



LIVING AN EMPOWERED LIFE

Coaching From Spirit Institute

COACHING FROM
Spirit


QUANTUM ENTREPRENEUR
Movement

Overview

Lesson 1 – Getting Started

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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.



Welcome!

We are excited and delighted to have you in the Living An Empowered Life Program! It is no accident you are here; your inner guidance led you to this **particular** program at this **particular** time, with this **particular** group of people. You are ready to move forward in a powerful way and we honor you for making the energetic choice to do this. All is in perfect, divine order!

You have taken this step because you are determined and committed to live your life with passion, purpose and inspired by Spirit. Although, people come to this program from many contexts, the pragmatic, complete energy management system we teach is context-independent; you can use it to accomplish any goal, personal or business.

Know that you are in a loving, supportive environment that is here to strengthen and sustain you. Know also that you are joining a powerful energy grid of people. This group shares an interest in the systems this program teaches and encourages each of us to reach our respective goals.

We also want to make sure you have a lot of fun through this course! When you are having fun, you effortlessly align with all that you desire.

Ensuring the language used in this program works for you

There are many different ways to refer to spiritual energy. In this program we use "spirit", "inner guidance" and occasionally other terms. If this language does not work for you, just substitute a term that does work. The same holds true for any term you encounter through the program; make the terms work for **you**!



Overview of the Program

This program teaches, step by step, a complete, pragmatic energy management system that you can use to accomplish any goal, personal or professional.

One of the core skills the program develops is an ability to partner with your inner guidance. As you develop and deepen this partnership, worry over details begins to fade and you start taking action from inspiration. Things begin to come together in unexpected ways, to fall in place easily. This doesn't mean you give up planning or taking action; rather it means the planning you do and action you take come from an inspired place. The time and effort required to accomplish things diminishes as the frequencies of worry and fear drop out of your vibrational output. This is a practical way to create a life that is joyful and fulfilling.

The program is divided into 2 modules (6 lessons). Each module contains both intellectual and energetic aspects. The energetic aspects are especially critical for participants to integrate in their daily life, as these are more subtle and can take some practice.

The sequencing of the lessons is deliberate; each lesson builds on the previous one so mastery of each step is necessary before the next can be handled effectively.

The following describes each of the modules in the program. The tools and terms mentioned in each section will be explained as part of each lesson. They are listed here for reference only.

Module 1: Daily Energy Management

In this module you learn tools to partner with spirit, articulate and align your own energy, and develop sensitivity and proficiency in sensing energetic shifts. You begin to take control of your own vibrational output (explained below) by identifying and shifting patterns and beliefs that are not aligned with the results you want. The tools you learn here 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 (this is critical in eliminating overwhelm in any aspect of your personal and professional life). This module also includes a segment on shifting beliefs around money to create prosperity consciousness.



Module 2: Energy Planning

In module 2 you learn tools to define and accomplish goals, and define and manage individual and multiple projects. These tools combine with the daily energy management tools you learned in module 1 to start moving procrastination and overwhelm frequencies out of your vibrational output (explained below). You begin manifesting more of what you want and less of what you don't want, and start attracting solutions that feel great.

Timing Of Your Results (Pacing Your Learning)

It is critical to understand that the sequencing of the material is deliberate. Until both the intellectual and energetic principles of one module are understood and mastered, the next cannot be effectively integrated.

We are very used to learning intellectually and, most of us, are relatively new at learning and integrating material at a conscious energetic level.

In this program we emphasize mastery at the energetic level and applying a concept or tool when you learn it - this is what brings the results you seek.

Recognize that the energetic integration of a concept or tool may take time. Be gentle with yourself, and especially don't compare yourself with others; trust the beauty and intelligence of your particular spirit, and allow yourself to unfold in your own unique timing.

Know that you will receive and integrate the material in the time that best supports you mentally, emotionally, and spiritually. Everything you are experiencing is in the perfect timing and sequencing for both your inner and outer growth.

The program works on various levels at the same time. As you are learning about the energy concepts and tools, you are also laying the foundation at an inner level, a vision level, for the new life you are creating. The program guides you to accomplish goals (the outer level) from a place of joy and inspiration (the Inner level).



Some Key Concepts in Module 1

Vibrational Output

Vibrational output refers to the sum total of the various frequencies we emit. The thoughts we think, the beliefs we hold, the emotions we feel, the stories we tell ourselves, the actions we take, even the food we ingest all have frequencies. These frequencies create an energy field around us that is alive and in constant flux as our thoughts, beliefs, feelings, focus, concentration and intentions change. Some change from moment to moment while others changes over longer periods of time.

Frequencies attract and resonate with like frequencies. For example, if you have a belief that you don't have enough money, part of your vibrational output is "I don't have enough money". This attracts frequencies that resonate with that belief, and show up, for example, as debt, or as a behavior pattern such as overspending.

