

“How are you so lucky?”

I get asked this a lot.

My favourite reply is: I guess I’m in the right place at the right time.

Truth is, there is no such thing as ‘luck’. I make my own luck happen. I’ve been doing it since birth.

Birth – that happened in 1989. You’re probably thinking, “Millennial, she’s had it all since birth.”

Far from the truth.

I was the product of an affair. My birth father never met me and my birth mother didn’t want anything to do with me. I can vouch that she didn’t want anything to do with me as she stated in my birth file that she once ingested large amounts of Epsom salts in an attempt to have the foetus aborted in utero.

Of course, her attempt was unsuccessful and a few months later, I, a pre-mature baby was born. I was swiftly placed up for closed adoption. I wasn’t immediately adopted. I had to wait for the arrival of my new parents. It took them 3 months and once the paperwork was cleared, I was delivered to my new home where Mom and Dad couldn’t wait to hold me.

And what a childhood it was! I look different. I talk different. I have unique talents. There was no hiding the fact that I was not Mom and Dad’s biological child. They are my parents, my guardians and my World but we aren’t related by blood or genes. Mom and Dad gave me everything they possibly could – financially and emotionally. I guess, you could say, “I got lucky.”

Still, luck isn’t a thing.

Luck is what you, **NAME**, create.

And this is why I want to show you how I created my ‘luck’. This is my process, my inner algorithm and my way of getting EVERYTHING that I desire. I call it **BRE** – Big Rockstar Energy!

It might not be your method. Or it might be the answer to your quest in life. Whichever option it is for you; I do hope that something in here sparks the visceral fire in your heart to go forth and **live the many great versions of yourself**.

## LESSON 1

### Born To Be Wild

As much as I embrace technology, I do love good old pen and paper. I also love shopping for cutesy quirky notebooks and fancy calligraphy pens. Writing, doodling, scribbling and blotting pen on paper is therapeutic for me. It's a physical act that forces my creative brain to ooze with ideas and because it's with pen – there's no overthinking it.

To begin creating your own luck, I suggest that you start here. This is often the hardest part. Why? This is where your utmost commitment is required. How successful do you want to be? How badly do you want to become the best versions of yourself? How far are you willing to go in order to get there?

Firstly, breathe. Deep inhale and slow exhale on three counts. My deputy editor, best friend and former colleague would consistently remind me to breathe whenever a deadline loomed. As silly as it sounds, he was right. So, breathe.

Now pop down to your favourite stationary store and purchase a beautiful notebook of your choice and if you really want to splurge, grab some colourful pens too. Big, small, themed, ruled, blank, colourful – it's up to you. This is your bible. This is your story. And this is the book that's going to have your DNA on it.

So, you've got the goods. You've committed. It's time to make it all happen. Here we go!

In an ideal world, I would recommend you take a few days out of your life and flock to the countryside so it can be just you and your thoughts, alone. However, this isn't *Eat. Pray. Love*. and most of us don't have the funds or time to take sabbaticals. The good news is that your wellbeing shouldn't burn a hole in your pocket and if it does – you need to evaluate that.

Let's aim to take two hours. That's all for now. Two hours of undivided attention. Switch the phone on silent mode. Put all social media on hold and tell your loved ones that you're in a very important meeting ... with yourself.

Crack open your newly acquired notebook and hover that pen. Write down ALL your desires. Make a list, doodle it, scribble it; put it all down. Write a list of everything and anything that you want. Don't lift that pen up – just keep going. Your sub-conscious brain (the inner voice in your head) is going to word-vomit your desires on to the page. Honour that inner voice and let the ink flow. No matter how silly, weird, grand or self-indulgent that desire is – write it down. Keep doing this for as long as you can and make sure that your desires are as specific as possible.

Example:

I want to win the lotto VS I want to win \$1-million in the lotto.

