



*“You are going to
fall in love with yourself.”*

Vibrational Awareness is a 12-week coaching course to teach you how to be authentically happy. You will learn how to keep your human and spiritual vibration authentically high so that you can create fun and wonderful experiences throughout your day and your entire lifetime.

During this three-month program, you will use an online booklet to gain knowledge through 12 live sessions with me! Proficiency is guaranteed in an interactive class with other like-minded individuals working to attain the same goal. The vibrational techniques learned during this program will create the positive pulsations you have been craving to launch all your desires into reality.

I'm thrilled to be your guide during this transformative time in your life to establish a higher frequency in your aura that connects permanently to Universal consciousness.

I can't wait to see how your life changes in magical and amazing ways! Know that you will emerge from this coaching program with all the tools necessary to keep the magic happening.

Lesson 1

The Ego is Always Wrong

The Universe communicates in a calm manner while the ego is loud and scary. I'm sure you have been listening to your ego entrenched fearful mind most of your life. At times when your mind was present, happy and focused, maybe you wondered what happened when your mind returned to its comfortable connection with fear, which is the ego.

Your beautiful and perfect mind was created to provide necessary and logical information for the present moment, not for your past or future events. By contrast, your ego would love for you to devote all your mental energy to processing your past and future.

Past occasions are no longer vital or necessary to re-hash or relive. You don't need to try to change an outcome you wish had not happened. These situations cannot be changed. But your perception about past events could transform. That doesn't happen while listening to the ego/fear-driven mind. Thankfully your bright futures are still in the making. Only high vibration feelings, words and visions will feed your future the energy you desire.



[How mindfulness can help you to live in the present | Rev. Takafumi Kawakami | TEDxKyoto](#)

Watch this lovely video to support the teachings of our first lesson!

Unlike the ego, your wonderful powerful mind is here to help you in the present. The present is a genuine place on Earth that requires a ton of focus. If you are present, your life will magically flow with ease. Other fundamental necessities will flow too: The gas stove will be off when you leave your residence. Animals will be fed well and placed in safety when you are not home. You will become fully aware when driving instead of wondering if the light you just drove through was green or red?

Most importantly, it is the presence of our precious energy that allows insight, a profound connection to the Divine and a creative energy that only gods experience.

~Homework ~

*Stop listening to your ego (fear)

*Meditate for 20 minutes once a day, either first thing in the morning or before retiring to bed. Sitting up is best so that you don't go to sleep. If you do fall asleep that's OK, too. In addition to quieting your mind, regular meditation grants your energy system awareness into other possibilities. Meditation creates authentic excitement while energizing your physical form. One's whole day can vibrate with bliss with 15 to 20 minutes of deliberate surrender. Even if the time you experience genuine release is just a few minutes in length, you have succeeded.



[20 Minute Mindfulness Meditation for Being Present / Mindful Movement](#)

If sitting quiet for 15 to 20 minutes is truly difficult for you, this is a beautiful guided meditation that should do the trick.

Lesson 2

Energy is Everything & Energy Follows Thought

“Your thoughts lead the way to your heart
and then your energy follows.”

Emptying your mind and focusing your thoughts in a particular direction transpires energy. Everything you are and want to be in this lifetime (and beyond this lifetime) is made from pure energy.

Please find a great video about *everything is energy*,
from Dr. Bruce Lipton below;



[Everything is Energy](#)

Your thoughts lead the way to your heart and then your energy follows. Focusing your mind on the present moment engages thoughts, feelings and ultimately moves your personal energy system into a highly powerful frequency. Everything we wish to have, or experience in this world exists first in the non-physical world as pure energy. Aligning to high energy frequencies is key to obtaining an incredible life.

Energy flows where focus goes. What You Focus On Matters

Getting to know yourself and how you initially focus your attention in the world is a wise observation. Are you visual, auditory or a feeling type of person in the way you perceive your surroundings? You may feel like you are all three of these forms of observation. Take a few minutes right now to get to know

yourself just a little bit better, and how you notice your surroundings. The information you acquire will guide you on how to focus.

If you picked that you are a visual type of person, focus on whatever is around you that is pleasing, joyful or fun for your eyes to experience; such as vibrant colors, the faces of those in love, happy people greeting each other with open arms or nature and all of its glory. Many visual people numb themselves to the beauty all around them as their vibration is too low to see beauty, so everything around them may seem dull or ordinary.

