
INFINITE YOU

Open the Way for Your Infinite Potentials
& Draw Your Future to You

BY SHELLEY HAWKINS

“Individuality, then, is you becoming more of the
expression of life, as only you can.” ~Shelley Hawkins



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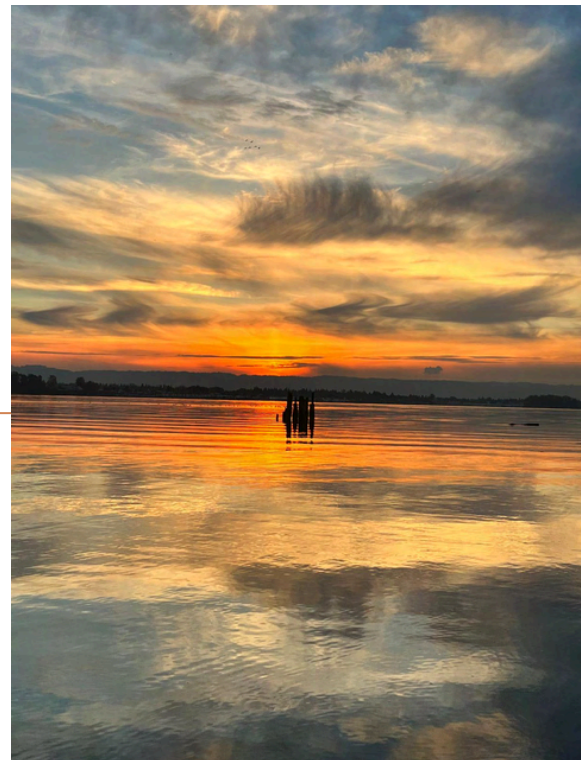
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CHAPTER 1: WHO IS THE INFINITE YOU?

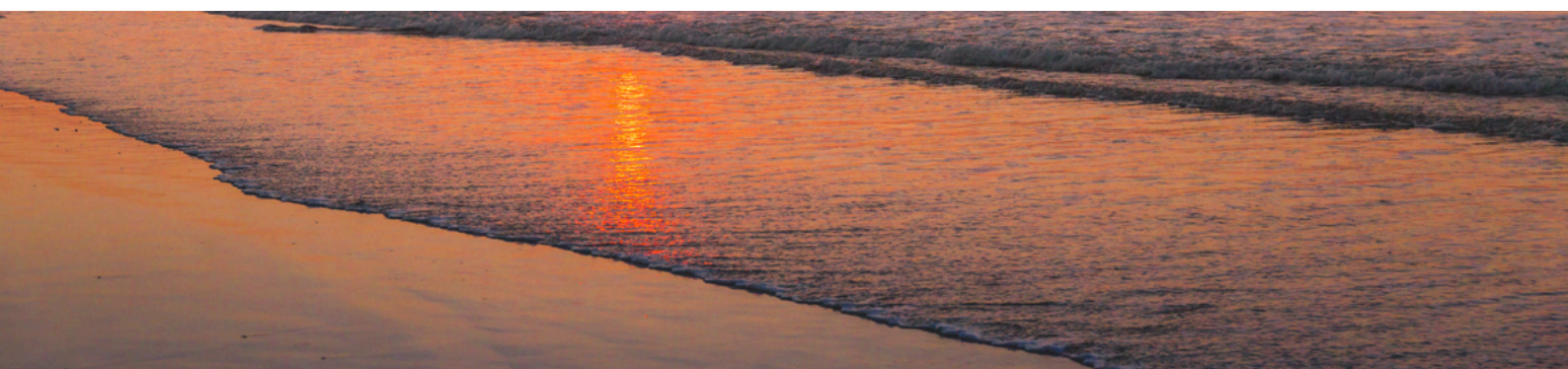
“ mc^2 is the ceiling of 3-D reality.
The quantum is past that where
wholeness begins.”

~ DR. JOE DISPENZA, NEUROSCIENTIST



The infinite you is all the versions of you beyond the limitations, conditioning and challenges you currently or will ever experience. It is not something overwhelming you must achieve. The infinite you is the non-physical part of you, which is most of you, or 99.9999999% of you, and it is the quantum field of unlimited intelligence and information that fuels your desires, your intuition, and you.

Learning to live your life from here allows you to access a creative force that fuels your desires for your life in every aspect instead of competing on a 3D plane. For example, breaking through limitations you experience in your business or leadership, no matter how big or small, to feel a sense of purpose and meaning in your life, or to change your relationship with money.



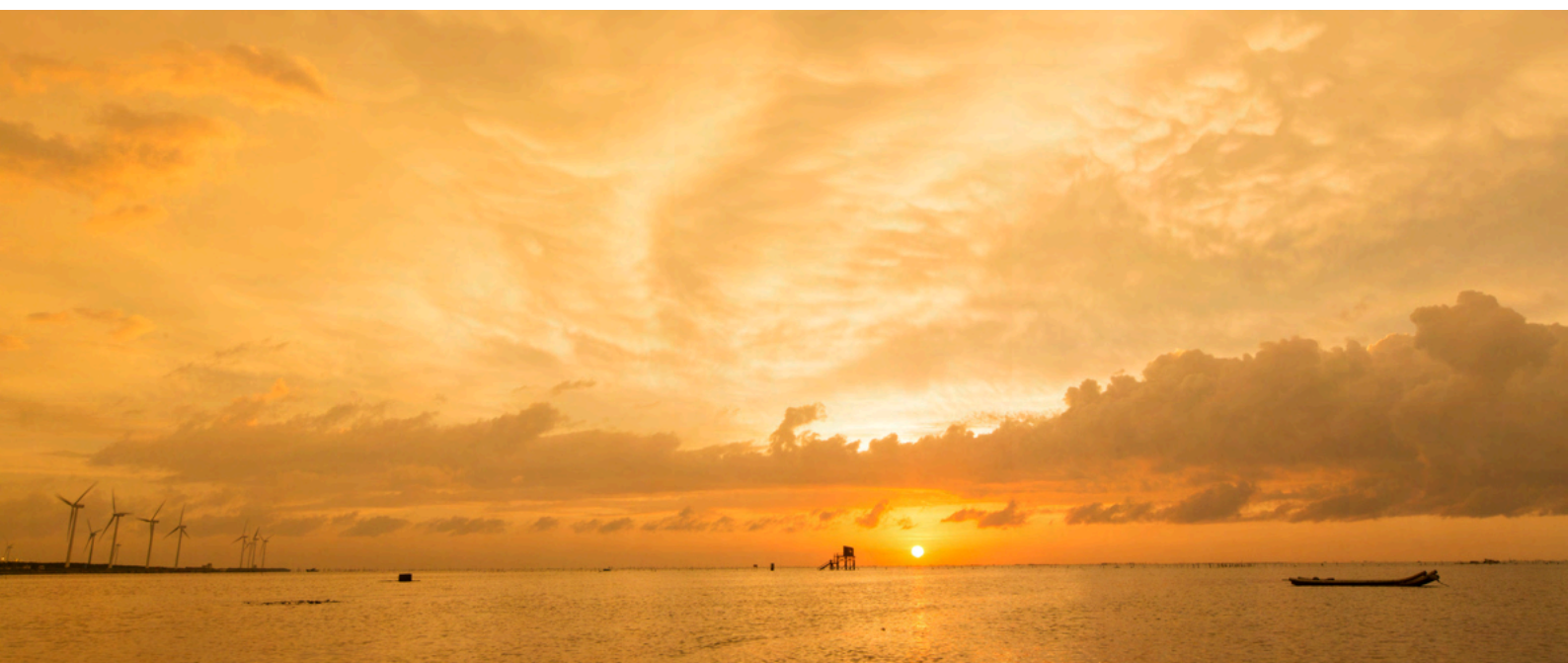
~ Where is one place in your life where you've settled? If you knew there was a greater possibility, what would it be? How would it feel? What is one belief you would need to change to open the way and what would you need to believe/know instead? ~

Connecting with the infinite you doesn't mean losing touch with this physical world. **It means falling in love with it** as you bring more of your infinite nature into your human expression—all the things you desire to create in this life as your life, as you. We are meant to be in this world and love it—as well as learn to not be limited by it.

