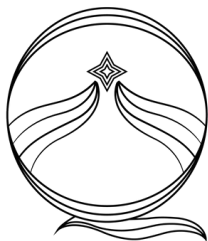


CREATE A LIFE OF  
**PURE**  
**MAGIC**



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# Create a Life of Pure Magic



How to uncap your dreams, put your vision  
into action, and live a life of fulfillment,  
alignment and success.

[Click here to Listen to my Guided Visualization](#)

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## **What if you got back in touch with the magic of the universe? And experienced joy and synchronicity on a regular basis!**

You probably have some big things on your dream list.. **Outrageous stuff** that most people don't get to do.

But in my community, they get that stuff done. **That's their normal.**

And if you want to **live a life of pure magic**, this is your golden ticket.

I created this guidebook to help successful, intelligent, visionary women like you raise your vibration in order to **manifest your most outrageous dreams**, enjoy new experiences, and become the happiest you've ever been.

If you've been trying to keep up with all of the demands of your business and personal life, and you want to make more space for yourself and for a **bigger dream**, all while make an impact and leaving a legacy, **this is for you.**

**These are just a handful of results my clients have seen in the last few years of working with me across industries:**

- Sold their businesses for hundreds of millions of dollars
- Manifested their soulmates
- Expanded their teams and taken themselves out of the day-to-day running of their business
- Had their first \$100,000 DAYS in business
- Finally having their children
- Scored \$14+ Million business deals
- Doubling, Tripling and 34xing their income
- Gotten Book Deals
- Given TEDx Talks
- Been interviewed on the Today Show

- Gotten investors in their business
- Founded non-profits
- Manifested their dream homes, 2nd and 3rd homes within months of us starting to work together
- Healed their relationships with family members
- Brought home over \$1 Million in *personal salary* a year
- Traveling the world whenever they want, wherever they want
- Hired the right help at home
- Become the happiest they've ever been in their marriage
- Become the healthiest they've ever felt in their bodies
- ...And so much more.

Time keeps passing. **You see others doing amazing things.** You don't want to waste a single second.

**Make a shift now** into comfort and ease and consciously choose what you want to create next.

## **Your Magical Life Awaits:**

Connect with the universe and manifest your most outrageous dreams.

## **I created this guidebook to help you:**

- Set higher goals & achieve them,
- Unlock your potential,
- Dissolve your limiting beliefs,
- Take back your time.
- Grow your business exponentially,
- Grow in your relationships,
- and Grow spiritually.

## **What if you got to live out your Wildest Dreams?**

# YES, it's all possible!

Unlike typical coaches that have you work from where you are now and then take little steps to where you want to be...

We start with the **biggest dream** and expand what's possible for you...

and then you can take larger, more focused steps up **faster** to reach your goals.

You rise to **meet the vision** that's been longing to emerge through you.

When you do it that way, it happens without all of the efforting.

**You're in the flow.**

## And this is why my clients have experienced such great results!

### Imagine...

If you had **more time and financial freedom** to do whatever you want *whenever* you want...

If work didn't feel like work...

And your leadership team ran your business without you...



If you **Deepened your connection** with your family and friends...

If you easily attracted your **soulmate relationships** in business and love...

If you had a dedicated spiritual practice...

And you were able to **make time for yourself**...

To go on retreats, meditate consistently and work out...

And you **Fell in Love with your Life** again!

## These are the results my clients get again and again.

Follow along to create your magical life.



"I manifested my first \$100,000 DAY! I lost 35lbs! My health has improved. I'm prioritizing myself. I am manifesting and being grateful everyday because of Jen and her guidance."

**Sarah Spooner**  
Founder of Four Sisters Boutique





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## Part 1: Your Imagination is How You Tune Into Your Intuition

**Manifesting is so much easier** than you're making it out to be. It is not, "I have an idea and I'm going to make it happen."

**Manifesting is actually more about tuning in and opening up your intuition to what's already there for you, and *receiving* the dream.**

I've done psychic training. And when you practice **tuning into your intuition**, it can feel like you're making it up.

But when you imagine, you're actually tapping into the Quantum Field and receiving information.

So when you have a desire... When you have a big idea for what you want to manifest in your life, it's not just *you* having this crazy idea.

