

1

00:00:41.000 --> 00:00:49.490

Audio shared by Louisa Havers, The Helix Method®: I started working with Louisa in the Dream Bigger space, her membership, and...

2

00:00:49.550 --> 00:01:13.840

Audio shared by Louisa Havers, The Helix Method®: I was just doing the, what I was calling in for the week. I think it was \$5,000 I was calling in for the week, and the next day, I got \$2,000. And then over the next 7 days, or 6 days, I got an additional \$2,300. And I didn't meet the \$5,000 goal that I had for that week, but it gave me the confidence that

3

00:01:13.840 --> 00:01:37.409

Audio shared by Louisa Havers, The Helix Method®: I can do this. This is so simple and easy, because I was doing the helixing daily, and that really helped me get into the energy and call in what it is that I wanted. Like I'm guessing most people here, I've been to a couple of these kind of master classes, really liked Louise's approach, although I'd done a lot of

4

00:01:37.410 --> 00:02:00.920

Audio shared by Louisa Havers, The Helix Method®: kind of coaching and sort of work on money. Otherwise, this was the thing that kind of connected the dots and led to that further success. Got a lot from the community, too, so, you know, you will meet a lot of like-minded people in there, and already, you know, forged some really quite strong relationships there with other members, which has been fantastic.

5

00:02:00.920 --> 00:02:06.189

Audio shared by Louisa Havers, The Helix Method®: Where I was at versus where I've got to, I'm now consistently

6

00:02:06.590 --> 00:02:31.560

Audio shared by Louisa Havers, The Helix Method®: Having £10,000 months, which is fantastic. I'm sure Louisa's open to having a call with you if you are interested in what else she offers. Just kind of really lean into it and trust your instinct. And just being in Louisa's orbit is so empowering. It's so empowering. So, yeah, I'm very, very grateful to be here. I've told Louisa this.

7

00:02:31.560 --> 00:02:55.460

Audio shared by Louisa Havers, The Helix Method®: I'll say it again, she is the best coach that I've ever had, because she matches me, she works with the energy, she's very loving and accepting, and I'm not one of those people who can just do all strategy. I have to be aligned, emotionally and energetically and spiritually with what's going on, and she does that beautifully. When I first did the Energetic Edge.

8

00:02:55.460 --> 00:02:57.160

Audio shared by Louisa Havers, The Helix Method®: I got results, like.

9

00:02:57.160 --> 00:03:20.389

Audio shared by Louisa Havers, The Helix Method®: within days. And when I find a teacher that, like I said, she had a new key, she had something that I definitely was missing, and I resonated with her energy. Her energy is amazing. She's so welcoming, she's so generous, she's so knowledgeable, she has so much insight. I'm just, like, in awe of this energetic person. For me, it's like, this is your next teacher.

10

00:03:20.390 --> 00:03:35.419

Audio shared by Louisa Havers, The Helix Method®: This is where you're going next. Nothing has shifted my personal life or the life of my clients faster than working with the amazing set of skills and tools that come with the Helix Method.

11

00:03:35.420 --> 00:03:48.180

Audio shared by Louisa Havers, The Helix Method®: So if you're looking for something to explore that's gonna enhance your practice as well as your personal life, and give you a heads up like nothing you've ever seen, my strong recommendation is that you check out the Helix Method.

12

00:04:45.050 --> 00:04:46.910

Audio shared by Louisa Havers, The Helix Method®: Welcome, everybody.

13

00:04:47.560 --> 00:04:58.580

Audio shared by Louisa Havers, The Helix Method®: We'll get started in just a minute.

14

00:04:58.940 --> 00:05:01.300

Louisa Havers, The Helix Method®: Welcome, welcome!

15

00:05:01.510 --> 00:05:06.179

Louisa Havers, The Helix Method®: Oh, so good to see you're here. Let's see who we have here.

16

00:05:07.390 --> 00:05:19.680

Louisa Havers, The Helix Method®: Good morning, I know it's early for some of you. Hey, huge, huge welcome! Blurry eyes! Welcome, Anna, welcome Sam, welcome Jackie!

17

00:05:20.430 --> 00:05:26.320

Louisa Havers, The Helix Method®: Okay, what else have we got here? Welcome, Yukan! A huge, huge welcome. I know we've got more people coming and joining us.

18

00:05:26.700 --> 00:05:30.549

Louisa Havers, The Helix Method®: How are you guys all feeling after yesterday?

19

00:05:31.960 --> 00:05:44.869

Louisa Havers, The Helix Method®: Are you feeling good? Are you thinking, I'm uncovering some stickiness? What's going on? We're in... we're in it now, we're in it. Let's see what your reflections are. Do pop in the... in the chat.

20

00:05:45.810 --> 00:05:49.410

Louisa Havers, The Helix Method®: Hi, Jo, welcome. Welcome back. It's so good to see everybody today.

21

00:05:49.660 --> 00:06:07.720

Louisa Havers, The Helix Method®: Yesterday, we began by looking at the identity that you've been leading from in 2025, and what has become clear. I was reviewing all the comments yesterday, all the reflections everyone was sharing, and, you know, across every industry that is represented here.

22

00:06:08.200 --> 00:06:12.739

Louisa Havers, The Helix Method®: It is very clear that strategy hasn't been the barrier, but identity has.

23

00:06:12.890 --> 00:06:30.020

Louisa Havers, The Helix Method®: And I heard so many of you speaking to things feeling sticky, inconsistent, or like the opportunity's here, but I can't quite hold the version of you who can then step into it. And some of you named procrastination, the kind of on and off of momentum.

24

00:06:30.420 --> 00:06:32.040

Louisa Havers, The Helix Method®: contractions.

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00:06:32.700 --> 00:06:40.219

Louisa Havers, The Helix Method®: Others shared that you know that your next-level customers are ready, but something in you still contracts before they arrive.

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00:06:41.540 --> 00:06:42.620

Louisa Havers, The Helix Method®: And...

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00:06:42.920 --> 00:06:55.230

Louisa Havers, The Helix Method®: In our conversation yesterday, we explored the four upper limit fears, and you saw in real time how universal they are. The fear, just to recap for everyone, the fear of being flawed, the fear of outshining.

28

00:06:55.540 --> 00:06:59.619

Louisa Havers, The Helix Method®: The fear of success being a bigger burden.

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00:07:00.030 --> 00:07:05.179

Louisa Havers, The Helix Method®: And the fear of... disloyalty or abandonment, and...

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00:07:05.820 --> 00:07:20.170

Louisa Havers, The Helix Method®: Everybody found something, how the patterns were showing up in their energy field. And of course, we touched on how you're in relationship with money, and how this all impacts your ability to hold it. And many of you were reflecting

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00:07:21.250 --> 00:07:23.139

Louisa Havers, The Helix Method®: Trust issues with money.

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00:07:23.430 --> 00:07:33.449

Louisa Havers, The Helix Method®: Fear of it running out, inconsistent months, spending surges after wins, I think this can manifest in so many, so many different ways, or simply not feeling safe to receive more.

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00:07:35.950 --> 00:07:37.070

Louisa Havers, The Helix Method®: And...

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00:07:37.330 --> 00:07:48.840

Louisa Havers, The Helix Method®: The other pattern that was coming through was the outflow rising the moment that the inflow, the cash flow, comes in. And you're like, hang on a second, where's my opportunity to hold it here?

35

00:07:49.110 --> 00:08:04.639

Louisa Havers, The Helix Method®: And woven through all of this is the thread of your nervous system's overwhelm, whether it's burnout, freeze responses around visibility, getting sick after launching, or emotional loops that feel like they keep pulling you back.

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00:08:05.840 --> 00:08:06.850

Louisa Havers, The Helix Method®: And...

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00:08:06.960 --> 00:08:23.330

Louisa Havers, The Helix Method®: So many of you have already achieved some incredible things, some remarkable things, yet the body hasn't yet kind of caught up with the vision, and this is where... that exact point where the identity evolution is meeting your capacity. Your vision is expanding faster than your system is feeling safe to hold.

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00:08:23.690 --> 00:08:28.910

Louisa Havers, The Helix Method®: And the most important insight from yesterday was...

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00:08:29.710 --> 00:08:34.770

Louisa Havers, The Helix Method®: That you cannot outperform your identity and the energetic set point that you're leading from.

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00:08:35.380 --> 00:08:53.639

Louisa Havers, The Helix Method®: And the beauty of this work that we are doing together is that you're shifting the inner architecture so that everything else can calibrate. So today, we're moving into the second pillar, which is pure capacity. So this is where we are expanding your ability to hold more wealth, hold more visibility, hold more innovation.

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00:08:53.710 --> 00:09:01.250

Louisa Havers, The Helix Method®: More responsibility, without slipping into Contraction, burnout, all self-sabotage.

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00:09:01.730 --> 00:09:17.990

Louisa Havers, The Helix Method®: So we're going to be identifying where your nervous system is contracting around success, pressure, growth. We're going to uncover what is going on in terms of reversals, the resistant patterns, so that you're increasing your capacity to hold

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00:09:18.170 --> 00:09:30.130

Louisa Havers, The Helix Method®: higher revenue, to hold the bigger decisions, to hold the increased visibility, all the things that come along for the ride when we say, hey, I want to make a bigger impact in the world. Hey, I want to grow my business.