You can discern your vibrational output by examining the results showing up in your life; the frequencies you attract match those that you are emitting. To change what is showing up in our lives we have to change the frequencies we are emitting, our vibrational output.

This program teaches tools to help you learn to discern and manage your vibrational output so that you attract the results (frequencies) you want.

Vibrational Scale

Vibrational scale refers to the continuum of frequencies, from lowest to highest. Different thoughts and emotions have different frequencies, and are arranged on a continuum from lower frequencies (e.g. emotions such as hate, anger, depression or thoughts such as "I can't" or "I'm not") to higher frequencies (e.g. emotions such as love, compassion, joy, or thoughts such as "this is great!" or "this is so easy!").

Moving up the vibrational scale

Moving up the vibrational scale refers to moving from emitting a lower frequency vibration to emitting a higher frequency vibration.



We believe that the only way to accomplish this is to first acknowledge and make peace with exactly where you are - to articulate the lower frequency vibration you are currently emitting.

If you are angry, telling yourself to think of something that makes you happy is denying how you really feel. When you instead acknowledge the anger, you identify where you are vibrationally in order to begin to shift to a higher vibration. After all, if you don't know your origin, how can you map a route to your destination?

Even if the initial shift is small (e.g. from anger to intense frustration), it is authentic, and over time permits your energy to move further up the continuum. The key is to never push energy or pretend it is anything more or less than what it is, and to work with it as it is.

The overall shift in your vibrational output appears first in subtle ways, and then in more dramatic ways as you become more skilled with the tools and with your energy. As your vibrational output changes, the things you attract change. You are likely to find you are no longer triggered by certain people or specific types of situations and your attachment to specific outcomes diminishes.

An example of moving along the vibrational scale

Frequencies impact each other. Similar frequencies amplify each other. Disparate frequencies must find a common resonance in order to co-exist in harmony. When two disparate frequencies seek a common resonance, the one that is stronger has a greater impact on the weaker than vice-versa.

Most of us have experiences with people who leave us feeling drained and people who leave us feeling energized. These are both instances of movements along the vibrational scale.

For example, imagine a friend calls you because they've just lost their job and want to talk. Your friend tends to see the world in a very negative way and always seems to focus on what is upsetting or not working in a situation. You are by nature an open,

compassionate, optimistic person (the common profile of people in this program!). Your friend wants to feel supported and you want to feel you are supporting your

friend. However your natural positions on the vibrational scale are quite different. Take a moment and feel the energetic dynamics that are likely to occur through the course of that conversation.



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You focus on soothing your friend's pain by listening to what happened, expressing your understanding of how they are feeling, and looking for ways to help them move into a more positive outlook on the job loss. You might offer ideas on how they can find an interim job if finances are an issue. You might suggest it may be an opportunity to find more fulfilling work. You are trying to bring your frequencies into harmony by moving them up the vibrational scale. Your friend responds by pointing out flaws in your suggestions, trying to help you see how they won't work or aren't possible. They are trying to bring your frequencies into harmony by moving you down the vibrational scale. You are both seeking a common position on the vibrational scale from which to interact.

If your friend's pessimism is stronger, you may gradually shift downward along the vibrational scale. If however your optimism is stronger than your friend's pessimism, you may gradually shift your friend upward along the vibrational scale. Which would you rather experience? Of course, the very fact that you are in this program answers that question.

Learning to change your vibrational output

Whether or not you are planning to coach others, you will coach yourself to change your own vibrational output. You alone can change your vibrational output and vibrational output is a critical factor in your success. In the program you learn self-coaching skills by observing your instructor coach a participant; notice how they guide the interactions, what they do to help energy shift, how they help the participant make peace with where they are currently and then start helping them move up the vibrational scale.

Mastermind group

A mastermind group is any group of like-minded people who come together for a specific purpose. The participants in your class form your mastermind group.

Recall the discussion above of vibrational output. When you change your vibrational output you can expect different ways of how you experience others in your life.

Remember that like frequencies resonate and attract each other. So if you begin



emitting or strengthening a frequency in your own vibrational output, it resonates with like frequencies in others.

In a mastermind group, such as this one, people are strengthening similar frequencies so they create an environment that amplifies those frequencies. Each participant contributes to the group by being present, focused, and connected to the energy grid which brings about rapid changes for everyone.

A mastermind group also carries the highest vision for each individual in it. Any doubt or baggage we may carry about our ability to accomplish something is ours alone. Others in the group do not hold that baggage for us and thus only see us accomplishing our goal. The certainty they emit around us achieving our goal serves to raise our own frequency above the doubt and baggage. We do the same for each of the other participants in the group.

Energy grid

Energy grid refers to the subtle lines of energy that connect each person in the mastermind group to each of the other people in it.

