

SOUL ALIGNMENT for ABUNDANCE & MEDIUMSHIP

Law of Attraction – Step 1

Introduction, Preparation

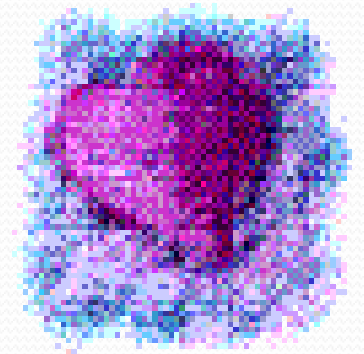
- Please watch the introductory video called “Soul Abundance,” hot linked in notes section of this video before continuing.
- You can also access it by clicking on link to this presentation provided in notes section of this video below, <http://SpiritMediumLaura.com/LOA-1.pdf>, then pressing on hot link on slide 2 right here: <http://youtu.be/8KgxUUGNxnY>



INTUITION Is Modern MAGIC

- Intuition is your SOUL speaking to you.
- Your soul is supernatural! It brings with it automatic Prosperity.
- Quote: “The Power of Myth,” Joseph Campbell, Ph.D., famed mythologist, described it this way. “Follow your bliss and the universe will open doors for you where there were only walls.”
- Follow soul (bliss). Receive magic.

Overview of LOVE Steps



- L.O.V.E. is Law of Attraction MOJO.
 - Let Go of Ego (Fear). Let Go to GET, LOVE your life exactly as it is. LEAVE resistance behind. LEARN to be so you can SEE.
 - Open LOVE (Do what you love, your purpose or Dharma and abundance will follow. This is your soul speaking to you.)
 - Vibrate higher frequency of LOVE, your soul's purpose.
 - Embrace the Flow of GOD - Guidance, Opportunities and Destiny. No flow 'til we Let Go!