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00:09:30.420 --> 00:09:47.890

Louisa Havers, The Helix Method®: And at 6 and 7 figures, resistance is showing up in the decisions that shape your business growth. Who you're hiring, how you're investing, how visible you're allowing yourself to be.

And what is so key is creating that alignment between your higher self, your subconscious, your conscious, and your nervous system.

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00:09:47.960 --> 00:09:51.389

Louisa Havers, The Helix Method®: So that you can allow the strategies to finally land.

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00:09:53.720 --> 00:10:04.480

Louisa Havers, The Helix Method®: Is this resonating? Oh, welcome, everybody, I can see more of you jumping on. So we want everyone... want to be able to lead from a regulated, grounded place, instead of feeling like you're...

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00:10:04.790 --> 00:10:08.570

Louisa Havers, The Helix Method®: Waiting to take action, but you'll take action once your back is up against the wall.

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00:10:10.080 --> 00:10:12.609

Louisa Havers, The Helix Method®: So you're in that reactive space.

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00:10:13.620 --> 00:10:28.800

Louisa Havers, The Helix Method®: So, let me know, with those of you who are live with us today, were you here live with me, or did you catch the replay? Do you let us know in the comments. And thank you to everyone who has been sharing and tagging us in your shares. Your name will be going into our draw that we will do on Thursday.

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00:10:29.020 --> 00:10:41.069

Louisa Havers, The Helix Method®: And every time you share, your name goes into the draw. And you can also be entered into our prize draws by, sharing that, sharing your takeaways in the Telegram group as well.

51

00:10:41.340 --> 00:10:45.180

Louisa Havers, The Helix Method®: And... When you're sharing on social media.

52

00:10:45.520 --> 00:11:01.929

Louisa Havers, The Helix Method®: remember to tag us, that's the key thing, because that's how we grab your... grab your name and pop your name into the draw. What we're drawing for, that's what I need to share with you, is for... on Thursday, we're drawing for the Akashic Record Ultimate Collection, so that's 3 activations that you can listen to on demand.

53

00:11:02.010 --> 00:11:14.880

Louisa Havers, The Helix Method®: to download your highest timeline. And we're also drawing for a year's membership of Dream Bigger, the Visionarium, where you'll amplify your intuition and access to your higher self-intelligence, so that you can dream bigger and create that reality.

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00:11:15.270 --> 00:11:30.529

Louisa Havers, The Helix Method®: And you can also be entered into the big draw on Thursday when you take part in our survey. We've got a survey for you, so this helps us shape our masterclasses and trainings moving forward. And we've got a new gift at the end of the survey, so when you hit submit, submit.

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00:11:30.530 --> 00:11:46.149

Louisa Havers, The Helix Method®: You'll get a beautiful link to download one of our popular large sums of money sleep meditations. This is a Google link, so you can download it onto your personal phone or your laptop to say thank you for completing the survey.

56

00:11:46.290 --> 00:11:55.319

Louisa Havers, The Helix Method®: And the survey link is on our replay page, and the team will drop it here at the end of our time together, so you've got another opportunity to win more prizes as well.

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00:11:55.510 --> 00:12:20.330

Louisa Havers, The Helix Method®: And for those of you guys who are here with me live, stay with me till the end. When you're sharing your takeaways at the end in the live Zoom room together, we'll do a draw for, a prize, and today's prize is a Life Between Life Review Activation and the Akashic Records. This is a digital, guided self-activation in the Akashic Records that, again, you can listen to at any time you choose, so...

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00:12:20.540 --> 00:12:33.380

Louisa Havers, The Helix Method®: You don't have to wait until you've transitioned this life to receive the guidance for what your soul wanted to learn this time around. So you can collect all this information, all this insight, and then use it to give you clarity and direction for your next chapter.

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00:12:34.040 --> 00:12:50.370

Louisa Havers, The Helix Method®: And actually, the question I always get asked as well is, I didn't win a prize, but I would like to buy that prize. Can I buy that prize? So we do have these available on our shop, on our website, which is louisahavers.com forward slash shop, so if there's anything where you're like, I want to get my hands on that.

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00:12:50.390 --> 00:12:55.699

Louisa Havers, The Helix Method®: then do know that they are available for purchase, there for you as well. Alrighty!

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00:12:57.370 --> 00:13:05.700

Louisa Havers, The Helix Method®: So, let's get into session two, the capacity. So, I just invite you just to take a moment now

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00:13:05.970 --> 00:13:12.130

Louisa Havers, The Helix Method®: To come fully present, So this is the time just to really land in your body.

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00:13:12.990 --> 00:13:20.339

Louisa Havers, The Helix Method®: Take a moment to give yourself a couple of letting go breaths. Breathing in for 4, breathing out for 4.

64

00:13:24.010 --> 00:13:30.359

Louisa Havers, The Helix Method®: And I invite you just to take a moment to call your energy back from people, places, timelines, and spaces.

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00:13:32.800 --> 00:13:38.080

Louisa Havers, The Helix Method®: And then to consider and reconnect with your intention for our time together.

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00:13:41.550 --> 00:13:45.440

Louisa Havers, The Helix Method®: What is your intention for... Being here.

67

00:13:50.810 --> 00:13:57.700

Louisa Havers, The Helix Method®: What is your intention for the revenue and impact you desire to make over the next 90 days.

68

00:13:59.620 --> 00:14:08.809

Louisa Havers, The Helix Method®: And I just invite you to notice what emotions you're feeling in your body right now. Are you noticing any contractions? Just become aware, just allow them.

69

00:14:09.320 --> 00:14:11.960

Louisa Havers, The Helix Method®: Just notice. There you are.

70

00:14:12.390 --> 00:14:13.820

Louisa Havers, The Helix Method®: Resistance.

71

00:14:17.780 --> 00:14:23.920

Louisa Havers, The Helix Method®: And then... On a scale of 1 to 10, how expansive and aligned to your intentions?

72

00:14:24.480 --> 00:14:26.069

Louisa Havers, The Helix Method®: How are you feeling right now?

73

00:14:34.540 --> 00:14:36.079

Louisa Havers, The Helix Method®: Please take a moment.

74

00:14:36.960 --> 00:14:38.070

Louisa Havers, The Helix Method®: Become aware.

75

00:14:40.440 --> 00:14:49.549

Louisa Havers, The Helix Method®: And I would love to see your intentions in the chat, and let me know in the chat, on a scale of 1 to 10, how aligned are you feeling to your intentions right now? Let's see what's going on in the chat.

76

00:15:09.810 --> 00:15:11.539

Louisa Havers, The Helix Method®: Oh, this is great to see.

77

00:15:12.730 --> 00:15:14.779

Louisa Havers, The Helix Method®: Love the intentions coming in.

78

00:15:18.930 --> 00:15:22.319

Louisa Havers, The Helix Method®: This is fantastic, fantastic, alrighty.

79

00:15:22.520 --> 00:15:27.860

Louisa Havers, The Helix Method®: So, who's ready to increase your capacity for more wealth, more visibility, more leadership?

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00:15:28.720 --> 00:15:30.670

Louisa Havers, The Helix Method®: Come in, I'm ready in the chat.

81

00:15:32.490 --> 00:15:36.860

Louisa Havers, The Helix Method®: We've got a full range here of numbers coming in, so that's great, thank you.

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00:15:40.520 --> 00:15:49.249

Louisa Havers, The Helix Method®: So we're building on what we started yesterday with discovering how the upper limit fears are kicking in to keep you locked into your current identity.

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00:15:50.200 --> 00:15:54.749

Louisa Havers, The Helix Method®: Remember, the subconscious has a 100% success rate in delivering your programming.

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00:15:56.700 --> 00:15:59.620

Louisa Havers, The Helix Method®: And I want to give you a framework so you can use it to go deeper.

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00:16:00.750 --> 00:16:02.810

Louisa Havers, The Helix Method®: So you can have rapid results.

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00:16:04.250 --> 00:16:09.349

Louisa Havers, The Helix Method®: So I'll share the framework with you, and then we have the fabulous Adele Michael, who's one of our amazing clients.

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00:16:10.080 --> 00:16:15.910

Louisa Havers, The Helix Method®: Sharing her experiences of shifting programming in the Wealth Portal.

88

00:16:16.390 --> 00:16:22.600

Louisa Havers, The Helix Method®: I interviewed her in one of our previous masterclasses, so I'm going to share our conversation together.

89

00:16:22.960 --> 00:16:25.650

Louisa Havers, The Helix Method®: And then, we're gonna be doing some helixing together.

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00:16:26.270 --> 00:16:35.100

Louisa Havers, The Helix Method®: Who is up for that? Alrighty, so let's dive into this. Let me just get my slides, because I want to share this with you.

91

00:16:37.040 --> 00:16:42.570

Louisa Havers, The Helix Method®: Bear with me a second, got some 6 out of 10s, 7 out of 10s, 8 out of 10s, okay!