I want a job VS I want to be the head of public relations at Sony Music worldwide

Keep going. Write it all down. And when you lose momentum – allow yourself a teeny tiny break. Breathe. Stare out the window, get yourself a cuppa but keep your mind focussed on your desires. What did you desire from the minute you learned to walk until this very moment? Consider every facet in your life; career, money, love and relationships. Make all your desires legible in ink in your bible.

Allow yourself two hours. Add, re-work, play with your desires and categorise them into different categories such as job, family, relationships, home, miscellaneous. Feel free to colour code it, make a mind map, use bullet points or place them in any order that you feel comfortable with. When you're happy and certain that it's all there in ink, close the book. We'll re-visit it in the days to come.

## LESSON 2

### Highway To Hell

One of the biggest desires I've had since I was a kid was to travel the world and experience different countries, climates and cultures. When I was eight-years-old, my parents bought me a giant-sized book which was a geographical map of the world. I would spend hours mapping out flights to different countries and write lists of what I would do in each country. I would use the encyclopaedias in the school library to learn more about the native languages in these countries, the people, the food and hotspot must-see landmarks. It was never about 'if' I go to this place, it was always about 'when' I go there ... this is what I'm going to do.

By the time I was 30-years-old, I manifested years of *free* travelling, lived on three different continents, visited over twenty countries, travelled solo and I still continue to experience the big world around me. Lucky, right?

Nope. I'm a doer.

Whenever the chance came to travel; I put my hand up. Au pair in Germany for twelve months? Sure thing! Go to France for work? Absolutely! Book a one-way ticket to Russia? Why not!? There were many obstacles in the way. I would need visas, language lessons, money, higher education documents, accommodation certification and the list goes on. However, none of these obstacles blocked my path – it may have delayed it but it certainly didn't halt my travel dreams. I took it one step at a time and most importantly, I learned how to breathe through it all.

So, let's look at your desires. Pick a desire and study it carefully. Ask yourself, what is blocking you from making this desire a reality? Write the answer down. Look at that desire again, and ask yourself what is *really really* blocking you from making that desire a reality?

There might be more than one block. Write the top three down until you're ready to navigate through all of them. Go through all the desires on your list and write down all the blocks stopping you, holding you back and is completely naysaying you from living the best versions of yourself. You'll definitely notice a pattern or theme emerging in your blocks.

Example:

I want to travel to Japan. My block is lack of money and lack of time but also so anxious to travel solo.

I want a Ferrari 360 in red. My block is lack of money and it's just so unfair that the rich people get nice cars.

I want to sing on The Voice. My block is lack of confidence and I'm so scared of being judged.

I want to open a bakery in the city centre. My block is lack of funds, lack of confidence and I have such limited resources.

I want to win the \$1-million lottery. My block is I don't think I'll ever win it. Maybe I don't deserve it?

Actively use your noodle to get to the heart of the blockage. Hurt, pain, not feeling good enough, fear, disappointment, unworthy, broken, tired, limitation, self-pity, anxiety, judgement, heartbreak, separation anxiety, burdens, lost, shock, trauma, ... any, all and so many more blocks will appear.

Be warned that this exercise is draining. Take your time, find the block/s and put it in ink. We'll work on these blocks later.

Remember to BREATHE.

## LESSON 3

### Welcome To The Jungle

One of my recurring blocks was rejection. The feeling of never being good enough, inadequate, and a lack of self-worth held me back in various aspects of my life. Where did this rejection stem from? To answer that question, I had to dive deep into my past and retrieve the first encounter that I had with rejection.

As you may know, I was adopted. I perceived it as if I was 'abandoned' by my birth mother before running into the arms of Mom and Dad. The theme of 'rejection' followed strongly throughout my childhood and young adulthood too; I was rejected by society for being different, I was rejected in love by men, I experienced rejection in careers especially creative endeavours and I continued the cycle of self-rejection. The truth is, I was hurting so much from being rejected that I didn't think I deserved to be breathing and rejected myself.

When I stopped loving myself (all of myself!), that was a huge red flag. Self-love doesn't happen in a day nor does it stop happening. Self-love is a continuous journey with ultimate peace being the destination. I needed to get back on the journey and continue to love those around me while simultaneously loving myself.

