



Module Five - Funsheet

LOA step by step

- 1: Define/ figure out what you want (If you don't know what you want - make a list of what you don't want)
2. Take the 'don't want list' and reframe them into a 'do wants'
3. Take 'do want' and make it into a wish statement.
State it in the present tense
4. Set your intention (create the decision, the imagery around what it will all look like, feel like, how will it impact your life)
5. Amplify the wish statement by tacking on the end "... or even better"
6. Clear all resistance. Own the feeling that you deserve what you're asking for.
7. let go the responsibility for it. Surrender it to 'the powers that be'
8. Take some action steps (small baby steps are fine)
9. Thank the Universe for delivering it. (even if it hasn't turned up yet)

What do I want?? Law Of Attraction 101

What am I experiencing that I don't want in life?

Reframe it to a "I want.. statement"

1. _e.g I don't want to feel tired anymore_____

” I want more energy_____

2. _____

3. _____

4. _____

5. _____

Rewrite the above 'I want' statement as a present tense "I am or I have or I now enjoy ..." statement

(as the example above)

"I have and enjoy more than enough energy"

or "I am now living in the healthy, respectful relationship with myself"

or "I allow myself to love myself enough to look after myself"

USE your 5 senses to imagine a movie screen with your new reality playing on it. 'See' that future as if it were now.

Write your "I AM Statement" (It MUST be written in the present tense)

1. I AM/ HAVE/ ENJOY _____

What do I see ? (describe the scene in front of you , on that imaginary screen)

What do I hear?

What do I feel? (what is around you on the imaginary screen? — what do you feel inside you emotionally?)

What do I hear yourself saying about yourself? What do I hear others / friends saying about you so that you know you have reached this reality?

My Wish Statement (stated in the present tense - like you've already received it)

I am / have / enjoy / love _____

_____ or even better

How to let go of resistance

Read or tune in to your Wish Statement.

Tune in: do you 100% believe the statement? If you don't believe it, feel it, own it deep inside, you have resistance to it.

Feel the resistance

Acknowledge it (heh there - I see you.)

Go in;

Say to the resistance: "What are you?"

"How can you move?"

"Am I willing to let this go?"

Allow any funny feelings come up, and make sure you breathe.. breathe out any funny feelings which may come up.

Clearing Resistance from your Energy Centres

BASE ENERGY CENTRE

Who / What am I not trusting?

What could I be doing / asking / being, that I am not?

I Trust that _____ flows to me in every way even when I don't know how it will arrive

I Trust that _____ flows to me in every way even when I don't know how it will arrive

I Trust that _____ flows to me in every way even when I don't know how it will arrive

SACRAL ENERGY CENTRE

Who am I keeping from looking after me?

Where am I not receiving kindness?

What could I move, if I could move is keeping abundance from me?

SOLAR PLEXUS ENERGY CENTRE

Where am I not truly being me?

Where am I hiding? How am I hiding?

HEART / CHEST ENERGY CENTRE

Where am I not allowing the full light of love in?

Where do I conditionally give or receive love?

Where do I feel blamed?