92

00:16:43.130 --> 00:16:49.939

Louisa Havers, The Helix Method®: We are looking and rolling. Oh, Ali, can everyone see my... see the slides again? Just give me a yes, if you can, in the...

93

00:16:50.200 --> 00:16:51.430

Louisa Havers, The Helix Method®: In the comments.

94

00:16:51.910 --> 00:17:01.880

Louisa Havers, The Helix Method®: Alrighty, so I'm going to, give you the overview of these six energetic blocks as they're relating to, you know, what you might be seeing in your field right now, given the current context.

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00:17:01.980 --> 00:17:03.940

Louisa Havers, The Helix Method®: And then we're gonna dive into...

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00:17:05.119 --> 00:17:08.310

Louisa Havers, The Helix Method®: How this all relates to your capacity.

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00:17:09.410 --> 00:17:19.840

Louisa Havers, The Helix Method®: Because there is real factors behind the inconsistency that you're seeing. Anywhere that there's a plateau, anywhere there's fluctuating income, visibility to contraction.

98

00:17:20.140 --> 00:17:28.540

Louisa Havers, The Helix Method®: Burnout cycles, all the things, the inability to hold the next level of wealth, success, and influence, even when all the strategies are in place.

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00:17:29.560 --> 00:17:36.369

Louisa Havers, The Helix Method®: And nearly every client that has come to join us in the Wealth Portal has already invested significantly in consulting, in

100

00:17:36.430 --> 00:17:52.259

Louisa Havers, The Helix Method®: mindset work and high-level business mentorship, but what finally shifts things is addressing the roots, the subconscious and the energetic imprint that's driving their identity, their capacity, their coherence. This is where the lasting results come from. So, let's start to dive into these blocks.

101

00:17:52.670 --> 00:18:10.770

Louisa Havers, The Helix Method®: So the first one is resonance Rift, as I call it. So this is where your higher self, your conscious mind, and your subconscious mind are all operating at different pathways, different frequencies, and your energy can't hold the outcomes that you're logically desiring, and that your higher self desires.

102

00:18:10.980 --> 00:18:18.319

Louisa Havers, The Helix Method®: And I saw yesterday this was really showing up, where people were saying that they were feeling, excited and doubtful at the same time.

103

00:18:18.910 --> 00:18:23.130

Louisa Havers, The Helix Method®: Wanting next-level income, but not trusting that you could sustain it.

104

00:18:24.270 --> 00:18:28.429

Louisa Havers, The Helix Method®: Feeling like you had real clarity in your vision, but then this contraction in the body.

105

00:18:29.380 --> 00:18:32.819

Louisa Havers, The Helix Method®: Big goals, but inconsistent energetic alignment.

106

00:18:32.970 --> 00:18:45.779

Louisa Havers, The Helix Method®: And of course, that split creates hesitation, procrastination, overthinking, and the sense that you know what to do, but you just can't get yourself to do it. Does that resonate? Did that come up for anyone here?

107

00:18:46.720 --> 00:18:57.680

Louisa Havers, The Helix Method®: So your path to break through that resonance rift, and to bring you into that multidimensional alignment, is to create that full coherence across all levels of your consciousness.

108

00:19:00.730 --> 00:19:03.929

Louisa Havers, The Helix Method®: Then we have somatic default setpoints, so...

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00:19:04.030 --> 00:19:23.229

Louisa Havers, The Helix Method®: And you'll see that these are all linked, but this framework's going to help you to really pinpoint what is going on in your consciousness. So the somatic default set points, so your body, your brain, your emotions, your energy, all hold... think of these as, like, familiar baselines, set points for wealth, success, visibility.

110

00:19:23.230 --> 00:19:37.509

Louisa Havers, The Helix Method®: pressure, love, safety, all the things, and every entrepreneur has them, every human being has them, regardless of income level. The set points will be different. But yesterday, what I was seeing were people were speaking about the

111

00:19:38.310 --> 00:19:43.519

Louisa Havers, The Helix Method®: Consistent income in some places, but feeling like there's no... there's no growth.

112

00:19:44.190 --> 00:19:46.529

Louisa Havers, The Helix Method®: Earning more, but then spending more.

113

00:19:47.120 --> 00:19:49.860

Louisa Havers, The Helix Method®: Windfalls being followed by contraction.

114

00:19:51.510 --> 00:20:05.799

Louisa Havers, The Helix Method®: anxiety that doesn't dissolve, even when the money arrives, because you're feeling like the shoe's gonna drop. Does that make sense? The other big one that comes, in relation to the default set points is the fear of burnout, or losing the... losing freedom in some way at that next level.

115

00:20:06.020 --> 00:20:11.950

Louisa Havers, The Helix Method®: So this is... think of this as your somatic set points pulling you back into the emotional and chemical state that you're...

116

00:20:12.240 --> 00:20:14.240

Louisa Havers, The Helix Method®: System recognizes as home.

117

00:20:14.690 --> 00:20:17.710

Louisa Havers, The Helix Method®: So, default set points forming through

118

00:20:19.190 --> 00:20:29.380

Louisa Havers, The Helix Method®: Your childhood conditioning, the trauma that you've experienced along your lifetime, the trauma you've experienced in your leadership in your business, so past business experiences.

119

00:20:29.630 --> 00:20:36.509

Louisa Havers, The Helix Method®: Old emotional patterns, ancestral beliefs and patterns, and your nervous system's survival wiring.

120

00:20:36.850 --> 00:20:38.070

Louisa Havers, The Helix Method®: And, like.

121

00:20:38.200 --> 00:20:51.179

Louisa Havers, The Helix Method®: any addiction, the body is pulling you back to what feels familiar, even if it isn't helpful. And this is why you can have a big month or a big investment win, and then watch something else in your life contract. Does that make sense?

122

00:20:51.590 --> 00:21:07.189

Louisa Havers, The Helix Method®: So clients often, I've seen, will allow more in one area, so the revenue and the opportunities are coming in, but then unconsciously limiting another. Time, energy, vitality, relationships, and that... so that internal balance is staying familiar.

123

00:21:08.000 --> 00:21:22.110

Louisa Havers, The Helix Method®: And the key to this is upgrading the identity that created your current set point. And when we shift your identity, your emotional baseline changes, your nervous system stops pulling you back into those old versions of yourself. Does that make sense?

124

00:21:22.470 --> 00:21:24.920

Louisa Havers, The Helix Method®: See what's landing for you.

125

00:21:29.290 --> 00:21:30.640

Louisa Havers, The Helix Method®: Fantastic.

126

00:21:31.510 --> 00:21:35.830

Louisa Havers, The Helix Method®: Keep the comments coming in, I do read all of them. Alrighty, so...

127

00:21:36.000 --> 00:21:48.670

Louisa Havers, The Helix Method®: The next one to... this leads me on to the current identity. So this is the key piece that we started diving into yesterday, that your, you know, your current identity is producing your current reality. You cannot outperform who you believe you are.

128

00:21:48.910 --> 00:22:02.229

Louisa Havers, The Helix Method®: So if you're trying to create seven-figure results, for example, from a multi-six-figure identity, or investor-level results from an entrepreneur-level identity, the field is going to stabilize you and bring you back to what feels familiar.

129

00:22:02.800 --> 00:22:16.439

Louisa Havers, The Helix Method®: So, I really want you to think of, think of this as... your strategy is identity and energetics first, and then business implementation and business-type strategies, strategic strategies there as second.

130

00:22:16.800 --> 00:22:20.039

Louisa Havers, The Helix Method®: And yesterday's chat clearly revealed, you know.

131

00:22:20.480 --> 00:22:26.799

Louisa Havers, The Helix Method®: so many aspects in relation to this. People talking about identity loss after career transitions.

132

00:22:27.190 --> 00:22:30.190

Louisa Havers, The Helix Method®: Holding on to old roles, old...

133

00:22:30.530 --> 00:22:37.680

Louisa Havers, The Helix Method®: ways of working, and next year is the year of innovation. How are you going to innovate? How are you innovating yourself?

134

00:22:38.460 --> 00:22:47.559

Louisa Havers, The Helix Method®: It's a mismatch between who you were and then who you are becoming. How exciting! Can you imagine us all being here this time next year and looking back to see who... who would you become?

135

00:22:49.900 --> 00:22:59.349

Louisa Havers, The Helix Method®: So, the thing is, your identity doesn't upgrade automatically, it's anchored in to the familiar, unless you're consciously intending to evolve it.

136

00:22:59.490 --> 00:23:03.730

Louisa Havers, The Helix Method®: So your path to breakthrough is to be the identity of your future self now.

137

00:23:04.430 --> 00:23:09.330

Louisa Havers, The Helix Method®: This is one of the highest leverage pieces of work we do in the Wealth Portal.

138

00:23:10.050 --> 00:23:17.900

Louisa Havers, The Helix Method®: Curating your identity matched to your next level of revenue, your next investment strategy, your next leadership archetype.

139

00:23:18.660 --> 00:23:23.830

Louisa Havers, The Helix Method®: When your identity shifts, Then... everything shifts around you.