So, did I get lucky and overcome these blocks overnight? Nah! There's no easy solution. You have to work at it and I mean, *really*, work at it.

This process requires a fair amount of introspection, a lot of time and a box (or two) of Kleenex.

- On a separate paper list all of your blocks on a separate line.
- Cut each line out so in the end you'll have strips of paper with different blocks listed on them.
- Put these strips of paper in a jar or tiny container.

Now for the difficult part; pull out a strip of paper. Read what you've written on it. Breathe. Feel this block fully. Don't stifle your feelings as it may leak out and affect everyone around you. Ask yourself the following questions and write it down in your notebook:

- When did this block first make an appearance in your life?
- Who was involved in the making of this block?
- How has this block appeared in other aspects of your life?
- When you think of this block, where does the physical pain appear in your body?
- What would happen if you let this block go?
- Do you know how to let go of this block?

Once you've acknowledged the block, it's time to speak to it. What would you say to this block as if it were a human, flesh and blood, that's sitting across you in a coffee shop. Write out the conversation that you would have with this block; ask it questions and share your thoughts or feelings with it.

Lastly, it's time to let go and change this block. Some people have trouble letting go of their pain or other unpleasant emotions about their past because they think those feelings are part of their identity. The art of letting go is painful so I've created three ways to do this.

**Meditation:** There are many guided meditations out there and many are useful. At a last resort, I invite you to imagine a red balloon with your block inside being released from your clenched fist, just floating away above the clouds and out of your sight. This release in contractions in the body and mind allows us to deeply let go and let be as well as our energy to flow free.

**Introspection:** Change your perception of this block. Consider this block as a lesson and extract what you've learned from it. Now that you've learned the lesson, passed the class and got a certificate - it's time to move on.

**Physically:** Toss the strip of paper with the block written on it into the fireplace or burn it in a self-created mini-bonfire (Safety first!). Metaphorically releasing yourself from this block and you'll instantly notice a shift in your thoughts.

It's likely that you'll have more than one block and you may have to go through the process several times. As mentioned above, the art of letting go is painful. Letting go is a choice to decide that you will no longer ruminate on the things that are out of your control and focus on what you can control instead. Letting go creates space for fresh beginnings and in this case: getting ALL that you desire!

## LESSON 4

### Purple Haze

I've always wanted to be a journalist. I loved creating little stories and writing scripts as a child so I thought that this would be a fitting career. I kept at my studies, did my research and enrolled into a prestigious university known for its journalism department.

Then life happened.

I abhorred the journalism course. The course was utterly competitive. The tuition was unbelievably expensive and the guarantee of getting a job in a tumbling economy was a luxurious thought. The professors, lecturers and tutors didn't have time for you unless you were in the top 10 of the course and the faculty didn't care about you unless you came from decent wealth with a list of amazing contacts.

What was I, an average student of average means, going to do? Being a journalist was my ultimate goal and I needed this vital piece of paper to get me to where I wanted to be.

But it wasn't happening.

And that's when I learned something really important. When one door shuts, another opens. And when that door shuts, try the window.

In my mind's eye, I knew I wanted to be a journalist – however, journalism wasn't for me. I dropped out of the journalism course in third year (much to my parents' dismay) and began to blog instead. A few [difficult] months later, a friend helped turn this blog into a bigger and better website. A few years [of stressful hours and financial setbacks] later, we sold this 'blog' for a decent profit. We managed to create a name for ourselves, learn on the job and handle relationships with other industry professionals. We were credible writers that had a good stroke of fortune (or luck) alongside us.

The message of this story is, don't give up on your dreams especially the childhood ones. Dreams inspire us, give us energy and fulfil our sense of purpose – or as some call it – our highest good.

This is a simple exercise that will give you a little spark after letting go of all the blocks you may have encountered.

Now is the perfect time to let your heart speak up. With the blocks dissipating, the inner voice can take centre stage and make magic happen.

