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process

4 Simple Daily Spiritual Practices
To 10x Your Business & Life



Thank You MasterSouls

This ebook has been created for you, the Members of MasterSoul University. I ask that you do not reproduce or share this book in any way as it is sacred to this room and our time together.

We'll be playing with the Process all of the time in the group...so read, journal, and start manifesting the hell out of your life.

X O X O X O

-Stacy

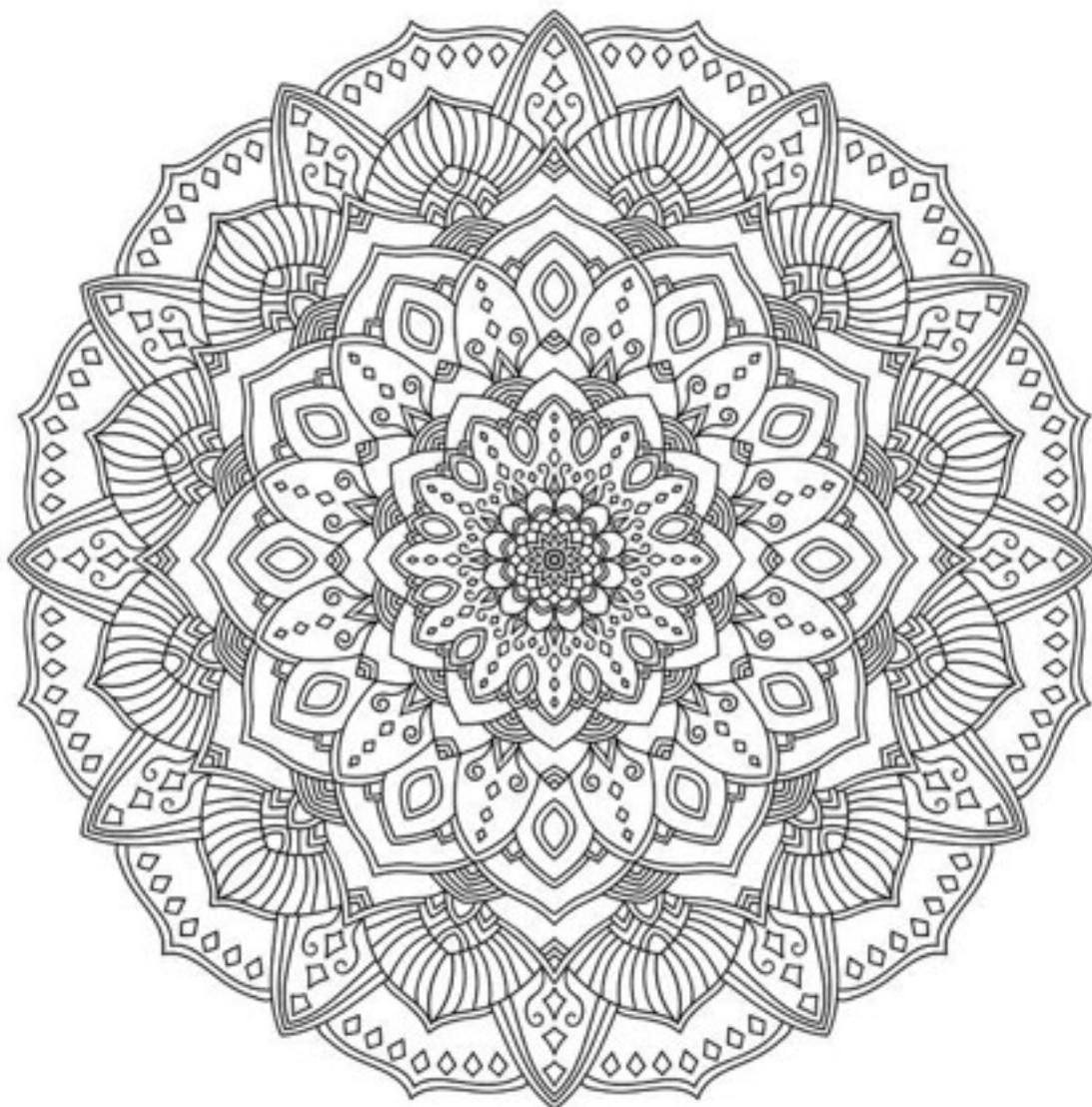
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The Beginnings

“My life is my message”
– *Ghandi*



On The Plane



I was sitting on an airplane headed to Houston to speak at an event. I actually had no idea what I was going to be talking about, just a paid speaker's fee and an invitation to bring into the room whatever felt divinely sourced. I didn't even know what day I'd be speaking or for how long (which in my opinion is the best kind of engagement an intuitive speaker can ever receive). I had packed a couple of journals in my bag and settled into my private row; feet up, back against the window, feeling

the vibration of the wind and jets in my body, the occasional nearby cough or quiet conversation floating in the background, the stewardess handing out goodies and drinks from a cart with a squeaky wheel.

I reached down to grab my general journal to figure out a basic topic I wanted to bring to the stage when my hands wrapped around a different journal instead, the journal I had dedicated to an energetics pro-

ject I was working on. Curious, I opened up the pages, wondering what would pop out at me.

Instead of getting a bit of inspiration or an idea of where I wanted to go, time stopped and I was no longer aware of my environment. The only thing there was my pen and that journal and the unfolding of my months, or lifetime, of wondering and prodding; the seeds of ideas and thoughts and intuitive nudges all coming to the surface in a clearly defined way. Well, that and the annoying squeaking of that damn wheel...

What I saw were doorways into uncharted awesomeness that suddenly popped up from the ground, daring me to ignore the message, blatant and bold right there in my face. It was so simple, and when each of these practices were combined, miracles literally unfolded before me.

I held in my hands a completely simple process for unlocking my own energetic mastery.

Although it took a lifetime of searching and creating and practicing to find the right doors that would bring me down to the core of my magic, I knew I needed to share it. Of course I brought it into that room in Austin, and then I brought it to my clients and friends. As I started sharing

these simple practices with others, I witnessed them creating magic in their lives and in their businesses.

This isn't a challenge or a formula or a new habit to create.

This is a mindset change that will fundamentally change the way you work with intuition, spirituality and energy in a truly practical way.

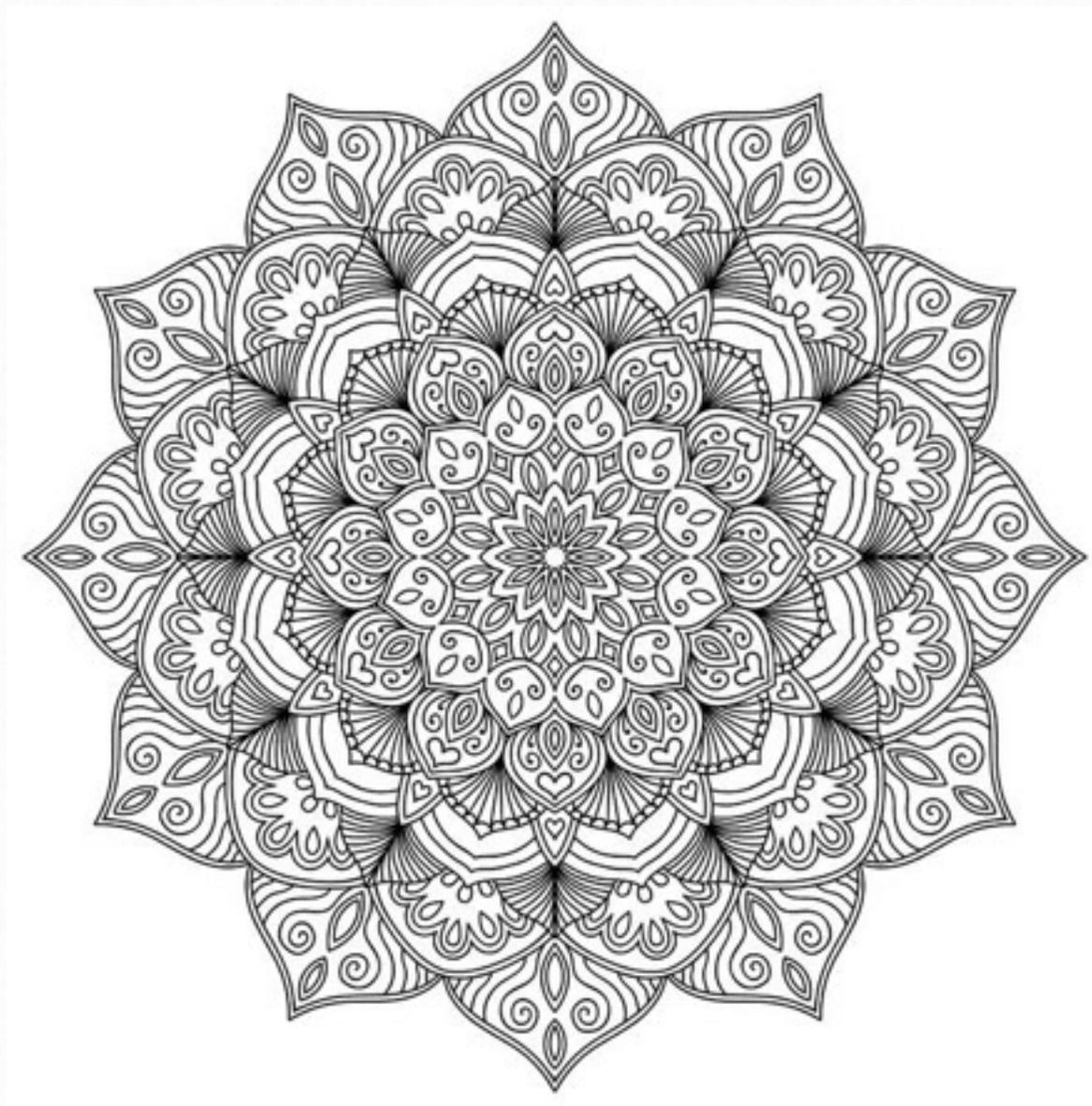
This is the art of being a MasterSoul, creating growth in life and business in quantum leaps, time after time, using the divine in common, everyday ways.

And most importantly, this is a new way of working with the spiritual practices you already have in place to intentionally create any life you choose using the energetics first and foremost.

It is my greatest dream to see a world where we lead with energy to create the greatest abundance in our lives.

This is a way that all of our dreams can be realized.

Scaling



I say it started on that airplane, but that's just when it came together.

It actually all started on the floor.

I had this dream to 10x my business - to literally take my bottom line and multiply it 10 times. This ignited some natural aversion to the idea that in order to grow my bottom line, I needed to become very smart and use my brain and hustle and work hard. That sounded horrible. I already

had a very successful practice - why work harder just for more?

So, the floor...my friend Michelle was on my right. Michelle is a highly successful energy worker who performs miracles every single day for people by clearing out blocks, especially the ones around money, basically using magic. On my left was my friend Steve. Steve has written an amazing book on profit hacking, using smart brainwork to exponentially grow your web pres-

ence and your income. Directly in front of me was my friend James. James is an anomaly, an intuitive prophet who doesn't realize that his high intellect isn't the real reason he's one of the world's biggest Audible book publishers.

Sounds a bit like the start of a bad joke... an internet guy, a prophet, an energy healer and a magician (that's me) walk into a room.

James was talking about one of his favorite subjects - scaling. His other favorite subject is the art of sentences...but that's another story. For now, understand that he's sitting there telling me that it's time that I start considering scaling up my business. I'm not exactly sure what he said after that because I shut down. My lower chakras puckered up like I just squeezed lemon juice on an open wound, my breathing started to become shallow, and my brain was over there lighting fireworks in celebration that it would be able to work it's little squishy ass off moving forward with this whole scaling business.

I might be exaggerating a bit, but mostly I felt... defeated and frustrated.

Scaling was exactly what my business needed to 10x...but it was also the reason

that I wasn't 10xing it. It sounded like Work.

I had built my business with energy, meditation, manifestation and some serious intuitive trust-building. I'd created some great successes walking a more metaphysical path in my business but I felt stuck. There was a part of me that felt like my magic would only get me so far and that to take it any further I'd have to do some serious Muggling (normal people work stuff). In my mind, growing a seven figure business was serious work that energy alone wouldn't create. What if the success I had so far was a fluke (even with the proof that it wasn't)? What if I had just gotten lucky with energy but now I had to hustle?

In that moment on the floor, something snapped. Michelle and I looked at each other and were like wtf? We are magical energy workers. Why have we placed these ceilings on our own abundance? Why, as energy workers, do we feel like the unlimited universe would place caps on how much we're allowed to create? Without the working hard or the striving, can we allow ourselves to 10x our business not by scaling the normal things, but by scaling our energy?