140

00:23:24.380 --> 00:23:26.190

Louisa Havers, The Helix Method®: Opportunities follow.

141

00:23:28.500 --> 00:23:32.430

Louisa Havers, The Helix Method®: And you get to be discerning in the opportunities that are coming in.

142

00:23:32.910 --> 00:23:35.710

Louisa Havers, The Helix Method®: Is that one that I would like to do? Is that an alignment?

143

00:23:36.590 --> 00:23:39.979

Louisa Havers, The Helix Method®: There's always more opportunities coming, there's always more opportunities coming.

144

00:23:40.920 --> 00:23:52.589

Louisa Havers, The Helix Method®: And I'm reminded, as we're talking about identity and this aspect, that... of lovely Jacqueline. You'll meet Jacqueline tomorrow. Jacqueline is a metaphysical teacher with decades of experience, and she...

145

00:23:52.620 --> 00:24:07.160

Louisa Havers, The Helix Method®: came into a previous energetic edge that I held, knowing the importance of this inner work, because she'd already cultivated mastery in her field. But despite all her experience, she had this identity conflict running underneath her growth, you know, her old self-concept.

146

00:24:07.380 --> 00:24:12.690

Louisa Havers, The Helix Method®: tethered to her version of the person who had to work for every win, and her...

147

00:24:12.810 --> 00:24:14.530

Louisa Havers, The Helix Method®: She had put her...

148

00:24:14.700 --> 00:24:26.539

Louisa Havers, The Helix Method®: paused her business, so when she came in, she wanted to get her energy and her identity aligned before she started launching her business. And so she joined the Wealth Portal to integrate at a deeper level and

149

00:24:26.910 --> 00:24:27.910

Louisa Havers, The Helix Method®: she...

150

00:24:27.950 --> 00:24:47.529

Louisa Havers, The Helix Method®: manifested a large deposit that she'd been waiting for for ages suddenly came in. She started to embody the identity of that surplus, being in the overflow, and her entire field reorganized around her identity. And so, I share that just so you can see how

151

00:24:47.760 --> 00:24:57.599

Louisa Havers, The Helix Method®: the power of this work. As soon as you change your levels of consciousness, your... what's held in the layers of your consciousness, and you change your energy, you change your reality.

152

00:24:58.510 --> 00:25:01.039

Louisa Havers, The Helix Method®: So this work is so essential.

153

00:25:01.240 --> 00:25:20.339

Louisa Havers, The Helix Method®: And this links into, the nervous system pinnacle, as I call this. So this is the capacity of your nervous system before the flight, fright, freeze, form, flop responses are triggered. And this is one of the biggest blocks that I see in high-level leaders. You know, you can create momentum, but your system may not feel safe holding it.

154

00:25:20.990 --> 00:25:30.870

Louisa Havers, The Helix Method®: And we saw yesterday people sharing fear of burnout, fear of working harder, fear of things collapsing. You've built everything, and then something comes and swipes it.

155

00:25:30.960 --> 00:25:35.210

Louisa Havers, The Helix Method®: fear of the other shoe dropping. You know, your nervous system is interpreting

156

00:25:35.250 --> 00:25:52.489

Louisa Havers, The Helix Method®: Rapid growth is danger, unless it has been recalibrated, and next year, we're going to see speed. Our relationship with speed needs to be really anchored in, because things are going to get faster and faster, and your self-innovation, evolvment and embodiment

157

00:25:52.730 --> 00:25:56.809

Louisa Havers, The Helix Method®: This is the opportunity to anchor in more quickly, so that you can

158

00:25:57.190 --> 00:26:01.369

Louisa Havers, The Helix Method®: speed up and feel comfortable with speed. Does that make sense?

159

00:26:01.950 --> 00:26:06.670

Louisa Havers, The Helix Method®: So anywhere that your nervous system is interpreting rapid growth as danger.

160

00:26:07.470 --> 00:26:19.059

Louisa Havers, The Helix Method®: unless it's been recalibrated, is going to create some wonkiness in your results. And also, anywhere that you're feeling, like, overexcited about something, that can trigger an energy reversal, because the...

161

00:26:19.310 --> 00:26:27.710

Louisa Havers, The Helix Method®: The body is interpreting that over-excitement as nervousness, and so it creates an energy reverse when you can feel the nervous system shut down to protect you.

162

00:26:29.260 --> 00:26:44.010

Louisa Havers, The Helix Method®: So, if we think of the nervous system response, just want to touch on this for a moment so you can really see, okay, where is this resonating for me? How is this showing up in my reality? And let me know in the chat so that I can support you with this. So, we've got the flight response.

163

00:26:44.230 --> 00:26:47.690

Louisa Havers, The Helix Method®: Anywhere you're rushing to do things, you're feeling like you've got a hurry.

164

00:26:49.260 --> 00:26:52.320

Louisa Havers, The Helix Method®: Feeling like I've got to move, and you feel like I've got to do-do-do-do-do-do-do-do.

165

00:26:52.980 --> 00:27:00.879

Louisa Havers, The Helix Method®: And this is what we've got to really watch for as things are speeding up, that we're not moving and mirroring that speed with our flight response. Does that make sense?

166

00:27:03.710 --> 00:27:19.910

Louisa Havers, The Helix Method®: So it might show up as, you know, feeling like you must keep moving to stay safe, rushing from task to task, even when there's no urgency. Who here is a rusher? From the perspective of feeling like you've got to rush to get everything done?

167

00:27:20.620 --> 00:27:24.799

Louisa Havers, The Helix Method®: So that speed is feeling more like pressure, Rather than...

168

00:27:25.680 --> 00:27:32.380

Louisa Havers, The Helix Method®: flow and rapid results. Does that make sense? Or what might show up as difficulty

169

00:27:32.810 --> 00:27:34.970

Louisa Havers, The Helix Method®: Sitting still or being present.

170

00:27:36.120 --> 00:27:39.949

Louisa Havers, The Helix Method®: Taking on unnecessary tasks to avoid the feeling of

171

00:27:40.170 --> 00:27:45.739

Louisa Havers, The Helix Method®: Spaciousness. I've seen that one so many times, and it can be really, really sneaky.

172

00:27:45.860 --> 00:27:50.099

Louisa Havers, The Helix Method®: This is the nervous system trying to escape the sensation of growth.

173

00:27:52.320 --> 00:27:58.960

Louisa Havers, The Helix Method®: You can see your celebrations coming in as well! Congratulations! Do keep sharing them, that is so exciting.

174

00:27:59.420 --> 00:28:16.299

Louisa Havers, The Helix Method®: Alrighty, then we have the freeze response. So this is, like, you can see the next level, but you can't... you can't move... move towards it. It's... it is the most common pattern, that I've seen so far with what you've been sharing. It can look like procrastination despite clarity.

175

00:28:16.370 --> 00:28:32.680

Louisa Havers, The Helix Method®: staring at the to-do list, but unable to start, knowing what, you know, you need to do, but just feeling immobilized, often described as like that. This is just a block, like... or a heaviness, or a fog when I'm thinking about the next step. I just can't seem to take that action, or the mind going blank.

176

00:28:33.360 --> 00:28:44.620

Louisa Havers, The Helix Method®: Or having a big win and then doing nothing for days. So that's your body hitting your capacity ceiling and shutting down momentum to, you know, to keep you safe.

177

00:28:45.280 --> 00:28:54.139

Louisa Havers, The Helix Method®: Then we have the fight response. This is a push harder, I've got to control more, I've got to do work, work harder. This can show up where...

178

00:28:54.630 --> 00:28:58.519

Louisa Havers, The Helix Method®: You're pushing through exhaustion, or you're trying to force outcomes.

179

00:29:00.770 --> 00:29:02.120

Louisa Havers, The Helix Method®: Does that make sense?

180

00:29:02.400 --> 00:29:14.270

Louisa Havers, The Helix Method®: anyone feel like they're a fighter? So you're... perhaps you're taking on more because doing feels safer than receiving, or you're over-controlling launches, clients, or timelines.

181

00:29:14.420 --> 00:29:16.310

Louisa Havers, The Helix Method®: So it can show up when...

182

00:29:17.190 --> 00:29:20.689

Louisa Havers, The Helix Method®: Effort is your... feels like safety.

183

00:29:21.580 --> 00:29:27.389

Louisa Havers, The Helix Method®: So, it's linked with that proving energy, that protecting energy, that surviving energy. Does that make sense?

184

00:29:29.070 --> 00:29:42.140

Louisa Havers, The Helix Method®: And I hope this context is helpful. It's going to really feed into when we're doing the energy testing in a moment, so that your consciousness has already received this information, and so then as we are starting to discover what is hidden.

185

00:29:42.280 --> 00:29:45.430

Louisa Havers, The Helix Method®: When we do the... the energy testing, we've got this...

186

00:29:46.160 --> 00:29:55.879

Louisa Havers, The Helix Method®: in your consciousness. Then we have the fawn response. So this is... looks like over-giving, Anyway, you're over-functioning.

187

00:29:56.850 --> 00:29:58.949

Louisa Havers, The Helix Method®: People-pleasing so that you feel safe.