That means making the unseen (behind your eyes) as real and more real as the physical world in front of your eyes (which is already a memory and you are already creating tomorrow and the rest of your future).

The more masterful you become at this, the better you become at your ability to evolve, taking the situations of your life and transmuting them by transforming within, as well as then create the situations, (instead of just responding to them) in which you desire to find yourself, accessing greater and greater versions of what it is to be you.

This is not to make light of the tremendously challenging circumstances and trauma many people go through. But to affirm the power each person has within and around them to continually access new potentials and possibilities for their lives.



CHAPTER 2: OPENING THE WAY TO YOUR INFINITE POTENTIALS

Much of what is spoken of as change, is often a rearrangement of our current thinking and the elements of our physical life to get a different version of the same thing. You set a goal and go about the effort to make it happen.

To change a habit, one might focus on mind-set or try to eliminate negative thoughts or still the mind. To shift a business situation, one might rely on market statistics. To improve a relationship, you may try harder and work with psychological or even spiritual concepts to better understand each other. If it works, the pattern is gone and you feel complete relief, great!

But if we want to go beyond what seems possible in 3-D reality, deeper, higher, and faster, if we want to dissolve internal patterns permanently and experience greater versions of ourselves; to heal the so-called incurable, for example, dissolve patterns, behaviors and mental filters completely that seem like “that’s the way things are”; if we want to run our lives by intuitive strategy; if we want to transcend our current relationship with money, or experience rapid transformation and freedom in an emotional pattern, a relationship, or any area, we must transcend our current form, patterns and beliefs and the limits of time.



To do so means working with energy, vibration, the source of and precursor to all form. Energy in the 3-D world refers to the effort expended to accomplish a task. Energy from an infinite or quantum perspective is the subtle and unseen realm. It is where change really happens and the physical form must follow the change in the energy.

Our external world informs what is happening in our inner world. Working with energy as patterns that exist in and around us allows us to change or perceptions deeply, completely, relatively quickly and permanently.

Beyond $E=mc^2$, the speed of light, is the quantum, or infinity. When your imagination meets with the frequency of infinity, the universe, or however you refer to that power, all things are possible. When you transform patterns within you, you give that those possibilities an avenue to become your physical reality.



PRIMARY SKILLS

For Opening The Way

There are 5 primary skills to put in place, no matter how evolved you are, to get out of the way of your potentials and draw your future to you.

5 PRIMARY SKILLS 

SKILL 1.

YOU ARE NOT SEPARATE FROM THE INFINITE INTELLIGENCE/UNIVERSE/QUANTUM FIELD.

All the steps you take to create your life as you wish come from this one premise. You are not trying to “get” something from something that is “keeping” it from you or deciding whether you are worthy.

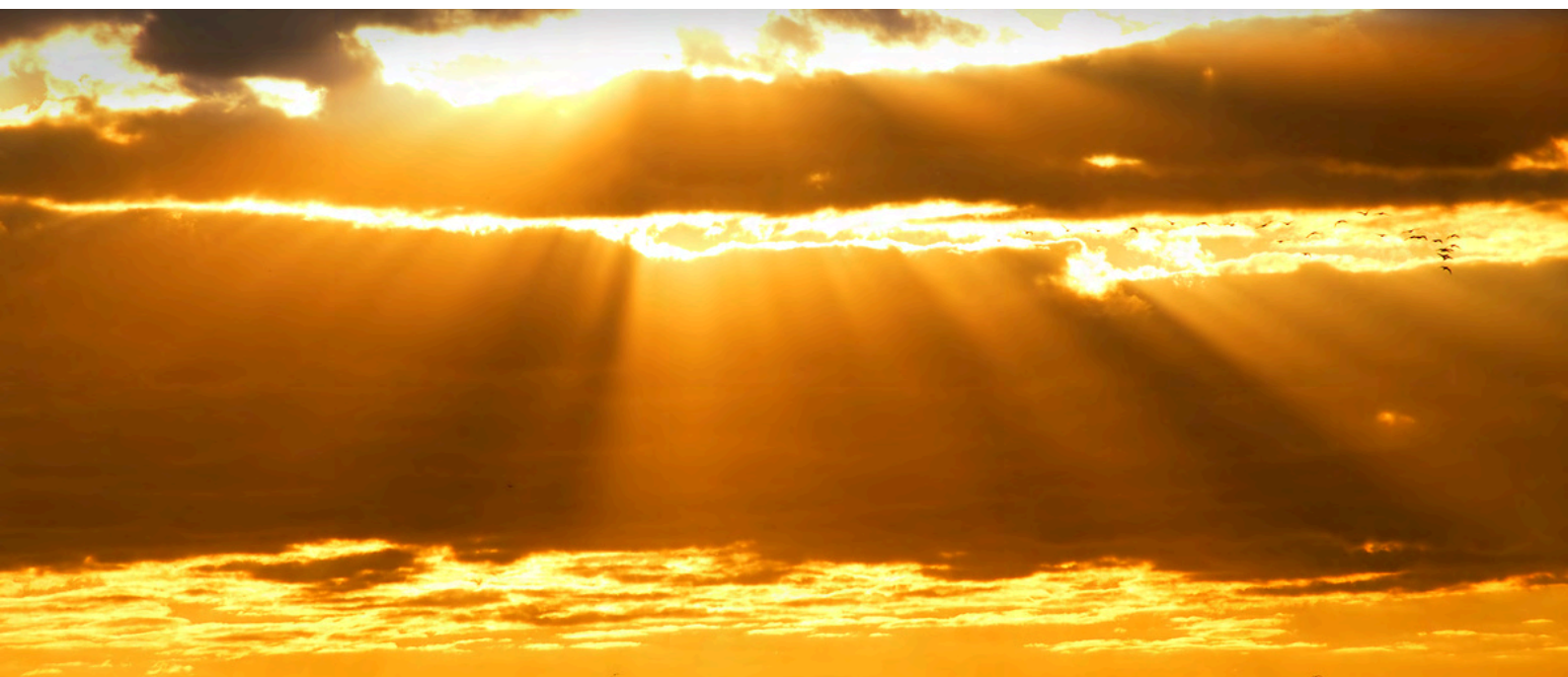
“You are worthy. It cannot be otherwise. You are worthy because you exist. It is intrinsic to your being.” ~ Shelley Hawkins, Monday Wisdoms

You are learning to relate to “it”, to your infinite nature within and the frequency of the infinite which is all around you, the quantum, the omniscient, the divine, the unlimited, love and the infinite substance of the universe.

There are two concepts within this oneness that you will work with continually to create your life, draw your future to you, liberate yourself and fulfill new potentials.

Vibration and Surrender.

I am lumping several things into these two categories to keep it simple. As you practice them, you can unfold the detail within these two concepts.



The universe is vibration. It is frequency. It is energy. Anything you seek to do, be, have, create, manifest is about vibration and frequency. The more fluent you become at growing into new frequencies, the more this becomes a way of life.

You enjoy and acknowledge synchronicities and miracles each day as well as recognize perspectives that have lived out their purpose when you're ready to take a leap and experience a new reality.

Vibration includes naming your desires, recognizing where you are emotionally/physically related to your desires and the ability to shift or transform or liberate yourself from those places through pattern transformation to bring yourself into energetic alignment with your desires.

Vibration includes your beliefs and patterns, words, the authenticity/energy behind those words, your gratitude, your attitudes, behavior and your subconscious. Vibration is the name of the game.

Surrender is about trust...and **surrendering to your good**. It's not giving up and hoping for the best. It's believing in your desires, what you're doing to bring it in, and feeling in to the infinity, the quantum beyond this 3D reality, that is an infinite field of creative potential, of formless substance ready to take form, of support, and quantum grace.

There is a phrase you can use and will hear often in this work---this or something better. That is surrender. We do our best with our imagination and actions to align, then let go knowing the infinite, the field, is taking care of the details and often beyond what we could imagine for ourselves. Surrender is a powerful aspect of receiving. Otherwise you may choke out the greater possibilities if you try to control an outcome. Let go and receive.