If you're an auditory person, focus on sounds that are delighting such as the laughter of children, kind words a person says to their dog or beautiful music. Avoid sounds like an ambulance siren or the voices of those arguing. We can use our auditory perception to keep us safe (honking, emergency vehicles, screams for help), and use this information to help us move out of the way or assist another person. However, when we focus on these types of sounds, we lower our vibration and risk attracting things far away from the energy of high frequency.

Finally, feeling type individuals are typically overstimulated by their environment and tend to detach energetically from the world around them. They may feel drained from low vibration physical stimulation. If you're a sentient type of person, your main focus will be to feel yourself. Your feelings will be your best guide to focus on. True happiness is always from within. Of course, if you're attending a positive event like a wedding, baby shower, a homecoming, graduation party, etc., then by all means feel all the love present there.

No matter whether you're visual, auditory or a feeling witness (or all three), you now know what you can focus on to enhance your energy structure. Spend the rest of the week training your being to focus positively throughout your day. In doing so, you will be learning how to direct energy. This is one of the greatest tools you will ever use throughout this lifetime that has the capacity to reward you over and over again.

Most importantly, as your energy frees itself and rises towards joy, which is higher realms of vibration, you will naturally become a receiver.

Lesson 3

Layering Positive Frequencies

When energy quickly rises from your awareness, it surpasses self-limits and awakens your dreams to the physical reality. Layering several techniques achieves higher frequency vibrations for longer periods of time, skyrocketing past false philosophies while downloading new beliefs into your neurotransmitters. The amount of time you spend in high energetic pulsations matters. In a way, your energy system requires tiny energetic earthquakes regularly to help you grow and stay awake.

Let's begin with your decided initial focus – visual, auditory, feelings. Choose something to focus on positively. Once you align to the natural feeling of happiness, introduce a positive *What If Question* into your thoughts.

*Positive What If Questions work faster than affirmations because they do not require support from the ego or your belief system. Below, find several *What If Question* options, to layer your positive sensory happiness with.

- ~ What if all my dreams have come true?
- ~ What if my body is amazingly healthy?
- ~ What if I feel loved adored and cherished?
- ~ What if I'm working successfully in the field of my dreams?
- ~ What if I'm on path and everything is working out better than I could imagine?

Positive *What If Questions* can be easily used throughout your day. Simply replace the negative what if questions in your mind that the ego is constantly spewing in fear that leads the mind into false analytical processing and costs precious energy, keeping you far away from your higher awareness which is a place that knows no fear.

Gratitude, The Perfect Layering Remedy

When your visual, auditory or feeling focus is working well and you would like to layer the effect to enhance your vibration, seek out authentic gratitude. Especially for benign and underappreciated things in our world such as a simple stop sign. Arbitrary, ordinary things hold energy, as all things do,

because they are made from non visible subatomic particles. Objects that are used often, like a stop sign, have massive stored particles. When you appreciate them, they will naturally release the stockpiled energy directly to you. They appreciate your gratitude for them!

Appreciating something from your past that was exceptional, like graduating from school, getting married, having children or traveling to foreign lands is another wonderful way to layer your vibration. Make sure that you don't allow your mind to wander past the desired memory into uncomfortable territory where the vibration is low. Maintain a simple focus on your truly fabulous past.

The following article is one of my favorites from the Huffington Post. It compares with humor the perception of a dog and its life vs. a cat and its life. You may have read this popular comparison. Just know that we are working together to enhance your energy to resonate with a dog's life. XO

The Dog's Diary

8:00 am - Dog food! My favorite thing!
9:30 am - A car ride! My favorite thing!
9:40 am - A walk in the park! My favorite thing!
10:30 am - Got rubbed and petted! My favorite thing!
12:00 pm - Milk Bones! My favorite thing!
1:00 pm - Played in the yard! My favorite thing!
3:00 pm - Wagged my tail! My favorite thing!
5:00 pm - Dinner! My favorite thing!
7:00 pm - Got to play ball! My favorite thing!
8:00 pm - Wow! Watched TV with the people! My favorite thing!
11:00 pm - Sleeping on the bed! My favorite thing!

The Cat's Diary: Day 983 of My Captivity

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat while the other inmates and I are fed hash or some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength.

The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts since it clearly demonstrates my capabilities. However, they merely made

condescending comments about what a “good little hunter” I am.
Bastards!

