



COACHING FROM *Spirit*

Living An Empowered Life

Lesson 2 - Starting To Manage Your Energy

Module 1 - Energy Management System

Lesson 2 - Starting to Manage Your Energy

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NOTES: The chapters in this guide use a mix of American English and international rules for quote marks. This mix is a bow to both the birthplace of the system in the United States, and the people it meets in its ongoing travels around the globe.



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The Overall Approach Of The Program

Inner and outer approach

The program blends an inner and outer method for practical, tangible results. By inner method, we mean those processes, and tools that people can use to impact their inner world. Some examples are meditation, affirmations, visualization, body awareness, yoga, healing modalities, and emotional release work. Inner technologies connect with the right side of the brain - the intuitive, creative side. They make a connection with how we subconsciously feel about something, which then affects not only our actions and what we are focusing our physical energy on. They also create a vibrational frequency that is a signal that attracts other similar life frequencies. To change what is happening in your life and work, you have to become consciously aware of how you are managing these frequencies or, as we say it, how you are managing or running your energy.

By outer method, we mean those skills, tools, and processes that assist us in connecting with the left side of the brain - the logical and analytical side. Outer methods include goal setting, planning, time management, problem solving, effective questioning, re-patterning, journaling, exercise, bodywork, and skill building.

The program teaches you how to make changes at an inner level while taking actions at an outer level. This is a simultaneous experience - the inner and outer processes occur at the same time and become integrated as you apply them to your goals and desires. During your program you will be working with a major goal (vision) that will enable you to fine-tune many of the processes that are the foundation in creating and manifesting any of your goals and desires. Why? You will be shifting your consciousness from an ego-centered one to an inner-based approach and this makes all the difference.

Your program is designed to work at all levels to assist you in raising your energy field to a more positive vibration. As we recognize and shift our inner state of mind (feelings and emotion), we then manifest our true intent. This is a process that focuses on your inner feelings and emotions and ultimately, your beliefs FIRST. If you line up your energy, all the rest will fall into place. The action you are to take will be inspired. The people you attract will want to help you and will love connecting with you! It is all easier when you work at the energy level first!



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We are going to lay a foundation to come to a place of awareness of three KEY areas of focus for you: where you are, where you want to go, and how you can start taking baby steps to make your goals a reality.

As you start your program you might want to start observing some of the patterns in your life. Notice patterns that disconnect you from being in the present moment. These may include always keeping busy, using drugs or alcohol, zoning out with TV or games, mindless activities, etc. Notice patterns that reconnect you with yourself and bring you a heightened sense of connection. These may be mindful or conscious awareness, yoga, being in nature, exercise, etc. Just observe these patterns - without judgment or making yourself right or wrong. Become aware of your patterns and know that you have the power to choose which patterns you want to use in any situation.

Energy and frequencies

In this program, we believe that everything is made up of energy and has a frequency. Feelings and thoughts have a frequency too. Feelings like love, joy, and peace vibrate at a higher frequency while feelings like anger and fear vibrate at a lower frequency. While our thoughts generally create our feelings, it is our feelings that create the vibrational energy that can assist us powerfully in changing what shows up in our experience.

We are all one mass of circuitry; we are simply particles of energy. And we are all connected on this energy level like a complex mass of circuitry which means we can communicate at a level beyond words. The connection is at a feeling level or what we call the “vibratory level.” Everything is impacted by everything and everyone else. To really have an edge in this system, you have to understand what kind of vibratory impulse you are transmitting at this subatomic level. You are like a huge transmitter and you need to get really clear on the signals you are sending out.

Wayne Dyer in his book and tape set “There is a Spiritual Solution to Every Problem”, states:

“Everything in the Universe is energy and energy does not come in good or bad, it comes in high and low, fast and slow. And the energy we live and breathe with and which surrounds us at all times is really in our control. There are certain principles that we can follow to bring ourselves to these higher faster energies. When we are vibrating on lower vibrational energy, it impacts our bodies, our environment, our



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families, and ultimately our universe. As we become aware that our thoughts represent energy, we can see how easy it is to shift those energies.

The scientist, David Hawkins did a 29-year study that demonstrated that the human body becomes stronger or weaker depending on a person's mental state. He created a scale of 1-1000 to map out the vibrational frequencies of human consciousness. He found that any state that caused a person to vibrate at a frequency below 200 (or 20,000 cycles per second) weakens the body and from 200 to 1000 makes the body stronger.

The highest calibration during his study was Mother Teresa at 700. One thousand is called Spirit. This is the frequency of absolute power. [Power by Force by David R. Hawkins, MD, PdD; Veritas Publishing]. When the highest and fastest frequencies (Spirit) are brought to the presence of lower and slower frequencies, they nullify and dissipate those things we call problems. “

When we plug into these higher frequencies consistently in our lives, unlimited abundance becomes our reality; and any problems such as lack or scarcity of any kind are transformed. These frequencies can be applied to all aspects of your life - including your business and your personal life!

This ability is in all of us! We can all plug in! If we can change the way we vibrate, we can bring ourselves into harmony with these energies. We can truly allow our lives, our relationships, and our Being-ness to expand with joy, health, peace, and prosperity. And that – changing the way we vibrate – is the challenge! No one else can vibrate for us!

Changing our vibrational output

How we vibrate and run our energy on a moment by moment basis is critical. Our first goal in this process is to develop the ability to get to a place of higher vibration for the inspired action (the next step) to present itself to us.

It is so important to understand the concept of both energy and energy fields. Once you begin to understand “raising your vibration” at a cellular level and start practicing it daily, you automatically move in the direction of the goal you have visualized.

You will quickly realize that it doesn't matter to your success how the economy is doing, what is going on in the outside world, or who is doing what. We can all flourish and create the lives we want as long as we begin to awaken these energy principles within ourselves. Once you understand that this process is all about running our



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energy at a positive high frequency, you will be on your way to seeing tangible changes.

We are all walking calling cards. In other words, whatever we are thinking and feeling is literally being housed in this energy field. By changing what is happening in our energy field, we can change our vibrational point of attraction.

We have a current reality or experience that is directly equal to our beliefs. Whatever the experiences we are having in our personal life or in business right now exists because we are holding beliefs that are a vibrational match to them. In order to have the ideal vision that we want, with all the relationships, dollars, peace, harmony, etc., we have to be a vibrational match to these higher vibrations.

Imagine it! How exciting! These principles allow us to create any reality we want, at any moment of the day, by changing our energy field, by changing the level of frequency of our beliefs.

In her book "Infinite Mind" Valerie Hunt explains how she has found a way to confirm the existence of the human energy field, which has given credibility to the idea of vibrational frequency. Hunt writes that as we raise our vibrational frequency, we are raising our energy fields and impacting what we are attracting to ourselves. Our energy fields interact with other people's energy fields, and as we shift or pivot our energy field, it impacts other people's experience of us. Even our name vibrates differently!

Learning the material

In the Living An Empowered Life program you don't just come to class and then go about your life the rest of the week. The key material is energetic in nature and as such the only way to integrate it is to gain firsthand experience with it through practicing and applying it in your daily life. When you learn a principle, a strategy, or a tool, look for places to apply it in your own life, look for situations in which you can see a context in which it can be used. Ask yourself, how can I use this in my life? Are there situations in which I wouldn't use it? In what situations is it particularly appropriate?

