists. As you guard yourself from the things that you don't want, your direct attention is adding emotion to your thought, and you end up attracting the very thing you are trying to guard against. The more you try to resist and push against what you don't want, the more you fear it and the more powerful the attraction becomes. The same thing happens if you dwell on a negative experience in your past. By doing so, you are projecting more negative circumstances and events into your future.

To effectively manifest what you really want, all factors must be in complete alignment. This includes your emotions, expectations, and your conscious and subconscious beliefs.

For example: You will not successfully manifest ten thousand dollars if you are always worried about paying your bills or if your subconscious mind doesn't believe it could happen—no matter how much you want it.

When a single friend of mine wanted to attract her ideal partner, she worried that she wasn't fit enough or attractive enough. The first step was to change her beliefs about herself. After helping her boost her self-worth and confidence, I advised her to write down all the traits she wanted in a mate. I also told her to emotionally visualize going on the perfect date with a man who fit the description. The Universe ended up sending her a potential mate that matched her exact description, but she wasn't attracted to him. She carefully revised her list and sent it back to the Universe. After two months, she met someone who fit the description and ended up in a loving relationship with the man of her dreams.

The Law of Correspondence

"As within, so without." Hermes Trismegistus

The Law of Correspondence states that your outer world is a direct match to your inner world. You will never be able to change what you experience on the outside, unless you first change something on the inside. A negative experience in your outer world is a sign that something in your inner world needs healing. To see the positive changes that you want to see in your surroundings, you must address the limiting beliefs in your conscious and subconscious mind.

Your energy is always reflected back to you. When you find yourself stuck in a negative situation, the quickest way to dissolve that energy, is to change your reaction by shifting your focus from a negative thought in to a positive one. Listening to upbeat music, reading an empowering book, or watching a funny movie are ways you can shift your energy.

When I choose new empowering beliefs and let go of the old paradigms that no longer served me, my perspective changed, and I was able to see new opportunities for success.

For example, when I started this book, I was worried that I was not a good writer, and no one would be interested in reading my book. I decided to ask a friend of mine to read the first two chapters of my manuscript. After I received her positive feedback, I was able to continue writing and fulfill my dream of publishing a book that could help people change their lives.

The Law of Rhythm

Everything in the Universe has a pattern or moves to certain rhythm. The pendulum swings to the right and then to the left, creating a rhythm. These rhythms can be seen in the seasons, the lunar cycle, the rising and the setting of the sun, and the ebb and flow of the tides. This is the cycle of life.

There is a rhythm to the swing of your thoughts from negative to positive and to our successes and failures. The key to successfully manifesting what you want is controlling our reactions. When you experience a time of lack, you are able to go with the flow, knowing that you will return to a time of abundance again.

Since we are energetically connected to nature, we also have a physical cycle that must remain in balance. Most of us have been taught that to be successful we must work hard. However, this often leads to high levels of stress and anxiety. To avoid this outcome, we must respect and pay attention to our physical bodies by resting when we feel the need to rest. The Law of Rhythm reminds us to maintain a healthy balance in order to be happy and productive in life.

The Law of Perpetual Transmutation

The Law of Perpetual Transmutation says energy is in a constant state of movement, from one vibratory rate to another. Changing your thoughts, and the energy around the things that you don't like, will allow you to do things more easily and with a more positive attitude.

When I do things I am passionate about, my energy level rises, and I am enthusiastic and joyful. When I am curious about something, doing research on it is enjoyable and easy. However, when I feel obligated to do tedious things, the task seems hard and never-ending. When everything in my reality tells me something can't be done, my passion is the key to changing the energy of my thoughts and overcoming old paradigms and beliefs. By changing my negative thoughts to positive ones, my outer world transforms and reflects positive experiences back to me.

The Law of Polarity

The Law of Polarity states that everything in this Universe has a polar opposite. Joy has sadness, light has dark, and up has down. Many of us get frustrated when we endure negative situations, but the human experience allows us to understand all aspects of life. By experiencing what we don't want, we gain more clarity about what we do want, and truly appreciate it when we receive it. We could never experience true gratitude for receiving the light if we had not first experienced the dark.

Even when things were going well in my career, I never felt completely fulfilled working in the design industry; I felt there was always something missing. Today, helping others through my coaching business brings me joy and fulfillment. Reflecting on events in my past, I am deeply grateful for where I am today.

The Law of Relativity

The Universal Law of Relativity states that we all will face challenges from time to time and everything is relative. We judge the events in our lives based on how we emotionally experience them. Changing our perspective allows us to see that nothing is ever as bad as it seems. Looking at the situation without the emotional charge, we can view it as a speed bump—a challenge that, once overcome, makes us stronger and builds our confidence.

“Nothing is either good or bad, but your thinking makes it so.”

William Shakespeare

When I was starting my business, I experienced a lot of doubt and fear. The list of challenges—like setting up social media and a website—were overwhelming me. My ego was roaring, you’ve never done this before. What if you don’t make any money at it and you can’t pay the bills? By taking the emotional response out of the situation, I was able to look at it objectively. I began by breaking down my goal, of running a successful business, to a list of manageable steps I could take everyday. When I found myself struggling to do something, I asked other people for help. Any challenge in life can be perceived as a mountain, but by breaking it down into manageable steps, you can overcome anything.

The Law of Gender

The Law of Gender states that everything has its masculine (Yang) and feminine (Yin) principles. Your ideas are energetic seeds that have the potential to manifest in your physical reality. When you find the right balance, between taking inspired action (masculine) and patiently waiting (feminine) for your goal to come to fruition, your manifestation will be successful. Resist taking action when you feel anxious or restless. You cannot rush the acorn transforming into an oak tree anymore than you can push for your manifestation to occur before it’s time. Trust the Universe to manifest your idea into the physical world at the exact right time.

To successfully co-create with the Universe, you need to become aware of this law. Set a clear intention, take the necessary action (masculine), and then relax (feminine) and let it go out into the Universe. Living in harmony with the Universe means you can confidently set your intention, and patiently observe the magic of creation.

After writing out the description of my dream job, I patiently waited to receive interview requests leading to a job offer. I experienced signs and synchronicity, telling me that the Universe was working in my favour, but because money was tight, I started to grow impatient and I frantically started applying for any job that caught my eye, thinking that I would speed things up. Nothing happened, and I grew more anxious. After I calmed down, I accepted that I had been working against The Law of Gender. The Universe would deliver my highest good according to divine timing.

We cannot rush the acorn transforming into an oak tree anymore than we can push for our manifestation to occur before it’s time. Trust the Universe to deliver what you want into the physical world at the exact right time.

The Law of Action

“An object at rest stays at rest and an object in motion stays in motion”

Isaac Newton

I feel that this Law has not been emphasized enough to those using The Law of Attraction. Your physical action creates the momentum required to transform the energy of your thought into a physical manifestation. The action must also relate to the goal. For example, if you want to start a business, decide on the name and print off some business cards.

The hesitation and fear that stops you from taking the necessary action, creates resistance. The longer you procrastinate, the more you delay your manifestation. When your passion inspires you make the first move, the Universe will support your ideas by sending nudges and signs, pointing you in the right direction. Continuously taking inspired action grows your confidence and allows you to manifest your dreams much faster.

When I decided to start my business, everything felt like an uncomfortable action; like my first outreach email and filming a live webinar. However, I knew procrastination was slowing me down, and delaying my goal, of owning a prosperous and successful business.

The Law of Compensation

Knowing Your Value & Allowing Yourself to Receive. This Law reminds us to freely give to others what we wish to receive in return. This Law also points out that acts of kindness should not come from ego, but from our highest self, without expectation of compensation in return. High expectations or a lack of appreciation for what we receive, puts us out of alignment with this Universal Law. For example, passing judgment on someone when they do not show the amount of appreciation that we expect.

The second point of this law reminds us that we will be compensated for our service to others. I see a lot of spiritual entrepreneurs struggling with this law. A few months after launching my coaching business, I noticed that my sales had dropped. What's going on? I am passionate about helping others, but I'm not earning enough money to pay my bills...

When I met with potential clients, the common response was that money was tight and they couldn't commit to coaching right now. To overcome their objections, I lowered my rates, but nothing changed.

After reviewing my marketing strategy, the Universal Law of Compensation gave me the answer I needed. Until I saw the true value of my service, and my rates reflected their worth, my income would not change. By practically giving away my services, I was sending out the signal that I believed that there was no value in myself or my services. As a result, I received the same value in return. However, when I raised my rate to the level that reflected the value I saw in my services, new business started flowing in. The lesson: when you tell the Universe that you do not value yourself, or the services you give, you will receive the same value in return.

The Universal Law of Awareness

"Know thyself" is the ancient inscription at the Temple of Apollo at Delphi. The key to a successful life is understanding who you are and what you are capable of.

As we move to a higher level of consciousness, we begin to understand our connection to Infinite Source and that the spark of God lies within us. Self-awareness allows you to identify your unique abilities and interests to find a job that you love doing. The Law of Awareness encourages you to become aware of who you really are, only then can access your limitless power as a Creator.

For thousands of years, Buddha, the Tao, and Quantum physics have all taught us the same message, just in a different way. However we choose to look at it, spiritually or scientifically, we come to the conclusion is that the concept of separation is an illusion. Everyone and everything is a localized point in the Universe and connected to it's Source.

Instead of thinking of God, Source, the Universe, as a separate entity outside of us, consider God as being within us; in everything and everywhere.

The Law of Cause and Effect

There is a cause for every effect. Nothing ever happens by chance.

This Law encourages us to start consciously creating our future. Everyday, we experience the effects of our actions; or the consequences of not taking the necessary actions. To master your reality, you must stop reacting to the situation, and resigning to your current circumstances.

We experience stress and anxiety when we face situations that we believe are out of our control. By increasing our self-awareness, we realize our true potential and take control of our future.

The Law of Reciprocity

This Law flows from the energy of the Golden Rule: Do unto others as you would have others do unto you. It encourages you to respond to a positive action with another positive action, rewarding a nice gesture with another nice gesture. It also points out that people tend to respond in a kinder and more cooperative manner to friendly people. Showing kindness and compassion to others will attract more love and acts of kindness back to you. Giving generously to those less fortunate activates the law of Flow and will result in abundance flowing back to you in return.

Acts of generosity, big and small, may come back to you from a different person or source. The key to activating this Law is to give generously from the heart and without expectation. Another way to make this Law work in your favor, is by doing more than what is expected of you. Over time, your actions will accumulate, and the Universe will deliver something wonderful back to you.

The Law of Creativity

Your creativity is the energy of the Universe expressing itself through you. Because you are energetically connected to Source, you are co-creating with the Universe. Your unique skills and talents allow you to create in a way that no one else can. These unique qualities are keys to finding your true calling, or life purpose.

You have been gifted with intuition, imagination and a conscious mind, and since you are connected to Source, you are able to receive inspiration and guidance. When you learn how to effectively use your imagination and emotions to co-create with the Universe, you will be able to effortlessly create the life of your dreams.

Using the Universal Laws to Your Advantage

From the moment that the Universe came to be, these Laws have been influencing everything in existence. They are an integral part of our lives and the foundation of the Universe. Learning how to work with these Laws gives you access to your true potential, the ability to create the life of your dreams.

When I learned about the principles and realized how they had been affecting my life, I was able to make them work in my favour, and not against me. As a result, success came more easily.

CHAPTER THREE – SHIFTING CONSCIOUSNESS

The first and most important step in personal transformation is to recognize the negative beliefs that you have been holding on to about life, money, relationships, and yourself. The next critical step is to explore these beliefs from an impartial standpoint and consciously remove the ones that no longer serve you. The past no longer exists but it will control your future if you allow it. The bottom line is this; if your current beliefs do not support your goals, they must be replaced with more empowering ones.

Paradigm Theory

The Merriam-Webster dictionary defines paradigm as:

- A model or pattern for something that may be copied.
- A theory or a group of ideas about how something should be done, made, or thought about.

Paradigm Shift

A paradigm shift was a term coined by the American physicist and philosopher Thomas Kuhn (1922–1996).¹

A Paradigm Shift occurs when we replace an accepted set of values and beliefs and establish a different model; a new way of thinking.

Examples of paradigm theories include:

- Aristotle's theory of physics
- Darwin's theory of evolution
- Newtonian physics - based on the theory that the whole universe is composed of matter.

Examples of paradigm shifts include:

- The Copernican Revolution; when the Heliocentric Theory (the sun as the centre of the solar system) replaced the Geocentric Theory (where planets revolved around the earth).
- More recently, quantum physics has proven that the core of an atom contains waves of energy and no physical substance. As a result, the scientific community has replaced the Newtonian paradigm, that the Universe is made up of matter, with the current theory, that the Universe is in fact made up of energy. Therefore, a paradigm shift has occurred.

¹ The Merriam-Webster dictionary.

The Three Levels of The Mind

Over the course of your life, your mind has been recording and processing the information gained from your experiences and from what others have taught you. It also contains your identity, judgments, and conscious and subconscious beliefs. When you understand how your mind works, you can reprogram it with the empowering beliefs that help you manifest what you desire.

The Conscious mind

Your Conscious mind is your objective or thinking mind. It is the logical, self-aware part of your consciousness. The Conscious mind is continually observing and categorizing what is going on around you.

First, it identifies the information that it has received through your emotions and senses: sight, sound, smell, taste, touch. Next, it analyzes the data and decides which action to take next. Like a binary computer, it either accepts or rejects the data it has been given.

The Conscious mind can only entertain a single thought at one time. When we experience a negative thought or lower emotion, we can influence our conscious mind by quickly re-focusing our attention to something more positive; by playing upbeat music or reciting an uplifting affirmation.

The Superconscious Mind

Also referred to as the Higher Self, it communicates through your dreams and intuition. It is your link to the Universe, the Source of all consciousness. It guides your actions toward your highest potential, or life purpose. It is associated with creativity and intuition, and it allows you access to the Universal Consciousness.

The Role of Our Subconscious Mind

The Subconscious mind holds the deeper level of information that defines our personality: our values, beliefs, and attitudes, as well as recent memories.

Most of us are not aware that our Subconscious mind is in control 95% of the time. During the remaining 5%, our conscious mind is helping us make daily choices and decisions. From the day we were born, our Subconscious mind has been a constant observer, recording our experiences. It is our primal mind and its primary function is to keep us safe.

When we make the conscious decision to change something in our lives, our Subconscious mind immediately reacts by questioning our choices—bringing up fear and worry. Our limiting beliefs and blocks reside in our Subconscious mind. Because it has been conditioned by our past experiences, the threat of going into unknown territory will set off a major alarm. Our Subconscious mind prefers that we return to doing what we have done in the past, even if it led to a negative result.

If we do not consciously direct our thoughts to the things that we want, we end up creating by default. Many of our beliefs are formed by repeating the same negative thoughts; based in the past and attached to strong emotions. Even if they did hold some truth at the time, it does not mean that they are true now. To change our beliefs, we must acknowledge that they are merely snapshots from our experiences, stored in our subconscious mind, that have no influence on our future.

Suffering and frustration indicate the need to change our course. When we allow our outer world to control our life experiences, we become victims to our circumstances. We also deny ourselves the opportunity to realize our true potential.

Fear is an illusion, and a Very Convincing One...

Most people fear change more than the discomfort of staying exactly where they are. Unfortunately, unless we are extremely dissatisfied with our current lives, we are not motivated to change our old patterns and behaviour.

Just the thought of making changes in your life will immediately trigger your subconscious mind to react with low level anxiety and fear. The level of discomfort, anxiety or pain that you are experiencing is a gauge as to how much you are out of alignment with your true self.

To honor your authentic self, ask the following question:

“If I don’t change what I am doing, what will my life be like in ten years?”

Your mind might convince you that something negative will happen if you choose to act, even though the chance of it happening is close to none.

To create the momentum required to keep you moving forward, the benefits of creating change need to outweigh your reasons for settling.

It is important to ask yourself:

“If I choose to change the way I do things, what kind of positive changes do I see happening in the future?”

“How would my family benefit from these changes?”

The Universe Will Test You

The day arrived when out of the blue I received a request for a job interview. I hadn't even applied for the job, but it was the type of position that I had always kept an eye out for.

The following week, while I was waiting to receive an offer, I received a request to interview for another position. A few days later, I had two job offers to consider, and both with salaries in the exact amount that I had written on my goal statement two months earlier.

Wow! This couldn't be a coincidence. This was a sure sign from the Universe that my message had been heard. In the end, each offer included a clause that went against one of the conditions that I had stated when defining my dream job. The first one expected me to work overtime, which conflicted with the healthy work-life balance I wanted. The second required me to meet monthly sales targets, which went against my policy of eliminating any stress in my life caused by having to achieve a high sales quota each month.

I realized that this had not just been a sign, but a true test from the Universe. I was at a vulnerable point in my life. Every month, bills kept coming in and money was tight. I almost surrendered the chance to

change the course of my life for the security of a paycheck. However, accepting either one would have compromised the commitment that I had made to myself in the beginning; to have a balanced life with the freedom to make the amount of money that I deserved, but in a non-stressful environment. In the end, I found the strength to turn down both offers and stand up for what I really wanted.

The important point was this: What I had put out into the Universe—my goals, the promises I made to myself, determining factors, and my actions, had all caused an equal reaction. If you look at it from a manifesting perspective, I was a really powerful message about the importance of being crystal clear about your goals!

