5 DAYS TO FLOW

THE ENERGY EXPERIENCE

ENERGY
ALIGNMENT
METHOD

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5 DAYS TO FLOW | DAY 3 WORKSHEET

AIM FOR TODAY

So now we've spent two days looking at how to use EAM. I hope by now you're feeling some relief on the one subject you looked at. Today after you have watched the video we want to create your to-do list so you can see which areas of your life you need to begin working on first.

Please remember that this task is just about creating your list of things to do. We would be here for weeks or month if we tried to work on it all right now. This list is every single area of your life so do we think you will get it all done today. Allow yourself to see today as the starting point for the rest of the journey. This usually takes me ten months to take people through (and even then we always have more to do).

So be gentle with yourself. Keep it simple. We are always a work in progress. We are still on Day 3 of our journey and there is so much more to learn. Hopefully from the video training today you'll have understood some more of the context for each of these about how this can help you change your life. Then on the worksheet below ask the sway for each of these headings then tick which one this gives you the answer too

Use the sway to ask about each of these areas of your life and ask three questions:

- Is this in reversal?
- Is it in resistance?
- Is it in reversal ?

These are the different elements

- Your Spiritual Connection
- Your Thoughts & Beliefs
- Your Emotional Health
- Your Physical Health
- Your Physical Environment
- Your Relationships
- Your Lifestyle
- Your Abundance, Money & Wealth,
- Your Passion and Purpose and People
- Your Ability to Be Making an Impact

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For example you would ask the sway

“Is my Emotional Health in reversal?” (Yes / No)
“Is my Emotional Health in resistance?” (Yes / No)
“Is my Emotional Health in flow?” (Yes / No)

Tick each one that it comes up with. You may have some areas of your life which have a resistance and a reversal or in flow. This is because they are broad areas so different areas of that may be in different energy states.

Now choose JUST the first one on the list which is in resistance or reversal and work on using the three ways of releasing resistance around it that we worked on yesterday. The purpose of this is to help you see where you need to start, to give you a plan so you can see what you need to do to change your life.

We have yet to give you all of the steps to do that, this is just to see where you are and to start seeing which areas of your life you need to get into alignment first. So today, even if it’s not your biggest challenge, begin on the top issue on the sheet which is in resistance or reversal and start doing some work on getting it in flow.

Just choose one subject (the first with resistance or reversal on the list)

- What happens to your energy ?
- How many thoughts & beliefs do you have?
- What emotions do you have connected to this?

Follow the steps of EAM to work through them.

As tempting as it is to want to change it all right now. Please just create your assessment list on the next page and then focus on the first thing in the list for today.

CLICK HERE TO COME AND COMMENT UNDER DAY 3 VIDEO

If you want to know more about how EAM can help you click here

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THE ENERGY EVOLUTION | LIFE ASSESSMENT

	REVERSAL	RESISTANCE	IN FLOW
UNIVERSAL CONNECTION	( )	( )	( )
THOUGHTS & BELIEFS	( )	( )	( )
EMOTIONAL HEALTH	( )	( )	( )
PHYSICAL HEALTH	( )	( )	( )
PHYSICAL SPACE	( )	( )	( )
RELATIONSHIPS	( )	( )	( )
LIFESTYLE	( )	( )	( )
WEALTH & ABUNDANCE	( )	( )	( )
PASSION & PURPOSE	( )	( )	( )
MAKING AN IMPACT	( )	( )	( )

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5 DAYS TO FLOW | DAY 3 TRANSCRIPT

DAY 3 PART 1

So here we are, at the beginning of day three. Now I hope by now you have done the work on day one. You've understood the five steps, and you understand much more your energy. And you've started doing the work or should have completed the work from day two before watching this video. And you've looked at some of the thoughts and the emotions that you have around your big challenge.

So tell me a little bit more. Hope that you've been feeding back underneath the videos, inside the Facebook group and also making sure you're getting support from myself and our mentors. But today, I want to show you how you can use EAM to start changing every area of your life. I talked about this in the introduction video and on day one, but we do have a specific order in which to start working through changing your life. There is a process. There is a method to sort out the craziness that can sometimes feel a little bit mad. There is a linear way for you to work on it and that's exactly what I want to share with you today.

