

Welcome (And Congratulations!)

This book is in your hands for a reason! It looks like you are ready for a Life LIFT!

The first step: Take the Test. Discover what your Energetic Gift Order is so you can easily move in the direction of your dreams.

The second step: Decision.

Decide if what you have been doing works for you, and if you are ready for REAL changes!

Figuring out your strongest chakras help you create a blueprint for health, wealth, self expression and love. The gifts inherent in your strongest and most developed chakras express your spiritual purpose and attract the abundance in the four corners of your life required to achieve your spiritual destiny.

This is the foundation of the Life Lift Program! From here, participate in the Week-end Intensive that can change your life! Learn practical wisdom, create new habits and easily move in the direction of your dreams.

Assessing your strongest and weakest chakras determine your natural energetic gift order. Most of the time, your weakest chakras are the least important for you to fulfill your spiritual goals.

Caution: You are not better with all strong chakras. In fact – you will more easily acquire your goals with a minimum of strong chakras!

Your strongest developed chakra also relates to your strongest auric field – which energetically draws to you what you most need to address – good or bad.

People think of manifesting in terms of money only. Remember – we manifest *everything* in our lives, good or bad (sickness or health, for example.) All illnesses manifested serve as wake-up calls in certain areas of our lives that should be reviewed and addressed.

Manifesting Style – First we will review the summery of each basic chakra personality type and the development sequence. Each chakra activates at a certain age and that age is speaks to your responses to life experiences. This information is particularly helpful when determining relationship styles and career choices.

Chakra 1 – Demonstrator: Your primary objective is to meet your primary needs as they relate to material and physical concerns. You feel successful when you create tangible resources for others. In personal relationships, sex is a means of communication. Your spiritual calling will propel you to material success. This chakra develops from in utero to 6 months of age. You will be primarily impacted by issues of worth, safety and security and deservedness.

Chakra 2 – Creator: You feel deeply and may also be particularly creative in some way. Your sensuality, appreciation of beauty and your creative self expression create your feeling of "wholeness." Your spiritual purpose will involve your ability to creatively convert feelings into artistry. You can be a counselor, jewelry maker or fashion designer; your work you will be both expressive and compassionate. This chakra develops from the age of 6 months to 2/12 years. You will be affected by the feelings of others, need for intimacy and your poly-sensorial reactions to the world around you.

Chakra 3 – Mentalist: As the Mentalist, you love facts, information and concepts. You are driven to organize this information so that it is understandable and deliverable. As a natural organizer, you naturally set up structures needed to meet your own or others objectives. Your spiritually destiny will include working with information structure and processes. This chakra is

developed between the ages of 2 1/2 and 4 1/2 and you may be influenced by issues regarding personal power, self esteem, self confidence, beliefs and worldly success.

Chakra 4 – Connector: You are relationship sensitive. Love, happiness and "fixing" others is your source of power. Your spiritual pursuit can include healing or any profession that allows you to give freely. This chakra develops between the ages of 4 /12 and 6 ½ and holds your ideas of love and relationships. You will be strongly affected by issues relating to love, companionship, and hearts desires.

Chakra 5 – Transmitter: Speaking, singing, playing an instrument, writing, video-graphy – anything that allows you to express yourself. As the Transmitter – you are opinionated, a good listener and learn by hearing. Your spiritual destiny will involve some type of communication which will allow your Spirit to speak through you. This chakra develops between the age of 6 ½ and 8 ½ - the age when verbally communicating your needs, opinions, and desires was either supported or not. Setting boundaries will be important for the communicator as well as voicing concern for self and others.

Chakra 6 – Visionary: You are a long term strategist, big picture thinker and futurist. You process information visually – transforming thoughts into pictures. Your spiritual purpose will call on your ability to create a desirable future for yourself and others. This chakra matures between 8 ½ to 13 years of age. During this time you internalize society's views of you, your gender, ethnicity and socio economic group. The issues which will be addressed for you include self image, body image, and ego.

Chakra 7 – SuperNaturalist: You gravitate toward sacred ideas and ideals with the innate understanding of good, bad and evil. You may feel pulled towards helping others on their spiritual path or towards leading others in spiritual pursuits. You are able to perceive spirits and the spiritual realm. Because of your high spiritual awareness, you are committed to a solid value system. This chakra develops between 13 and 21. This activation of this chakra at this time offers healing from life's injuries to date and encourages life choices that match your spiritual purpose.