How are the other participants applying it in their lives? Practice the tools you learn. Actively search for ways to apply each tool, strategy and concept that you learn into the grand story of your own life!



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Overview of Module 1: Daily Energy Management

Module 1 lays the foundation for the rest of the program. Just as when you construct a house, the stronger the foundation, the more solid the structure you can build on top of it. The effectiveness of the subsequent lessons of the program rest fully on your ability to manage your energy on a daily, and moment-to-moment basis. Daily energy management applies to all areas of your life - your relationships, your play and your work.

As described in Lesson 1, you learn tools to partner with spirit, articulate and align your energy, and develop sensitivity and proficiency in sensing energetic shifts. You begin to take control of your own vibrational output by identifying and shifting patterns and beliefs that are not aligned with the results you want. As you use these tools, you start to create new neural pathways and create changes on a cellular level. You learn to take the drama out of situations and make peace with where you are in each moment. You start eliminating overwhelm in any aspect of your personal and professional life. You stop reacting to circumstances and start creating them. You start choosing how you respond to the situations and challenges you face, and begin to perceive the choices that are in fact available to you in any given moment. You begin to consciously notice what your own vibrational output is attracting, what is showing up in your life.

Recap of Module 1 To-Date

Use this section to check your understanding of the material presented so far in the program. So far in Module 1, you have learned what the following mean (refer to the “Some Key Concepts” sections of Lesson 1 for explanations):

- *vibrational output, vibrational scale, moving along the vibrational scale, mastermind group, energy grid, inner and outer intentions, holding an intention*

You have also begun working – on both intellectual and energetic levels – with (refer to Lesson 1 for more complete information on each):

- *setting inner and outer intentions (including setting them for this program)*
- *connecting to the energy grid*
- *holding intentions*



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You have begun developing your ability to discern energy, to send and receive it, and to see others as they want to be seen. You have started consciously articulating and directing your energy.

In this chapter we present ways to consciously amplify your connection with Spirit, and introduce two tools to start guiding your energy where you want it to go, and noticing when evidence of it going there shows up.

NOTE: *The information on connecting with Spirit and on the Divine Team presented in this lesson is not a mandatory part of Module 1. Rather it is offered as something many have found useful in developing and strengthening a strong connection with Spirit in every aspect of daily life. Use some or none of what we offer; try it out, play with it, keep the energy around it light and fun!*

More Key Concepts

In this lesson we introduce a few more Module 1 concepts.

Spirit

Spirit refers to the spiritual energy that runs through all that is, and that has an intelligence and wisdom that transcends the logical, rational mind.

NOTE: *Spirit is just one way to refer to spiritual energy; some others are Source, God, Christ, Buddha, One. If “Spirit” does not work for you, substitute a term that does. The term itself is not important but rather the energy to which it is referring.*

Connecting to Spirit

Connecting to Spirit refers to opening a two-way communication channel with Spirit, and then using that channel to both ask for, and receive, guidance.

Sacred space

Melanie Bacon describes sacred space as follows: “A sacred space is a physical or mental place in which we experience, consciously or not, our connection with the Divine.”.



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We can enter sacred space consciously or spontaneously. The sound of a gong deep in a forest, a glimpse of an eagle gliding on the air currents, a silent giggle shared between two strangers, taking the hand of someone who has just lost a child, lazily squishing sand between your toes, can all take us spontaneously into sacred space. We might also use meditation, prayer, or chanting to consciously enter sacred space.

Inner guidance

Inner guidance is guidance we receive from Spirit. It is often comes in the form of an inner “knowing”, a gut feeling, a sudden awareness, a sense that the information we’re receiving is coming from Spirit, the urge to do something we may not have planned to do.

When we ask for guidance from Spirit we often expect an MGM Hollywood experience: angels appearing before us, burning bushes, seas parting, a booming voice from Heaven, etc. But Spirit more commonly speaks through the ordinary, the practical, through everyday interactions and conflicts. It may be speaking through something we notice in passing and suddenly become conscious of, words that pop out of someone else’s conversation, something we hear on the radio, a colour we see, a connection we make, a dream we have, the list is infinite. Anything can be guidance from Spirit. We hear, see, feel, or just know something, and sense it as guidance.

Partnering with Spirit

Partnering with Spirit means realizing you are never alone, that Spirit is always with you, and choosing to activate that relationship in your life and business. It implies letting go of the rational mind’s impulse to understand and make logical sense of everything, and instead, opening to Spirit, trusting that transcendent wisdom and intelligence to guide every aspect of your life. When you partner with Spirit, your life becomes magical.

Divine Team

Divine Team refers to a way to consciously partner with Spirit by activating the energies of support that you want in specific areas. You can think of it as creating a team of advisors to whom you can turn for practical support and assistance.



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You consult with Spirit on the day to day challenges and operations of every aspect of your life. And you delegate issues to the team or appropriate team member or members of the team.

Jack Canfield, Napoleon Hill, Andrew Carnegie and many others have used the concept of a team of advisors. Andrew Carnegie held meetings with his team, he would go into a private room in silence. He would have insights and a sense that he was connecting with some other guidance; he would receive information. A Divine Team is really just a way to connect with Spirit and activate specific skill sets in yourself and in your life you may have never even thought possible for yourself. You begin to sense the unlimited possibilities that are in fact available to you.

You may choose to call your Divine Team by another name. It might be your Board of Directors, your Personal Task Force, whatever makes you feel great! You could call it the Celestial Executives of Omnipotence (CEOs)! It's your team; you choose what you call it!

The team members can change along with the changes in your life. You may have some members who never leave, and some who do. You may have a large team or a very small one, one with whom you hold formal meetings as a group or one where you consult one-on-one with individual members or in small subgroups. There are no rules! Follow your inner guidance!

The positions you create on your team are really ones that use skills and attributes that you want to activate in yourself. The team members are the ones you feel guided to invite. They can be for any aspect of your life. You might want an administrative assistant, a marketing person, an accountant, a graphic designer, a spiritual psychologist, a relationship manager, an experienced parent, a kid. We recommend you also add a "Bliss Manager" or a "Joy Coordinator" or whatever appeals to you as someone whose job is to help increase our fun!

NOTE: *Divine Team is just a term for a concept you adapt to suit you. Some people feel more comfortable communicating with angels, or invoking various elementals or gods or goddesses or energies. Doreen Virtue has books on communicating with your angels. Use what feels right for you. And if the whole concept of a team or group simple doesn't resonate, let that be okay too.*



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Inner coach

Inner coach refers to the coach we develop in ourselves, a coach who relies on inner guidance, and to whom we can turn for help in managing our energy and emotions. The Living An Empowered Life Program teaches you to develop your own inner coach. This in turn helps you help others in your life to do the same.

Empowerment

Empowerment refers to a person's ability to stand in their own authenticity; the locus of their power is internal. It is not power over another, but mastery of self from within. True empowerment is understanding, experiencing and knowing one's own essence or Spirit.

We are here to help you activate the knowing in you that you are perfect, healed, whole, and complete already. The program is really about remembering this, remembering who you really are.