Whether you're in the darkest of times seeking a new future or riding high and ready to create something more, surrender is knowing there is something infinite at work on everyone's behalf at the same time. As you imprint your desires into the infinite and quantum energy and others are doing the same, it is all working together in a co-creative quantum possibility.

We foster oneness through gratitude, energy/pattern transformation/liberation, meditation on a new potential/desire, energy hygiene, surrender, the way you speak, think, and feel and so on and your authenticity behind these actions.

You can never not be worthy (double negative intended). So, worthiness is an internal awakening of sorts, an aha that you learn to embrace and internalize. It is powerful, humble, peaceful, responsibility, creativity...

You may feel worthiness as deep peace at first, or exhilaration, or like a shiver of knowing when you connect with a desire you are materializing and suddenly "know" it is yours and will show up soon in your physical world.

You do not have to embrace a particular spiritual philosophy for this to work for you. Everyone is conscious or spiritual. Your consciousness is the you doing the looking. You look through eyes, but your eyes are not “you.” They express you and take in data, but they are not you. Make sense?

You are developing a relationship with yourSelf that recognizes who you really are—mostly non-physical 99.9999999% space. That you are here on this planet to enjoy your life through this physical body, which is also conscious; to become the ever-evolving best version of yourself; to empower and know yourself, while evolving, changing patterns, shedding conditioning and what isn't true of you, and creating desires that expand your own life while also contributing to the expansion of the universe that is never ending.

Practice:

How do you experience, cultivate or ignite this oneness? You can simply contemplate it and you're there. You can also practice the things that create that feeling for you. Play. Practice awe and wonder. Meditate by basking in the fact that you are swimming in infinity (99.9999999% space) and you and your body are part of it.

Meditate to connect, to transform your brain and body, to create your life, dismantle current realities and imagine new ones. Work with energy daily to transform beliefs and patterns. Practice energy hygiene (see Daily Template) Take note everyday of what you are grateful for and express/write it.

Experience nature—get on or in natural bodies of water, watch birds, whales, jackelopes, the squirrels in your backyard. Walk in your neighborhood. No technology. Practice daily energy hygiene and transformation with tools such as Donna Eden's Daily Energy Routine, tapping, qi gong, yoga, take an Epsom/Mineral salt and/or baking soda baths, and so much more. These so-called little things are immeasurably valuable tools.



SKILL 2.

DESIGN, REDESIGN AND STAY AND/OR BECOME TRUE WITH YOUR DEEPEST DESIRES.

It's time for paper and pen or opening a document on your computer/phone.

“76% of participants who write down their goals and intentions achieve them. It encodes information and the likelihood that is stored in long term memory.”

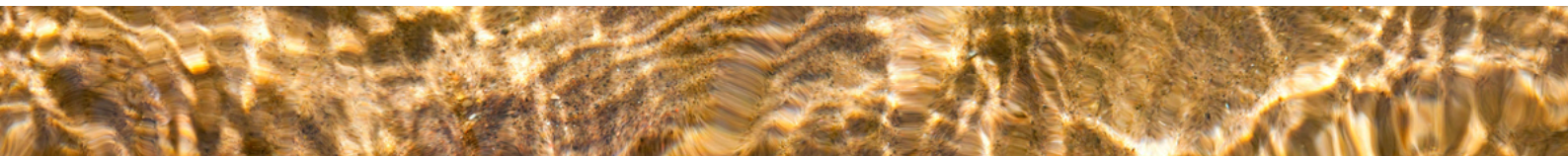
~ LYNNE MCTAGGART, JOURNALIST AND AUTHOR

Once you realize step one, your next step is to start designing your life by intention and writing down your life and desires, imprinting your intentions in the universe as well as your own energy. It means getting clear on what you don't want and what you do, then revising your design as your life changes.

Designing your life, knowing what you want and don't want and making intention a fluid way of life is a way of partnership with infinite substance or the quantum field. This includes, designing your life in the big picture as well as your day to day. Sometimes moment to moment.

This is the biggest piece I see clients overlook. They leave intention and design behind thinking that's too easy and they should have to work for it. They'll jump to the next step and work on the transformation, frustrated with their results before they really design where they're going and what they want instead.

There will be plenty of opportunity for action. Everything you create in the energy infinite intelligence first informs and inspires the actions you take each day. Listen and pay attention. You'll find yourself doing what is important big and small. Think of it like shaping the clay of your day before you bake it and things flow differently. Flow with it. Shift and shape it with intention when needed and release it. Play with being a witness as much as a creator because much will happen **for** you.



Get clear on what you don't want and what you do. Knowing what you don't want produces clarity of what you do. It also pulls out of the closet anything that may be in your way. For sure, your intentions are going to bring up anything in and around you that is incongruent with them. Use to being hard on yourself? Well it's time to dissolve that pattern forever. Who would you be without it?

After you write the big vision down as well as specifics, also practice intention for each day. Create your day! What do you want to accomplish and what does it feel and look like already done? Intend that it flows synchronistically and serendipitously. Even practice intention right in the middle of a situation and watch it shift!

The better you become at the dance of oneness, intention, paying attention to the subtleties and transformation, all from a state of gratitude and surrendering to your good, trusting, and transforming limitations, the faster life will shift for you.

For your design, start with a bullet pointed list, a narrative style letter to the Universe/Quantum Field/Source, or as clear of an idea of the life/lifestyle you intend to lead and live.

Spend some time with this considering each area of your life—all in a day, or bits of time over days or weeks. This sets the stage for life expressing more of your infinite nature through and as you and opening the way to your ever-evolving potentials.

For example, include such things as:

- Your income/prosperity /investment/real estate acquisitions intentions
- Your new business design/management team/culture
- Does your lifestyle include gardening, a dog, a significant other, dinner parties with friends, a certain number of hours you'd like to work?
- A desire to transition from being stuck in your analytical mind
- Your desired physical healing or fitness intention
- Your desired relationships or relationship growth
- Your ideal team ~ acupuncturist, bodyworker, and so on.
- Internal peace
- Travel
- Career, retirement, project desires and intentions
- Learning a new skill—skiing, sailing...

Use a structure something like this in columns, bullet points, a mind map, or your favorite way, for the big picture as well as specific intentions such as a relationship, a trip, or a business:

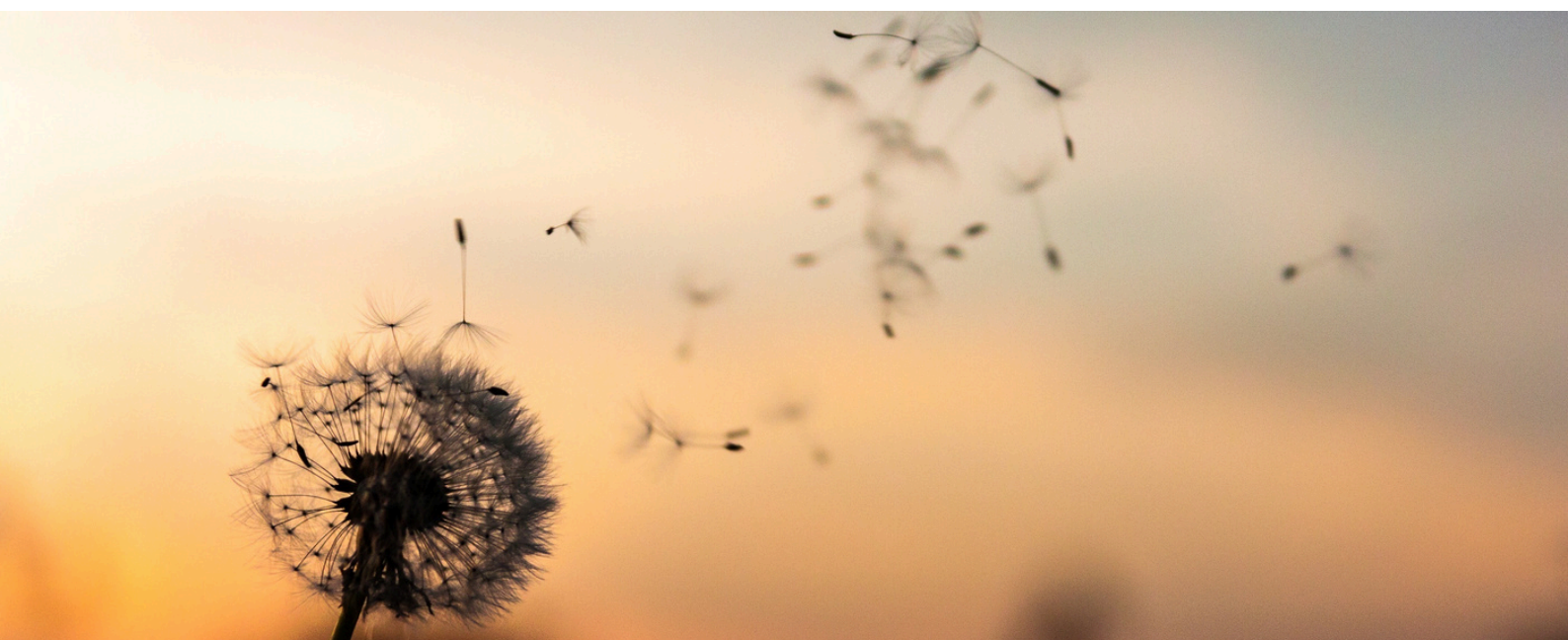
Structure:

1. What you don't want (This makes you aware of your potential obstacles as well clarity for what you do desire. It also makes clear what you are dissolving.).
2. What you do want (design your business anew, that house, that relationship).
3. What you don't want to feel.
4. What you DO want to feel.

This is an electromagnetic universe. Your thoughts/intentions are like the transmitter that goes out into the Field. Literally, they are streams of light (see Lynne McTaggart's studies on intention). Your Feelings draw it back to you. The more your feelings in your heart and mind are occupied by elevated emotional feelings like gratitude, bliss, safety, love, joy, excitement and so on, the more magnetic your heart is (and you are) to your desires.

**“If you want to find the secrets of the universe,
think in terms of energy, frequency and vibration.”**

~ NIKOLA TESLA



SKILL 3.

ENTER THE CREATIVE PLANE AND LEAVE THE COMPETITIVE PLANE

The creative life, and by that I mean one that you deliberately create with these methods of working with energy, imagination, intuition, intention and so on, is based on infinite substance, the quantum field. Here, no matter how much you manifest and create, the field is not diminished and all are benefitted in some way by your creations, abundance and becoming.

By contrast the competitive 3D plane lives in a scarcity of resources. What can be seen is all there is and therefore it must be competed for. There's only so much money, so many houses, so many whatever.

You are now leaving the competitive plane, if you so choose, and entering the creative plane.

A good book to read on this subject, among many, is:

[The Science of Getting Rich](#)

BY WALLACE WATTLES, WRITTEN IN 1910



SKILL 4.

PATTERN TRANSFORMATION: WHEN YOU KNOW THERE'S MORE.

Your intentions and desires help bring up the energetic patterns within and around you that are in contrast to your desires. They may act like obstacles, inertia and so on.

In a 3D way of life, you might put your nose to the grindstone, push, work with your mindset and spend a lot of hours, days and years making something happen. It can work and if it does, great! Many people are not be interested in anything other than this.

But if you're reading this, you have a feeling there's more—more to you and more to life—and you want THAT. So be it.

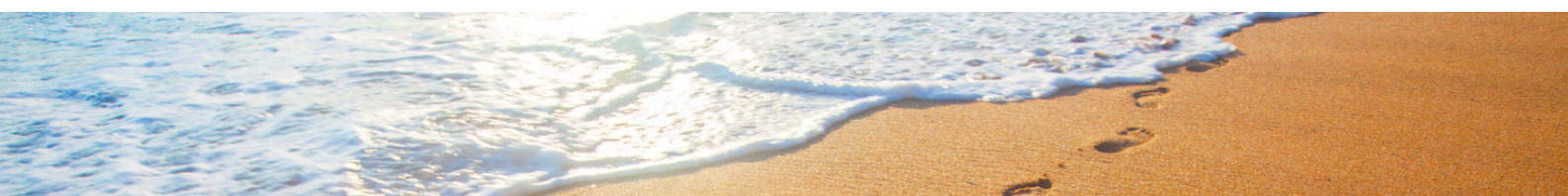
Living from your infinite nature and drawing your future to you, you learn to recognize internal and external patterns, dissolve them (because they are energy) and watch your external world shift accordingly as you become a greater or more free version of you.

In this way, your so-called obstacles are the way, so to speak. As you recognize and dissolve them, you reveal your potentials. There is no end to your potentials, your desires and your joy.

When you can't seem to get to the feelings you want, as in #2 above, and hold them authentically, there is a pattern going on, a frequency that is stronger than the elevated emotions, intentions or positive thinking you are practicing or wish to feel.

Don't fret! Use pattern transformation. Work with someone who can help you see what you're not seeing and transform obstacles faster and deeper. "Where two or more are gathered..." the energy is amplified.

The clearer you become and the more authentic those elevated emotions, the more magnetic you are to your desired future.



SKILL 5.

TOOLS YOU CAN USE FOR TRANSFORMATION.

Using tools like intention, meditation, tapping, and other forms of transformation, you can transform patterns as well as work with someone who can transform these with you on a fast and broad spectrum.

Every pattern you transform/clear/shift on the energetic level **changes your future** (which is the next moment as well as the rest of your life) because now you have changed the filters or lenses through which you see life and draw life to you.

Patterns can be anything from minute beliefs, a way of talking about yourself, a way you look at a situation, to ancestral patterns, trauma, addictions, events, relationships, attitudes and conditioning throughout your life that act like transmitters and filters shaping your life experience.

If you try to dissolve the pattern from the “inside” of it, you will see it from the consciousness of the pattern and may find yourself like a dog chasing its tail or judging yourself. Not helpful.

The better you become at being the gentle observer of yourself and move to the “outside” of the pattern, situation, or problem, the better you become at transforming it.

[READ “THE BUBBLE BLOG” HERE](#)

Every pattern you have was created out of what felt like wisdom at the time as well as, your body and soul can have interesting ways to get your attention. Honor that and your patterns will dissolve much faster. Some will transform immediately and others may encounter many aspects. This is part of the transformation adventure and your internal guidance system.

So many personality tests give us the idea that “this is the way we are.” Though there are certainly core aspects to each of us that are innate, we are so much more malleable than we realize.



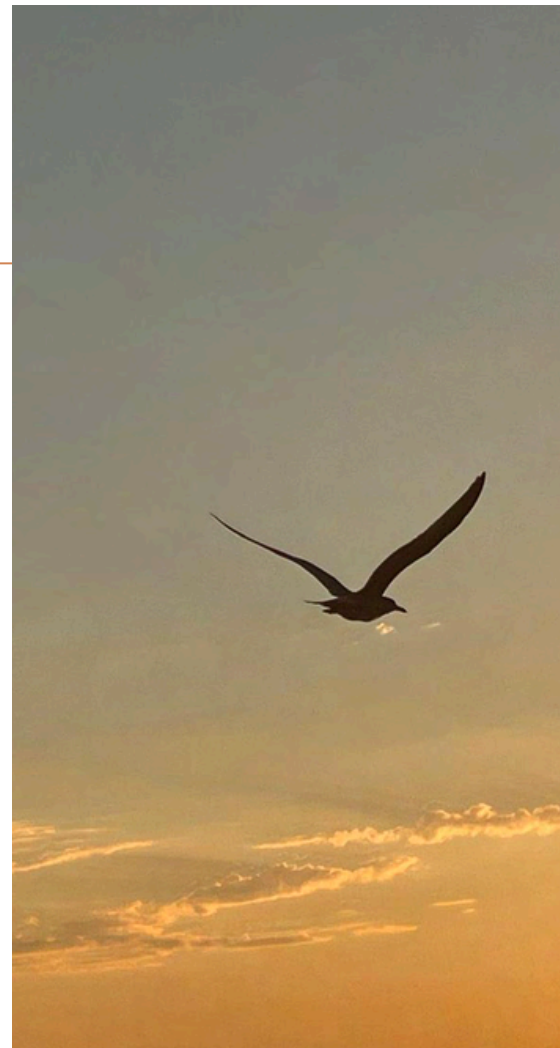
CHAPTER 3: THE POWER OF ENERGY HYGIENE

This could be the most overlooked step of all. Every day we are immersed with people, electricity and electromagnetic fields, geopathic energies including massive sun flares at magnitudes we have never seen before, stress—yours and others', pesticides, thoughts and projections of everyone flying around, and so on. Our bodies are incredibly adaptive. It's important to clean and tune up our energy daily to facilitate that, and during times of stress sometimes several times a day.

