

SOUL ALIGNMENT for ABUNDANCE & MEDIUMSHIP

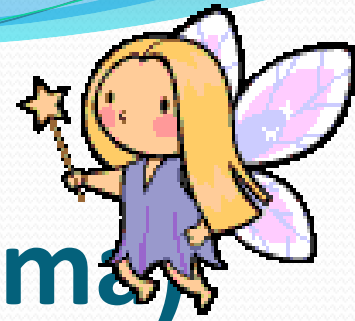
Law of Attraction – Step 2



OPEN YOUR HEART TODAY

TO YOURSELF AND OTHERS

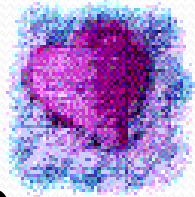
Step 2: OPEN SOUL PURPOSE (What you LOVE, Desire, Dharma)



- **Spiritual Law of Dharma.**

- Dharma is a Sanskrit word for "purpose in life."
 - LOVE (feeling bliss) is your soul's purpose.
 - Aligns you with higher frequencies.
 - Life gets magical.
- **Quote: "Follow your bliss and the universe will open doors for you where there were only walls." — Joseph Campbell, Ph.D., author of "Power of Myth."**

Soul Purpose MAGIC Review

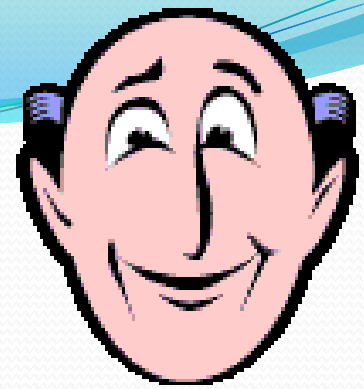


- **L.O.V.E.** activates your magic
 - **Let Go Fear (EGO). Learn to Be, So You Can See.**
 - **Open LOVE (Soul) (Authentic self, passion, purpose, Dharma).**
 - **Vibrate Higher. (Soul Purpose).**
 - **Embrace Flow of Guidance, Opportunities and Destiny
GOD. No flow 'til Let Go!**
 - **Tools:** archetypes, affirmations, meditations, symbols, other energy tools and principles to get you in the flow of your prosperous destiny.

Step 2: Spiritual Law of Dharma



- **The Spiritual Law of Dharma or Life Purpose.**
“You have a unique talent and a unique way of expressing it. There is something that you can do better than anyone else in the whole world. Expressing your talents to fulfill needs creates unlimited wealth and abundance.” — [Deepak Chopra](#)
- **I say it this way.** “When you use your natural gifts and talents in service, prosperity flows to you. You are guided to opportunities as your destiny unfolds.”



Step 2: Law of Dharma

- Three components to the Law of Dharma. We are on earth to:
 - Discover our **true Self**.
 - Express our unique talents; the expression of that talent takes you into **timeless awareness**.
 - The third component is **service to humanity**.
- Deepak says and I know, if you do this:
 - You can manifest anything you want--all the affluence, money and success you desire
 - Life becomes more joyful and abundant
- Adapted from *The Seven Spiritual Laws of Success*, © 1994 by Deepak Chopra, co-published by Amber-Allen Publishing and New World Library.— Deepak Chopra

I say it this way

- When you use your natural gifts and talents in service, you are led by Guidance, Opportunities and Destiny (GOD).
 - You get “lucky”
- Dharma is your right purpose in the universe.
 - Want to attract a soul mate, money or health? Get Dharma right first.
 - Aligned with Soul, your magic flows.
 - Higher frequency -miracles are the norm.

Key Characteristics of Dharma

- **Deep Knowing:**
 - Feeling a deep knowing w/o having studied it.
- **Bliss/Peace/Timeless Space:**
 - When you are doing this activity.
- **Attraction to:**
 - Subjects, hobbies or careers.
 - Places to live and types of people

My Story

- **Summary:** When I Affirmed: “I am using my natural gifts and talents in lucrative and productive service to others.”
- **Doors flung open/ Still Flung Open.**
 - Angel Healing Circle, led to lead a development circle.
 - Led to teaching and private sessions with clients.
- **Natural.**
 - I could “see” things so easily.
 - Flock of clients. Deep validation.
- **Sense of purpose**
 - No longer the poor girl with money.
 - Now the rich woman with purpose.

DHARMA AND LOVE

- On your path, your right love partner will present.
- **LOVE STORY:**
- **Summary:** My sister met and married her soul mate after surrendering her 57 year search for love.
 - **Lifetime of love starvation.**
 - **Let Go of Fear (Ego Control) of no love.**
 - **Opened her LOVE of dance.**
 - **Vibrated higher in miracle frequency.**
 - **Engaged her flow. Married her soul mate.**

The Spiritual Law of Desire

- Supports the Spiritual law of Dharma (soul purpose) and Law of Attraction.
- Quote, “Desire in the field of pure potentiality has infinite organizing power.” Deepak Chopra, “7 Spiritual Laws of Success.”
- **NOT GETTING WHAT YOU WANT?** This is because you are **NEEDing** something to **COMPLETE** yourself (ego), rather than **DESIREing** something to **BE** yourself (soul).

Law of Attraction SECRET: NEED versus DESIRE

- PROBLEM:
 - NEED a job.
 - Not gotten one after months of searching
- The truth. To you a job is
 1. Boring, not fun.
 2. Rigid schedule.
 3. No time off to do other things.
- You don't really DESIRE a job, you NEED one b/c you feel afraid you will not survive w/o one!