Nourishing Your Connection with Spirit

As we consciously develop our connection to Spirit, we begin to feel less alone and more connected to something infinitely larger and wiser. We begin to trust the deepest part of ourselves and allow it to lead our lives.

Ultimately we want to be in constant communion with Spirit, fully aligned with it, our outer actions arising naturally from inner guidance, unimpeded by ego. Our lives become mediums for magic.

Entering sacred space

The feeling of being in sacred space and the ways we choose to consciously enter it, or find ourselves spontaneously entering it, are unique to each of us. The physical environments or specific techniques we use to consciously enter sacred space are as varied as the people who use them, and as simple or as elaborate as suits us. It is not the simplicity or complexity of the aid that is important, but rather its effectiveness in helping us reach that inner state. In practical terms, simpler is usually better as it requires less effort and means we are more likely to consciously enter sacred space more often. Ultimately we want to always be in sacred space, always in communion



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with Spirit. We especially want to be to enter sacred space when we are facing challenges in our lives, or are feeling stressed or out of balance.

Anywhere we are when we hold the intention of creating sacred space, becomes sacred space; the bus, the subway, the office, in the middle of an angry mob or a heated one-on-one discussion in an emergency room can be sacred space as much as a forest grove, meditation room, or a loving conversation. People have created sacred space in what would appear to be the most blasphemous of places: a concentration camp, a killing field. Their ability to create sacred space in those circumstances speaks to the power and clarity of their intention to do so.

Some suggestions on ways we can enter sacred space:

- *light a candle*
- *say a prayer*
- *chant or sing a mantra (out loud or silently)*
- *contemplate a photo of a spiritual leader*
- *meditate*
- *play some music that uplifts you (or hum it if you can't play it!)*
- *dance!*
- *contemplate a pet*
- *doodle!*
- *go jogging!*
- *listen to the rain*
- *write some poetry*
- *play!*
- *burn some incense or diffuse some essential oils*

Some suggestions on where we can enter sacred space:

- *In bed - before anyone wakes up!*
- *In the car - a nice convenient spot on the way to work*
- *In the office - before anyone arrives*
- *In the back yard - alone with Mother Nature*
- *At the beach - watching the sun rise*
- *In the park - with your favorite wake-up drink*
- *In the workshop - before anybody else gets there*
- *In the bathtub - don't go back to sleep!*



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Some suggestions on physical environments we can create to enter sacred space, environments that invite Spirit into them, welcome and honour Spirit:

- *hang a photo of a beautiful landscape or a spiritual leader or anything else that elevates you, where you can see it throughout the day*
- *install a screensaver of a quote you find elevating*
- *take a comfortable chair into the garden*
- *create a quiet corner for meditation*
- *place a vase of fresh flowers in your environment*
- *put objects you find beautiful in places where you see them throughout the day*
- *paint the rooms you live and work in colours that evoke tranquility, fun, make you feel great*

Having your own environment or technique to guide your consciousness into sacred space, and repeating it over time, facilitates you moving into sacred space. It is like repeatedly walking the same path; over time it becomes more and more familiar, the route into sacred space easier and more effortless to follow. Be a child again! Use your imagination! Find what works for you.

When we are in sacred space, in communion with Spirit, our ego naturally falls away. The more we enter and spend time in sacred space, the more we let go of the worries and fears that are the concerns of the ego. Physical, emotional, mental, spiritual and energetic patterns naturally shift upward along the vibrational scale. Our connection with Spirit repatterns our behaviours and experiences; we feel safe, loved and loving. We begin to live and move from a deeper, more joyful place, basking in the brilliance of all that we are and all that we are becoming.

The inner temple exercise

We offer the inner temple exercise as one way to develop your connection with Spirit.

NOTE: *Inner temple is a generic term for a place where you can easily enter sacred space. For you that might be a beach, a beautiful room, a meditation room, a chamber cut into a mountain, a lake with a mountain backdrop, “your happy place”! Create and use the image that works best for you!*



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There are four steps in the exercise:

- 1. Create an inner temple. There is no right or wrong way to do this. You simply create an intention to have an inner temple, release all concern about what that is, and allow whatever images come to simply flow into your mind.*
- 2. When you have an image of the temple, enter it.*
- 3. Ask your divine helpers, your team, your inner coach, a question on which you would like guidance.*
- 4. Quietly wait for an answer. If no answer seems to come, allow that to be alright. Quietly leave the temple.*

If you did not receive an answer, watch your life closely to see where one may appear. An answer can appear in many forms; it may appear as something someone says to you, something you read, the words of a song you hear, a symbol, a visual image, a strong sense of knowing, a feeling in your body, etc.

Being in the inner temple develops our awareness and experience of the two-way nature of our communication with Spirit. It is a place we can go to drop worries and stress, ask for guidance, and feel safety and peace. Our inner temple is personal and unique. We can build, change, and rearrange our inner temple as we like, anytime we choose to do so. Over time, we learn that we can experience and live in our inner temple at all times. It becomes a part of us, fully integrated. It is a part of our daily life, not something "separate."

The following are some participant experiences of using the inner temple technique:

"I shared my first experience of creating my inner temple via the group journey and how I resisted a physical structure. I seemed to need lots of outdoor expansiveness, or a building without a roof and just columns for walls. Several weeks later, in an individual buddy coaching session [this participant was in our ESLC program], I was guided to create my inner temple in a different way - here I found myself in a gorgeous meadow with rolling hills and breathtaking scenery. The images were very vivid.

Jesus, my ascended master, and several playful angels were in this setting. I sat next to Jesus, and we communicated without words. His presence was so strong and powerful that I experienced an utter sense of peace just sitting next to Him! I was amazed at the power of this place."



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“I shared an example from one of my clients [this participant is in our ESLC program]. Recently this man was agitated in the session and was feeling stuck. There were parts of him sabotaging himself. I felt guided to suggest we go into the white light, thinking that perhaps Spirit would guide us to do some work around his shadow parts. Once in the white light, however, Spirit guided in a different way. This man’s guide showed up as his beloved childhood dog, who led him to the creation of his inner temple. This man experienced vivid scenes and scents in this inner temple. He sat there and returned to an incredible place of peace and serenity. This inner temple was customized just for his needs, and he was encouraged to go there on his own, outside of our sessions. We are advised to work on building, changing and rearranging our inner temple daily.”

“I shared an example of using my inner temple to release fears. After I had been in the Coaching from Spirit program about eight months I had done a lot of releasing and was feeling quite good! Then one morning I awoke and experienced terrible fear. I was agitated and could feel my stomach churning. I was so dismayed and incredulous that my fears had returned! It finally dawned on me to use my CFS [Coaching from Spirit] tools. So I did some releasing. A beautiful stream appeared in my Temple, just outside of the forest that leads to my rolling hills and meadows. I consciously and intentionally had to individually name each fear and then “pry” it off of my body as if it were attached like a jellyfish, sucking my energy. After what seemed like five minutes of releasing these fears, I threw them into the stream, one by one. As the fear landed in the stream, it transformed itself into a large flower blossom and floated away. I literally felt transformed! My stomach churning was gone. I felt lighter and calmer.

My mind was incredulous at the power of this releasing tool!” **Common**

contrasts in nourishing your connection to Spirit I can’t tell inner

guidance from ego!

