

# Pulse

Journey Back to Me....



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***Book Dedication:***

*To My Always, you make saving the World Magical.  
To everyone who wonders if I am writing about them  
... I Am.*





This is by far, my absolute least favorite question ever. I don't have secrets. I have lived a life of excruciating trauma. I repeated those traumas throughout my adulthood through choice, not really knowing any better. At the lowest point of "Rock Bottom", I made a conscience choice to take back control. To step into my power and simply made healing an obsession, mainly because I didn't want my children to carry the burden. To break free from those chains, I work hard EVERY. SINGLE. DAY.

There is NO Easy Out. There is NO secret. Just don't give up.

Let's take the World to its knees, with *Love, Grace, and Gratitude*.

When you are the Best Version of Yourself, you by far will show up More Powerfully and authentically for Everyone Else.

It is time to finally focus on what you need and desire to make your life the most Epic and Fierce that it can possibly be. Train yourself to do what is Best for You.



## **STEP!**

Step into your true powers. Shine Brightly.

Do not hide who and what you are.

The time is right to attract BIG things into your life and let go of old ways that no longer serve.

Open your mind and heart space to larger possibilities for BIG magic can be wrought.

With all the noise of technology, phones, and T.V's around us, this message is to listen to the quiet feelings of your body and sense what is right and true for you. Every moment of the day you are surrounded by miracles and magic. You just must be open to seeing them come your way. Do not allow yourself to be pulled in all directions that do not feel right deep down inside of you. Don't try to do too many things all at once. Don't think about tomorrow too much. Just take a deep breath and bring all of your attention to the magic in the present moment right here...and here... and here.

Even the simplest moments can hold miracles. Take a step, smell the breeze, and open your eyes to what is around you. If it feels good, take another step, and open yourself up to what comes next. Trust the wisdom of your own inner senses. Lead yourself to the field of magical possibilities.

**Affirm:** *I am a fierce combination of confusing contradictions that adds up to magical possibilities.*

I am magic. I know I am  
magic and no one can stop  
my magical ass.

I whole heartedly believe that no matter what cards that I am dealt,  
I am going to be successful. That is just how my faith is set up.  
That is just how I was built.

You can't skip out on the uncomfortable and expect to grow. The uncomfortable is uncomfortable because you are diving into new aspects of yourself. Your soul is pushing through all the layers that aren't you. So, Have the hard conversations when it's on behalf of your sacred heart space, look at what scares you to death and find a way to honor it.

Take the risk when your soul says yes. These opportunities were created just for you, by you, as catalysts back to the divine. Don't run from them, courageously conquer them. These are your blessings. This is YOUR magic on the rise.

If today is making you doubt your strength, remind yourself of all the things you have overcome along the way. Today, instead of fearing what is ahead, let your heart space be guided by faith. Whatever you are facing today is simply a test of your resilience, of how bravely you can carry on despite things not going your way.

**Affirm:** *I bring my BEST Game to ALL that I do.*

take  
the risk

# Believe In Your Own Magic

## **Believe.**

*Belief, like love, starts inside us and radiates out. You cannot hold strong to your belief without having the foundation of that belief in your own self. Otherwise, it is a crutch instead of a conviction.*

*Believing in your own worthiness to see, feel, and experience the divine in yourself and everything around you is essential; you **MUST** be open to receiving your blessings in every aspect of your life. When you are open and receptive; the signs come, the messages, the synchronicities and the miracles come into focus.*

*It isn't a matter of having them spontaneously "appear" as such, it is more about **YOU** being open and able to see and feel them.*

## **Affirm:**

***I believe** that anything is possible if I set my mind to it. **I believe** that I have the right to live the life I desire. **I believe** that we all have a divine right to health, wealth and happiness. I can achieve anything if I ensure my beliefs are positive. I can because **I believe** I can.*



You have every reason to feel hopeful and happy expectations. Believe in your dreams and look to your future with optimism, excitement, and pure confidence. Challenging times are now behind you, and brighter times are ahead. Make your plans with the long view in mind.

NOW is the time to envision your life the way you want it to be and to act in that direction. The expectations that you create for yourself are planted in fertile soil.

TRUST and follow your intuition, as it is right on target.

Celebrate your victories, no matter how small, and stay optimistic about your future.

**Hope** is the belief things will work, especially when it seems otherwise. It helps you stay calm and peaceful when something less than desirable emerges. **Hope** believes you will get through it. **Hope** remembers the times you made it through. **Hope** teams with faith and believes in the impossible.

**Affirm:** *I know I can achieve anything. Nothing will stand in my way of succeeding. Great things are coming my way. I am happy about the future. I am filled with strength and courage.*





### ***Feelings Follow Thoughts.***

*Feelings follow thoughts when daily life becomes a struggle. I start to speak the very words that I want to be dominating my mind because the mind cannot think negatively while I am speaking positively. Read that again, **the mind cannot think negatively while I am speaking positively.***

*If you cannot control your thoughts, then start to speak the very things that you want to think because your mind cannot think of something else while you are talking.*

*That is why you feel better when you “talk” to someone. Your mind is suspended while you are engaged in conversation.*

*Talk to your own self and your feelings will follow your words.*

*Keep doing this throughout the day and eventually you will have created a new habit of thinking positive and you will find that your thoughts and feelings were of fickle and weakness.*