That was the snapping point, that moment when my spine suddenly clicked into place and I was ready for that next level of expansion.

Throughout the next couple of days I started taking mad notes on hits of inspiration.

Why do we think or believe that energy can only take us so far?

What are the fears, limiting beliefs, thought patterns and conditioning that keep us here and how can we clear them out regularly?

What are the daily practices that would give us consistent expansion and escalate our growth?

What would we need to gain in order to access unlimited abundance in all areas of our life?

Can we still be lazy and have simple businesses and be creative?

How do we connect with the soul and highest vibrational voice of our business each day?

What does our business need to energetically and exponentially grow?

And can we do it in a few minutes instead of hours of meditation?

What do we need to first clear out of the way in order to have a spiritual practice work? Does the ritual in and of itself contain a clearing out piece; whereby the clearing and the growth and the connection all happen simultaneously and compound each and every day?

So began the 10x project, for lack of a better name, to bring MORE and MORE Source in, and allow our businesses to be divinely driven.

The real question became “How can I play with energy more?” Can I conduct a grand experiment in my life that looks like having a million dollar month without striving or hard work?

It sounded impossible.

It felt impossible.

What would happen if I allowed an unlimited amount of energy to flow through me, around me, and out into the world? What kind of impact would that create?

Let me be clear, having the million dollar month isn't the sexy thing that's driving me; money isn't a big driver for me personally and I couldn't care less if I actually cre-

ated that specifically. What's fascinating to me is the idea that using 'only energy' is limitless.

If I played with energy in unlimited ways, what would I create in my life? The life of my family? The lives of my friends? The lives of my clients? The life & soul of my business?

I started challenging the idea that energy is a finite thing, that there's a limit to how far I can go until I have to strive, or until someone persecutes me, or until people find out I'm strange, or until the 'laws of nature', as I'd been taught, catch up with me. I felt like something was keeping me behind bars as if there is an imaginary line of comfort I could not cross. Using energy to a certain point is safe, but past that point, or 'out there', the energy looks completely different, threatening, unstable.

I started to wonder what was really on the other side of the line.

Which is silly, because ultimately it's not about what's more -out there-. It's about what is more inside of ME.

Quantum Leaps



The question then became...where does my magic happen?

My brain got super excited about this question because it meant research. I went back through my financial reports from my coaching practice from day one all the way through, and noticed that there were times of normal growth and then there were times where quantum leaps occurred, big spikes of money coming in.

From a business standpoint, those leaps made sense. There were times when I was releasing a book or a program or opening up spots in my roster. Obviously if I'm creating opportunities for income to come in, the sudden spikes are expected.

But I wasn't stopping my research on the graph or income because that would bore me to distraction. What fascinated me was going back through my journals, notes and blog, and looking at what I was doing from

an energetic standpoint. What was I meditating, journaling, speaking with my clients about?

All the clues were right there in front of me waiting to be put together.

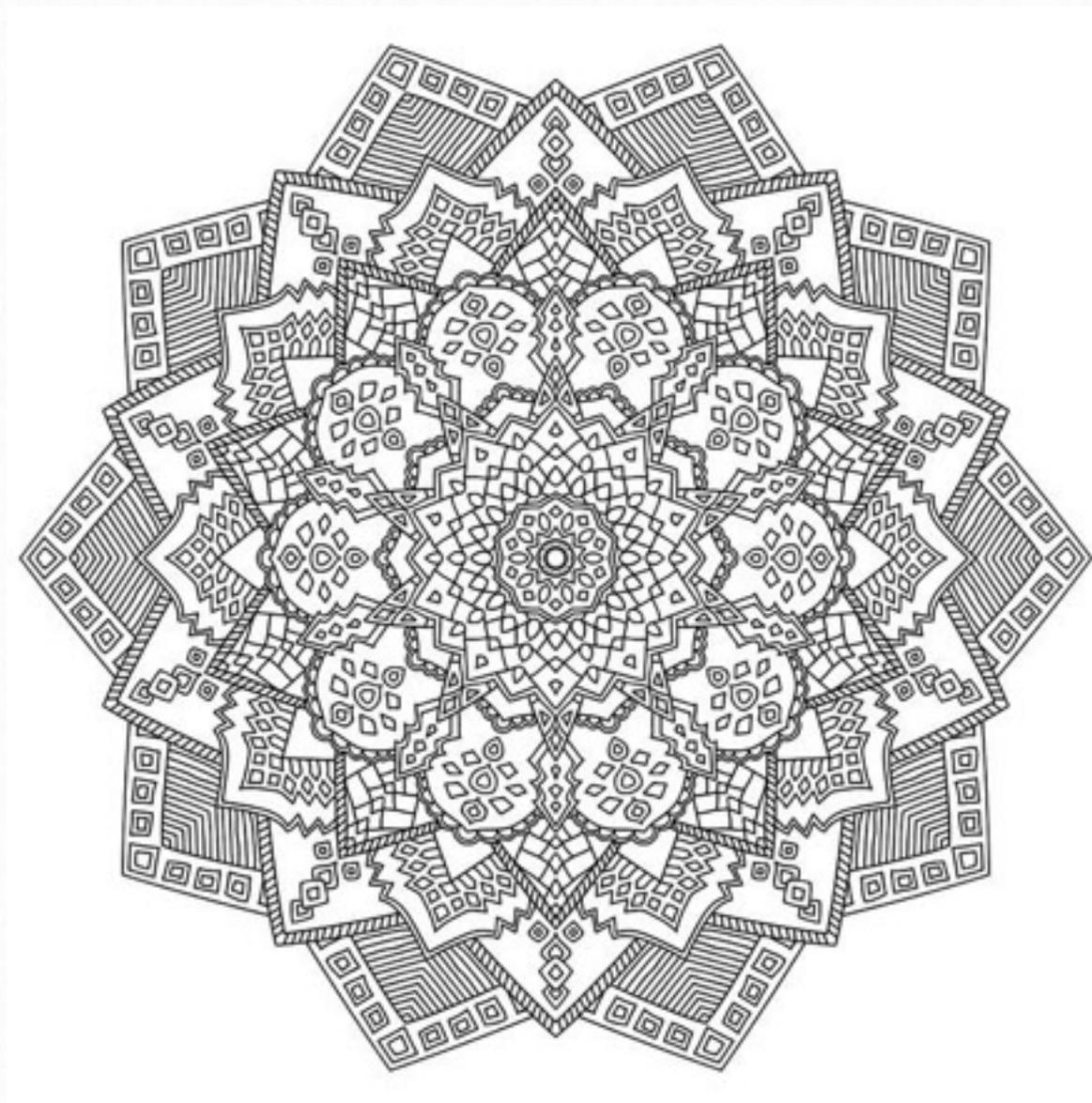
When magic was at its greatest, I was leaning heavily into some very specific spiritual practices. They weren't exactly the same every day, or at the same time - but they were very intentional and laser focused on calling in money and perfect clients; touching those people who were meant to come into my business, creating extreme self-care and grounding rituals. And they got better and clearer as my income rose.

I was grounding, balancing, manifesting and surrendering energetically every single day.

My commitment to the energy and my financial growth were proven to be connected time and time again. When I leaned into these specific practices with fervor, quantum leaps occurred.

I was already repeatedly scaling my business by scaling my energy.

Spiritual On Sundays



And then I'd get what I wanted. I'd fill a program, sell books, build my list, create money. Once sated, I would get lazy. I'd take little energy breaks. I'd start focusing on serving my new clients, enjoying the heck out of my new income, and slowly but surely, the four spiritual practices that I used to create that income would drop away.

I had already manifested so I no longer needed to chant or call in those clients.

I already had business so I didn't need a ritual each morning to open up to those who are coming in.

I would still meditate or read or journal, but the dedication and intensity of that down-on-my-knees creation practice just no longer felt necessary.

I wasn't truly dedicating myself to the same intensity of practice as I did during those moments of quantum leap.

Until the next program or product was ready to be released and I'd start over.

It's the same thing as praying in church for a miracle, or attending service only on holidays.

It's not that I wasn't committed to my spiritual path...I just wasn't being consistent with my connection.

I was great at getting down on my knees in times of need.

I just wasn't down on my knees in reverence every single day.

I'm not really a consistent person, so it wasn't surprising to me that I let things slide. I also had great trust that when I wanted to create, I could.

So why was that a bad thing?

It wasn't.

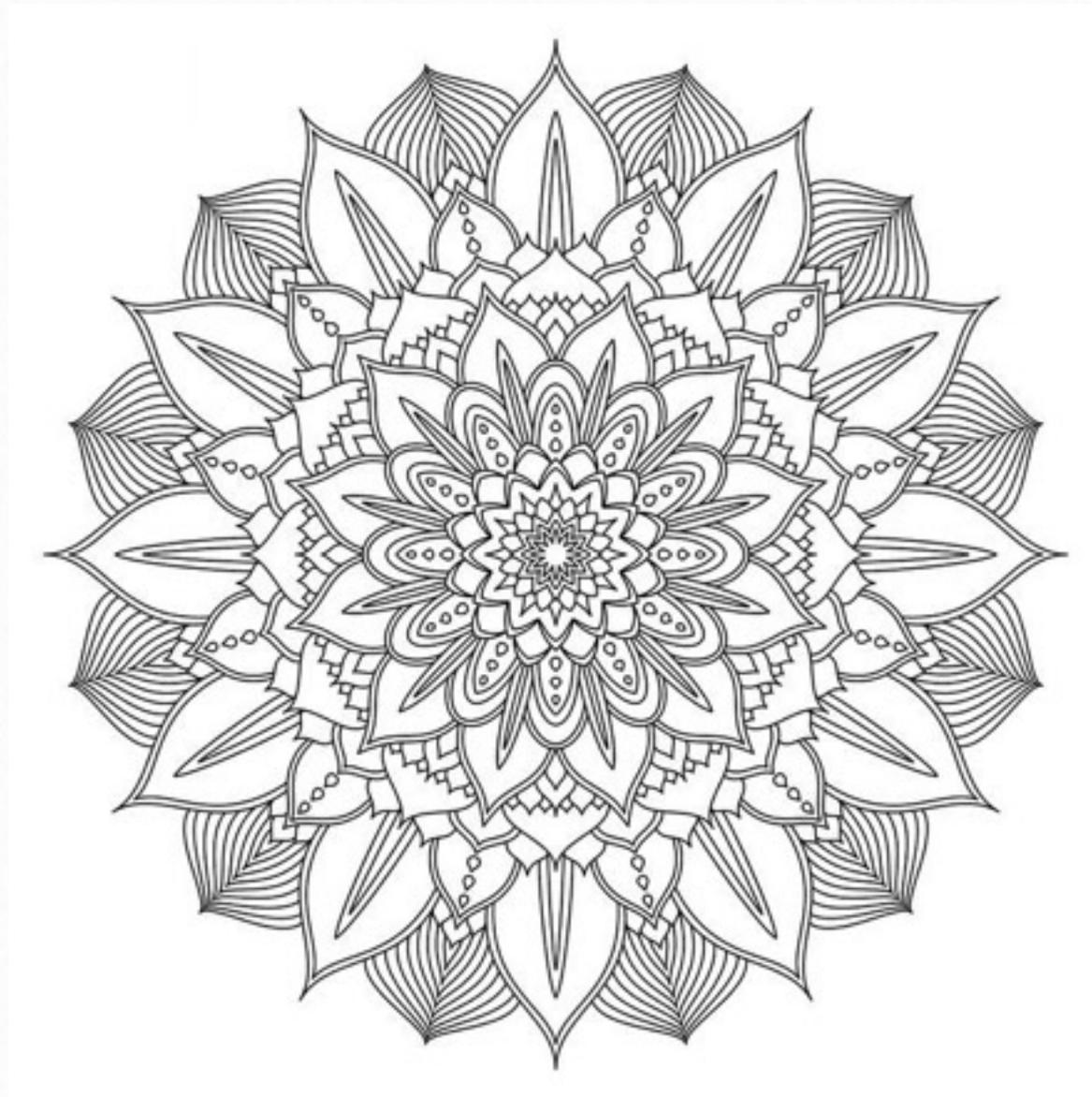
Except my business looked like mountains and valleys. Except that there were times I couldn't create more income because I was so out of practice. Except it took longer for me to remember that I was magic if I went too long without the deep intensity of daily reinforcement.

If I stayed consistent with the practice, adjusting accordingly for times of intensity and times of maintenance then the leaps were so much easier and faster to create, and the dips in between weren't crazy. It was a gentler way of expanding daily instead of when I was in the mood.

The part that really made me feel a bit insane for only being 'spiritual on Sunday' so to speak, was that these success practices would only take me about 15 minutes to really dive in and do. Sure there were days I'd spend a couple of hours, or all day for that matter, really getting connected, but when I was in the midst of my most intense creation cycles, 15 minutes was all it took to manifest the shit out of my business.