As you are learning to hear and communicate with your inner guidance, you can sometimes wonder if the counsel you are receiving is coming from Spirit or ego. One of the key ways to distinguish between the two is to ask how it makes you feel; feelings of love, joy and expansion are always indicators of spirit speaking, while feelings of fear, anxiety and tension and unease are almost always indicators of the ego at work.

You can also notice whether the guidance you are receiving creates a positive situation for all involved. Your inner guidance is always supportive and loving to yourself and others.



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Doreen Virtue, on page 90 of her book Divine Guidance, provides a chart of things that can help you distinguish true from false guidance.

Unpleasant things still happen in my life!

Being connected to Spirit doesn't mean life doesn't happen! Rather it means you have the inner resources to handle outer circumstances from an empowered place, a place of peace.

The connection with Spirit also helps us begin to drop our judgments around people and situations. Instead of seeing a situation as bad or good, or a person as right or wrong, we begin to see the situation or person from the point of view of an empowered person – someone who stands in their power and makes choices about their respond to it. We no longer hand our power over to someone or something outside of ourself.

We are human, and each contrast we experience holds an opportunity for greater clarity about what we truly want. If we find ourselves judging a situation or a person, we can notice how we are giving our power away, and then find ways to return that power to ourselves.

When we start reframing our experiences as contrasts between what we're experiencing and what we want to experience, we can begin to ask questions that help us see what is wanting to be born, begin to see what parts of ourselves need to be loved and embraced, what old thoughts and beliefs are causing the feelings that attract these experiences. We begin to view life as a series of golden opportunities for allowing our personal power and excellence to emerge.

Strengthening Your Partnership with Spirit

When you activate a partnership with Spirit, you open the doors to Spirit showing up in the most practical of ways. When we set out to test our partnership, we watch, first in surprise, then in amusement, then in both amusement and expectation, as things fall into place around us. We're faced with a financial issue and we win a free consultation with a financial advisor. We get delayed in an airport, strike up a conversation with someone, and find out they're a specialist in the very area in which we've been having an issue. We board a bus and find ourselves without enough cash for the fare and another passenger reaches over and pays for our passage; the bus driver looks shocked and explains that in five years of driving a bus he's never seen that happen.



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We're trying to figure out how to pay an unexpected bill and we receive an unexpected cheque. Our child is being bullied and we ask a member of our Divine Team to handle it; a week later our child is invited to join a new class with a different schedule than that of the bullying child. We gradually stop thinking Spirit can't handle the practicalities of everyday life and just start asking for the practical help we need.

Sharon feels your team is one of the most powerful tools you can use. She recounts that "I was given information every day on my practice and how to build it. I followed the guidance to the letter. One day, I was told to take my newborn out for a day outside in the fresh air. I had seven people who called me about coaching them and I thought I needed to follow-up from our previous conversations. Instead, I spent the day with Joy outside on a beautiful Indian summer day in the fall. When I returned, my message machine had seven messages on it. All seven people in one day called to hire me!"

Writing a letter to the universe

One way to strengthen your partnership with Spirit is to write a letter to the universe around a specific goal or project. In the letter you describe what it is you want and why you want it, surrender any fears or concerns you have around it to Spirit and ask Spirit for the support you need. Refer to Appendix A of this chapter for an example of one participant's letter to the universe around the ESLC program.

Writing a formal partnership agreement

One very powerful way to strengthen your partnership with Spirit is to write out a formal partnership agreement, in the same way you would enter into a formal business partnership with another person. Refer to Appendix B of this chapter for an example of one participant's partnership agreement.

Creating and working with your Divine Team

There are no rules around creating or working with your team. It is your team! You set the rules. The one question you can always ask when you are creating or working with your team is "Does it feel good?". Most importantly, have fun, explore, and discover what works best for you. There is no right or wrong answer. Be as daring and creative as you are guided to be. And remember, you can change members of your team any time that you like.



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Think of the areas in which you feel less competent or the tasks you dislike. Create positions to handle these. You may or may not eventually decide you want certain of these positions in your physical business. Work with where you are now; ask for the team members you need now. What skill sets do you want serving you now?

Sample activation for a Divine Team

Before you begin the activation, think of three positions you would like to fill on your team. What issues are on your mind about your life right now? If you had to delegate that issue to someone, what would be the title of the person to whom you would delegate it? When you have the titles of the positions you want to fill on your team, you are ready to begin the activation.

Each time you do this activation, you may get new members. You also deepen your connection with your team and strengthen their presence. Play with the activation to gain new realizations and learn how to take it to the next level.

Create a sacred space where you will not be disturbed. Close your eyes, and take a few deep cleansing breaths. Now ask for the people who will fill the roles you identified to step forward. When these people come to you, they may be from the past, celebrities, people in a book, or people you may never know...they may come to you through smell, sound, etc. Imagine a door made out of anything that you want. It can be connected to whatever you want...describe it. Is there a color to it? Is there any carving on the doors? Give the details of your experience. Look around the edge of the door and notice the light shining around it and how brilliant it is. On the other side of the door is your Team who has been waiting for you, and they are so excited for this moment. When you are ready, open the door and walk through.

What do you sense? What is there for you? Sense the energy and light - describe your experience. Ask your first team member to please step forward. Describe the sense of this person. Ask the person the name that they want to be called. Ask if there are any words they want to say. Thank them for being here, and tell them that you will be contacting them soon.

Ask the second team person to please step forward. Describe the sense you get from this person. Ask the person the name that they want to be called. Ask if there are any words they want to say. Thank them for being here, and tell them that you will be contacting them soon.



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Ask the third team person to please step forward. Describe the sense you get from this person. Ask the person the name that they want to be called. Ask if there are any words they want to say. Thank them for being here, and tell them that you will be contacting them soon.

If you choose to have a Bliss Manager, ask them to please step forward. Describe the sense of this person. Ask the person the name that they want to be called. Thank them for being here, and tell them that you will be contacting them soon.

Thank all of your Team members for being such a wonderful part of your life...ask them for any words of wisdom. Thank them one more time and come back through the door and back to the room.”

Working with your Divine Team

The following are a few suggestions on working with your team. Again, you choose the ways that work best for you!

- Work with your team daily. They are there for your support. Imagine that you are chairing this meeting and members come and go. Especially when you are first developing your team, give them assignments and ask them questions. Write down questions and see what answers you receive. You may also get answers from license plates, billboards, what other people say to you, etc. Keep a pocket notebook and record this information. Call a board meeting whenever you need support. Follow the guidance you receive.*
- Hold a daily strategy meeting. Use is as a time and place where you can get inspiration and information.*

Holding formal meetings with your Divine Team

Sometimes you may feel led to spend more time with your Divine Team, for example to deepen the relationship, or to ask for more in-depth help on a challenge or issue you are facing. Sharon writes:

When I began, I was guided to hold inner team sessions both morning and night to strengthen trust and create a real friendship with my inner team. My inner team includes several masters from various cultures and religions. I was guided to find a personality that felt less intimidating so I could feel worthy to make this connection. Can you imagine having a morning meeting with Jesus or Buddha or God?! So Robin Williams showed up when I connected to the Jesus energy! He is fun and personable,



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and for me, he feels very comforting. Tina Turner showed up as the Divine Mother energy for me. Use whatever feels best to you as you create this loving real relationship!