Intentions

An intention is a statement that establishes a direction for energy, and activates the experiences we want. In this program we distinguish between inner and outer intentions. An inner intention describes an inner state we want to experience. An outer intention describes a task we want to accomplish.

You set intentions to clarify what you want to accomplish and experience. When you can clearly articulate the essence of what you want, your actions naturally align with it. You can set intentions for anything. For example, you might set intentions for a project, a meeting, a relationship, a vacation, a phone call, anything. Many participants set an intention each morning for the day.

Most, although not all, intentions have a timeframe.

When you set intentions, you set energy in motion and set the stage for those intentions becoming your reality.



Setting intentions

It is important to set your intentions from a place of clarity and presence. You are not mindlessly saying some words out loud; you are deliberately naming a frequency.

Examples of inner and outer intentions

Say you want to write a book. Your outer intention would be "write a book". Your inner intention might be "to feel fulfilled" or "to give back to the world".

People write books for many reasons and in most cases it is less about the physical book itself and more about the feelings associated with creating the book and putting it out into the world.

Examples of inner intentions are "feel joy", "trust all will work out", "enjoy a greater sense of flow".

Examples of outer intentions are "work on my website", "plan my conversation about school with my son", "discuss our finances with my spouse".

Remember that in articulating your particular inner/outer intention you can look at how you will feel when you accomplish your desired goal.

Holding an intention

Holding an intention means consciously emitting the frequencies of that intention. You do this by seeing and feeling the person as though their intention is already their reality.

For example, if someone shares an inner intention to "feel more peaceful and experience more peace" and an outer intention to "write my webpage", you hold the energy for the person by seeing and feeling the person peacefully writing their webpage copy with ease, joy, and flow. When everyone in the group holds a common intention, they amplify the frequencies of that intention and support the person in moving into that position on the vibrational scale.



Activation

An activation is a type of guided meditation that triggers neural pathways in the brain and causes changes at a cellular level. These are used in the program to initiate and support changes around beliefs and patterns around various aspects of your life. The activations are done in class and are also included in written form in the program lessons.

Starting Module 1

Activating your success in the program

The following is your first activation in the program. Recall that an activation triggers neural pathways in the brain and causes changes at a cellular level.

Take a deep breath – right now, as you are reading this – and know that you are part of a mastermind group, a group of like-minded people who have come together to support each other, who are connected to each other. You were called to this group.

You asked for it. It is as if a pager has been going off inside of you energetically saying "I want to be with a group of people who can help me amplify my energy. I want to be in a powerful mentorship energy to help me activate what wants to be activated in me at inner and outer levels. I want to have a more meaning and fulfillment in my life. I want to have a system to support my creations and plans. "

At Coaching From Spirit Institute (CFSI) we want to support people with these kinds of goals and aspirations. You called us forth as we called you forth; we are the answers to each other's prayers. This is really about being a vibrational match. When two parties are a vibrational match to each other, amazing things can happen.



Setting intentions for the program

The first step is to establish intentions: the intentions we have for this program, and the intentions you have for this program.

Our intentions

Our inner intention is to joyfully support you in:

- creating an AMAZING, fulfilling life
- learning and mastering both the conceptual and energetic content of the program
- establishing and maintaining a deep connection to your inner guidance
- accomplishing any goal, personal or professional
- having fun in both life and business!
- shifting your vibrational output so you attract the results you want

Our outer intention is to:

- provide effective learning materials and resources
- respond to any questions or issues that arise as you move through the program
- stay on track with the curriculum
- keep in touch with where you are on the learning curve

Your intentions

- What attracted you to this program?
- What do you want to accomplish with this program and how can we help you do it?
- What are some of the areas in which you know you would like support? Identify the areas, on both inner and outer levels.

The clarifying questionnaire in Appendix A of this lesson can help you further elucidate your intentions for this program, activating them at a deeper level and helping to create the energetic alignment required to bring them to fruition.



Preparing to share intentions in class

Each class opens with the instructor creating a space for participants to center themselves, come into the present moment and consciously connect to the energy grid.

The instructor then initiates the sharing of intentions by stating their own inner and outer intention for the class. For example, their inner intention for this first class might be “to support all of you in getting acquainted with the program, help you feel and know you are in the right place, create excitement around the program content, and help you get oriented and started with the program material”. The instructor’s outer intention might be to “present program logistics and learning resources, give an overview of program content and the modules of the program, introduce the first key concepts in Module 1 of the program, define and start working with inner and outer intentions, and give participants suggestions on how to start developing their skills with the material”.

After the instructor shares their intentions, they ask a few participants to share inner and outer intentions for the class. Although time permits only a few participants to share intentions in any given class, it is important for every participant to set intentions for the class.