It's amazing when I consider the synchronicity; that both jobs offered a salary at the exact amount that I had written down as a goal statement. This was the evidence that was required for me to believe that I was co-creating with the Universe.

The Impact of Your Emotions on Your Life

“I have a burning desire—an inner flame that will not be extinguished by outer forces—to know and live from higher regions, to be transformed so that my new concept of myself will no longer include any limitations. I am willing to challenge and change any thoughts that impede my having a higher vision of myself.”

Wayne Dyer

The only way negative thoughts, emotions, events, or people can have any power over you is when you allow yourself to react to them. Your emotions have the power to create your reality. Most of us do not realize that we perceive our experiences based on our emotions. We are constantly reacting to what is happening in the outer world. Because we have already determined which are “good” events and which are “bad” events, our emotions react accordingly. For example, getting promoted at work is usually considered a positive experience, and getting fired is usually considered a negative one. Even losing the job that we hated can leave us consumed with sadness and grief. However, it also allows for the opportunity to find something even better.

Mastering your thoughts requires mastery of your emotions as well. It is important not to try and shut out or ignore your emotions. Instead, as you experience an emotion coming on, take a moment and let yourself experience it.

Then say out loud

“I accept that I am feeling _____.”

When you are calm and relaxed, ask yourself, “What is this emotion trying to tell me?”

Take your time and be gentle with yourself as you try to find out why you are feeling that way. Did this emotion really come from the present situation or was it triggered by an unresolved feeling from the past?

The first Law of Attraction book that I read was “Ask and It Is Given” by Esther and Jerry Hicks. I understood the importance of maintaining a positive vibration and I avoided negative thoughts and

situations as best I could. When I felt a negative emotion coming on I would start to panic, trying to shift to a positive state. Finally, in frustration, I ended up shouting:

“I am only human; I can’t help feeling what I feel!”

I eventually found out that repressing an emotion is more damaging than acknowledging it. Continuously pushing down our feelings will anchor these unacknowledged emotions in our subconscious mind. They will remain unresolved and we are destined to always react in the same way when triggered. The only effective way to heal our old belief is to remove the trapped emotion by acknowledging where it came from, what it is telling us and releasing it.

Allowing yourself to feel an emotion, and to consciously release it, is far better than holding on to an emotion and empowering it. Pushing the emotion down will only make it stronger and harder to confront down the road.

Emotions remind you of your past and present thoughts and experiences. A person has thousands of thoughts in a moment, but they are only conscious of a few of them. Emotions indicate what is happening deep inside your mind.

Emotions also send out signals with a specific frequency to the Universe. For example, if you are unhappy at your job and you continuously feel miserable every day, you are sending a vibration to the Universe that you like experiencing unhappy feelings, and you would like it if more of them showed up in your life. That is the way the Law of Attraction works. Ultimately, you are responsible for the vibrations that you are sending out, and what you end up attracting back to yourself.

Negative emotions are internal alarms, telling us that we are broadcasting the wrong kinds of vibrations to the Universe. Next time you start to get angry at other drivers, take a moment to breathe and remind yourself that your current frequency is attracting more negative situations back to you.

Quantum physics has shown that all energies will gravitate toward other energies of the same vibratory rates. Everything is created through energetic vibration. Anything that vibrates in a specific pattern will attract like vibrations to it.

Emotions are vibrations. When you are trying to manifest more money, and you begin to worry about not having enough money to pay your rent, you set into motion the vibratory pattern of lack; attracting what you are trying to avoid. Understanding this principle will allow you to change what you are vibrating to the Universe so that you can manifest what you do want.

To successfully manifest your desires, you must remain in a non-resistance state of mind. Consciously take control of your thoughts and stop struggling against scarcity and lack and start allowing abundance and wealth into your life.

Hopefully, the fear of attracting negative things into your life will motivate you to be more mindful of your mindset and the thoughts that you are sending out to the Universe.

Reprogramming Your Subconscious Mind

There are many steps you can take to change your subconscious programming, such as meditation, emotional visualization, and hypnosis.

To reprogram your subconscious mind, you must replace your old beliefs with empowering ones that support your goals.

Meditation allows you to effectively reprogram your subconscious mind by repeating empowering statements and affirmations.

Because your Subconscious mind cannot tell the difference between reality and your imagination, visualizing yourself already having what you want will convince your subconscious mind that the event has already happened. Your subconscious mind will then start lining up the resources required to make your goal happen. The key is to incorporate all your senses in your vision. What do you hear, see, feel, taste and smell? Feel the emotion of already having what you desire. Ask yourself, how would you feel if what you wanted appeared in front of you right now?

It had been six weeks since I had dedicated myself to creating a better life for myself, and I felt fear and worry start to rise. At that moment, I heard the voice of the Universe for the first time. I heard don't worry. I instantly replied, thank you, and I immediately felt such gratitude for the confirmation that I was heading in the right direction.

From that point on, I engaged in the conversation with the Universe and started asking for guidance when I was unsure of the next action to take. It soon became the norm, and I started receiving inspiration and nudges to go places or google something. It was like following a trail of breadcrumbs, not knowing where it would all lead to, but I had already surrendered my GPS in favour of a higher power.

One of the affirmations that I had been faithfully repeating was:

"I am always in the right place, at the right time, doing the right thing."

Christopher Penczak

In the end, that is exactly how it all ended up playing out. Finally, I was in the right place, at the right time doing the exact right thing; it all led to manifesting a job in the film industry. Shortly after that, the Universe shared its thoughts with me: "Nina, you have done such a great job turning your life around. There are people who need your guidance and support, and you can teach them how to change their lives for the better."

This resonated so deeply that I couldn't turn just turn away from it, and I began to feel that empowering others was part of my purpose. I had achieved great things by following the guidance that I had been given, and with gratitude, I said, yes.

Not knowing where to even start, I asked for guidance. The idea of hosting workshops came to me, so I began by contacting a friend who owned a metaphysical store.

When the Universe came to me and suggested teaching others how to successfully manifest their goals, I was unsure of how to exactly go about it. I was inspired to coach people and to write a book, but I questioned my ability and expertise. Fortunately, the necessary guidance and answers to my questions

always showed up when I needed them. People and resources began magically aligning to support my mission.

I began by hosting Law of Attraction workshops, with the intention of attracting people who needed my help. During that time, I had a dream where I was giving an inspirational talk. As I walked off stage, I passed by Tony Robbins, who said, “great job, Nina.” I also met two authors with books on spiritual and metaphysical-based topics. They both brought new and exciting information into my life and brought my awareness to a higher level.

Shortly afterward launching my coaching business, I met a successful professional speaker who taught a public speaking course. I knew it was a sign from the Universe. At that time, the cost was a huge consideration given my current financial situation. I felt a warm feeling in my heart and I intuitively knew it was part of my journey. So, I immediately signed up for it.

I was passionate about coaching and writing, and now I was motivated to start speaking in public. I was ready to go, but things still weren’t moving fast enough.

But my impatience was not going to speed up the divine timing that was required to bring everything to fruition.

Our logical mind is accustomed to defining our goal and creating a practical plan to achieve it. However, by continually doing this, we have built up a resistance to our inner guidance system. This is what takes us out of the flow.

Living in The Flow

You may have experienced a magical time where everything that you wanted and needed just seemed to show up in your life at the perfect moment. This is the mystical state of flow. The Taoist concept of Wu wei, loosely translates to living an effortless life, in harmony with nature and the Universe.

We come into this lifetime with an internal compass, which spiritual teachers refer to as intuition. It is our intuition that inspires us to take the necessary actions that lead to our highest good. The ideas and nudges that we experience are the guidance from our intuition, which always points us in the right direction. Unfortunately, most of us are taught to navigate through life using our rational mind.

“Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray.”

Rumi

Getting into the flow means releasing all fear and doubt and allowing a higher power to take over. When you become your most authentic self by following your passion and your intuition, life becomes effortless. Trust that things will work themselves out for your highest good. Believe that the Universe knows more about what you really want than you do.

Take, for example, the story of how I manifested my dream job. While I was looking for work, I attended a play. Admiring the set design brought back memories of high school, and how I’d always dreamt about working in the film industry. After graduation, I moved to Vancouver and attended film school. I should try to get into theatrical set design, I told myself, but it seemed impossible since I was never able to get as far as I wanted in the film industry, and I soon forgot all about it.

One day, while looking for work online, a workshop caught my eye. The topic was somewhat new to me, and it peaked my curiosity. I received an intuitive nudge to attend. So, even though I was tempted to just stay home, I followed the guidance and went. After the workshop, I listened to my intuition and wandered around. Eventually, I ended up in front of a bulletin board. The first thing I saw was a posting about a career workshop, and the next topic was jobs in the film industry. I immediately understood the message from the Universe. This was a second chance to pursue something that I was still passionate about.

I prepared my best personal introduction and was determined to present it to the best person that could help me. After expressing my passion to the President of the union, he handed me a phone number and told me to contact a union representative named Tim. The next day, I called Tim and we scheduled a meeting. After reviewing my qualifications, he concluded that I was a perfect fit for the Art Department. He also offered to send me a list of senior union members whom I could contact to request a meeting. Three days later, I received a list with over 30 contact names on it. Two interviews later, I received an offer for a position at a level that was unheard of for someone that was just starting out. I was on cloud nine as I gratefully accepted my first position in the film industry.

I used to say that my motivation to achieve goals was attributed to my strong willpower. However, I now revise this statement, attributing my success to my unwavering faith that a higher power was guiding me and had my back.

It felt effortless. Trusting in the Universe, listening to the guidance being given to me, and following through with it (despite the part of me that was happy sitting on my couch and watching TV). From the beginning, I had no idea where attending the workshop would lead, but breadcrumbs from the Universe led to the right place at the right time and in front of the right people who could make my dreams come true. I had listened to my intuition; I had surrendered to the flow. From that point on, inspiration and nudges continued to guide me, encouraging me to follow through. The Universe has never disappointed me.

So, I encourage you to surrender your well-laid plans and let the Universe take over. After all, it has the highest and best perspective and it knows exactly what you want.

Intuition

“That is the gift of acceptance... it will always snap you instantly back into the flow, no matter how far off the path you may have strayed.”

Sunryu Suzuki Roshi

As children, we are naturally drawn to what makes us happy, and we relentlessly pursue what we want. We persistently overcome obstacles and recover quickly from setbacks. Kids are masters at being resilient. Even though they get upset and frustrated, they quickly move on.

Becoming resilient requires that you accept what you are currently experiencing and quickly adapt to the changing circumstances. There is an ebb and flow to life. Even if we are currently experiencing something unpleasant, we know that better times are on the way.

During our life, most of us ignore the guidance of our intuition, making decisions with our logical mind. Believe me, deciding to follow a hunch, leading into the unknown, is difficult for our mind to consider.

If you were to ask a scientist to explain Intuition, he might relate it to the quantum field, or collective consciousness. Numerous spiritual teachers have referred to it as a message from our highest self. It will always lead us to our highest good.

One of the most powerful ways of getting into the flow is trusting the guidance that is given and following it. Your intuition will always direct you to the right choice to achieve the best possible outcome.

“Indeed, it is not intellect, but intuition which advances humanity. Intuition tells man his purpose in this life.”

Albert Einstein

The pineal gland, often referred to as the third eye, is a small endocrine gland in the center of the brain and in line with the eyes. It produces melatonin, a hormone that affects the cycle of wake/sleep patterns and seasonal functions.

French philosopher and mathematician René Descartes considered the pineal gland the “principal seat of the soul and the place in which all our thoughts are formed.”

Eastern religions view the third eye as being a gate way to our inner power.

Our intuition has been described as our ability to perceive something about a person or situation, before we can verify it.

“Intuition is a homing instinct able to forage in areas where rationality would get lost.”

Francis Cholle

Growing up, I always considered intuition my greatest superpower. It has proven itself to be an extremely accurate guidance system for me. By ignoring it, I suffered the consequences: engaging in bad relationships, trusting the wrong people, or taking the wrong job offer. Intuition is one of our hidden powers and we should learn to use it to our advantage.

How We Receive Guidance from Our Intuition

The way that we receive guidance from our intuition will vary from person to person. When making a choice that feels authentic, you might experience a light warm feeling in your heart center. On the other hand, it might be a gut-wrenching “Are you kidding?” These signals will indicate if something is in your best interest, or not. If you don’t pay attention the first time, the message will get stronger. From my experience, the more I followed the guidance of my intuition, the faster I was able to achieve my goals.

How to Develop Your Intuition

By keeping your focus in the present moment, you are more likely to notice when the quiet voice of intuition comes in.

One day, I decided to set an intention to develop my intuition. I then announced to the Universe that I was open to receiving guidance that would help me achieve my goals.

Exercise to Develop Intuition:

Every morning, stand outside, if possible, or facing a window. Take three deep breaths in through the nose and out through the mouth. Then say out loud:

Universe, I AM open to receiving messages and guidance for my highest good!

Stay Open to Infinite Possibilities

It may feel uncomfortable at first, but listening to the guidance from your intuition and following through will open a world full of possibility. From my experience, initiating a conversation with someone, or attending a random event, opened new and exciting opportunities for my success.

Believing that infinite possibilities exist opens you up to magic and meaningful coincidences, where people and resources suddenly appear, as if a higher power was arranging them for your benefit. Start living your life with a childlike curiosity and sense of wonder; follow your excitement, inspiration, and intuition.

You are here in this life to thrive and to live with passion, in pursuit of your dreams. The Taoists say that we keep dancing upward and onward, toward a higher level of consciousness, and our authentic self. You are also here to learn and overcome challenges. When you have mastered one skill, you are challenged to learn another one; building your confidence and confirming what you are truly capable of.

Staying in alignment with your most authentic self, and trusting your intuition, will allow you to walk the path of least resistance.

“Life begins at the end of your comfort zone.”

Neale Donald Walsh

Taking Care of Yourself

Your Self Worth

This is the time to nourish your mind and body. We are surrounded by criticism, opinions, social media, and foods that do not support a healthy mind or body.

If you have been wanting to leave a stressful and unfulfilling job, now is the time for change. Begin by revisiting what you were most passionate about when you were growing up, explore the things that you are naturally good at, and find a way to make a living doing it.

It is important to also feed your mind loving and supportive thoughts. Sometimes we will take care of others but neglect to give ourselves the same level of love and compassion. We will spend money on thoughtful gifts for others but refuse to indulge in splurges or occasional treats for ourselves.

What Are You Telling the Universe?

By denying ourselves things that give us pleasure, we are setting an upper limit for ourselves; telling the Universe that we do not deserve to receive things that please us. As a result, it is this standard that will end up being reflected back to us.

If your closet is filled with clothes that are worn out, or they don't support the new vision of yourself, you are sending the wrong signal to the Universe.

The same goes for what you choose to surround yourself with. If you are still holding on to furniture from your college years, and not what currently reflects your taste, the Universe will keep sending the same energy to you.

I personally did not have the budget to go out and buy new furniture, but I occasionally purchased accessories that reflected my taste. To represent my dream house, I collected images of houses that represented my favourite architectural style and pinned them to my bedroom wall.

I began to evaluate the clothes in my closet and my jewelry, making sure that they fit the vision of the person I intended to become. I packed up the memorabilia that I had been holding onto—chipped dishes, and old towels—and donated anything that was worn out, out of style, or broken. I was ready for some upgrades in my life.

The Universe will always fill a void. By decluttering and releasing the things that do not currently meet your standards, you allow the Universe to fill the gaps with the things that do.

Your body is your temple. It is important to become more mindful of the kinds of foods you are putting in it. Start buying as many organic foods as possible. You are worthy of eating nutritious foods and to feeling good about your body.

Appreciate all the great things that you do for others, and who you are, and tell the Universe that you deserve the best things in life by radiating that frequency with your thoughts.

You are the only one who can stand up and decree your worthiness of having everything you want. Give yourself permission. You deserve to have a perfect life, filled with all the things that bring you happiness, health and fulfillment.

You came into this life to learn and grow, not to struggle. Start becoming a great receiver today by affirming your deservedness.

I am worthy of receiving love and appreciation, I totally deserve it!

Sticking to the process of changing your reality can be challenging at times; a strong desire for your goal is required. Deciding to embark upon this path alone is tough, especially when others around you choose to remain stuck where they are. Consistently maintaining a high vibration takes a stiff resolve, especially when you're affected by the negative language and judgmental opinions of loved ones. Stay strong and set a good example for those around you. Be the change you want to be.

If you feel weak at any point, immediately find something to trigger happy thoughts. I highly recommend that you put together an emergency back-up plan before face a situation where a lower emotion or negative thought is trying to take control. This could include:

- Creating a list of songs that make you happy, make you want to dance and/or sing. Listening to your "Happy" playlist.
- Watching your favorite movie.
- Petting your cat or dog, or someone else's.
- Looking at photographs from a happy event in your life.

I personally don't agree with ignoring the strong emotions that rise to the surface from time to time. In fact, I strongly believe that pushing them back down every time will lead to a huge explosion at some point down the road; with a long recovery time.

In her book "The Ecstasy of Surrender," Judith Orloff, MD, a psychiatrist and empath, refers to tears as "your body's release valve for stress, sadness, anxiety and pain." In addition, "crying also helps the body excrete stress hormones."

Unfortunately, many people are influenced by the paradigm that views crying as an act of weakness, especially in men. By allowing ourselves to cry, we make our emotional well being a priority and give ourselves permission to move on to better things.