The question is, are you ready? Now, I want to put a little preamble around this. What I'm sharing with you in this video, is what usually takes me ten months to share with people because this is a high-level view of something that we typically dive deep into. So the reason I'm saying that is because I know with what I share, there are probably going to be a whole bunch of other questions that come up. The purpose of me sharing this is so that you understand there is an order and to give you a starting place so that you can start approaching these things for yourself in your life and creating a shift. I can't possibly even with all the love in the world, and all the best will in the world, start to tell you how to do every single element of that. There are like 88 exercises inside the complete journey. And obviously, I can only share a tiny little piece of that with you today.

Please, know I'm sharing it with you to give you a context, and the purpose of this is so that you're going to create a little tick list. We're going to sway on where your stuck points are so that you understand where you're at, what you need to work on, and it will give you a running order so that you know what to approach first and how you can go into doing that.

So does that sound fair? Does that sound like fun? I hope that it will. Now remember we've been talking about this for the last two days, these three flows of energy. Everything in our life works in the same way. So our energy is either in flow, in resistance, or in reversal. And

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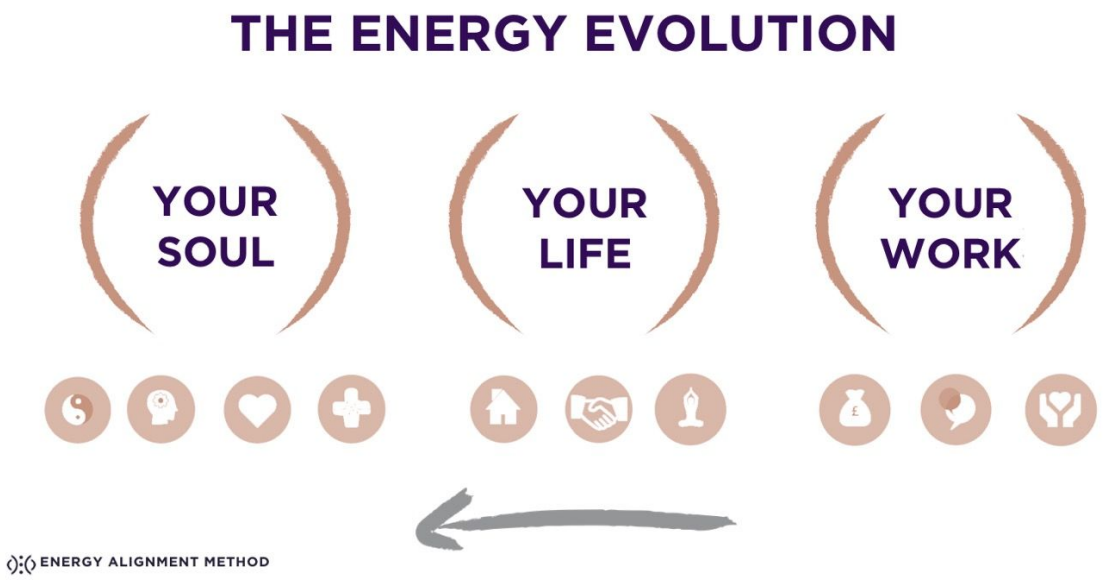
the same thing applies to the way in which we are trying to change our lives. Most people are going about changing their lives in the wrong way. Now if you remember I showed you this image of the Energy Evolution on day one and on the original pre-video too.

But this journey is designed to specifically work with the way your energy works. Most people are trying to go about this in the wrong way. So when I usually meet someone, this is generally what life looks like. They're thinking something along the lines of, I'm going to build this amazing successful business or get this amazing job or this brilliant career so that I can earn loads of money. That's with these three things. Then when I've got loads of money, I'll be able to live the lifestyle I want, have the relationships I want and be able to buy the home and live in the environment that's lovely and beautiful, and I'll have the house that I've always dreamt of. Then, I can look at my physical health, and I'll have time to do my yoga and eat the foods that I want and drink the water I want, and then, I'll be able to change the way that I'm thinking and the way that I feel and then I'll be able to have time to connect to myself. It looks something like that.



Now if you look at the arrows along the bottom of that picture, which way are they going? Are they in flow? Are they in resistance? Or are they reversed? The obvious answer is they're reversed. The energy is flowing in the wrong direction. It's flowing backward. Now it's the complete opposite energy of what you need to change your life. To change your life, we have to start at the beginning. And it begins with your soul.

It starts with your spiritual connection, yourself, connecting to who you are and this big electron map of energy that we know is all around us. Then you focus on your thoughts, then your emotions, then your physical health. Once you've got all of those four things, that's the element that we talk about as being your soul. It's the part of you that you can't share with anybody else. Nobody else experiences your physical health. Nobody else experiences your

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emotions or the way that you think. Nobody else experiences your soulful, spiritual connection.