This sets the stage for your success with every other practice, like a calibration of your polarity, grounding and flows of your energy systems that support your body, mind and spirit in everything you do as well as remaining magnetic to good and a joyful vessel.

There are sooooo many ways to do this. The Daily Practices on the ***Daily Template*** are excellent for this. Additional tools include **Donna Eden's Official 5-minute Daily Energy Routine** that I've used for years. Clearing your energy centers/chakras, getting in water—lakes, hot springs, or an Epsom salt or baking soda bath; an infrared sauna, red light therapy, massage, getting your bare feet on the grass or in the sand, spooning your feet with a stainless steel spoon to ground yourself, tapping, yoga and being outside.

Often people don't realize the anxiety, scatteredness, thoughts, exhaustion and so many feelings that are not theirs, but are energies from other people and frequencies. Discerning the difference between your energy and others is Power. Keeping yourself clear, or getting clear as needed, makes so much Creative Power available to you. That brings us back to number one, your infinite nature and your relationship with it.



DAILY TEMPLATE

This is your daily guide for elevating your life, bringing more of your infinite nature into your human expression and creating the life you desire. Utilize it to guide you in developing a lifestyle of thriving from whatever level you are at now, discovering and dissolving obstacles, and becoming the vibrational match to creation after creation.

- First, is a simple bulleted list of the steps that are involved.
- Second, are steps to guide you in discovering and dissolving obstacles to your potentials and desires. I've included unstructured nuggets as well as more detailed steps for various learning styles and the feeling of the day.
- Third is a list of daily lifestyle practices for energy hygiene as a lifestyle. Choose what works or discover and implement your own.

"I would say to any executive considering this work, that the esoteric approach works. It works for all the practical goals you wish to achieve in your professional as well as your personal life." ~Keith F., Fortune 500 Sales Executive

The Steps in Summary:

- **Decide.** Decision is an internal shift. It isn't a wish. It is a shift in itself. A commitment. It sends a signal into the infinite/universe/multiverse/source and to your body/mind.
- **Identify.** Know what isn't working or what you want to elevate. You must know where you are, honestly, in order to move.
- **Design.** What you would like instead? Design your life. Write your intentions (see a simple structure for this later in this document).
- **Liberate.** Utilize tools and practices that discover and dissolve your obstacles to your ongoing desires and potentials.
- **Live it!** Develop a daily lifestyle of evolving. Awareness, decision, design, liberation/transformation, energy hygiene, play and being ever-evolving versions of you! Learn ways to optimize your energy and vitality. Your body will learn to sustain a higher frequency.

These steps are repeated and returned to in varying order in a spiral of elevation and evolving your life.



UNSTRUCTURED PRACTICES THAT SUPPORT EVERYTHING...

Contemplate the Infinite Substance of the Universe Daily

Contemplate the infinite substance of the universe daily. Literally. That you move, eat, sleep, drive, work and play in infinity, in source energy, and that substance actively responds to your energy, the attention, intention and vibration you give it. Bask in this. While you're driving, making your coffee, walking the dog, in the board room, riding your horse, hiking, writing your book, in the shower. Consider it a daily conversation. Because it is.

This is teaching yourself oneness. That you are not separate. A key foundation.

Play

This means something that is not on your to-do list and it is a way of shutting everything else off and being present to have fun. What is play to you? A concert? Fixing something? Silence? Football? The beach? Dancing? Playing an instrument? With people? By yourself? You can also make everything you do a form of play. Grocery store? Play. Changing the oil? Play. Walking the dog? Play. Decide. Go.

Play is a frame of being that creates peace, joy, and makes your mind available to creativity, among so many other benefits.



Practice 2-5 Minute Meditation Snippets Through the Day

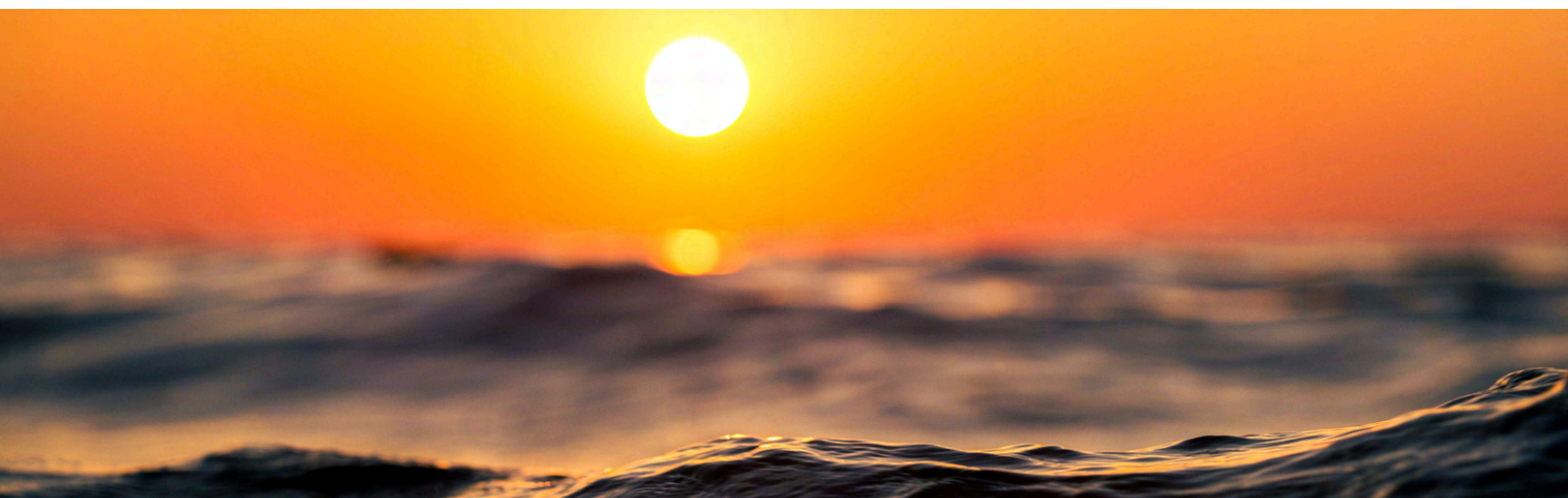
Practice 2-5 minute meditation snippets or rants of "I did it!" through the day. Whether you're seasoned at evolving your life and manifesting or you're newbie, you can do this.

A "rant" of manifestation is saying out loud something like, I did it! It's here. This is so amazing! I'm so grateful and it just keeps coming... You get the idea.

I think of meditation as a creative conversation. Sometimes simply listening and paying attention. Other times its very imaginative. So, drop in to your heart, the center of creation, with your intention, or imagine dropping "in" to the infinity out beyond the universe to feel your infinite nature, then imagine an intention you have, or all of them in your future self, until you feel it complete and done. Then surrender to your good, which means to let the power of the universe do its part. Trust.

"Working with Shelley altered my life in such a dramatic way. I am free from so many stories of obligation and energetic drain where I held myself tight, contained, and protected, albeit successful. My relationship with my longtime partner and love of my life melded together, releasing the tension and my reasons for resisting marriage. My business began to thrive in ways I didn't expect opening doors for me to use my gifts, and shifting everything from my lease agreement, to clarity about teaching, to spontaneous turnover in my staff for an environment that is aligned with who I am and thriving while I feel more relaxed, joyful, and purposeful, as well as prosperous."

