

Virtual Workbook for Audible



*Welcome
to my
Audible
Guidebook*

Chapter 1: Week One Activation Step: Choosing Your "Next Best Step"

Each Miracle Activation requires you to take the TOOLS learned in each chapter and incorporate them into your life through ACTION STEPS; this begins the Miracle Activation process. This first Action Step is easy: you simply CALL upon your Higher Power of choice, then ASK for crystal-clear guidance about some issue or area of your life. Let's try it, using this book as an example.

After calling on your Higher Power, ask, "What is the NEXT BEST STEP for me with regard to the information in this book?" Ask silently or out loud as you look at the following choices:

1. Should I turn the page NOW to start the Believe IT to Receive IT journey to create my miraculous ideal life?" *Now, imagine turning this page. Is the next page bright and light, as if it holds the answers you have been looking for? Or does it seem dark or difficult or heavy to turn the page?*
2. "Should I close this book now, admit to myself that it's not the ideal time for me to learn the Believe IT to Receive IT tools, and instead save it for a later date?" *Imagine yourself putting this book on a table or bookshelf for later. Does this option feel like a relief? Or, do you see yourself picking it right back up?*
3. "Should I admit this book is not for me and pass it on to the next person I talk to who seems ready for an Inner Transformation?" *Imagine giving this book to another person. Is this image crystal-clear and easy to see? Or does it feel wrong or uncomfortable? (If you are guided to give this book away, thank you for sharing it! Please accept my blessings, wherever your journey takes you!)*

Week One Activation Step: Choosing Your "Next Best Step"

Congratulations on turning the page and choosing to begin your Believe IT to Receive IT journey! Here are some helpful hints to keep you aligned with your MIRACLES while using this book:

At the end of each chapter you'll find two Miracle Mantras designed to be RIPPED OUT and HUNG UP.

- Place these mantras in different areas in your home, car, work, or anywhere you want and need positive reminders. The idea here is to REPEATEDLY SEE them (consciously and unconsciously), which will help ACTIVATE and REPROGRAM your thinking and ACCELERATE your MIRACLES.
- This repeating of new positive thoughts will eventually delete the old negative thoughts. Because consistently SEEING and SAYING what you want to be TRUE helps ATTRACT and CREATE the life you want on a conscious and unconscious level.

Miracle Mantra #1

*Place these Miracle Mantras where you can see them
every day!*

I Now Receive

Crystal-Clear

Guidance

To

My Next Best Step,

To My

Miraculous Life.

Plugging into Miracles Summary

Hang up to read while getting ready

1. Say out loud: "Please surround me now, (inset your Higher Power word). I ask you to help me to BELIEVE and RECEIVE your CRYSTAL-CLEAR GUIDANCE in all areas of my life, especially in the following areas: _____."
2. Close your eyes and imagine Your Higher Power surrounding you with a protective light with a diamond essence and qualities of healing, crystal-clear guidance and unconditional love.
 - Inhale deeply through your nose and imagine that you can feel this light healing all areas of your mind, body and soul.
 - Take three more deep breaths and continue visualizing until you feel RELAXED and at EASE.
 - Put both your hands on your heart space and imagine that you can see and feel the same beautiful light inside you.
 - Take three more deep breaths and with each exhalation expand your inner light out. As it connects with your Higher Power, it becomes an aura of light, fanning out from you in every direction, as if you are the center of the sun. Imagine this light expanding out through you, all the way to the heavens and down through the center of Mother Earth.
 - Say out loud: "Thank you my Divine light for connecting with my Higher Power energy so that I NOW have crystal-clear guidance and protection throughout my day - wherever I go and whatever I do. My day is now filled with miracles for my highest possibilities in every area of my life! Thank you, Thank you, Thank you!"

Chapter 2: Week #2 Activation Steps: Creating Your "Miracle Team"

This week's action step is about creating a TEAM OF BELIEVERS who agree to believe in one another and their ability to TRANSFORM their lives REGARDLESS OF THEIR CURRENT REALITY. With this book's guidance, you and your team members will believe into reality whatever each of you is looking for (i.e end results, goals, solutions, miracles, healing, answered prayers, et cetera). It is your BELIEF that creates the INNER TRANSFORMATION that ALLOWS the unbelievable outcomes you are wanting to find you!

First ACTION STEP: Activate Your Ideal Team

Begin by PLUGGING IN. Remember, any time you want to create something of importance it is always best to consciously get realigned with your Inner Guidance. During this time ask for your Miracle Club team members to easily and (seemingly) effortlessly be guided to you. Choose the date you want this to be accomplished by, including the month, day and year (I suggest you choose a date at least seven days from when you make the request).

Second ACTION STEP: "Who Do You Know?"