Why wouldn't I do that every single day?

Invisible Ceilings



The real reason, aside from sheer laziness perhaps, is that we all have these invisible glass ceilings of how much joy or success or really good stuff that we can handle. And when we hit them or break through them, we usually pause and have a choice, even if it's a subconscious one, to keep going or to stop and backpedal.

Also, there's this thing called 'immediate gratification' that enters into our consciousness. We get what we want and we're pla-

cated and go back to comfortable routines instead of the ones that stretch us, the challenging ones.

So I'd hit this ceiling of success, make a quantum leap in my income and then I'd back off. I'd feel like I'd accomplished something and I'd go give myself a treat and not come back for a while. I don't think this is wrong and I don't believe in hustling and pushing forward. I am very

much a proponent of doing less and creating space.

But it's 15 minutes of my day to maintain or continue to grow my business, without having to stretch one more stitch.

1 5 Freaking Minutes

It wasn't the 15 minutes that tipped me over, it was the realization that when I stayed in the energy of expansion, even when I was in maintenance-mode rather than epic growth mode, the ceilings changed from glass to aluminum foil...thin, easy to break through. Sometimes I didn't even realize I'd broken through until it was too late to go back and panic.

Because when I continuously prime the pump, it doesn't feel any different to create tons of money as it does to create small amounts. I am kept energetically in the space of abundance and connection and groundedness. Money shows up without any big hoopla. And when doubts come up, when blocks appear, they are easy to handle because I have the spiritual spine to hold myself up.

I can be unshakable in my trust and knowing, because I am feeding myself at a soul level on a daily basis.

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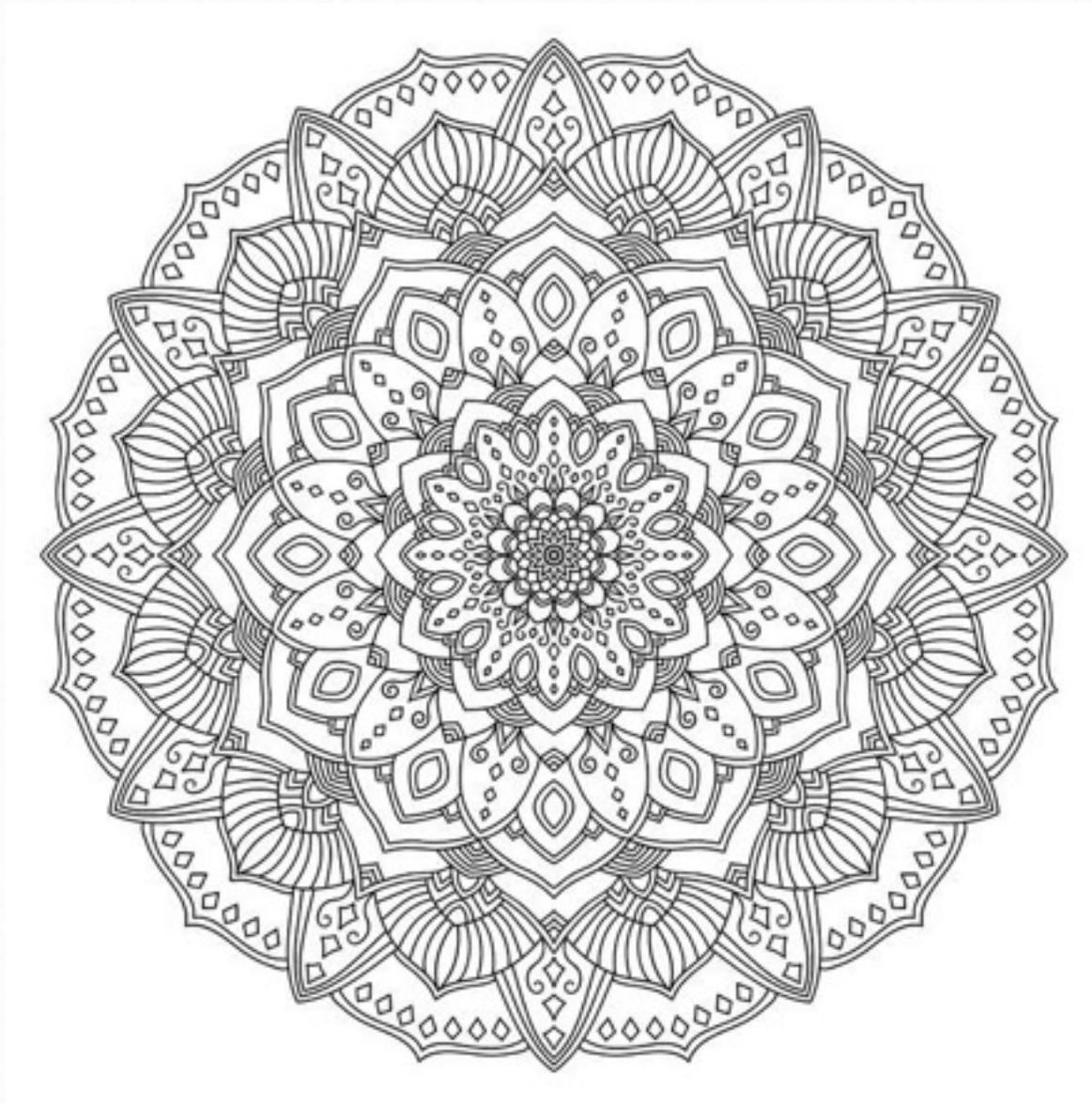
The Process

You are not a drop in the ocean. You are the entire ocean in a drop

– Rumi



That Whole 10x Thing



Expansion - that's the good stuff right? When you can feel so sure of yourself that unlimited potentiality becomes a reality.

On that airplane it became glaringly obvious to me that the idea that more work is what it takes to expand my business was a big fat lie. The evidence was right in front of me. I actually worked less than I ever had in my life when I cracked six figures. And I worked less than I had for \$50k than

I did for that first 10k. And less for the first 10k than I did for my first 1k.

Why?

Because I had intuitively been getting better and better at using this MasterSoul Process to unlock the doors to my own prosperity, even though I didn't even know that was what I was doing. I had been refining the process for years without giving the practices form or function - they were just

things I did when I wanted to create income.

What an amazing discovery for me to see that I only had to apply what I had stumbled upon daily to literally 10x my life and energy and divine connection, which naturally in turn has allowed me to receive more and more financial rewards.

Expand the container and more and more can come in.

Expand your energy and more and more can be created.

It's the only type of scaling that speaks to me, to have a simple business that grows organically and naturally, in flow and ease and grace without the striving or mental-bation (a.k.a. over thinking) required of your typical strategies.

Expand internally for exponentially expansive external results.

We can absolutely change the way we grow our businesses by scaling spiritually first.

What Being A MasterSoul Really Means



Let's go back to the idea of scaling for a moment. My initial response to scaling put me completely up in my head, as an exercise in how smartly I could run my business. In that moment my soul felt passed over in deference to my mind, my intellect and my ego.

Now there's nothing wrong with a powerful mind. I love intelligence. I love my own ability to grasp ideas and concepts and create something with them. I love that moment

when my ego feels useful and seen. I love learning and reading and enriching my knowledge base. I love solving puzzles. Smart people are sexy.

I was trained from very early on that this mental space was far more revered in this world than the loopy-goopy-hippy-dippy-woo-woo stuff. I worked very hard to make that my truth and my reality. I remember as a child working the hardest to repress my innate spiritual gifts just so I could fit in. I

would dabble in meditation and self-development but I never really allowed myself to fully embrace it, because my experience was that being spiritual meant letting go of the realities of this world, being ungrounded and rejecting the experience of earthly wealth. It's as if I was trained to see spirituality being at odds with money and the home with the white picket fence.

All I really wanted was the normality that I saw around me, on TV or in the media, in the lives of my peers, in the dreams of my family. But no matter how hard I tried to repress my connection with my Guides, my Angels, my Guardians and my own Inner Council, they were always there, reminding me that I would never truly be a 'normal' person, a Muggle, unfeeling of the vibrations of the Universe.

But I also knew that I would never truly be like a 'normal' spiritual person. That coming my way into blissful silence on an ashram in the middle of nowhere was not my path either.

I'm a hybrid.

I believe that for me to truly feel like I fit, I needed to embrace my own duality, to show it was possible to expand and be a spiritual person, and to expand and create a beautiful abundant physical life as well.

In order to truly do that, I had to stop pretending that all of the experience and knowledge I'd accrued just didn't count. It made me deeply uncomfortable, but I had to truly claim that I am a deeply spiritual person. That I have within me the knowledge and talent and understanding of the Universe.

I am a MasterSoul.

And I recognize so many of you out there denying the truth of your own mastery.

It doesn't mean we are ascending to heaven. It doesn't mean we can turn water into wine. It doesn't mean we are so completely connected to Source that our physical lives are merely a blip of consciousness. It doesn't mean we are hermits on a hill.

It means that we understand.

It means that we KNOW.

All of you empaths that can feel emotions around you and can translate and transmute energy, you are MasterSouls.

All of you healers that make others feel better just by being in your presence, you are MasterSouls.

All of you who can hear the voices of guides and channel their words and energy, you are MasterSouls.

All of you who have an innate trust in your intuition and turn left instead of right for no other reason than because you heard the nudge, you are MasterSouls.

All of you who are being called to fundamentally change the world in positive collective ways, you are MasterSouls.

And it's time to stop hiding.

And we do that by shining, by creating the reality our hearts crave. We do that by succeeding in the world in bigger and better ways. We do that by using our God-given talents and inner knowing to create the businesses and lives that will be the vehicles for change.

This is our time.

We are MasterSouls.

We are here to expand as much as we can and not try to change the world with empty words and shallow missions, but to truly change it by being the very things we are craving to see all around us.

My friend Raphael and I had many conversations about MasterSouls. We talked

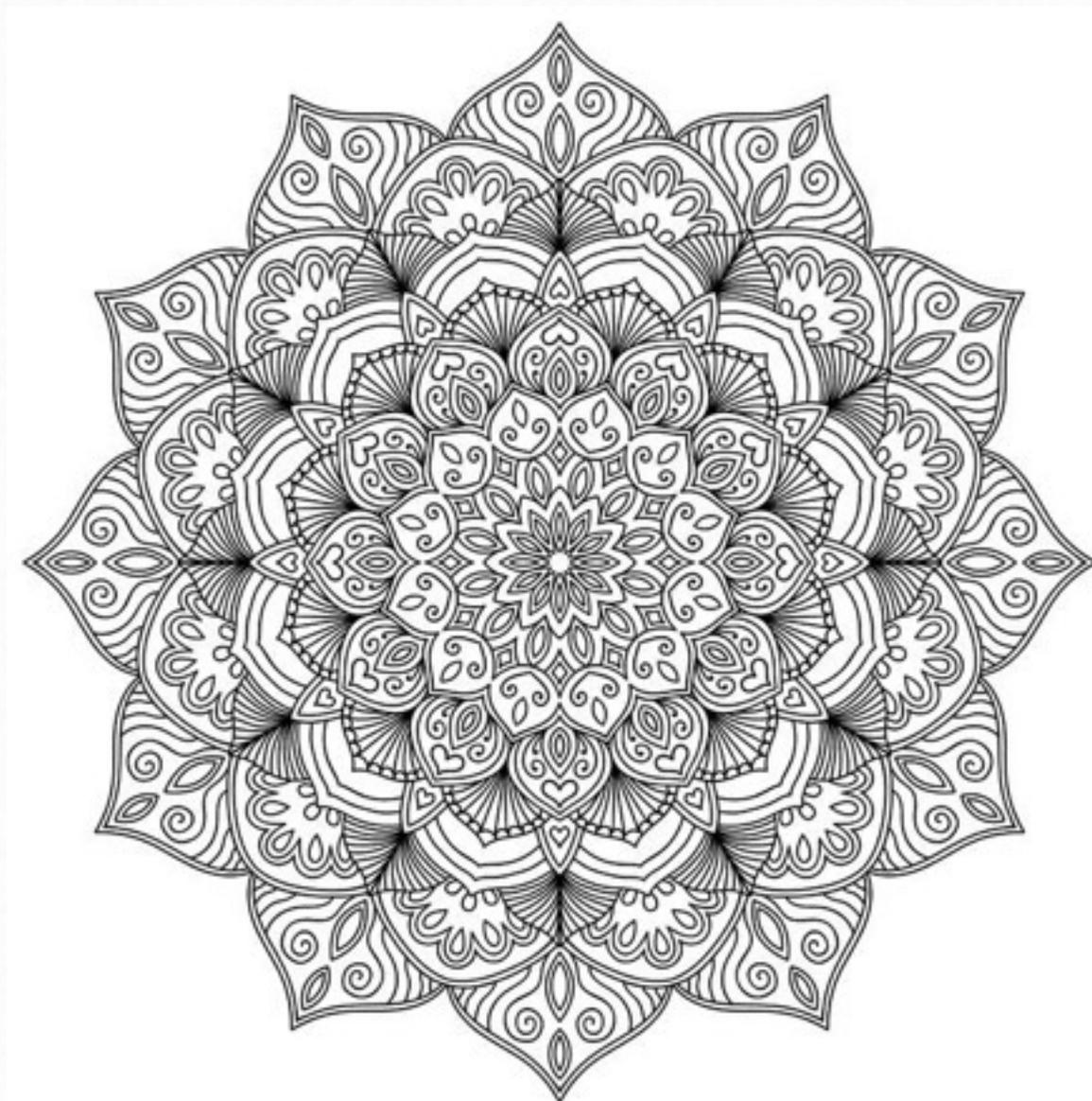
about how so many of us are here, waiting to be seen, waiting to truly recognize ourselves and claim our own mastery. We sit in caves of our own construction, building our lives, experimenting with our talents and gifts. Every once in a while we would peek our heads out of our caves to see if we could see any others like us and then we'd go back into the safety our caves.