There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of “allergies.” I must learn what this means and how to use it to my advantage.

Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released and seems to be more than willing to return. He is obviously retarded. The bird must be an informant. I observe him communicate with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now ...

~Homework ~

*Spend at least 15 minutes a day defining your focus and layering the experience. Make notes about the change in your energy system. Also, note any positive instances that occur after raising your vibration.

Lesson 4

Receptivity



[Quantum Fields: The Real Building Blocks of the Universe - with David Tong](#)

It's such an odd thing to think that you have to be in a receptive mode in order to allow the things you desire to actually manifest into your physical world. But you do! Most of the time individuals are not in a receptive mood. Extremely high numbers of people are simply not happy. To be receptive invites happiness.

When you shift your energy to be receptive/open, a vulnerable vibration occurs. This requires your energetic organism to be accessible which generates natural feelings of authentic safety while easily retrieving Universal awareness. Real vulnerability is powerful beyond measure.

When you are not in a receptive mode, which is most of the time, you are in a resistant mode. You are then literally struggling to get things done, change your life or birth magic into your existence.

The first step to navigate out of resistance is to expand your energy. This is exactly what you have been doing during your practices with sessions one through three. Good job! Now we're going to take your studies down a slightly different road to grind down your resistance permanently, softening your energy fields, making them more fluid in nature to welcome in unknown desires.

Yes, there are many fascinations you have yet to discover about yourself. What a delight! You are an unlimited being. When your energy fields are undefended, thrilling events will happen. You will discover just how gifted and talented you really are.

This week's live coaching session will include healthy hypnosis. No, you won't fall in love with a chair or dance like a monkey. You will be present during the exercises, but vulnerable. Real vulnerability is powerful. Please have some tissue near as you might shed a few tears.

Resistance exists through false beliefs. The majority of your beliefs were created prior to the age of five. No wonder beliefs are unconscious. Our hypnosis journey will uncover early childhood perceptions that have led you astray, now easily remedied through new perceptions via your super-consciousness.

Lesson 5

What You Really Desire & How to Recognize Desires

This question is incredibly important. Inside of you, lurking in your cells, tissues and energy, are incredible unique talents and desires. Knowing what you want in the truest essence of awareness will create a flow of inspiration, highlighting you! Knowing what you want isn't as black and white as you might think. True desires are fluid with particles and when it communicates with you the language is full of energy.

In this lesson, you will learn how to read your own personal energy code. Understand which direction your being wishes to take while learning to trust yourself.

If real desires could be understood by the logical mind, then you and most people would be living the dream; incredible relationships, fulfilling work and out of this world adventures. As you know that is not the case with most people. Life choices usually arise through fear not passion. Most individuals were taught at a young age that passions are not realistic or lucrative. But that simply isn't true. Desires are real signposts leading you toward your authentic self.

Joy is the gas that feeds your awareness to help you identify passions. Unfortunately, most people have buried their ability to feel joy. Elation subsides far away from daily consciousness. Waking up the vibration of joy for most takes a huge event. Yet joy is meant to be felt numerous times a day. Once the normal vibration keeps steady in your life, you will be in the flow of passion. Then your power will easily be revealed.

~Homework ~

- ~ Keep a notepad with you during the day. Write down the moments when joy shows up. It doesn't matter what brings you joy only that you identify its presence and hold its vibrational rays for several minutes.
- ~ Begin to believe that *spontaneous* delightful feelings are powerful and full of real meaning.

Reading the meaning of joy

Your feelings are your true messenger. Authentic feelings are not to be ignored. When you are holding the energy of bliss in your body, become curious about its meaning. Holding joy while being curious requires multi-tasking. I would hold the energy first for one-to-five minutes then begin the curious inquiry.

Your energy will be high due to the embracing of joy. The Universe/your higher self will understand your question easily due to the elevated vibration. As you connect to the universe with an inquiring mind, don't wait for an answer. Let the interest go and return to holding joy. The Universe always knows when the best time is to communicate and validate its communication for suspicious humans.

Information from the Divine ensures a surprise. Therefore, you will not be able to predict its communication. Become familiar with the surprise, look for it, and don't become satisfied with an answer until you are genuinely dazzled.

Don't worry if the answer's arrival takes a few days. The answer might be working through your resistance, or your consciousness may not be ready to absorb the reply. The joyful feeling will continue to dance with you, and your only job is to dance with its vibration, even if you still aren't in the know.