In your notebook, write a short story (or long story, as you wish) about your imaginable self. Who is the person that you have desires to be since you were a child? Consider looking at past and present role-models in your circle of influence and draw inspiration from there.

Don't forget to add in your essay, what role-model you want to be to those around you. Be specific, be honest and let it all out in ink. Also, remember to breathe!

## LESSON 5

### Free Bird

In the previous chapter, you did something extraordinary! You wrote an essay on your imaginative self – the person you wish to be. Can I tell you a secret? I'm going to tell you anyway; you can be this imaginative being RIGHT NOW!

And the only thing stopping you is ... YOU!

You're working on your blocks and getting to the root of them. You're weeding out thought patterns and beliefs that no longer serve you and you're gaining perspective on suppressed memories. Most importantly, you are listening to your heart. And while listening to your heart, you're making conscious decisions on who you want to be, what you want to do, where you want to be, and why you are here.

Now it's time to let go of the old-self and let the new self fully emerge. Of course, being the imaginative self isn't going to happen in a day. You must take action. To kick-start your new life, a new chapter, a new way of thinking; you need to let go of the old self.

The act of letting go is so wishy-washy to me. It's so easy to say but difficult to do. Yes, we need to look to the past to move forward. However, there comes a time when the past no longer serves us, and we just need to move forward. It's a loop that needs to be closed and cast off. Letting go demands both thinking and doing. I often find that doing is easier than thinking; such as physically touching something helps rescript the brain.

I was stuck in this loop of letting go. I couldn't make the leap from my 'old self' to imaginative self. I was going backwards and forwards every single day. I needed to move past my past. And then I had a brainwave. The old me needed to metaphorically 'die' for the new me to exist.

Bear with me.

Physically planning my 'old self' funeral meant *action-ing* something. I went out and bought beautiful flowers, I wrote an obituary and I chose a closing song. My 'old self' was leaving my mind, body and soul. It was time to let go once and for all. These actions helped rescript the brain. Reading an obituary to the mirror, playing a song and potting a plant seems wondrously ludicrous but it helped in every way to move forward.

(\*Obituary: In the obituary, we want to present the significant events and attributes of the former life, to note your impact on family/friends and the world around you).

So, it's up to you as to how you want to let go and make the leap from 'old self' to imaginative self. Planning a basic westernised version of a funeral may not be for everyone so take it as you see fit.

In most of the Buddhist teachings, there's a concept of rebirth after death. The cycle of death and rebirth is called samsara. When a being dies, their energy is passed into another form. That form is determined by the actions of their previous life. Good actions will result in a better rebirth, while bad actions will have the opposite effect. In order to 'escape' the cycle of samsara, the being must fulfil their highest good. Buddhists call this achievement nirvana and when this enlightenment is surpassed – the being will no longer be reborn.

So, do aim to be the best versions of yourself!

And as the Buddhists believe in rebirth – being the imaginative self means rebirthing. And with every birth – there's celebration of a new life and new energy! So, why not rescript the brain by marking it with a physical party?

Pump the balloons, buy some cake and get a card! It might not be your birthday (or maybe it is!) but it's a celebration nonetheless. Treat yourself! Sing a song! Make merry! You're a whole new person – you've built a brand-new life and you are going to be magnificent in your new role!

## LESSON 6

### Stairway To Heaven

Congratulations! You're on your way to get ALL that you desire! It's here; you can touch it, feel it and see it! Of course, nothing is by a stroke of luck – it's in your power to create it! You are manifesting genius and you can do it.

In early 2017, I found myself going through a bit of a change moment. I was seeing this guy that told me one day "You were the best mistake that I had ever made". When he said that, I was devastated. I was a MISTAKE. And my mind only fixated on that word. MISTAKE. Then in August 2017, I decided that I had had enough. And I had to stop this pity party that I had been throwing for myself for the past few months. I was in a second-hand bookstore and was trolling the self-help aisle and kept seeing *The Secret*.