~ Deanna Reed, Owner of Arabella Salon



STRUCTURED PRACTICE: STEPS TO CREATING YOUR DESIRED LIFE WHILE REVEALING AND CONNECTING WITH YOUR INFINITE NATURE:

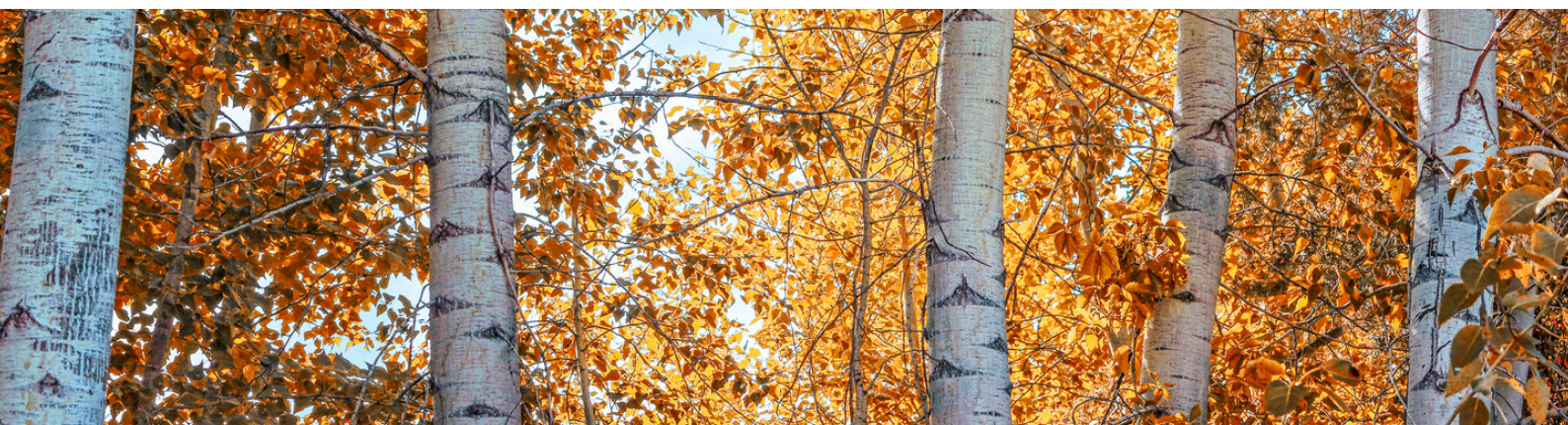
To create big and intentional change means, it includes changing the psycho/emotional patterns you hold within your mind and body. The body holds the past. These are the filters through which you see, behave, create and receive that can be created as a child, passed on from ancestors, and so on. What's important is what is no longer serving you and your desires.

For example, maybe you were taught to be the source of energy for everyone else and now it's time to live the life you desire. Or that you have to work hard for money, but there isn't any more of you to go around. Or you're hard on yourself and realize now how much that costs you—even if you're already an entrepreneur or executive at the top, or an individual who has a "good" life.

What else would be possible for you if such patterns were gone? What energy would it make available? What would begin to happen for you, in you, through you, as you?

As you transform these filters, big and small, you become more coherent and the signal you transmit in the universe becomes clearer. You will experience freedom from within, notice different behaviors and thought processes emerge from within yourself, as well as notice your external world responding to you differently, more positively. The caveat to that is if some things need to leave your world first to experience more balance, peace, joy and coherence.

You will also gain access to more of your unlimited, infinite nature, connecting with your future self (selves) increasing your ability to draw your new future(s) to you.



Once you 1. **Decide**, next is...

2. Identify. What You Don't Want:

What is one thing (or many) you will need to release to make room for your infinite possibilities?

This could be thoughts you think regularly, a fear you nurse, an anxiety, a habit, a way of communicating, a lifestyle, physical things, a job...

If you want a new income or outcome and you're putting your faith in and acting on dire statistics, you will continue to experience that, no doubt with some frustration. If you approach your new way of creating your life with the idea that you are going to control the infinite substance into form, you will meet with frustration. If you want new opportunity and keep entertaining failure in your mind and energy, you'll likely meet with more frustration or other emotions. You have the opportunity to choose what you entertain. And it takes willpower to stay committed until your energy and new reality are a vibrational match.

Some of your desires and intentions may materialize almost instantly. Some of them may require the letting go and transmutation of a few or many things within and around you—control, behaviors, patterns, beating yourself up, your environment, feelings, habits of thought and communication, past trauma, relationships held in your energy, for examples — in order for you to become your new idea. For sure, it is a dance with intention, transformation and surrendering to your new good.

Always, there is something to let go of—a thought, behavior, pattern, thing, place, person—in order to make room for your expected new reality.



3. Design: Imagination as your tool of connection with Your New Future (and your Infinite Nature):

Imagine. It is with our imagination that we first connect with our new future, future self (selves) to conceive of where we are aiming as best as we can dream, to design it, what it feels like, what we look like, how we move, what we do with our time, who we no longer are.

We are exchanging data all day long with the universe and others whether we realize it or not. The better you become at sending your signals of creation and intention into the quantum and become a clearer (liberated) vessel, the more you master this tool of manifestation and moving more of your infinite nature through your humanness.

Can you imagine running free of pain? Getting that fortune 500 position? Multiplying your income? Being in love and giving your whole heart, and receiving theirs? The cycle of debt gone—forever—and your financial affairs rearranged into increase, order and prosperity? The trauma gone and love and joy moving through you? The business sold and you're already in the new work doing what you love? Your congregation spiritually maturing into new joy? Your child, grown or small, is healthy, prospering and happy? The good you experience now, multiplied? Living from a feeling of purpose and exhilaration in your heart?

And where is all this going to come from? The unseen. The quantum. The infinite within and around you (and each of us) being brought into form and expression by you becoming more of your infinite nature.

Not from an old version of you that you cling to by your fingernails, being hard on yourself, or statistics, or doing the same thing, or working harder (though action is part of it). Those are all part of 3D reality. Stay there if you want. Or not!

Go as far as you can with your imagination and let go, surrender to your good, be met by this infinity that takes it beyond anything you could ask or imagine.

Energy in the 3-D world refers to the effort expended to accomplish a task. Energy from a quantum perspective is the subtle and unseen realm that you connect with through feeling, intention, thought, contemplation, meditation, energy transformation and so on. It is the All That Is. It is connection with that power. It is the infinite substance of the universe where change really happens and the physical form must follow the change in your energy.

Energy is a frequency, everything that is and isn't. And it is reality as yet unformed and formable that by imprinting your imagination on it through thought, transformation, feeling and most of all, who you become—letting go of who you've been in all the methods we use to do that, to become the you you imagine—and so much more.

“Reality is a memory.”

~ DR. JOE DISPENZA

Play with this:

Close your eyes and drop into the physical space of your heart.

