



Gracefuliving Coaching Services

The
**GUIDE FOR LIVING WITH
PASSION, PURPOSE & PROSPERITY**
With Ease and Simplicity



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TABLE OF CONTENTS

Introduction	p.1
Tuning Your Attention.....	p.4
Becoming a Vibrational Match.....	p.7
About Shante.....	p.11



INTRODUCTION

First off, congratulations on making a brave choice in picking up this handbook. Yes, YOU!

Too many of us bypass the opportunities open to us to transform ourselves, our very lives, into what we would want to experience instead of what we have been conditioned to believe we can be, do, have and give.

So I want to make sure we both take this time to honor that which is within you that is seeking for greater expression of who you really are.

And I want to thank you for allowing me this slice of precious time into your life to help you achieve greater knowledge of yourself and thus gain mastery of your world.

I promise to make this worth your valuable time. So, who the heck am I in the first place?

I am Shante Kumar, and I am the Owner/CEO of Graceful Living Coaching Services.

I founded my company based on the premise that we are all naturally endowed with the ability to heal and transform ourselves into the very best version we believe we are capable of being.

With my work in psychiatric nursing for over 20 years, coupled with the study of energy work, (chakra clearing/balancing, certification as a Transformational Spiritual Life Coach, and certification as a Kundalini Yoga Teacher, I have helped countless patients and clients overcome their fears, doubts and worries to thrive during life events that were, at first, considered catastrophic with insurmountable odds.

But before I get any further, I must disclose who this guide is NOT for.

This is not for you if you are here to learn quick tips or one-offs that do not help you to learn anything in the long run.

The results I can help you achieve are not typical and will require actual effort on your part. More than anything I want you to succeed in every life endeavor you choose, but I do NOT promise anything other than I am going to provide you the roadmap. YOU will have to ensure you maintain your work ethic, passion and dedication to use these tools to succeed.

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This is also not for those who want to stay stuck where they are. If you like where you are in life, and you do not yearn to be, do, have, and experience more...if you enjoy being the victim of circumstance based on your current habits of thinking, then PLEASE STOP HERE.

This is also not for you if you will allow your fears, doubts and worries override the dream and DESIRES that are longing to burst forth.

But before I get any further, I must disclose who this handbook is NOT for

Lastly, this is not for you if you are going to read the things in here and say “I know that”. Let’s be honest, you may know *of* the concepts I talk about but if you actually KNEW them, you wouldn’t be reading this handbook.

Otherwise, I CAN help you!!

If you have ever been down on your knees, praying, asking to the heavens or God, or Yahweh or whatever you call out to...struggling with your issues...vowing that if you could do, have, be this ONE thing your life would be drastically different...I know, I know exactly how you feel.

I’ve been there too. Living a life that seemed to be...just...ok.

I had worked hard toward all the things I was told were the way to be ‘happy’.

So where were my rewards for doing everything “right”?

For graduating high school?

For making my way through college working 3 jobs?

For hustling, and grinding and going without so I could “make it”. But still I felt, I knew, something was missing

I became depressed, I drowned myself in my work.

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One day, at work, while asking myself “what is it I am supposed to be doing with my life??” I came across a coaching site and my life was forever changed. I looked at that site and I truly had an “ah ha” moment.

Out of my own passion to transform myself and my life and my commitment to freedom from living a life determined by others, my business was born. I dove ALL IN- with all my heart, commitment and determination.

I did a lot of great action, and even more not-so-great action but I was able to make HUGE breakthroughs and leaps in thinking that led me to create my own coaching business. A business where I could put all the mind techniques, life-hacks, and energy work all together to help more people experience the types of life- altering mind-sets that were previously only available to my patients.

Now you know a little more about me and what drove

me to be here with you. So now, let’s get into what you really came for, alright!

And if you are still reading, it means two things: First: You. Are. Done!

You are done with:

- not feeling at your peak mentally or physically
- not having enough time for yourself
- not having enough energy
- Not experiencing life with all the joy within you

and Second: You. Are. READY!

- To experience more clarity
- To feel more balanced
- To enjoy more vitality
- To enjoy life as like you did when you were a child!