When you notice a lower emotion rising, allow yourself to feel the intensity of the emotion, and then say out loud:

I acknowledge that I am feeling sadness, and I accept that. Thank you for the lesson, but now this emotion has to leave.

Give yourself the recovery time required and congratulate yourself on how far you have come. One day, worry and fear will disappear, and you will experience a strong inner knowing that a bigger force is guiding you toward everything you want. Congratulations, you have now shifted your mindset.

I was still taking the necessary actions and waiting for the ideal job to come around, but I was in a state of complete trust in the Universe. I would often tell my husband, "I know the Universe is sending me something really good." He would respond with a concerned look on his face, as if he were questioning my mental faculties.

As mentioned, it can be extremely difficult to stay strong and stand up for your choices. You may also question whether your actions are selfish. Jumping at the next opportunity that provided a stable paycheck would have relieved my husband's stress, but I would've returned to the same place I came from—resenting my job, feeling unfulfilled and frustrated. I wasn't going back there again.

Staying strong would also set an example for my daughter. My actions would model that no matter what anyone tells you, nothing is impossible if you are passionate and determined.

The important thing to remember is that when you choose to improve your life, it sends a strong message to those around you. Your positivity and motivation will inspire others and help change the world.

Feeling the Shift

After a while, your confidence will grow, and your perception of the future will become more positive. You begin to receive inspiration and new ideas on a regular basis; opportunities and resources show up when you need them, helping you move closer to your goals.

Once your conscious mind starts to observe the evidence that your manifestation is in motion, less effort is required to maintain your mindset.

You might notice that you do not emotionally react to things as you did in the past. The people that used to push your buttons do not bother you in the same way anymore. There is a strong inner knowing that something bigger than yourself is now guiding you down the path toward your dreams.

Congratulations, you have made major progress on your journey, where your subconscious mind starts to support your ideas instead of working against them. You have adopted a new outlook on life that declares: I am limitless!

One day you might wake up and the things that used to satisfy you may not please you anymore. You might start to question your old habits, or your relationships with the people who are not supportive toward your new goals. You might choose to limit your contact with certain people in your social groups, or family members, or they might start to avoid you.

It is a positive sign that your energy has shifted, and your higher vibrations are attracting new ideas, situations and relationships for your highest good.

When I was trying to maintain a higher vibration, it was very difficult to be around people who were not on the same journey. That included my family members, who often criticized others and the world around them, and my husband, who found it difficult to look on the bright side of things. In the past, a conversation with my brother would always end up in a debate. When I no longer felt the need to defend my beliefs, we started to grow apart.

My tastes and preferences were also changing. I lost my appetite for some of the comfort foods I had enjoyed in the past. I also lost interest in many television shows and movies and became more interested in reading books that increased my knowledge about the Universe and the human body. Over the period of a few months, I found the version of myself that I was proud of; the one I had been searching for all these years.

CHAPTER FOUR – SIGNS & SYNCHRONICITY

“In the end, or, rather, as things really are, any event, no matter how small, is intimately and sensibly tied to all others.”

Mark Helprin from the movie “Winter’s Tale”

Signs and Symbols

Spiders

For as long as I can remember, I’ve been deathly afraid of spiders. One day, descending into the basement, I saw a spider in the middle of the hallway. I let out a loud scream. My husband rushed down the stairs in a panic, wondering what had happened and why I was cowering in the corner. I begged him to catch the spider and take it away.

On the days that followed, a multitude of spiders showed up in the same area and were subsequently removed by my husband. After investigating the structure of our house, we couldn’t find an explanation for how they were coming in. Three days later, as I was entering my office building, I noticed a large spider web on the railing. When I saw the spider in the corner of the web and I quickly opened the door and ran in. The spider remained in the same spot and every day I rushed past it. The next week, a spider had set up residence above my front door.

One evening, I opened up a children's book of Greek mythology to read to my daughter before bed. The story was about Arachne, a beautiful woman, known to be an acclaimed weaver. After many villagers praised her work, she proudly boasted that she was a better weaver than the goddess Diana. Diana, in a rage, challenged her to a weaving contest and Arachne won. Furious about being humiliated, the goddess turned her into a spider.

By this point, I was starting to get the message. I was inspired to google the meaning of spiders. I discovered that the spider is a symbol of creative power. The spider is an enchantress who weaves her web, casting a spell that controls the outcome of the future. You had me at the word "enchantress." The web of life I had created was a representation of my past beliefs and actions. The power to change my fate was always available to me. Finally, I understood the message the Universe sent me.

Days went by and the wave of dissatisfaction rose. I affirmed that there was a better job and future waiting for me. I imagined how much satisfaction it would give me to be able to walk into my manager’s office and declare that I was leaving, but it was not a feasible option at the time. I was still prisoner to the money game at that point; my mortgage payments and bills played a huge role in my confinement. But from that point on, I made finding a better job a priority.

Robins

After I started my business, I occasionally worried about how quickly I could increase my revenue. One morning, standing in my kitchen looking out the window, I noticed a robin perched in a tree; it was looking right at me. A few minutes later, I looked out again and saw the tree start filling up with more robins. The final count was 15. Immediately, I looked up the significance of seeing a robin.

Robin: Signifies stimulation of new growth and renewal in many areas of your life. This bird shows us how to ride the winds of passion within your heart, and how to become self reliant through this change. This creature also teaches us how to incorporate new beginnings, putting our faith and trust in the process.

After contemplating the meaning, I found comfort in the message the Universe had sent me. By following my heart's desire and allowing my passion for helping others drive my business, the Universe would compensate me by delivering my highest good.

The Universe will find ways to reassure that you are on the right path. You just need to pay attention to the signs.

Asking for A Sign From the Universe

Before you start driving to your destination. Ask the Universe to give you a sign by holding a parking spot open for you. Next, close your eyes and picture your destination. Picture the entrance to the building and an open parking spot, close to the front door. Expect that there will be a parking spot waiting for your arrival.

The first time I tried this, there was one open spot by the main door, waiting for me to arrive. It is now a daily routine.

A Second Opinion

If you would like confirmation about your decision, ask the Universe for a sign. Say out loud:

Universe, please show me 3 clear signs, that I will easily recognize,

by (date--48 hours from now), to confirm that I am heading in right direction.

Synchronicity

Swiss psychologist Carl Jung introduced the concept of synchronicity to explain multiple meaningful occurrences within a short period of time. Synchronicity can

serve as guidance, a warning, or a confirmation that you are on the right track.

Just as we attract events into our lives through the Law of Attraction, we attract synchronicity into our lives through our choices and actions. Many of us go through life dismissing these events as random chance. Synchronicity will occur when our thoughts are focused on the present moment and we are aware of our surroundings.

When we start to observe these magical events, we are tuning into the vibration of the Universe; acknowledging the significant role it plays in our lives.

When we follow our passion, we radiate a high vibration out to the Universe, which manifests synchronicity into our lives on a constant basis. Life becomes effortless as we begin attracting the right people, opportunities, and situations, leading us closer to our goals. Synchronicity is often interpreted as a higher power is putting everything into place for our highest good.

“According to Vedanta, there are only two symptoms of enlightenment, just two indications that a transformation is taking place within you toward a higher consciousness. The first symptom is that you stop worrying. Things don’t bother you anymore. You become light-hearted and full of joy. The second symptom is that you encounter more and more meaningful coincidences in your life, more and more synchronicities. And this accelerates to the point where you actually experience the miraculous.”

Deepak Chopra

This is the fun part of the process. Like I said, if you remain open to what is being presented to you, your path will be guided.

Eckhart Tolle summed it up nicely: By living in the now, we are able to recognize and appreciate all the good things and evidence of them in our lives.

Take on the "Alice in Wonderland" attitude: life is an exciting and unpredictable adventure. You must also become resilient and quick to bounce back from surprises, mistakes and setbacks, knowing that everything you want is making its way to you. Be like a child on Christmas Eve: "I can't wait, it's going to be so good!"

- Surrendering to the Law of Attraction process means giving up control of the "how." That is no longer your concern. Your responsibility is to follow through when you are given advice from the highest source.
- How We Experience Synchronicity
- You come across a book that gives you the answer to a question you’ve asked.
- The perfect opportunity appears, right when you need it.
- You dream about a symbol, and the same symbol appears several times the next day. You look up the meaning and it fits your experience.
- You are suddenly inspired to take a different route to work, and you later discover that taking your normal route would have delayed you for hours.
- You frequently observe the same number on the clock, the microwave, your computer, a licence plate, etc.
- You run into someone who can help you achieve your goals.

My experience with synchronicity

When I focus my attention on something, relevant information starts coming in from all directions: popping up online, during a conversation, in the lyrics of a song, or by randomly opening a book to a page containing the answer I was looking for.

I had always been proud of the fact that I could always find the best deal for what I wanted: designer clothes, purses, jewelry. When I was not willing to pay the amount on the price tag, it became a challenge to find the same item for less. Thanks to the internet, it did not require a lot of effort. When I

began using the Law of Attraction, I gave up this habit; since I did not want to vibrate a lack mentality around money or tell the Universe I wasn't worthy of receiving purchases that I paid full price for. Later, I noticed a pattern going on. When I deliberately went to purchase items, they were always on sale. One time, I fell in love with a designer dress, but decided to pass when I looked at the price tag. Two months later, my intuition encouraged me to visit the store's online site. When I did, I saw the same dress in my size on clearance, with an additional twenty percent off. At that point, I realized that the Universe listened to everything that I expressed a strong desire for and presented it to me in a way that made it possible for me to have it. Thank you, Universe, you know me so well!

One day, my husband and I were on the way to a movie theatre. As per usual, I had asked the Universe for help finding a parking space. It was a Saturday night and the parking lot was packed and I started worrying that we would not have good seats for the movie. Universe, I asked, I'm running late, could you please save me two good seats in the theatre? After driving a loop around the parking lot, I saw a car start to pull out right a few feet in front of me. Thank you, I told the Universe as I parked my car and rushed towards the movie theatre. When I walked into the theatre, all the good seats were taken. Then I noticed two seats right in the middle of the theatre rows, my favourite place to sit. I approached the couple sitting next to the seats and asked, "excuse me, but are those seats taken?" The man looked up and replied, "no, we were saving them for you." When my husband returned with the popcorn he said, "wow, I'm surprised you were able to get such good seats."

These are all examples of how we are able co-create with the Universe. When we direct our thoughts to what we want, the Universe will always deliver that, or something better to us.

The Language of the Universe

Numbers

On my journey, I had developed a very strong intuition, which I believe is the true reason I was able to achieve my dream job, or anything else that I desired. My inner guidance was the key to how quickly I was able to manifest my goals. Synchronicity consistently showed up in my life, and then I started observing repeating numbers everyday. Totally unfamiliar with the meaning behind them, I was constantly looking up every number that showed upon a daily basis. The first number that appeared was 11:11, a sign of spiritual awakening. After seeing 11:11 for 2 weeks, 12:12 followed for another week. Then 3:33 started showing up, not only when looking at the clock, but on a licence plate and then on a receipt. Every time I made progress, the numbers would change. When I went to see my friend, who owned a metaphysical shop about hosting my law of attraction workshops, she agreed, and we scheduled my first workshop. On the drive home, the repeating numbers 999 caught my attention as I drove past billboards, a sandwich board, and a licence plate. That was all the confirmation I needed from the Universe to tell me I was on the right track.

Asking for Clarity

If you feel stuck or are unsure about the messages or signs that you are receiving, ask the Universe for clarification.

Set an intention to receive clear guidance about your next actions from the Universe. Start by focusing on the present moment by breathing. Take long deep breaths. Breathe in to the count of 4, hold your breath for 4 counts, breath out for 4 counts, and hold for 4 counts. Repeat this at least 3 times.

Place your focus on your third eye chakra located in the middle of the forehead, above the eyebrows. Clear your mind by allowing any thoughts to drift away like clouds.

Sit quietly, letting the information come to you, making a note of any thoughts or symbols that appear. You may not receive answers right away, so watch for anything that comes up during the day. You can also set an intention before going to sleep; asking the Universe for clear messages, that you will remember in the morning. Keep a journal on your bedside table and write down anything that you remember. Start each day by asking the Universe to send you a sign that you are on the path leading to your goals.

You can also ask the Universe to make your day flow more smoothly by asking out loud:

Universe, what would it take for me to have the best day ever?

It may feel awkward to start a conversation with the Universe, but the more you initiate contact, the faster the answers will come. You may be re-establishing your relationship after a long separation, but the loving and supportive Universe has always been there, patiently waiting for you to ask for assistance.

The Day the Universe Started Talking to Me

It had been six weeks since I started my manifesting journey, when I sensed myself starting to release old beliefs and judgments. I began to experience the feeling of complete trust in the Universe, and I rarely experienced a negative emotion, worry or fear. Prior to this time, approaching me before my first cup of coffee wasn't recommended but that became a thing of the past. That was significant progress.

Living with a tight budget was by no means easy, but my sunny demeanor continued. Internally, I started to feel something shifting, and I was now convinced that something great was making its way to me!

One morning, I was having negative thoughts about money when suddenly, a voice in my head said, "Don't worry." Completely caught of guard, I thanked the Universe and returned to a state of trust, knowing that everything I wanted was making its way to me.

Other times, when my vibrations began to decrease, the Universe distracted me. The first time, the song "Happy" by Ferrell Williams, popped into my head, immediately bringing a smile to my face. It also

inspired some spontaneous dancing around the kitchen. Since childhood, dancing and singing had been a passion of mine. The Universe knew me so well!

A Friendly Reminder from The Universe

On the way to an appointment, I ended up in a long lineup of cars crawling from one level to the next of a parking garage. With little hope of finding a spot, I asked the Universe to help find me. The cars barely had any space between them, so I knew I had to stay alert to any opportunity. Finally, I got the feeling that an open stall was coming up and I saw a woman walking toward her car. I took it as a sign that I could take her spot. As I was waiting for her to back out, I saw her walk away from her car. I was disappointed that I had wasted time when, I noticed a car backing out four cars away. That was the spot the Universe was saving for me! Excited, I approached, ready to pull into the spot. Just my luck, a car coming from the opposite direction pulled right into my spot!

There it was: my “Aha” moment. Of course! My logical mind had been so focused on the first car leaving, and how the scenario should play out to my advantage, that I had completely shut myself off from the real opportunity; the second car. The one the Universe had waiting for me all along!

Lesson learned, I told the Universe. As I drove away, I glanced at the clock and saw the 11:11, a sign I interpreted as “Bingo,” I was on the right track. I laughed at myself, smiled and said, Thank you.

CHAPTER FIVE – MANIFESTING

Jim Carrey's Inspirational Story

Many fans were shocked when Jim Carrey revealed on the Oprah Winfrey Show that he experienced homelessness as a child. Due to financial hardships, Carrey's family lived in their Volkswagen van on a relative's lawn. Despite his circumstances growing up, Carrey believed in himself and his dream of creating the future he wanted.

At the age of 10, Carrey wrote a heartfelt letter to The Carol Burnett Show with hope that they would give him the opportunity to show off his comedic talents. He waited for a reply, and finally received a letter telling him the program was "just for grown-ups" and to "stay in school, and study hard."

In 1985, when Carrey was a struggling young comic in Los Angeles, he drove up to the Hollywood hills where he would sit overlooking the city. Broke and depressed, he wrote down his goal and visualized himself as being successful and famous.

One day, Carrey wrote himself a check for \$10 million dollars, for "acting services rendered," and post-dated it for Thanksgiving 1995. After focusing on his goal for almost a decade, his wish came true. In 1994 he was offered ten million dollars for *Dumb and Dumber*. By 1995, Jim Carrey had achieved success in his roles in *Ace Ventura Pet Detective*, *The Mask*, and *Dumb and Dumber*, and his acting fee had grown to \$20 million per film.

What can we take away from this inspiring story, and what factors are relevant to the Law of Attraction? The answer: Passion, a Clear Goal Statement, Action, and Belief.

Passion

From childhood, Jim Carrey was passionate about entertaining people and making them feel good. As children, we are naturally drawn to the things that we are most passionate about. As we grow up, due to outside influences or practicality, some of us give up on our dreams and are left feeling unfulfilled.

Carrey had a burning desire to live an extraordinary life. Despite his circumstances, he was unwilling to surrender his dreams like his father had. A former musician, his father became an accountant so that he could support his family. When Carrey was a child, his mother suffered from an illness and he would entertain her to alleviate her pain. His compassion for others was expressed in his desire to make people laugh and feel better.

Clarity of the Goal

Carrey clearly identified his goal. He wrote the check for a specific amount, and he wrote down the date that he expected to receive the money. He also used visualization to act "as if" his dream of success had already come to life. By incorporating specific details about what he wanted, in his written goal statement and visualization, he sent a crystal-clear message to the Universe.

Action

He intended to use his unique comedic abilities to achieve what he desired. This gave him a specific plan of action to follow. Carrey put his plan into Action by looking for an opportunity to perform.

Belief

Carrey knew the potential he had and who he wanted to become. Despite receiving numerous rejections, the belief that he would eventually reach his goal kept pushing him forward. Carrey had faith in himself. He never stopped improving his talent as a comedian, knowing that his training would pay off.

His firm Belief in himself, and in his manifestation, allowed him to let it go. While he was waiting for his goal to manifest, Carrey placed the check in his father's casket. This demonstrated his detachment from the outcome. He no longer needed a reminder of what he intended to manifest as his faith was untouchable.