Your desire is actually **the universe giving you the dream**. You're tuning in to what's already there for you.

Instead of pushing that desire away because of all of the reasons why you can't have it right now, what if you said, "YES?"

What if you took it even further and told yourself, **"It's GOING to happen!"** versus just, "I want that to happen..."

If you're intuiting, it means **it's already happening**.

Most people think of imagining in terms of, "I want this, but I don't have it." They have this big desire, and yet it doesn't feel real.



They often push their dreams away because they have no idea how they could actually manifest that desire because of their current experiences or circumstances...or they're afraid of past failures.

And then they never take action on them.

**Right now I'm asking you to change the way you go about your entire life.**

## **Your Vision is meant for you!**

If you can trust that it's going to happen, it's so much easier to take **action without attachment**.

Instead of “trying to make it happen”, not knowing what you're doing... You are literally saying, “Yes, universe, I receive it, I see it, and I'm taking action from a place of expectation.”

And when you do so, you're actually less attached to the outcome because you know **it's all going to work out no matter what**.

My Equation for Manifesting is:

**Belief + Expectation + Action = Manifestation**

Whether it's a possible soulmate partner who you're dating or a new operations manager for your company who you're interviewing, you can go in without *needing* that person to be “The One” because you know **the right person is already there for you**. Maybe it's them.. You can't wait to find out! But you don't *need it* to be them.

Do you see the difference?

All along the way of the manifestation process, there are opportunities to close off to the dream that is there for you... whether it's right when you first have the idea, or after you take action when an obstacle shows up.

As soon as the vision gets too big, scary and uncomfortable, people tend to close off and settle for what they've got now.

**The practice is to continue to open up like a blossom and receive your dreams.**



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## Part 2: Is Your Vision Meant for You?

How do you know if your dream is **meant for you**?

First, allow yourself to imagine.

**Dream big** and open up to what's possible.

What do you want in all areas of your life? **Write it down.**

### WRITING OUT MY BIG DREAM

What do you want to manifest this year and beyond? Think BIG. We're in a time of transition. This is a beautiful brand new beginning for you.

What does your DREAM life to look like? Don't hold back here. If money weren't an obstacle and you were totally supported by the universe, what would you want to create?

Think BIG. Don't let time or where you're at now get in the way. The more outrageous, the better! And then get specific. The universe likes details.

Describe exactly where you're living and when, exactly how much money is in your savings account, your wallet, etc. How much are you making a year? What are you doing with that money? Where is your home? Your second home? Your third home? ;) What does it look like? What color is your bedroom and what type of bed do you sleep on? How does it feel? What's your view when you wake up in the morning? If you're trying to attract your ideal partner, imagine what you two do together, and how he makes you feel. Get the idea?!

The more specific you get, the more real you make it.

# WRITING OUT MY BIG DREAM

**And most important: Write in the present tense.**

It might feel weird at first – but have fun with it.

This is a playful activity. The more fun you have with it, the more results you will see! Trust me. So you'll write something like "I have this." "I am that." "I feel this." Rather than "I will be" "I will have" or "I want to...". The sooner you can start speaking in the present, the easier it will be to manifest.

**Write out what you want to manifest in each of these areas:**

Home:

Health/Wellness:

# WRITING OUT MY BIG DREAM

**Write out what you want to manifest in each of these areas:**

Love/Relationships:

Friends & Community:

Career:

Creative Projects:

Financial Abundance:

# WRITING OUT MY BIG DREAM

**Write out what you want to manifest in each of these areas:**

Travel:

Spiritual Practice:

Giving Back:

Leisure:



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## Part 3: Expanding Your Vision!

Now that you've written out what you want in all of the key areas in your life, let's see if we can **make it even bigger!**

You've already manifested many things in your life. And yet I know there's something more calling to you.

It starts with giving yourself permission to allow in even more.

### How Do You Know You've Chosen the Right Dreams?

#### Ask yourself these 4 Questions:

**1. Is this really what I want?**

(Be honest with yourself. If it's an old dream, does it match who you are becoming? Does it still resonate now that you've experienced life? Or is this society's dream/expectation but not yours? Is this a new dream? If it doesn't resonate, give yourself permission to dream a new dream.)

**2. Is this goal big enough?**

(Or am I basing this on my current reality and what I *\*think\** makes sense logically/is sensible based on my circumstances or previous setbacks?)