Sharon offers the following process that she was given for holding morning and evening inner team meetings. Use it as you are led; feel free to change the questions to suit your style or eliminate or add questions that you feel guided to use. Customize it as you are guided and you will strengthen your friendship with your inner team.

Sample morning session

- *Begin with a prayer, sacred invocation, or inspired intent.*
- *State your intentions for this session. If there is a specific issue you want to resolve, state that issue as your intention and use the session to work on that.*
- *Begin with gratitude.*
- *Create a two-way dialogue. Your inner team may ask you:*
 - *What is bothering you today? What are you afraid of? What are you worried about or concerned with?*
 - *How can I specifically help you? (Notice if there is resistance or feelings of not trusting your Inner Team or any anger or tight feelings in your body.)*
 - *What information do you seek from me today? State a problem, issue, challenge or opportunity and sit with it - breathing in and out until you feel inspired to write about what you are receiving.*
- *After you receive the inspirational information, number your paper from 1-20 and allow your Inner Team to brainstorm up to 20 different ways to solve this.*
- *Act on at least one of these immediately.*
- *See and feel the day before you going well. All the things you do are successful. Take a few moments to "align your energy" by seeing the day and FEELING the day going just as you would like it to.*
- *Give thanks!*



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Sample evening session

1. *Begin with a prayer, sacred invocation, or inspired intent.*
2. *State your intentions for this session. If there is a specific issue you want to resolve, state that issue as your intention and use the session to work on that.*
3. *Begin with gratitude.*
4. *Create a two-way dialogue. Your inner team may ask you:*
 - *What happened today that was wonderful?*
 - *What happened that was not so wonderful?*
 - *Who do you need to forgive today? What can you forgive yourself for today?*
 - *What are you learning from the not so wonderful things that happened today or lately? (If it is a stretch to see the blessing or learning, then ask how would you like to feel about the situation.)*
 - *What do you need help with to see things differently?*
 - *What do you want to BE tomorrow? What are the qualities you most want to exude?*
 - *What do you seem to need help with?*
5. *Wait and see if you feel prompted to write anything back. Just notice anything that seems to want to come from your pen or computer key board that may come as a response to the above questions. Be gentle with this process.*
6. *Set your intentions to have a restful, peaceful night's sleep and to awaken refreshed.*
7. *See your home and all in it safe, healthy, and happy.*
8. *Give thanks!*

Suggestions and experiences from former participants

"I often have team meetings on the computer and then print them out and put them in my journal. I type the date, drop down a couple of lines, write "Team Meeting" and then start with a question or thanking my team for something. Actually, now I've created a template for the team meetings with a little angel in the corner. I also have one for dreams, visions, and regular journal entries."



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“I type in regular font; and when I feel ‘done’, I switch to italics and then my team answers and we go back and forth. That reminds me, I have some gratitude to express; time to go to a meeting!”

“I have a big sheet of paper on my wall about being debt-free and “thank you team.” I see that sheet every day when I get up and when I go to bed. This morning as I looked at it, I started thinking about being debt-free. Money-wise, yes. But then I started thinking about freedom from debt and then karmic debt came into my mind. I don't know how it all got mushed around in my mind, but the end result was that I received the message to start doing some work around forgiveness. Intuitively I know this is important and tied in with the money issues, but if you ask me to explain it in words,

I can't and I don't think I need to. Just doing the forgiveness work seems to be the thing perhaps another sacred contract coming.”

Common contrasts on partnering with Spirit

No team members showed up!

If no members showed up when you did the Divine Team activation, let that be okay. Just by doing the activation you've put the request out there. Members may choose to reveal themselves over time, and when you least expect it. You might be going about your day and one of them pops into your head. Don't force it; ask and trust they will show up in divine timing.

This is too easy to be true!

Connecting with Spirit or talking with your Divine Team is as effortless as speaking with someone you have known forever, with whom you are deeply in love and who you knows is deeply in love with you. It is easy! The only hard part may be believing such a profound connection can be that simple.

I can't tell if my team is talking to me!

It can take time to develop an awareness of when you are receiving inner guidance, and time to develop trust in acting on that inner guidance. Be patient and remain open to the many forms in which Spirit can send guidance (through feelings, an inner knowing, synchronicities, sounds, smells, images, dreams, etc). Watch and feel for any promptings or nudging. Be an energy detective and have fun with this process.



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If you are having this contrast you might set up more regular Divine Team meetings to develop and deepen your connection with, and trust in, the team and the individual members on it. You might also ask them to use a particular form (e.g. images or sounds) of communication on a specific issue so you can strengthen your trust that you are in fact receiving guidance.

I'm not sure I should trust this guidance!

It can take time to develop trust in acting on the inner guidance you receive, particularly if it involves an outer action with clear consequences and implications. Be patient with yourself as you grow your trust. Do your own research. Act on what you feel you receive as guidance, evaluate the outcome, and use that experience to sharpen your skill in recognizing guidance. As you become more skilled in recognizing guidance, you become willing to trust its vision is larger than your own, and ready to follow it regardless of the situation.

I'm embarrassed to share what I receive from my team with others!

You have no obligation to share the guidance you receive with anyone. If you feel pressed to explain an action, you can always frame it as a gut feeling or a strong intuition if you think the other person may find that easier to accept. Note that when you can and do feel comfortable sharing that you have a Divine Team (or inner team if that feels more neutral), you also activate that possibility in others, and model that way of partnering with Spirit for others.

Scripting Your Day

Scripting your day means taking a few minutes each morning to check in with what is up for you, then imagining the day ahead of you, and consciously describing how you want to experience it. It activates the day you describe at a cellular level.

When you script your day you are partnering with Spirit, describing to Spirit what you want, and then allowing Spirit to bring that into your day, in very tangible, identifiable ways. You amplify your connection with Spirit and deepen your trust that Spirit is indeed a partner in even the mundane everyday details of your life.



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Scripting step-by-step

- *Connect to Spirit in whatever way feels best for you.*
- *Identify what is up for you today. How are you feeling? What is bothering you? What do you need help on? What is on your mind right now? For example, maybe you're feeling a sense of overwhelm or urgency around a specific issue or issues, or you're afraid you won't be able to understand "techie" stuff, or you're anxious about a meeting, or you're concerned about how tight the money is right now, or you're worried you're not helping your spouse the way you should; just identify whatever is there.*
- *Script what you want to experience in your day around the things you've just identified. Other things may come up as you script and that's fine too; just include them in the scripting as you are led. Script what you'd like to experience and the feelings you want to have as you experience them. Imagine what you're scripting, as you script it; this activates it in you and sets it up to occur.*
- *Go about your day with your senses wide open for signs of what you scripted actually showing up. (See the section "Noticing Positive Evidences (PE)".)*

Script every day and watch the energy shift from one day to the next. You can also move issues that bring up negative feelings to a more general script like: "I allow myself to be a magnet for money. I allow myself to feel more peace about finances. I had a great meeting with 'J' and everything worked out so well. She felt happy." You will use different words depending where you are on the vibrational scale, and you will see the words changing as your vibration changes. You may start out with a vibration like: "Today I want to feel less worried." Then you will find the words amping up to what you want and are reflecting that you are feeling happier as the days go by. You keep moving up the vibrational scale. This is an indication that the vibrational shift is happening.