Now, I've heard of *The Secret* before. Like most people, I heard about it on *Oprah*. I even watched the DVD. I thought it was very Woo Woo, and nothing really made sense to me the first time.

BUT

I decided to give a second and last try. I bought the book and so began my journey of manifestation.

I really put my energy into the second attempt of understanding the Law Of Attraction. I learned a lot about myself the second time around and I've had many AHA moments too! So, I want to share some of those AHA moments with you. It's going to sound funny, at first, but take it from me, an initial skeptic, that the universe has your back.

The Universe is your teacher and you are the student.

Let's start with understanding energy.

God, Jesus, Buddha, Light, Universe – is all one with energy. Energy exists all around us and we too, are comprised of energy. So, energy is everything and everything is energy. The second thing to understand is that everything we want, and desire already exists. The money we want already exists, the house we want or the land to build that house already exists. Our perfect job already exists, our soul mate exists, and the list goes on... And even if it doesn't fully exist on the physical plane – some part of it exists on the physical plane. Seeing as everything is energy and everything already exists – what we want, or desire is easy to obtain. All we have to do is get on the same wave length of what we want. We just have to match that energy with our mind, body and soul. Think of it as a radio station. We just need to turn the knob to the frequency of the radio station that we want to listen to.

In manifesting your desire – you need to focus on the presence of the thing you want in your life and NOT the absence of it. Remember what you focus on grows. So, if you focus on abundance then it will grow but if you focus on debt – then that will grow too!

An important thing to remember is that the Law Of Attraction doesn't know the difference between good and bad. It manifests whatever you ask of it; good and bad. Think of your manifestation as a seed; a corn seed to be specific. You plant that corn seed into the ground. Mother nature will do its thing and will return that seed to be a corn plant ready for harvest. If you were hoping for oranges, too bad. You planted a corn seed and wanted oranges – impossible. The Law of Attraction will return what was initially asked of it. In this case, you planted corn, you got corn.

Another important thing to remember is that the Law Of Attraction doesn't understand English. No, the Law of attraction isn't partial to any language. The only 'Language' that the Law Of Attraction understands is feeling and emotion. Just like emotion is the universal language – it's also the language used to manifest.

So, the take away here is to match your vibration to how you feel and the physical will manifest.

This sounds so simple, right? Then why are so many people struggling to get what they want? Even I struggled!

Our minds are like the rainforest. There's 4 layers inside there. Layer 1 is like the forest floor which is a dark place and only receives 2% of sunlight. Layer 2 is like the understorey where much of the wildlife live but it's still pretty dark. Layer 3 is like the canopy which is the top of rainforest. And Layer 4 is like the emergent layer which is the realm of the trees that know no limits. There's freedom up there and that's where we need to be in order to truly manifest.

You see, if you're open to the idea of your life changing in the next 24 hours, it probably will. But you must be open to it.  
How can you be open to it?  
Imagination is key.

Remember when you were a child and you wanted to turn the lounge into a fairy castle or a doctor's room? You were so adamant that this was a castle and that was an operating table. It was an actual fact to you and no adult could tell you otherwise. That's where you want to be. That's how strong you want your belief and imagination to be.

Many people, including myself, have let that conviction in our lives disappear due to negative external influences. Those external influences can be anything or anyone from the media to a condescending parent in your life. We began to believe that we no longer matter. That we are failures in the eyes of society. That we are simply 'not good enough'. Heck, that's what I thought after being told I was a mistake.

To connect with that conviction in your soul – you need to reclaim your right to feel happy, live joyfully and experience adventure. There are many ways, methods and paths to reclaim your power. Whichever path you take, it's important to remember that the universe has your back.

With the universe behind your every move, you can manifest and grow so easily!

Intention: Everything starts with an intention.

Belief: Believe what you want is here.

Feel: Feel how good what you want is.

Ask. Believe and Receive.

And remember to show gratitude!

But there is a fourth step too! *The Secret* fails to highlight this step, the fourth step is 'do'.

If you really want that job, win the lotto, get that (wo)man, lose the weight – you got to 'do'.