So while this book will absolutely help you expand spiritually and in real-world ways, first we have to take a moment and acknowledge each other...to recognize the Mastery in each person who has been drawn to pick up this book. This is a meeting of kindred spirits, the ones who are MasterSouls. No more running off into our caves. If we're going to do this lifetime 'right' then it's time we claim our own mastery and truly bring that into the world.

The whole 10x thing? Very cool.

The whole MasterSoul 10xing thing? More like holy spitballs of awesomeness.

3-Day Challenges, Non-Consistency & Formulaic Crap



So before we hop into the actual tools I want to make it really clear...I mentioned it once and I'll do so again - I don't do consistency well and I expect that most of my fellow MasterSouls have a hard time operating within the confines of a rigid schedule or routine.

At one point in my journey I bought the URL 3DayChallenge.com because I just couldn't last any longer than 3 days on any

one thing. Shoot, if I made it to 3 days it was a miracle.

So ask me to do a daily spiritual practice and my eyes start to glaze over.

I start feeling that it will be boring.

I'll get stuck in a rut.

Doing the same thing over and over and over again - well, where's the fun in that?

Oh and if I skip one day it's like Pandora's box and it's near impossible for me to get back into the swing.

They say it takes 30 or 40 days or whatever to create a habit. How would I know if that's true or not? Boring...

And yet here I am, creating the very thing I avoid.

But I found work-arounds specifically tailored for my maverick, non-conformist, always-changing soul.

I realized that if I built something that was completely flexible and changeable, it became more of a game for me to find out how I wanted to express my MasterSoul each day. I made it so I could do one part in the morning and the other steps throughout the day - time restrictions became something that didn't matter - so if I slept in I wasn't stressed that I had missed my invisible window.

I can also adjust how much time I spend on working with my energy. Sometimes it's a quickie - 5 minutes and done. Other times I will spend all day on planning and visioning and playing in the energy. This helps me let go of the requirements of setting aside specific amounts of time so my days can be as flexible as I choose.

AND finally, I didn't limit myself to the same tools each and every day. Within each of the four areas, I have an entire toolkit to choose from to fulfill the energetic adjustment. One day I may journal and the next day I may nap in the sun or meditate or color or chant. I give myself choices and allow my inner voice to guide me through the process so it never feels stale or typical or habitual.

In other words, don't expect some magic formula to pop out of my ass onto these pages.

Intuitive people do their best work when they have the freedom to follow the 'feel good' each day, so this is a container with which you can create a daily practice that still allows for freedom and choice, in a way that creates exponential balanced growth.

The MasterSoul Process was designed to have the flexibility and flow that I require, and to have the power to create that 10x shift time and time again.

No challenges or habit creation. No freedom sucks or time sucks or 5am alarms. And no formula to apply for instant gratification.

Just you and the Divine organically co-creating exquisite energetic growth.

The Basics



This is a very simple daily practice that consists of four parts. Think the four directions, the four seasons, the four elements, the four corners, the Four Tenors. Okay scratch that last one - but truly, the core of this practice is all about balanced, grounded, practical spirituality.

I am literally NOT here to teach you how to meditate or manifest or change the things I know work for you spiritually. I'm not here to teach you about the chakras or what channelling entails. I trust that you have your own ways of quieting the mind and connecting. And if you don't, perhaps there will be ideas here that will spur the desire to go find out more.

The MasterSoul Process is a way of putting together your existing practices in deliberate ways that take what you already do and turn up the dial for the purpose of core expansion and external results.

This is NOT a new way, it's simply taking what you already know is successful and fulfilling in your own practices and piecing them together so that your spiritual connection becomes more robust and full.

This is a four part practice that pulls together different ways of connecting with the universe and with your highest self, and gives it form and function. It can be done in minutes or hours, depending on what you need that day. Within each of the four parts, you will be creating a menu of different actions and ways of connecting that you can choose from each day.

I have been blessed to be surrounded by amazing spiritual people in my life; my friends & clients all speak the same language. Each of them has a very strong spiritual practice and most are content with the results they create in their lives. And yet as I introduced each of them to

this MasterSoul Process, they have realized that they are missing at least one piece on a consistent basis, and it's like a 'duh' moment; the pieces have been there the whole time and we haven't been using them to their fullest extent. Two or three parts are consistent and one is almost never used regularly.

And then they start putting all four pieces together and miracles emerge.

As you read through each of the individual sections, you can start creating different ways to express yourself within each part of the process. Ideally, you will find that there are quite a few things you can do to keep the practice fresh and feeling powerful. For instance, writing down 3 gratitudes is a spiritual practice that can be chosen as a part of one of the parts of the process, but it can also be replaced with a walk in nature or chanting. All of these actions will fulfill a specific area. Complete one thing in each of the four sections and you have gotten to the core of expansion.

When we focus on doing one thing in each of the MasterSoul sections every day, that's when quantum leaps start to occur, and where our external vibrations speed up to create unlimited potential right now in the present moment.

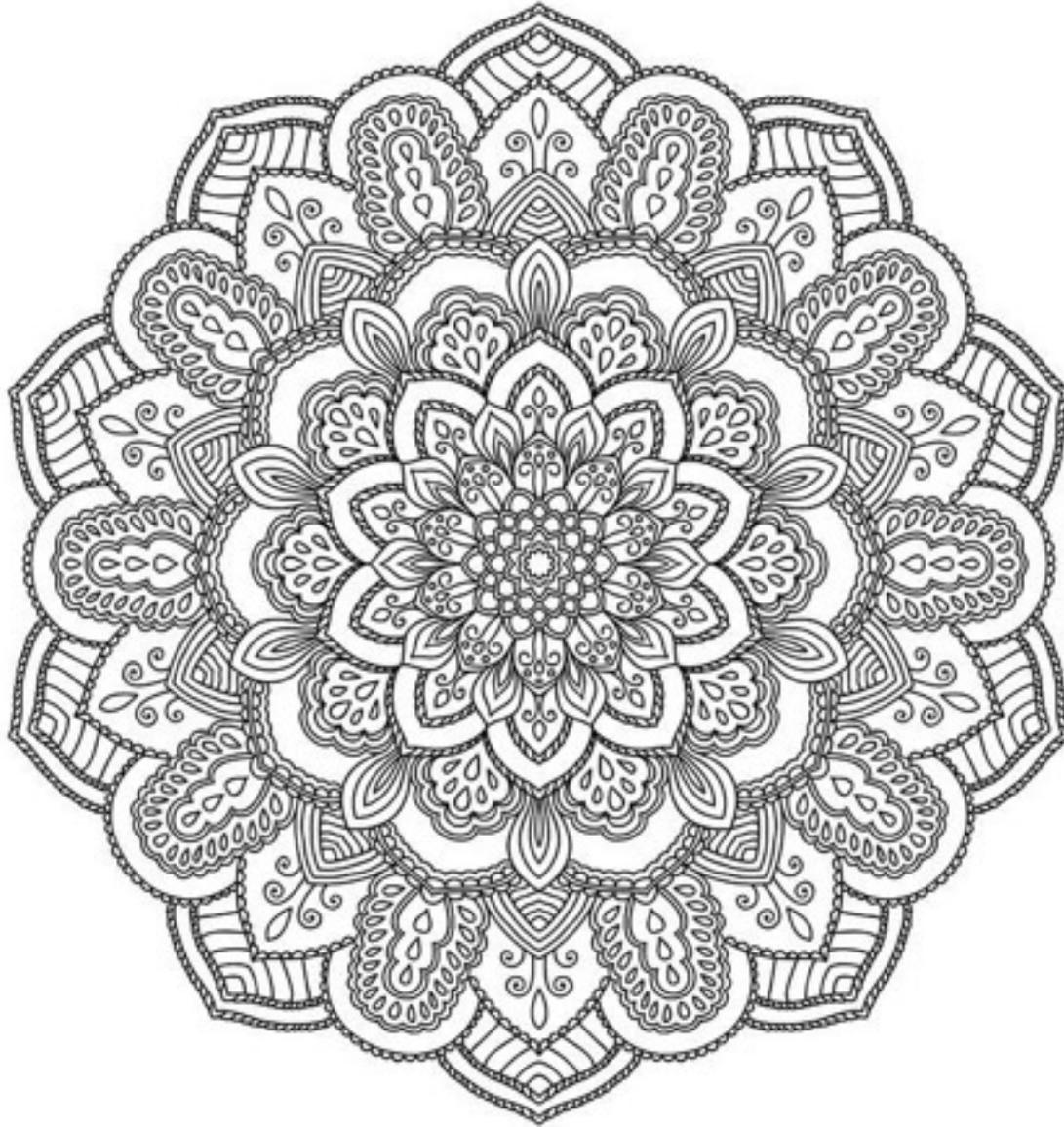
There are 4 pieces to the full MasterSoul Process. Quite simply they are...

- Foundation
- Ritual
- Manifesting
- Connecting

Within each of the sections, there is an opportunity to create your own menus. I'll give you some examples to get you started and each day you can choose the one that calls to you. For some, it may be the same thing every day. For others, like me, who get bored or who follow the nudges, you get to pick and choose.

So let's dive in and start creating your MasterSoul Process, so you can start creating epicosity in the world.

The Warning Label



Because of the way the four parts of the MasterSoul Process work together, massive attunement and growth occur. Rapidly. Sometimes more rapidly than our physical bodies and minds know how to handle.

I'm sort of obligated to warn you that there will be times when it feels a whole lot like being on a rocket ship when the g-force hits you. Face stretched, bones fused to the chair, that moment where your breath

is literally sucked away - that moment of holy shit, this is happening.

And then suddenly gravity ceases to be an issue.

And in the quiet emptiness of space, everything is different.

Using this MasterSoul Process by doing these four things daily unlocks space and time...just fair warning that there will be moments when you'll feel those g-forces

pressing on your heart and internal mak-
ings, where even breathing seems difficult.

That's the moment to stick with it the
most, even though you won't feel like it.

Breathe.

Be gentle.

Allow yourself to feel that high expansion
fully...