Answer the questions on the next page without making judgments about who you think may be potential candidates for your team. The idea here is to get your juices flowing and ready for Divine inspiration and intervention.

Week #2 Activation Steps: Creating Your "Miracle Team"

Make a list of people you know personally (i.e. friends, family members, coworkers, et cetera).

List ALL people you may NOT know personally but come to mind when you think of clubs or organizations you are connected to (i.e. church, sports teams, hobbies, clubs, networking groups, et cetera).

List ALL your social media sites, personal and group accounts (i.e. Facebook, Twitter, Instagram, et cetera).

Week #2 Activation Steps: Creating Your "Miracle Team"

Third ACTION STEP: Use Your Inner Guidance

When your list for potential Miracle Club team members feels complete, print or tear it out and hold it in your hand. Ask your Inner Guidance, "Which of these people or groups should I consider first as potential members?" Then, using the SEEING or FEELING exercise discussed in the previous chapter, begin to circle any names or places that stand out to you. They may seem bolder or brighter when you look at them, or you may feel good, happy or a knowingness about a particular name or that a particular place contains a future team member. Circle at least five choices from each group.

Fourth ACTION STEP: Reaching Out Then Release and Trust

Call, text or post on social media sites, using something similar to the following:

I'm creating a book club that helps you activate more MIRACLES in your life. This process is ACCELERATED with two or more people. If you are also wanting MORE MIRACLES IN YOUR LIFE, please contact me at _____. This book club is FREE: you need only acquire the book we are using, *Believe IT to Receive IT: Activating the Miracles Waiting for You*, by Bernadette Rodebaugh. It can be found on Amazon and at Barnes & Noble.

Finally, take one last look at the list of potential team members and release it to The Universe and your Higher Power, knowing that the ideal members will be guided to you easily and effortlessly. Show faith or trust in this process by burning the list, tearing it up, flushing it down the toilet, or putting it in the trash.

Week #2 Activation Steps: Creating Your "Miracle Team"

BELIEVE that this ACTIVATION STEP is now DONE!

BELIEF is the MAGNET that attracts your dreams into reality!

Guidelines for Your Book Club / Miracle Team

- This group should consist of at least two people (meaning you and at least one other) and no more than four people. This way, in a suggested one-hour team meeting everyone has at least ten minutes to talk with five minutes of input from other members.
- Be careful who you choose for your team. Don't assume that they'll be your closest friends and family. Sometimes those closest to you only remember your past experiences, mistakes, or doctor's diagnoses. They may not understand your NEW ABILITY to release the past and its previous hold on you and to be a CATALYST for creating a new miraculous future.
- All members need to read this book together so they understand the power and purpose of the team's weekly ACTION STEPS and their individual contributions.
- All members must agree to create a vision of the new aspects in their life that they want to improve. This means Dream Big, Bold and Unapologetically because nothing you can think of or dream about is TOO MUCH! (In the next chapter you will start putting these ideas on paper).
- All members must be willing to do ALL the ACTION STEPS in this book.

Week #2 Activation Steps: Creating Your "Miracle Team"

Meeting Suggestions

- Schedule team meeting dates and times or meet weekly for the seven remaining weeks of this guidebook. Consider the use of conference calls via Skype, Zoom, or FaceTime, or apps such as Marco Polo and Voxer. Be open-minded about how to make this work.
- Share with one another in great detail what your vision of your "Transformed Life" feels and looks like. (Chapter 3 will go deeper into how you can create and share your IDEAL LIFE VISION with one another.)
- During weekly meetings spend at least five to fifteen minutes per team member reviewing how each is incorporating that chapter's ACTION STEPS into their daily routine and any challenges that may be arising while creating and believing in their IDEAL LIFE. **(Choose one member to set a timer so everybody has equal amounts of sharing time and nobody dominates the meeting.)**
- Each member must be conscientious and share when he/she receives Inner Guidance for the others (Use the tools from Chapter 1: "How are you receiving Divine Guidance?"). You will soon notice that your Inner Guidance is becoming more consistent and intense, now that you have committed to use it for a higher purpose, namely, the miraculous transformation of your own life and the lives of your team members. You will see that there really is POWER in two or more people joining together for an agreed-upon purpose!

Week #2 Activation Steps: Creating Your "Miracle Team"

- Only during the first meeting should you discuss the negative life issues you are working on overcoming. This is done solely for the purpose of educating the other members as to where you have been and where you want to go. **Make sure this part of the meeting is short and to the point, because talking about it and thinking about it will only create more of it. From this moment forward, THINK AND TALK ONLY ABOUT WHAT YOU WANT TO BE TRUE IN YOUR LIFE!** Remind and help one another with this as you reword statements and phrases to a positive present tense when needed.
(We will talk more about this in Chapter 3.)