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You are ready to be more Present, Peaceful and Passionate about your Life!

I believe you are here for a reason, out of all the things you could watch on tv (I know I'm not the only here who loves Netflix!), out of all the other things you could be doing...you are here...there are no coincidences...

You're ready to take ownership of your NOW.

So I am going to GIVE you three (3) tools for Getting What You Want.

But first, you have to learn how to become the Master of your Mind.

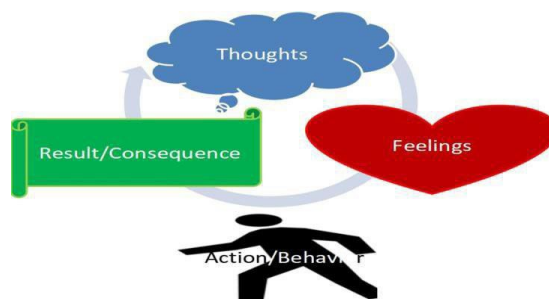
TUNING YOUR ATTENTION

We are essentially working with two types of energy on this plane:

1. Physical Energy = Thoughts
2. Spiritual Energy = Emotions

When we have strong emotions associated with focused thoughts, we are essentially tuning our attention and setting into motion those things we are focused on. These are a product of, what my mentor Mary Morrissey calls, the Results Formula.

THE RESULTS FORMULA



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As the Formula illustrates, *Our thoughts cause feelings.*

You know this to be true. Your thoughts cause your feelings. And you know this.

When you think joyful thoughts you feel happy.

When you think scary thoughts your heart beats faster.

Your thoughts affect your physiology.

Feelings cause Actions

By law your feelings must be expressed into your actions. Try this out, put on the physical posture and facial expression of someone who is depressed. Interesting, we all know how to do that: Shoulders down. Head down. Face expressionless or frowning. Now, shake it out.

Put on the body position of someone who is confident, happy and just had a major success. Interesting! Shoulders back, head up, smiling broadly, shining eyes...how easy that was to put that on, wasn't it.

(And, be honest, doesn't that feel better??)

Our feelings are expressed into our actions. When we feel confident, when we feel energized, we take different action than when we feel depressed, frustrated, sad.

Actions cause Results

And it's our actions that create our results.

Your thoughts cause your feelings, your feelings cause your actions, and your actions cause your results.

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For example, your spouse or partner didn't take out the trash or pick up your suit from the dry cleaners, or whatever task was requested of them, despite multiple reminders.

What are your thoughts?

What are you choosing to focus on?

How do they make you feel and act?

How do the results impact your relationship and thus your subsequent thoughts?

Cause and Effect

The Results Formula is the *real* "cause and effect" in action. Yet, most people don't get this. Most people look at their results. They look at their circumstances, their conditions, and they call those their causes.

Actually, they are too smart to call them their causes, they usually call them their "be-causes".

I can't start a new career *be-cause* I'm too old, or *be-cause* I'd lose all of my benefits.

I can't find the love of my life *be-cause* I'm not young enough, thin enough, attractive enough.

I can't be-cause, because, because....you get the drift.

When the true cause of all of our results is right here in our minds, our thoughts.

Your results are caused by what you have been thinking. This is the first and *only* cause.

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So if you want to know what you've been thinking, look at your results of your life...

Your results never lie.

So, then **what can you do to change your results?**

I will share with you three tools I used with my past patients and current clients to successfully increase their vibrational match with their preferred results.

BECOMING A VIBRATIONAL MATCH

Tool I. Energy Awareness

Everything is energy. That means so are our thoughts. Our thoughts vibrate on the same frequency of the results we want. So you want different results? Then change your vibratory frequency.

Energy Awareness allows us to refine and improve our energetic blueprint by bringing our energy (our thoughts) in line with what we want to create.

Did you know our subconscious mind doesn't know the difference between what is real, and what is imagined?

Don't believe me?

Have you ever had a dream where someone really upset you? or pissed you off? What about having a nightmare?