Any time the instructor or a participant shares an intention, the others in the group help them activate it by holding the intention for them. Any doubt about their ability to accomplish their intention weakens the strength of the frequency of that intention; having the group hold the intention strengthens and amplifies that frequency, moving that person fully into its position on the vibrational scale. Sharing intentions in the group also strengthens the energy grid, as the images that are seen and felt in holding the intention are sent and received among participants.

Notice also that just the act of holding an intention for someone else activates that same intention in you.



Mastering the Material

Each chapter in the Program Lessons includes a section to help you develop your skill and mastery of the material presented in class. The suggestions in this lesson lays the foundation for your experience and results with the program.

1. Get clear on your own intentions for the program.
Start working with the clarifying questionnaire provided in Appendix A of this chapter.
2. Make a time commitment
Set a clear intention, on both inner and outer levels to devote a certain amount of time every day, in a quiet place, developing your skill with the material. Unlike academic courses, the material in this course requires integration on both the intellectual and energetic level. The energetic level in particular requires practice to understand and master. We strongly suggest a minimum daily commitment of just 18 minutes to practice the material from the week's class. This 18 minutes is apart from the time you spend reading material, attending class, or doing anything else related to the program.
An example:
Inner: I am loving and enjoying each moment of this program.
Outer: I'm effortlessly setting aside 18 minutes every morning at my favorite café to play with the concepts and tools I learn in class each week.
3. Play with your connection to the energy grid.
 - Introduce yourself in the Empowered Living Community Forum
 - Practice sensing the connection with the energy grid (you might visualize it as a light structure connecting the hearts of all participants)
 - See if you can feel how you send and receive energy through the grid



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APPENDIX A: Clarifying Questionnaire

We invite you to use the following questionnaire to help clarify what you want to gain from this program, and start to envision changes in areas of your life that are of concern. You can think of it as a kind of inner and outer blueprint for where you are and where you want to go. It can also help you identify beliefs and patterns that may not be serving you so you can shift those frequencies as you move through the program.

This questionnaire is for you. You are not asked to submit this to our team (although you are welcome to send it to your instructor if that appeals to you).

Set an intention to keep this playful and light and to have fun with it! Move quickly, and trust the first answer that comes. Capture the essence of what you want and let go of any need to analyze or ruminate or provide lengthy detail. Skip any questions you feel led to skip. Notice your energy as you move through it and if it starts to shift down the vibrational scale, let go and come back to the questionnaire later, or another day. Let your inner guidance determine the pace at which you complete it.

If any of the questions triggers an emotional response, know that is fine. You are in a program that teaches you tools for dealing with that. Be gentle with yourself and make peace with where you are at this point in time.

You can answer the questions online in the template provided, or print out the questionnaire and write your answers by hand. Do what feels best for you. We suggest you keep your questionnaire handy as you move through the program; it can be a good source of information about your beliefs, behavior patterns, and where you want to go with your life.

Your decision to join this program

1. What motivated you to join this program at this particular time?
2. What expectations do you have for this program? What is the end result you are seeking?
3. What, if any, fears, concerns, or reservations do you have regarding the program?
4. What excites you most about the program?



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Your current concerns

Before you begin this section, spend a few moments in quiet reflection, and connect with your inner guidance. Let the answers naturally and effortlessly emerge from your inner guidance.

1. What, if anything, needs to change in you or in your life in order for you to be living a life that you love?
2. What are three questions or concerns you have right now about your life or with which you would like some help? These can be about any aspect of your life: relationships, work, business, health, wealth, etc.
3. Why do you want to answer or resolve these questions or concerns?
4. What would it look and feel like to have those questions or concerns resolved in a way that felt effortless, fabulous, and fun for all concerned? Have fun with this!
5. List any reasons you believe this is not possible. Have fun here too! Why couldn't you have this reality?
6. List all the beliefs you would need in order to have this as your reality.
7. Is there anything you are afraid might happen if your old beliefs transformed into the new ones you just listed?
8. Imagine those questions or concerns have been resolved, just as you described above. How does your life appear to you at that point? Paint a picture in your mind or on paper if you wish (you can even create a collage of pictures from magazines).
9. Reflect on the process that occurred as those questions or concerns got resolved:
 - Were there any challenges along the way? If so, how did you overcome them?
 - What changed in you? What changed in others as they relate to you?
 - Did any changes occur in your work situation? in your physical, mental, or emotional health? in your physical body?

About your Mentor



Sharon Wilson is a former executive in both corporate & non-profit sectors as well as co-founder of Transforming Culture Consultants. Sharon is the Founder and Chief Inspiration Officer at the Coaching from Spirit Institute and Chief Mindset/Growth Officer at Transforming Culture Consultants. She is a Certified Spiritual Counselor, Master Mindset Mentor and has supported thousands to use an inner and outer approach to have six figure plus businesses.



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