Take action – no matter how small. Write your CV, buy a lotto ticket, talk to that (wo)man, see a doctor about weight loss options. Once you act, the energy flows and when everything is aligned – the Universe pours out what you've asked of it.

You've identified and worked through your blocks. Now you need to look back at your list of desires and then choose the big ones. It's time to create a plan of action for each chosen desire by listing three actionable steps under each.

So, list some actionable steps and let's keep going!

## LESSON 7

### Another Brick In The Wall

Do! Do! Do!

I can't stress how important action truly is in getting all that you desire. It's so easy to get stuck in the planning phase. Heck, you can plan your entire life, but nothing can take place unless YOU move. That's right, movement makes the energy and adrenaline flow. And we want that energy and adrenaline to keep going!

BUT

I've had serious problems with keeping the momentum of my energy. I'd watch TED TALKS all day long and feel so inspired to go out and create something. I'd create a fabulous business idea. I'd pour over it for a week. The second week in, I'd lose all momentum. And then I'd crash. The fabulous business idea came as quickly as it went.

The amazing book got stuck in its editing phase.

The hilarious television show halted because the crew couldn't commit.

The fantastic clothing company shut down when there was a call for more designs.

And the list grows.

So, what gives?

We live in a world where everything is immediate. Unfortunately, creating long-term success isn't immediate. It takes years of labour or as the popular phrase goes; blood, sweat and tears.

To answer the question above – we need to manage expectations and understand that if we want ALL that we desire – habit needs to play a role in our lives.

I enlist you to open a calendar and mark 65 days from today as well as make a note of the date in your book. Pick one actionable item from your list (i.e. meditation, running, writing, sending out CVs, clean-eating, waking up early, knitting, learning a new language, etc.) and work on it, every single day for as little (or more) as 60 minutes per day, for 65 days.

Why 65 days?

According to scientific research, it takes 2 months for people to form a habit. Habits are not something we're born with, they're created. As explained earlier; manifestation is simply creation in the brain. The best place to start with forming a habit, is in the brain. According to Charles Duhigg, author of *The Power of Habit* every bad, good or insignificant habit starts with a psychological pattern called a "habit loop." The "habit loop" is a three-part process. The first step is the trigger that tells your brain to let a certain behaviour unfold. The second step is the behaviour itself, or the routine it creates. And the third step is the reward, or something that your brain likes that helps it remember the 'habit loop' in the future.

As you are now, fully aware of your desires and have become more conscious of your thoughts, creating new habits will be beneficial.

65 days of commitment to a dedicated cause can put you on the right path to getting all that you desire. There are going to be good, bad and indifferent days. Those are the days that you need to remember, it's all for your higher good because you want to create better versions of yourself.

## LESSON 8

### Back in Black

My notebook was bought in Tasmania, Australia from a children's book stall on a sidewalk. The notebook is based on Lewis Carroll's *Alice's Adventures in Wonderland* and *Through the Looking-Glass* with illustrations by Sir John Tenniel. At the time, I had no idea what I was going to write in my book but then I gave it purpose and began jotting down thoughts, inspirations, quotes, law of attraction lessons and suggestions on how to live for my highest good. It was through this notebook that I created my imaginative self and learned of my own higher purpose. I refer to this book as *Alice* and during my 65 days of creating beneficial habits – *Alice* – came handy.

To get you started; I'm going to share a few notes from *Alice*.



Our minds are powerful – it's both a gift and a curse. Every day, I'm so grateful and so thankful for my mind. And at this age, I'm learning how to use it. When I wake-up, the first thing I do is:

Quiet the mind

Set an intention for the day

Feel that satisfaction of that intention

Go about my day and believe that intention has already come to fruition by the time I get out of bed.

And then I let it go. It has its own life now.



Defining intention:

Make your intention a question.

A question like "why am I so rich?"