A score of 1 means "Not at all." A score of 5 means "Oh Yeah!"	1	2	3	4	5
1. I am a very "touchy/feely" person.	+				<u> </u>
1. Fail a very touchy/feety person.					
2. People often describe me as candid.					
3. I have a weekly budget that I stick to.					
4. Love is more important than money.					
5. I like to speak about (or write) my goals.					
6. I picture my ideas and desires before acting on them.					
o. Procedure my races and desires service details on them.					
7. Before I make a decision, I pray or meditate about it.					
O. Doning a consthing to a ribb with any many hair as we is a					
8. Buying something tangible with my money brings me joy.					
9. Being creative is more important than making money.					
10. I like to gather and analyze information.					
11. In love - I give myself freely hoping my mate will do the same.					
, , , , , , ,					
12. I hear guidance from angels, spirit guides and the deceased.					
13. I use my imagination a lot when visualizing my goals.					
13. Fuse my imagination a lot when visualizing my goals.					
14. My Spiritual Life is more important than anything.					
45					
15. I prefer to invest my money in tangible assets (ie: precious metals)					
16. I am hyper aware of the feelings of others.					
17. I make all of my important decisions based on logic.					
18. Every profession I choose involves helping others.	+				
, ,					
19. I love to talk, and love to hear what others have to say.					
20 I think "hig picture" when fluctuations occur with my investment					
20. I think "big picture" when fluctuations occur with my investments					

	1	2	3	4	5
21. I trust that I am being Divinely guided in all areas of my life.					
22. My professional product or service is useful and tangible.					
23. I often feel others feelings like they are my own.					
24. I appreciate those who are logical, intelligent and organized.					
25. The main goal of making money is caring for those I love.					
23. The manifest of making money is earning for those riove.					
26. When I select stocks, I get tips from trusted sources.					
27. I think in terms of long range plans when making life decisions.					
28. The main purpose of money is to serve the Divine plan.					
29. I will get physical reactions when something is important.					
30. I place more value on expressing my creativity than I do making money.					
31. People have called me "frugal" because of my money consciousness.					
32. I put my relationship needs before money.					
33. I need to hear the words "I love you" from my partner.					
34. I think my thoughts in pictures.					
35. I would never surrender my values for a relationship or job.					
Add the following scores to determine your Total					<u> </u>

highest.	Score
Demonstrator /1st Chakra: 1 + 8 + 15 + 22 + 29 =	
Creator /2nd Chakra: 2 + 9 + 16 + 23 + 30 =	
Mentalist /3rd Chakra: 3 + 10 + 17 + 24 + 31 =	
Connector /4th Chakra: 4 + 11 + 18 + 25 + 32 =	
Transmitter/ 5th Chakra: 5 + 12 + 19 + 26 + 33 =	
Visionary /6th Chakra: 6 + 13 + 20 + 27 + 34 =	
SuperNaturalist /7th Chakra:7 + 14 + 21 + 28 + 35 =	

My "Magic Bullet":

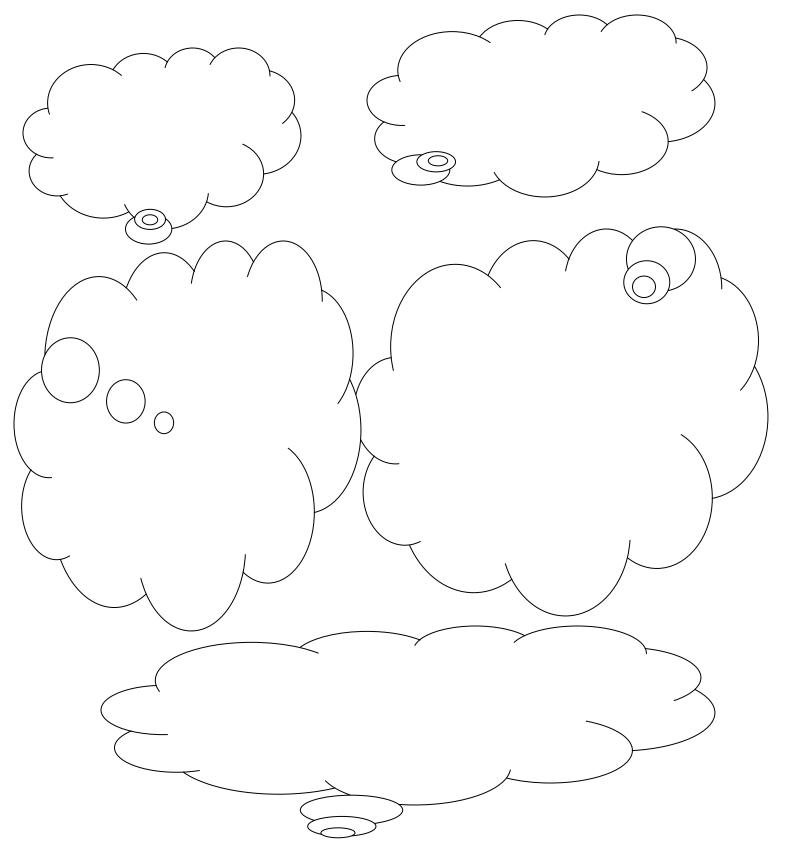


My List of Accomplishments:		
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