Law of Attraction SECRET:

Define DESIRE/WANT

- Write down what you WANT: fun, flexibility, time for leisure.
- Suddenly, you find an ad for a fun job working with dogs, with a flex schedule with short commute. You apply right away! Within a week you are employed.
- **THE SECRET: When you know what you WANT it attracts to you INSTANTLY.**
- EXERCISE on this later.



Exercises Begin

Preparation

- Get a pen and pad.
- **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 your spirit guides. Visualize their energy blending with you.
- **ENGAGE SESSION.**

Awaken Your Awareness

- Awakening your awareness is key to “seeing!”
- Right now. Take a pen in hand that is NOT dominant.
- Write on a piece of paper this sentence, “I am feeling how this feels right now.”
 - After doing this your senses are awakened.
- Whew! How do you feel?
- DISCUSS. Discuss with a friend, coach or support group. In Playground we will discuss at the end.

PLAY – The Real You

- Journaling exercise.
 - WRITE. Name 5 – 10 + games or activities you loved to play as a child.
 - LOVE. Which games did you absolutely adore most?
 - FIND 1-5 + themes to these games. Write down. Ex: Achieving, earning money, marketing, nursing, doctoring, warring, combat, creative, leading, following, structured in school or alone, nurturing, skill building, building physical or non physical structures, destroying, etc.? I loved PLAY.
- Do now.
- DISCUSS: Discuss with a friend, coach or support group. In Playground we will discuss at the end.

Taken from Radio Show: What Do I Want Now

- Take out your pen and paper.
- Write down 1-5 things what you hate in your life right now.
- Now write down its opposite. Example:
 - I hate working so many hours.
 - I WANT to work less hours and get paid more.
- How do you feel finally saying that?
- DISCUSS. Discuss with a friend, coach or support group. In Playground we will discuss at the end.

Create I WANT Affirmation Mantra

- Feel good finally expressing that? Great. You just acknowledged it is possible to have what you want!
- Create your I WANT Affirmation Mantra. Ex., “I AM paid for fun and play.”
- Say three times to yourself.
- How do you feel?
- **DISCUSS:** Discuss with a friend, coach or support group. In Playground we will discuss at the end.

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 I WANT Affirmation Mantra over and over like a mantra. Ex. I AM paid for fun and play.
- ALONE: Stop the video. Do this for about 5 minutes right now.
- WORKSHOP as Facilitator allows.

Soul Archetypes

- **Next, Soul archetypes** to further find you.
- **Affirmations:** We create an affirmation from your Dharma Archetype to be used in meditation.

Dharma Archetype

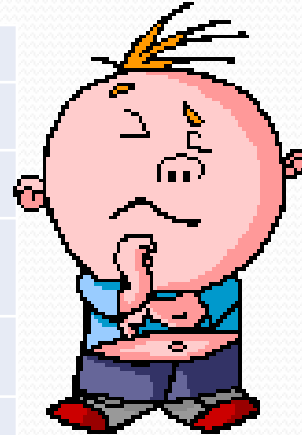


- **Choose a number from 1 to 12.** This is your Dharma Archetype (Soul Self) for this lifetime. As I read them off listen carefully. One will pop out at you. Write it down. This is correct
- 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12
- Next slide **WRITE DOWN** the I AM affirmation for your choice.
- **DISCUSS:** Discuss with a friend, coach or support group. In Playground we will discuss at the end.

1 2 3

Dharma Archetypes & Affirmations

Archetype	Meaning	I AM
1/ Innocent	• Traditionalist: Remains loyal to and maintains faith in simple values and virtues	I AM faith.
2/ Every person	• Communitarian: Seeks and builds community in all situations	I AM community.
3/ Hero	• Crusader/rescuer: Emphasizes making a difference for others	I AM heroic.
4/ Caregiver	Nurturer: Provides comfort, kindness, and compassion to others	I AM kindness.
5/ Explorer	• Adventurer: Emphasizes adventure and/or new experiences	I AM adventure.
6/ Lover	• Harmonizer: Ensures that relationships are harmonious and pleasurable	I AM harmony.
7/ Revolutionary	• Game-changer: Initiates radical innovations that change the rules of the game or the realities of the marketplace	I AM change.
8/ Creator	• Artisan: Gives expression to visions/thoughts/ideas	I AM creativity.
9/ Magician	• Healer: Effects individual or group healing	I AM shift.
10/ Ruler	• Leader: Takes charge of people/situations; takes responsibility for the good of others	I AM leadership.
11/ Sage	• Expert/guru: Develops own knowledge and expertise to the highest level	I AM wisdom.
12/ Jester	• Entertainer: Helps others have fun or a good time	I AM laughter.



Mindful Meditation & Mantra

- Use this I AM Dharma Affirmation as a Mantra 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 I AM Dharma affirmation over and over like a mantra. I AM _____
- ALONE: Stop the video. Do this for about 5 minutes right now.
- WORKSHOP as Facilitator allows.

Homework



- **Listen to introductory workshop if you have not already.** Get it **HERE**:
<http://youtu.be/8KgxUUGNxnY>
- **Day 1 -7. Do a mindful meditation** repeating your I WANT Affirmation Mantra for 5-10 minutes.
- **Day 1-7. I WANT Journal.** Every day keep writing about things you want, refining until you have many pure I WANT Mantras.
- Attend Next week's class or buy the course **HERE** and work alone or with Laura in one on one coaching.

Workshop DISCUSSION

- Facilitator asks each student the following?
- How did it feel to write from your opposite hand?
- What 5-10 things did you love to play as a child? Theme of your play?
- What 1-5 things do you hate now? What's the top thing? What's the opposite of this?
- Create affirmation from this. Ex. I AM paid for fun & play.
- How did it feel to say what you want?
- What's your soul archetype? Adjust & correct, as needed.
- How did it feel to say it's affirmation?