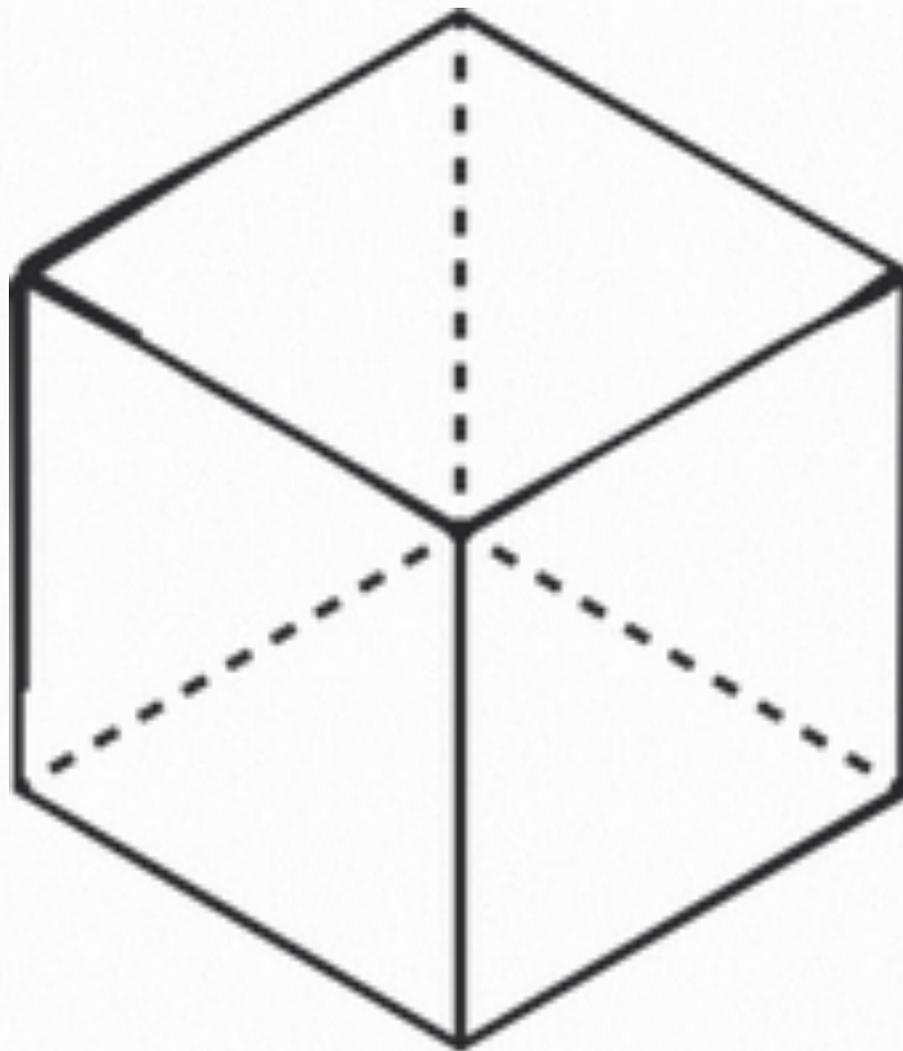
Time and time again.

Because on the other side is the most
amazing view and it's worth checking out.

3

Foundation

“The higher your structure is to be,
the deeper must be its foundation.”
-Saint Augustine



EARTH

Your expansion is only as powerful as your foundation. While foundation building takes on many forms, for this purpose it comes down to two basic principles: Learning & Clearing. This is the vibration of the

EARTH, grounding and solid, the base on which all other things are built.

The Foundation work consists of those things that inspire and teach you as well as

those things that make you a clearer channel for Source. Without being a clear channel, it's hard to bring in ideal clients and the freedom to choose, and even harder to bring in true abundance and prosperity.

There are things in our lives that block us from truly succeeding, and the foundational piece is the one that demands that we clear out those blocks in order to live fully on purpose. Sometimes these block can be emotional, physical, spiritual, DNA-driven, parent-taught, belief-based, diet-induced. Whatever we need to do to release all of the self-limiting circumstances in our lives, this is the place where we focus daily, chipping away at the layers we have placed around our hearts.

I had a long-standing belief buried somewhere within me that failing was good and succeeding was bad. My fear was that if I succeeded I would lose everyone I cared about. I learned early on that success was always simple for me; as a child I was incredibly smart and found school to be super easy while others struggled. But that made me stand out and not fit in. I noticed that when I struggled, I got love and attention, and when I succeeded, I got on the receiving end of jealousy and it made it harder for me to make friends. That was my experience and my story.

That said, my desire to fail is what makes me a really good Entrepreneur; I'm not afraid to start things because I'm not afraid to fail. But once things started to succeed I would find ways to tear it down. In order for me to break into that first six figure year, that story needed to be cleared.

So I started working with a spiritual coach. I started hiring energy workers. I did past life regressions. I read. I journaled. I basically threw an entire household, including the kitchen sink, at this belief so that I could move forward.

A little secret...it worked. AND I've had to clear it over and over again and continue to do so, because like a smelly onion, our beliefs hold many different layers for each new level of expansion.

I am constantly working to reinforce my foundation so that I can continue to expand.

It is a never-ending quest for me.

Which is why the foundational piece is so critical to work on daily to clear each and every block and also lean more and more into our MasterSouls.

The Foundation piece comes with a footnote that says something like “don’t stay here all day”.

In my business I see learning addicts, information junkies, shelf-help-aholics. I see my fellow MasterSouls asking for answers from everyone around them, trying so hard to understand the Universe only to be disappointed over and over again that the answers they are given are the ones they already know.

One of my favorite chapters of any book was written by my good friend Amir Karkouti from his book ‘Lessons From My Coach’. It’s his first chapter called ‘Nurturing Your Insights’ and he talks about how we rush from one piece of information to the next so quickly that we don’t honor that single insight. “Unlike some things in our lives, insights are not quantity based. It’s not about how many you can hold in a basket. When we slow down to see the ONE insight that we get, it’s time to become a gardener.”

See we become gardeners because it’s our job to take an insight and nurture it and allow it to really grow inside of us until it’s a part of who we are. This is true growth and expansion, rather than noticing

the insight and rushing off for the next ‘insight high’.

Hopping from one insight to the next does not build a strong clear foundation. It actually fractures it. So while on one hand I’m saying that learning and clearing every single day is invaluable to your overall spiritual growth, it doesn’t mean to come from a place of lack and limitation, like if we don’t rush to learn as much as possible we will be missing out. Building a solid foundation takes sticking with one piece of expansion at a time. I threw the kitchen sink at my belief around failure and success until I had a breakthrough. I didn’t keep trying to fix it with superficial external rewards, like reading one book and not changing anything before picking up the next book, or buying a course I never completed. I dove down into it and did the work required to clear that damn thing from my system one layer at a time.

I sat with each ONE insight daily and I let it grow, watering it consistently instead of sprinkling it from time to time.

As a part of the MasterSoul Process, the foundation piece gets to be much simpler. Instead of seeking answers or panacea, we get to give ourselves a moment each day to gain one insight, to clear one block.

When we do it each day, it takes the desperation out of seeking because we know that tomorrow we'll have one more little piece to play with.

The Divine captains my ship so it's up to me to make it seaworthy with regular maintenance.

Now, there are two basic types of foundation work, and I tend to alternate between them often. One piece is the clearing...creating a strong clear channel for Source to come through. The other is strengthening...adding to your library of skills and tools to create a stronger knowing-base. There is a time for both. Rely too much on clearing and we lose our grounding and solid footing. Rely too much on strengthening and we become bogged down with information and we don't actually get the clarity we're looking for.

I imagine a MasterSoul's foundation looks a lot like bricks made of extremely condensed clear energy, both ethereal and solid at the same time. It's a dance to build the balance, to allow your soul to shine the brightest while standing firmly on stable footing.

It's why skipping the foundation damages your long-term effectiveness in this lifetime, and why dwelling there keeps you

stuck and unmoving even though you are constantly learning.

Doing a little bit of foundation work on a regular basis has changed me just as much as those times where I did some serious heavy learning and inner work.

It reminds me of the story of the cyclist who wanted to win a huge international race within 5 years. Instead of radically changing everything, he and his team made these little imperceptible changes, 1% differences here and there. From going to bed 10 minutes earlier to changing the seat material on his bike or using a different lotion on his body. They continued to make these minor little shifts to create a better foundation for his racing effectiveness.

And instead of winning the race in 5 years, he won it in 2.

We don't have a race to win, but imagine what it would look like to concentrate on one insight a day, or clear one block away at a time. Without even realizing it, we create the foundation on which higher and higher levels of success become automagically available for us.

Foundation Pieces

These are some of the processes you can play with during your Connecting time. They are simply some of the ideas I, and my clients, use in this section. Please use the following page to add some more to your tool kit. The more examples you have here, the more effortless it is to switch up your daily routine and follow the feel-good. Add to this menu of options often and refer to it whenever you feel like switching things up a bit (for me that's daily!)

Reading

Taking classes

Tai Chi or Yoga

Energy healing

Walks in nature

Shadow work

Feng Shui

Decluttering

Space clearing/smudging

Seeking spiritual guidance

Receiving coaching

Intuitive readings

Pulling cards

Use the following page to add to your own menu of Foundation fun...



MASTERSOUL
university

foundation menu

*add your own tools to this list

Reading

Tai Chi or Yoga

Walks In nature

Feng Shui

Space clearing/smudging

Receiving coaching

Pulling cards

Taking classes

Energy healing

Shadow work

Decluttering

Seeking spiritual guidance

Intuitive readings

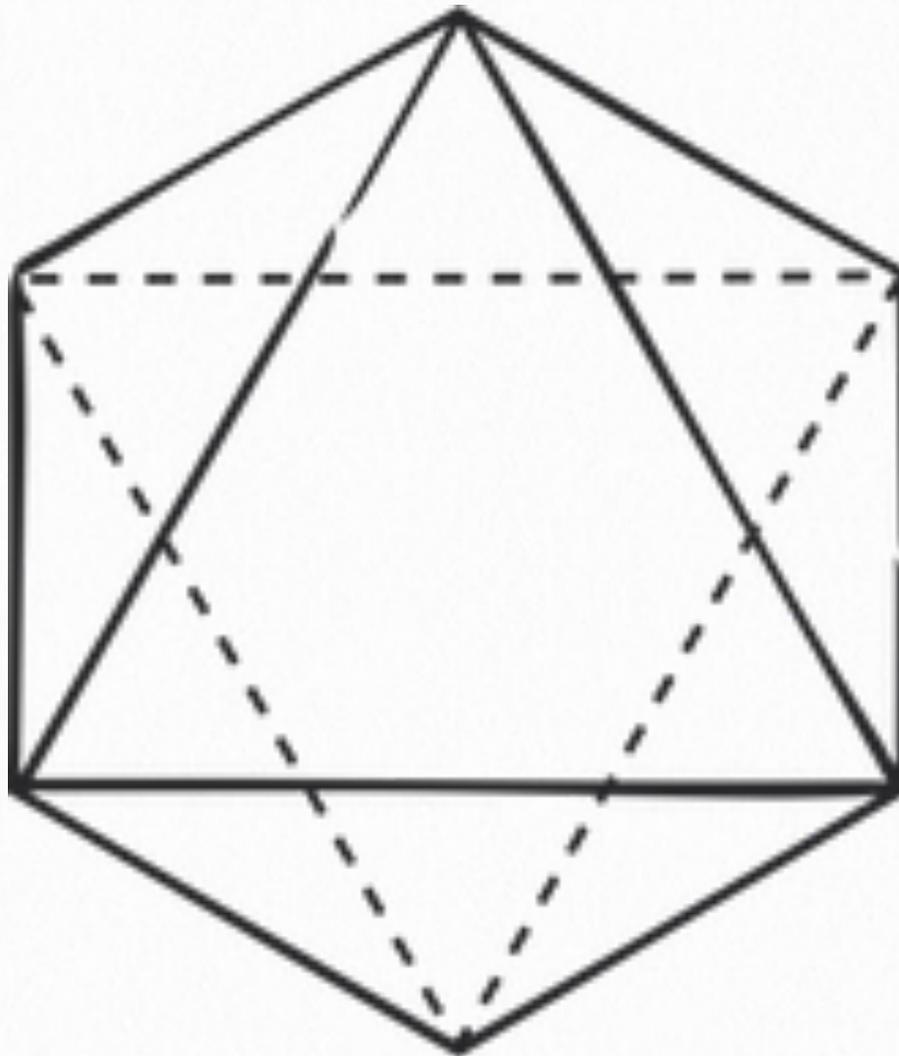
what else?

MasterSoul Process

4

Ritual

A daily ritual is a way of saying I'm voting for myself, I'm taking care of myself - Mariel Hemingway



AIR

Imagine you enter into your work space for the day and a strong breeze blows through your brain, clearing out the resistance and blowing your closed sign around, telling the Universe that you are open for busi-

ness. The element of Air is a signal that change is on its way, and invoking it helps us by creating a set response of clarity and purpose. This is the power of a very simple daily ritual.

A ritual, for the intents and purposes of the MasterSoul Process, is a physical, external action that allows your mind to step aside like Pavlov's dog, triggering the response you most want your mindset to be in.

I will say that I switch up my rituals far less than any of the other processes, and I have taken great care to set up specific rituals for specific responses.

Here's the beauty of the ritual...it's a very simple way for you to tell yourself exactly what is expected so when you sit down to connect, your mind is already clear; or when you sit down to manifest, your soul is already prepared. It's a tiny shift that paves the way for clear passage of all the things you're going to be creating.

And the more dedicated you are to the simple rituals, the easier it is to create bigger and bigger dreams.

Now let's get clear here - this is not a habit. The difference between a ritual and a habit is that rituals are intention-based, while habits just happen. A habit is something we do sometimes without even thinking about it.

When I get into the shower I get clean in the same order each time - I wash my face then my hair, then I apply conditioner and

wash and shave my body, then I rinse off the conditioner and voila! Shower is done. That's a habit. Even getting up at a specific time to go to meditate or work out is a habit.