All of that is what makes up you. It's what you define as being the you that you see is separate everything else. Although we know that we're not separate. Then you've got the strength and energy to start looking at your life. To start looking at the environment that you live in, the relationships you have, and the lifestyle that you live. Are you having fun? Do you go on holidays? Are you inspiring yourself to learn something new?

Very often these things get put to one side or parked in preference of us having to work or earning money or putting a career as more important than our relationships and our home and our lifestyle. And yet, the irony is, we think that we want to go and earn all of that money so that we can go and have the holidays that we want, and spend more time with the people that we love and somewhere along the journey, we actually lose the relationships. We don't live the lifestyle along the way, and we end up miserable anyway.

HOW TO CHANGE YOUR LIFE WITH THE ENERGY EVOLUTION

So, what I want to share with you is how to do this from an inflow space. And that's exactly what this Energy Evolution journey is all about. It is a long journey. It is a ten phase journey, but it works in a specific way for a specific reason. It's about creating more flow in every single area of your life. Imagine what it would feel like if all of those elements of your life were actually flowing in the direction that you wanted them to. If your relationships were how they wanted to be, if your physical health was how you wanted it to be, if you were able to live the lifestyle you wanted, you have the money that you wanted, you have the passion, the purpose and you were making your impact in the world. All of them were moving in the direction that you want, the inflow state. It really would be awesome.

So this is a holistic approach. We look at your entire life, because you aren't a single thing, living your life in one single way. We are all exploring through so many different aspects of our lives all the time. Now, I know that you don't linearly live your life either. But the purpose of this is to give you a step by step way to approach changing your life. And that's why it takes ten months. We can't work on all of it all at once. And if you try working on all of it all at once, it just ends up looking like a big mess of spaghetti, and we end up not getting anywhere.

So it's about creating almost like an energetic spring clean. Like you're going through your entire house and clearing out all of those cupboards which we all have. We know we've all got those cupboards somewhere in our house for the rubbish. So, the purpose of this is to bring more flow into everything you do so that everything feels easier and as you want to start bringing in more money or doing the work that you want to do in the world, all of the other elements of your life are actually in flow. They are actually sorted. You're not going to pulling yourself out of flow because there's some major drama in your relationship. You're not going to be having to pull yourself out of flow because you've lost the roof over your head or you're worried about money. It means that you're actually able to focus because

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everything is flowing in the way that you want it to be.

So, the wonderful thing I love about this is that it actually enables you to create like a domino effect on your energy. As we work through the ten steps, imagine that you've got all of your universal element in flow. Then you've got your mindset in flow; then you've got your emotions in flow, then your physical health is in flow. And each time you're putting each of those elements of your life into the flow state, it means that your energy collectively gets stronger.

So as you then start trying to change things outside of you, like your physical environment, your relationships, bringing in more money or making an impact in the world, it means you've got the strength in your energy to create those shifts and changes that you want. Rather than, like most people are doing, pushing and exhausting ourselves and making ourselves tired, because we're pushing against our energy. We're bringing all of ourselves with us, and it means that we can have a much greater impact much more quickly.

So imagine this is like unlocked the gates along a river. You're increasing the amount of energy that's working with you rather than against you. So, why do we work in the way that we do? Now you'll see here on this slide, that we're looking back again at the aura, these different layers of our aura. Now, the reason that we start at the beginning, the reason that we start with your universal connection and we don't start with your work or your money, is because actually what we're doing is spring cleaning each of those levels of your aura, so that you're raising your energy, you're releasing the resistance.

If you remember back in day one, when we talked about your aura being this recording device that's carrying every single experience you've ever had, if you're going to try and start manifesting a new relationship, or manifesting more money or creating success in your business, and you're still carrying limiting thoughts and beliefs, if there's stuff going on in your energy that takes you out of flow, if your emotions are in that place of feeling overwhelmed and stressed out, you can't start making the impact that you want in these big areas outside of your life, whilst your energy is in that way.

So, the reason that we begin with a universal connection is that we're actually starting with the outermost layers of your aura. So element one is your universal connection, and it talks to all of the elements of ourselves that make up the spiritual part of who we are. Our past lives, our spirit guides if you believe in those, things that have happened to us before, things that might be happening on a soul or karmic level. Once we've sorted all of those pieces out, then you're able to move on to element two, which is the mental level of our aura, the mental level of our energy. Then, you can move on to emotions, which is the emotional level of our aura, the emotional level of our energy. Then, we can start affecting our physical health.