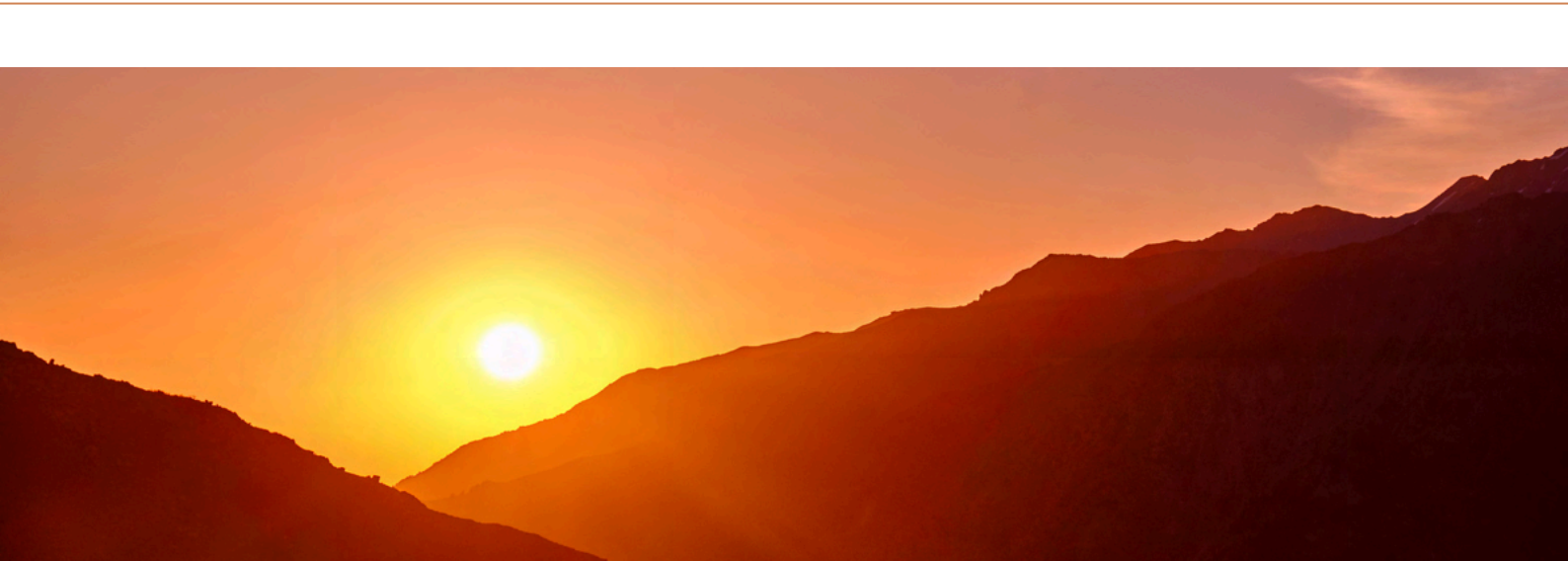
Imagine where you've been and all its feelings. What does it feel like to see it go? To no longer be that?

Now imagine your desire from #1. Feel that with all of its excitement, peacefulness, fulfillment, passion, ease (choose your feelings). No matter how long it takes, relax. See it. Absorb it. Feel grateful for it, even ecstatic.

Now, feel yourself and your dream being met by the infinity, a frequency of the unlimited. See your future self. Feel and imagine this unlimited frequency--beyond the speed of light—coming to your vision. Witness what happens to your dream. Stay there as long as you wish, watching, or until it feels complete.

When you feel like change has taken place, or you are complete, that it is done, bring that self back with you into this space in time. When you are one, open your eyes and live that.

Sometimes this is a practice until it takes physical form. Other times you get a knowing and you know it is done immediately and will show up. Either way, your practice is to surrender to your good, to give that power, by whatever name you call it, permission to do its part, and notice changes taking place within you and around you that signify the changes you are making within. Express your gratitude.



4. Liberate:

There are so many approaches to energy transformation, each with its own benefit and strength. For the purpose of this exercise, I'm talking about the transformation of psychological and emotional patterns that can be held within on various levels and congest, if you will, your way forward, to receiving, and to receiving your new experience. Freedom from these allows us to sustain higher frequencies and new realities.

Transformation is dissolving this congestion, conditioning and debris of various sorts, and revealing more of our true and infinite nature as who we are being every day, falling in love with this physical life, and Yourself.

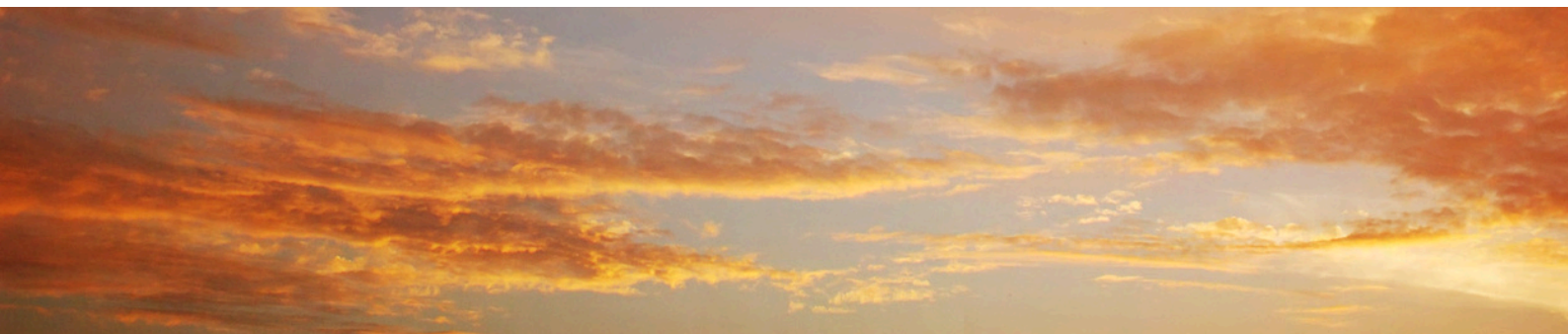
What is one pattern you have found yourself in over and over in your life. Like the same situation with a different face?

For example, a type of relationship, caring for others at your expense, an employee situation, a revenue/cash flow pattern, bailing out your family, no matter how hard you work the needle doesn't move, a health issue, a financial ceiling, no sense of purpose no matter how much you get done, ...

Fill in the blank: _____

What would you like instead? Design where you're going. What is no longer there—feelings, results, the way you're being—all the elements. What IS there (your intentions) and how does it feel (the elevated states of emotion when it is done). In an electro-magnetic universe, the thought/vision/intention is the electrical signal going into the infinite substance. Your elevated emotions are the magnetism that draw it to you.

Liberation is about becoming a vibrational match to your evolving potentials you're your creation(s)/desires. It is as important as your vision to elevating your emotional state.



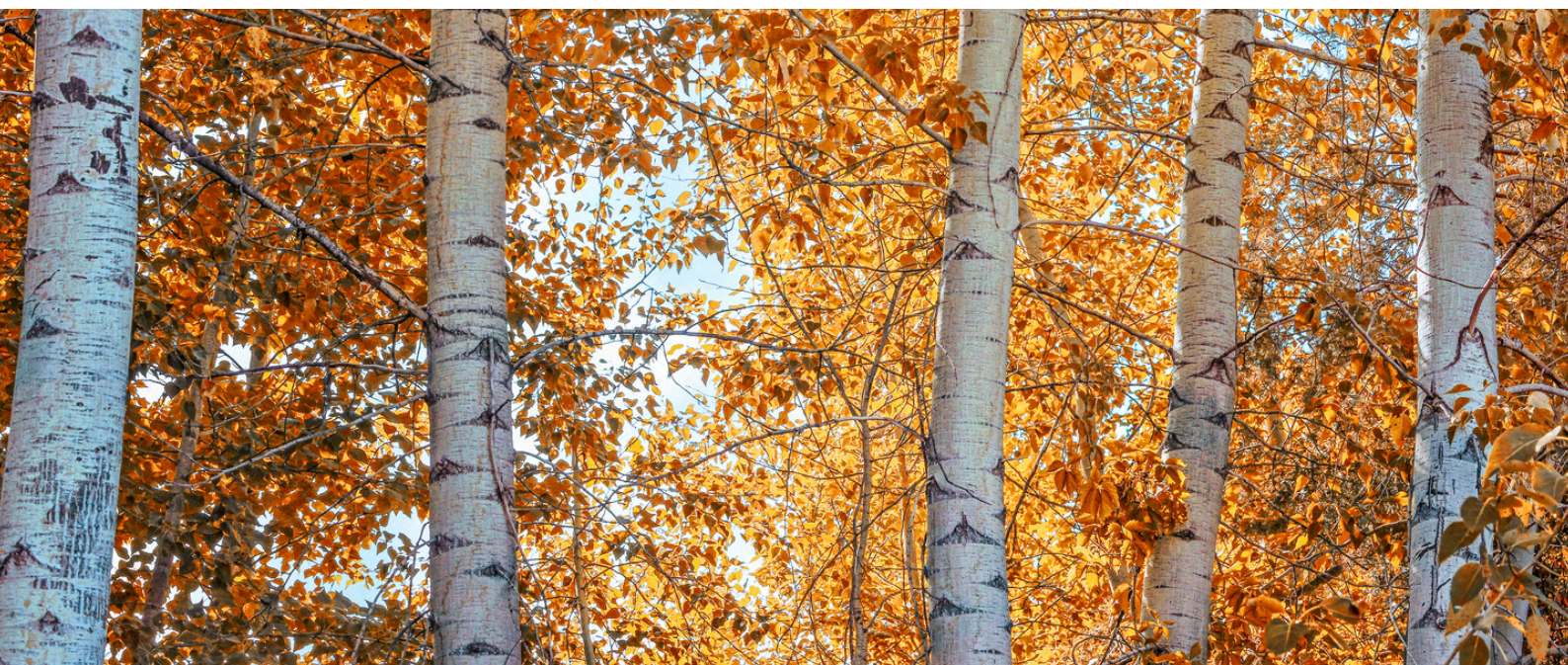
How fast are you willing to experience transformation? Who would you be if it what you wrote in #3 was gone instantly?