The brain's frontal lobe opens the creative centre and then seamlessly puts together answers to that question. The reticular activating system (RAS) is a network of neurons located in the brain stem that project anteriorly to the hypothalamus to mediate behaviour, as well as both posteriorly to the thalamus and directly to the cortex. The RAS also acts like a filter – so if you dream about a blue car and then in reality see the same blue car wherever you go – it's your RAS. Knowing this, get emotional about what you want, dream about it, keep asking yourself intentional questions as above. The RAS will recognise what you want and start filtering it out for you.

Image represents intention

The moment your intention starts taking physical form – you begin to live in the future. Live in your imaginative self and live it with emotion. Your body (a smart entity) recognises that imaginative self and will start to regenerate to that. I.e. If you keep saying that you're going to get a head cold – chances are, you will get a head cold. Your body has caught up with the imaginative self and regenerated to that level.

Get clear on what you want [create a vision board, mind-map] and stay conscious of the unconscious.

It will take repetition and your body will take time to get there so keep doing it.



Trust divine timing.

If you don't get what you want, don't let that affect your happiness. You have to define what being happy means to you.

Now, go do it.

Happiness isn't a result. It's the constant state of being.



Your vibration and energy speak volumes.

The Universe is always listening to you.

As you think, that is what you become. So, programme yourself to expect good results ALL the time.



You don't get what you want, you get who you are.

You are energy and a magnet. Whatever you are, will come to you; good and bad.



Look into the mirror and say:

I love me.

I deserve abundance.

I am thankful for all the goodness in my life.

I take loving care of myself.

Only my opinion of myself matters.

I am enough.



"Ask for what you want and **be prepared to get it.**" Maya Angelou

## LESSON 9

### Under The Bridge

It's been 65 days of amazingness – you're pushing, working and creating your life and ALL that you desire. You might be reaping the rewards or seeing a few things fall in place – whatever it is – it's all happening for your greater good.

This state of being is called the vortex. Yup, that's the fancy word used to call the space that you're in right here, right now.

Being in the vortex means you're at one with who you really are, you're feeling awesome, and in vibrational alignment to your desires. It's represented by feelings like enthusiasm, inspiration, passion, joy, and appreciation. Being out of the vortex means you're energetically kinked, not letting in the good stuff you've been calling in. It often feels frustrated, hopeless, fearful, or angry.

Here's Law Of Attraction guru, Abraham Hicks', defining the vortex back in 2009: "What do you mean? What is a Vortex?" A Vortex is a vibrational state of being that is a precursor of all positive motion forward of all that is. It's like, encapsulated, condensed, straight-up Source. It's pure positive energy. It's the holding tank. It's the anchor. It's the touchstone. It's the place where all dreams and wishes and hopes are held until we find vibrational alignment with them.

It's the eternal pool of wellbeing to which each of us have added mightily along the path of our physical experience. - Abe in San Diego, California

But what happens if you step out of the vortex and you're not quite aligned?

There are many techniques, therapies, meditations and courses that you can take to feel the good juju. I encourage you to explore all the opportunities available to you and create a resource list in your notebook so you can refer to them time and time again.

I'm going to share some of my resources to help you get started:

#### EFT (Emotional Freedom Technique) or Tapping

Emotional freedom technique is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure. People who use this technique believe tapping the body can create a balance in your energy system.

The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 12 of the body's meridian points. Tapping on these meridian points – while concentrating on accepting and resolving the negative emotion – will access your body's energy, restoring it to a balanced state.

There are many videos, books, audiobooks and spiritual teachers out there able to facilitate tapping. If money and time are limited, I suggest watching YouTube videos of Bradley Yates who makes tapping accessible to the world. He also taps on various energy blocks and explains the process in layman terms so that anybody, at any age can follow.

### Spiritual Surrender

Take your hands off the wheel through prayer. And remember that we pray for all, not just for ourselves. Focus on what's thriving in your life and all the good stuff! Remember that obstacles are detours in the right direction so see obstacles as opportunities. In your prayer, ask for a sign because God, Universe, Energy will give you – and only you – a sign. And just when you think you've surrendered, surrender some more.