### 3. How can I make it bigger?

(Play with this! This is what I love helping people do. They walk in the door to work with me with their big dreams, and through my process, we expand them further. It has the opposite effect of what you're thinking... Instead of being too far away, it makes your walk-in-the-door Big Dream feel easy!)

### 4. What's the most outrageous thing you want to experience?

Hint: Your dreams should light you up when you think about them.

**This is your IDEAL life.** Your expanded vision is if you could DO it/BE it/or HAVE it, you would be on top of the world.

It makes you feel lighter. It's so big that you have a hard time even imagining it.

You're a little bit scared of how your life would look if it did come true.

But you want it. **You want it bad.**

Maybe you've been thinking about it for a while. Maybe it just came to you. You're not sure how it's going to happen, but it will.

**Your heart yearns for it.** It's the reason you got this guidebook.

**Okay, got it?**





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## Part 4: What Does It Feel Like to Have It All?

### Manifesting Comes from a Feeling Place.

Just writing things down or reciting affirmations doesn't work. So let's tap into the feeling of having it all.

### Consider these Questions:

1. What do I want to manifest?
2. How will I feel once I manifest those things?
3. How can I feel that way now?

You can feel the way you want to feel in advance of the big dream. And that frequency attracts more things that allow you to feel that way.

What would life feel like if your greatest problem was no longer there? What difference would that make in your life?

How will it FEEL to experience, have, and be all of the dreams you just wrote about?

Now, write out how you want to FEEL now and in 10 years (in the present tense).

When you're happy, **you're vibrating at a higher frequency**. And that enables you to attract things of a higher frequency.

The easiest way to make sure that we stay here is to do things that you love on a regular basis! When you do what you love, you will be **irresistibly attractive!**

## ***Did you know that Richard Bransons' #1 intention daily is “to have fun”?***

I invite you to go back to your magical inner child – the source for all of your creative energy!

Go to that place of magic and joy and see what you discover!

Ask yourself: **“What does my heart want most right now?”**

Follow your inner guidance system. If you do this everyday, you'll find that the right people and circumstances show up to support you.

Amazing synchronicities begin to occur, and you can **follow your intuition** into some great adventures.

You'll begin to see **everything** in your life as an opportunity!

One of my clients was looking to do a real estate deal with someone in a different state.

He couldn't reach that person. So he did what he loved and went on vacation in Martha's Vineyard with his family.

While he was standing in line for takeout one night, he started a conversation with the woman standing next to him.

It turns out she was from the same town from that other state that he wanted to do business in.

It was such a synchronicity that he asked her if she happened to know the guy he'd been trying to reach.

She smiled and said, "You mean that guy?"

And she turned to her husband next to her..

**It was him.**

They met each other while they were both in different states from where they live.

They happened to be at the same place at the same exact time. They exchanged numbers and met up after their vacations to do business together.

Coincidence? I don't think so.

The universe is always bringing you the right opportunities at the right time if you could only see what's right in front of your nose.

**When you do what you love, you're always in the right place.**

What do you love to do?

What practices (habits/routines) can you commit to that will help you feel the way you want to feel?

How can you celebrate and love yourself?

If you want helping **FEELING** into your visions and **making them bigger**, I created a Guided Manifestation Visualization.

[Click here to Listen to my Guided Visualization](#)



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## Part 5: Become the Future YOU Now

The only **constant** in the universe is **change**.

The cells in your body regenerate all the time.

Did you know:

“About 330 billion cells are replaced daily, equivalent to about 1 percent of all our cells.

In 80 to 100 days, 30 trillion will have replenished—**the equivalent of a new you.**”

- Scientific American

***What got you to this moment won't take you to the next one.***

**There is no such thing as “Trying” in manifesting.**

**You either ARE or you aren't.**

If you keep one foot in the pool and one foot out of the pool, you're never getting fully wet. Jump both feet in and soon you'll get acclimated to the water.

## **Everything you Want is Just Outside of Your Comfort Zone**

You're comfortable with what you know. Even though you want more, you don't know what that new thing will feel like, so it's uncomfortable.

**Everything new is uncomfortable at first.**

All around you, wherever you are in your life: your business, your relationships, your time, your money, your home... all of the things you currently have are a reflection of what you believed up until this moment were possible for you.