When resolve does show up, it will be encircled with joy. This will help you to determine its authenticity and why it's so important to become familiar frequently with the vibration of joy.

How Differently the Universe Communicates vs. Logic

- ~ Joy is not typically a feeling that surrounds logical answers.
- ~ The initial awareness of universal messaging may feel like a hunch or that the information is merging through a visual or mental cloud.
- ~ Mental solutions cause a little pain in the brain as we try to support its answer. Universal answers don't make the brain work hard. That's why most people don't believe in their power to receive accurate information from the Universe.

Lesson 6

How to Use the Magnetizing Energy of What If Questions

Reprogramming the mind to think positively can be powerful, especially in today's American culture of adrenal fatigue, constant stress, over-stimulation from the news and constant phone use. Our minds could use a break to actually become happy. The use of affirmations has been the go-to tool to accomplish positive thinking. Yet the process of affirming something you don't believe to be true requires hours and hours of repetitive dialogue that may not reprogram one's belief system, even after 10 years of practice. The cause of the delay has everything to do with your ego.

Your ego is drenched in fear naturally. It was created to save you from charging predators or to give you energy to run out of a burning building. It was not designed to analyze or process the past or the future. Yet the ego is screaming into the minds of most people every chance it gets.

By quieting the mind, you become present while focusing, and truth will ensure that the ego becomes silent. Affirmations have been widely used as a tool to accomplish this monumental task. In spite of their popularity, I believe that affirmations can work but very slowly. And best when we have a belief instilled into our awareness that is in alignment with the affirmation.

For example, let's say that you have been repeating a particular affirmation for a while now such as, "*I am wealthy!*" Despite your efforts of regularly repeating the affirmation for months, you may have noticed a slight improvement in your feelings about wealth, and may have received a small vibration of what it would be like to be wealthy – like winning a 50 percent paid-for cruise to the Caribbean.

Of course, these outcomes are an improvement! But the amount of time you practice the affirmation is huge in comparison to the reward. The primary reason for the slowness of a particular affirmation fulfilling your wishes is directly related to your beliefs. The ego is resistant to affirming something you don't believe. It will kick the vibration of the affirmation out of your head making it difficult to change a belief to match the affirmation.

What If Questions respond faster and produce multiple progressive energetic effects. First, when you repeat a curious *What If Question*, a vibrational shift will occur in your body to align to the answer. That means your subatomic

energetic particles will vibrate their matter to deliver the answer. This vibrational instant response arises because the ego is not intimidated by curiosity. Therefore, the mind actually advances the energetic shift throughout the body as the ego is silent when we are curious.

“When new beliefs are established,
the vibration in your body radically changes.
This not only affects this lifetime but past and
future lifetimes, too.”

When the mind is relaxed, it releases different chemicals than when it is stressed or responding to ego-driven fear. This allows positive *What If Questions* to calm down your thoughts, while entertaining exciting ideas.

Quieting the mind is a crucial role of *What If Questions* in action. When the mind is at peace, new beliefs can easily slip into the neurotransmitters, implanting wonderful beliefs capable of forever changing your world! When new beliefs are established, the vibration in your body radically changes. This not only affects this lifetime but past and future lifetimes, too.

Many of our beliefs hold a very long standing vibration from other lifetimes. That's why when someone is unkind once or twice when we are young, some people easily download a certainty that they are unworthy. Other children who don't have long standing negative beliefs about their worthiness bypass the meanies of the world, unscathed by their torment.

How you fashion the wording for your positive *What If Questions* can transpire energetic movement faster. Here are some great tips to help you craft fabulous questions.

- Go general ~ The universes know what all of your authentic dreams and desires are. Leaving out the details keeps the ego quiet while permitting the Universe to perform surprising moments you will love.
- Use fun, almost poetic, language. I often use the word *amazing* in my *What If Questions* in part because I love the word. But mostly because the mind has no idea what amazing really means. Its meaning is always boundless.
- Sit in your abdomen when shaping your questions. Let your energetic awareness guide you to the best questions.

- Practice your questions throughout the day. Repetition is important to harness a new and better belief.
- Maintain a journal of your desires and develop *What If Questions*. Keep track of the time it takes to manifest results. Convincing your mind that *What If Questions* work will go a long way to manifesting the really important stuff.