If we're trying to make changes in our physical health, say someone's got a physical health condition or a disease, it hasn't just started there. It didn't just start at a physical level. It started because we had things going on in these different levels of our aura and different levels of our energy and we didn't deal with them on a mental or emotional level, and it had

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to get to the point where it's manifested on a physical level.

So, to change what's now happening on a physical level, we now need to shift what happens on an emotional, energetic and mental level first so that we can free up our energy, we can release those things from our energy that have created this physical thing in the first place. So, imagine every time that we're working on an element, you're releasing the resistance in your aura, which means that you expand. It means your energy becomes lighter. It means your energy is more in flow and you're able to start redirecting your energy to influence things outside of you.

When you're in that resistance state, it draws your energy in. It pulls you in. It makes you heavy. It makes you feel low. It means you don't have the energy to influence things behind you anyway. So, that's why we begin with the universal piece because we're working on cleaning all of those different levels of our aura, getting our physical body in the right space before we start stepping outside of us.

So, there is a specific order, and that's the reason why we do it. After that, then you can start working back out again. So your physical space connects to the physical level of your aura. Your relationships connect to the emotional level of your aura. And your mental level connects to the lifestyle element of your energy. So, we're again building ourselves back up to move our energy back out and expand away from ourselves, before you start trying to manifest with things like money, making an impact in the world, and your passion, your purpose with your work.

So, it all works with the flow of your energy, rather than flowing against it. Now, this is very often the reason why people are so exhausted with trying to change their lives. Because they've been pushing against the way that their energy works. So, all of that I've said is the reason that we use EAM to get yourself in flow first. We want to make sure that your energy is in flow. We want to make sure that you're coming from the right place and we want to give you a sensible starting place to begin, rather than jumping to things right at the end and trying to change those things outside of you when your energy isn't in the strong enough place, to begin with.

So, all of that said, I want to talk to you about the ten key areas and what's really involved in each of them because today, your exercise for day three, you're going to use the worksheet to sway on which of these areas in your life are in flow, resistance or reversal. And then from that, you can make yourself a little to do list, you can use the sway to help you clarify what is it that's stuck. What is it that's out of flow? What is it that's in flow? So, I want to talk you through the ten key areas, what they mean, so that you know what you're swaying on when you get to the end of the exercise. So that's what I want to lead you through right now.

So, if you haven't already, then please feel free to go and download the worksheet we've got so this makes sense as we're talking through, or make sure that you write yourself

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some notes. I'm just going to have a quick sip of water, one second. And then we will begin.

DAY 3 PART 2 – THE ENERGY EVOLUTION 10 KEY AREAS

Let me talk you through these ten key areas. Because you need to understand exactly what's going on with each one in order for this way to make sense when you're working through the worksheet.

UNIVERSAL CONNECTION

It begins with your universal connection. Element one is your universal connection. When we're talking about that, what I'm referring to are things like things that might have happened in your past lives. It can also be things that have happened in this lifetime. If you remember we talked about energy reversals. Now energy reversals can happen in all sorts of different places in our lives. And usually, it's because we've had some significant or traumatic event. It doesn't have to have been massively traumatic, but it was just a situation where we didn't have a coping mechanism. We didn't know how to deal with it, and our energies got into this locked state.

It's crucial that we work on any major energy reversals that might be standing in the way because while you got them, it means that it's challenging for us to shift and change things outside of you. If you're familiar with a method known as NLP, Neural Linguistic Programming, we also look at things like your timeline here. Different things that may have happened along your life path, or along your life journey, and the way in which you experience time, where your past is, whether it's in front of you, whether it's behind you, whether it's moving from side to side. Everyone experiences time in a very different way.

We also explore things that might have happened when your mom was carrying you in the womb. A phenomenal amount of things that hold us back in our lives happen during the time that we're pregnant; your mom is pregnant, not we're pregnant. The time that your mom is pregnant with you. Throughout those ten months everything she thinks, everything she feels, everything that happens to her, everything and everyone that comes into contact with her influences your experience of life and the world. Very often things can come up from that place too.

As I said, this is something that would normally take me a whole month to talk through, but when we're talking about universal connection, we're talking about the part of ourselves that we can't see. The part of us we would call our soul, our spiritual connection, whether you talk to God or Allah or Buddha, or Jesus or Mary or the universe or the spirit or angels, whatever that is that part of you that you feel is the powerful piece it is everything we are. We are all part of this one thing, but it's that piece of us that makes us magical, it's the piece of us that makes us human, but it's the part of us that's continuous and continues throughout time.