Now **you get to expand** what you believe is possible in order to expand your capacity to hold even more.

## **Ask yourself, “How am I showing up in the world?”**

True ‘Acting As If’ is doing something that will allow you to FEEL as if your dream is already happening.

**Show up as your Future Self: the person who already embodies your expanded vision.**



## Your future self knows what to do.

We can only see from our limited perspective in space. But in terms of the Quantum Field, **everything exists all at once.**

The DNA in your body contains a vast field of information that scientists still don't understand. In fact, they only understand less than 2% of our DNA structure. That means that 98.5% of our DNA is available to us to use if we can tap into it. Scientists call this "Dark Matter Genome."

In the darkness is where **all creation begins.**

We are spiritual beings having a human experience. You have been here before in a different physical form. And you will come back again.

Could your DNA hold the information of past and future lifetimes?

My friend and past life regressionist Mira Kelley, says, "YES." Not only can you go into a past life under hypnosis, but you can go into a **future life** as well.

## Now let's imagine that you can time travel.

When you use your imagination to **tap into your desires**, you're not just imagining, but you're intuiting what's going to happen.

If your future self already knows what it feels like to be successful, happy, healthy, and free (having manifested all of your heart's desires)...then could you tap into your future self's knowledge and bring it back to the present?

Yes. This is true "Acting As If."

Instead of you **viewing it as play**, imagine that you're tapping into your future self's knowledge now.

## Do something AS IF you're living your future life now.

For example, if the dream you has a fit body, you might want to treat yourself to the upscale gym and take one of their classes. If the **dream you** is a successful filmmaker, you might go to a film festival screening and talk.

If you want to be a billionaire, what would allow you to feel like you had an **abundance of money** to give away to causes you believe in? Perhaps you're generous now.

Or maybe in your **expanded vision**, you have a private chef. Why not enjoy an amazing home cooked meal now? Or look at ads for personal chefs.. Or create your own ad!

Maybe you want to purchase an extra income property. You could spend time in another town where you imagine it could be. Or you could take it a step further and call a real estate agent to schedule some viewings of **dream properties** and book a trip to see them.

You could go to a car dealership and test drive your **dream car** to see how it feels to drive it around.

## When you Act As If, you are literally creating the environment of the person you want to be.

Even though you might not fully believe it yet on the inside, **your outward behavior helps get you there.**

You don't have to feel it first before taking action. You can also do the reverse.

For example: when you're happy, you smile.

AND if you smile, you literally release endorphins that allow you to become happy.

Smiling first is Acting As If. Get it?!

## **You're taking new action that brings your dreams to life.**

It's actually common practice to Act As If in certain disciplines like yoga – where the physical postures (asanas) are really there as tools to get you to a higher state of consciousness. There's a reason why you always feel good practicing yoga. It's designed that way. Pretty cool, huh? Think about it, haven't you ever gotten a new haircut or a new outfit, and then you found yourself acting different. You were probably more confident afterwards, right?

## **You are WORTHY.**

There are no mistakes in the universe; **you are meant to be here.**

**Just being alive in this moment** reading this right now is a miracle.

## **YOU are magic.**

You deserve to have your ideal life. You can be that person **NOW**. There is nothing stopping you but yourself. So get dressed up, go out and have some fun! You might meet some interesting people there. And who knows where those connections can lead?



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## Part 6: Find Evidence to Support Your Vision

You probably know about the Law of Attraction. But have you heard about the Law of Polarity? It means both sides of the equation exist at the same time (positive and negative.)

You've heard the expression, "Whether you think you're right or you think you're wrong, you're right." - Henry Ford.

### **You get to choose what you focus on.**

You can choose to focus on what can go wrong...

OR

you can choose to focus on what can go RIGHT!

You'll always find the evidence to support your belief - no matter which way you choose.

**Look for the synchronicities and stay open to the support that is right in front of you.**

For example: Have you ever test driven a specific model of car? (like a new Porsche?) And then after you drive that car for the first time, you start to see Porsches everywhere.

The Porsches existed before you test drove the car.

But because now your awareness is focused on the Porsche, you start seeing them all over.

The same thing happens with our dreams.

You can choose to look for the evidence that supports why your dream is already happening.

