

EVENT WORKBOOK

Love
or
Above

by Christie Marie Sheldon



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Love or Above Event

“Could You Go Skydiving Without A Parachute? Then How Can You Manifest Without The Right Vibration?”

4 Simple Tips To Get The Most Out of This Webinar Event:

1. Print out this Webinar Notes before the Webinar starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for.
3. Write down ALL the interesting and new ideas and inspirations you get while listening -- that way you won't lose the most relevant information to you.
4. Think of how you can quickly implement the secrets revealed in this Webinar to remove your manifesting blocks.

Four Concepts That Will Be Discussed Today:

Concept 1:

ONE Powerful thing that surrounds us, all the time, in every place, but _____

Concept 2:

The most common _____ -- no matter how many personal development books we read or programs we attend - and _____

Concept 3:

How there are 2 versions of Yourself: your _____ and the important role they play in the _____ key areas of your life

Concept 4:

ONE Step you MUST take if _____

Concept One:

The _____ that runs through everything on the whole planet can be measured.
 All things have a **Personal** _____. Including you.

Your Personal _____ **determines:**

- WHAT _____ LOOKS LIKE
- HOW EASILY _____ COME INTO YOUR LIFE
- HOW SUCCESSFULLY YOU _____
- IF YOU LIVE A _____

The research behind the idea:

This powerful concept was published in a book I found, "Power vs. Force", written by _____ . He illustrated in a chart what I had observed in my experience across thousands of personal consultation sessions.

It's called the _____

Energetic value of:

- Shame is _____
- Guilt is _____
- Hate is _____
- Adolph Hitler is _____
- _____ is 100
- Courage is _____
- The average on the Planet is _____
- LOVE is _____
- _____ is at 700 +

Dr Emoto proved that higher energetic frequencies like _____ and _____ can influence objects like water into higher and lower Energetic frequencies.

Dr William Braud at the Mind Science Foundation conducted research that proves a person can change and affect _____.

Concept 2

YOU HAVE TO _____ YOUR **PROGRAMMING** THAT KEEPS YOU STUCK IN LOWER , VIBRATING ENERGY FIELDS

During my one-on-one work with Clients, I realized when we cleared the negative _____, beliefs and _____ about certain subjects and events in their life, their personal energetic frequency could change.

If you read a bunch of books, you won't change unless you _____ and _____ what the author is talking about.

Embodying and _____ the energy at the highest level possible is what creates your successful life.

Concept 3

If a Client was in a _____ SELF state they were operating from Love or Above and positively influencing their life.

If they were in the _____ SELF state, they were negatively influencing their life.

How does the Lower Self have influence in someone's life?

- In life you have _____ that happen which can affect your frequency. Growing up we all have some sort of _____ and trauma
- The other reason you have these lower selves is through programs and influences you get from _____
- All the thoughts, beliefs, and ideas you receive from your _____ were either from the Higher Self or Lower Self

First you make a _____ to move along the Higher Path.

Next, you need the right _____ .

The Five KEY areas of your life:

1. Love
2. Wealth & _____
3. Relationships
4. _____
5. _____

Your Love Life:

OPERATING AT LOWER SELF	OPERATING AT HIGHER SELF
push away true love	_____ true love
unfaithful lovers or other fears come true	_____ love
tug of _____	_____ love

Your Wealth & Abundance:

OPERATING AT LOWER SELF	OPERATING AT HIGHER SELF
struggle to make ends meet	_____ constantly flows
more pain but no _____	able to serve your life _____
win & lose	money is orchestrated for your _____

(Due to lack of the time we can't cover the Relationship, Career and Health areas but you can find the details to fill in the missing tables on www.loveorabove.com/special)

Your Relationships:

OPERATING AT LOWER SELF	OPERATING AT HIGHER SELF

Your Career:

OPERATING AT LOWER SELF	OPERATING AT HIGHER SELF

Your Health:

OPERATING AT LOWER SELF	OPERATING AT HIGHER SELF

The Final Concept:

YOU HAVE TO _____ TO MANIFEST YOUR LIFE FROM LOVE OR ABOVE.

Once you understand that and you clear the underlying _____ issue your life will turn around.

Whatever _____ you live at is attracted back to you. It's energetic qualities will remain in you, until you deal with them.

Many Clients want to raise their frequency for a number of reasons:

- Increased _____
- Better connection to _____
- Get your questions answered
- Improve _____
- Have better relationships
- Getting extra _____ and charisma
- Creating a healthier _____
- Create a clear _____
- _____ things into your life with ease
- Creating a life you _____

Meditation to add Higher Energetic Frequencies to the Planet

Tips to be prepared for our community meditation:

- Make sure **you are in a quiet place** where nothing can distract you, and that **you are not driving a car** or any other vehicle during the time of meditation.
- **Stretch you muscles** before we start. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- **Take a deep breath.** Breathing deep slows the heart rate, relaxes the muscles, focuses the mind and is an ideal way to begin practice.
- You can prepare **candles and other spiritual paraphernalia** in the room where you will meditate to help you feel at ease.

The energy tools designed to raise your energetic frequencies:

- “Wisdom Tool” that connects you to your _____
- “Applied Kinesiology” that teaches you how to get to the _____
- “Connecting to your _____”. Imagine you open the door to extra help from the _____ of things working on your behalf
- “Energy Radar”. It helps you to become _____ energies around you
- “Life Path Optimizer”. This is the tool that shows you how to _____

Visit www.loveorabove.com/special to learn more about the entire “Love or Above Spiritual Toolkit”.

THANK YOU!

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