Team of One

If you're unable to find others to create a book club / team, don't stress! You can join our closed "Believe IT to Receive IT" page on Facebook, which will provide you with a safe space and a like minded tribe with whom to share your experiences.

Miracle Mantra #1

Place these Miracle Mantras where you can see them
every day!

*I only Think and
Talk about what
I WANT TO BE
TRUE
from this moment
Forward!*

Miracle Mantra #2

Place these Miracle Mantras where you can see them
every day!

My IDEAL Life
and My IDEAL Team
is
Now EASILY
Revealed
to Me!

Chapter #3: Week Three Activation Steps: "A" is for Your New AGREEMENT TOOL

Today, I (fill in your name) make a commitment to focus ONLY ON MYSELF and the TRANSFORMED LIFE THAT I AM CREATING. This means I am NOW committed to do the ACTION STEPS for each chapter of this book. I NOW PROMISE myself I will not get sidetracked by things that are not in alignment with my vision of my ideal life. I realize I do not have the time or energy to worry about or fix other people's lives, dramas, issue or obligations, nor is it my job to do so. My sole purpose is to improve my life, so I will NOT feel guilty about focusing on myself for (at least) the duration of this book! *(Note: even as a team player in your book club you are not focusing on other people! You're merely BELIEVING in one another and the visions each of you has for your new life.)*

Signature:

Date Started Book: _____

Date Finished Book: _____

Week Three Activation Steps:

Your Turn

Throughout this book we have been discussing how your BELIEFS create your reality - physically, mentally and spiritually. Now it's time to use this information to TRANSFORM and EMPOWER your life! Today, you can RELEASE your old story and every problem you had in the past and CHOOSE TO CREATE A NEW STORY in alignment with your desires. First ask yourself, what do you want this life to look like? Remember, this is the time to Dream Big, Bold and Unapologetically! (Don't forget to first PLUG IN to your Higher Source Energy and ask for Guidance.) Envision what your life would be like if you weren't worried about how much education you have (or don't have); how much money you need; a current medical diagnosis, etc. The list of limiting beliefs could go on forever but they have no place in the infinite, miraculous possibilities you are NOW ACTIVATING, EXPECTING and ACCEPTING in order to create YOUR IDEAL TRANSFORMED LIFE!

First ACTION STEP: Your New Ideal Life Vision

Answer the following questions. Take your time and be sure to use all five senses, for those details will help align your conscious and unconscious mind to work together. For example, what do you SEE and HEAR? Can you SMELL any new fragrances in the air or TASTE a particular flavor? What does it FEEL like to be living this Dream Come True?

Week Three Activation Steps:

Your Turn

1. Imagine Your Ideal Life. Envision yourself getting up and out of bed in the morning and looking forward to your day. Where will you go and what will you be doing?

Week Three Activation Steps:

Your Turn

2. What do your personal and professional relationships look and feel like?

Week Three Activation Steps:

Your Turn

3. Do you want to live a quiet life of peace and harmony, or do you want to have exciting new experiences each day? Describe in detail.

Week Three Activation Steps:

Your Turn

4. What does the IDEAL YOU look like and feel like? Is your hair the same color and cut? Are you the same weight? What style of clothing does the ideal you wear? How does your body feel, is it more energetic or calmer, etc?

Week Three Activation Steps:

Your Turn

5. What does your health look and feel like? Are there things your body can do NOW that it wasn't able to do before?

Week Three Activation Steps:

Your Turn

6. What does your financial life look like? Imagine your new bank balance, and that all of your bills are now paid in full. What have you always wanted to buy for yourself now that you have the money to do so?

Week Three Activation Steps:

Your Turn

7. Where do you live and what does that look like in your life?

Week Three Activation Steps:

Your Turn

8. Is there anything else you want your IDEAL LIFE to include? These questions are just to get you thinking and to become a starting point that you will revise and improve as you expand your vision. The possibilities are truly endless!

Week Three Activation Steps: Your Visual Anchor

Use your answers to Questions 1-8 to guide you in creating a vision board. I personally love vision boards because they are POWERFUL VISUAL REMINDERS that the NEW YOU is only a vision away! If you're not familiar with this tool, it is when you take pictures and words (from magazines, newspapers, printed off the internet, etc) that symbolize what you want your life to look like and paste them onto a poster board. You can also find a vision board app and download it to your computer and phone, but I personally prefer to use the poster board because there's something about touching it with my hands and cutting out the pictures that makes it feel more real for me. I do take a picture of it with my phone and save it as my "wallpaper" so I am seeing it several times throughout the day. As you create your vision board, remember - this is a FUN activity. It's not about being "realistic" about your life or your future. IT'S ABOUT CREATING A MIRACULOUS REALITY YOU TRULY WANT, THAT LIGHTS YOU UP FROM THE INSIDE OUT!