Because you're focused on it.

**Look for the good every day!**

The choices you make are **important**. Pay attention to where your focus goes. And if you notice it going to a place of negativity, find the evidence to prove why it all can work out instead.

Awareness is a great pattern interrupt.

When you begin to **look for the good**, you create new neuropathways (or bridges) in your brain. And soon, this will become the norm for you. You'll automatically look for the good and find the evidence as to how everything is always working out for you.

How are you showing up for yourself and the world today?

Notice without judgement how you're thinking, feeling and behaving. And practice **focusing on possibilities**.

**Everyday in your journal, write down what synchronicities you noticed from that day.**

The more you make this a regular practice, the more synchronicities come in.

The more you notice synchronicities, the more you realize that you are 100% connected to and **a part of the universe**.

Your intuition increases. You begin to trust the universe more, and you begin to trust yourself more!

**Magic happens everyday everywhere.**

You are always connected and in the flow. Simply start paying attention.

The more you turn the dial to tune into the messages that are coming to you all the time, the more you hear them!

## Your big dream is part of someone else's big dream too!

This is how you attract your dream partners in business or love.

One of my clients had a startup and wrote down that she wanted to sell it for hundreds of millions of dollars. She was only a few years into it with a very small team and thought that was years away before we worked together. Then she literally got an email from someone looking to acquire her business. They had a meeting and her business was acquired for hundreds of millions of dollars - and she got to stay on as CEO (which she wanted) with rewards for bringing the company to new heights as part of the parent company's portfolio. She got to meet the owner of the parent company and it turned out they had SO much in common. They were each other's DREAM partners. They both were foster kids who shared similar missions to change the healthcare industry. And they both supported women's initiatives in the workplace. I could go on and on. It was the perfect match.



**YOUR perfect match for your dreams is there for you too.**

## You can't mess up what's meant for you!

When I was first dating my love, we literally would run into each other in New York City all the time. There was one time that we were both riding our bikes coming home from two separate incredible experiences that were both firsts in our careers. I was on my way home from my first red carpet event. He was on his way home from a music event collaborating with the Roots. He lived in Brooklyn. I lived in Manhattan. We literally almost bumped into each other on our bicycles in Union Square. Of course! Both doing what we love, in moments of pure happiness, the universe brought us together many times until we recognized each other.

18+ years later we have two kids and have manifested even more wild dreams together like his Grammy nomination, our dream home, trips around the world, my book and career helping others manifest their dreams, and so much more.



Take a moment and imagine if the universe could give you a sign or a symbol to show you that you're on the right path, what would it be?

**Close your eyes and ask for your sign.**

What do you see?

**Play with it and see if your sign starts to show up for you!**





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## Part 7: Relationships

Whether you're looking to **attract your soulmate** *romantic* partner OR a soulmate business partner...From a manifestation perspective, it's the same.

### Team Members/Employees

When you think about expanding your team, you have the job description that you post publicly on Indeed or LinkedIn.

**But there's a private description I want you to write down in your journal.**

This journal entry should read like an intention. You can write down how quickly and easily they come to you... their personality traits and characteristics... **how much you love & respect them** and how much they love & respect you... or how much your team loves and respects them, and how well they get along with your team... etc.

### Soulmate Love

You deserve the love you desire. **You are worthy of love.** And it starts by loving yourself.

When you're writing out your intentions for your love, tune into what it feels like to be in love with life itself.

One of the mistakes I see most often when people write out their intentions is that they make their relationship statements one-sided.

### **Make sure your relationships are reciprocal.**

You could do the same with your kids. Let's say you're divorced and you're manifesting your dream partner. You can describe **how much your children love them** and how much they love your kids too.

Talk about how you both feel, what you do together, how you help each other, and more.

If it's a relationship with someone who you don't know yet, you can use past relationships to help make a composite of your perfect one.

What did you like about previous romantic or business partners? Throw that in.

What did you NOT like about them? Use those things as contrast and describe the exact opposite in what you're calling in next.

### **The more specific you are, the better.**

One of my clients realized that her company lacked diversity. I helped her not only write her public job descriptions, but write out her personal ones to attract in her dream team.