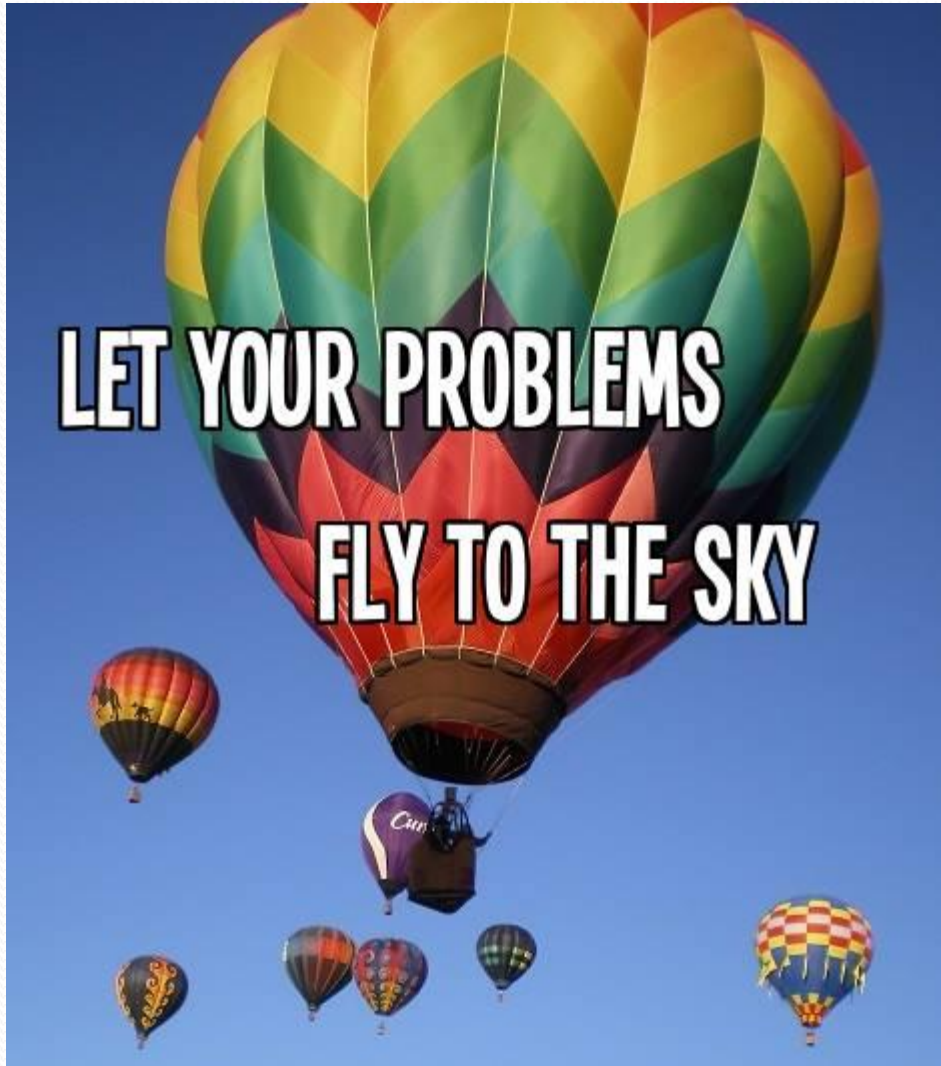
Course Tools

- This complete course uses tools such as archetypes, affirmations, meditations, symbols, other energy tools and principles.
- Aligns you with your soul for prosperity and psychic development.
- Psychic means SOUL in Greek.

Agenda – Step 1, Let Go

- **Let Go of Fear (Ego)**

- Awaken Awareness to Choose vs. Lose.
- Identify and heal your primary life resistance pattern.
- Find and release your karma.
- Homework.



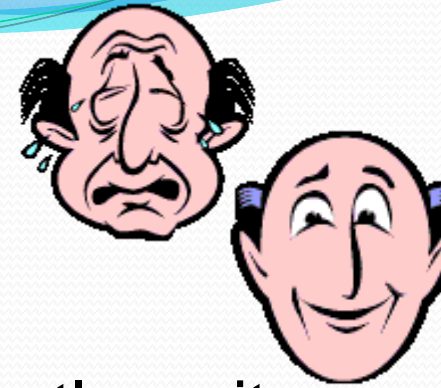
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Step 1: Let Go of Fear (Ego)



- **Spiritual Law of Nonresistance.**
- **LET GO of Fear (Ego Control).** LOVE Your Life. Learn to Be, So you can See to Choose vs. Lose.
- **Let Go of Karmic Addictive Patterns.**

Step 1: Let Go of Fear (Ego)



- **Let Go of Fear (Ego)**. LOVE your life exactly as it is.
- **QUOTE**: “Whatever you fight, you strengthen, and what you resist, persists.” — **Eckhart Tolle**

“LEARN TO BE SO YOU CAN SEE

It's only then that you can be

Aware, alert, and truly free

To live your life abundantly.” — **Spirit Medium Laura**

Let Go Of Fear (Ego)

- **CONCEPT:** When you let go of fear you stop control. You begin to see things clearly, you become more aware. Then you can start to use free will to choose happiness over sadness. You begin to enter the now, which is a playful state of flow, the higher vibration of miracles.
- **Quote:** “Acknowledging the good that you already have in your life is the foundation for all abundance.”
— Eckhart Tolle, *A New Earth: Awakening to Your Life's Purpose*

Resistance Story



- **Summary:** I realized after suffering for four hours to create content for this chapter, I needed to take a break. When I went out to take a walk in nature, I began to re-center. The material for this chapter was promptly channeled to me in just 10 minutes after I completed the walk.
- When you are in resistance you are blocked from divine flow, abundance and creativity.
- When you LOVE the NOW you awaken it.

State of Resistance

- **Disconnection From Self (Soul).** “Being myself allows the wholeness of my unique magnificence to draw me in those directions most beneficial to me and to all others.” — [Anita Moorjani, *Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing*](#))
- **Head = Out of the NOW.** EGO. CONTROL. FEARFUL. INTELLECTUAL. NO FLOW of Guidance Opportunities Destiny (GOD).
- **Heart = In the NOW.** SOUL. LET GO. LOVING. INTUITIVE. FLOW in Guidance Opportunities and Destiny (GOD).
- **Fear vs. LOVE.** The challenge is to trust (love) the “heart” (soul, GOD) so your “head” will fearlessly follow its flow.