This tool is so powerful because it creates a VISUAL ANCHOR that keeps you on track and aligned with your NEW VISION OF YOUR IDEAL LIFE. The trick is to look at your vision board OFTEN, using all five senses to IMAGINE AND ENVISION these pictures as real and a part of your reality. This works on the unconscious and subconscious levels of mind, affirming and reaffirming that your ideal life is not foreign or out of reach, but possible and yours for the receiving. Eventually, it becomes EXPECTED.

Think the thought until you believe it, and once you believe it, it is."
- Abraham Hicks

Week Three Activation Steps:

You Share

Once you have created your vision board, be sure to hang it in a place where you will see it daily, the more often the better, so you can visualize the items on it becoming a reality. Keep adding to your vision board as your ideas expand and you accept the endless possibilities that are available to you. Remember, THE DETAILS in this new vision make it more crystal clear, which solidify it in your conscious and unconscious mind!

Share your vision board with your Miracle Team because their BELIEF in you and their desire to see you succeed is a very powerful ingredient in helping your vision to become a reality. *As each member shares their vision board, the other team members visualize them accomplishing their dreams come true.* **From this moment forward, the team members are going to help one another "Cancel and Delete" any negative words they may unconsciously be using about their life vision so that they can reframe and restate it in a POSITIVE way that becomes a SELF-FULFILLING PROPHECY.**

"If you can SEE it in your MIND you will be able to HOLD it in your HAND."

- Bob Proctor

A Note about Sharing:

DO NOT SHARE your vision board with anybody who is negative or a naysayer. Just as positive reinforcement from others can accelerate your miracles, negative comments and energy are not helpful and in fact can be detrimental in these beginning stages. Remember, your job now is to create a life you can BELIEVE in, so that you can RECEIVE it.

Miracle Mantra #1

Place these Miracle Mantras where you can see them every day!

That was the

Old Me

This is

The New Me!

Miracle Mantra #2

Place these Miracle Mantras where you can see them every day!

*I am in the Process
of
Positive Changes
in
EVERY AREA
of my life!*

Chapter #4: Week Four Activation Steps: How to Receive Your "Double Ds"

First ACTION STEP: How to Believe

Find some miracles to BELIEVE in. Google true stories, books, movies, podcasts, YouTube videos about miracles, and then save them in your phone to look at whenever you have free time. Choose to consume ONLY POSITIVITY this week (or, even better, for the remainder of the book!). Don't forget to PLUG IN and ask your Inner Guidance for direction as to where and what info would be most inspiring for you. Then watch and listen for reappearing info, books, websites or ideas you are drawn to. Share all info you find with your TEAM MEMBERS so that these positive resources pack at least twice the punch.

Second ACTION STEP: Call in Your Miracles

Create one or two positive statements that you will automatically say when someone says, "How are you doing today?" or "What's new in your life?" Remember, you may feel like a robot when you first utter these replies. This is okay, because your brain and body work like a computer and you are reprogramming them to invite and receive the BEST outcomes. It can even be fun! Here is a great ACTION STEP to practice with your TEAM MEMBERS so that you all get comfortable with your wording until it FEELS TRUE to you. Texting one another and asking how you're doing every day is a fun way to try out new statements to CALL IN YOUR MIRACLES. This way, when a family member or friend asks you how you're doing, you have already programmed your brain with ready-to-go, positive responses that feel effortlessly true!

Week Four Activation Steps: How to Receive Your "Double Ds"

Third ACTION STEP: Prepare for your DONE DEAL

Imagine the ideal life you're creating is true right now, or right around the corner. What would your next step be to draw it even closer, faster?

EXAMPLE: Steps to Do Alone or With Your Team

First, choose something you want to bring into your reality - for example, a nice beach vacation - that you don't have the funds for (yet!). Now, "go shopping" on Amazon, placing a bunch of items you would like for the trip in the "Save for later" area of your cart - *with the intention to actually buy them later*. Or, look for a new swimsuit you hope to wear on your trip, then start that new diet that will give you the body you are looking forward to showing off at the beach. If you're wanting to buy a new house but don't have the credit you need, speak to a mortgage specialist and ask them what steps you need to take to improve your credit. Then go to open houses in the neighborhoods you would love to live in and in each house imagine where your furniture would go or how you would paint the walls.

It doesn't matter that you are not actually spending the money right now. This is all about preparing your MIND and FEELING EXCITED that the TRANSFORMED LIFE you are waiting for is TRUE or ALMOST HERE!

Miracle Mantra #1

*Place these Miracle Mantras where you can see them
every day!*

A DONE DEAL

in my Mind

creates

a DONE DEAL

in my Life!

Miracle Mantra #2

Place these Miracle Mantras where you can see them
every day!

