



Module 4

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Module 4

- Check In
- Step 7-8
- Homework

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**Connect, Call in Sacred
Space**

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**Your Creation
Vessel**

Open to Receive



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How did your week of *SHIFTING YOUR THOUGHTS* go?

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**Step 7: Believe and Vibrate with the New
Thought**

We have to **KNOW** that whatever our goal or intention is, whatever miracle we are working to create, **IT IS DONE. IT IS HAPPENING!**

This is the step where we throw everything we have got at it. We meditate on it. We imagine ourselves as if what we desire has already happened. We think about it and feel it every day! This step will also begin to show you where your vibration needs to raise. You may begin to raise your vibration, and people or events may cross your path that are just the opposite of what you are holding. For instance, a random bill comes in the mail or a sudden accident happens that requires funds to fix. This is where we become hyper-vigilant at moving the energy quickly. Once we have cleared out as much as we have cleared, our ego will try to throw things at us to put us back to what we are used to. We need to get efficient of recognizing what is happening and getting ourselves back to our high vibe.



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Here are some things that can help:

When something happens and you feel yourself start to freak out, repeat the following:
 "Divine Source is my instant and abundant supply and is meeting this need right now. Everything is in Divine and Perfect Order."

Ask yourself: Is this the truth? What is the truth? Help me see things differently. Then repeat your affirmation as many times as you need to, to get yourself back to knowing. A good one:
 "My work is of HIGH SERVICE and worthy of massive compensation. I am offering my gifts to the world and being MASSIVELY compensated."



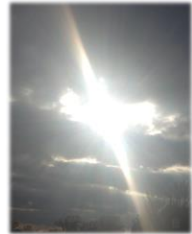
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Use all the tools you know:

Put yourself in HIGH VIBE places and hand out with HIGH VIBE people. Avoid negativity at all costs. Whether the adage: "Your income is the average of the 5 peeps you hang out with," is true or not, pretend it is. You vibrate with your tribe! Up-level whenever you can.

Affirmations: We have listed some, but you can always add more of your own and also be on the lookout for more. Create a list of them in your notebook and refer to them regularly. **It is now time to UP your game!** Set an alarm on your phone to go off at least 3 times a day or up to every hour. When it goes off, state the affirmation of your choice or read your long affirmation. As you do, let yourself feel what it will feel like when you reach your goal.

Speaking of Goals, set some! It is now time to take your manifestation to the next level. You have the clearing process down. Keep it up, and begin to set your sights on regular concrete goals. I like to do this at least once a month, at the new moon. Then you vibrate with the earth and as she is building her energy with another moon cycle, you can build your energy with her. Make the goals positive and specific, with a time and date for their completion. For instance: I am manifesting \$7,000 or more in September, 2019; or I am manifesting 5 new clients this week.



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Imagination: Use it! Spend some time every day, imagining what it will feel like when you accomplish your goal. If you can't imagine that, then try remembering a time, when "IT WORKED," when you were working with a great client and getting paid, or when you were living authentically the way you want to, a time when you were "in the pocket!" You have to convince your subconscious mind that the life you want is already here. If you want to go on a vacation, start packing and planning. If you want more money, create a dream budget, or play money games like the "checkbook game." (Using an old, unused, checkbook record, put \$5000 in the amount column, and "write checks" to "spend it." Your subconscious doesn't know the difference. It will begin to think you have the money...and soon you will!)

Vision boards: This is another practice that I like to do at the New Moon. You can use a poster board for a long-term vision, or an art notebook for monthly small vision boards. Cut pictures from magazines or get pictures online that represent what you are manifesting this month, and motivate you. There are also apps that you can put on your phone and/or computer to create virtual vision boards. You can also print these out. It is helpful to put them somewhere you will see them and look at them often.

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Essential oils, & flower essences: When I said use everything, I meant it. All high-quality essential oils and flower essences raise your vibration immediately! There are also blends that are specific for different topics like abundance & prosperity, health, wealth, love, and overall well-being. They now come in sprays, roll-ons and bath salts. Find some you like.

Mind Movies: This is an awesome manifestation tool. You can get 6 free ones just for giving them your email address. You can sign up for a program that lets you make your own with your own pics. They are like little 2-3 minute commercials for your brain that remind you of what you are manifesting. You can load them on your phone and watch them first thing in the morning and last thing before you sleep. Go to www.mindmovies.com and sign up.

Meditation: This is always an excellent tool to tone the mind and body. I have included a quantum field mind meditation for you on the classroom page. You can also go to YouTube and find the guided meditation of your choice. Subliminal meditations with affirmations on your chosen topic are also available. You can go to YouTube and type in "Subliminal Money Meditation" or "Subliminal Love Meditation" and lists will pop up. Find one that sings to you and use it until you tire of it. Then find another one. You will know it is right for you because it will feel really good and you will want to do it. When you no longer desire to do it, it means you have reached that particular vibrational frequency and it is time to up-level. Go back and find another one.