Here's a prayer example that I love to use by motivational speaker Gabrielle Bernstein:

"We call on the guidance of the highest truth and compassion to enter this space today.

Thank you, Universe, for taking from us what we are now, willing to give away. And we pray; where would you have me go and what would you have me do? Give me a sign as to what you would have me say and to whom. Thank you, Universe, for taking this."

### Blessing Ball of Light

If you want to receive instant healing from the Universe and yoga or meditation isn't your thing, I suggest this fabulous Christie Marie Sheldon method which uses visualisation.

- 1) Look up and connect to the light, fill your whole body with the light. (Your head, your shoulders, your heart, your torso, your arms, your legs.) Now imagine a column of light forming around you and let the grounding energy connect to the centre of the earth and connect you to the centre of the planet.
- 2) Picture a ball of light known as the blessing ball - that's 10 inches wide - across in your hands. You can feel it, push it, pull it using your hands. Put a mental label on it and call it "My Day"
- 3) Add whatever you'd like to add to your day. Choose things like joy, gratitude, love. Add people, places, experiences and fun. Go for friendships, compliments, attention or whatever is coming into your awareness. Remember while you're imagining it, you're creating it.
- 4) When your day or blessing ball feels full, just be with it for a bit and say as many times you like: "I bless myself with pure love and light. I bless myself with purified energy."
- 5) When you feel complete, put your blessing ball in your heart centre and see your day radiating.
- 6) Now go about your day and remember that your blessing ball of light is doing the work, but you have to action it.

### Picture Book

For those who love to get creative and doodle, this is perfect for you. I created an emergency picture book which I carry with me wherever I go. In this picture book, I have different emotions listed on different pages. Under each emotion, I drew pictures of how I feel when these emotions come up and I drew pictures of how I can cope when these emotions come up. Pictures create visual stimuli and fire up the neurons in the brain.

Create a picture book in your notebook using various colours, layouts, pictures, peg words and mind maps so the next time a good/bad emotion comes up, you know exactly how to manage it.

### The To-Do List

Sometimes, we need to just journal and get our feelings out in ink. It helps if your journaling has a bit of an aim so you're not just stringing words on a page. If something is bothering me, I use the following questions to get my head (or heart) around the situation:

- 1) What is this [problem] really about?
- 2) What is the lesson here?
- 3) Why is this happening?
- 4) How can I utilise this?

## LESSON 10

### Smells Like Rockstar Spirit

I'm so proud of you! You set out to achieve all that you desire and you're doing it! Remember, discipline is a muscle that needs to be flexed. Before I leave you with these thoughts, suggestions and exercises – I want to share one more story with you.

Back in 2017, I was going through the most. My former boss hinted that our company was retrenching staff, my good childhood friend was battling cancer, my grandmother was in a coma, my support system was falling apart, the bills were adding up and my romantic endeavours went up in flames.

I was desperate to make more money, to keep everything together and I consequently spent many late nights pouring over the tiniest things.

None of it worked.

Then *The Secret* came into my hands, as mentioned prior, and thus began this journey. I was in the vortex, baby, and thanks to technology, I could hangout with Tony Robbins or Bob Procter on any day of the week.

BUT

I soon realised that to stay in the vortex, I needed to learn how to **love myself**.

Self-love, what's that?

Well, it's *way* more than just having confidence, high self-esteem and taking selfies because you felt cute today.

Self-love is way more than getting your nails did, climbing up the corporate ladder, being a mother or father and taking care of your health.

It's about owning your power!

No human being is perfect. Let that sink in. Yet, we all strive for perfection. It's vital to understand that perfection is a myth. Embracing yourself – flaws and all – is how you can own your power.

Stop making excuses, check yourself and learn to work with what you have.

Be kind to yourself.

Radically embrace every part of your current being because self-love is like no other love. You've got this, lucky one, I believe in YOU and YOUR Big Rockstar Energy!

You is kind.

You is smart.

You is important.

- Kathryn Stockett, *The Help*