Most of us think we are willing to change completely and immediately. Yet many of our patterns were created in the wisdom we had in the moment (survival) for the environment we were in and to keep that in place no matter what.

Here are a few examples to get you thinking:

- To heal a physical issue, what if there is trauma being held that subconsciously keeps you “safe”? What if you realized that weren’t true anymore? Write 3 reasons it is not.
- What if a part of you is afraid to shift leadership from your analytical to your intuitive mind? If that weren’t there, what would become available to you?
- For a financial ceiling, what hidden “consequences” might there be for financial freedom? What if instead, money was an energy of love in your life and there was no ceiling? What if you knew there was only more love and potentials as you achieve your financial goal? If you felt that now, what would become available to you? What would you feel?
- What if you dissolved the programming that all change must take “time” and you were no longer tied to its length or its instantaneous results?

In other words, listen, feel for, that ever-so subtle part of you saying, “yeah right.” Or, “no way.” It holds a lot of authority... and freedom. You have the power to discover what you are believing and to release it!



TAPPING EXERCISE

Play with this powerful tool for a dose of ever-increasing freedom: (If you are not familiar with tapping as a tool of psycho/emotional freedom, please see my video here and the map of the points from my Free Resources Page, here.

[CLICK HERE FOR TAPPING VIDEO](#)

And the map of the points from my Free Resources Page, here:

[CLICK HERE FOR MAP OF THE POINTS](#)

Tapping Script:

Setup Phrase. Tap while repeating this phrase 3x at the Karate Chop Point:

“Even though I want to change this pattern [from #1], there might be/is a part of me slowing the change I desire [or afraid of change, or whatever phrase feels true to you], I’m willing to see what that is now.”

TAPPING CONTINUED 

Tapping Script Continued:

Tapping one phrase at each point from the eyebrow through the top of the head, say the phrases below out loud while you tap through the points:

"I am so ready to change this pattern
What would it be like to live without it?
I don't know if this is really possible
It feels safer to stay where I am
But I want to be free
I don't want this problem anymore
It's keeping me stuck
It may have felt safe at one point
But now it's holding up what I want to do next with my life
I created this
I can discreate it
It is safe to see this differently
I am willing
Change may look scary
I'm willing
Really its freedom
More of me available to create
More of the life I desire
I'm willing to make the shifts within me
I choose clarity
I'm willing to trust there is joy waiting for me on the other side
And so much more."



Tapping Script Continued:

Here's an affirmative round once you feel the resolution of the above:

"OMG this freedom is amazing
It's happening
I'm feeling the relief
The joy
My body is feeling lighter
The money is coming in
I feel new confidence
New ideas
New possibilities
New love
This is really me
This is really happening
I'm worthy
I've always been worthy
Now I can feel it!"



"Working with you is like change at warp speed."

~ Nancy K.

"You give me so many insights into myself that I've never realized."

~ Keli E.



5. Live It!

This is where all of this becomes first-nature to you as you incorporate or elevate each piece. No matter where you are beginning from or intend to go to. The smallest shift changes the trajectory of your life. It is all worth it.

This is the “creative life.” That is, a lifestyle centered on being in charge of what you create, where you direct your love, how you care for your energy, your vitality, your optimization, joy, evolution, and potentials and learning to **receive**.

Gratitude is the energy of receiving. Knowing it is already done and **surrendering to your good**. Your imagination will take you as far as you can go and then you surrender into this quantum, infinite energy and power and love. Surrender gives this power the permission to do its part, which is infinitely more than you could ask or imagine.

Here's to more of You in the world ,

Shelley



Daily Lifestyle Practices for Energy Hygiene (Energy optimization) to Incorporate for Your Elevating and Creative Life:

- Practice energy hygiene daily, like taking a shower, eating and brushing your teeth. (Please see chapter 3 in the manual).
- Get into nature weekly or daily. Woods, river, lake, desert, snow, garden, park, beach, neighborhood trees, your back porch, mountains, sand, ski, walk, hike, sit, have a picnic, sit in a hot spring, watch the birds, listen, get your bare feet on the earth...All while technology is turned off or out of earshot.
- Meditate. Use meditation to create, gain insight, and connect with your infinite self. You can solve anything in meditation—it is that space between your brain turned on and thinking and sleep, the Theta brain wave and can move into high states of gamma. Try these methods of meditation or another way that feels transcendent to you. Once you're "there" drop your intentions as if into a pool.
 - Imagine going into the void which is endless blackness (the beginning of everything created) beyond the galaxies and universes and feeling the infinity, the infinite love.
 - Imagine going into your heart, dropping your attention from your head into your physical heart and its magnetic field.
 - Imagine drawing energy up from the center of the earth through your body as pure white light and out beyond the universe into a sparkling white light of All That Is.
- Transform psycho/emotional patterns, perspectives and beliefs as obstacles and reveal/open your way to expressing greater potentials and fulfilling bigger dreams and desires.
- Dance.
- Play.
- Contemplate. It's like meditating with your eyes open. You can simply let your mind sort and empty in silence. Connect with Divinity. Or begin your contemplation by posing a question you would like insight on and let it come to you.
- Leave it silent in the car while you're driving.
- Do energy transformation daily that transforms patterns, filters and beliefs permanently.
- Develop and immerse yourself in mutually and authentically elevating relationships (including with yourself) and talk about elevating ideas. Make sure you are eliminating anything that antagonizes your character and sense of soul.
- Solve a puzzle, a problem, invent something, fix something...
- Hear live uplifting music. Music is vibration!
- Spend time with animals and little children. Learn from them. Be present with them without having to win them over.
- Form a wellbeing team for your optimum expression that fits for you—an acupuncturist, massage therapist, infrared sauna, coach and healer, reiki, books/reading/podcasts and so on.

SHELLEY HAWKINS

INTUITIVE BUSINESS MENTOR

Shelley Hawkins, MS, founder of [The Self Connection](#), Inc., is an intuitive business advisor, author, and educator working with entrepreneurs, executives, visionary leaders and their teams who are invested in possibility, in the unlimited within themselves, and making it real.

With over two decades of experience, Shelley specializes in the relationship between the mystical and the practical, skillfully guiding her clients to lead intentional, expansive lives, overcoming obstacles by who they become, while seeing the practical results in their everyday experience.

Her approach is effective across business operations and leadership—profitability, enhancing intuitive strategies, and improving cultural dynamics, for example—as well as the personal goals of her clients including relationships, finances and health

"The work we do together is powerful and has allowed me to truly live. In my drive to achieve, I was constantly pushing happiness, love and true wealth away. It surprised me how fast we moved and the impact on my daily life and business. Shelley has been instrumental in my business thriving through no matter the market conditions. My income has multiplied many times over as well as my confidence in my abilities. I have learned to design my life and I love it. Shelley really cares and listens. She has a way with me that I trust and that is saying something. She continues to be my trusted consultant for that reason."

APRIL RINEHART
REALTOR



[CLICK HERE TO WORK WITH SHELLEY](#)