Symptoms of Resistance

<ul style="list-style-type: none">• Feeling disconnected from Source.	<ul style="list-style-type: none">• Unhappy
<ul style="list-style-type: none">• Anxiety	<ul style="list-style-type: none">• Shame
<ul style="list-style-type: none">• Anger	<ul style="list-style-type: none">• Jealousy
<ul style="list-style-type: none">• Irritability	<ul style="list-style-type: none">• Bitterness
<ul style="list-style-type: none">• Fearful	<ul style="list-style-type: none">• Resentment
<ul style="list-style-type: none">• Tenseness	<ul style="list-style-type: none">• Insecurity
<ul style="list-style-type: none">• Frustration	<ul style="list-style-type: none">• Procrastination and not following through on ideas is or dropping creative ideas.
<ul style="list-style-type: none">• Impatience	<ul style="list-style-type: none">• Feeling un-centered and discontent.
<ul style="list-style-type: none">• Boredom	<ul style="list-style-type: none">• Thinking rather than being. Out of the NOW.
<ul style="list-style-type: none">• Compulsive Addictive Behavior. Over eating, procrastination, drinking, shopaholic, gambling, computer games, Facebook, pornography, TV all the time.	<ul style="list-style-type: none">• Confusion.



Exercises Begin

Preparation – Get pen/paper

- **LET GO IN MEDITATION:** Take a moment to uncross your arms and legs. Take 4-5 deep breathes slowly from your abdominal area, releasing and relaxing into it.
- **OPEN INTENTION:** Repeat this: “Thank you infinite spirit for providing me a healing, releasing and transformative session in highest love and light. And so it is.”
- **VIBRATE in ALIGNMENT.** Imagine you are sending your energy out to meet with class mates and/or spirit guides/angels. Visualize their energy blending with you.
- **ENGAGE SESSION.**

Let Go to Get Abundant Exercise

- LIST: 5-10 things you love to do.
- Draw upon this list when you feel symptoms of Resistance.
- Examples:
 - Pet your cat, smile at your baby, play with your dog.
 - Call a friend. Go out socializing.
 - Go for a walk, dancing, play sports, listen to music.
 - Cook your favorite dish, do your favorite hobby.
 - Watch your favorite TV show or movie.
- Stop Video to **MAKE YOUR LIST NOW.**

Life Problems

- NOW LIST 1-5 biggest problems, struggles or traumatic conditions (resistances) of your life.

Examples:

- Abused, abandoned, addictions.
- Physical disabilities or ailments.
- Emotional, physical or economic instability in environment.
- Violence, rape, gangs, war, holocaust.
- Emotional loss.
- Told you are ugly, not good enough or bullied.

Result of Life Problem

- NOW LIST: 1-5 resulting patterns from these traumatic life problems.
- Examples.
 - Poverty. Work bankruptcy. Hating your work, out of work, no work.
 - Genius bankruptcy. Think you are stupid, without talent or not creative.
 - Abusive relationships. Inability to leave negative relationships or situations.
 - Bad luck. Attracting accidents, misfortunes, bad luck.
 - Chronic health issues.
 - Addictions to people, places, things or substances.
 - Low self esteem. No self care.

Good of Life Problem

- NOW LIST the GOOD that came from your problem. Your problem is your power! PROBLEM = POWER!
 - Ex. 1: My client is alcoholic. Hit rock bottom. Entered a 12 Step Program. Became a sponsor, then counselor to help others. His problem became his power.
 - Ex. 2: Client pattern lack of self expression. Upset b/c her healing certification had no brand recognition. GOOD: Opportunity to create her own brand, to express herself! Her problem became her power.