How we turn that habit into a ritual is simple - with the intention that this act of doing something is being done in order to set ourselves up with the right mindset, or bring in something specific.

I can take a normal shower, or I can ritualize the shower to clear away all negativity and blocks to my abundance, so my day creates possibility, money, good relationships. Whatever it is I choose to create, I can take a shower with that intention.

I have a salt lamp in my office, and when I walk into my office I turn it on with the intention that my business is open for the day. That triggers my mind to understand that it can let go of doing the dishes or vacuuming the floor because it's time to settle in to my work day.

I have a blue topaz necklace that I put on when I write that tells my mind it's time to settle in and allow the creativity to flow.

My friend was an amazing musician and every day I meditated to one of his albums. It became the music I'd have in the

background during my biggest quantum leaps. Because I meditated to it so much, just hearing the first few notes would trigger my mind into a quiet space and messages would come in instantaneously. Even if I wasn't sitting down to meditate. So I started using that music when I wrote, because I could channel effortlessly. I started creating my business maps with it on, because suddenly even the mental work took on a spiritual lightness as the music played.

I trained my mind to respond specifically to this music. He tragically died and a group of his friends went down to the beach to remember his life and honor his impact on us. Someone had brought his music and within seconds of hitting play, I went into a deep meditation. It was an instant response to his music, and in fact I went into such a deep trance that when I opened my eyes all my friends had already left the beach.

This is the power of a simple ritual...to be able to elicit a desired mindset with a specific action so that you can literally create anything.

Ritual Pieces

These are some of the processes you can play with during your Ritual time. They are simply some of the ideas I, and my clients, use in this section. Please use the following page to add some more to your tool kit. But here's the thing and where this one piece DIFFERS from the rest of the processes...take the time to train yourself on one ritual at a time. Use the same one or two rituals repeatedly until the response they invoke is natural. Use it with great intention - 'I am smelling this scent to invoke my creativity' or 'I am sitting in the sun so that these rays will infuse my body with energy'. Whatever it is you choose, do it repeatedly until the mindset you're creating is automatic.

Turning on a salt lamp

Lighting candles/ Incense/ Oils

Smelling specific scents

Wearing something specific, like a writing necklace

Showers

Epsom salt

Naps in the sun

Tea / coffee ceremony

Silence

Affirmations

Celebration time

Music

Doggie bonding

Gratitude

Full moon/New moon rituals

Use the following page to add to your own menu of Ritual fun...



MASTERSOUL
university

ritual menu

*add your own tools to this list

Turning on a salt lamp

Smelling specific scents

Showers

Naps in the sun

Silence

Celebration time

Doggie bonding

Full moon/New moon rituals

Lighting candles/ Incense/ Oils

Wearing something specific

Epsom salt

Tea / coffee ceremony

Affirmations

Music

Gratitude



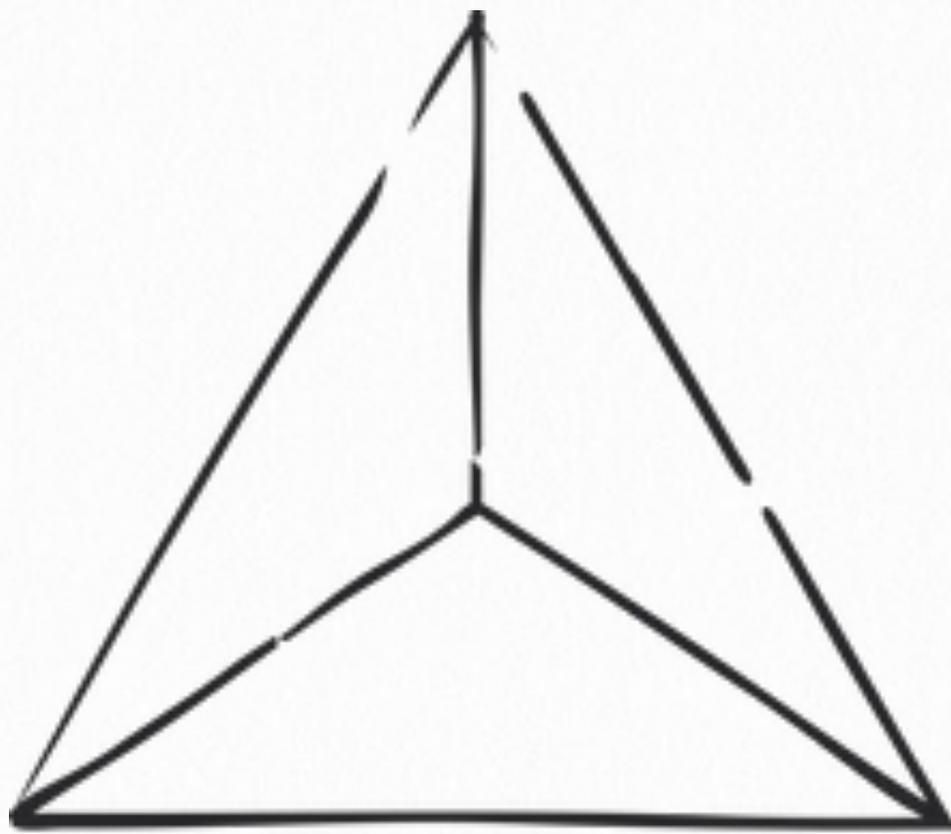
what else?

MasterSoul Process

5

Manifesting

Manifestation will come as soon as your frequency matches your desires" - Abraham Hicks.



FIRE

Manifesting is the part of the MasterSoul Process that is the first I invoke in times of need and the first I drop in times of abundance. Which fascinates me on so many levels but mostly because we mistake the

art of manifesting THINGS in our life with manifesting EVERYTHING in our life. Sure there are times where we're calling in money or a house or a car. But the core of manifesting lies in DESIRE. What is it you

want to create in your life? Love? Freedom? A peaceful heart? Strength?

Manifesting is a direct connection with our own inner fire. It's lighting up those passions and wants and dreams and verbalizing them. It's the art of asking for what we want on a daily basis. Not just when we feel needy but when we feel full. The fire element is all about creating from a place of great emotion and we get to tap into that each day and be the architects of our own path.

So I'm speaking in the front of a room and I'm talking about manifesting. I get the usual amount of people glaze over a bit, as unfulfilled promises from *The Secret* come flooding into their brains. I try to explain that this isn't about attraction or some mystical trick that has been lost in translation. But convincing people to manifest isn't my job. It's the other half of the room that interests me, because suddenly they perk up. In fact it's like lightbulbs going off in rapid fire. What they'd been taught about manifesting always involved getting something like \$100, which isn't always super sexy because quite frankly we don't always need 'more', so manifesting loses its charm. This kind of manifesting takes into consideration not just the material feedback but

also the vibrational and emotional landscape of our true desires.

What I find out from them isn't just that this is some additional manifesting goodness to add to their toolkit. It is that these spiritual people with daily practices were forgetting one thing - they were forgetting the simple practice of asking, which is one of the key components of truly manifesting in your life.

So why don't we ask consistently? Perhaps we feel selfish or greedy. Perhaps we feel like we've already asked for so much. Perhaps it was taboo to ask for more as a kid. Or perhaps we were just never taught to ask in the first place, settling instead for what we were given. Or maybe we're worried for some strange reason that we may just GET what we ask for - which seems like a silly fear but it's real for so many people, the idea of receiving being even more daunting than asking.

Or maybe we just simply forget. Spiritual on Sundays right?

In order for our clear desires to be created in the world, this manifestation piece totally shortens the path. And when we get used to asking for what we want on a daily basis, that path gets shorter and shorter. I believe Zig Ziglar talks about priming the

pump, that in order for the water pump to actually deliver water you need to pump the air out a few times first, and then continuous pumping provides continuous water.

The same goes for our asking muscles. The more we utilize them the easier it is to receive... and the faster the response will be.

Now I've studied many many many different ways of manifesting things, or 'calling them in'. Some create systems of writing the same 'as if it was already done' statement 100x a day for 10 days and if you skip a day you have to start over. Others train you to be super specific, others more general.

For me I do it a myriad of ways depending on what I'm calling in. Yes, I don't even manifest the same way each day because there is no one way to ask for things I want to create and I'm creating different things each day. Sometimes I create programs that have a specific number of people in them so I connect with each person coming in and tell them 'it's time'. Sometimes I have programs like MasterSoul University that can hold hundreds of people at once so I imagine lots of people coming in. Sometimes, calling in hundreds is over-

whelming so I call in the next ONE. Sometimes I feel a little tender so I just call in a feeling of being loved and held, however that manifests throughout the day. Sometimes I've got something important to say so I call in clarity of voice and message.

Every day we have the power to ask for something of ourselves or of the universe. We have the ability to ask for anything that we want. Why would we pass that up?

Manifesting becomes a discussion of energy and the more we ask, the more we upgrade our capacity to receive; and when we upgrade our capacity to receive, the faster we're able to manifest. It's sort of like this beautiful circle of energy that can go round and round for as long as you keep that pump primed. Sometimes the request is specific and sometimes it's more general and sometimes it's calling one person or thing at a time today.

I notice sometimes too if I reach too high with the number, I really just don't believe it and it dilutes the emotion behind it. To say today I'm manifesting \$1million is harder to believe than today I'm manifesting \$1. Emotion and belief are really important.

I had to do a lot of inner work to believe in myself fully to increase the number I can

receive. So it's really important that you do not ask for more than you believe that you can receive. I had to work on my receiving muscles to be able to ask for say, 100 clients, sales, dollars, widgets or whatever. So when I find that my request feels like it's too big of an ask, that I'm simply asking for more than I believe I can create, then I go the other direction and I ask for one, the next ONE. So if you can't believe in \$1million, ask for \$1 or \$10 or for whatever you believe is possible for you, and work on your threshold to receive.

The belief behind it is absolutely the most important piece of manifesting. It's not just in the asking, (although it's funny how many people don't even ask in the first place) it's in the belief that what I asked for is actually possible. Actually it's more than that because you know that it's possible to create anything

It's more like: is my frequency ready to receive what I'm calling in? Because where we get really overwhelmed is in the thought "am I actually ready to hold space for 100? Am I worthy of having that?"

At a vibrational level, do we believe and are we ready to get what we're asking for? Because if we're not we can actually repulse the thing we're asking for.

You know there may be days where I think 'I'm not feeling 100 widgets coming in today but I know I can get 10' so I call that in instead.

Every day I'm calling it in piece by piece. Some pieces bigger than others.

I've noticed for me it never really looks exactly the same twice in a row because the vibration that I'm bringing into it is always different and if it feels really hard to create, I work with my Inner Council to get fully in alignment with what I'm creating.

When the manifesting feels hard or contrived or whatever, something's out of alignment, and if it's out of alignment it's not going to manifest no matter how many times I ask or how many times I do the exercises. If it doesn't feel like it's going to happen then something is vibrationally out of alignment and I take a step back and fix it so that it is aligned, or I raise my vibration to be able to receive it.

I have to do the inner work so that it's possible for me to do the manifesting work.

And then I want to truly understand that if I'm asking, I'm also committing to being the person who can HAVE and CREATE what I'm asking for. This creates a robust way of manifesting our desires.

So... to manifest:

Be clear and passionate about what you want

Be sure that you are vibrationally ready to receive what you are asking for and adjust accordingly without judgement.

Be resolute that you will unerringly follow the guidance sent to you in the 'Connection' piece of this process to create your desire.

But most importantly - ASK FOR WHAT YOU TRULY WANT.

Manifesting Pieces

I truly believe that if you don't already have way of Manifesting that works for you, you need to add learning how to manifest to your foundation work first as you get going on the MasterSoul Process. This is important to dive into and play with. There is no one right way, but find ways that are fun for you. Emotion drives creation so work only with things that are high vibe for you. Below are a few processes to get you started. Please use the following page to add some more to your tool kit. The more examples you have here, the more effortless it is to switch up your daily routine and follow the feel-good. Add to this menu of options often and refer to it whenever you feel like switching things up a bit (for me that's daily!)

Meditations/ Visualizations

Vision boards

Seeing golden threads extending from you to what you're calling in

Write out your desire as if it's already happened

Knowing your clarity, purpose, alignment and knowing or speaking it

Chanting

Affirmations

Use the following page to add to your own menu of Manifesting fun...