188

00:29:59.630 --> 00:30:08.150

Louisa Havers, The Helix Method®: So it could look like this in business, like over-delivering far beyond the scope, reducing prices, or adding bonuses to avoid disappointing someone.

189

00:30:08.600 --> 00:30:11.939

Louisa Havers, The Helix Method®: Taking responsibility for clients' emotions or results.

190

00:30:13.040 --> 00:30:21.709

Louisa Havers, The Helix Method®: Saying yes when you mean no. Who's... who's done that one? I know I have. Giving money away.

191

00:30:23.270 --> 00:30:27.220

Louisa Havers, The Helix Method®: Caretaking, Beyond, at your expense.

192

00:30:28.220 --> 00:30:33.819

Louisa Havers, The Helix Method®: That's fawning, or holding fear that success is going to cause that disloyalty or that abandonment.

193

00:30:34.120 --> 00:30:40.879

Louisa Havers, The Helix Method®: So, fawn is that protection against that fear of... of... of loss, or being abandoned.

194

00:30:42.160 --> 00:30:51.650

Louisa Havers, The Helix Method®: being impacted in some way, like, afraid of outshining others. I know that one came up for people yesterday as well. And then we have the flock response, so this is the energetic collapse.

195

00:30:51.910 --> 00:31:06.179

Louisa Havers, The Helix Method®: Feeling drained suddenly for no reason, needing to lie down after you've been visible, or getting sick after launch periods, or just about to start that task, but it's been on your list for ages and is going to be the big needle mover, and then you feel so tired you have to go to sleep.

196

00:31:08.440 --> 00:31:12.370

Louisa Havers, The Helix Method®: Anyone had that one? It, you know, floppies, it hit the system actually

197

00:31:12.940 --> 00:31:23.750

Louisa Havers, The Helix Method®: hitting its absolute limit, and the thing is, it's usually after running the fight-flight form for too long. So, sometimes we can be so used to that energy running in the background that we've just been ignoring it.

198

00:31:24.340 --> 00:31:26.089

Louisa Havers, The Helix Method®: We haven't been paying attention.

199

00:31:27.320 --> 00:31:31.879

Louisa Havers, The Helix Method®: And so then the body's like, what am I gonna have to do? Right, we're gonna have to...

200

00:31:32.200 --> 00:31:35.850

Louisa Havers, The Helix Method®: It's stop. Make a... make her flop. Make them flop.

201

00:31:36.860 --> 00:31:48.979

Louisa Havers, The Helix Method®: And these responses, you know, they get activated around success and growth when the next level feels bigger than your current identity, when expansion's feeling unsafe because of past experiences, or burnout, or pressure.

202

00:31:49.090 --> 00:31:57.320

Louisa Havers, The Helix Method®: So the subconscious is trying to maintain familiar set points, and responsibility is, you know, triggering...

203

00:31:57.940 --> 00:32:07.819

Louisa Havers, The Helix Method®: Anywhere as a child, so childhood patterns, or even, yeah, early career patterns as well, of over-functioning.

204

00:32:10.970 --> 00:32:13.090

Louisa Havers, The Helix Method®: The nervous system's getting triggered.

205

00:32:14.460 --> 00:32:30.140

Louisa Havers, The Helix Method®: Anywhere that you had an experience where you didn't have the coping mechanisms, anywhere visibility was feeling threatening. And that's from this timeline, past lives, ancestral programming, all of this is in our consciousness.

206

00:32:30.600 --> 00:32:42.499

Louisa Havers, The Helix Method®: But these are all capacity issues, and once the nervous system is, you know, regulated, these patterns are dissolving rapidly. This is why this creates such accelerated results.

207

00:32:42.670 --> 00:32:45.930

Louisa Havers, The Helix Method®: So your path to breakthrough is to heal these

208

00:32:46.260 --> 00:32:49.499

Louisa Havers, The Helix Method®: Anywhere the nervous system is at its capacity.

209

00:32:49.750 --> 00:32:55.259

Louisa Havers, The Helix Method®: So you can expand your capacity, heal the emotional loops, so that you're regulating your nervous system.

210

00:32:56.020 --> 00:33:00.360

Louisa Havers, The Helix Method®: Safer to hold more, to hold more that's coming in more quickly.

211

00:33:00.470 --> 00:33:05.269

Louisa Havers, The Helix Method®: Hold greater visibility and responsibility and all the things.

212

00:33:05.310 --> 00:33:19.080

Louisa Havers, The Helix Method®: And this is so key. I remember one of our clients, Joan, when she came into the Wealth Portal, she had significant business experience and a robust investment portfolio, but she was holding quiet, unprocessed fear in her nervous system.

213

00:33:19.080 --> 00:33:26.770

Louisa Havers, The Helix Method®: They have a fear of loss, fear of responsibility, fear of repeating past mistakes, this rumbling anxiety that had been with her for a long time.

214

00:33:26.980 --> 00:33:38.329

Louisa Havers, The Helix Method®: And whenever she was expanding, then her system was contracting and kicking in. Anyone else notice a history of, perhaps, fatigue, over responsibility?

215

00:33:38.430 --> 00:33:41.869

Louisa Havers, The Helix Method®: All that aspect of waiting for the other shoe to drop.

216

00:33:43.050 --> 00:34:00.879

Louisa Havers, The Helix Method®: And inside the portal, Joan released this deep-rooted pattern tied to safety and financial responsibility, and when we had released that fear... those fear patterns in her system, she had some fantastic results. She experienced an instant 320,000

217

00:34:01.080 --> 00:34:18.050

Louisa Havers, The Helix Method®: 100,000 US dollars portfolio gain. She received a paid and full client, she downloaded an entire book within days, and because she'd moved into this emotional coherence, and her field recalibrated so fast, because her body finally felt safe

218

00:34:18.179 --> 00:34:21.800

Louisa Havers, The Helix Method®: holding that next level that she desired. This is... this is the gift.

219

00:34:22.460 --> 00:34:24.259

Louisa Havers, The Helix Method®: Of... of this work.

220

00:34:24.530 --> 00:34:38.780

Louisa Havers, The Helix Method®: Alrighty, so let's dive into energetic buffering. So this is where your field is sending mixed signals, and part of you is, you know, calling in the... wanting the bigger results, while the other part is saying, no, all casting fear, doubt, self-protection. And this is that in...

221

00:34:38.780 --> 00:34:53.330

Louisa Havers, The Helix Method®: energetic incongruence. So I call this your human why field is buffering the signal. The universe is going, I don't know what you want, what's going on? One minute you're saying you want this, the next minute you're saying you want that. It's responding to frequency.

222

00:34:53.639 --> 00:35:03.800

Louisa Havers, The Helix Method®: So your path to breakthrough is to clear the reverse of resistant energies, to restore the coherence, stabilize your frequency so that your desires can actually land.

223

00:35:05.400 --> 00:35:19.829

Louisa Havers, The Helix Method®: And this all leads me to the strategic dissonance. So this occurs when the strategy you're applying is misaligned with your identity, your capacity, your energetic frequency, or the stage of business that, you know, that you're at, what your business is truly ready for.

224

00:35:20.380 --> 00:35:35.929

Louisa Havers, The Helix Method®: And yesterday, people were reflecting around how they were pushing strategies that were feeling heavy or outdated. They were trying to scale whilst dealing with foundational fear, mismatched money goals and nervous system capacity.

225

00:35:36.700 --> 00:35:42.940

Louisa Havers, The Helix Method®: And thank you so much for sharing all your reflections in the chat here, and Telegram, and in your messages and emails to me.

226

00:35:43.780 --> 00:35:47.960

Louisa Havers, The Helix Method®: This is so key, because when strategy is chosen from

227

00:35:48.460 --> 00:35:56.650

Louisa Havers, The Helix Method®: fear, from urgency or comparison, or, you know, miscalibrated identity. It creates reversals. So, your path

228

00:35:56.760 --> 00:36:02.540

Louisa Havers, The Helix Method®: Through is to upgrade your frequency and identity, and then select the strategy from your future self-state.

229

00:36:04.040 --> 00:36:09.069

Louisa Havers, The Helix Method®: This work that we're doing together is what makes your strategy work in an aligned way.

230

00:36:09.400 --> 00:36:26.750

Louisa Havers, The Helix Method®: And when I think about, you know, my own journey, when I first came into business, I did exactly what a lot of high-achieving leaders do. I went straight into high output strategy. I was looking at Facebook ads, and funnels, and scaling tactics, all the things that I knew on paper would create momentum quickly.

231

00:36:27.340 --> 00:36:46.430

Louisa Havers, The Helix Method®: But here's what actually happened. You know, I used Facebook ads to test my messaging, which in hindsight is a very expensive and energetically misaligned way to grow. You know, the ads worked until the market shifted, and costs went up, the quality dropped, the data became unreliable, conversions rates, you know, went

232

00:36:46.720 --> 00:36:51.789

Louisa Havers, The Helix Method®: down rapidly, and it felt like I was constantly chasing stability.

233

00:36:52.300 --> 00:37:09.780

Louisa Havers, The Helix Method®: But when I look back, I couldn't see this, like, in that moment. I was still operating from my old social services identity, you know, the identity built on crisis management, built on pressure, built on surviving, built on your... built on, you know, firefighting, and holding everything together with that sheer force.