The Key to Manifesting Anything You Want

These same steps can be used for manifesting anything you want into your life.

They are as follows:

- Find your passion.
- Write down the specific goal you intend to manifest.
- Choose the date that you expect to have it.
- Take appropriate action to bring you closer to your goal.
- Now, believe that the Universe will deliver what you want and let it go.

Jim Carrey's story is a perfect example of how passion and desire can overcome life's challenges. Even though he did not finish high school, and experienced one setback after another, Carrey held on to his vision and stayed true to himself. His burning desire to achieve his goal, and the firm belief that he would, makes his story an inspiration to us all.

Exercise: Write a letter to the Universe.

Find a space where you can concentrate and won't be disturbed. Use the best quality of paper available and a nice pen with blue ink.

Start by doing a visualization.

Close your eyes and relax. Allow any thoughts to float away like clouds.

Take 3 deep breaths, in through the nose for four counts, hold for four counts, out through the mouth for 4 counts, and hold empty for four counts.

Visualize yourself already having what you want. See everything around you and who you are with. Imagine all your senses are involved in everything that is part of your perfect life. Feel the emotions that you would have while enjoying what you have manifested. Feel excitement, love and joy.

Feel immense gratitude for having received everything you asked for. Do this visualization for at least three minutes.

Open your eyes and begin to write your letter to the Universe.

It is important to feel the same emotions that you did during the visualization. Write your letter with passion and confidence that everything will happen.

State what you would like to see happen in your life, things that you would like to receive, and any outcomes. Next, add the date that you expect to manifest these things by.

Next, express your gratitude for receiving what you asked for.

Carefully fold it three times and put it into an envelope. Then say out loud: "and so it is!"

Finish by lighting a candle and burning your letter, or keep it in a safe place. The purpose of doing this is to remove all attachment to the outcome; just let it go.

"Whatever a person's mind dwells on intensely and with firm resolve, that is exactly what he becomes."

Manifesting My Ideal Life

When I started my Law of Attraction journey, I intended to manifest my dream job. However, I never provided details such as a specific job title or the industry I wanted to work in. Instead, I was specific about how I wanted to feel at work, what kind of people were there, having a respectful environment, the freedom to travel, and a balanced work and family life. I was specific about the experience I wanted to have, but I left the “how” up to the Universe.

Once I had finished my list of goals, I faithfully followed my daily ritual of reciting affirmations and doing visualizations. About two months later, I received two interview requests within a week of each other. I was astonished when both jobs offered salaries in the exact amount I had written down on my goal list. However, after meeting with the companies, I knew I could not accept either offer.

The fact that the salaries matched the exact amount that I had written down on my goal statement told me the Universe was paying attention. It reinforced the importance of giving very specific details to the Universe, since I was not specific enough about the deal breakers, that showed up in both offers. I was still unemployed, but I was eternally grateful for signs that things were moving in the right direction, and I sent a big thank you to the Universe.

The Steps to Successfully Manifesting What You Desire

Be Crystal Clear About What You Want

Writing down your goals is the most important step in achieving your goals. It is the most effective way to communicate your intention to your conscious and subconscious mind, and the Universe.

Set aside some time to focus on your goals. What do you really want to achieve?

Start to go deeper and involve your emotions and heart in the process. Relax your body and clear your mind. Think about all the things that make you happy. What are you passionate about and would like to do more of?

From an early age. I was very intuitive; I remember my visions or thoughts coming true. I had a powerful imagination, and I would easily get lost in the movies I created in my mind. My journals contained images of my future life: pictures of clothes from fashion magazines, the design of my wedding dress, and the architectural style of houses that I liked. Looking back, I realized how many of these things had actually manifested into my life over the years. I remember my parents calling me a dreamer, in the non-practical way, but I always regarded it as being one of my best qualities.

Getting Clear About What You Really Want

Start by asking yourself these questions:

- If money wasn't a factor, what would you do for a living?
- If you knew you wouldn't fail, what would you do?
- On your deathbed, what would you regret not doing in life?

*To download the companion workbook, go to www.LivinginAbundance.ca

It is important to identify the true qualities of what you really want. For example: Winning the lottery would solve a lot of your financial problems and give you the life of your dreams. Digging deeper, your vision of winning the lottery really means having the freedom to travel more, spend more time with your family, and buy the vacation home you have always wanted.

When you can identify the true qualities of what you want, the Universe will make the necessary arrangements to bring you what you desire—but it might not come in the “package” you expect.

For example, you might receive a job offer in a city that you have always wanted to visit, and it includes living in a huge mansion.

The key to manifesting what you desire, is using your imagination to figure out what you want and surrendering your control of the “how.” Without having to say it, the Universe always knows what you desire. Sometimes, it will read between the lines and deliver something better than you imagined.

Writing Down Your Goals

After a decade of feeling unfulfilled in my career, I started by writing down all the things that I never wanted to experience again in my future workplace. Next, I converted them into positive descriptions of my future dream job. I also wrote down that I expected to have a healthy work/life balance; allowing me to spend time with my family, and the freedom to travel.

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Exercise: Determine what your goals are for the future

Take a moment and write down the things or situations that you want to avoid in the future, based on your past experiences.

Convert these negative aspects into positive goal statements by using the opposite feeling or action to describe your ideal result.

Avoid writing general statements, focus on how each one would make you feel.

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### Manifestation Mindset

When you start the manifesting process, your passion and determination are your keys to success.

You must maintain a strong focus on what you wish to achieve.

Write your goals on sticky notes and place them around your home and office.

Set three alarms on your phone (when you wake up, during lunch, before going to sleep), as a reminder to spend five minutes focusing on your goals.

Find images that represent your goals and what you want your life to look like. Glue them on to a piece of foam core board and place it somewhere you will see it several times a day.

Create a virtual vision board and make it your screensaver,

Be mindful of your intruding old beliefs and quickly replace them with new, more empowering ones.

Watch your vocabulary and eliminate the following phrases:

"I need, I wish, I can't afford, I don't know."

If they enter your thoughts or speech, immediately negate them with a positive statement like:

I AM attracting infinite abundance from the Universe into my life now.

### Money

Money is energy. How you treat it and think about it determines how it will show up

Not going to Starbucks every morning might send out a vibration of lack because you feel deprived of something that gives you pleasure. However, allowing the energy of money to flow freely will keep it flowing, effortlessly, back into your life. When you act abundantly, believing that you will always have a limitless supply of money in your life, you won't worry about not having it.

Acting "as if" it is already in your bank account, and freely doing the things that you enjoy doing, will tell the Universe to keep sending more money into your life so you can continue doing the things that you enjoy.

Try on the life of a millionaire for a day. How would your life change? What kind of clothes would you wear? What would your morning routine be? What would you do during the day? What restaurant would you go to?

When you experience excitement, happiness, and gratitude, you transmit high vibrations to the Universe, telling it what you expect your life to look like.

### Watch Your Words

It is important to become mindful of the thoughts you are thinking and the words you are saying.

Notice any disempowering words that you use:

- "I don't have that skill."
- "I'm not good enough to get a better job."

Eliminate Words of Scarcity:

- "I can't afford to buy nice things for myself."
- "I never have enough money to make it through the month."
- "My business is suffering this year."

Negative Statement:

"I need to make x amount of money this month in order to pay my bills"

Correct Wording:

"I intend to have enough money each month to pay all my bills and living expenses."

### Affirmations

Always use the first person when writing your goal or intention statements. They should be short, concise and easy to say.

I intend to manifest one thousand dollars by (date).

I have more than enough money to buy the things that I want.

The most effective affirmations are the ones you create. They should clearly state your intention and expectations. They can also be written "as if" you have already received the desired outcome.

- I make lots of money doing what I love.
- I choose to be happy and abundant now.
- Money flows easily and effortlessly into my life everyday.

You can also end your visualization sessions by reciting an affirming statement, such as:

*I know that my highest good is making its way to me now. I expect to receive this, or something better.*

There is nothing more powerful than the “**I AM**” statement written in the present tense.

- I AM happy and abundant in all areas of my life.
- I AM now attracting the perfect relationship into my life.
- I AM open to receiving all the guidance and blessings of the Universe.
- I AM grateful for the abundance in all areas of my life.
- I AM successful in everything that I do.

Repeat your affirmations out loud three times each:

- When you first wake up and right before falling asleep at night.
- During these times, your brainwaves are transitioning between Theta and Alpha states, and your subconscious mind is more easily programmable.
- Repeat affirmations in the middle of the day and anytime you feel excited or enthusiastic.

Affirmations and Intention statements should not be read when you are not feeling well, or in a negative state of mind. Always take a few minutes to recite the statement and feel the intense emotion of excitement and happiness; having achieved your goal.

From my own experience, it takes 62 days to form a new habit and change a belief. At first, it may feel uncomfortable saying the phrases that stretch the limits of your current beliefs, but your confidence will grow eventually these statements will form your new belief system.

If you are having trouble finding the time in your schedule to create a daily routine for reciting your affirmations, I suggest making the most of the time that you spend brushing your teeth, taking a shower, or driving to work.

Every minute of our lives, our thoughts are creating our experiences. A lot of people are great creators, unknowingly bringing more of what they don't want into their lives.

## Pay Attention to What You Focus On

One of my clients realized she was a great manifestor. She had been complaining about her car, which was constantly in need of repair, and she found herself wishing that someone would steal her car, so she would be done with it. A few days later, she discovered that her car had been stolen, and she was suddenly left without reliable transportation.

Direct your attention to what you do want by writing empowering words like “abundance” and “prosperity” on sticky notes and placing them around the house.

## Action

Create Your Plan for Success: Every day, write down the actions you intend to take that take you one step closer to your goals. Celebrate and reward yourself after you complete each step. Appreciate your success and your commitment to making a better life for yourself.

To achieve what you want, you must be prepared to act.

To attract a favourable reaction from the Universe, you must initiate action to build up the momentum that is required for your manifestation to begin.

For example: Test drive the model of car that you want, start driving through neighbourhoods that you want to live in, start planning that dream vacation by checking flight plans and accommodations.

If you would like a specific job, research the requirements, write down your skills and abilities, look for a mentor; someone who has already done what you want to do.

Set an intention to find the right person to help you succeed.

Write it down and send it to the Universe.

After you have a list of contacts, graciously call or email them, expressing your passion for your goal. Offer to take them out to lunch in return for their time and kindness. You may be surprised at the responses you receive from people that are happy to help you.

When you send a strong and detailed intention to the Universe, it has no choice but to make it happen.

This is the time to increase your awareness. Information may come to you suddenly, and from unexpected sources. You may receive the answer to your question by unexpectedly meeting someone, from listening to a conversation or reading the newspaper. These are the universal clues that make everyday an Easter egg hunt.

Procrastination will delay your results. It is surprising how quickly the Universe responds after you take inspired action. The more quickly you act, the faster you advance down the yellow brick road.

## How to Read the Signs

After you have done your part by taking action, stay alert for the signs that what you seek is seeking you too.

You may be looking for a new job and you might come across an article featuring the top 10 employers in your city.

It may be hard to watch your friend accept a great job, but it's a sign that the energy of the manifestation is getting closer.

A "not quite what I had in mind" version may appear.

This could indicate that you need to get crystal clear about what you want and rewrite your goal / intention statement.

You just feel it!

One day, I experienced a shift in my energy. It was easy to maintain consistent higher vibrations and I was always in a good mood. I just knew that my dream job was on its way.

You begin to see repeating numbers (for example: 11:11)

You notice the same numbers showing up everywhere: on clocks, license plates, price tags and receipts.

The same insect or animal frequently crossing your path.

## What Is Keeping You Stuck

My concerns about running a profitable business could have easily convinced me to give up and avoid the possibility of it not working out, and subsequent feelings of failure and disappointment.

To successfully create the life that you want, it is crucial to discover the underlying reasons stopping your goals from manifesting into your reality.

Goals that lack true desire are sometimes more difficult to manifest. For example, if someone chooses to manifest an expensive car to compete with the one that somebody else has, because the goal originated from ego, not from the heart, it might not manifest as quickly. It is important to remember that passion and desire are the necessary fuel for effortlessly manifesting what you want.

The next secret to manifesting your thoughts into reality, is to set an intention for what you truly desire without a strong attachment to the outcome. Any vibrations of doubt or worry that you send out will sabotage your order to the Universe.

As human beings, we sometimes doubt our value, worthiness, and skills. The faster you overcome these sticking points, the sooner your goals will manifest. When you keep moving toward your goals, overcoming each speed bump along the way, the voice of doubt will get quieter. Every victory will build your confidence, and when doubt pops up you can just thank it for trying to keep you safe and move on.

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## Exercise: Declare Your Greatest Moments & List Your Greatest Accomplishments

Make a list of the times that you have been successful in life, no matter how small. Start with the goals you set and the successes you achieved as a child and continue the list chronologically up to the present.

As I reflected on my life, I saw many examples of success: in school, work, spirituality and personal development, and in helping others. Reading over this list renewed my confidence to keep moving forward when fear and doubt started showing up.

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## Exercise: Spreading the news

Imagine manifesting your goal and picking up the phone to tell your best friend about it. What would you say? How would you feel? Experience the emotion as you live out that moment. Make sure you thank the Universe too!

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### Exercise: Write It Out

Past traumatic experiences create negative subconscious beliefs that get locked into our mind, body and the energy. That energy gets transmitted. For example, if someone experienced painful emotions in a past relationship, and was unable to let them go, they might find it difficult to attract a positive relationship into their life.

Find a quiet place where you won't be disturbed. Place a small candle in a fireproof container which is wider than the candle. Set the intention of releasing this painful experience from your mind, body and energy. Light the candle and softly focus on the flame. Close your eyes and take three deep breaths. Begin by visualizing the painful situation as an onlooker. Start to experience the emotions that you felt at that time. Take three deep breaths and imagine any painful emotions exiting your body through your exhale. Firmly tell these emotions that they are from your past, and there is no space for them in your life now.

Open your eyes and write down any negative emotions that come to mind from this experience on a piece of paper. Fold the paper into a smaller size and carefully place it in the flame. Once it is lit, drop the paper into the container, focusing on the intention of releasing the experience from your body, mind, energy, and life. Watch the list burn down in the flame. Next, place the palm of your hand on your heart center. Focusing on your heart, think of an experience that made you happy. Start to feel the emotion of love, picturing it in the center of your chest. Allow this energy to flow through your whole body, filling all the spaces where the old emotions came from. Focus on healing yourself for a few minutes. Allow the candle to burn down in a safe place. When everything has cooled down, bury the ashes in a hole in the ground. If you prefer, you can tear up the paper instead and bury it.

By writing out the painful emotions, you release them from your body and subconscious mind—creating space for new positive emotions.

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## Brainwaves and Manifesting

Understanding how the different levels of our brainwaves work will allow us to make them work to our advantage and achieve our goals faster.

**Gamma – (40 – 100 Hz)** Out of all the brain waves, Gamma waves produce the highest amounts of energy, resulting in a Superconscious state. This high-frequency energy occurs when the brain is triggered by a reaction within the body, and not as a reaction to something that is observed in the outer world.

**Beta – (12 – 40 Hz)** During the day, we shift from different states of Beta. Low beta waves (12 – 15) are associated with the normal waking state and a heightened state of awareness: reading a book, verbal communication, logical thinking, problem-solving.

Increased levels of stress, worry, restlessness, and anxiety produce high levels of Beta waves (15 – 40 Hz). This is often referred to as Monkey brain.

**Alpha – (8 – 12 Hz)** Alpha is a deeply relaxed, mental and physical state. When we are in Alpha state when we creatively express ourselves through painting, dancing, and signing. It is also reached through light meditation, visualization, and daydreaming. When we are in Alpha state, we are able to receive clear guidance from our intuition.

**Theta – (4 -8 Hz)** The Theta state is one of deeper relaxation, drifting off to sleep, and light stages of sleep: the REM dream state. It is the type of brainwave activity classically associated with people under hypnosis, deep states of meditation, astral projection, remote viewing, past life regression and psychic activity.

It is in theta state that our conscious mind shifts to the subconscious mind. Remembering emotional experiences from the past also triggers a Theta state.

Theta brain waves allow us to access and reprogram our belief systems and subconscious mind. Affirmations are most effective when they are recited before going to sleep and after waking up.

**Delta – (0 – 4)** The Delta state occurs during deep, dreamless sleep. Occasionally, people who have entered a deep meditation experience a Delta state and remember feeling like they were deeply connected to the Universe.

## The Frequency of “OM”

Chanting “OM,” you can calm feelings of fear and worry, allowing you to view situations with a clear and rational mind.

In addition, EEG brain scans, taken before and after chanting, showed a decrease in the levels of Theta waves and Delta brain waves; lowering stress levels throughout the day. Studies have shown that even those listening to chanting experience lower levels of stress.

Chanting of Mantras, raises our awareness to a higher level of consciousness.

“OM” pronounced correctly is “AUM.” Symbolically, the three letters A, U and M, represent the three main characteristics of the divine energy: creation, evolution, and destruction.

It has been said that the sound “OM” originated at the time that the cosmos was created. By chanting it, we tune in to our connection with everyone on the planet, nature and the universe.

Chanting mantras has been scientifically proven to improve health conditions, without the use of medications, supplements, herbs. Studies have concluded that the daily practice of chanting boosts our immune system and contributes to overall wellness. In Jonathan Goldman’s book “Human Sounds,” he says that Benedictine monks, who chanted every single day, did not report any illness over long periods of time. Those who chanted over a 24-hour period showed a decrease in their heart rate and blood pressure levels, which continued throughout the rest of the day.