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When we think about the universal connection, that's what you're going to be asking. When you're swaying through is my life, is my universal connection in flow, out of flow, or in resistance, or in reversal.

CREATING AN ABUNDANT MINDSET THOUGHTS & BELIEFS

The next piece is then thoughts and beliefs. When we're thinking about that, we're talking about the mental level of our energy. We're talking about that mental layer in our aura and in that level we're thinking about things like thoughts, beliefs, any patterns or habits that we might have. Any traits that we might have, things that happen in our personality or parts of our personality, the good bits, and the bad bits, but the parts of us that make up what we would probably refer to as our thinking or our brain.

With the thoughts and beliefs element, when you're swaying on that, that's what we're thinking. Are my thoughts, beliefs, patterns all in flow in resistance or reversal. Now, of course, you've got thousands of beliefs and thousands of patterns. And we're not going to be able to work through all of them right now, but if it's giving you a sway that there's some resistance there, that's all it means that there are resistant thoughts or resistant patterns that you're holding that you need to work on and let go of.

EMOTIONAL HEALTH

So your emotional health, with this is touching back in again on what we were talking about yesterday. Where were your emotions along that scale? Are they above the line, are they below the line? It's very easy for us to get stuck in the way of feeling. We can become addicted to particular emotions. If you think about emotions on a chemical level, our emotions are hormones.

There are these little bags of chemicals running around our body, and we can become addicted to the emotion of happiness. We can also become addicted to the emotion of anger. We can also become addicted to the emotion of depression or stress or overwhelm. In the same way that we can become addicted to sugar, to alcohol, to drugs, or cigarettes, all of them are chemical messages in the body, and our emotions are the same. People can become addicted to a way of feeling and so the whole purpose of the work that we do around your emotional health is to stop that from happening, to stop you from becoming chemically addicted, or to let go of the addictions that we have to those emotions that hold us back, that take us out of that state of flow.

Now, it doesn't mean that you're never going to feel overwhelmed or frustrated again. We need to be able to experience all of those emotions and flow our way through them. Don't think of your emotions as being good or bad, they're just an indicator of what you're thinking and what you're feeling right now, and now that you've got EAM it means that you know that you need to do some work on letting go of that resistant thing. It just tells you there's something in your life right now that is out of flow and you've got some work to do.

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When you're working through this, I want you to sway on, is that area of my life in flow in resistance or reversal.

PHYSICAL HEALTH

Then of course we've got our physical health. Our physical health is all about our physical body. This part of us that we see as who we are. When you're thinking about this, this isn't just your physical body, but it's also the way in which you take care of it. Are you in health, are there parts of your body that are sick or ill or stuck or tight or diseased? Are you sleeping properly? Are you eating the right foods? Are you taking the right exercise for you? Are you drinking enough water? All of these things make up such an important part of our physical health and our physical well-being.

Now, I know that as I've gone on my journey from a life of once upon a time being an old-school raver and being a fan of drinking and maybe taking the odd Class A drug or two, naming no names maybe I did it at some point or another, it's been many years since I did. For me, that was the only way that I could get myself to this place of feeling what I now know is alignment. We can be doing that with simple things in our life every day. It could be sugar; it could be caffeine, it could be chocolate biscuits, it could be absolutely anything that we become addicted to.

What I've noticed, as I have gone on my journey of releasing resistance and getting more in flow, is that I've now gotten to the point where I barely drink anything. If I do have a drink now, I feel it. Not just that I'm getting old and I can't handle my drink anymore. Just because my energy has gotten to such a high vibrational state now, anything that brings it lower, I'm noticing it. And it doesn't just take me out of flow for a day; it takes me out for two or three days.

Now, the same thing happens with sugar, with drink, with caffeine, with all of those things that we're putting into our body on a daily basis. If you're noticing that you're getting out of flow, sometimes it can be the things that you're putting into your body on day by day basis, even that one sneaky chocolate biscuit can affect your energy for quite some time.

PHYSICAL SPACE

Now, there's also the physical space piece, and now we're looking at the, your life element of who you are. Physical space is about the environment that you have around you. What does your office look like if you have an office? What's your bedroom like? What's your living room like?, What's your kitchen like? What is the environment like that you're spending your time in? Is it fresh? Is it clean? Is it tidy? Have you got that mountain of washing that you know you need to deal with? Is there a massive crack in your wall? Do all the decorating needs do? Think about that for a moment. Every time you walk into that room where that massive giant looming pile of ironing is, or where you see what crack in the wall, or you look at your sofa and think oh my God, I hate that, is that putting you into

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an inflow state or an outflow state?