Lesson 7

How to Let Go and Become Aware of The Beauty Everywhere

Living on planet Earth can be challenging because so many events are happening worldwide that may cause you to feel despair or even enormous sadness. Despite the world's constant contractual encounters, there is beauty everywhere.



[A MAGICAL SOUND MADE BY THE EARTH - SINGING ICE](#)

There is even beauty in your personal contractual experiences, too. Learning to identify beauty where so much darkness seems to prevail will aid you in the powerful aptitude of letting go.

Liberating a painful perception may seem impossible. When you hold onto past events, the energy of the event builds mostly because people have a hard time not thinking about the things that hurt them. Re-thinking a painful situation keeps the energy of the low vibrational event potent while weakening your vibrant energy. When this happens the only solution I have found to work – phenomenally well – is to ask the Universe to share the beauty present everywhere.

Before and after asking the Universe to share the beauty present in the painful situation (most likely the asking will occur during meditation), take 10 to 15 minutes and remind yourself of the splendor present everywhere. This will help elevate your energy's vibration so you may understand the Universe's narrative.

The Universe's version of events is usually shocking but the awareness that comes through will feel truthful and will create enormous autonomy, permitting a vast awareness into the bigger picture. Your consciousness will then expand. And when this happens it will become difficult to hold onto any future personal or outwardly perceived crisis.

Keys to freeing your energy

- There are so many wonderful things happening behind the scenes in every situation. When you are feeling fear or disappointment about a situation, you will not be able to see the beauty or know the truth of it. Use this *What If Question* when you want to know more: “What if I allow myself to see the beauty in this interesting situation?”
- When we let go we are moving into a profound spiritual vibration. This needs to be a goal related to every area of your life. The purpose isn't to put pressure on yourself to surrender but to know that stretching toward surrender places your frequency into a vast awareness, a place closer to the Divine's consciousness, your true home.
- Once your energy is freed you will automatically feel better, relax and recharge your energy toward something immensely more rewarding.

Lesson 8

You are Worthy and Deserving

An essential vibration to add to your higher frequency is lovability. When you feel loved your entire being becomes receptive. Feeling loveable creates improved happiness, and fulfillment. You will look younger, feel healthier and your magnetism will also improve. You will naturally receive vital life force energy because you feel deserving. Everything in the entire Universe, including your car, is made from pure energy.

“Feeling loveable serves as a catalyst to align you to your magnificence.”

Feeling loveable serves as a catalyst to align you to your magnificence. Everyone deserves to feel and experience the elation of lovability. Starting tonight I'm going to take you into a soft hypnotic meditation experience to align your human energy system to your birthright of lovability.

~Homework ~

The meditation combined with hypnosis will be sent to you in a recording. I would like you to listen to the recording every day for 21 days. Your energy system will imprint the information of the recording deep into your subconscious, shifting your entire belief system. Once you know that you are loveable, every belief to the contrary in any area of your neurotransmitters will have to shift, too.



[Lucas The Spider Creator Explains How He Makes People Fall In Love With Spiders | The Dodo](#)

You are going to fall in love with yourself just like this animator helped people fall in love with spiders. Everything is about perception. XO

Lesson 9

Taking Inspired Action

You live in a physical world, requiring you to take physical action. Every day you are expected to tackle hundreds of worldly tasks; eating, bathing, sleeping, driving, shopping, working, etc. These responsibilities happen over and over again in our daily lives. Somehow we have become numb to the necessity of taking inspired action.

If there is something you wish to change in your life, you will need to take physical action, and that action needs to feel inspired!

Now that you have an awareness of your natural and real feelings of joy, it is these feelings that will arouse you to recognize inspiration. Once you identify something that inspires you, take physical action toward this cool and exciting thing.



[BE INSPIRED | How to find inspiration](#)

Watch this for tips on how to awaken inspiration.

Below I have highlighted common desires and offered actions you could take to highlight your path and accomplish your goals.

Building a New Career

If you know what you would love to do in a new profession ~

- **Don't wait until everything is perfect!**

Business cards, and web pages can be easily changed. Especially in today's digital world. MOO, a popular online print company will send you 100 business cards that you partially design online with their help for under \$50.

As you begin your new passionate work, it's not really necessary to have a website unless you are creating an online company. The most stable companies are built by word of mouth. When you are ready to make a website, may you first be inspired thoroughly with joy before launching into this cool, creative project.