Today I want to find time to exercise; to take better care of my body. I want assistance in eating foods and drinking things that really serve my body. I want to feel a greater ease and less of a connection to sugar.



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Important points on scripting

- *Start where you are. If you are not feeling super energized, focus on how you want to feel, what you need help with, and what you need to activate at a deeper level.*
- *Script essences vs specific outcomes. For example, Sharon scripted that on the flight she was going to take that day, she had a comfortable seat with lots of space; she didn't script that she wanted an empty seat next to her. She recounted that after she had scripted for a comfortable seat with lots of space, and had an empty seat next to her, someone asked her how she would have reacted had she not had an empty seat beside her. She said she would have simply been curious to see what else showed up; she has lots of scripts out there so perhaps the person in the seat next to her would be a PE for one of those.*
- *Script how you want to feel, ask for any specific support you want on tactical things, and stay detached from specific outcomes. Don't worry about how everything will get solved.*
- *Scripting does not have to take time. Sharon says on average she spends about 10 minutes scripting her day.*
- *Writing your script engages the neuromuscular system and reinforces the activation on a deeper level. If writing is not an option, the next best thing is to script out loud. If that's not possible, say it silently. The important thing is to script!*
- *Scripting is not about wishing and scripting things you want but don't believe you can have yet. Imagine that you live in an apartment and are worried about paying the rent. You would really prefer to live in a mansion. Scripting that you live in a mansion only reinforces your vibration where it is now - which is not in a mansion - worried about money, feeling a sense of lack, etc. It is more helpful vibrationally to take small steps (baby steps) in your scripting. Something that would serve you better would be to script about how you want to feel, for example "I want to feel like I am moving ahead financially. I want to see more evidences of money coming to me. Today I will look for things to appreciate."*
- *You want to feel good when you are scripting. If you don't feel good, or if it feels like an exercise, then you need to make an adjustment to it. When you are vibrationally making a small shift, you will feel more hopeful, and also feel more of a sense of possibilities, or at least some level of increased comfort.*



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- *You can write your scripts as if they have already happened, or as if they are happening as you write them. Find what works best for you.*
- *Don't get caught up on where or how you script. If you like to do it at your computer or in a specific journal and you are away from home, use the paper in the room and do it. It really doesn't matter if it's not in the "right journal" or the "right place." It is energy in motion. The important thing is to do it!*

Benefits of scripting

- *You are actively developing your partnership with Spirit when you script.*
- *Scripting helps you show up in your day with a clear, defined vibrational output that can attract (is aligned with) the experiences you want to have.*
- *Scripting leverages your time and energy. You are telepathically connecting with people, circumstances and situations that can be a match to how you want to be and feel. You are thinking a new thought, feeling a new thought and seeing a new way of being when you are scripting it.*
- *Scripting re-patterns neural pathways. You are thinking about things in the way you want to experience them, rather than in ways you don't.*
- *Scripting shifts feelings, and feelings affect how we experience and relate to our world. When you feel better, you notice more of the positive things in your experience.*

Common concerns and contrasts

I can't seem to integrate scripting into my day!

What's the story you are telling yourself around this? I don't have time? I don't think it's going to work? I don't like to write? I forget to do it? These are just your stories, your perceptions. Notice your stories. Don't beat yourself about them. They are just stories and this program teaches you how to shift them, one step at a time. In the meantime, if you are having this contrast, you might some of the following:

- *Script with something you always do, like eat breakfast.*
- *Ask for help with scripting, in your scripts.*



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- *Script with your family; for example, go around the table at breakfast and ask each person what they want to experience that day. You could check in at supper and ask each person to describe any signs they had of what they scripted showing up.*
- *This is really amping up the energy around the effect of scripting as well! Our bodies also assimilate food better when we are in a positive frame of mind!*
- *Incorporate scripting into daily life with others. You are getting support on doing the scripting and at the same time helping them learn to prepave their experience.*
- *Use scripting in business meetings. Start with intentions and what's working, and then ask what people want to accomplish in the meeting and what they want to feel.*

I feel like I'm faking it!

Scripting is not about pretending. Sharon recounts: "If I can't feel super happy, I don't try to fake it. When my father-in-law passed away, my script on that particular day was that 'Today is easier than yesterday in all I am dealing with, and tomorrow I will feel even better.'"

Noticing Positive Evidences (PEs)

After you script your day, you look for signs of what you scripted showing up in your life; Positive Evidences (PEs). Positive evidences can be physical (things showing up in physical reality), mental (ideas, insights, "aha! moments"), emotional (feelings). Anything can be a PE.

*When you start to notice all of the things that are working, that are feeling great, that are coming together, you start activating that higher vibration more and more. You begin to intend and expect to find things to appreciate. You find reasons and opportunities to laugh. You know this is **your** job, **your** responsibility. The only person in charge of your vibrational output is **you**. The locus of control is inside **you**.*

Examples of PEs

*Examples are everywhere. Look and feel around in your day and **FIND** things that are working, feel good, delight you, energize you, or work out for you! The following are just a few examples.*



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PEs might be good feelings; for example, “wow, I’m just feeling so happy today”, or “ I just had a great lunch and I feel so satisfied and fulfilled”. Or they could be a great meal that delights you, people that support you, a body that feels great, traffic that clears at the right time, rain that stops just when you need to drive across town, people in this program who hold your vision for you.

Maybe you scripted about working on your website and noticed “I wasn’t so uptight working on the squeeze page. It’s going to work out. I felt better about my squeeze page. I finished the squeeze page and took a walk. The sun was shining, the birds were chirping and it felt good to be alive.”.

Important points on noticing PEs

- PEs can be big or small, tangible external things, or intangible things such as feeling, insights. Don’t discount what seems like small things; they are all part of the vibrational output that is attracting what you desire to you now.
- Keeping a PE journal helps you really see what is showing up in your life. Especially when you first start noticing PEs, it helps you become aware of the increase in volume of PEs. It can also be a place to mine for examples to use when you are working with clients.
- There is no right or wrong time to record PEs in your journal. Some people sit down at the end of the day and review it for PEs. Others start their day by reviewing the PEs from the previous day just before they script. Others carry a little notebook and record them in the moment. Sharon says she records her PEs every time she puts food in her mouth. Use whatever feels good and works best for you.
- When you are looking for PEs, look for both inner and outer; feelings, insights, ideas as well as events. Notice when you are feeling great, when unexpected things happen that make you smile, what great experiences you are seeing, hearing, feeling, and knowing.
- When you notice a PE, amp up the energy around it. Take the opportunity to go beyond just acknowledging it and express your thrill that it occurred. Say “woohoo!”, “wow! that’s *so* cool! thank you!” or “that’s such a miracle!”, “that’s incredible”. When you record it in your PE journal, write those down alongside the PE. Use the words that amp up your energy, your sense of possibility. These are the amazing results that you love, and you want to amp up the energy of expectation for other amazing PEs to occur.