It's putting you in an outflow state. What you see and what you have around you in your environment is so important. If you've got clutter around you everywhere, it doesn't allow you to think and feel clear. It makes you feel overwhelmed; it makes you feel cluttered. To create an inflow space, your space needs to be clean. Now you can also use this physical space to manifest the house that you truly want.

RELATIONSHIPS

Moving onto the next step, relationships. This element in itself definitely takes a month, and I could spend a whole year working with you on the relationship stuff. Relationships are one of the biggest things that take us out of flow because we are dealing with somebody else and their own energy. Wouldn't it just be easier if everyone in our life behaved exactly the way we wanted them to, and they did everything we said, and they didn't P us off, and they didn't upset us, and they didn't frustrate us. How much easier would our lives be? Now, unfortunately, that isn't always the case, because we're all living with other people and they all have their thoughts, their own beliefs, their own experiences too. It's this weird crazy mess that ends up creating what we call our relationships and our interactions with other people.

So, when we're talking about relationships and when you're swaying on this today for your exercise, we're talking about relationships from your past, from your present, and also for those of you who may want to be manifesting new friendships or new partnerships or new relationships with other people, people that you might want to manifest in the future. It's a huge great big subject when we talk about relationships, but the biggest thing to understand here is something that we talk about as being the energy triangle. This is based on a piece of work from Doctor Karpman drama triangle it's called, and it's something from the transactional analysis where we talk about someone being the victim, the persecutor, or the rescuer. In EAM we talk about them as being the pusher, the puller, or the protector.

Now, the reason I'm sharing this with you now is that all of us usually are operating in one of those three places of the pusher, the puller, or the protector. In our relationships, it's the energy that goes into the way that we communicate, how we are, how we behave, what we think, what we say to other people, or what we expect back from others. And it's always one of these three energy dynamics that are at play.

Now the bad news is, all three of those energy dynamics are out of flow states to be in. Not one of them is coming from an empowered place. If you think about most soap operas or most drams, or most film plots, all of them are based on that dynamic of there being a baddy, if there being someone who is the victim, and someone who is the rescuer or the hero. Everything we have ever had demonstrated to us in our lives is based on relationships within this drama triangle.

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The way to step outside of that drama triangle and stop being pushed and pulled around by other people in our lives is to take complete total, utter responsibility for ourselves, for our energy, what we think, and how we feel. When we start doing this, it's usually one of the most difficult things for people in our lives to get their head around because we start communicating differently. We start playing into the drama of whatever that situation is, and it messes with people's mind. However, what it does for you is put you back into your flow state. It stops screwing with your mind, and it enables you to take back your power and control for what's going on in your life, rather than reacting, responding, to everybody else around you. It is so much fun, I promise. It might be hard work, there are tears involved sometimes, but it is so empowering to get your energy back.

When you're swaying on this today, like I said, remember that's the whole month it usually takes me to talk people through this, but what we're talking about is your relationships. And they can be relationships you've had before, as well as people in your life now, as well as people you want to bring into your life in the future. If it says that you've got resistance or you're out of flow in reversal with it, then understand that it can be talking about any one of those spaces.

LIFESTYLE

Next, we've got your ideal lifestyle. Are you having fun? Are you reading books? Are you meditating? Are you going out for a run? Are you learning something new? Are you going on holidays? Are you experiencing things that take you outside of your comfort zone, that isn't just at home, get up go to work, eat, sleep, repeat? Are you doing something that inspires you? Are you allowing yourself to grow on a spiritual, mental emotional and personal level to explore more things in the world, to go out and do all of those things that you promise yourself you'll do when you're rich? This is about doing all of them before, because they evoke a state of fun, and fun is one of the most important pieces of manifesting and especially if you want to move onto manifesting money, which is element eight.

MONEY, WEALTH AND ABUNDANCE

Now, there is a very specific reason why I don't teach people how to manifest more money with the law of attraction, and the reason is there are seven other areas of your life that you need to sort out and get in flow before the money will come. That's not to say that you can't start using EAM to get yourself in flow around money, but usually, the resistance that people are experiencing around money has nothing to do with money. It's nothing to do with money. It's usually something to do with how they think or feel. They think that they're going to be able to do something more with their physical health, they think it's going to somehow magically change their relationships, or they think they're going to be able to buy the house that they want or live the lifestyle that they want.

