

Part 4:

WORKING WITH YOUR

Imagination & Energy

GO FROM COPING TO THRIVING BY USING
TECHNIQUES TO HELP YOU WORRY LESS,
TRUST YOURSELF MORE, AND FEEL
CONNECTED TO YOURSELF & THE UNIVERSE.



"LOGIC will GET YOU
FROM A TO B.
IMAGINATION will
Take YOU
EVERYWHERE."
- ALBERT EINSTEIN



WORKING WITH YOUR

Imagination & Energy

In Part 4, you will be working with energy and unseen forces. These lessons will strengthen your connection to yourself and the universe.

This section requires you to have an open mind. The results will not always be immediate or tangible. If you can relax and be open to a new way of living, these lessons can get you and keep you in the flow of life. They can help you live with more grace, more joy, more abundance, and more ease.

By the end of this section, you will know how to feel grounded, have a connection to guides and angels in your life, be working with your energy centers and your energy field, have a stronger connection to your intuition, your true self, and the moon.

These techniques might take you out of your comfort zone, and I want you to know that that is where the magic lies.

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.” - Marie Curie

Lessons:

- Get Grounded
- Tap into your Intuition
- Working with Animal Guides
- Working with your Runners
- Color Energy
- Naming Your Higher Self
- Working with Angels
- Clearing Visualization
- Protection Visualization
- Knowing your Chakras
- Living by the Light of the Moon