If you wait until you're inspired, the action you take will be cost-effective and powerful! The words you choose to describe yourself and what you do will leap off the page to future clients who can't wait to meet you and use your services.

- **Interview other entrepreneurs.**

Take local, successful business owners out to lunch if their work interests you. Pick their brain. What inspired them to take the leap into the small or large business world? What has been the most useful learning experience for them? How do they stay current in their business portfolio? How do they stay inspired with their work?

- **Visualize your dream.**

See yourself working for an amazing company doing what you would love to do, even if you have never heard of anyone offering the job description of your dreams. First decide how much money you wish to be offered. Getting the salary desire known will go a long way to securing a great company who will pay you the perfect income.

Imagine that both you and the great company that hires you for the new job are equally excited. The company *loves* independent entrepreneurial types who wish to work for a large organization. Fill out applications for your unique job with various companies you would be interested in working for.

Creating Better Health

Imagine that your successful health is here! To celebrate your increased energy/mobility/digestion, you are going to take a celebratory vacation. Visualize research destinations, flights, hotels and activities you would love to partake in.

“Energy released from the human form
acts like a boomerang, bringing more of the
same right back into your body.”

Change the way you talk to others about your health. For example, when someone asks you, "How are you feeling today?" answer only in a positive way that is also honest. Examples of such answers might be, "I'm feeling super excited about my health today. Thank you for asking." "I'm grateful for the positive energy I'm feeling today."

The trick here is to quickly ask *them* a question after your new and improved response about your improving health. Asking another person a personal question will get their attention off of you and prevent them from further inquiry where you might fumble and speak negatively about your well-being.

Especially for chronic conditions, never speak out loud in a negative way about your health no matter how you might be feeling unless you are with a health professional who is asking about your symptoms. The fifth chakra is so powerful that the words that exit your mouth carry extraordinary energy. Energy released from the human form acts like a boomerang, bringing more of the same right back into your body.

Allowing Wealth

“Feel your wealth where you want it to be.”

It is so important NOT to feel your current financial situation. Life changes all the time. Whatever we are wishing to shift into a new truth needs to be emotionally front and center. Do your best throughout the day to redirect your thoughts about your finances. Feel your wealth where you want it to be.

If you want a new home, car or furniture, go shopping! You don't have to buy a thing. While you're shopping, imagine that you are getting a fantastic deal and that more than enough money is in your bank account right now.

Spend a few hours loving money. I think money looks so cool! Love the weight of your coins, the color and design of your dollar bills. Sending real, loving feelings to money helps to increase its production into your life.

Experiencing Positive Relationships

Avoid any relationships that are not positive. Don't go out with friends or family members that leave your energy feeling low.

Do new activities that are out of your comfort zone. You could very well meet new people. Participating in new activities makes it difficult to block your energy, leaving you open for friendships and more.

If you're in an existing relationship that you wish to improve, change the way you typically interact when in conflict. Do something different. Most of all, don't engage when arguments present themselves. By not participating, you will naturally change the energy.

Lesson 10

How To Discover Joyful Work

“Your existence on Earth
is meant to give you happiness.”

If you work for someone else, yourself, or care for your family and a home – or all of the above – it is imperative that whatever you do in the world feeds your soul.

With your vibration elevated and consistently getting better and better, we can now focus on purpose and fulfillment. Even if you are working in a fulfilling pursuit, it's important to continue to be inspired.

Your life wasn't created to be filled with duties and responsibilities that suck the life out of you. Your existence on Earth is meant to give you happiness, and in turn your joy will light up the world. As you discern through high frequency activities and passions, you will be able to inspire others and monetize your talents too!

“It's time to be childlike
and believe again that you can be anything!”

~Homework ~

Let's take inventory of what you love! Write a few words next to the subject you really like. For example, next to “Driving ~”, write how and why you enjoy driving so much. If you're not sure what you love, ask yourself what you do in your free time. In there lies answers.

Writing ~

Reading ~

Driving ~

Gardening ~

Shopping ~ (I'm not kidding:)

Biking ~

Hiking ~

Dining ~

Art ~

Sports ~

Energy Medicine ~

The Otherside ~

Animals ~

Once you've taken inventory, no matter what it is that you love doing, celebrate! Congratulate yourself for identifying a road to your talents or an actual talent. Then get curious, because happy feelings combined with some activity are just like the lights on a runway. They are lighting your path. Regardless of how silly the activity might be to your logical mind, each uplifting feeling is working hard to get your attention.

