



Ignite an Inspired Life

Move from rut to inspired in 5 easy steps!

Digital course created by Ignite Life Institute

If you find yourself stuck doing the same ol' same ol', frustrated by dull and empty patterns of existence, then this is for you. Find out how to move yourself into an inspired life by simply learning some easy techniques to change focus and get moving again.

In order to understand what you want to change in your life and how, there are some fundamental concepts to understand:

- ❖ We live in a universe governed by specific laws. These laws exist and affect us whether we know and acknowledge them or not. Just like some well-known laws such as gravity, we do not have a choice about how it works, we just have to shape our lives around its existence. For life to be easy, follow the law.
- ❖ We can learn the universal laws and be intentional in integrating them to shape our lives. These laws apply to absolutely everything, be it human, animal or plant.

This course is not about learning **all** the laws of the universe, but about gaining some key insights regarding the laws, and how to implement the knowledge to improve your experience of life. This is a practical course; therefore, you will need to participate, not only by reading the materials presented, but by also applying the concepts, in order to see the desired change.

You will need to be patient and gentle with yourself. There will be some things to learn and contemplate about yourself and what you want, be honest. This information is about you, for you, so be frank and open about who you really are. We often get stuck because we get lost trying to fit in with people's expectations of who we should be, what is important here is to dim down the voices from outside and connect to your inner voice.

Most importantly – have **FUN!** Life is supposed to be fun, so loosen up and enjoy getting to discover the laws, your desires, your feelings, and everything in between.