Within a year, her company is now extremely diverse, with fabulous people at the top of their field, leading initiatives. She created an amazing Bonus structure and incentives to make her workplace one of the best in her industry. She's even taken herself out of the day-to-day operations of her business and still **brings home over \$800,000 a year** personally.



**Imagine what you could do if you started to get specific about who and what you're calling in?**



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## Building Your Dream Team

**I love to ask these 2 Questions when looking at any task:**

1. How can I make it easier?
2. How can I make it more fun?

How can you delegate responsibilities to **make your life easier?**

Look at what you wrote down what you want in all of the areas of your life. Who do you want to be on your team for each area? Here's an example of what it could look like:

### 1. Home

– Cleaning person, Personal Organizer, Personal Assistant, Driver, Babysitter

### 2. Health/Physical

– Nutritionist, Personal Trainer, Health Coach, Private Chef

### 3. Love

– Relationship Coach

### 4. Friends & Community

– Support network of friends, Accountability Partner, Mastermind Group, Manifestation Club, Business Association, Entrepreneur's Organization

## **5. Career/Creative Projects**

- Business Coach, Mentor, Lawyer, Personal/Executive Assistant, Web Developer, Brand Strategist, PR Person, Intern

## **6. Financial Abundance**

- Financial Coach, Business Coach, Bookkeeper, Accountant

## **7. Travel**

- Travel Agent, Club Association

## **8. Spirituality**

- Spiritual Mentor, Manifestation Coach

**Who do you want to be on your team? Write it down!**

## Advanced Manifesting Practice:

For each member of your team, write out your ideal description of the relationship with the personality traits and characteristics I described above.

## Allow in the possibility that you can receive even more support.

When you have a support system in place, you'll notice that you're able to **manifest even more abundance** because you have more time to focus on what you love! And when you stay in a place of joy – you attract the right people and circumstances to you.

I have private clients in my Manifestation Club who now have personal assistants, nannies, private chefs, executive assistants, people who drive their kids to school, travel agents who book their family vacations, you name it.



**"Jen is like a personal trainer for my mind, body, and soul.**

**Before working with Jen I was doing okay for myself, but now I would say I am living my best life!**

She helped me become a better version of myself by challenging me to go beyond what I would do on my own. Thanks to my private coaching with her, **I have increased my confidence, significantly grown my business, income & impact, became healthier, launched new initiatives, and manifested important relationships.**

Jen is passionate, kind, and meeting with her is like receiving a hug from your dearest friend. I look forward to every session!"

---

**Gita Murthy**

LCSW, MPH, CEO of Gita Murthy Consulting

**Remember, you deserve a life of abundance.**



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## Part 8: Time

*“You are where time comes from!” — Gay Hendricks*

**You are made of light.** Everything in the universe is a wave-particle duality, meaning everything is a wave and a particle at the same time.

In fact, everything that we see and experience is just an arrangement of subatomic particles.

Your body is over 99% space. And all of that, the particles AND the space, holds energy.

And it’s through our own consciousness and awareness that energy arranges itself.



According to David Cameron Gikandi:

“The subatomic world is an amazing dance of never-ending creation and destruction, with particles destroying themselves and - in that very destruction - giving rise to new ones. The whole universe is forever being recreated anew.

Okay here’s another amazing thing: when a particle is created, it is instantly traveling at the speed of light!

So we did, quite literally, **come from light**, as many creation stories tell us.

One more thing: particles can move forward and backward in time.

And this is the stuff you are made of and that you can control.”

## Expanding Time

According to Gay Hendricks, author of 'The Big Leap', **we create time.**

If you've been feeling overwhelmed that there's not enough time in the day to get everything done in order to **live out your big dreams**, then this week is for you.

Gay says:

**"YOU are where time comes from."**

According to Einstein's physics, you can create time by getting back into the present moment.

Relax your body and tell yourself, **"I am time.** I can make enough of it to get everything accomplished." Just keep the focus on the present moment anytime worry starts to take over.

When you do, you'll get more done in less time.

You'll enjoy plenty of time and an **abundance of energy** to do what you love.

You'll feel amazing inside.

And you'll even become more aware of your own genius as a creator.

**It's not about managing time, but E X P A N D I N G time.**

The old paradigm that most people are operating in is Newtownian time, where there's only a finite amount of time in which you can get things done. This is scarcity (lack) mindset.