My Miracle of
IDEAL (fill in the
blank)
is only a Belief away
where it is
a DONE DEAL
waiting for me!

Chapter #5: Week Five Activation Steps: The Experiment Party

(Combines the whole chapter in the following steps)

Now it's time to put the exercise from the beginning of this chapter into practice. Just follow the directions below (*The following three things are for you as the host to do before the actual experiment*)

Invite Your Friends, Family, or Team

- You will need at least three other people to conduct this experiment, but more is even better! Be sure to have a space (i.e. a family or dining room) big enough for all the guests to sit while you stand in front and guide them through the experiment.

Explain to your invitees that you just read about this fun experiment in an amazing book and you want them to participate so they can experience the results firsthand.

- Other than the directions, don't give them any details. You don't want their conscious mind deciding the results before the experiment is complete. (*Of course, if you are meeting with your MIRACLE TEAM they already know what to expect, which is fine. While others may decide from the start that they don't believe in the experiment, thus creating a self-fulfilling prophecy, team members are also reading this book and seeking to transform their negative beliefs, therefore, they are far less likely to try to discredit, dismiss it, or taint it.*)
- Choose something for your participant to read during the experiment. Make sure it is something neutral, that evokes neither negative nor strong positive feelings, as this could affect the results. I prefer the local events or entertainment section of a newspaper.

Week Five Activation Steps:

The Experiment Party

- Ask for two volunteers, one to serve as the "participant" and one to record the comments of the participant and the "audience." If nobody or everyone volunteers, choose the person who has the best "go with the flow" personality as the participant and the most meticulous person for the note taking.
- Have the participant come up and stand beside you, then hand them the reading material and ask him or her to silently read it. They are to think of nothing else while they read it. (Make sure they are standing for the whole exercise, both times!)

First ACTION STEP: Read the Following to the Guests:

"You are not going to like what I'm going to ask you to do, but in order for this exercise to work you need to follow my directions exactly."

"Now, look at (fill in participant's name) reading the newspaper and for the next minute consciously think negative thoughts about him/her, for example, "I hate her shoes" or "that is an ugly dress," or whatever you can come up with. You do not need to believe these things; you can just pretend you mean it. The alarm will ring when one minute is up."

Now start a timer for one minute.

Second ACTION STEP:

When the bell rings, tell your participant they can stop reading but need to stay standing in front of the room with you.

- Confirm that your note-taker is ready to write down everyone's comments.
- Address each audience member individually, asking them to describe their experience during that one minute. Then turn to your participant and ask what his/her experience was.

Week Five Activation Steps:

The Experiment Party

Third ACTION STEP:

- Now excuse yourself and the participant and go into another room where the others cannot hear what you are going to say. Give him or her the following instructions: "We are going to do the exercise for another minute, but this time you and I are going to send or INTEND good feelings and/or love to the audience. Imagine a beautiful light surrounding them with health, happiness, love or ANY OTHER POSITIVE THING you can think of, and/or things you appreciate about them, *even if you don't know them or mean it!* (Suggest to the participant that he/she close either their eyes or look above the guests' heads while sending them good thoughts, as making eye contact with them is distracting. Also, it is more powerful this way!)"
- Return to the main room and tell your guests that they are to follow the same directions as they did during the first minute (re-read the directions if needed). Start the timer for one minute.

Fourth ACTION STEP:

- Stop when the timer alerts you.
- Ask the guests what they noticed this time and if there was anything different from the first minute.
- Ask the participant what he/she noticed this time and if anything was different from them during the second minute.
- Read the following out loud: "This experiment is now complete. I'm going to read you a summary of what typically happens during this experiment and then we'll compare this group's responses. After we read through the results, I will explain what this experiment is supposed to demonstrate."

Week Five Activation Steps: The Experiment Party

- **Read the typical responses from the audience for the FIRST minute.**
 - "I was uncomfortable!"
 - "I felt horrible!"
 - "It was the longest minute of my life!"
 - "I had a hard time thinking of negative thoughts."
- **Read the typical responses from the participant for the FIRST minute.**
 - "I couldn't concentrate to read!"
 - "My thoughts felt foggy!"
 - "I had a hard time standing, I felt like I was being pushed backwards!"

(Be sure to tell the audience that every participant has some sort of physical experience during the exercise, and that the audience typically comments that they noticed the participant swinging back and forth, as if they were dizzy or could just not stand still.)

- **Read the typical responses from the audience for the SECOND minute.**
 - "This time was even harder to do than the minute before!"
 - "I couldn't concentrate!"
 - "I had a hard time thinking of things to be negative about."
 - "This time felt longer than the first minute!"
- **Read the typical responses from the participant for the SECOND minute.**
 - "I felt stronger and had no problem standing!"
 - "I felt good!"
 - "The time went by fast!"