### The Awakened Mind

Maxwell Cade, a British biophysicist, developed a unique EEG machine called the “Mind Mirror.” Cade spent 20 years recording the brain-wave patterns of four thousand people during meditation and higher states of awareness. When a meditator experienced a state of bliss, he referred to it as the Awakened Mind state. His results showed that when a person in the Awakened Mind state had high levels of Alpha brainwaves, a connection formed between the higher (Beta) and lower (Theta and Delta) frequencies, which Cade referred to as the Alpha bridge. He concluded that this bridge, joining the conscious mind frequency of Beta and the subconscious and unconscious mind frequencies of Theta and Delta, allowed for a higher level of awareness to flow through all levels of the mind. Cade wrote:

“The awakening of awareness is like gradually awakening from sleep and becoming more and more vividly aware of everyday reality – only it’s everyday reality from which we are awakening!” (Cade & Coxhead, 1979)

### Planting Your Seeds

When you plant a seed in your garden, you know that what you intend to grow is beginning to manifest below the surface before you can see any physical evidence of it above ground. You don’t need to worry about its progress because you believe that the laws of the Universe are at work, bringing you what you want.

Your desires will come to you at the perfect time. You can help release your worries by positively affirming:

“The Universe is working in my favor, and delivering to me what I desire, or something better.”

After a while, you will not have to consciously “ask” for things anymore, the Universe will just keep sending things that please you.

## Surrendering to The Universe

By placing our trust in the universe and maintaining faith that we are being guided toward our highest good, we avoid directing our energy toward the negative. This calls for us to surrender our control over the outcome. We have to have faith that the Universe will take care of "how" exactly it will happen. Of course, this is easier said than done.

## Healing Unconscious Beliefs

Using our willpower to help us overcome obstacles initiates the Universal Law of Force. However, this Law can work against us. The rational mind believes that by anticipating problems before they arise, it can strategically avoid the problem. But by focusing on those problems and how to avoid them, you increase the chances of those very things happening.

For example, you may set an intention to manifest more money to pay your bills but, because your mind is consumed with worry and debt, you end up attracting more scarcity into your life. What is crucial to understand about this Law is that the Universe does not distinguish between what you want and what you don't want; it simply delivers what you choose to focus on. Consistently focus on only what you want and expect that your greatest good will be delivered to you.

Dwelling on the lack of money in your life, or past financial mistakes, sabotages your intention to manifest lots of money. You are attracting more scarcity and lack into your life because of what you're focusing on.

Now is the time to release any negative experiences from your past. You can't change the past, it doesn't exist. Consider any mistakes lessons in life, which help you make better decisions in the future. You control what is happening now. When you stop reacting to what is going around you, you become the Creator of your reality. Your environment doesn't influence you anymore, and you are free from competition, and economic conditions.

Positive thoughts lead to positive feelings. When you think about a happy time in your life, you can transform your negative thoughts and emotions into positive ones, therefore attracting more positive things into your life. In turn, experiencing positive events elevates your mood and those vibrations start attracting even more good things to you.

## Are You in Alignment?

Many of us have made the decision to forge our own path—leading to our vision of success. However, if it wasn't in alignment with our life purpose, we often struggled to achieve our goals.

The things that we are passionate about, and our unique talents, are clues to our true purpose in this life. When you surrender your plans and decide to pursue your life purpose, the Universe will guide and support you on your journey. It is here that you become aligned with the power of creativity, and your path is lit up with signs and synchronicity.

There must be complete alignment with your goals and your beliefs.

Goal: I intend to be promoted to CEO.

Perhaps you see the promotion as the only way of making the amount of money that you desire. Looking deeper; could there be some underlying resistance because a part of you is hesitant to take on that kind of responsibility, or being in that position would mean working longer hours, taking away from your family life.

Solution: Go deeper and find the qualities of your ideal job: Salary amount, the freedom to work from home, 4 weeks vacation time every year, a healthy work/life balance. Re-write your goal statements accordingly.

Goal: I intend to find my ideal life partner.

Your desire is to be in a loving relationship with the man of your dreams. However, you still find it difficult to trust others, based on a painful relationship in your past.

Solution: Be gentle with yourself; practice self-love to build up your self-worth and forgiveness to release the past. Let your heart guide you as you write down all the qualities you would like to manifest in a mate and relationship.

Your Reality Is A Reflection of Your Beliefs.

Imagine yourself surrounded by mirrors. Whatever you believe about yourself, and how you judge yourself, is being reflected back to you.

If you believe that you lack the skills or talent to get a better job, or to receive a promotion, you emit the energy of unworthiness, and you attract less than what you want.

If you are always giving generously to everyone else, but not treating yourself to love and self-care, you are sending out the message that you are not worthy of receiving the things that please you.

The Law of Correspondence tells us: as within, so without.

Your outer world is a mirror of your inner world. Only by changing your beliefs about yourself can you affect what you experience in the outer world.

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Exercise: Worthiness

Are you holding onto any beliefs about your worthiness to receive?

Relax and take a moment to think about all your great qualities, and all of the things that you do for other people. Think about your impact on the world. Now list all the reasons you deserve to have what you desire.

Example: I deserve to be happy because I am a good person; I deserve to have a loving relationship because I am loving and kind; I deserve to be financially free because I have a lot of value to give to people.

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## Identifying Your Limiting Beliefs

“Whether you think you can or you can’t, you’re right.”

Henry Ford

By becoming aware of your unconscious beliefs, you are in a better position to create what you want.

One of the best ways to identify any unconscious beliefs and sabotage mechanisms blocking you from manifesting what you want, is to use make your “want” list. Start by writing down a list of what you would like to manifest. The best way to do this exercise is to allow yourself to write down anything that comes to mind, even if it is completely unrealistic. Next to each item on your list, write down all the reasons why you don’t believe you can have it.

For example, if you want to manifest a lottery win, but you feel you’re not worthy because of some guilt about mismanaging money in the past, write that down.

Be patient and loving with yourself during this process, the answer will always come. If you feel like “I’m not worthy” or “I’m not ready for it,” keep working on your worthiness beliefs.

Now you get to decide if your reasons are good enough to keep yourself from having what you want. If you discover that you are not ready for something to manifest into your life, you may just need to take some time and get prepared for it.

Next, go down your list of wants and the reasons for not having them, and flip the reason to come up with an opposite statement that supports why you should have it. Repeat these statements for seven days, or until you feel more confident. By doing this, you are reprogramming your neural network and beliefs to support you in manifesting your goals.

## Increase Your Goals Gradually

If your goal is to manifest one hundred thousand dollars, begin by setting your goal at the amount that makes you slightly uncomfortable, but not so unimaginable that your subconscious mind will never let you manifest it. After you achieve your smaller goals, you will have built up enough confidence to start manifesting even bigger ones.

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### Exercise: Find Your Comfort Zone

Write down the amount of money that you would like to earn in a month.

Double that amount and rate your comfort level by noticing how your body reacts and record any thoughts that come to mind.

Keep increasing the amount until you feel slightly uncomfortable.

When you reach that point, ask yourself:

“Why do I believe that I am not worthy of making that amount of money?”

Take some time to pause and think about your answer.

Write the amount down on a goal statement and read it out loud three times when you wake up and before falling asleep.

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### Manifesting From The Heart

Traditional mind-based manifestation techniques involve the conscious and subconscious minds. If you haven't eliminated our limiting beliefs and blocks, your subconscious mind may sabotage our intentions with thoughts of doubt or disbelief.

Heart-based manifestation technique requires your mind to be present in the moment. It is a more effective way to transform your thoughts into reality. When you are relaxed, you can dismiss the voice of your subconscious mind and radiate your desires to the Universe on the highest frequencies. Thus, allowing your thoughts to go out into the Universe without interruption.

Heart-mind means that mind and heart are in harmony. Mind is the intellect and heart is emotion, so your mind thinks about what your heart feels. Sometimes you think one thing, but your heart wants something else. When you regain that balance, you gain control over your actions and your reactions. You also gain control of your creative energy to manifest your creations in the world.

### Vibrations from the Heart

When you experience high-frequency emotions through the heart, like excitement and passion, the Universe responds by mirroring them in your outer world. Visualizing your outcome while feeling these powerful emotions cuts down the time that is required for your manifestation to become reality.

Gratitude is one of the highest frequencies. When you say “thank you” for everything you currently have, even it’s not exactly what you want, the Universe will respond by sending you more things and situations that please you.

#### The Science Behind It

Scientific research suggests that the human heart is the largest generator of electromagnetic energy in the body. Each wave generated by our heart is at least 1,000 times more powerful than those generated by the brain.

No matter how specific your intention, you cannot manifest by using your thoughts alone. The secret to successfully manifesting what you want is adding emotions to the process. Your emotions contain magnetic energy and can influence the field of consciousness.

According to the HeartMath Institute, heart signals have a significant effect on brain function – influencing emotional processing as well as higher cognitive facilities such as attention, perception, memory, and problem solving. In other words, not only does the heart respond to the brain, but the brain continuously responds to the heart.

By adding emotions such as love, gratitude and excitement to our meditation, we are using the highest vibrational and magnetic frequencies to effectively send our desires out to the Universe.

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## Heart-Based Meditation

Relax and start to take deep breaths in through the nose and out through the mouth. Completely relax your body and clear any thoughts from your mind.

Focus your attention on your chest. Feel your heart energy and give this energy a color. Imagine this energy expanding so that it surrounds you. Feel immersed in this energy as it travels through every cell.

Gently touch the center of your chest, your heart center, with your palm.

Place your focus onto your heart center.

Start to slow your breath, breathing in through the nose for the count of 10, and out for the count of 10. Breathe in through the heart center and out through the heart center.

Start to feel the emotion of gratitude in your heart, where your hand is. Feel gratitude for all the positive things in your life.

Visualize what you want to create and place it in your heart center.

Imagine it filling up with heart energy and love.

Feel the love that you have for it, and that you are one with it.

Take a deep breath and release it slowly, focusing on your connection to a loving and supportive Universe.

Take a deep breath and release it slowly, knowing that you are worthy of receiving your manifestation and that it is on its way.

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## 4.. Belief

Belief is the most powerful manifesting tools you have. Every physical thing created began with a single idea, a creative thought. Without belief, nothing could ever be manifested.

By radiating love, and believing that your manifestation will be created, your fear and worries will disappear.

## The Waiting Game

The most frustrating thing at the time, was that I had not signed up enough new clients to adequately increase my revenue. I felt I was in the flow, completely aligned with becoming an author and public speaker, I was abundant in all other areas of my life ... except money. At that point, I decided to get very clear about my goals.

“Thank you, Universe, I am so grateful for receiving all the wonderful resources, people, as a sign of your love and support. I have decided that I am ready to serve people with my coaching business in return for physical money; which will allow me to pay my bills, buy the things that make me feel good, take my family on vacation, and give to those in need. Thank you, thank you thank you.”

## Set Your Intention When You Wake Up

Every morning, after reciting your affirmations, set your intention for the day by saying something such as:

This is going to be the best day ever!

Your intention could include what you would like to manifest that day. For example: “I am going to sign up three new clients today.”

Next, take a few minutes to visualize it, building up the feeling of excitement as you see yourself receiving. When you experience a high level of emotion, say:

Thank you, Universe, for \_\_\_\_\_!

Then, let it go and allow the universe to take care of the rest. Let it surprise you.

\*To build up your confidence, start small: Set the intention of having a smooth drive to work and a free parking space; visualize it being available when you get there.

## Manifesting A Loving Relationship

After writing down specific details about the characteristics of your ideal partner and relationship, you need to get ready for the Universe to deliver.

Go to the lingerie section and have a look around. You don't have to spend a fortune, but you deserve to buy something that makes you feel beautiful. Get your hair done, do your nails, and start visualizing your perfect date; from start to finish. Have fun.

## Manifesting Money

If want to manifest more money, you must build a positive relationship with it. Keeping a money journal will help you appreciate all the abundance from the Universe.

This includes: a friend treating you to lunch, finding what you intended to buy on sale, receiving an unexpected discount at the till, a rebate on your cell phone bill, and unexpectedly finding a twenty-dollar bill in your pocket.

In your journal, write down all the money that you have found or received. Once a month, add it all up and show your appreciation to the Universe by saying:

Thank you, Universe, for the money and abundance that easily and effortlessly comes into my life.

**Prepare to receive lots of money**

Prepare to receive more money by opening a savings account dedicated to your goal; opening a business, a new house, going on vacation. Each month, deposit 10 percent of your earnings into that account.

Place a piggy bank or dish by the front door to collect and save all your loose change.

After 3 months, add it up and record it in your money journal. Then take a minute to express gratitude for the abundance in your life.

**Become more mindful**

Envy and jealousy are huge vibration killers. Thoughts or words about the absence of money in your life end up attracting more lack and scarcity. Avoid saying anything negative about your financial situation or your business.

No matter how bad you consider your financial situation, the worst thing you can do is hoard your money or deny yourself of an occasional indulgence.

When you decide to purchase something, do not allow any negative thoughts or guilt to linger in your mind. Instead, bless the money for allowing it to buy the things that bring you happiness and joy.

**Add It Up**

Most people write out their money goals without putting a lot of thought into the actual amount it would take for them to have everything that they want.

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Exercise:

Do you know what it would cost to live the life of your dreams? Start making a list of your expectations and write down the cost of everything you expect to have in your everyday life.

Visualize how you would start your day and what you would eat for breakfast, lunch, dinner. What would you do during the day and up until the evening?

What do your daily activities cost?

Do some research about the neighbourhood that you would like to live in. What would your dream house cost?

What is the exact model of the car that you want and the cost?

Do you expect to have a private chef, a cleaning service?

Where would you vacation: add up the plane ticket, hotel and meals.

How much do you plan to make in charitable donations each year?

When you calculate the total, you will have an accurate idea of the amount of money you expect the Universe to deliver.

Acting "as if" directs your subconscious mind to start finding ways to make it happen.

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Paying It Forward

Wanting huge amounts of money may sometimes stir up unconscious feelings of guilt. Consider all the good you can do with your millions. List the charities and causes that you care about and write down how much you intend to donate every year.

Holding on tightly to money sends the vibration of lack out to the Universe. Instead of feeling bad about spending money, bless it, and think about how good your purchase makes you feel, and how it supports the businesses and people in your community. The positive money energy that you send out will end up flowing back to you.

Start your wealth with others. Even if money is tight, make small donations to the causes that you care about. Increase the amount you normally tip and enjoy the experience of being able to bring joy and happiness to others.

## CHAPTER SIX – SOUL JOURNEY

"Would you tell me please, which way I ought to go from here?" asked Alice. "That depends a good deal on where you want to get to," replied the Cat.

LEWIS CARROLL, "Alice in Wonderland"

### My Spiritual Education & The Law of Attraction

I have been blessed with so many opportunities to become friends with people from different spiritual backgrounds; such as Buddhism, Taoism, and Shamanism. They taught me different practices based on their belief systems. They all had one thing in common: The Law of Attraction. Here are some examples:

- The cornerstone for a successful spell, is placing a strong intention on the goal you want to achieve.
- Work with the Lunar cycle: to manifest your desires and release what no longer serves you.
- Remove worry or a lower emotion by focusing on it with your mind and releasing it through your breath as you exhale.
- Dissolve what is blocking you from manifesting what you want by using energetic healing practices to clear your chakras.

The phrase "I Am That I Am" from "The Book of Enoch" (the tale of Moses and the burning bush) reveals the truth of who we really are—part of, and not separate from, God. Therefore, the ability to create miracles already lies within each of us.

The Hermetic Laws, which include the Law of Mentalism, the Law of Correspondence, the Law of Polarity, the Law of Gender, the Law of Rhythm, the Law of Cause and Effect, and the Law of Vibration, are ancient principles that some say were originally documented two thousand years ago by Hermes Trismegistus, referred to as one of the earliest prophets. For hundreds of years, the laws were hidden from the people and used in secrecy by Mystics.

Everyone's journey, using the Law of Attraction, will be unique, according to their circumstances. Mine was filled with magical and unexplainable experiences, that defied illusions I had allowed myself to believe.

"We are not a drop in the ocean, but the ocean in itself."

Rumi

Removing ourselves from the ego, allows us to think of ourselves as being connected to the whole world. The belief that we are in competition with each other, is a sign of a scarcity mindset. The vibration of lack will end up attracting more of it into our lives, and not the abundance that we seek.

However, when we live in harmony with everyone else, happily supporting other businesses and people, we can feel confident knowing that the same energy will flow back to us.

From my experience, I know that it is extremely difficult to remain calm when we are waiting for our desires to manifest. Especially, when we observe others already having the things that we desire. The Law of Cause and Effect reminds us that we should congratulate others and feel good about their success. Doing so, will send out a high vibration to the Universe, and result in attracting that same level of success to us in the future.

### Accepting Responsibility

The map that we come equipped with when we enter this world holds our true path. However, we start creating our own map as we go along; based on our experiences and beliefs that we have accepted.

You must agree to surrender your belief that you were ever a victim of your circumstances. Many of us, myself included, have blamed our outer world for our experiences.

“How can I succeed when the economy is the problem?”

As human beings, we were given free will and the ability to make conscious choices. Saying we are a victim of the environment is an excuse for not taking action and moving forward.

