LOVE AND LEVEL UP

CLEARING THE PATH TO YOUR NEXT LEVEL

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"The most important question you can ever ask is if the Universe is a friendly place"

[Albert Einstein]

On your journey to realizing the highest vision of your life, this beautiful quote serves as a place to begin. This IS, in fact, the most important question we can ask. When we are willing to accept that there is a loving flow of energy that is supporting us in every moment, we begin to see that everything we encounter, receive, conflict with and witness is occurring on our behalf. Yes, every exchange, joy and obstacle contains a gift and and an opportunity for us to "level up" our lives.

THIS, my friend, is the key to magnetizing your spirit and realizing EVERYTHING you dream of!

Please know this. The thing you are seeking in your life is the exact thing that is seeking YOU! It is your extraordinary birthright and wants to be brought to life. It's time to step out of the way. To stop doing, straining, struggling and to simply be still. To turn down the volume on the chatter in your mind so that you can clearly hear your heart and receive everything you are to know. Once you are clear about what you want and learn how to clear the connection to your heart you will begin to organically align your actions. It is then that you will start to embody the FULL vision that you hold for your life, with ease.

As you work through this guide, you will...

Expose your DESIRES

Gain clarity and breadth of vision around the area/s of your life you want to fully step into. We will identify the ways in which your heart is asking you to "level up" and identify your desire/s.

Create a connection to your HEART

You will learn how to clear the path of communication to and from your own heart. This will allow you to receive all of the answers, guidance and support you need to navigate your path and realize your next level.

Align + SHINE!

Learn how to distinguish between the voice of truth (love) and the voice of fear (ego). You will then learn how to align your actions with your truth so that you are working WITH LOVE instead of against it. So that you are opening your heart vs. blocking the inflow of your desire/s.

EXPOSING YOUR DESIRE

The first step is getting clear about what it is that you wish to call into your life. What is it that you want more of? What do you need to create or let go of in order to take to your life to the next level? What would it look like to embody the fullest vision of your life?

It can be difficult to isolate what our authentic, true self is seeking. Culture, those around us, our upbringings and our own egos attempt to dictate who we should be, what our lives should look like and how we should get there. This chatter is loud, oppressive and irrational. It bullies us into believing that we aren't enough, that we should have a particular job or that the way we look is inadequate. It's so intense that it muffles the voice of truth...our inner wisdom, here to guide us on our path. This inner wisdom contains the roadmap to our desires and reflects the perfect and ever-present love of the Universe (God/The Holy Spirit/your Knowing, Elvis...however you refer to this presence). When we acknowledge this voice, we tap into our TRUE ESSENCE. We harness the power to pull ourselves out of smallness and into the light of our LIMITLESS potential and abundance.

STEP 1: ASK YOUR HEART

Close your eyes, place one hand on your heart, take three slow, deep, cleansing breaths, allowing your mind to relax so that your heart can be heard. Take three more, deep, slow breaths and then ask yourself, "what is it that is trying to unfold in my life?" "What is trying to come to life?" "What is it that I desire?"

Ex. - "In my heart, I know that I want to be doing more meaningful work. I love teaching children and would love to do work that is in service of this desire."

STEP 2: GO BIG + EMBODY IT, NOW

Elaborate on your answer above. Allow yourself to imagine the fullest expression of your desire. Allow yourself to see and feel everything, every physical sensation that you can imagine experiencing when your desire has been fully realized. By doing so, you allow it to BE SO , not in some moment in the future, but NOW, in this moment. In this way, you allow not only your thoughts to align with your vision but the molecules within your body will also begin adopt it as complete and true, inside of you.

Gently, close your eyes and take three, deep cleansing breaths, Place one hand on your heart. Allow yourself to see the expansive, full embodiment of your vision. Allow yourself to feel the sensations in your body that you feel as you experience this full expression of your life. Write your vision again, go bigger and write in the present, honoring it as it is is here for you now.