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- *The more you notice PEs, the more PEs show up!*
- *Noticing PEs activates the expectation that things will work out.*
- *You have lots of scripts out there, so also notice what is showing up on those.*
- *The more you raise your vibration by noticing PEs, the more you become a match for some of the higher vibrating things you want.*

Benefits of noticing PEs

- *We train ourselves to focus our attention on what is working. When we focus on what's working - more of what is working happens. You are more in that vibrational output of what is working. You are allowing yourself to simply take notice of the things that are working--the surprises, the good feelings, those things that you really appreciate.*
- *When you start expecting miracles, they start happening!*

Getting and Staying Organized

At this point you probably want to create a strategy for: scripting, recording PEs, noting any information you receive from, or request you make of, Spirit or your Divine Team. This section offers some suggestions.

- **Offline strategies.** *If you are keeping everything in a binder, you might create a separate section for each of these. Or you might create sections for all except PEs, and then use a little notebook you can keep in your pocket to record PEs.*
- **Online strategies.** *Create a file for scripting that you open each morning, another file you use for Divine Team meetings and messages from Spirit, and another for recording PEs. Instead of files you might choose to use your mail program, and create a mail message for each of these, and a mail folder to hold those messages.*
- **Mixed strategies.** *Create online files or mail messages for all except PEs, and use a little notebook you carry around for recording PEs.*

Whatever the strategy you choose, the simpler the better. You want something lightweight that makes it easy to pull it up in the moment.



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Note: Don't get hung up on the strategy you create. If you don't have the right notebook or binder or file or mail message when you are ready to script, or record a PE, or jot down questions you want to ask Spirit or answers you received from Spirit, use whatever you have in the moment! Organize afterwards.

Suggested Process for Integrating the Tools

There is no one way to integrate the tools. The way you do it depends on your individual context and preferences. This section is intended to provide some suggestions to help you begin to make the tools a natural part of your day.

Every morning

- Connect with Spirit.
- This can be as simple as lighting a candle, spending a few moments contemplating a photo of a spiritual leader, closing your eyes and taking a few deep breaths, whatever works for you. Keeping it simple makes it easier to make it part of your day every day.
- Set general inner and outer intentions for the day.
- Script.
- As you begin practicing scripting, you might want to script around learning to script; for example you might include things like "I love scripting and am starting to see PEs of what I script showing up in fun ways", "I'm noticing how connected I am to Spirit during the day", "members of my Divine Team are starting to spontaneously introduce themselves to me".
- Ask for any help you need from your Divine Team.
- You might want to delegate certain tasks to individual team members, or ask those members to give you guidance on an issue through the day.

During the day

- Check in on your connection with Spirit. Ask for any guidance you need and listen for any guidance you receive.
- Notice PEs!



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During the week

- Use the CFSI Learning Center as you feel drawn to do so.
- Attend any supplemental classes as you feel guided.

Mastering the Material

As you begin working with the daily energy management tools, remember you are not alone; you have partnered with Spirit. Practicing the tools helps you deepen and develop your trust in that connection.

*It is critical to understand that this program is not a bunch of tools. It is a **system** that works as a coordinated whole and it is **designed** to be integrated into **anyone's** daily life, no matter how busy the person. Each module of the system builds on the previous one, so for example the tools you learn in Module 2 assume skill with the ones in Module 1. Each investment you make is cumulative. Each time you practice the tools, you re-pattern your brain, and reinforce neural pathways that eventually become the path of least resistance. Appreciate and enjoy each effort you make, no matter how small – everything counts!*

The following are things to do this week to start developing skill with daily energy management:

- Start scripting daily.
- Be on the lookout for PEs and record them.
- Write a partnership agreement with Spirit or a letter to the universe describing what you want to accomplish in taking this program and asking for its support. Let Spirit know you are committing your business and your life to Spirit, that you expect to be given all the resources and support you need, that you expect it to guide you, and ask it to help you get out of your own way. Draw your line in the sand; make your commitment clear to yourself and to Spirit. It can be as simple as a few sentences.



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After you write it, place it in a sacred space, wherever and whatever that is for you (it could be next to a candle that you light for meditation, or framed and hung on a wall where you can see it each day). If you write it online, you might even mail it to yourself, and then connect to Spirit and respond from Spirit (one participant got the response “fasten your tuque! this is going to be a fun ride!”).

- *Set inner and outer intentions when you start a task. Notice how that feels, how it focuses your energy, and notice any differences between that and the times you don't set intentions.*
- *Create your Divine Team and fill the roles you most need to support you in creating your new reality. You might also be led to hold a meeting with your Divine Team to deepen your relationship with them.*
- *Notice your issues, problems and challenges, make note of what you need help with, and ask members of your Divine Team for help.*

Reminders

- *be honest with yourself; really hear the words you speak and become aware of the things you focus on*
- *make peace with where you are right now; you are always right where you need to be*
- *play with the tools, keep the energy light!*
- *the energetic is deeper and often newer than the conceptual and takes time to integrate*
- *you can always review material by listening to the recording of classes*
- *you are part of a powerful energy grid that is holding the highest vision of yourself and more for you*
- *have fun! creating and co-creating are pure joy!*



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APPENDIX A: Example Letter to the Universe

(This is an example letter written by a student)

Dear Universe,

I want to love what I do and this ESLC program is giving expression to that love.

I partner with you to dedicate myself and every aspect of me to Love, to expressing Love and becoming a crystal-clear diamond brilliant channel for enlightening Love. Support me in this with financial abundance so I may nourish delight in my life and delight in nourishing it in the lives of others.

Help me bring the highest spiritual knowledge into the material experience, and be a catalyst for joy in others. Guide me in reconnecting with the deepest, most loving, understandings of the material realm.

Guide me into your fullest, most playful, laughing, loving, transformative expression of Love. Make my material reality sumptuous and effortless, a reflection of that fullest, most playful, loving, transformative expression of Love. I want to be making more than I spend each month by the end of this year and feeling that amount is peanuts compared to what lies in the future. I surrender all my fears and doubts and trust your guidance to seat me fully in the certainty, capability, presence, graciousness, and happiness of my soul. I dedicate myself to allowing the fullest ensoulment for the highest and most wonderful good of all.

Thank you for all of the Love and Guidance you show me in every moment.



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APPENDIX B: Example Partnership Agreement

(This is an example letter written by a student)

PARTNERSHIP AGREEMENT BETWEEN J. M. AND GOD DATED THIS TWENTIETH DAY OF OCTOBER 2009

In this partnership agreement dated 20th October 2009, I, J.M. proclaim my partnership with God in creating, expanding, maintaining and nurturing my business that is dedicated to God.

I surrender all my fear, doubt, self doubt and worries to God – my business partner.

I surrender the worry that I will not be able to keep my home.

I surrender the worry that my mortgage is too big and that I will never be able to pay for it.

I surrender and let go my self doubt that I am not good enough

I surrender and let go that I won't make enough money to enjoy the life I want to live

I surrender my fear to God that I won't be able to do this on my own.

I surrender my "I'm not good enough" thoughts to God

I surrender my pain and loss of M. to God so I can move forward with peace.

I surrender the fear that I will not find enough people for my business to join my team.

I surrender the fear that I am not good enough and that I will not succeed.

I surrender it all to you God – my business partner.

What I want to create and why I want it:

I want to create a continuous income of over \$20,000 per month. This will enable me to give 10% to my charity and save 10% for me. I will also be able to live my life based on how I want to not based on the income that I earn. My income exceeds my expenses every month.