### The Company You Keep

When we begin to awaken, we might experience an extreme rush of excitement and the need to find a mentor to teach and guide us through the new and exciting world that we have discovered.

More spiritual teachers and gurus are popping up, offering workshops and classes promising enlightenment or the fast track to ascension. Unfortunately, those who cannot afford the inflated cost of these events or programs can often feel left behind.

I encourage you to listen to your intuition when you are choosing your teachers, it will always direct you to your highest good.

When we are ready, the teacher will appear.

### Consciousness

Maintaining the belief that what we desire is on its way to us, is extremely important for staying in alignment with our goals.

Eckhart Tolle, in his book “A New Earth,” refers to it as conscious presence.

“Our outer purpose changes with circumstances and necessarily involves time, whereas our inner purpose remains always the same: It is to be absolutely present in whatever we do and so let our actions be guided and empowered by awareness, the awakened consciousness, rather than controlled by the egoic mind.”

## How Gratitude Changes You

As we implement gratitude into our lives, our mindset begins to shift. We no longer place so much emphasis on material things as we realize how much beauty and abundance already surrounds us. Showing our gratitude to the people that love and support us, and to those who make our daily experiences more positive, sends a ripple of universal love energy out into the world. When our thoughts and actions come from the heart, we deepen our connection with others, and our lives feel more fulfilling.

## Receiving Guidance and Support

One day, I was having coffee with a friend who wanted my advice. She asked for my opinion, completely catching me off guard, but I spontaneously blurted out a response. I hadn't even analyzed and answered the question in my mind before the answer flew out of my mouth. At that moment, I realized I was channelling guidance from a higher spiritual level.

We all have access to the information and answers that we need. You can ask the Universe to give the answer to your question, or affirm the statement:

The answer to my question is already inside me.

Then clear your mind and wait for the answer to appear.

## We are Awakening

In the process of writing this book, I experienced a period of regression; it had been almost a year since I last experienced feelings of worry, fear, and doubt. During this time, I felt the waves of my emotions rise to new levels; I often found myself in a rage or breaking down in tears.

Some days, it was difficult to even get out of bed. I also found myself passing judgment on others, and a deep desire to escape the negative vibrations of my surroundings by joining a monastery.

Finally, I sought the council of one of my spiritual mentors who referred to it as a period of awakening, or spiritual growth. I learned that my body was going through an energetic and vibrational transition. Because the Earth is currently shifting to a higher frequency, referred to as the Schumann Resonance, our bodies must transition as well. On January 31, 2017, the Schumann resonance frequency significantly rose from 7.83 Hz to 36+. It has been suggested that the magnetic field of the earth can influence human consciousness, affecting our nervous system and our well-being. During this time, it is common to experience anything from changing sleep patterns, vivid dreams, extreme mood swings, and intense fatigue.

Fear Is an Illusion, A Very Convincing One.

"If you had not suffered as you have, there would be not depth to you as a human being, no humility, no compassion."  
Eckhart Tolle

Fear can be observed everywhere—in the form of war, murder, and greed. Turning on the news can scare you and make you question your safety and trust others.

In her international bestseller, "Feel The Fear And Do It Anyway," Susan Jeffers wrote:

"If everybody feels fear when approaching something totally new in life, yet so many are out there 'doing it' despite the fear, then we must conclude that fear is not the problem."

It had been two months of waiting for my dream job to manifest and money was tight. When two appealing job offers appeared, even though neither one was perfect, I was tempted. My mind started thinking about money coming in again, and I started to question the logic behind waiting for my dream job to magically appear. I consulted my intuition to see if I should accept one of the jobs, instead of continuing to pursue the unknown outcome. A voice inside me responded: Yes, get a job! This shouldn't be this hard; you might not end up manifesting anything better!

The words felt heavy and dark, and I realized that these were not the words from my higher self. It was my fear of scarcity rising in a vulnerable moment. At that time, I was too emotionally involved to receive clear guidance from my intuition.

Next time, I needed to ground myself and raise my vibration before asking for guidance and direction.

The intensity of fear depends on how confident we feel when faced with a decision or situation. Ultimately, we are in control of how much power we give our fears.

Fear comes from your primal instinct, which is trying to protect you from danger. When you think about making a change in your life, fear arises because you are moving into an unknown territory. Our primal mind will come up with the worst possible outcome to keep us from acting.

By taking deep breaths and focusing our thoughts on the present moment, we can view the situation with a rational mind and recognize that the fear that we are experiencing is not the truth in our current situation.

Just like your thoughts, becoming more aware of the surfacing emotions will allow you to catch and release them more quickly. Start the practice of mindfulness today; within weeks you will notice an improvement in what shows up in your life.

Unfortunately, many people remain stuck in their lives because the fear of taking a risk and failing, or being judged, is greater than the fear of staying where they are.

When we are pursuing something that we are passionate about, we might start to feel a lot of resistance. The key is to find the most important reason to change your life; if it is not compelling enough, it will not fuel your actions. This is the time to follow your heart over your mind and believe in yourself.

In my situation, my goal was to be independent and self-sufficient; free from economical circumstances and typical 9 to 5 job. But the thought of changing careers brought about the fear that I didn't have the right qualifications for a position in another field. I felt unworthy. I also was afraid of investing the time and money in courses, and thought I was too old to change careers. These judgments hadn't come from anyone else, but I allowed myself to believe them.

Yes, our lives are busy, but because our minds are always preoccupied with what is going on in the world around us, we dismiss many of the subtle signs the universe is sending us. I am guilty of dismissing all the signs for a long time.

The fear of trying something different and failing limited my perspective in the situation and the options available to me. I kept trying to reinvent the wheel by pursuing the same types of jobs and repeating the same old patterns. Finally, the Universe had no other option than a great big upheaval of my life.

What drove me forward came down to the fear of going back to doing what I had done in the past was far greater than the fear of taking action.

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### Breathing

When your attention is focused on the present moment, you can more easily observe the emotion coming up, and immediately shift your negative thought to a more positive one. Start by breathing in through the nose for 8 counts, and out through the mouth for 8 counts. Repeat this for at least 2 minutes, or until you are in a calm state.

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### Living the Life You Were Meant to Live

#### Pursue Your Passion

Is there something in your childhood that you have always regretted giving up? Maybe you feel like you were meant to do something else. You are probably right. So, what is stopping you now from being authentically who you came into this lifetime to be?

If you have heard your inner voice tell you that you are not living up to your potential, and you are meant to do something more meaningful, then it is time to embrace your greatness. Playing small stops you from sharing your unique gift with the world. You are here to shine your light and to inspire others to do the same.

Being passionate about doing things differently is not an easy path to follow. You must come to terms with the fact that your new beliefs will be challenged by your family and friends. You need to let those

people go. Otherwise you will be back in the Matrix, allowing other people's belief systems to limit your true potential. Believe that you are strong enough to overcome any resistance or obstacles in your way.

I encourage you to take chances and pursue your dreams. In my opinion, looking back on your life with regret is a far worse fate. A few years ago, I could have written a long list of the reasons preventing me from quitting my job and pursuing my dreams; all those reasons came from the outside world, including: losing a stable paycheck, the criticism from others. When the Universe shook up my reality, and I was laid off, there was no better time to ask: What have I got to lose? Finding your true passion is the key to having a life filled with joy and abundance.

#### Perfectionism Only Delays Your Manifestation

"Every day, in every way, I'm getting better and better."

Émile Coué

Our fear of failure often prevents us from taking the necessary action toward our dreams. Perfectionism is a stalling technique and a form of self-sabotage. "It needs to be perfect or I will look bad," is an excuse that we give ourselves to not move forward.

I knew that I had to work on my marketing and content for my business, but I procrastinated when it came to doing webinars and live Facebook events. I kept telling myself that everything had to be perfect for me to give the best value to my followers. However, I soon realized that a lot of opportunities to help people could be lost if I continued to wait for everything to be perfect. Everyone who has become great at something started at square one; with persistence and dedication, they got to where they are now. You can do the same.

#### Surrender to The Flow of Life

Being open to divine guidance requires that you give up control over the "how." If you have clearly stated your desires to the Universe, everything you are experiencing is in your best interest, and is moving you closer to achieving your goals. Accept that there is a higher power that knows exactly what you want. Your job is to remain open, pay attention to the signs, and express gratitude for the blessings along the way.

After I came out of the spiritual closet, I openly talked about the Universe and the synchronicity and magic I was experiencing. People were intrigued, and they would come up to me with their questions about the Law of Attraction. One time, after I finished telling a story about my conversation with the Universe, a woman asked me a question with a skeptical tone in her voice. I answered her question, but she maintained a "you're crazy" look on your face the rest of the night.

A few months later, I ran into her again. I went over to say hello, and we ended up in a conversation about the Law of Attraction. After confessing that she was having trouble manifesting her goal, she remarked, "But I'm not spiritual like you!"

This is an example of how sometimes the people who oppose our authenticity and actions are really the ones who wish that they too could dare to be bold. We need to be shining examples so that we can inspire others.

## Spiritual Awakening

After you start practicing the Law of Attraction, you may notice subtle shifts in your perception. As an example, something that you would have previously overreacted to, no longer seems important. That is the first sign that your goal is transitioning into physical reality. The shift in the way you feel inside is now being reflected on the outside.

### The Signs of Awakening

#### Love

The spiritual journey involves giving up fear and choosing love instead. When you let go of the ego, your awareness increases; you search for answers, wanting to live a more meaningful life; you forgive those who have hurt you; and you show generosity toward others. As you experience an increase in awareness, you begin to understand that you are connected to the Universe and all things on the planet, and start being of service to others.

#### Mindfulness

Many of us don't set aside the time to reflect on the events of the day, let alone a time to connect with Universal Mind. It is only when we quiet our mind, shutting out the brain chatter, that we can hear the guidance from our highest self.

When we decide to change our lives, our subconscious mind immediately reacts in fear. Our emotions overcome us, and we become anxious and fearful, as a heavy voice tells us to give up on our dreams and go back to doing what we have done in the past. The voice of fear is not the truth. This is referred to as false evidence appearing real. It is a reaction from our primal mind trying to keep us safe and stopping us from moving into the unknown.

When you are in the now, you can look more closely at the real cause of fear; and discover the belief that triggered it.

When I began my coaching practice, I found it difficult to attract the number of clients I wanted. I started to worry about paying my bills and my mortgage. I began to experience a lot of fear when I was learning to market my business. When I calmed down, I was able to look at the real reason that was causing my anxiety. I began to ask myself questions like: *Am I worried that I am not good enough to be a coach? Do I feel like I am not worthy of earning the money that I desire?*

My "Aha" moment was when I discovered that I had been thinking that running a business was hard. I knew that my "Success Mindset" needed some support. I had become overwhelmed by tasks such as: what to post on social media, marketing my business, and designing and maintaining my webpage. At that point, instead of giving up, I decided to hire someone who had mastered doing all the things that I struggled with.

Once again, the Universe delivered exactly what I needed. After a brief conversation with Joseph Clough, #1 Bestselling author, hypnotherapist and coach, my intuition nudged me to sign up for his program, so I did. Could it get any better? Yes, in fact it did! It turned out that his wife, Melissa Clough, was a website and systems expert that could take the "techy stuff" that I hated doing off my plate. *Thank you, Universe!*

Even though it meant spending money that I didn't have, it ended up taking a lot of pressure off me, so that I could relax and concentrate on giving more value to my clients.

Go to my resource section for more information about this power couple and their services.

### Making Authentic Decisions

After spending 15 years conforming to the opinions and beliefs of others, I chose to forge a different path. I had spent too much time believing that I wasn't good enough, I didn't have the right education, and I could never get ahead. When I was laid off, it was a pivotal moment, as I chose to beat the odds and create the life that I wanted.

After reciting affirmations, meditating, and stating my goals faithfully for 6 weeks, I began to experience a shift in my mindset. I had started to believe that I could achieve anything that I wanted.

It was also a sure sign that I had successfully replaced my old limiting beliefs with empowering ones that supported my success.

The key to changing your circumstances is identifying the limiting beliefs in your subconscious mind and replacing them with new beliefs that support your success.

When my subconscious beliefs supported my goals, the Universe began corresponding with my desires and lining up all the things that I needed and were previously unavailable.

The key to effective manifesting is that whatever you desire has already been energetically created and is making its way to you. As Abraham-Hicks says, everything you want has already been created in the Vortex.

### Gratitude

Gratitude is one of the most powerful tools we can use when practicing deliberate creation. When you offer gratitude, you raise your vibration and, as a result, you start attracting more of what you appreciate.

It can be as simple as admiring a sunrise or observing a kind gesture. When you show gratitude for the positive things and experiences in your life, you are sending a strong signal to the Universe. It is like sending a big thank you note for the gifts that you have received. Practicing gratitude also lets you take stock of the good things in your life right now. By keeping your thoughts focused on the blessings that you have already received, your mind is prevented from being consumed with worries about the future.

Giving thanks for even the smallest things that begin to show up in your life is essential. It is a sign to the Universe that your focus is on the present moment, observing, and, more importantly, acknowledging the gifts being sent to you. Think about it this way, if you delivered a gift to someone and you didn't receive a polite thank you, would you be inclined to offer another one in the future?

Start saying "thank you" throughout your day for the small things—like a compliment you receive, or an empty parking space.

Research has shown that meditating while focusing on feelings of gratitude and appreciation raise a person's energy level and vibrations. In this state, the unconscious mind is more easily reprogrammed with empowering beliefs.

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## Gratitude Exercise

Everyday, write down five things that you are grateful for.

It is very important to speak from your heart and to involve your emotions when you are expressing gratitude. Really feel grateful. You can also express gratitude for your goals before they have manifested into reality. This will inspire the Universe to speed up the delivery. For example, be grateful for an upcoming promotion at work, better communication with your spouse, continued good health, or meeting your soulmate.

This will also program your subconscious mind into believing that you already have what you want, and to start delivering more of it.

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## The power of saying "Thank you."

Sometimes, we become so accustomed to receiving gifts from the Universe, that we forget to appreciate them and to say, "thank you." For example, someone letting you pass in front of them in traffic, someone opening the door for you, nice weather, green traffic lights on your drive to work, or an open parking space right in front of the building we are going into. It is important to become more aware of what is happening around us. Most importantly, express gratitude for these blessings. Start saying "thank you" the moment you receive something that pleases you. The more you do, the more frequently, and quickly, the gifts from the Universe will start appearing in your life.

We are always under so much pressure to be perfect. When we don't get the results we want, we label it a failure or a waste of time. We are here to experience both good and bad, and to learn from those experiences. Instead of feeling upset when something doesn't work out the way you planned, try to shift your perspective and see the positive aspects. There are no mistakes in this life. If you took a risk and you didn't achieve what you wanted, give yourself some credit; it takes courage to reach for the brass ring. Sometimes when things don't work out, it wasn't in your highest interest, and the Universe is showing you that there are other ways to achieve what you want. We often don't consider this, and we tend to get upset and lose our motivation or give up. We have a mind with the capability to reflect on our past experiences and to learn from them. This is how we grow as human beings.

## Responsibility

In any situation, we have the power to choose our thoughts and actions. The only way for us to become powerful creators and to control our reality, is to accept that we always have been in control of our reality. Our thoughts, decisions and actions are the reason for where we are today.

Accepting responsibility for all aspects of our lives is not an easy thing to do, but it is a necessary step in our growth and development. Remember there are no mistakes. The paths we chose to take were the

ones that were required to learn our biggest lessons. We are all explorers on a journey, learning how to best enjoy this life.

### A Change in Perspective

One evening, I had was watching a romantic movie, enjoying some alone time. Suddenly, thoughts of an old ex boyfriend came into my head and I started crying. I had spent a long time holding onto the pain of betrayal I felt when he left me. I had always been loving, supportive and nurturing in that relationship, but never felt like I was shown love and attention in return. I had forgiven him a long time ago, so I had no idea of what had triggered the feelings. The emotions got stronger and I collapsed on the couch.

“What are you upset about?” The Universe asked me. Startled, I thought about it and replied, “I don’t know.”

“Do you want him back?” the voice asked.

“No, definitely not!” I replied, “I have grown so much since then, we wouldn’t even be compatible anymore!”

“Then what are you really upset about?”

All of a sudden, I was back in the moment when my ex was breaking up with me. I felt weak as I remembered the pain and sadness. Suddenly, I had my “Aha” moment. I finally realized that it wasn’t the trauma of him leaving me that had caused so much anguish in my life. It was the fact that, in that moment, I felt like I meant nothing to him. Even after years of giving all my love and dedication, I was not worthy of his love. Which made me question if I was worthy of receiving love from anyone.

The truth of it really was that I had stayed in what felt like a one-sided relationship for years, believing that one day he would change. I felt terribly guilty that I had not honored my own self, realizing that I too deserved to be shown love and respect in return.

Once again, my low self-worth and confidence took their toll. After the reminder of the original experience, I practiced forgiveness on him and myself for a week.

### Forgiveness

Forgiveness permits you to be in harmony with yourself and allows you to wish everyone well. For most of my life I chose to hang on to grudges. I held on to childhood experiences with my parents, teachers, and even an old boyfriend. The last one was the hardest to let go of since I had been dwelling in the pain and the feeling of being betrayed. One day, I came to the realization that I really had been eating the rat poison all this time. Through other people, I found out that he had moved on a long time ago and was doing well. Wanting to release the burden of the emotional load once and for all, I settled with the idea of forgiving him. I continued to forgive the rest of the people on my list, as well as myself; I had to forgive myself for the role I played in each event.

