



Welcome Beautiful Soul,

I couldn't be more thrilled to welcome you to this journey with me and wanted to create this document as a touchstone to remind you that I'm always with you in spirit and to share some resources with you to make this journey a lot smoother.

The journey that lies ahead for you transforming your business and life is a chance for a profound spiritual awakening. With any journey, there are bound to be triumphant highs followed by confusion, chaos and doubt and then back up to victory and celebration. Be aware that the ego (edging god/good out) can be very clever and make you believe in fear (false evidence appearing real).

Having a very powerful VISION will help you navigate the antics of the ego. You must always and continuously focus on your desires. Focus on the "WHY" not on the how. I will work with you individually on this. Owning your desire is one of the most powerful things you can learn from me. Get excited about your unique why and allow it to powerfully pull you forward.

What is your WHY?

Please know that you are meant to have it all. It is your divine birthright to be happy, in joy, in a body you love following your passions with an abundance of money supporting you. I truly believe this and will hold this space for you.

I will be introducing you to some of the ways I manifest, move beyond my fear, balance and manage my energy and hear the voice of my intuition. Some of the recommendations you may find irrelevant or easy. Do NOT make the mistake of skimming over them. The idea is that you actually do these things every single day if possible until they become a habit and then keep them up for the rest of your life. Just because they seem easy or simple, does NOT mean that they do not work. Life is actually very simple and easy. It's just us who complicates things!

You've invested your money and your time in yourself, and anyone can do anything in just a few months. So, play FULL OUT and surrender to the process as best as you can because all that your desire is at hand.

**Let's start with some resources:**

We are overloaded with information non-stop all day long. I recommend while we journey together that you go on

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a total detox from traditional media, magazines, newspapers and anything else that honestly doesn't make you feel good. I want your inner vision and intuition to get louder than the voices on the outside of your head.

I invite you to allow yourself to detox your brain and body starting today. That includes email newsletter subscriptions, marketing emails and junk mail. Unsubscribe from as much as possible, and then replenish your mind with wonderful AFFIRMATIONS/MANTRAS every single day.

Fill up on inspirational, motivational and consciousness shifting materials all day long! Here is a list of my favorite books:

### **My favorite books:**

A Woman's Worth by Marianne Williamson  
The Science of Getting Rich by Wallace D. Waddles  
Busting Loose from the Money Trap by Robert Scheinfeld  
Think and Grow Rich by Napoleon Hill  
You Can Heal Your Life by Louise L. Hay  
Healing with the Angels by Doreen Virtue  
Goddess Oracle Cards and Angel Oracle cards by Doreen Virtue  
Ask and It is Given by Abraham Hicks  
The Big Leap by Gay Hendricks  
Money and the Law of Attraction by Abraham Hicks  
Louise L. Hay 101 power thoughts audio

### **Meditation and Morning Ritual**

Cultivating a daily *bliss* discipline habit has the power to transform your entire existence. The key to my day being on track, and therefore my life being on track is how I spend the first hour of my day and the final 15 minutes of my day.

How can you create a morning and evening ritual which supports you spiritually, mentally, physically and mentally?

This is my morning ritual. I take a no excuses policy on this one by the way!

Step 1: The moment I come through out of sleep, I go through a visualization of my ideal life, business and body. I'll give you specifics on our calls.

Step 2: I keep my journal right next to my bed.

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Step 3: I write:

- 5 things I am grateful for (no you cannot repeat the same 5 things every day. It needs to be something NEW you are grateful for every day)
- 3 affirmations- always stated in the present and positive tense
- I write my business, body and life into existence, meaning that I write as if what I desire has already manifested into my present reality (usually about 1 and a ½ pages)

In the evening, I journal again and I visualize.

I exercise daily even if it's only a walk around the block. On most days, I practice yoga (either at home or in a class), bike, ski or hike depending on the season.

Write down some ideas and begin setting your alarm clock a whole hour earlier than usual to create your bliss discipline time each morning.

### **Affirmations and Mantras**

You are affirming all day long! Whenever you state the words, "I AM" you are affirming. Thoughts become things! No matter whenever you are thinking you are creating your life into existence. This is why we get to WAKE up to the power of our spoken words and thoughts. I've consciously used affirmations since I was 18 years old and they have been the single most important reason I have manifested the body, business and life I have today. I can't express the importance of this enough to you! Please, please, please take this to heart.

I recommend stating your affirmations over and over daily around 300 to 400 times, no I am not kidding! It might seem like a lot but just think about how many thoughts sub-consciously and consciously go through your mind each day!

Our thoughts do create our reality, so this is a MUST if we want to succeed easily and gracefully which I know you do

I write my affirmations all over the place. On 3X5 cards, on my mirror, dry erase board and I put them in my wallet, purse, car, cupboards and office. If you ever need an injection, listen to Louise Hay's 101 power thoughts. Please take the above to heart. I want to take a moment to thank you for being here and acknowledge you for having the courage, conviction and deep love in your heart to embark on this journey.

You are going to amaze yourself and love this! We are in for an amazing time and it's only the beginning!

In love and radiance,

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