Week Five Activation Steps: The Experiment Party

- **Review the responses from the current experiment and compare them to the typical responses.**
- Tell the audience that the only difference between the first and second minutes was that during the second minute you and the participant sent the positive thoughts or INTENDED good feelings, and imagined a beautiful light surrounding them with health, happiness, love or any other positive things you could think of, and/or things you appreciated about them *even if you didn't know them personally or mean it!*
- **Summarize and explain the experiment.**

"This experiment was a fun way to understand how powerful your thoughts are, even when you do not mean what you are thinking! Your thoughts really do affect you and those around you! If you enjoyed this, please consider creating your own book club and learning more about using your thoughts to positively transform your life and the world around you, one person at a time!"

NOTE: If an audience member found it was easier to have negative thoughts during the second minute, it may mean that this person is not producing their own energy and is unconsciously attaching energetically to other people in order to feel good or receive more energy. Why do I say this? Because when someone is being negative and positivity is blasted their way, that positive energy should "neutralize" the negative person, who will then lose the ability to concentrate on the negative issue or lose interest in being negative toward the POSITIVE SENDER. However, when a person becomes more energized with NEGATIVITY when positive energy is sent their way, this is a sign that they are not regularly connecting to their Higher Source for inner guidance, consistent well being and energy, thereby creating an ENERGETIC feast or famine cycle.

Week Five Activation Steps:

The Experiment Party

Imagine you hadn't eaten for days and then all of a sudden people start throwing food at you. You would probably continue to devour the food even after you're full because you're not sure when you're going to see food again and feeling like you're starving is so horrible that you're going to take whatever you can get in the hopes it will fill you up until next time. This can be the case with energy as well.

To find out if this applies to you, ask yourself this question: have you ever visited with someone for an hour or so and when it was time for you to go your separate ways the other person mentioned how tired they are, or said they needed coffee? Or do they simply look more tired or worn out than they did in the beginning of your meeting?

And what about your energy level? If you feel full of energy, more positive than before, or as if you drank a whole bunch of coffee, you may be unconsciously taking other people's positive energy.

Also, ask those close to you if they have ever noticed feeling tired or drained after meeting with you. If the answer is yes, continue or consider reading this book because it will teach you how to **PLUG IN to YOUR OWN SOURCE OF ENERGY**. This way, you will no longer absorb others' energy and they won't easily be able to take yours.

Miracle Mantra #1

Place these Miracle Mantras where you can see them every day!

I send POSITIVE
Thoughts and GOOD
intentions everywhere I
go. Any negativity sent
my way is Neutralized
IMMEDIATELY!

Miracle Mantra #2

Place these Miracle Mantras where you can see them every day!

Say the following affirming mantra whenever somebody really bothers you and you're having a hard time NOT THINKING ABOUT THEM or THE SITUATION and you are ready to be FREE of this person or problem. Essentially, you're releasing it to your Higher Power for a miraculous solution!

I Bless you,
I send you LOVE
(or good intentions)
and
I AM NOW SET
FREE!

Chapter #6: Week Six Activation Steps: Invest in YOURSELF

If you don't invest in yourself, neither will The Universe or anybody else for that matter. I have found this is to be especially true when it comes to women and their romantic relationships. More often than not, if a woman is not spending money and time on herself the man in her life won't feel the need to spend very much money or time on her either. In most cases this is not done purposefully, it is simply the Universal Law of Attraction in action. According to this law, "like attracts like"; this means your mate, your boss, your friends, and The Universe act like energetic mirrors, reflecting back to you what is ACCEPTED and/or EXPECTED in your world.

Remember in the beginning of this chapter we declared it was time to start throwing caution to the wind, announcing to yourself and the world that you are not the same old person you were yesterday. Today, you begin to invest in yourself and your future with the following ACTION STEPS. Be sure to share with your Miracle Team each "investment step" you are taking so you can hold each other accountable for making those changes throughout the week. Before making *any* decision be sure to PLUG IN and ask for Inner Guidance to see if it is truly your NEXT BEST STEP. Announce these positive changes to people you know, and if appropriate, on Facebook or other social media outlets. Because this is your announcement physically and energetically to everyone, "Watch out world I'm UPLEVELING, and I now expect other major changes, miracles, and manifestations in every area of my life! I will no longer accept the old mediocre me!" Whatever you do make sure to have fun with it!

Week Six Activation Steps: Invest TIME in Yourself

According to the Nielsen Media Research Company, the typical American watched an average of eight hours and fifty-five minutes of TV per day in 2018. We should all consider that statistic the next time we say we don't have time to work on improving ourselves!