I want to create peace and joy around M's death and move forward in my life.

I want to bring value to other peoples lives. I want to see the joy in their faces when they have had a holiday and had a wonderful time. I want to also see the freedom that helping them earn an income by joining my team will give them.

I want to travel and see the world. I want to holiday when I want too. I want to complete M's and my bucket list.

I want help with creating a marketing system that brings the right people easily and effortlessly. I want to have a loving healthy relationship with everyone that joins my team.



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Lesson 2 - Starting To Manage Your Energy

I want to have a loving, healthy, trusting and joyful relationship with my children.

I want to sell over 100,000 copies of my book in e-form and with 10% of the profits from these sales build a St Johns ambulance station here.

I want to create my business so it gives me a considerable residual income so I can work less and spend more time with friends and family.

I want to pay for my house in full quickly and effortlessly. I want to create happiness and joy in my life.

I want to share the happiness and joy that is in my life with those that come into contact with me.

I need support in my business to:

Create a lead system online that is efficient, easy to use and good value.

Create the right marketing system to bring the right beautiful people to me.

Keep myself aligned with the right energy which is the highest energy for all of my good and those that I meet.

I need support in believing in myself, my business and my success.

I would like support in supporting my team and helping them achieve their goals and dreams.

I want to be number 1 in the country within our company.

My promises in this partnership:

I promise to communicate with my business partner God everyday.

I promise to celebrate when everything is working for my highest good.

I am committed to my energy being in alignment with God every day.

I promise to ask for help when I need it.

I promise to focus on how I want to feel every day.

I promise to want the best for everyone.

Thank you

Signed

J. M.



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APPENDIX C: Scripting Examples

Scripting with Intentions and Team Requests

In the following example, the participant worked online, in a mail file, and had a scripting template s/he created that s/he copied each morning and then completed. The template included a photo (omitted here for copyright reasons) and a few words to help her/him enter sacred space, general intentions for the day, a section for scripting and a final section for specific requests to their Divine Team.

Note: *in the scripting section s/he start by first jotting down the things that are on their mind, and then reference those as s/he scripts. You will notice that as you script you may find it easier to abbreviate words or names.*

October 1, 2009

[photo]

SACRED SPACE

The rose. My energy. Their energy.

Electric cord to earth. Magnetic coil to earth. Switch.

Centre of head. Centre of heart. Body centre.

INTENTIONS

Inner:

Feel rested.

Feel ready to leave for TO.

Outer:

Attend class.

Organize food for TO.

Go for a walk.

Call Dad re TO tomorrow.



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SCRIPTING

Feeling "fat"... like I shouldn't have eaten all that yogurt last night. Scattered around the day... what to do... around preparing for TO... clothes to take... feel like I'm coming back from all the intensity, late nights, irregular schedule,... procrastinating around the scripting... always fiddling, doing other stuff. Bit of concern over whether I'll do any gk... feeling that if I do it will be scattered... pushing myself to do it.

I want to look forward to jotting down PEs, scripting, and PB shifting each morning, and to move through it quickly, enjoying and loving each moment of it.

I want to feel clear and prepared for class. I want to take great notes.

I want to feel good in my stomach. I want to eat only if and when I'm hungry, and only in the amount that I can feel my body is asking to receive.

I want to easily get my clothes together for TO, easily figure out the food I want to bring with me, easily decide the travel time (stopping in K), so I'm arriving in lots of time to explore and set up.

I want to easily do some gk, easily experiment with what my body needs rather than feeling I need to do the whole 60m routine. Just exploring the narrowing sequence, pieces of the 90-minute format. Feeling my back opening and loosening and suppling. Some awakening for neck and shoulders. Clapsed loop series to start loving all the pieces in the 90m format as well.

I want to script my night, maybe ask for some work on PBs.

I want to go to bed early, feeling fully prepared and ready to go for the seminar in TO.

TEAM REQUESTS

Spin love into every nook and cranny of this day. Show me miracles. Flow Love through me. Guide me into the best intentions for all concerned. Continue helping me stand in my power, in love and respect, in my relationship with E.

Please be with C, and with S, as they continue to make their separation. Make it gentle for each of them, give them each access to the love they shared, their purpose together, their certainty all they shared is forever. Be with all who are passing through a separation.

Thank you all, thank you to all who are there and perhaps not yet visible to me. Thank you to all the beings who have incarnated in physical form in my life, who are part of my life, who are blessing it. I bless yours in turn, all the beings and magic and miracles. Thank you... thank you for the experience of Love.



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More Examples of Scripting

The following are two examples of Sharon's scripting, followed by other examples of lines from scripting sessions.

In the two examples of Sharon's scripting, notice how she's looking at what she's going to do in her day, and how she is addressing things she is worried about or that she might find frustrating, by identifying what she does want and asking for it.

Instead of pushing away an uncomfortable feeling or situation, she identifies it and asks for help with it; she acknowledges it, places it on the vibrational scale and then gently suggests how she would like it to move along that scale. She is letting herself move up the vibrational scale a little bit at a time. Again, this is not about pretending. It is about identifying what you really want, what would make you feel good.

First example of Sharon's scripting

Today is a glorious day! I look for things that excite me that are working. I take my attention away from anything that is not serving me. I allow myself to feel better and better. I have great connections with people today. People respond to me! They feel so connected to Spirit through our interaction. I easily complete my business project and marketing plan. People are flocking to this new offering - the perfect people are so excited to join this offering. We touch the hearts of so many, and we feel so good! I feel better about the situation of _____ . It all works out somehow. I partner with Spirit today to create millions of dollars for me and all my students and clients. I am a magnet to connection for success, health, joy, love and FUN!!! I am holding the intention that all of this works out and that I can find the best words to comfort my 6- year old. I am also grateful for all the loved ones that remain in physical form.



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Second example of Sharon's scripting

Today I want to feel a greater sense of ease and flow. I want to feel a sense that everything will work out, and I have plenty of time to do what I want.

I want all my meetings, e-mails and conversations to flow easily and to serve in the highest way for me and the person connected.

I want to experience each moment in its fullness and find the good in each moment – to stop at intervals and truly notice what is working and what I appreciate; to AMP up my vibration even higher.

I want to feel that all the projects that I have are moving forward joyfully and easily, even though I have been out of the office for a few days.

I want to feel more joy, more energy after a very long and emotional weekend. I want to feel renewed and refreshed!

I want to see and feel and hear wonderful positive evidences for all the people I work with, that are in our program, or at any level are connected to me. I want to help them AMP up their abilities to attract even more to themselves.

This week I want to make choices about vendors I am considering using that come from a place of ease and connection and offer a true win-win for everyone.

I want to teach amazing and activating classes.

I want to serve others in ways that feel good for me and for them.

Other example

The following are more examples of lines from scripts:

Dear Spirit - Today I need assistance to feel a greater sense of ease in technical areas. I need assistance in completing my squeeze page.

I would like to have a greater sense of peace in all of the things I need to do today. I need to have a conversation with my spouse and I want that to be a harmonious conversation for us and to be able to come to a place of win-win.

I want to activate a great sense of prosperity - a greater sense of peace about money and where money is going to come from.