MASTERSOUL
university

manifesting menu

*add your own tools to this list

Meditations/ Visualizations

Vision boards

Seeing golden threads extending from you to what you're calling in

Write out your desire as if it's already happened

Chanting, Mantras & Mudras

Affirmations

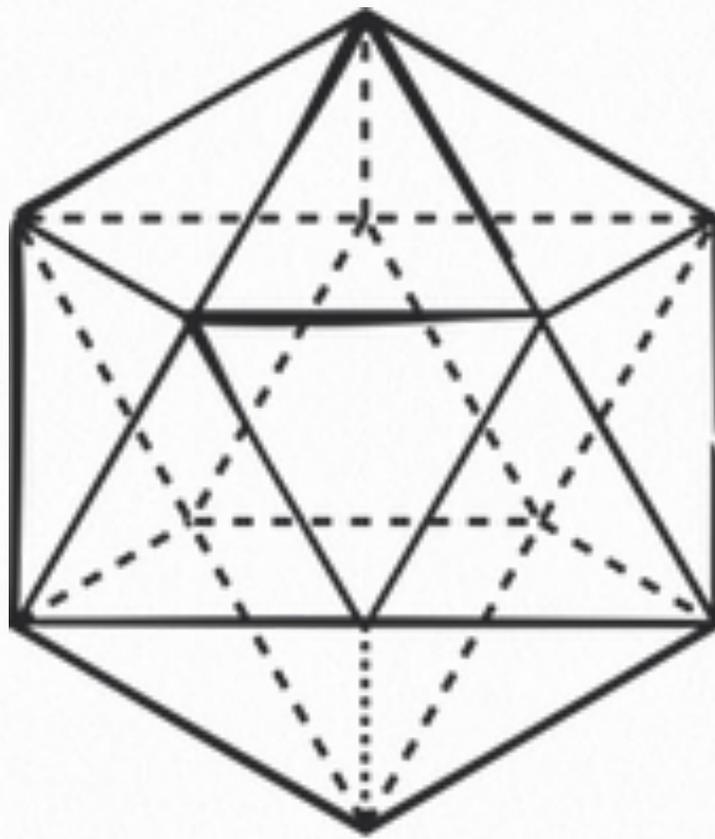
what else?

MasterSoul Process

6

Connecting

All that I seek is already within me -
Louise Hay



WATER

While each part of the MasterSoul Process is important, Connecting is a non-negotiable for me all day, throughout the day. It's something that can be revisited all of the time - because connecting means

trusting and listening to your intuition, your inner voice, your angels, your guides, God, Source, Spirit. Whatever your practice to tapping into spiritual guidance, this is the time that you get to do that.

We all listen to our intuition, but like all parts of the MasterSoul Process, this connection is done with great intention. See, my intuition is the CEO of my business and not a day goes by where we don't have a meeting. So it's one thing to listen to your intuition when it comes to finding a parking spot, but it's entirely another to plan projects and create clients.

This connection piece allows you to be in flow with what the soul of your business craves and is like diving into the Water and letting it wash over you. There are messages all around us if we bother to listen to them.

There is a parable that goes something like this: A man was trapped in his house during a flood. He began praying to God to rescue him. He had a vision of God's hand reaching down from heaven lifting him to safety. The water levels started to rise and his neighbor urged him to leave and offered him a ride in his truck to safety. The man yelled back 'I'm waiting for God to save me' and declined the ride. The man continued to pray and the water levels continued to rise so he went up onto his roof. Soon a boat came by and the people on board yelled at the man to grab their rope and they'd take him to safe ground. The man yelled back 'I'm waiting for God to

save me' and watched the boat float away. Still praying, a helicopter flew by and offered to lower the ladder to fly him to safety. Again, the man yelled back 'I'm waiting for God to save me' and declined. Eventually the floor water swept him away and he died. When he reached Heaven he asked 'God, why did you not save me? I believed in you with all my heart. Why did you let me drown?' God replied, "I sent you a pick-up truck, a boat and a helicopter and you refused them all. What else could I possibly do for you?"

Connecting goes beyond sitting down to pray or meditate, although that's certainly a great way to connect. For the MasterSoul, connecting is easy. It's carrying out what know we need to do afterwards, that is the hard part. Trusting that the messages are real, and following through with whatever inspired action we are being guided to do. And when we make a regular practice of purposely connecting, we gain access to magic so much faster.

Time-wise, this is the one piece that seems to fluctuate the most for me. Some days I will spend a long time working with my own Inner Council, journaling and having dialogue with myself and my guides. And some days it's enough to sit down and ask (and wait for the answer) what one

thing I need to do that day. It may mean taking a deep breath and clearing out my mind so I can hear the messages, it may mean stepping outside and walking in nature.

Frankly, intuition is always always available to us and we hear it all of the time. But however YOU connect, this is the time when you can do it with great purpose. This MasterSoul Process is created to help you create more of what you want in the world. Don't waste the connection period. Listen to the answers to how you can create what you're calling in.

And then act accordingly.

Don't be the man who sits on the roof and is presented with answers but doesn't follow through with the action. As much of a maverick rule-breaker I am, I pretty much just do what I'm told by the Universe. This connection time is a meeting between you and your business...and since Source is your CEO, it's an opportunity for you to receive your marching orders for the day.

As a little side note, sometimes the messages won't make sense. I teach all of my clients to ask 'What ONE thing can I do today to propel me the furthest and fastest towards that which I am calling in?' Sometimes the answer is 'send an email' or 'go

to a meeting'. And sometimes the answer is 'take a nap'. No matter what you hear, just do that. And after you do that you can connect and ask the question again. You can ask as many times as you want...as long as you respect the answer.

When you respect the answer and you act upon it, the answers become easier and easier to trust and follow and the more in flow your life becomes. Connecting requires some incredible self-trust in order to surrender to the messages. Practice each day.

Connecting Pieces

These are some of the processes you can play with during your Connecting time. They are simply some of the ideas I, and my clients, use in this section. Please use the following page to add some more to your tool kit. The more examples you have here, the more effortless it is to switch up your daily routine and follow the feel-good.

Add to this menu of options often and refer to it whenever you feel like switching things up a bit (for me that's daily!)

Taking deep breaths to come into the NOW

Take a walk in nature

Writing / journaling without thinking

Inner Council Work (see the book 'Your Inner Council')

Meditation

Immerse yourself in water to receive downloads

Use the following page to add to your own menu of Connecting fun...



MASTER SOUL
university

connecting menu

*add your own tools to this list

Taking deep breaths to come into the NOW.

Take a walk in nature.

Writing / journaling without thinking.

Inner Council Work (see the book 'Your Inner Council').

Channeling . . . Meditation.

Immerse yourself in water to receive downloads

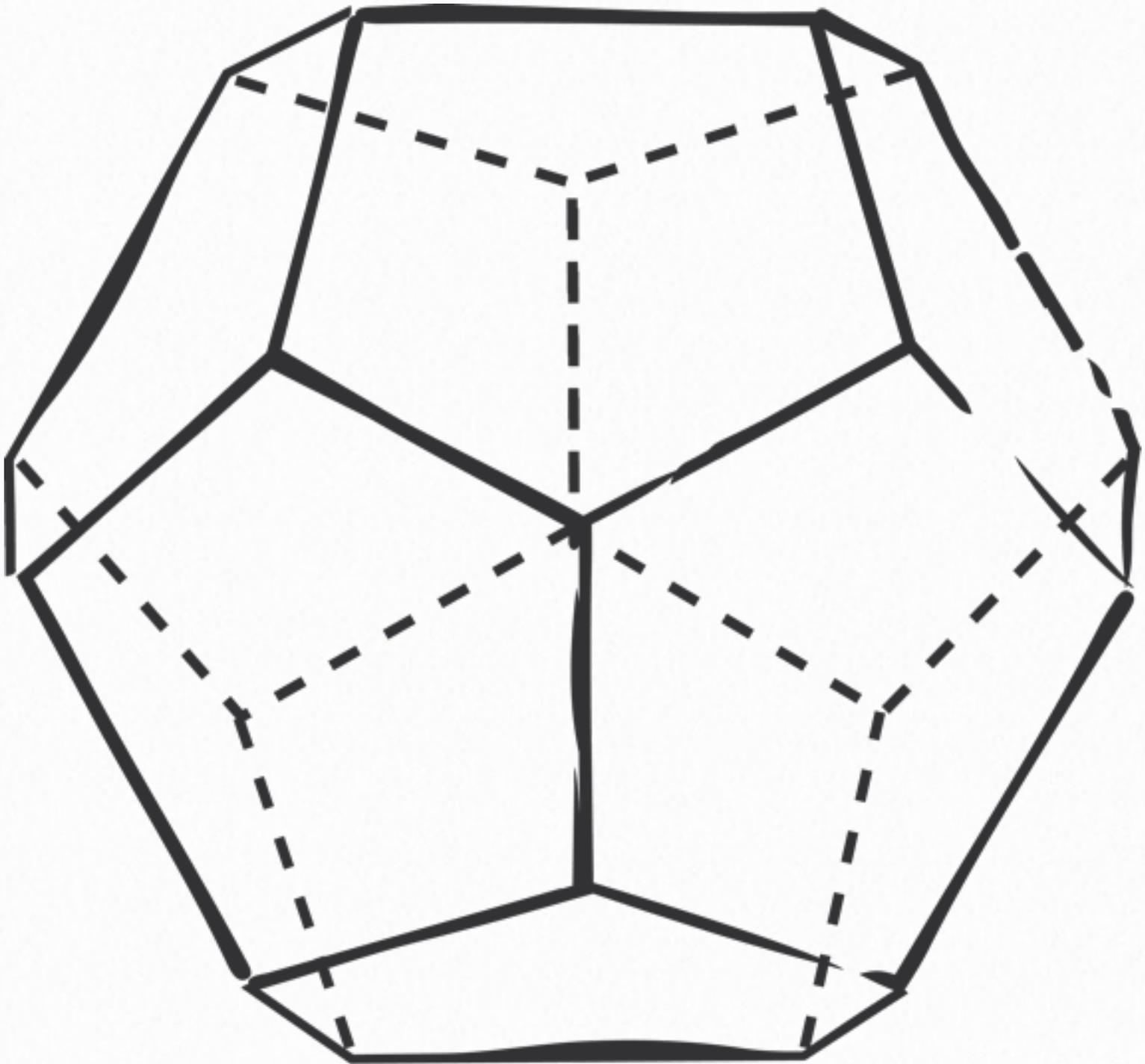
 what else?

MasterSoul Process

7

Putting It Together

“Lorem ipsum dolor sit
amet, donec ornare vitae.”
– Leo Venenatis



SPIRIT

The Elemental Balance

Before we move forward, I want to go backwards really quickly. When I started implementing the MasterSoul Process daily I wasn't quite sure of what would happen. I wasn't sure if it was the whole practice or if it was just one part that was strongest. I wasn't sure if it would really give results.

But I know how I was feeling.

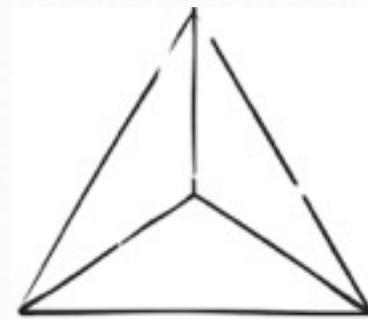
I felt balanced, whole, fundamentally changed, like I'd gone through a maturation cycle. My system felt like it had been completely recalibrated. And I felt completely and totally at ease with my own Mastery and Power.

At the core, this process isn't about anything more than expanding in an incredibly balanced way and using that expansion intentionally to sculpt your world around you. This is Practi-

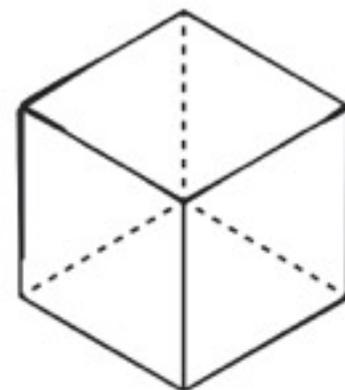
cal Spirituality, where we use our own internal growth to create great success in our external lives.

In order to truly create our desires and dreams, we need to be vibrating at the right spiritual frequency. We have big dreams and we need to expand to the point where we are able to realize them. By igniting each of the elements within us, all of our spiritual senses become more acute. By doing this practice, we open ourselves up for miracles on a daily basis.