- Begin with scheduling "YOU TIME" in your day planner. This is the gift you give yourself - your alone time that belongs to you and nobody else. This is an unspoken statement to the Universe that creates a precedence of YOUR VALUE. Since you are your first priority every day, others will also unconsciously emulate you as a priority.
- Start by setting your alarm (do it RIGHT NOW) for fifteen minutes earlier than you normally get up. Spend those fifteen minutes doing something to feed your body and soul. You might start by eating something healthy, and then choose an activity (i.e. yoga, meditation, journaling) that you want to do. Don't feel obligated to stick with just one thing; try whatever you feel guided to and alternate as much as you like. I suggest starting out with a week, but I'm willing to bet you will enjoy those fifteen minutes so much they will soon become part of a regular NEW YOU routine.
- Change at least two passwords that you use every day to a positive statement that you want to be true. This way, you will be consciously affirming your miracles to your subconscious every time you log into an account!
- For the rest of the week, try changing up your morning routine, whether it's taking a different route to work or eating something new for breakfast, et cetera.

Week Six Activation Steps: *Invest MONEY in yourself*

- Spend money on something for yourself that you normally wouldn't. Remember, this is especially important if you're working on your abundance. This does not have to be an extreme amount of money. Even two dollars on something you consider frivolous, like your favorite candy bar, can make you feel good and create a positive reaction in the Universe that comes back to you in unexpected ways.
- This week, change one thing about your physical appearance that will act as a statement to your family, friends and the world that you are not the same old person they knew yesterday! To get this energetic ball rolling, decide NOW what you will change or upgrade. Will it be a new haircut, color or style? If so, then take the ACTION STEP and schedule it NOW! Or, will you go shopping and get a few new items of clothing that are a different style from what the old you would have chosen (i.e. something more professional, elegant, sassy or fun)?
- During the day, try something different for lunch. Perhaps eat something that seems extravagant to you or go to a restaurant that makes you feel abundant while being there. Even if you only have coffee and dessert, enjoy the atmosphere and savor the food with each bite, using all of your senses while envisioning yourself there in the future having a complete meal with no worries about the cost!

Week Six Activation Steps: Invest ENERGY in yourself

Earlier I mentioned that we have more time than we think we do; it's all a matter of reorganizing it to make room for new activities and habits. The same is true for our energy; in our busy lives it's easy to feel overwhelmed and like we don't have the mental or physical energy to do something outside our normal routine, but this is only the case if you believe it to be so! This week, after work, you're going to invest your energy in something you want to have accomplished in the near future. This can be developing a new skill, a new hobby, or a new career, or it can be something fun you haven't done in years. It can be anything that lights you up from the inside out! When you spend time and energy doing the things that make your soul shine, the light attracts more good to you and gives you energy to do the mundane everyday things that need to be done. Below are some suggestions that I've noticed have made the biggest positive changes for my clients.

- Take online classes for the degree you've always wanted.
- Watch webinars and videos that teach you a new skill or a hobby.
- Call or go see that friend or family member you haven't had time to talk to.
- Begin writing that book you've always dreamed about writing.
- Take a short walk.
- Learn to meditate or do yoga.

Miracle Mantra #1

Place these Miracle Mantras where you can see them every day!

I KNOW I AM

Worth It

so

I EASILY INVEST

in Myself!

Miracle Mantra #2

*Place these Miracle Mantras where you can see them
every day!*

*I feel Worth a
MILLION BUCKS
or More
and
it Shows!*

Chapter #7: Week Seven Activation Steps: *ALIGNING with the FUTURE* *you WANT*

This tool essentially requires you to DETOX and CLEAR THE ENERGY that surrounds you while you clean and prearrange your home with a new and different perspective, that being getting rid of anything that is not aligned with Your Transformed Ideal Life. As stated above, don't worry. This doesn't mean you have to throw out everything you own for example, if you are currently living in poverty and your dream is to be rich one day. It is really about asking yourself if you LOVE the things that surround you AND if those things ONLY remind you of positive experiences. IF NOT, LET IT GO!

Be Mindful

Through this whole process PLUG IN and use your Inner Guidance and the tools you learned in Chapter 1. When you're not sure about an item put it in your hand and ask yourself, "Does this feel dark or heavy, or does it look or seem bright or dull?"

Choosing Your "Miracle Room"

I suggest that at this time you choose *one* room to concentrate on that correlates with the area of your life you're currently focused most on transforming. For example, if you are focused on your love life, choose your bedroom; if you're working on your health, choose the kitchen; and if you're working on your prosperity and abundance choose your office or work area. (Remember, you have all week to do the following steps, so if you're able to do more than one room, then by all means, go for it!)