It's okay if you've been operating here. This is just a phase that you get to move through.

You can release the thought, "I don't have enough time." Time is not out there.

**It's actually inside of you.**





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## Stepping into Einstein Time

In the new paradigm, we can use space to think of time.

You can expand your vibration to operate at a higher frequency. You already know this. So too can you expand time.

Think about an experience that was grueling and it seemed to go on forever. It felt slow because you were trying to get out of the space you were in.

Now think about an amazing experience that seemed to go by so fast. It went fast because you wanted to occupy the space more because it felt so good.

You are in charge of your own time.

**Time comes from within you.**

If you are the producer of time, then you can make as much of it as you desire.

**Say this out loud:**

“I am the source of time.”

If taking ownership of time feels difficult, it's a question of ownership in other areas of your life.

## Answer these questions:

1. Where in my life am I not taking full ownership?
2. What aspect of my life do I get to take full ownership of?

You'll start to notice that instead of complaining about time, or using it as an excuse not to do something, you can **take ownership of your decisions**.

ie. Change: "I don't have enough time to do that right now" TO "I don't want to do that right now."

It moves you from victim mode into the power position.

You don't want to... so you can choose not to do it. But don't blame time for it because it feels uncomfortable to say the truth.

You simply aren't prioritizing whatever that is that you say you don't have time for. And that's 100% okay.

## Go on a "No Complaints About Time" Diet.

That means you won't use time as an excuse in conversation with yourself or anyone else. You are the source of time and you get to choose how you will use or create it.

If you notice a 'time blame' come in conversation (even inside your head), see if you can shift it to take ownership of time.

See what shifts as a result of this new awareness.

## Collapsing Time - Quantum Jumping

*"The only time that truly exists is Now. The distinction between past, present and future is only an illusion, however persistent." - Albert Einstein*

Let's play a game of 'What if...?'

What if you're making things harder than they have to be?

**Time Collapses when something that you thought would take a hundred steps to manifest actually only takes one.**

Think about my story of manifesting my book deal...

I said I wanted to write a book out loud for the very first time. Then literally a week later, a publishing house reached out to ME and asked me to write a book. **A PAID book deal.** My dream publisher was Simon & Schuster. This was a small publishing house I had never heard of.

But while I was writing my book, my publishing company got bought by my **DREAM publishing company**, Simon & Schuster.

So I became a Simon & Schuster author in a week...

Something most people think would take months or years to do because they think they needed to do A,B,C,D,E,F,G.... *First.*

I didn't need to do research, write a book proposal, build my social media following, etc... (whatever story you have around what it takes to write a book.)

**It happened quickly and easily.**

Now think about *your* Big Dream.

What if you could take a Quantum Leap like traveling through a portal or a black hole into an **entirely new reality overnight?**

What if you didn't have to take the long way... But you were able to take a shortcut straight into your big dream NOW?

If you think of the Infinite Field of the Universe like a football field, it is ALL knowing, with **infinite potential and possibilities.**

## **All time exists there in the NOW.**

But you are one dot on the field, only experiencing time from your limited perspective. Yet, all perspectives and all time exists simultaneously in the NOW. (Past, present, future, and infinite potentiality are all happening at once in the present.)

So when we collapse time, **we can literally leap from one place to another** on the field. In fact, science experiments (including the 2022 Nobel Prize laureates) just proved that Quantum Mechanics is real. Basically 2 particles can share knowledge lightyears away within an instant.

You are part of the Infinite Field. You can tap into all of the knowledge of the universe NOW, in an instant.

According to Dr. Joe Dispenza:

***Thoughts = electrical charge; emotions = magnetic charge.***

We know everything is energy, and in the space-time continuum, there are waves that can expand and contract based on the Quantum signal you're putting out to the universe.



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## Manifestation can happen in an instant.

Particle reality is solidified into physical existence by the collapsing of specific waves that we've aligned ourselves with through the quantum signal we create with our thoughts (mind) and feelings (body).

**Practice Gratitude for the here and now, not based on results, but simply find gratitude for your present moment.**

**What are you grateful for right now?**

This shifts your emotional charge. Then use my manifestation visualization to **shift your thoughts** by stepping into the future now (your electrical charge.)