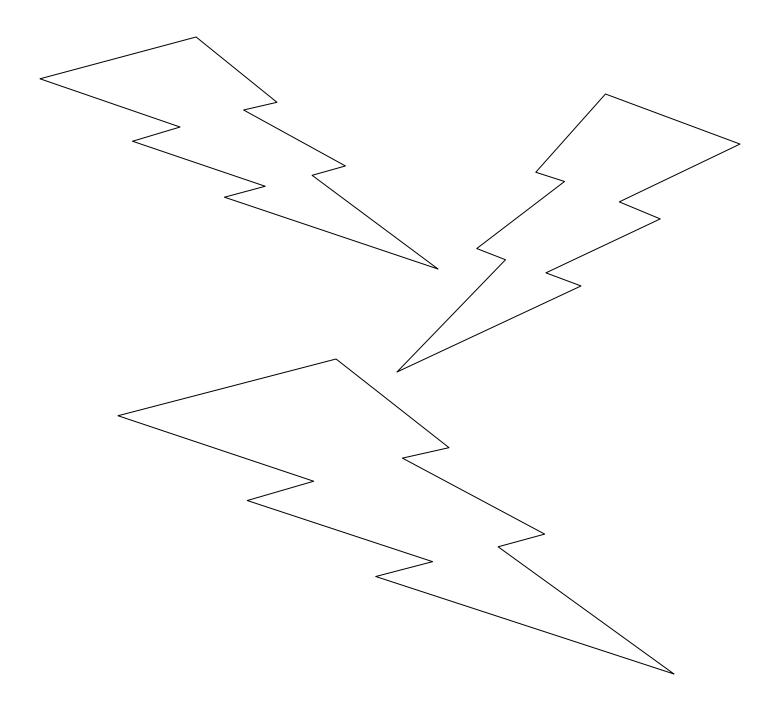
What I would like to Change: 1. 2. 3.

5.

My BIG BOLD DREAMS:



3 Negative Thoughts/Beliefs I have about myself:

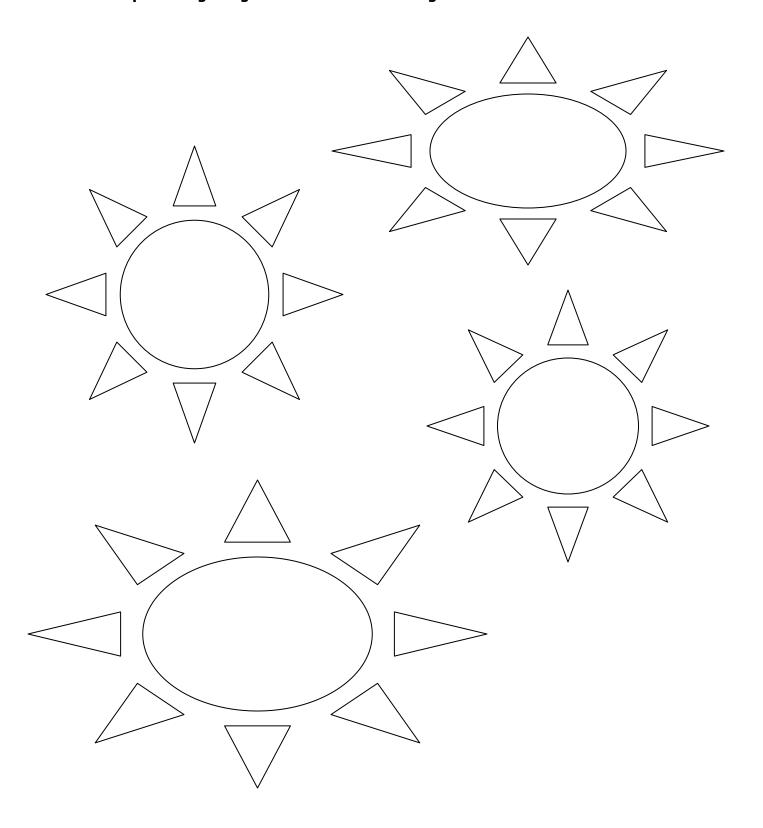


A letter fro	om My Spirit:		