Week Seven Activation Steps:

ALIGNING with the FUTURE you WANT

Be sure to share this process with your Miracle Team to keep you accountable, and consider taking before and after pictures to share with them and/or on the "Believe IT to Receive IT" closed Facebook group. Be aware that others, even some of your team members, may have real resistance towards this chapter, and if so, acknowledge this and release it to your Higher Power to deal with. Your job is to help each other focus ONLY on the END RESULT, that being an energetically cleansed living area and life that helps create the right space for miracles.

First ACTION STEP: What Love Is Not

- Focus on anything you have not used in the last year because this means you are NOT LOVING IT!
- Next, take a look at things that do not have a good memory attached to them.
- Now, look at anything that is NOT energetically in alignment with the Transformed Life you want to create!

For example, if your dream is to be financially abundant, you are looking for anything that makes you feel poor,, especially items that are not good enough to donate because they are so used and abused. I once saw an interview with a Catholic priest who was accepting clothes and household donations for a homeless shelter. *"Please,"* he said, *"do not bring any items that have holes in them or are really worn, because we're trying to help the homeless keep their dignity and self worth during this challenging time in their lives."* I think about what that priest said every time I go through my old items. If it is not good enough for homeless people, then it is not good enough for me (or you) anymore either.

Week Seven Activation Steps: *ALIGNING with the FUTURE you WANT*

Second ACTION STEP: Dig Deep for Stuck Energy Drawers

Go through these areas by taking out every item, then vacuuming or wiping all crumbs, dirt and dust out. Look for anything that doesn't have a clear purpose or has missing parts. I throw most of those items away without hesitation, but once in a while I feel like something may be important to my family members. I put these items in a box and ask them if there's anything in there they want to keep or if they know where the missing part is. Most of the time my family doesn't even care enough to look in the box before I throw the items away. One time I found twenty extra keys - for what, nobody knew! I threw them away and created a lot of space in my junk drawer. Be sure to reorganize your drawers before you put any items back in. There are some simple and affordable drawer organizers on Amazon that make finding things much easier.

Third ACTION STEP: Release Immediately

- Donate it
- Sell it on eBay, consignment stores, Craigslist, or at a garage sale and *use the money to buy new stuff you love.*
- Trade with your family, friends or your team members!

Rearrange and redecorate with items that are leftover, that are still LOVED. This is one of my favorite things to do because I actually feel like I went shopping and bought new stuff when all I did was move things to new and different areas of the house!

Week Seven Activation Steps: *ALIGNING with the FUTURE you WANT*

Lack Mentality will KEEP YOU IN LACK

When you're re-creating your life, yourself, and the energy that surrounds you, it is true that "less is more!" Remember, the goal here is to surround yourself only with things you love and make you feel good! If you find that you are going into lack mentality (i.e. feeling afraid to let things go because you think you won't be able to replace it) CANCEL that thought and DELETE these words immediately by saying the following:

I BELIEVE AND TRUST IN MY HIGHER POWER TO SUPPLY ME WITH WHATEVER I NEED WHEN I NEED IT!" OR "I NOW RELEASE THESE ITEMS EASILY AND EFFORTLESSLY TO ALLOW MY HIGHER POWER TO REPLACE THEM WITH WHAT I TRULY NEED AND WANT!"

During this time, it is critical to get positive energy flowing in and around you, especially in your house. This is NOT the time for you to block this energy with negative, limited thinking or concerns of lack. Remember this is how you got stuck mentally, physically, or energetically in the first place. Releasing and letting go of unused items or things that are no longer energetically aligned with you is always the QUICKEST ACCELERATE to YOUR NEXT BEST STEP TOWARD YOUR MIRACLE!

Also, I have found when I donate items, IT ACTUALLY SEEMS TO BRING MORE MONEY TO ME, through other avenues, than when I sell it! Try this for yourself and see.

Miracle Mantra #1

Place these Miracle Mantras where you can see them every day!

I Now Cancel

and Delete all

negativity

from

MY HEALTHY

Life!

Miracle Mantra #2

Place these Miracle Mantras where you can see them
every day!

*I NOW Easily and
Effortlessly
release the Old
to
WELCOME THE
New!*

Chapter Eight: Week 8 Activation Steps

How to Activate Your Light

When you want more light in your life, which is ALL THINGS that make you feel GOOD, think about those things OFTEN, and find ways to talk and walk towards those thoughts, hope, and dreams (or, at the very least, INTEND to).

This is especially important during the darkest moments of your life. REFUSE to let the darkness overcome you, because at that moment, with that decision, is when your INTERNAL LIGHT is ACTIVATED and acts as a beacon in that inner tunnel of darkness, calling in your hopes, dreams, answered prayers, and miracles so that they can find YOU.

Miracle Mantra #1

Place these Miracle Mantras where you can see them every day!

*I AM A
MIRACLE
MAGNET
IN EVERY
AREA OF MY
LIFE!*