Usually the reason that someone wants the money has nothing to do with having the money. It's what they think the money is going to bring them. And usually what people

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think the money is going to bring them isn't that we want the house, the car, and the relationship, it's that we want the emotion the feeling that we think the money or that situation is going to bring us. The irony being, to manifest the money, you have to feel the feelings that you want anyway, and now that you've got EAM you know how to do that.

So manifesting money is just like anything else. Money is just an energy. The more resistance that you let go off in all of the other areas of your life. The more money, wealth, and abundance will start to flow to you. I am not one of these people who believes that if you're spiritual, you shouldn't have money. Mother Theresa was one of the best people at raising money, at raising finance, and getting money into her life so that she could go and make the impact that she wanted to do in the world. I believe that for us to go out there and make a massive impact in the world, you need to be able to manage money because it is energy. That's all it is; it is energy. And it's a transaction that needs to take place between you and other people for that energy to change and take place.

Manifesting money is spiritual. Having money in your life is spiritual. If you want to make a difference in other people's lives, if you want to go out there and change the world, I don't care who you are, I don't care where you're going, you need to have money in your life in order for you to go out there and do that. Yes, you can go and borrow money from other people, but you still got to be in flow with money to bring it into your life in the first place.

Please know that I say that with love to everybody that's out there who believes that having money is not spiritual. I know that there is another way and you can manifest in your money, money in your life and still be spiritual, really spiritual. If any of that stuff is coming up for you, if this is poking any of your buttons then I do invite you to use EAM and work through the beliefs that are coming up around this, because it is all just a belief around money.

Now I think you're going to love what we're doing on day five. I am going to introduce you to some ways to work with money. I'm going to share with you the most common money beliefs and patterns that are standing in people's way, so you can use EAM to release them and let them go. Because while you hold them, you're not going to be able to draw that money into your life anyway.

PASSION AND PURPOSE

There are two more really important pieces of the puzzle. If you think about how much time in our life do we spend at work, just think about your day, on average most people spend eight hours of their day at work. Most people get up in the morning, get dressed, and even if you're not at work, you're getting ready for work, you're going into work, you're coming home from work, it's probably a good ten hours of your day if you're working at an office or somewhere outside of your home. And if you're working for yourself, we all know you never actually really switch off. Everyone thinks it's just this magical lifestyle where you just get up and go to work, but the truth is you probably end up working more hours than you did if you were working for someone else.

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The reason I say that is if we're spending that much of our life at work, surely we need to make sure that we're loving what we do. Surely it's got to be following our passion and our purpose in life and working with people we love. Otherwise, we're spending nearly a third of our lives in a place that we hate, doing work that we don't love, with people we don't want to be with. How miserable is that going to make people feel?

Now I'm sure we've all had a job in our past at some point that maybe you might regret a little bit, or you think oh God, I know that I only did that just to make money or just to make ends meet, but the truth is, if we continue living our lives in that way we are going to end up in a place of feeling stressed, overwhelmed, anxious, frustrated, depressed because we aren't connected to ourselves. We aren't connected to our passion. We aren't living our purpose. For every single human being, I believe that we need to be living our purpose and our passion because it is the thing that will carry us through. It's not the most important part of our lives. Obviously friends and family and love and connection are if you're spending a third of your life doing it, surely you want to enjoy a third of your waking life doing something that's really important to you.

I know for me, I've always been about making a difference. If I saw something, even when I was at school that wasn't right, that I didn't like, not that I didn't like as in school dinners, but I mean something that wasn't just that wasn't right, it was always inside of me to be the person that would go and make the change. I would go and do something about it. When I now look back at what's been the thread throughout my life, every job I've had has been about making a difference in some way shape or form. It's been about changing people's lives, their work, it might have even when I was doing the marketing work it was still about making a difference to their business or making a difference to the message they had changing from where somebody was to where they want to be.

I don't know what that is for you, but very often you'll find that it's something that you do even when you're not at work. Your true passion and purpose is something it's just who you are, and it's the thing that's so easy for you that it seems like it's your magic gift, and to other people, it's real stress or a real struggle, they just aren't able to do that.

I would love to help you find your passion and purpose.

MAKING AN IMPACT

Passion and purpose and making an impact is very similar. But making an impact is actually about you going out in the world and making a difference. This is the external version of your passion and purpose. This is how you're going to do it. Passion and purpose are understanding who it is and what drives you, making your impact are how you're going to do it. This is much more where we're talking about your work, or if you work for yourself, or want to work for yourself how to use EAM in your business.

