

EMPOWERMENT SERIES COMPANION



The Spiritual Life - The Life You Were Born to Live

Welcome to the Empowerment Series Companion for your Spiritual Journey into the life you were born to live!

This companion will assist you on your journey of mastering one of the key areas of life, and that's a life of purpose. When you combine this powerful audio series with your Companion AND your Faster Deeper Bliss meditation you will have a potent process for your transformation into a life of magnificence!

Meditation is the basis for expanding the mind, breaking free of limiting beliefs and restoring balance in the body. It is highly recommended for maximum benefits that you sit in your Faster Deeper Bliss Meditation twice a day for 20 minutes. Once you dissolve your out-dated thought forms of your past through the meditation, you will then have a beautiful blank canvas to embrace new thought forms that will re-shape your life to a whole new level. This is where your Empowerment Series comes in.

The Spiritual Journey- The Life You Were Born To Live will reveal to you the essence of how to live a life that flows with purpose and passion. Before you begin listening to this audio, it is recommended that you spend a few minutes in the first section of your Companion. This is an important part of the process that will help you get maximum benefits out of your session. Listening is one thing, but then to capture your insights, and manifest your thoughts on paper, emphasises your cognitions and helps to manifest the outcome.

You will also see at the back of your Companion a reference guide to the books that have been sourced for this audio, which you will find as a great referral for recommended reading for the future!

Ideally you would attend to the first section before you begin, then as you proceed, pause at each chapter to take notes and capture your insights. This is purely optional and something to assist you in adding value to your experience and receiving the most out of your session.

You're simply magnificent and deserve a ridiculously awesome life! So let's get to it!

SECTION ONE (To be filled in before you start your audio)

Your Limiting Belief

Before we proceed, could you please write down in LEAD PENCIL what your limiting belief is around your life of purpose:

(eg. I am directionless; I will never find my life purpose; I am unworthy of having a passionate purposeful life)

Planting The Seed

Now is the time to set your intentions as to why you are here and get clear on what you would like to achieve as a result of listening to this one hour audio. Please fill in this sections with as much detail as possible:

(eg. I am here because I wish to overcome my blocks around my life purpose and living a relevant life filled with passion.)

SECTION TWO (check in here at the end of each chapter to capture your thoughts)

Chapter 1: Why We get Stuck

Chapter 2: The First Steps

Chapter 3: Unblocking The Great Fear Block

Chapter 4: Dissolving the upper limit barrier

Chapter 5: Living With Relevance

Chapter 6: The Abundance Of A Purposeful Life

Chapter 7: The Ultimate Purpose of Life

SECTION 3 (To be filled out once you have completed the audio)

Your New LIFE PURPOSE Blueprint

Please return to Section 1 and under Your Limiting Belief, rub out your limiting belief that you wrote in pencil and in RED INK write down your new blueprint that you have around your life purpose.

Then also write it down here:

And here:

And here:

Now you have your new blueprint that is yours to create your new life. You are born with amazing gifts that the world is waiting to share. Whether its big or small, it doesn't matter, you will change lives in some way each day. The mere fact alone that you are here is a LIFE OF PURPOSE.

Grasp it and run wild with passion in each moment and share your greatness with the world! It's time to expand your BEING into that space and claim what yours. Through this process it will become your new Reality.

Now is the time to live a dynamic, joyful, loving life that exudes richness on every level. Be patient, have fun and watch it all unfold with fascination!

Recommended Reading

Anthony Robbins- Awaken Giant Within

Tim Ferris- Four Hour Work Week

Jack Canfield- The Success Principles

Gay Hendricks- The Big Leap

Dan Millman- The Life You Were Born To Live

Lisa Nichols- No Matter What