It's much easier to manifest what you want when you're in an expanded place. So think about your big dream. Now see if you can **expand it even further.**



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## Part 9: Expanding Your Abundance

### You Are Already Wealthy

*“Money is like water. It can be a conduit for commitment, a currency of love. Money moving in the direction of our highest commitments nourishes our world and ourselves. What you appreciate appreciates.” - Lynne Twist*

By allowing yourself to expand what you believe is possible in your life, **you can experience even more abundance** without feeling guilty about wanting or receiving more.

The universe is naturally abundant.

### The natural state of the universe is expansion and growth.

Open up to **receive everything** that is already there within you.

We know from Quantum Physics that the universe lives inside of you and you are a part of the unified field. It is ONE. You are one with the universe.

The **universe is abundant**. Therefore **YOU are naturally abundant**.

If you're currently experiencing lack in any area of your life, it's only an illusion.

Remember the universal field. You think you are only one dot on the field. You can only see from your limited perspective.

### But you ARE the field.

What if you could tap into the knowing of the universe?

### Tune into the frequency of ABUNDANCE.

## Now let's rewrite your money story!

Just play and ask yourself, ***"What if...?"***

You get to decide how much money you make. There are infinite possibilities for creating wealth. Let's use some positive proof from your past to help create a new story and expand the possibility for wealth in your life. Have fun with this exercise!

### Finish these sentences:

One of my biggest financial successes was:

I'm proud of myself for:

My best earnings day so far was \_\_\_\_\_.

What if my best day was my every day? If this were my new normal, I would make \_\_\_\_\_ every day!

My best earnings month so far was \_\_\_\_\_.

What if my best month was my normal month? If this were my new normal, I would make \_\_\_\_\_ every month!

My best earnings year so far was \_\_\_\_\_.

What if I doubled my yearly income? That would mean I would make \_\_\_\_\_ per year!

What if I tripled my yearly income? That would mean I would make \_\_\_\_\_ per year!

What if my best yearly income was my new monthly income? That would mean I would make \_\_\_\_\_ per year!

What I love best about making money is:

I value my worth. I serve through the work that I do. These aspects of my work make me feel good:

**I did this exercise when I was at the \$350,000 a year mark in my business.  
Then I made \$350,000 in a week.**

Imagine what you could do if you **changed what you believed was possible.**

**Here's to expanding your capacity to receive even more!**



It's time to change the channel to what you're tuning into. You can tune into the frequency of abundance by paying attention to the ways in which **you are abundant right now.**

## **Be Grateful for all of the wealth you ALREADY have.**

What you focus on **expands.**

Today and everyday, commit to writing down all of the things that you are already grateful for, and then watch as more things come into your life to be grateful for.

**You'll begin to feel more abundant.**

### **Finish these statements:**

I am grateful for:

I am abundant in:

I am proud of:

## Advanced Techniques:

You can take it a step further by writing gratitude statements for things in advance of you receiving them.

It's another way of writing an affirmation.

Ie: I'm so grateful for the \$100,000 I receive this week.

I'm so grateful for the new client who paid her deposit in full.

Those things may not have actually happened yet, but you are positively projecting and affirming that they ARE happening in your gratitude statements.

I've had clients use these techniques to make their yearly salary their new monthly salary, or have their first \$100,000 days, or sell their business for 100s of millions of dollars.

**It's all possible for you too.**

**If you can imagine it, you can create it.**

**How do you put it all together to create a life of pure magic?**

**Join me for my free Magnetic Manifesting Challenge to put these practices into action April 22-24, 2025 at 12pm ET.**

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Curious about how to take a Quantum Leap  
into your dreams this year? Join my FREE...

# Magnetic Manifesting **CHALLENGE**

**APRIL 22-24, 2025 | 12PM ET DAILY**

A manifesting accelerator for people who want to  
turn their dreams into a reality.

With **my exact step-by-step process**, you'll learn how to  
make manifesting easy.

PLUS have a chance to win FUN prizes (**like up to \$1000  
cash**) just for taking action on your dreams!

You have nothing to lose, and EVERYTHING to gain!

AT THE END OF THE 3 DAYS, YOU'LL BECOME A  
VIBRATIONAL MATCH TO **MAGNETIZE YOUR DESIRES.**

Make sure to join us LIVE for your chance to win!

**ADD TO CALENDAR**