

Positive Vibrational Re-patterning



This is the most powerful tool for manifesting the life of your dreams. It is quite simple, but can often be challenging if satisfaction is a foreign feeling. In order to create a life you love, you first need to know what it feels like in **every cell of your body**. Otherwise, how will you know that you have it?

You know the saying, "You don't know what you have until it is gone?" Let's make sure that is not you. Do this exercise after you have completed the **Life in Balance** worksheet.

Here is how you begin...

1. What is one area of your life you want to create positive change in? (Choose one of the areas from your Life in Balance worksheet).
2. Lie down or sit in a comfortable posture. Take some deep breaths to connect with yourself and relax your muscles.
3. Ask yourself, "What would it FEEL like to be 100% satisfied with my _____?"
4. Come up with at least **six adjectives** describing the feelings of satisfaction in that area of your life and write them below. Hold each feeling as long as possible and continue to explore how good it feels to be satisfied.

1. 2. 3.
4. 5. 6.

5. Take it to the next level. Feel what it feels like in all your senses. Write your responses below.

When I am completely satisfied with my _____, what does it feel like to:

- ☀ Speak?
- ☀ Walk?
- ☀ Think?
- ☀ Breathe?
- ☀ Emote?
- ☀ Embrace?
- ☀ Eat?

6. Spend at least five minutes a day imagining what it feels like to be satisfied with each area of your life. Because this technique is so simple, people tend to not do it. However, if you can 'feel' your heart's desires as if you are experiencing it now it means the Universe has heard you and that energy is being attracted to you. Try it out for seven days in a row and let me know how things shift.