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Exercise: If you are not moving, MOVE. Do anything, walk, swim, hike, bike. Get your heart pumping. This works for every intention, I promise!

Healthy food and more water: Yes, this works too! Everything that will improve your vibe will increase the potential for your intention to manifest because you feel better! When you feel better, you attract more high vibrations to you!

Dirt Time and Energy Work: You have got to create a flow of energy to and through your body! If and when you feel stuck, go outside and make yourself magnetic. Take your shoes off and re-charge! If that is not enough, get some Reiki or Energy work to get the energy flowing through your body!

Gratitude
 Focusing on all the abundance, love and health that is already flowing all around you is the best way to keep your vibration high. The best place I know to do this is outside. Every morning during my sit spot I take the time to look around and see the abundance all around me and really feel it. Send love to the Earth and feel her love come back. Put your bare feet and hands on the earth and really feel her. Talk to her. There is no way you cannot feel truly grateful when you do this.

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Feed Your Mind: Read High Vibrational Books on the Topic you are working on. If you like to listen, utilize Audible! If you don't have it let me know and I will send you a book of your choice from my library and you can listen for free for 30 days! I have tons of favorites! Below are just a few...

A Course in Miracles by Dr. Helen Schucman
 A Return to Love or Anything by Marianne Williamson
 The Bhagavad Gita
 Lamb by Christopher Moore
 Sacred Success by Barbara Stanney
 Get Rich Lucky Bitch by Denise Thomas
 The Sacred Science by Nick Polizzi
 Becoming Supernatural or anything by Joe Dispenza
 Big Magic: Creative Living beyond Fear by Elizabeth Gilbert
 Leaders Eat Last: Why Some Teams Pull Together and Others Don't by Simon Sinek
 You are a Badass at Making Money by Jen Sincero
 Mindset: The New Psychology of Success by Carol Dweck
 Rich Dad, Poor Dad or anything by Robert Kiyosaki
 Worthy: Boost Your Self-Worth to Grow your Net Worth by Nancy Levin
 Secrets of a Millionaire Mind by T. Harv Eker



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If you dip for whatever reason, **call a friend** that will get you back on track. Reach out to someone in the Facebook group. You are in the process of shifting years of false programming. Use all the tools at your disposal and be on the lookout for more that will cross your path as you continue your journey of miracles.

You have to **KNOW** that Spirit has your back. Everything is in divine and perfect order. Everything is working out for your good. This or something better.



Step 8: Release

Let go and Let Goddess. All that we have been doing up to this point has felt like work. If you feel in your body, you can feel that we have been building a lot of energy. This is the point where you simply release it to the will of Heaven. You truly begin to trust that the Universe has your back. You let your body, your heart, and your mind relax. You repeat to yourself, "This or something better," and you truly mean it. You allow yourself the luxury of being in a total state of trust.

You may have to have mini conversations with yourself. You may have to allow yourself to realize that you have made it this far. You are still alive. You are still breathing. You may have to give yourself "relax appointments" where you say, "Ok. For the next 30 minutes I am not going to worry about this problem. I am not going to think about how to solve it. I'm not even going to do affirmations. I am just going to breathe and trust that all is well. Then extend the time to an hour.



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So Here's The New Drill:

1. What am I supposed to be learning right now?
2. What do I want?
3. Why don't I believe I can have it?
4. Forgive: EFT and Ho'oponopono
5. Is this True? What's the Truth? Help me see differently.
6. Read Affirmation Daily: *"I am now writing into my subconscious mind the idea of Love's Wealth."*
"I know that God-Goddess is the Source of my supply. I know that God-Goddess is the Life Principle within me and I know that I am alive, and all my needs are met in every moment of time and in every point of space. God-Goddess's wealth flows freely, joyously and ceaselessly into my experience and I give thanks for God-Goddess's riches forever circulating in my experience. God-Goddess is my instant supply, meeting all of my needs right now."...
7. Pick an affirmation from the list or one of your choice to recite every time you think of it!
8. Use at least 2-3 vibe tools daily!
9. Release your desire to the Universe!



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Module 3 Homework

➤ Do steps 1-8 everyday

1. What am I supposed to be learning right now?
2. What do I want?
3. Why don't I believe I can have it?
4. Forgive
5. What's the Truth
6. Affirmations: Read & Recite
7. Raise your vibe
8. Release

➤ Text me your intention for CCT if you haven't already



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Questions

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Integration Dance

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Closing Sacred Space