Ex. - "I am the founder of a purpose-driven, thriving online tutoring business. I absolutely love everything about my work. and am so grateful for this opportunity to serve children around the world. I am receiving $275,000+/year for my work and that financial freedom is life-changing. I am so grateful for the comfort and joy in my life as a result of the financial abundance that I am creating. My work is perfectly aligned with my essence, my passion and my calling. My family is experiencing the abundant life resulting from my work and the overflow of joy that I have to give to them every day. We love our beautiful home that we live in by the lake. I feel free. I feel safe. I feel nourished and loved.

STEP 3: EXPRESS YOUR GRATITUDE FOR IT'S UNFOLDING

Continue to experience your desire fully, in this moment. Now, freely journal the gratitude that you feel for receiving every aspect of your dream. For example, express your gratitude for the freedom, the sense of purpose in your work, the comfort in your body...whatever joy you're feeling in this moment. Be grateful knowing that it is unfolding, not in some moment in the future, but today.

CONNECT +TUNE IN

On your journey to achieving your desires you are granted guidance and help along the way. It comes to you in various forms...a feeling in your gut, something that a friend says to you in passing that strikes you as something you should listen to...or perhaps you receive the same message from multiple sources. It also comes in the form of circumstance. You may have a disagreement with your boss or your romantic partner or you might land a new client out of the blue. All of these things contain information and reflect an opportunity for you to respond. Know that this guidance has ALWAYS been here for you. The problem is that we often choose to ignore or even consciously deny our help. OUR way is sometimes easier, 'looks better' or feels more satisfying in the moment. Sometimes, we simply can't hear it because our egos convince us that we aren't worthy of the big, beautiful, full life that we seek.

Clearing the channel to our hearts and the loving, Universal flow of guidance requires conscious and loving attention and PRACTICE. It also requires that we bring ourselves present, out of our heads/egos and fully into our hearts.

Below are some of the most powerful ways to connect to our hearts, open our consciousness and allow the love of the Universe to guide us straight to our desires!

#1 - MEDITATION

When we quiet our minds through meditation we give our egos permission to fade into the background. We quiet the irrational chatter in our minds and turn up the volume on our hearts. Meditation acts as noise-cancelling headphones, blocking everything but the voice of love which contains everything we need to know. There are many traditions and styles of meditation and what works for one person may not for others. That said, I suggest that you explore styles and experiment until you find something that feels right for you. Perhaps you prefer guided meditations to silent forms. Or maybe traditions like Transcendental Meditation that use the repetition of a mantra will resonate with you. You may even simply want to lay on your sofa with your eyes closed, allowing thoughts to gently flow through and pass out of your mind. The important thing is to practice, if even for five minutes a day (this is why it is referred to as a "meditation practice"). Over time you be able to more easily recognize which thoughts are of your ego (fear) and which are of your heart (love). Which to disregard and which demand your attention. When my practice is my priority, answers come more easily, I seem to have more time and the things that I desire in my life start showing up...as if through magic. Some resources that may be helpful for you are:

MEDITATION APPS

- Insight timer - www.insighttimer.com
- Headspace - www.headspace.com/
- Calm - www.calm.com/

MEDITATION SITES

- www.mindful.org
- The Chopra Center - www.chopra.com

#2 - GRATITUDE

When we recognize that the Universe IS friendly and that everything that happens in our lives is a gift that contains love, wisdom and guidance, we then can see that EVERYTHING is something to be grateful for. The power of gratitude is that, like meditation, it places us in the vibration of the spirit...in the realm of love. It sends a powerful message to the Universe that we see and appreciate the information and guidance that we're being given, even if...**and most importantly when**, it comes in the form of challenges. It means being grateful for the flat tire, the sprained ankle, the disagreement with your boss, knowing that these things all contain guidance. It's about gratitude for everything is exactly as it knowing that it is all exactly as it's meant to be...and that everything tomorrow will be as well. In this way, we call in even more clarity and guidance, manifest abundance and we ATTRACT LOVE.