Forgiveness is not saying “it’s okay that you hurt me” to anyone that hurt you, but it is about gaining more clarity about why it happened and the process of completely letting it go. Continuing to hold on to thoughts of resentment or guilt ends up building resistance in your life. Your mind and body are being affected by these blocks which are preventing you from getting what you want in life. When you forgive, the blocks are removed and your vibration changes—allowing you to attract positive things into all areas

of your life. The best way to keep moving forward is to forgive those who have hurt you in the past, and to forgive yourself for the role that you played.

#### Practicing Forgiveness

If you are holding on to a grudge and holding on to resentment toward a person, you are sending out the vibration of “you owe me.”

If you view this person as someone who is withholding something from you, then you are in a state of lack. You are therefore blocked from feeling abundance, and thus, you will remain in a state of lack.

People are hesitant to simply let go and forgive the person for their actions. However, the act of forgiveness doesn't release the person from the responsibility of their actions. More importantly, it allows you to release the pain from the experience.

When I thought about how much pain I had been holding on to, I started to wonder if the other person had been suffering like I had. I came to the hard conclusion that they had most likely moved on and had not given the situation much thought afterwards. Allowing myself to hold on to the experience had prevented me from living a happier life all this time. I then decided to forgive this person, and to forgive myself as well, for allowing this person to hold this power over me for so long. I also accepted that the experience had, in the end, made me stronger, and allowed me to have better judgment if in the same position again.

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## Forgiveness Exercise

The ancient Hawaiian healing practice of Ho'oponopono

Start by making a list of the hurtful situations you still carry a negative feeling about.

Write down the person's name and the details of the situation. Make sure to include situations that you need to forgive yourself for. Example: you handled money badly at one point in your life, you didn't respect your partner in a relationship, or you didn't pay enough attention to your health.

Try to list around 20 experiences, even the smallest events.

Read each situation out loud and experience it again with as much feeling as you can.

After addressing each experience, say out loud:

"I forgive you, I'm sorry, thank you, I love you."

The meaning behind the words:

"I forgive you" I will release this incident from myself and I will no longer allow this situation to hurt me.

"I'm sorry" I accept the situation and I am sorry for holding onto it and allowing it to hurt me for so long

"Thank you" I am grateful for the lesson that this experience has taught me.

"I love you" Love is the highest vibration. Sending love to the situation will allow you to release it.

After doing this action, you should feel much lighter.

Continue this practice for a week, and whenever you feel you need to release a hurtful situation. You will be able to release it much faster each time.

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The value in you

I have coached clients that are busy professionals searching for a more fulfilling life. However, they do not place enough value on taking 30 minutes for themselves. I was one of them. I was preoccupied with completing everything that others expected from me and I dismissed giving myself any praise, nice things, or taking any "me" time.

The way I ended up becoming a coach.

Soon after I landed the job in the film industry, I received continuous inspiration to teach everything that I had learned to others, so they too could change their lives for the better. That is when I understood that the true purpose of my journey was to create a better life for myself, and the opportunity to help others as well.

It was time to take inspired action, however, I was in unfamiliar territory. My first thought was to create workshops, which led to my coaching business, and eventually to writing this book.

It had been a while since the last time I stepped out of my comfort zone. Last time, it required setting up my LOA workshops without any prior experience, however, I was inspired to give back. I wanted to share my knowledge and help others change their lives.

I knew ignoring the guidance would result in a much longer journey. Grateful for what I had achieved so far, I decided to keep following the breadcrumbs. As I went through every stage of creating my first workshop, I received new numbers which reflected positive feedback from the Universe. Soon, it became a daily occurrence, and the messages kept assuring me that I was getting closer to manifesting my goal.

I also kept receiving the inspiration from Universe to write a book. Overwhelmed at the idea, I kept putting it off. Who was I to write a book? But the Universe confirmed that my knowledge about the Law of Attraction would reach far more people through a book. After months of procrastinating, The Universe sent a clear message that it was time to get my message out into the world. Everywhere I went, I ran into a local author. Within a month, I had all the contacts and information I needed to start my manuscript.

In January of 2018, I decided to launch my Facebook business page. As always, I asked for guidance and support from the Universe. It was a new year and I felt the need to clear some of the stagnant energy around me. After consulting my Feng Shui manual, I started rearranging my living room furniture and clearing any clutter. This was my sacred space for writing, where creative energy had to flow freely.

I felt the wind under my wings, as I confidently walked into the mystery that lay ahead. However, a month later I could feel my old limiting beliefs and fear start to come up again. How could this happen? For the last 10 months, I had witnessed dramatic changes in my life, and now I was blocked again? Self doubt, fear of failure and thoughts of scarcity filled my mind again. My strong will was fighting the good fight but there were times when I almost felt like giving up. But I would never agree to go back to the Matrix and glass ceilings that we are all programmed to believe in.

## Go Back to Step Number One

If you stop seeing the signs that your goal is manifesting into your reality, you need to go back to the beginning of the process.

Start by clearly redefining your goals. Next, say your goals out loud and observe any resistance in your body.

If so, close your eyes, relax and breathe. Ask your inner self:

“What is the real reason behind this resistance?”

Allow any thoughts to come up and write them down. Is your subconscious mind sending out a warning by bringing up your mistakes or negative events from the past?

The subconscious mind is concerned with survival. It will try to stop us from trying new things by bringing up fear.

The fear tactic is so effective that most of us will retreat and go back to repeating the same old patterns from the past. Our subconscious mind is not concerned about whether our old choices resulted in positive or negative outcomes, all that matters is that we survived.

First and foremost, we cannot change the past. But that is where the emotions that bring on fears live, and where our subconscious mind directs our thoughts. It will remind us of our past mistakes and failures.

The past does not exist, so there is nothing we can do to change it. The worst thing we can do to ourselves is to allow our past to write the script for our future. The only thing we can control is the now. The future has not been created yet, and it is full of potential.

After weeks of researching everything from marketing on social media to creating sales funnels, my stress levels began to rise. I started to consciously observe the negative thoughts running through my mind: “Maybe it’s too hard maintaining a business, do I really want to do this forever?”

I then concluded that my lack of experience in running a business was causing my fear of failure, and I had been telling myself that, by quitting now, I would avoid the humiliation. I also knew that if I didn’t release this limiting belief, it would end up sabotaging my success.

My financial situation did not exactly support hiring someone to work for me—another limiting belief—but I was now committed to seeing things through. *Thank you, Universe!*

## Asking for Help Is Not a Sign of Weakness

Many of us struggle doing something that we aren’t naturally good at but avoid asking for help. Sometimes we perceive needing help as a sign of weakness, or we believe we can handle everything ourselves.

When I realized that the endless hours I spent trying to master something I was not good at could have been dedicated to my clients, I knew that I needed to minimize my workload. I made the right investment. A few weeks later, I knew I had made the right investment. My confidence grew, and my high vibrations were attracting the new business I desired

## CHAPTER SEVEN - THE 5TH DIMENSION & ALL-THAT-IS

“The biggest lie that we have been told is that we are linear beings living a linear life, when in fact we are dimensional beings living a dimensional life.”  
Dr. Joe Dispenza

Quantum physics tells us that all physical reality originates from an invisible energy source called the Quantum Field. In his book “You Are the Placebo,” Dr. Joe Dispenza infers that, in the Quantum Field, the subatomic particles exist simultaneously in an infinite number of possibilities and timelines.”

Gregg Braden reveals in his book “The Divine Matrix,” that experimental evidence is leading up to the conclusion that we are actually creating the universe as we go and adding to what already exists! In other words, we appear to be the very energy that’s forming the cosmos, as well as the beings who experience what we’re creating. That’s because we are consciousness, and consciousness appears to be the same “stuff” from which the universe is made.

John Wheeler, a theoretical physicist, implied that we live in a “participatory” Universe that is constantly creating. Because we are co-creating with the Universe; a realm of infinite possibilities, we have the ability to create our ideal circumstances, by focusing our thoughts and attention on it.

As recent scientific discoveries catch up with what spiritual teachings have been expressing for thousands of years, more attention is placed on ancient scriptures and texts. The common belief contained in these documents is that all things are connected to the Universe. Ancient teachings also warn us that our beliefs can become our prison if we let them. However, the key to freedom already lies within us; the power to change our beliefs and to take action.

The secret to miraculous transformations in our lives, is acknowledging the “I AM,” that we are divine beings with the power to create our own reality.

### Tao Te Ching

Around 2500 years ago, Lao Tzu wrote the Tao Te Ching. It contains teachings that have influenced many spiritual philosophies and religions around the world. Elements of the Tao have been referenced in the previous chapters of this book, overtime they have changed names, but the principles remained the same. The Tao refers to an ideal way of living.

### “Tao—The Way

The Tao that can be told is not the eternal Tao.

The name that can be named is not the eternal name.

The nameless is the beginning of heaven and earth.

The named is the mother of ten thousand things.

Ever desireless, one can see the mystery.

Ever desiring, one can see the manifestations.

These two spring from the same source but differ in name; this appears as darkness.

Darkness within darkness. The gate to all mystery.”

Tao Te Ching<sup>1</sup>

The Tao translates to “the way.” It is a way of living, or just being. Taoism is a way of living in harmony with our environment and the Universe.

The Tao is the source and ideal of all existence.<sup>2</sup>

“The journey of a thousand miles begins with the first step”

Lao Tzu

We begin our journey on earth with the first step. It is a journey that cannot be put into words and there is no clear map to follow. To live the way of the Tao, you must connect with your higher self, and our Divine Mother and Father.

Wu Wei

“Tao does not do, but nothing is not done” means that Tao does not interfere or force things to happen, but lets them work out in the right time and in their own way. The Tao describes Wu wei as a way of being. We do not push against the laws of nature, intending to grow a spruce from an acorn; therefore, we should not swim up stream, trying to become someone we are not meant to be. Wu wei is allowing, letting things develop in their own time and in their own way.

Wu Wei is one of the key principles of Taoism. Wei means “without doing, causing, or making.”\* Wu wei is like water flowing over and around the rocks in its path. Wu wei, means working with your surroundings and listening to your inner guidance. Forcing something to change upsets the natural balance of Life. Taoism is surrendering to the ebb and flow of nature, understanding how to live in harmony with nature and with the self. you surrender all resistance to your current situation and work with the Universal Laws, you allow yourself to enter the flow, and life becomes effortless. This is when you start to experience the Tao, as you are made of the same energy that flows through everything around you.

The Yin and Yang refer to the duality of life, positive experiences versus the negative ones. Your mind focuses on your external circumstances and forms your beliefs and judgments. Your past experiences are a reflection of your thoughts and your perspective at the time. When you release all judgment, you realize positive and negative experiences do not exist, and there is no right or wrong, everything is perfect.

Tint To: The Universal Law of Abundance

You are a part of the Tao, and the Tao is all-abundant. This Universal Law simply tells you that, as you are connected to the energy of the Tao, so you are also all-abundant, with access to the infinite resources.

Happiness and fulfillment in life are achieved by using your unique talents to serve others. Serving others should be only be motivated by your love and regard for others; and without expectation.

Do Not Follow Someone Else’s Road Map

“He who knows others is wise; He who knows himself is enlightened.” Lao-tzu

### Your Unique Way or Tao

“Knowing others is intelligence: knowing yourself is true wisdom. Mastering others is strength: mastering yourself is true power. If you realize that you have enough, you are truly rich.”

As your self-awareness grows, you discover your own unique abilities and skills. These are clues leading to your life's work and destiny. This is your own unique Way, or Tao. This is how the divine energy manifests through you in this life.

A lot of people continuously end up stuck in the wrong job, including myself. Becoming more self-aware means identifying your potential and who you were meant to be in this life. Struggle comes from pushing against nature, The Tao teaches that a wise mind knows how to work with his natural abilities, as well as his limitations. The answers you seek can only be found by searching within yourself. When you listen to your heart and follow the guidance from your higher self, you enter the flow of Tao and easily attract the things that you desire.

### Our Higher Self

We are all parts of the Universal consciousness. The spark of God that exists within you is your Higher Self. Living in alignment with your Highest Self means surrendering the voice of ego. The Higher Self is compassionate and always acting in interest of the highest good of everyone.

### The Power of Words

Masaru Emoto was born in Japan in 1943. He is the author of the best-selling books Messages from Water, The Hidden Messages in Water, and The True Power of Water.

As a Doctor of Alternative Medicine, he began to do extensive research on water from different locations around the globe. By studying the properties of water, he concluded that the true composition of water could only be seen in the frozen crystal form. Emoto visually documented the molecular changes in water by freezing droplets of water, examining them under a dark field microscope, and photographing them.

Examples of his work showed water from clear mountain springs and streams forming beautiful crystalline structures, while the crystals formed from polluted or contaminated water were deformed and distorted.

He also discovered significant similarities between an experiment where distilled water had been exposed to Bach's "Goldberg Variations," and one where a bottle of distilled water had the words "thank you" taped to it. In both cases, the water took on delicate, symmetrical crystalline shapes. On the other hand, when water samples were exposed to heavy metal music, or labeled with negative words, the water created deformed and shattered structures.

Masaru Emoto's photographs provide substantial evidence that, although we cannot see the immediate results of our thoughts and the vibration we are emitting, they still have a powerful effect on our surrounding environment.

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The Universal Law of Awareness Exercise:

Take some time to complete these statements:

When I was a young child, I imagined that I would become...

One of my happiest memories as a child was...

I feel happiest when I am...

What I love most about myself is...

I feel most authentic when...

As an adult, I am scared to express my authentic self to others because...

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### Who We Really Are

It is important to increase our awareness and understanding of what we are capable of as human beings.

I always had a strong interest in knowing how things worked, especially the human brain. I continuously read books and took courses; to gain more knowledge about who I was. By chance, I came upon the Human Design system: a fusion of the I Ching, astrology, the Kabbalah, the chakra system, and quantum physics. Like an Astrological chart, my blueprint revealed my unique characteristics, as well as my conscious and unconscious traits. After analyzing this information, I was able to gain more insight into why things in my life hadn't worked as expected.

Research proving that our minds have the capacity to heal our body fascinated me. By directing our focus to a specific body part, and setting a strong intention to heal it, we can heal anything from minor injuries to cancerous tumors.

As a Reiki practitioner, I have witnessed the remarkable effects of energy healing; on myself and my clients. What aren't we capable of doing?

"In all creation, in all eternity, in all the realms of your infinite being the most wonderful fact is that which is stressed in the first chapter of this book. You are God. You are the I AM that I Am. You are consciousness. You are the creator. This is the mystery, this is the great secret known by the seers, prophets, and mystics throughout the ages. This is the truth that you can never know intellectually... The important thing is that it is within you, it is you, it is your world."

Neville

My battle with childhood leukemia changed everything about me. When my cancer went into remission, my intuition was at a new level and my creative imagination allowed me to believe that anything was possible.

According to my mother, the term rebellious did not come close to describing my behavior. At the age of eleven, I started a petition objecting to my school swapping the traditional graduation party theme from roller skating to watching the chuck wagon races. From a young age, I would rally for the rights of people and animals, and I pictured myself amongst a crowd of protestors, fighting injustice.

We all start out with a strong connection to our intuition, but it slowly shuts down as we grow older and become more immersed in the Matrix. As I grew older, I wanted to gain the approval of my parents, so I surrendered to their beliefs regarding security and money. I ended up drifting further and further from my passion and purpose, leading to some disastrous results. Looking back, there were times in my life that I felt successful, but I never really felt fulfilled.

The survival rate of children with leukemia in the 1970s was under 30%, so I had always considered myself very fortunate to have triumphed over those odds. One day, I began to do some soul searching, and I came to the point where I asked the Universe "Why am I here?" The meaning of life must be something bigger than struggle and disappointment. That was when I realized, despite what I had been telling myself, everything that I had been through WAS meaningful and significant! Every obstacle had challenged me to overcome it, and I did. Forging a new path wouldn't be easy, but I was armed with determination and faith in myself.

By experiencing the pain and disappointment and learning from the lessons that made me who I am today, I became equipped to help others find their way to true happiness. You don't have to have a near death experience, or any kind of life-changing event, to free yourself from a prison constructed from your beliefs. You can start leaving the Matrix right now, just by believing in yourself and trusting that a higher power is always working in your favour.

At some point, the Universe will send an opportunity that calls out to you, and your job is to stand up and say, "Yes!"

The things you need to know when you are thinking about changing your life:

It's never to late to start,

You are smart enough to do it,

You are never to old to change your life,

You are definitely worth it!

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### A Meditation to Connect with Infinite Source

Relax and sit in a comfortable position. Take three deep breaths, inhaling through the nose and exhaling through the mouth. Relax your body with every exhale.

Calm your mind, letting any stray thoughts drift out like clouds.

Place your focus approximately 500 feet above your head. Feel yourself connect with Source energy and imagine a glowing white light coming down from the sky.

Use the inhale of your breath to bring the light down to you; picture it floating above your head.

Allow the light to come in through the top of your head, your Crown chakra. Watch it float down to your Third Eye chakra, opening it up. Now watch it continue to float down into your throat chakra, opening your Throat chakra.

Take a deep breath and bring the light down into your heart, opening and healing your Heart chakra. Watch the light continue to flow further down and into the middle of your body, and into your Solar plexus chakra.