Let Go Of Life Problem: BALLOON RELEASE MEDITATION



- Imagine a field in front of you.
- See your family and friends in this field each holding a helium filled balloon.
- Each balloon represents your life resistance pattern.
- Count slowly to three.
- See them release the balloons into the air floating up to a higher power to be handled for you.
- Your loved ones all turn back and look at you smiling and say. “Your struggle is handled by a higher power. Relax!”

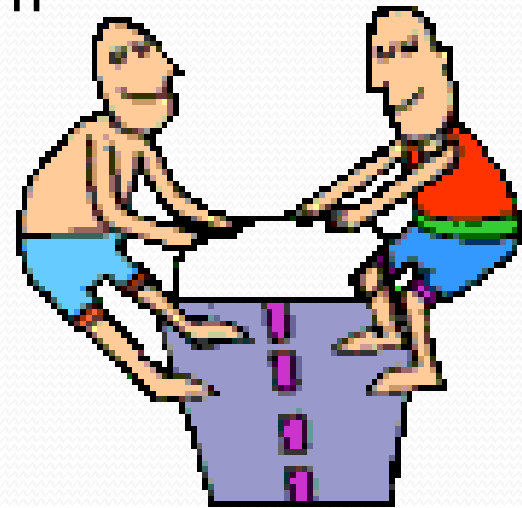


Your Soul Resistance Archetype

- **DISCOVER YOUR SOUL RESISTANCE PATTERNS.** They create karmic soul blocks, unless released. This exercise will help discover and release it.
- **Uncross your arms and legs,** while taking a few deep abdominal breathes.
- **Think of the numbers 1-7.** These are Blocked Energy Archetypes.
- **Choose a number** from this range that pops out at you as I read them off to you now. Write it down.
 - **Write it down.** This number is representative of your life purpose struggle.

Adjust Soul Resistance Archetype

- **Definitions.** As I read these off think about your life and see if you can relate to the resistance you chose. Write down any other choices that resonate for you.
- **Adjust Choice If Needed.** This is important for next meditation. I feel disconnected from
 1. GOD.
 2. Intuition.
 3. Expression.
 4. Love.
 5. My power.
 6. Creativity or sexuality.
 7. Money or resources.



Your Let Go Affirmation

- Write down your affirmation.
- I AM
 1. Source
 2. Intuition
 3. Expression
 4. Love
 5. Me
 6. Creative
 7. Secure

Mindful Meditation & Mantra

- Use this affirmation in meditation.
- Get comfortable. Close your eyes. Focus on the vision field behind your eyes and/or your breathe from the abdominal area.
- Repeat your Let Go Affirmation over and over like a mantra. I AM _____
- Do this for about 5 minutes right now. In live class we do for less time.

Other Ways to Let Go

- **Burning to Release.** Affirm in writing what you want to release on a piece of paper. Burn it and release ashes to wind.
- **White Candle and Prayer.** Light a white candle and affirm as you light it what you want to release is gone. Burn candle down safely. Can use votive size.
- **Pink Light.** Send the situation pink light. Simply visualize the thing you want to release then shower it with pink light until you see it disappear. Pink light is releasing, healing and transmuting at a miracle level.

MESSAGE EXERCISEs

- FACILITATOR ASSIGNS PARTNERS who write down what they get for each other, while FACILITATOR READS OUT LOUD for each person in group. Then class partner explains what they got for same person. Explain what spirit says about:
 - biggest life problem.
 - resulting pattern from problem.
 - the good that came from it.
 - your major block archetype? Numbers 1-7.
 - What you love to do or should love to do.
 - how to release these patterns.

READING PRACTICE TIME ALLOWING

- READINGS. Time allowing couples read for each other about other current life issues, mediumship, etc.

Homework



- **Do Again.** Do exercises in Step 1 at least one more time. Ask intuitive friends or acquaintances for feedback.
- **Support.** Join the Soul Psychic Healer Facebook Support group to find intuitive friends with which to work.
- **Coaching.** Work with me in 1 on 1 coaching Makeovers or Mentorship to become a Master Certified Soul Psychic Healer. Call me at 954 465 7338 or email me at laura@SpiritMediumLaura.com