#3 - CONSCIOUS SELF CARE

Tending to our emotional, spiritual and physical selves is an incredibly high-vibrational way to align with our essence and love. The term "self care" is getting a lot of play, these days. However, "conscious" self care is about getting intimate with ourselves so that we can identify what we REALLY need and want. What our SPIRIT is asking of us vs. what our ego says we should have. So, while this might include going to a spa every Saturday (if honored consciously), it also can include simple, nourishing activities such as reading a book, listening to a motivational podcast, meditating or consciously preparing a cup of tea or a nourishing meal. The important thing is that you are CONSCIOUSLY asking yourself what it is you need and then CONSCIOUSLY providing it, enjoying it while be fully present. It also means expressing gratitude. Gratitude for the opportunity to care for and nurture yourself. Gratitude for the truth that you will ALWAYS have everything that you need and that you are ALWAYS cared for. And so it is!

ALIGN + SHINE

Once you've begun to nurture and build the connection to your heart you will start to feel more potent rushes of intuition. You might experience more synchronicity and you will most certainly start to feel love and guidance that you are calling in through many areas of your life. You will recognize this guidance because it will always be a reflection of love. It will always guide you TOWARD your desires and it will always honor the fullest expression of your life vs. keeping you small. What's important now is that as you recognize this guidance and respond in a way that ALIGNS with your heart vs. fights against it.

How do you know if you're aligned with or fighting against your inner wisdom? Have you ever been involved in a friendship or romantic relationship that you know in your heart isn't serving you? Perhaps you feel unseen or disrespected yet you choose to avoid the necessary, hard conversation or refuse to let go of the relationship. We do this because it feels easier or maybe we're afraid of being alone. Typically, we know in our heart that there is something that needs addressing. We receive clear signals that we need to take action, yet we look the other way. Over time, however, the truth of how we feel eventually erupts out of us. This is your truth fighting for its life, clawing its way out of the depths of your heart in an effort to get you to to something better. In this example, choosing to ignore the known issues in a relationship lies in direct opposition to your inner wisdom. Facing your pain, addressing the issues in your life, willing to accept the outcome, whatever that might look like is action that is aligned with LOVE. Action that is aligned with love will open your next door and gracefully lift you to your NEXT LEVEL.

STEP 1: ASK YOUR HEART

Close your eyes and place one hand on your heart. Quiet your mind. Take three, slow, deep, cleansing breaths. Now ask - what would you have me do in order to move one step closer to my desire? What positive move can I make that will serve my heart and the highest vision for my life? What would you have me do in order in support of my expansion and growth?

STEP 2: MOVE IT FORWARD, IN ALIGNMENT

Now consciously and courageously step forward into whatever action that is calling you. This may mean having a hard conversation with a romantic partner, apologizing for wrong action or perhaps it means committing to writing for thirty minutes a day. Whatever you are being called to do, NOW IS THE TIME. Move forward, taking one small soul-aligned action in the direction of your dreams.

Use this space to articulate how you will move forward in aligned action as well as any additional thoughts that surface as a result of this process.

YOUR PRACTICE

Consciously navigating your life and calling in the BIGGEST, BRIGHTEST, FULLEST expression of your desires requires a shift in perception and practice. The willingness to accept that everything in your life contains love, guidance and help. It means acknowledging that everything is EXACTLY as it is supposed to be in every moment. . That there is nothing about you that is broken or needs fixing. You ARE ABUNDANT. You ARE LOVED. You ARE SUPPORTED in everything that you do.

I invite you to create or expand upon an existing spiritual practice in whatever way feels authentic to you. If you choose to practice some form of meditation, mindfulness and conscious self-care, daily, I promise, you will dramatically increase the magnetic power of your spirit to call in everything that you seek in your life. There is NO LIMIT to what is here for you, not in some moment in the future, but today...right NOW!

You are EXCEPTIONAL and I know that your next level is just around the corner. Thank you for allowing me to play a role in the unfolding of your life! It is simply my greatest joy.

If you would like to step fully into the highest vision of your life, to clear your path and expose the limitless potential, joy and abundance that is here for you, I would love nothing more than to get to know you and begin the process, together.

From my heart.
Heather

THE ROAD IS BEAUTIFUL BEFORE YOU!

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