

# AND SHE LIVED

## WELCOME TO THE

Asl Membership,

Where warmth, guidance, and magical transformations await you!

This is your ultimate instruction manual to navigate the membership with ease, love, and cozy vibes. Let's dive in and create the life of your dreams together!

> SENDING GOLDEN VIBES YOUR WAY! SCHERISE. X

### EMBRACE THE MAGIC OF AUDIO

Sit back, relax, and let the audio materials enchant you. Whether you're on the go, multitasking, or simply enjoying some me-time, these resources are designed to make manifestation a seamless part of your daily routine. Here are some tips to implement them without feeling overwhelmed:

**Create dedicated time slots:** Schedule specific times throughout your day or week to indulge in the ASL audio material and meditations. Treat it as a delightful self-care ritual, a gift of self-love that you eagerly look forward to.

\* Example: Reserve 15 minutes every morning to listen to the podcast episode while sipping your favorite morning beverage. This sets the tone for a positive and empowered day.

**It's mobile-friendly:** Access the ASL Membership website from your phone, allowing you to easily listen to the podcast or meditations while on the move. Picture yourself strolling through nature or commuting with a smile on your face, feeling inspired and connected.

\* Example: Tune in to the monthly meditation during your lunch break, finding a serene spot in the park or a cozy corner in your office.

**Stolen moments of magic:** Seize those precious pockets of time that arise unexpectedly. Transform waiting times or mundane activities into opportunities for growth and manifestation.

\* Example: Queueing at the grocery store? Listen to the latest podcast episode, absorbing empowering insights and expanding your mindset while filling your cart with abundance.

### DIVE INTO SUBCONSCIOUS TRANSFORMATION WITH MONTHLY MEDITATIONS

Prepare to unlock the true magic within you through our monthly meditations. These guided journeys will connect you with your subconscious mind, empowering you to manifest your dreams with ease. To make the most of these transformative experiences, consider these suggestions:

Morning and evening rituals: Bookend your day with intention by incorporating the meditations into your morning and evening routines. These sacred moments create a gentle gateway to aligning with your desires.

\* Example: Just before bedtime, slip into a cozy corner of your bedroom, light a scented candle, and let the meditation lull you into a blissful state of relaxation. Allow the whispers of your subconscious to plant the seeds of your desires.

Align with masterclass themes: Leverage the power of synergy between the meditations and the monthly masterclasses. Let the meditations deepen your understanding and integration of the masterclass teachings.

\* Example: Before a masterclass, listen to the meditation that corresponds to the theme. It will prepare your mind and heart, creating fertile ground for the masterclass to enrich your understanding and take your manifestation journey to new heights.

## IMMERSE YOURSELF IN EMPOWERING VIDEOS

Our monthly masterclasses are a treasure trove of wisdom and guidance. To fully embrace the empowering video content, here are some tips to help you integrate it seamlessly into your schedule:

**Set a date:** Treat the live masterclass or the replay as a sacred appointment with yourself. Choose a specific date and time to honor your commitment to personal growth.

\* Example: Every third Thursday of the month, block off an hour in the evening to immerse yourself in the masterclass. Light a candle, wrap yourself in a cozy blanket, and let the knowledge unfold before you.

**Participate:** in the live masterclass if possible, as it offers the opportunity to connect with fellow members and ask questions in real-time. If you can't make it live, watch the replay with intention and focus.

🗱 Example: Grab your journal, take notes, and pause the video whenever inspiration strikes.

## TRUST YOUR INTUITION AND EVOLVE

As your journey within the ASL Membership unfolds, trust your intuition to guide you towards the trainings, meditations, and masterclasses that resonate with your soul. Allow yourself the freedom to explore, experiment, and evolve. Remember, this is your personal manifestation adventure, and you have the power to create your own magic.

Let the ASL Membership become your sanctuary, a warm and inviting space where you can nurture your dreams, connect with like-minded souls, and embrace the infinite possibilities of manifestation. Trust the process, embrace the journey, and know that the love and guidance of the ASL Membership community is always here to support you.

> With infinite warmth, love, and an abundance of magical moments, Scherise and the ASL Membership Community 😻 👬



Listen to your intuition



remember your amazing bonuses! For example; business basics, journal & breakthrough, the legacy playlist

#### CLASSES THAT FALL UNDER THESE SECTIONS OF THE ASL METHODOLOGY

### THOUGHTS AND BELIEFS

VISION BOARDS FOR MANIFESTATION

**BONUS - MESSAGES** 

**BONUS - JOURNAL & BREAKTHROUGH** 

### RAISING YOUR VIBE

HOW TO CREATE ABUNDANCE DOING WHAT YOU LOVE SECRETS TO SCRIPTING YOUR DESIRES INTO REALITY KEEPING FAITH FOR YOUR MANIFESTATION REWRITE YOUR LIMITING BELIEFS

### MESSY INSPIRED ACTION

BONUS - BUSINESS BASICS COURSE

**BONUS - SALES TRAINING** 

BONUS - WEALTH CREATION

HOW TO ACT AS IF

# THE ASL METHODOLOGY

THE NON PHYSICAL REALM