234

00:37:10.320 --> 00:37:29.189

Louisa Havers, The Helix Method®: And so I got to experience that all over again. And I hadn't upgraded my identity to match the level of expansion that I was trying to lead, and because of that mismatch, I created reversals, contractions, unnecessary financial leakage as well. So, because I was trying to solve the problem with the same identity.

235

00:37:29.280 --> 00:37:35.740

Louisa Havers, The Helix Method®: the same consciousness that had created the problem. And once I understood, you know, default set points, reversals.

236

00:37:36.160 --> 00:37:41.020

Louisa Havers, The Helix Method®: nervous system capacity, this framework that I'm sharing with you, everything changed.

237

00:37:41.410 --> 00:37:45.640

Louisa Havers, The Helix Method®: And when I got into alignment, I was implementing strategies that were aligned.

238

00:37:45.990 --> 00:37:48.789

Louisa Havers, The Helix Method®: aligned, for my business.

239

00:37:49.290 --> 00:37:53.979

Louisa Havers, The Helix Method®: became... I became more profitable, more precise, had more space within my business.

240

00:37:54.580 --> 00:37:58.859

Louisa Havers, The Helix Method®: And this is why I think energetic alignment is so, so key.

241

00:37:59.900 --> 00:38:05.300

Louisa Havers, The Helix Method®: I got to be more of who I truly am, my leadership upgraded, my nervous system relaxed.

242

00:38:05.640 --> 00:38:10.969

Louisa Havers, The Helix Method®: Thank goodness, our company's revenue was growing with far more ease.

243

00:38:11.250 --> 00:38:13.119

Louisa Havers, The Helix Method®: So I'd moved beyond that.

244

00:38:13.240 --> 00:38:15.389

Louisa Havers, The Helix Method®: Six figures with hustle.

245

00:38:15.580 --> 00:38:24.539

Louisa Havers, The Helix Method®: And outsourcing my authority to all the algorithms by upgrading my identity first, and then my strategy second.

246

00:38:25.020 --> 00:38:33.159

Louisa Havers, The Helix Method®: And when I'm embodied, you know, in that next version of myself, and I'm leading with coherence, things flow so much better.

247

00:38:33.980 --> 00:38:50.339

Louisa Havers, The Helix Method®: Of course, you know, my identity, as is everybody's here, is continually evolving. The key is intentionally evolving and creating it. For me, I'm not rushed anymore. I can hold that spaciousness in my life. I can hold the duality of life and business.

248

00:38:50.580 --> 00:39:06.729

Louisa Havers, The Helix Method®: Because life is going to life, you know, we get to feel it all. You know, earlier this year, I had the death of my best friend. At the same time, realizing a lifelong dream of visiting Havershoal in the Caribbean, which is a spot in the ocean named after my dad, who discovered it when he was a navigator in the Navy.

249

00:39:07.700 --> 00:39:12.539

Louisa Havers, The Helix Method®: And the duality of, you know, that alongside being able to work wherever I've been choosing.

250

00:39:13.060 --> 00:39:18.059

Louisa Havers, The Helix Method®: whichever part of the world I'm choosing to land in, and partnering with the best clients in the world.

251

00:39:19.160 --> 00:39:20.050

Louisa Havers, The Helix Method®: And

252

00:39:20.480 --> 00:39:32.300

Louisa Havers, The Helix Method®: I can say this with absolute conviction. Strategy works when the required identity is aligned, but it's going to fail when your identity is outdated, and you're trying to lead with an old version of yourself.

253

00:39:32.300 --> 00:39:42.130

Louisa Havers, The Helix Method®: And so this is key, is you're thinking individually about what's going on for you, and 2026, and the self-innovation required, and the speed of change that is happening.

254

00:39:42.590 --> 00:39:46.179

Louisa Havers, The Helix Method®: Is what is required for you in relation to your identity.

255

00:39:46.380 --> 00:40:00.090

Louisa Havers, The Helix Method®: This work will take you from cycling through the same patterns, take you out of a plateau to have a regulated nervous system, a coherent field. So we're going to build on this today, so you can start to feel this in real time together.

256

00:40:01.790 --> 00:40:08.219

Louisa Havers, The Helix Method®: Right, before we do that, I would love to take a moment just to shine the spotlight on the fabulous Adele.

257

00:40:09.430 --> 00:40:12.170

Louisa Havers, The Helix Method®: So let me do that for you now. We're just gonna...

258

00:40:13.360 --> 00:40:26.539

Louisa Havers, The Helix Method®: sit back, and invite you to listen to this conversation. I want to shine the spotlight on Adele, and notice what resonates for you, and what takeaways you have from listening to our conversation.

259

00:40:29.640 --> 00:40:48.970

Audio shared by Louisa Havers, The Helix Method®: There we are! Hello! Welcome, Adele, thank you for coming and joining us. Oh, it's great to be here, and hello, everyone. It's so good to see you. This is a great place for you to be! Do you want to introduce yourself, Adele? Tell people what you do, and then we'd love to dive in to...

260

00:40:49.170 --> 00:41:06.619

Audio shared by Louisa Havers, The Helix Method®: hearing your experience of transformation so far. Yeah, so I, live in North Carolina, in the central eastern seaboard of the United States, and I have been a psychotherapist, a hypnotherapist, an abundance coach for women business owners.

261

00:41:06.730 --> 00:41:09.480

Audio shared by Louisa Havers, The Helix Method®: 4 years. And,

262

00:41:09.810 --> 00:41:17.390

Audio shared by Louisa Havers, The Helix Method®: I came to Louisa because I had actually inherited money, and I was starting to fall for scams.

263

00:41:17.420 --> 00:41:24.980

Audio shared by Louisa Havers, The Helix Method®: So, I knew I was in trouble because I didn't think I was worthy of having more than

264

00:41:24.990 --> 00:41:38.809

Audio shared by Louisa Havers, The Helix Method®: what I had. So, we've been working together for about 9 months, and I have to say that I'm just realizing today, while you were talking, Louisa, about the nervous system, mine is so much calmer.

265

00:41:38.870 --> 00:41:44.329

Audio shared by Louisa Havers, The Helix Method®: And I can... I mean, I'm not saying I wouldn't fall for one, but I can spot a scam.

266

00:41:44.720 --> 00:41:48.679

Audio shared by Louisa Havers, The Helix Method®: a mile away, and I just say, nope, that's not for me.

267

00:41:48.860 --> 00:42:08.600

Audio shared by Louisa Havers, The Helix Method®: And, I'm rebooting my business, and, I actually love doing sales. I love talking about money. This was not the case before. I've done some other coaching programs. I find that this wealth portal has been the most... it's the deepest. It's the deepest. Others...

268

00:42:09.220 --> 00:42:18.870

Audio shared by Louisa Havers, The Helix Method®: can be on the surface, and they can be very helpful. They can also be mental, but because this is emotional and energetic, and most of us women

269

00:42:19.110 --> 00:42:29.710

Audio shared by Louisa Havers, The Helix Method®: are emotional, energetically driven. This really has hit... hit me in specific ways that really, really have helped so much.

270

00:42:29.860 --> 00:42:32.050

Audio shared by Louisa Havers, The Helix Method®: And, of course, you've...

271

00:42:32.180 --> 00:42:38.540

Audio shared by Louisa Havers, The Helix Method®: seen Louisa in operation for a few days, and you know how lovely she is, but she's...

272

00:42:38.540 --> 00:42:56.300

Audio shared by Louisa Havers, The Helix Method®: also incredibly, incredibly intuitive, and very, experienced, because she'll say something, and I go, well, where'd you get that? And she said, working with my clients. It's like, oh, okay. You have a breadth and a depth of knowledge and experience that's really...

273

00:42:56.300 --> 00:43:15.229

Audio shared by Louisa Havers, The Helix Method®: it's so healing, and so lovely, and there's work to do. It's not... it's not that you hit, you know, take the magic wand and go bonk, there you are. No, there's... there's... there's work to do, but it's good work, and it's very effective, and I have just loved being here.

274

00:43:15.320 --> 00:43:25.150

Audio shared by Louisa Havers, The Helix Method®: And I've loved the people I've gotten to know, and I'm happy to say I have a few friends now in the Wealth Portal who saw the opportunity and said yes, and...

275

00:43:25.320 --> 00:43:32.239

Audio shared by Louisa Havers, The Helix Method®: I guess what I would say, if you're considering working with Louisa in the Wealth Portal.

276

00:43:32.970 --> 00:43:39.340

Audio shared by Louisa Havers, The Helix Method®: It's an investment of time and money, and your energy, and you may not feel like

277

00:43:39.550 --> 00:43:47.520

Audio shared by Louisa Havers, The Helix Method®: you have it. But, I actually had an energy reversal, when I talked to Louisa about doing the program.

278

00:43:47.920 --> 00:43:58.819

Audio shared by Louisa Havers, The Helix Method®: initially, because I was muscle testing, I was... I knew I wanted to do it, and I would muscle test, and you go, no. And so, you, Louisa, would have said.