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Again, this is huge, and something that takes a long, long time for me to work through teaching you, but this is about working in a soulful way. Building a work and a life balance that is a reflection of who you are. Building a business or work life that is a reflection of who you are, your passion, your purpose and the work you're meant to be doing in the world.

I believe that everyone is here to make a difference. Now it doesn't mean that you all have to be a coach, or you all have to be a mentor. Everybody makes their difference in their way and as long as you love what you're doing and you're making a meaningful difference that impacts the lives of others. I don't care what package you put it into. It doesn't matter whether you're doing accounting, whether you're driving trains, whether you're making coffees, whatever it is that you do as long as you love what you do and you're making a difference when you do it, and it's your thing, that's the most important thing, it's what you love. Because when you're in the space of love, when you're in flow you'll make a difference to all of those people that you come into contact with.

I know that I have shared a lot with you today. This is probably one of the most intensive brain and heart heavy videos in the five days, but the reason I share it with you is I want you to see the scope of everything that you can do with EAM. I'm sure as we've talked through I hope that it's triggered a few a-ha moments for you. I want you to take a moment for yourself and write these down. What came up for you as I was talking through all of those things? Did it give you a little twinge? Did you get a little ping in your heart? Did you think yes, I know there's probably some work for me to do around that area of my life? These are some of the things that you can now use the sway to help you explore as part of the exercise.

Just give yourself a minute to jot down any a-ha moments that came up. I'm just going to have a super quick drink of water. For me, what I want you to take away from today is that there is a specific order in which to change your life. If you try and approach things in any other way yes you can do it, but it's going to be arduous work and usually along the way we are sacrificing something else to do that. Often, that thing that we're sacrificing is our happiness, which as we know how we're feeling is the thing that influences our lives. If we're giving up the way that we feel the rest of our life is going to feel like a push, hard work and we're not going to be manifesting the things that we want.

There is a reason that we don't work on money first. I know, I wish everyone who probably thinks oh just shut up Yvette, teach me about the money, but there is a reason that I don't do it, and it's because if we start trying to work on money and you've still got all of these other things going on, I know that we're not going to get the result that we would if we work on releasing all of those other areas of your life first before the money starts coming in.

Now, this is a straightforward way of doing it. Yes, you can start working on your business. That's not to say that you have to park working on your business, or you can't start working on manifesting money. All I'm saying is that if you want to start seeing those massive shifts and big results there are other steps in the journey for you to take first. That's all that this

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is all about. So that you don't end up feeling like you're going round, and round, and round in circles.

The exercise for you today is to use the worksheet; there is a worksheet there for you, which has got all of the ten areas on there. That's the reason we spent so long talking through them today. So that you understand the context of what we are doing and what we're talking about. I want you to sway and see which of these areas are in flow, resistance or reversal. Now that you understand the context for each of them, you can also then ask the sway. Say for example you'd say is my universal connection in flow, resistance or reversal, and you might sway forward it's in reversal. Is it something to do with my timeline? With being in the womb? Is it something from a past life? Use the sway to help you get clarity on exactly what that is that might give you some more ideas and an area that you need to go in and take a look at.

I am not expecting you to go and start working through all of those things today. That is not the purpose of this exercise. The purpose of the exercises today is to sway your way through and create yourself a tick list so that you know which areas are in flow, in resistance, and in reversal. That is the purpose of us doing this today.

Any questions that you've got around this, please come and ask them in the Facebook group. If you're not sure exactly what it means, or if it's telling you there's resistance just come and ask those questions. That's exactly what we're here to support you with over the five days. Please do just let us know.

Have fun with this. Really have some fun with this. This is just the beginning. Like I said, this is usually something that takes me ten months to teach, so if you're feeling a little bit confused, if you've still got questions I completely understand, it's a vast, vast subject that I've introduced you to a tiny little piece of the puzzle. Enjoy it for now and I really look forward to seeing what happens for you. If you want to take a picture and show us what happens on your assessment when you've printed it out and share that inside the Facebook group on the thread underneath this video today, then please by all means do that too. It would be really good to see what's coming up for you and see your a-ha's.

I look forward to seeing you in days four and five. Have fun. I'll see you for now. Take care.

CLICK HERE TO COME AND COMMENT UNDER DAY 3 VIDEO

If you want to know more about how EAM can help you click here

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