When you woke up you realized it was just a dream, but those feelings didn't just go away, did they? This is because our subconscious mind allows us to actually "live" that "dream reality". And unless you are used to having "lucid dreams" where the dreamer is aware they are in a dream and can control it, you are at the mercy of your thoughts and feelings that occur during the dream state.

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So, Energy Awareness, when done correctly, is much like dreaming while awake. You have strong thoughts that give rise to strong emotions and can begin to set in motion the manifestation of that which you desire.

But get it straight: Energy Awareness is NOT creation.

Just practicing Energy Awareness does not, by itself, bring it onto this plane of existence. So to make your Energy Awareness practice more likely to bear fruit, pair it with the following tool.

Tool II. Mind-Set Training

How can mind-set training increase your vibrational match?

When you use proven, time-tested mind-set training techniques correctly, they increase your motivation and likelihood for achieving success.

Mind-set training is a powerful process that can help you determine what core beliefs are running the programming of your life.

By getting clear on these underlying dominant thoughts, you have a more secure idea of what you need to change your focus from and set your energy toward.

Did you know that simply identifying these beliefs sets your mind up for wanting to overcome them?

Developing a Growth Mindset allows you to create new, compelling, expansive beliefs about yourself that will support your changing vibrational frequency.

So, now you have learned how Energy Awareness and mind-set training techniques can develop a strong vibrational match to the results you want to experience in your life.



The last tool in the arsenal is, arguably, the most important to help you maintain your vibrational match:

Tool III. Support System

When we think of support systems, we usually automatically associate them with people who help us up when we are feeling down. You know, the people we call our best-friends, our cheerleaders, our confidantes.

And while having a support system like this helps us to decrease and deflect stress, improves our emotional resilience and can lead to long-term mental and emotional health, having a support system actually increases our likelihood of success and of attaining our goals quicker.

Social support systems can be formed fairly quickly. It can be as easy as informing your family and friends of your vision and goal and letting them know how they can best support you on this journey.

Of course, if you suspect your family and friends are not supportive, or would try to encourage you to not follow through on what is important to you, you may need to seek support elsewhere.

One way to develop a support system is to join a team or a group of individuals who share your enthusiasm and/or passion for your chosen goal. Find people who will give you emotional and informational support.

Energetically we are the sum total of the five people we spend the most of our time with. Knowing this, keep a close eye on who you allow to influence you and your thoughts - as they will become the yard stick by which you can measure your results of your life.

To change your thoughts so they accurately reflect the life you choose to live by design instead of default, it is necessary to work on changing your mind-set.

This journey is not an easy one and you will constantly be working to not slide back into old habits of doing and being that will keep you right where you do NOT belong anymore.

Do you know the difference between the sinner and the saint?

The saint is the one who didn't give up.



So don't give up, you have someone in your corner, rooting you on to greater heights of victory than you can hold in our imagination.

I've got you.

You are Worthy.

You've got this.

Regardless of where you are right now-whether you already have a goal and you just need a system to help you manifest it, or you are "stuck" trying to figure out what you really would love in your life, I will give you the help and guidance you are searching for.

And if you are ready to put in some work, and you would love a strong support system that will help you overcome fear and self-doubt, become energetically aligned to confidently achieve your dreams, and live a life you truly enjoy, schedule a Clarity Consult with me today [here](#).

I look forward to serving you further.

Namaste.

Shante K.



Connect with me here:

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Facebook: facebook.com/gracefulivingcoaching

Instagram: Gracefulivingcoaching

Youtube: Gracefuliving with Shante

About Shante

Shante Kumar is an inspiring speaker, passionate educator, and a highly sought after Transformational Spiritual Life Coach helping people experience improved physical, mental, emotional and spiritual health.

For over 20 years, Shante Kumar has worked with students, parents, professionals and entrepreneurs; helping them adopt and apply empowering spiritual principles to initiate change, and experience accelerated results for happier, more fulfilled lives.

Shante Kumar has facilitated workshops, seminars and trainings throughout the bay area.

When she is not speaking or serving clients, you will find her reading, singing, meditating or playing with her 2 children and her amazing “boyfriend for life”, Ashneel.

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