List 100 Things you would like to do between now and this day next year:

My 100 Things:

The Most UpLIFTing things to do when I am feeling low:

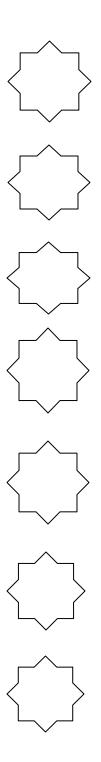


Simple (and POWERFUL) rituals I vow to embrace — starting NOW (and later!):



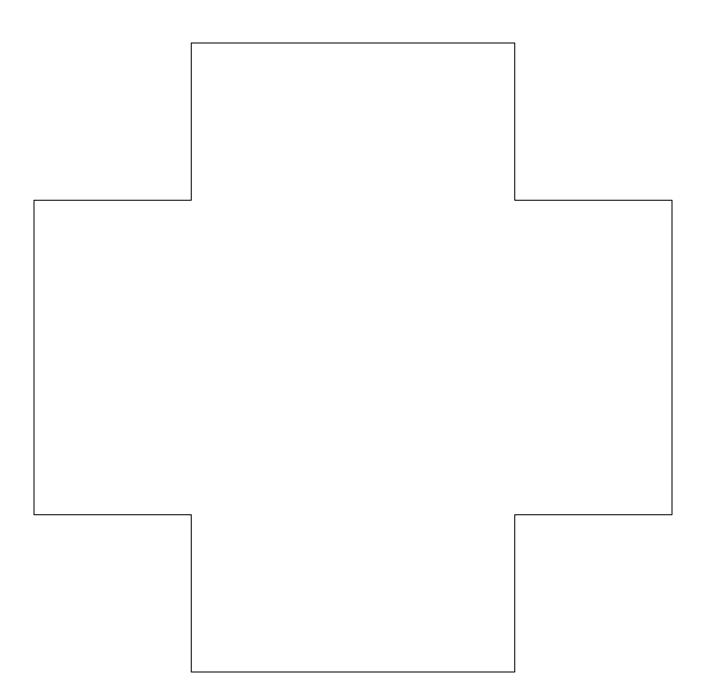
Draw/Cut Out (& Paste)/and/or Dream desires into Being here!

My list of Talents, Gifts & Skills!

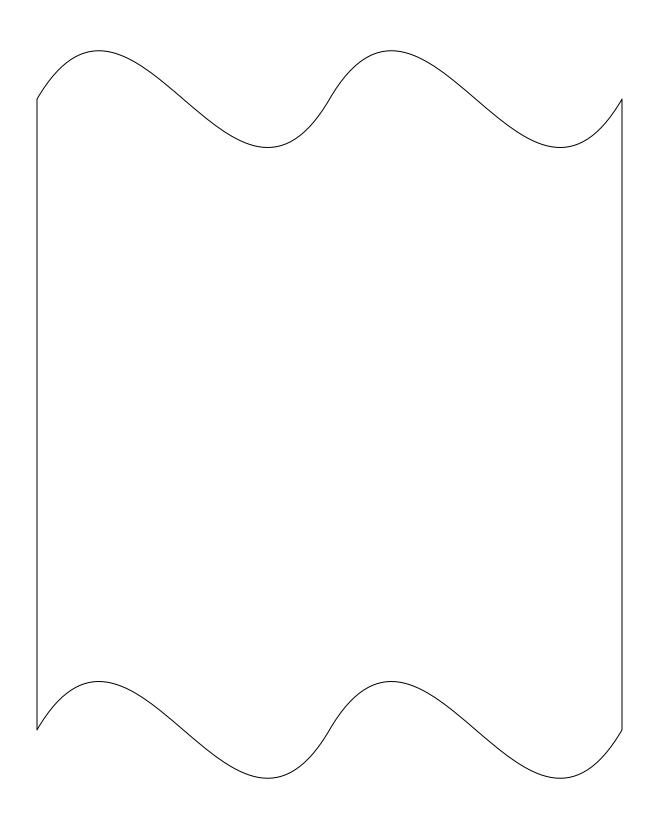


The BIGGEST single change I will make this year with my financesand the steps it will take to do it!			