279

00:44:00.120 --> 00:44:17.930

Audio shared by Louisa Havers, The Helix Method®: Yeah, is there... is there part of you that's reversed and thinks this is impossible for you? And indeed, that was... that was true. So, I got in, I've just been so, so

grateful. You, Louisa, I don't know if I've told you this, but you are the... the best,

280

00:44:18.020 --> 00:44:27.090

Audio shared by Louisa Havers, The Helix Method®: It's about money, but it's about so much more, because it's about everything, right? Like you've been saying, you're the best coach I've ever had, and I've had a bunch.

281

00:44:27.290 --> 00:44:43.480

Audio shared by Louisa Havers, The Helix Method®: So, thank you. So, if you're thinking about working with Louisa, I would give it a, like, a million thumbs up, and... because you'll get a lot out of it, and you'll be able to share what you learn with your clients, and have more clients.

282

00:44:50.640 --> 00:45:14.689

Louisa Havers, The Helix Method®: Oh, I just love hearing Adele talking about her experiences, and I would love for you to have these kind of results as well. And as Adele mentioned inside the Wealth Portal, we go deep, but it is designed to meet you where you are right now. And we'll share a little bit more about the Wealth Portal at the end of our time together today. I want to dive in now to doing some helixing with you, so let me know who is up for doing some helixing.

283

00:45:14.720 --> 00:45:17.869

Louisa Havers, The Helix Method®: Give me a yes in the comments.

284

00:45:21.440 --> 00:45:30.570

Louisa Havers, The Helix Method®: I've got some yeses coming through. Alrighty, I love this. Yes, yes, yes, yes, yes, yes, yes, yes. Okay, fantastic. Let's do this together. So I'm going to walk you through this.

285

00:45:30.620 --> 00:45:45.079

Louisa Havers, The Helix Method®: We're going to be using our helixing methodology. We're going to use the sway technique, as it helps you to connect with your body, so you're likely to feel the somatic and energetic responses from your subconscious as you do it... when you do it this way.

286

00:45:45.330 --> 00:45:54.499

Louisa Havers, The Helix Method®: And I'm going to guide you through, so the higher self invocation, then I'm going to give you some phrases to energy test on, or to muscle test on, using the sway technique.

287

00:45:55.250 --> 00:45:57.640

Louisa Havers, The Helix Method®: And then we are going to...

288

00:45:59.160 --> 00:46:19.800

Louisa Havers, The Helix Method®: I'll give you some space to release a couple of those, so if there's a few more for you to do, just make a note of where you've got up to. You know, we'll circle back later to pick up on the ones still to do. And of course, any questions, keep them coming in in the chat, keep them coming in in the telegram, so that I can make sure that we get all your questions answered, so you can keep moving forward, and

289

00:46:19.800 --> 00:46:27.139

Louisa Havers, The Helix Method®: And have the breakthrough that you're here to... here to claim. Alrighty, so let me guide you through the Higher Self Invocation first.

290

00:46:27.690 --> 00:46:31.660

Louisa Havers, The Helix Method®: We do have this all laid out in our guide as well for you.

291

00:46:32.340 --> 00:46:36.609

Louisa Havers, The Helix Method®: So, the team will pop the guide for you there in the... in the chat.

292

00:46:36.810 --> 00:46:45.319

Louisa Havers, The Helix Method®: There's particular phrases that you're going to test, they're on the screen, so if you want to, take a screenshot of them, or, you know, take a photo with your camera.

293

00:46:45.650 --> 00:46:52.330

Louisa Havers, The Helix Method®: But they're not in the guide, because we're changing those each day as we're building on each day. Alrighty, okay, so...

294

00:46:52.830 --> 00:47:03.999

Louisa Havers, The Helix Method®: Let's increase your life force energy first off. So, inviting you to start to breathe in for 4, hold for 4, breathe out for 8, and to do this 3 times.

295

00:47:09.960 --> 00:47:15.559

Louisa Havers, The Helix Method®: Bringing awareness to your soul star chakra as you're doing this, so just about 18 inches above your head.

296

00:47:15.840 --> 00:47:18.069

Louisa Havers, The Helix Method®: Just bring your awareness there.

297

00:47:22.290 --> 00:47:29.640

Louisa Havers, The Helix Method®: And then from this place... Affirming. Speaking to all levels of my consciousness.

298

00:47:30.170 --> 00:47:34.590

Louisa Havers, The Helix Method®: I intend that in the name of divine truth, love, and light.

299

00:47:34.910 --> 00:47:37.759

Louisa Havers, The Helix Method®: Let all information come from my higher self.

300

00:47:38.090 --> 00:47:40.759

Louisa Havers, The Helix Method®: And be in alignment with my divine truth.

301

00:47:41.120 --> 00:47:44.529

Louisa Havers, The Helix Method®: For my highest good, and the highest good, cause all...

302

00:47:45.170 --> 00:47:49.530

Louisa Havers, The Helix Method®: I am creating a clear channel of communication and manifestation.

303

00:47:49.930 --> 00:47:53.109

Louisa Havers, The Helix Method®: Between my subconscious, conscious, and higher self.

304

00:47:53.980 --> 00:47:56.960

Louisa Havers, The Helix Method®: So that they are 100% connected.

305

00:47:57.140 --> 00:48:02.790

Louisa Havers, The Helix Method®: And in perfect alignment, and all working towards my highest path and purpose.

306

00:48:03.130 --> 00:48:05.810

Louisa Havers, The Helix Method®: Thank you, thank you, thank you.

307

00:48:07.580 --> 00:48:10.930

Louisa Havers, The Helix Method®: Just notice how this feels.

308

00:48:13.330 --> 00:48:17.150

Louisa Havers, The Helix Method®: You feel your life force energy expanded.

309

00:48:18.080 --> 00:48:22.489

Louisa Havers, The Helix Method®: And from this place, we're going to energy test now, so just as a reminder.

310

00:48:22.620 --> 00:48:25.310

Louisa Havers, The Helix Method®: You stand with your feet hip-width apart.

311

00:48:25.870 --> 00:48:31.160

Louisa Havers, The Helix Method®: Pay attention to the somatic responses as you say the phrases out loud that I'm going to give you in a moment.

312

00:48:31.670 --> 00:48:38.929

Louisa Havers, The Helix Method®: A forward sway is typically a yes, a backward sway is typically a no. If you go round and round in circles, it's likely you've got an energy reversal.

313

00:48:38.930 --> 00:48:57.609

Louisa Havers, The Helix Method®: or you may be, like, a plank like that, you're like, I'm not moving. Then that's likely an energy reversal as well. Alrighty, so let's take a couple of minutes now to do the energy testing. Let me know which ones you get a yes to in the comments. So, we are really focusing on some questions here in relation to your nervous system.

314

00:48:58.710 --> 00:49:01.830

Louisa Havers, The Helix Method®: This is where... so we can expand your capacity.

315

00:49:03.040 --> 00:49:16.259

Louisa Havers, The Helix Method®: So the first one is I'm unsafe to hold more clients, and just notice what you notice as you say that out loud, then move on to the next one. I'm going to say them out loud quickly for you, and then give you some space to say them out loud for yourself.

316

00:49:16.590 --> 00:49:23.019

Louisa Havers, The Helix Method®: So I'm unsafe to hold more clients, I'm unsafe to hold more wealth, I'm unsafe to hold more visibility.

317

00:49:23.260 --> 00:49:38.400

Louisa Havers, The Helix Method®: I'm unsafe to hold more responsibility. I'm unsafe if I have more success. I'm unsafe if I have more pressure.

And then, I want you to say this phrase out loud for each one individually. So my nervous system has unresolved trauma to do with holding more clients.

318

00:49:38.870 --> 00:49:43.810

Louisa Havers, The Helix Method®: then my nervous system has unresolved trauma to do with holding more wealth. Does that make sense?

319

00:49:44.010 --> 00:49:52.439

Louisa Havers, The Helix Method®: My nervous system has unresolved trauma to do with holding more visibility, then set for more responsibility, more success, more pressure.

320

00:49:52.680 --> 00:50:04.300

Louisa Havers, The Helix Method®: Alrighty, so I'm going to pop some music on, got a couple of minutes. We don't need to rush this, we just want to allow and notice how the body's responding. There may be a delay between you saying it out loud and the body's response.

321

00:50:04.540 --> 00:50:07.330

Louisa Havers, The Helix Method®: Alright, so we're gonna meet back here in a couple of minutes.

322

00:50:08.180 --> 00:50:09.960

Louisa Havers, The Helix Method®: We'll see where everybody's at.

323

00:52:25.790 --> 00:52:31.789

Louisa Havers, The Helix Method®: We'll just have one more n- one more minute muscle testing. Let us know what you're getting in the comments below.

324

00:52:32.690 --> 00:52:37.199

Louisa Havers, The Helix Method®: Perfect, awesome. Got some... We've uncovered some stuff here!

325

00:52:37.810 --> 00:52:39.100

Louisa Havers, The Helix Method®: Okay.