See the light continue down to your Sacral chakra, behind your belly button, and then to your Root chakra, at the bottom of your spine. Watch it flow down into your legs, knees, ankles, and feet.

Feel the white glowing energy flow out through the bottoms of your feet and into the ground. See it flow down through the dirt, rocks, caves and springs, until it reaches the core of the Earth. See the molten, orange energy of the Earth before you.

Using your inhale, breathe this glowing orange light up to you. Up through the springs, caves, rocks, and dirt.

Feel the warm healing energy enter through the soles of your feet. Inhale to bring it up through your calves, thighs, Root chakra, Sacral chakra, Solar Plexus chakra, Heart Chakra, Throat, Third Eye, and Crown chakra.

Focus on your Crown chakra and push the energy from the Earth up to the Universe, and say:

“I am a bridge between two worlds. Balanced; As above, so below,  
as within, so without.”

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## Psychic Abilities

We were all born with psychic abilities, but how we receive the information from a higher consciousness varies from person to person. Some people receive images or visions in their mind, while others hear messages, or receive downloads of information. Most of us can relate to feeling tingling sensations, goose bumps, or gut feelings. Like any other skill, anyone can develop these abilities through practice.

**Intuitive:** A person who receives clear knowledge and understanding of people and events, and insights outside the logical thought process.

My Intuition went into high gear six weeks after I started using the Law of Attraction. From my experience, the guidance was often brief, matter of fact, and it always felt like the right answer in the situation.

**Empaths:** People who can sense subtle energy and absorb it from other people, animals and different environments. Empaths are highly sensitive to the energy and emotions of people they are close to, as well as those they have just met. They can also unconsciously internalize the feelings of others and interpret those feelings as being their own.

Empaths are highly intuitive and rely on their internal guidance, or gut feelings about people or situations. They are also known for their nurturing qualities, as they feel the need to relieve the pain of others.

**Claircognizance:** Explained as an extrasensory “clear-knowing.” Claircognizants receive sudden insight from the past, present or future. They have a clear understanding of something without being given knowledge of it beforehand. Many people have experienced claircognizance as a sudden inspiration. Claircognizance often directs our attention towards a certain person, or an answer to a question or problem.

My Claircognizant ability, or inner knowing, developed very quickly as I started receiving nudges to do something, or to contact a specific person. Information will pop into my head from out of nowhere. Sometimes it’s the answer to a question, other times it serves as a warning. For example: As my daughter and I were walking on a narrow path in the woods, I received the message, be careful, slipping. Since it was early spring and there was some snow on the ground, I said, thank you for the warning, and kept walking. Two minutes later, my daughter cried out “whoa,” as she lost her footing. Luckily, it wasn’t a serious fall. After working with this ability for some time, I was able to ask for the answer to a question, or for help in finding misplaced things around the house.

**Clairsentience:** Clairsentience means “clear-feeling” or “clear-sensing.” It is the psychic ability to sense energy from outside the physical realm. They have heightened senses and able to tune in to the energy of a person, place or situation. Most empaths are Clairsentients.

Signs of clairsentience: goosebumps, tingling sensations, chills, or gut feelings.

**Psychometry:** Using the sense of touch to gain information by holding an object and tuning in to its energetic frequency. Clairsentients can interpret the information contained in the energy of object, such as the owner’s thoughts and feelings.

**Clairvoyant:** The psychic ability to clearly see non-physical realities or dimensions, surrounding energies and auras. Clairvoyance means “clear-seeing.” It is the ability to receive psychic impressions through visual means. Those who are clairvoyant can see through the “third-eye” chakra. They often receive messages in the way of dreams or memory recall.

**Clairaudient:** A person who can receive psychic insight through auditory means. Clairaudient means “clear-hearing.” They can hear events in the physical world, as well as those occurring in non-physical dimensions. Clairaudient individuals either physically hear spoken words or receive messages as though someone placed a song in their head.

**Telepath:** A person who receives information being transmitted from another person’s mind another person (receiver) without using normal sensory channels, from physical or non-physical dimensions.

I had developed the habit of finishing people’s sentences. Because it frequently occurred when I was with my family, I thought that it had to do with my familiarity with their habits and personality. One evening, I attended a workshop and started a conversation with someone I hadn’t met before. We found a common interest that we were both passionate about and began to talk about it with a high level of excitement. Suddenly, I blurted out words and we completed her statement in unison. We both looked at each other for a moment, then she humorously replied, “Nina, stop reading my mind!”

**Medium:** A person that connects with, and brings information from, the non-physical dimensions to the physical dimension. They are often associated with connecting people with deceased loved ones on the other side.

## Other Ways That We Receive Information

### Dreams

Most of us refer to a dream as something we remember when we first wake up, but all memory of it soon fades away throughout the rest of the day.

For millennia, people have wondered about the true meaning behind dreams. Ancient Greeks and Romans believed that dreams were messages from the gods and contained prophesies of the future. Many Native American tribes and Mexican civilizations believed that dreams represented their trips to different worlds while sleeping. There have also been many theories about our dreams, acting as portals; allow us to access parallel timelines and our past lives.

To receive an answer to your question through your dreams, before going to sleep, ask the Universe Mind to send you guidance through your dreams. Keep a dream journal on your bedside table. Before you get out of bed, write down any details that you remember. Occasionally review the information to identify any patterns.

**Warning Dreams:** These dreams alert us to possible danger or problems ahead. With prior knowledge, we can be prepared for a crisis or even stop it from happening.

**Factual Dreams:** These are the most common ones. Short and vague, the information is usually symbolic in nature. They often represent a current situation in your life.

**Inspiration Dreams:** An inspiration dream can offer a solution to a problem that you have been worrying about, or insight to handle a situation.

## Lucid Dreaming

The ability to become aware during a dream state allows you to have complete control over the events in the dream. Those who have mastered lucid dreaming can rehearse events prior to them happening to make them go more smoothly, or to change a perceived outcome.

## Dimensions

It has been estimated that there are as many as 12 dimensions of consciousness. Each level is associated with a different vibratory rate, and one must match the same vibration to access that dimension. As humans, we have the potential to access up to the 5th dimension. We experience life according to our current state of consciousness, or enlightenment. Most of us are constantly moving back and forth across 3D, 4D, or 5D states of consciousness. Whether we permanently reside on 3D, 4D, or 5D depends on where we are on our soul journey.

### 3 Key Differences in the 3D, 4D, and 5D states of consciousness

- How we see ourselves: as an individual or connected to everything and everyone on the planet.
- The level of vibration that we consistently send out.
- How we perceive the passing of time.
- The range of emotions that we experience: worry, envy, gratitude, unconditional love.
- How quickly we are able to manifest our thoughts into reality.

## 3rd Dimension

In 3D consciousness, we use our five senses to navigate through life. Our perspective is based on our physical reality.

Time is linear: we perceive life as past, present and future.

We live individually and have no desire to understand the deeper meaning behind life.

We are often led by our ego-self and we focus on our self-worth and competition. We define ourselves by our appearance, our job, the model of our car, and the who we associate with. Our emotions range from sadness to excitement, and we often experience lower emotions such as fear and envy, and we worry about scarcity and lack.

## 4th Dimension

4D is the gateway to the fifth dimension, and it is how our consciousness transitions from the lower density of the third dimension to the higher vibrations of the fifth dimension.

In 4D consciousness, we begin to awaken to the idea that there is a deeper meaning to life, and that we are connected to others. Although we still feel in competition with each other, we have more compassion and understanding for others.

Linear time does not exist; our awareness is centered on an ongoing present moment.

We begin to understand how our thoughts have the power to create our reality.

When we are passionate, experiencing creative energy, we shift to 4D and experience time differently. When you are passionate about what you do, you are engaged in your unique creative spirit, and you can get lost in time. For example, we might get caught up in a project that we are enthusiastically working on, feeling as though only a short time has passed, meanwhile several hours have elapsed in 3D.

We experience 4th dimensional consciousness during a spiritual awakening, or when we are consumed in emotions such as joy, gratitude, and love.

#### 5th Dimension

In 5D consciousness, our intuition expands. We navigate through the world using our six senses, and we can see the signs and synchronicity happening around us.

We view life as an adventure, and there is no duality: our experiences are neither good or bad.

There is no distinction between present past and future.

Our thoughts manifest instantaneously. The vibrations in the 5th dimension are much higher than in the 3rd dimension and we can quickly manifest what we want by focusing our thoughts and adding a strong emotion. Action is no longer required to manifest our goals.

We communicate telepathically, and we are able to read each others' minds.

We understand that we are connected to each other and to the Universe.

Lower emotions such as envy, competition, and struggle do not exist. We live in unity and in harmony with each other, and there are plenty of resources for everyone

We understand that our purpose is to live from a place of authenticity. Success is defined as finding happiness and fulfilment. We live with unconditional love and compassion for others, and without judgment.

This dimension has the highest vibration: the vibration of love and gratitude.

Experiencing any lower emotions, or ego-based thoughts, will immediately shift us back to 3D.

## The Teacher Presents Himself

“You are given the gifts of the gods,  
you create your reality  
according to your beliefs.  
Yours is the creative energy  
that makes your world.  
There are no limitations to the self  
except those you believe in.”

Seth (As channeled by Jane Roberts)<sup>3</sup>

Seth is a spiritual entity and teacher channeled by Jane Roberts in the 60s. She wrote several books about his teachings. Seth’s empowering message was centered around our potential to create our own reality.

Marco Governali, author of the best-selling book, “This Will Change You,” was introduced to me at the same venue that I held my Law of Attraction workshops. Marco also intended to bring the teachings of Seth to people.

Marco was introduced to Seth at the age of twelve, following a life-altering accident where he nearly died. Marco’s book described his adventures with Seth in higher dimensions, where thoughts instantly manifested into physical form and people communicated telepathically.

The most profound lesson revealed that our human existence is a created reality, like a realistic video game. Seth explained to Marco that we were created as an extension of God, our Creator. Life on this planet was meant to be a shared experience, by ourselves and our Creator. We are all experiencing life through our own points of consciousness, yet we are all connected to each other. It is through our decisions and actions that both we and God, our Creator, can learn about and experience life on this planet. Because the lower vibrational emotions, fear, death, are non-existent in the higher realms, we came to earth to experience all aspects of life; including the duality of good and bad, light and dark. We also came here to learn how to create our own reality, to live an abundant life, and to spiritually awaken. God also gifted us with free will, giving us the choice to either live selfishly, or with good intentions for all.

### What Is the Goal in The Game of Life?

To claim our prize, we must choose to reject our programming, fear, and doubt, and accept our status as Sacred Beings, with the power of God within us.

Marco came into my life in a synchronistic manner. He brought me new information and ideas, which awakened new curiosities and a hunger for even more information about why we are here.

I have been fortunate enough to meet people who have had mystical and experiences in childhood—from seeing souls leave their bodies, having out of body experiences, and seeing the invisible guides that watch over us. Hearing their stories reinforced my belief that there is a greater meaning to this game of life. Since we were born, countless clues revealing who we really are have come our way, only to be dismissed because we could not interpret a clear meaning from them.

Information presents itself when the student is ready

One morning, I stopped to pick up some groceries. As I started driving away from the market, I noticed a donation center next door. I remembered the clothing I had cleaned out of my closet, and I went inside to inquire about making donations. After I spoke with the clerk, I noticed the book section and I walked over to have a look around. The first thing I spotted was a beginner's guide to writing books and, beside it, an author's thesaurus. Wow, that's great for getting my writing started!

Then, a man came up to me with a box of books and asked if I would like to go through them before he put them on the shelves. I thanked him and began sorting through the contents of the box. To my surprise, I found several books by authors such as Deepak Chopra, Eckhart Tolle, Pema Chodron, and an old favourite, "Think and Grow Rich" by Napoleon Hill. Even more amazing, each book was in mint condition and only cost one dollar each. What an extraordinary event! Suddenly, the significance of the moment dawned on me. For weeks, I had felt that I was ready for new information to present itself, and now the teachings were showing up in just the right way and at the perfect time. Thank you, Universe.

Shamanism

The next person I attracted into my life was a local author, Cindi Johnston, who had spent a decade studying shamanism—living with a tribe in Peru. She shared her stories and experiences from the shamanic ceremonies that she attended. She taught me that all human beings have a natural ability to choose their reality, by simply focusing on their goals, and controlling their emotions.

Parallel Timelines

Multiple universes have been hypothesized in cosmology, physics, philosophy, and science fiction. According to some quantum physicists, different versions of you exist in these numerous universes, also referred to as parallel timelines. They represent the infinite possibilities of your life, all based on the decisions that you have made.

Quantum physics has proven that our thoughts and emotions are capable of transforming energy. Most of us, have unknowingly experienced jumping from one timeline to another.

Déjà vu is another common example: a brief moment in time where you have an unexplainable sense of "knowing" about a place or person, a feeling that you have been there before.

According to Cindi's book "Shifting Timelines," we are constantly jumping from one timeline to another due to our changing thoughts, emotions and vibrations. For example: focusing on a negative thought or lower emotion can suddenly shift you into an undesirable situation, in a different lifetime. On the other

hand, moving to a higher vibration allows us to shift into a timeline where we have already manifested our ideal life.

Cindi points out that the perception that you are stuck in your current reality is an illusion.

Becoming more aware of your present thoughts and emotions will allow you to consciously choose your vibration; giving you more control over the events in your life.

The important message that both Marco and Cyndi wanted to share was this:

When we finally realize our true potential, the power to create our own reality, we are no longer impacted by our environment; we are free to live the life that we desire.

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#### A Meditation to Help You Choose Between Two Options.

Consider this exercise an opportunity to explore two different timelines, and to choose the one that brings you the most fulfillment.

Close your eyes. Relax and take three deep breaths, in through the nose and out through the mouth. Imagine that you are at a fork in the road with one path going off to the left and the other to the right. Each path represents one option and the outcome, should you make that choice.

Start walking down the path on the left. As you walk down the path, imagine the events that are taking place because of making that choice. Observe what you see, hear, and how you feel as you keep walking farther down the path. Walk far enough to get a sense of what the outcome will be if you choose this option.

Return to the fork in the road.

Now picture yourself walking down the path on the right. Observe the events that are taking place—what you see, hear and feel as you go along. Walk far enough down this path to understand what the outcome will be because of making this choice.

Your connection to a higher consciousness gives you clues in the form of physical sensations, emotions, or an inner sense of knowing. Expanding your awareness to receive the information from this inner guidance allows you to choose the path that will bring you the happiness that you seek.

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Every day, more and more people choose to leave the Matrix and to empower themselves. As our consciousness shifts, our world changes, and old paradigms and glass ceilings disappear.

I leave you to consider the compounding evidence, from ancient civilizations to Quantum Physics, supporting our unlimited potential as human beings.

You came into this life equipped to overcome all obstacles and challenges standing in your way.

Infinite Source and the powerful Universal Laws are constantly working around us, supporting us when we choose to pursue our passion and a more meaningful life.

If you are currently feeling unfulfilled or a lack of abundance in your life, there is no better time to embrace your passion and live the life of your dreams. I urge you to explore your self-knowledge and potential, releasing the beliefs that have kept you prisoner throughout the years.

Thanks to those who dared to dream, we have made great progress in science and technology. The world will continue to advance as we expand our knowledge about what we are capable of as human beings. Are you ready to lift the veil of reality, leave the Matrix, and explore the mystery that lies beyond what you have been told?

The intention of this book is to inspire you. By taking the “red pill,” you will enter a Wonderland, full of magic, miracles, and infinite possibilities. Make the commitment to yourself. Everyday, take one step toward your dreams. Trust me, the only thing that you will regret is not doing it sooner.

It Keeps on Attracting

Just before I finished writing this book, I heard about a three-day workshop in San Diego. That summer, I had not made any vacation plans, so it was a great opportunity to squeeze in a beach holiday as well. The thought of attending excited me, but I had not budgeted two thousand dollars to cover the expense of the workshop. When I learned that there was an opportunity to win a full scholarship, I decided to apply. Before I hit the send button, I set a clear intention to win the scholarship. I also visualized myself meeting like-minded people and strolling on the beach every evening. Two days later, I received an email informing me that I had won.

## IN CLOSING

The Universe and the Natural Laws are there to support us in the pursuit of our dreams. Now that you understand the principles, you have the divine power to achieve anything you desire.

I ask you to consider the true meaning of fulfillment, not as material possessions and status but feeling at peace with the world and with yourself.

During an interview with the Dalai Lama, he was asked what he thought the world could do to resolve violence and war. He simply replied compassion, and unconditional love for one another.

Everyday, people fight over material things. When we release our attachment for these things, we are able to live in a world where there are enough resources for everyone. I encourage you to live according to your highest self. When you are kind and willing to serve others, you will create a ripple and help change this world for the better.

Namaste.



## IN GRATITUDE

When I received the inspiration to write this book, I was intimidated, to say the least. But I was continuously supported, as resources, teachers and mentors showed up at exactly the right time. During this adventure, I shattered some old beliefs; proving that I was capable of accomplishing much more than I had let myself believe.

My deepest gratitude goes out to my family and friends who have supported me on my journey and during the writing process. Listed in no particular order, they include:

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I was inspired by books written by highly regarded authors, who encouraged their readers to challenge their perception of the rules and embrace the power within us to create our own reality. The list included: Napoleon Hill, Wallace Wattles, Joseph Murphy, Marrienne Williamson, Eckhart Tolle, Deepak Chopra, Gregg Braden, and Wayne Dyer.

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