The BIGGEST single health change I will embrace – and what that entails:

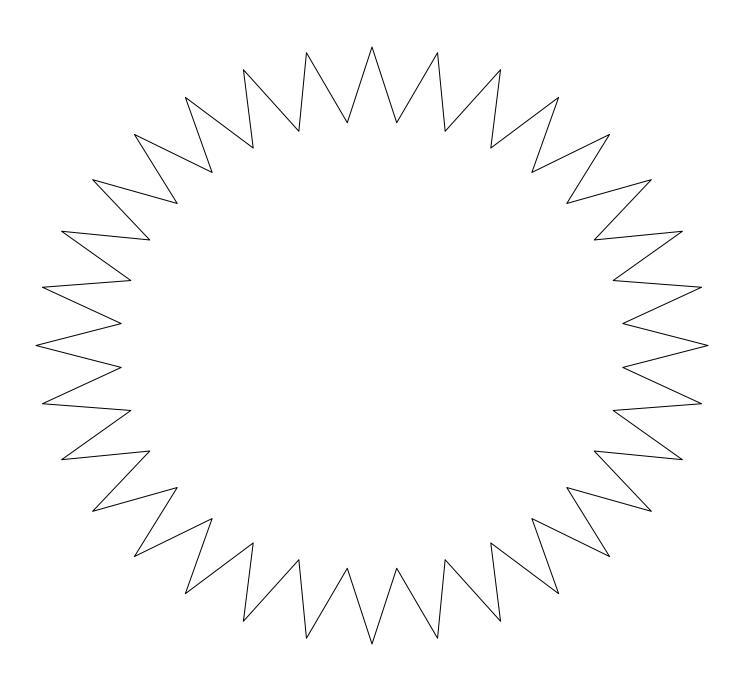


My BIGGEST SINGLE business/work goal and what steps I will take to get there:



My BIGGEST creative goal — the "thing" I will do — just for ME!!!

I will have initiated this by:



My BIGGEST single Spiritual Goal:







My Goals regarding my Family and Friendships

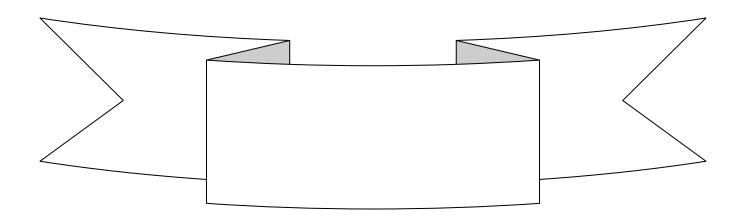
(Like, who needs more of you? Who simply drains you? What are you going to do about it?)

I should spend more quality time with.....

I need LESS quality time with..

My BIG BEAUTIFUL BOLD goal!

(And how can I position myself for the possibility of this happening?)



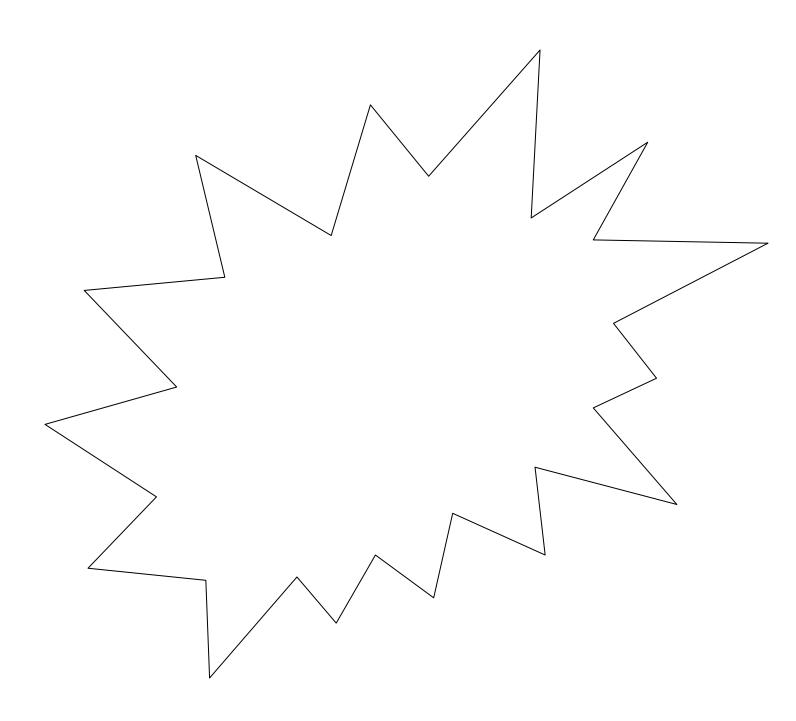
Three Action Steps toward this goal:

- 1.
- 2.
- 3.

I am A ROCK STAR!!!!

My BIGGEST Take Away from this year!

I will look back on this year, and say I am SO proud of myself for:



My Personal Mottos, Favorite Quotes and Inspirations!