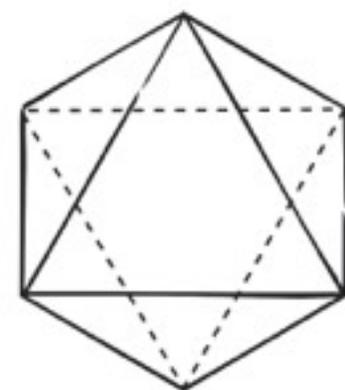
You'll notice that there have been subtle hints at the elements here. There are in fact 5 elements at play in this process...Earth, Air, Fire, Water and SOUL (classically referred to as Aether or Quintessence). It became really obvious to me as I played more and more with the process that all of these components were equally



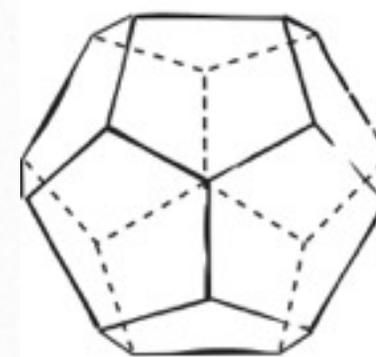
FIRE



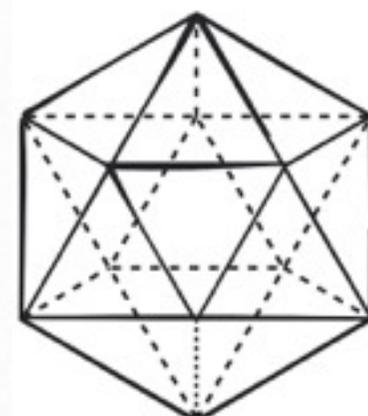
EARTH



AIR



SPIRIT



WATER

important because it is the natural way of the world. That to create a truly impact-filled way of playing with our energetics, we had to play with all aspects not just one or two.

So without further ado, the daily practice looks like this....

Invoke the Earth to the West by strengthening your FOUNDATION.

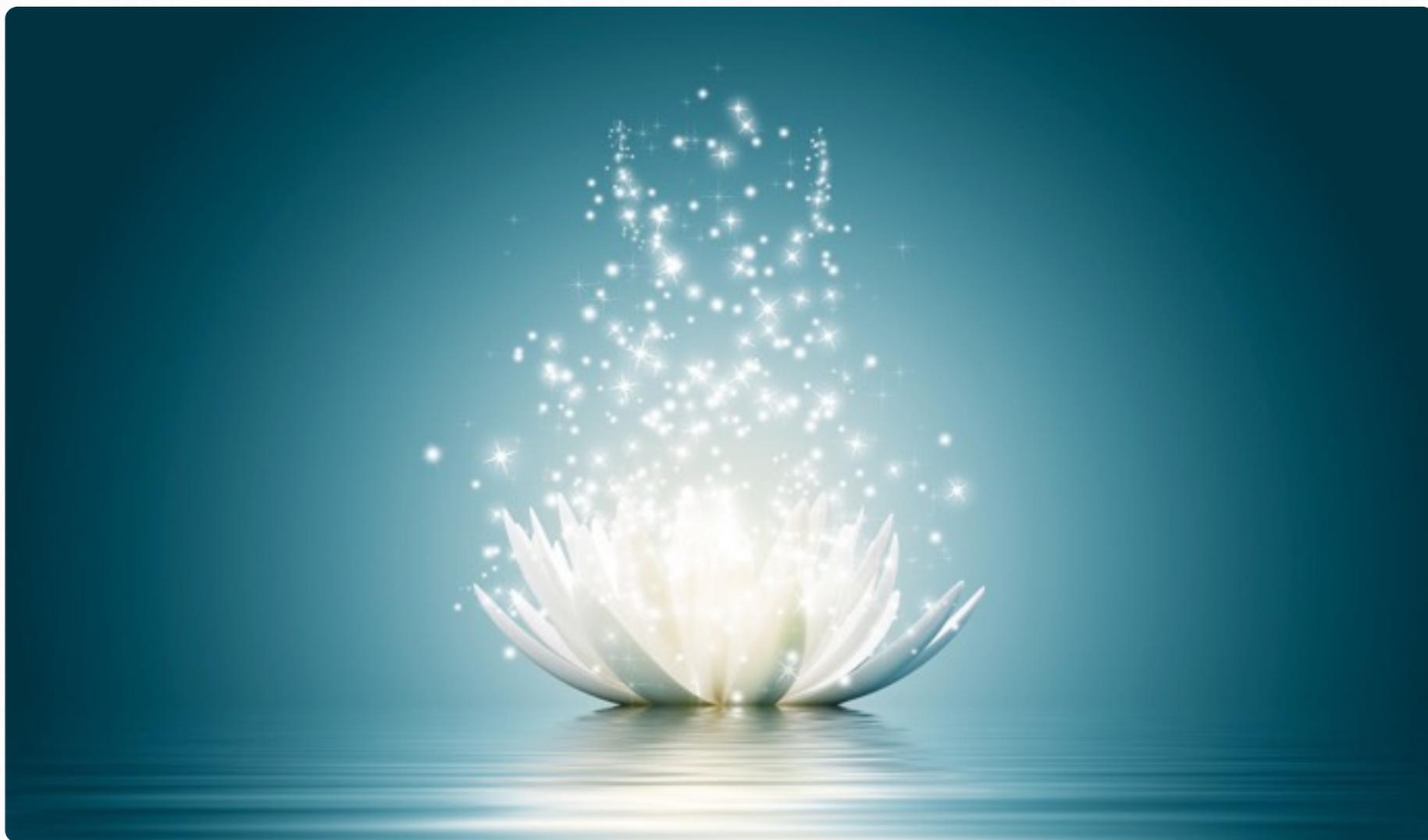
Invoke the Air to the East by using your RITUAL

Invoke the Fire to the South by asking for your desires with MANIFESTING

Invoke the Water to the North by CONNECTION with your inner voice, your spirit and your Guides and Angels.

Invoke the SOUL by honoring this practice within you on a daily basis.

Dive In



How to really do this thing called the MasterSoul Process?

Every day open up your menus and pick one thing from each area that sounds juicy yummy fun. Or pick what you're calling in and then ask what you need to dive into. Don't spend tons of time deciding. Let your intuition guide you and just choose what you need that day. It's an incredibly flexible process BECAUSE our spiritual nature requires it. Just fill in each page with

your insights and how you're invoking each element and go create awesomeness in the world.

This truly can be a life-altering-paradigm-shifting-quantum-leaping part of your life, if you intend it to be. Don't worry about getting 'stuck'. Don't worry about what it'll look like on the other side. Choose something to create and use this process to create it with HUSTLE.

A different kind of hustle...

The kind that doesn't exhaust you or tax your resources.

The kind that doesn't create an imbalance in your psyche.

The kind that doesn't feel like work.

This is the kind of hustle that creates space and freedom and movement and stillness.

This is the kind of hustle that others may judge as lazy or weird or a bunch of new age mumbo jumbo.

This is the kind of hustle that most people don't understand and very few actually do.

This is getting up each day and putting fire in your spirit and deepening your connection to Source.

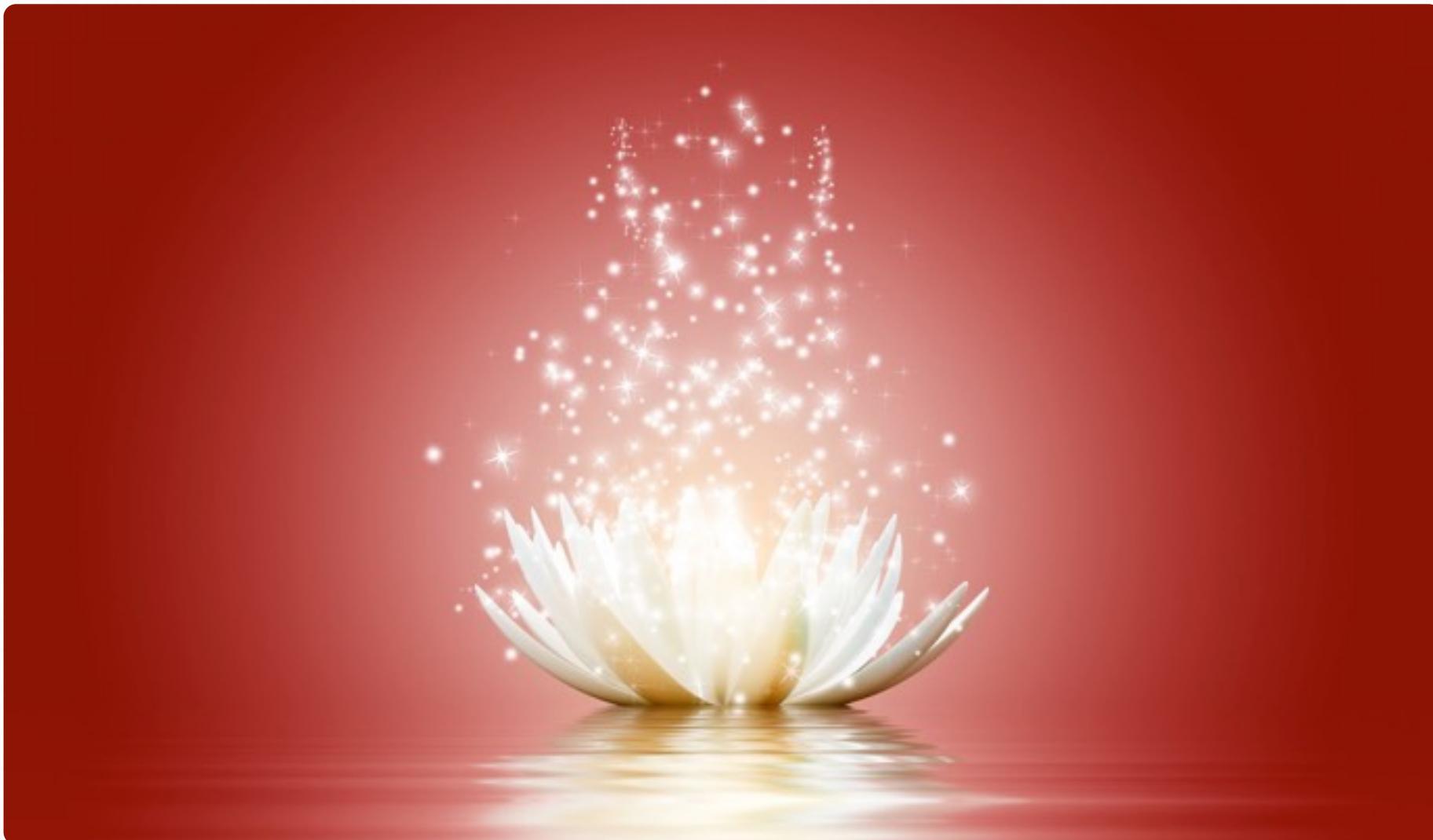
This is expanding your energy day after day, relentlessly following your intuition even when it tells you things that seem at odds with where you're going.

This is unapologetically stripping out the 'shoulds' and taking only those actions that are divinely inspired.

This is a different kind of hustle...

You are a MasterSoul. Go create like one...

Desire



What do you want? This is a seemingly simple exercise on desire that has profound impact on how and what you are creating. This is simply a list of 50 things you currently want (although I personally go all the way to 100, so if you're so inclined, the more the better). In ONE sitting, write down everything you want. Do not stop until you've reached 50. Around 35 you may struggle to continue. Do it anyway because that's when the real magic starts. List everything without holding back. List

world peace and list a cupcake (both make my list every time). Listing that you want it doesn't mean you have to know how to get it. This is simply a judgement-free way of tapping into that fire inside, and allowing your imagination free reign. Have fun with this list and let it all go!

(Use The Worksheet Attached)

Now go back and read through your list and do these things (in order)

- Indicate projects you are already working on in some way.
- Cross out things that don't really feel like what YOU want. Perhaps they are things you think you should include in case anyone else sees the journal. Perhaps they are things that just feel 'flat'. Edit freely. It is OKAY to cross out something that you just indicated as active. That's an important thing to know right?
- Put big stars or a giant red circle around things that feel HOT HOT HOT. These are the things that are exciting and fun and make you come alive.
- Ignore everything but the HOT items and make some decisions. Connect with your inner voice and choose
 - What are the things I want to call in over the next few months?
 - Which of these things feel ready now?
 - Which one shall we actively focus on manifesting in the next couple of weeks?

- Also...there may be some wants that can actually be realized today, the little things like a cupcake. Give yourself those little wants now to honor the process you just went through.

In this manner, we pull out of future tensing our desires. One of the worst things an intuitive person can do is plan too far out into the future. It's great to have BIG dreams but it overwhelms us and bumps us out of flow. Our best work is done in the PRESENT TENSE. So by looking at shorter sprints, we actually relax more and can create more magic by following what feels ready to create NOW. That in itself will help our great big visions manifest with more ease and grace.

And now you know exactly what to manifest and connect around daily for the next few weeks.

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Daily Practice

**“It always seems impossible
until it’s done”**

– Nelson Mandela





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daily practice

What do you want to create today?

how am I strengthening or clearing my foundation today?

what ritual am I invoking today?

what am I manifesting today?

what message or nudge came to me when I connected?

what ONE thing can I do today that will get me the closest & propel me the fastest towards my desires?

MasterSoul Process