Layer your experience with a *What If Question*:

What if I'm an athlete?

What if I'm an author?

What if I'm a racecar driver?

What if I'm an energy worker?

What if I'm a veterinarian?

What if I'm a master gardener?

It's time to be childlike and believe again that you can be anything! Your *being* truly won't care what an authentic talent is, only that it brings you great joy. Where there is great joy, there is talent!

Lesson 11

You Can Also Change Your Relationships

When your energy transforms, those who love you, work with you and live with you are living with a new vibrational person. You are getting to know a new version of you and so might those in your life.

For some, your loved ones are celebrating your expansion. They are pleased you are happier, and thrilled with your authentic expression. While some friends or family members might be complaining because you have changed.

You might be doing your life differently. Perhaps you no longer wish to do the same activities. In the past, you may not have cared that your energy was low and were doing things you're not really interested in. Now you love your energy vibrating high. And you don't want to do too many activities that lower your vibration.

Possibly some of your friends or other people in your life talk about things you no longer have interest in. They might be confused when you don't contribute to the conversations that have been common to your relationship for many years.

Just because *your* energy has changed doesn't mean the people in your life have changed their energy. And the new differences in your frequencies may be challenging.

You might be surprised by the relationships that suddenly get better. Maybe you have always liked your younger sibling but the two of you rarely found time to hang out. Miraculously, all of a sudden you have reconnected, finding time to talk and spend time together. It's not a miracle. It's energy!

The opposite can also be true. You might be arguing, often over unnecessary things, with people you seldom had relationship issues with before. If this is happening, I'm sure it's frustrating for everyone involved.

If the latter is happening in your life, it might be time to have an exchange about energy with your friend. Most people will notice that something is different (or wrong). There is nothing wrong with you or the people in your life. But the energy has changed, and it probably won't return to its previous vibration.

Remember, it's OK to change! In fact, it's normal to grow. The conversation about energy may be helpful to your friendship and may create incredible awareness for both of you! And now you know for sure that your energy is changing!

Here are some *What If Questions* that might accelerate beautiful bonds:

~ *What if I feel loved adored and cherished?*

~ *What if my higher vibration brings incredible and positive changes into my life?*

~ *What if I'm attracting high vibrational people into my life?*

Lesson 12

Celebrating the New You

Wow, the past 12 weeks have been truly magical! You may not fully recognize the person in the mirror smiling back at you each day. It's times just like now when a personal celebration is warranted.

Evolving here on Earth attracts many opportunities to celebrate oneself. However, self-celebration is not habitually on the preferable to-do list. The funny thing about not celebrating your personal growth is that no matter how big or small the accomplishment, you worked really hard. The hard work may not be as easy to identify or communicate with the world around you. So here is a list to remind you of what you have been actively doing over the last 12 weeks!

- Your perceptions have changed.
- Your vibration has changed.
- You have increased your lovability.
- You have discovered real joy and how to maintain it.
- You have learned how to have healthy conversations with others that honor the both of you.
- You have learned how to maintain your energetic vibration.
- You have learned how to manifest.
- You are happier.
- You have discovered new talents.



[Celebrate yourself: Yejide Kilanko at TEDxChathamKent](#)

When you celebrate you, beings who live on the Otherside will celebrate with you. Even if other people don't recognize the new you or misunderstand its importance, spirit guides, angels and your loved ones living on the Otherside do. They would love to take a few moments with you and cheer your magnificence!

Creating a sacred ceremony of your choice will solidify with the Universe that you know how much you have accomplished. Performing a ceremony is like sealing an envelope. Your task is completed and you're fully aware and happy with your results. The Universe could not be more grateful for the bounty of your deep and personal growth.

*If you're not sure how to celebrate with the Universe, here are a couple options. If you are inspired to do something different – great!

1. Pick a few things from your home or purchase some meaningful pieces to bury in a favorite location.

Ideas to bury:

Crystals

Rocks

Photographs

A letter expressing your gratitude

I typically bury celebratory gems at my favorite park.

2. Have a conversation, out loud, if possible, during a sunrise or sunset. A full moon is a great choice, too. Speak from the heart. Act as if you're speaking to a long-lost friend. Share your unique experiences with the Divine regarding your most recent journey.

We will do a celebration activity during tonight's class. I look forward to rejoicing in your achievements!

All my love!

Marie