326

00:52:41.550 --> 00:52:47.310

Louisa Havers, The Helix Method®: And as you were receiving these responses, Yeah, that's so good.

327

00:52:48.130 --> 00:52:55.820

Louisa Havers, The Helix Method®: Did you have different pressure changes? Did you get hot, cold? What did you notice somatically as you were muscle testing these?

328

00:53:04.820 --> 00:53:11.690

Louisa Havers, The Helix Method®: Okay, okay, so we've uncovered some energy reversals, spotted some things have gone...

329

00:53:13.890 --> 00:53:25.220

Louisa Havers, The Helix Method®: Okay, so we've got some anxiety bubbling up, some unresolved trauma, some energy reversals... responsibility... okay, okay.

330

00:53:29.440 --> 00:53:30.460

Louisa Havers, The Helix Method®: Yeah.

331

00:53:32.540 --> 00:53:41.099

Louisa Havers, The Helix Method®: Okay, awesome. Thank you so much for sharing. Alrighty, so I'm going to start to guide you through these now. I'm going to guide you through the first one to release together.

332

00:53:41.250 --> 00:53:48.400

Louisa Havers, The Helix Method®: And then we'll create some space so that you can continue releasing a couple whilst we're, live together.

333

00:53:49.230 --> 00:53:50.840

Louisa Havers, The Helix Method®: So just as a reminder.

334

00:53:51.130 --> 00:54:07.680

Louisa Havers, The Helix Method®: We get your heart into coherence by breathing in for 4, breathing out for 4, then you say the phrase out loud once, twice internally, holding CV17 for releasing emotions or beliefs, and tapping the karate chop when you're releasing energy reversals.

335

00:54:08.160 --> 00:54:10.579

Louisa Havers, The Helix Method®: Alright, so here is the phrasing.

336

00:54:11.010 --> 00:54:20.879

Louisa Havers, The Helix Method®: So, I'm ready to release feeling unsafe to hold more, and then you insert, whether it's clients, wealth, visibility, responsibility, success, or pressure. So there's quite a few of these here today.

337

00:54:25.040 --> 00:54:37.389

Louisa Havers, The Helix Method®: Okay, so let me do... I'm going to guide you through the first one for holding more clients. I'll say clients out loud. If you're working on another one, just replace the wording clients with wealth, or visibility, whichever one you're doing.

338

00:54:37.530 --> 00:54:43.350

Louisa Havers, The Helix Method®: So we've got the root scripts here for you for releasing feeling unsafe to hold more.

339

00:54:43.560 --> 00:54:49.539

Louisa Havers, The Helix Method®: Then, the next phrasing is releasing your energy reversal, so anywhere you got a plank.

340

00:54:49.640 --> 00:55:06.289

Louisa Havers, The Helix Method®: like, response for something, or you're going round and round in circles, that's likely an energy reversal, so you can release it as such by saying, I'm ready to release this energy reversal. And then we've also got the phrasing, I'm ready to release this unresolved trauma to do with holding more clients' wealth, and so on.

341

00:55:06.290 --> 00:55:10.639

Louisa Havers, The Helix Method®: Okay? Alrighty, let's do this. Okay, so, holding CV17...

342

00:55:11.400 --> 00:55:15.529

Louisa Havers, The Helix Method®: I invite you to take a nice deep breath in, so you're breathing in for 4.

343

00:55:17.110 --> 00:55:19.370

Louisa Havers, The Helix Method®: Breathing out for 4.

344

00:55:21.030 --> 00:55:24.199

Louisa Havers, The Helix Method®: Just feel your heart filling up with love.

345

00:55:27.080 --> 00:55:30.130

Louisa Havers, The Helix Method®: And I'm saying out loud, I'm ready to release.

346

00:55:30.260 --> 00:55:33.599

Louisa Havers, The Helix Method®: Feeling unsafe to hold more clients.

347

00:55:34.220 --> 00:55:39.039

Louisa Havers, The Helix Method®: I release and delete this across all dimensions and levels of consciousness.

348

00:55:39.670 --> 00:55:41.400

Louisa Havers, The Helix Method®: Let's breathing in for 4.

349

00:55:45.310 --> 00:55:46.530

Louisa Havers, The Helix Method®: Who's Amy.

350

00:55:49.780 --> 00:55:52.569

Louisa Havers, The Helix Method®: And then, I invite you to say this silently.

351

00:55:54.640 --> 00:56:00.469

Louisa Havers, The Helix Method®: I'll say it out loud so you can follow along. I'm ready to release, feeling unsafe, to hold more clients.

352

00:56:01.140 --> 00:56:05.430

Louisa Havers, The Helix Method®: I release and delete this across all dimensions and levels of consciousness.

353

00:56:09.630 --> 00:56:11.109

Louisa Havers, The Helix Method®: We're eating after food.

354

00:56:15.870 --> 00:56:20.159

Louisa Havers, The Helix Method®: One more time, I'm ready to release, feeling unsafe to hold more clients.

355

00:56:20.400 --> 00:56:28.509

Louisa Havers, The Helix Method®: I release and delete this across all dimensions and levels of consciousness. Taking a nice deep breath in and out.

356

00:56:35.280 --> 00:56:46.090

Louisa Havers, The Helix Method®: I invite you to do two more now with us live. If there's more to do, just make a note of where you got up to, and then that's the aligned action to take after our time together today.

357

00:56:46.250 --> 00:56:50.010

Louisa Havers, The Helix Method®: Carve out 15 minutes so that you can release these.

358

00:56:50.280 --> 00:56:53.879

Louisa Havers, The Helix Method®: Will we get back together tomorrow.

359

00:58:09.310 --> 00:58:13.379

Louisa Havers, The Helix Method®: Notice how you're feeling, how your body's responding as you're doing this.

360

00:58:18.410 --> 00:58:20.430

Louisa Havers, The Helix Method®: You may start feeling lighter.

361

00:58:23.020 --> 00:58:31.880

Louisa Havers, The Helix Method®: You may be yawning, you may be burping, farting, your stomach gagging, all of those body functions, somatic responses are normal.

362

00:59:06.400 --> 00:59:08.610

Louisa Havers, The Helix Method®: One more minute, and then we'll...

363

00:59:09.310 --> 00:59:11.739

Louisa Havers, The Helix Method®: Be moving into the alignment piece.

364

01:00:08.860 --> 01:00:09.870

Louisa Havers, The Helix Method®: I'm ready.

365

01:00:10.420 --> 01:00:11.790

Louisa Havers, The Helix Method®: Welcome back.

366

01:00:13.270 --> 01:00:24.309

Louisa Havers, The Helix Method®: We're going to switch gears a little bit now, so if you've got a few more to release, then do just make a note of where you're at, and then we're going to move now into creating the aligned coherence.

367

01:00:25.010 --> 01:00:34.690

Louisa Havers, The Helix Method®: So, we're building on the energy and the imprinting that we were doing yesterday, and we're doing the same again today. So, inner rewiring for 30 seconds for each of these.

368

01:00:34.970 --> 01:00:38.539

Louisa Havers, The Helix Method®: I will be the timekeeper and give you a heads up so you can just be in it.

369

01:00:38.880 --> 01:00:42.289

Louisa Havers, The Helix Method®: Doing it, and then I'll guide you through a visualization.

370

01:00:44.750 --> 01:00:45.850

Louisa Havers, The Helix Method®: Alrighty.

371

01:00:46.100 --> 01:00:52.069

Louisa Havers, The Helix Method®: So inviting you to start to breathe in for 4, Breathe out for 4.

372

01:00:52.990 --> 01:00:55.740

Louisa Havers, The Helix Method®: And fill your heart up with love.

373

01:00:56.080 --> 01:00:58.470

Louisa Havers, The Helix Method®: I know, my love, I know.

374

01:01:06.260 --> 01:01:09.010

Louisa Havers, The Helix Method®: And from this space, starting to think.

375

01:01:09.460 --> 01:01:14.710

Louisa Havers, The Helix Method®: I lead with my values. I lead with my values for 30 seconds.

376

01:01:43.770 --> 01:01:49.519

Louisa Havers, The Helix Method®: And moving on to the next one, I evolve quickly. I evolve quickly.

377

01:02:13.840 --> 01:02:18.489

Louisa Havers, The Helix Method®: Moving on to the next one. Extraordinary outcomes are normal for me.

378

01:02:50.350 --> 01:02:57.779

Louisa Havers, The Helix Method®: Moving on to the next one, my influence expands effortlessly. My influence expands effortlessly.

379

01:03:24.800 --> 01:03:34.920

Louisa Havers, The Helix Method®: Beautiful, moving on to the next one. I'm the kind of person who has desired cash months, so if it's 20K cash months you want, you're going to say, I'm the kind of person who has 20K cash months.

380

01:04:06.910 --> 01:04:17.300

Louisa Havers, The Helix Method®: Beautiful, and from this space, switching gears a little bit, inviting you to close your eyes, and to see in your mind's eye a scene of you

381

01:04:17.890 --> 01:04:22.920

Louisa Havers, The Helix Method®: Who has the version of you who has already achieved your desired business growth.

382

01:04:24.070 --> 01:04:26.870

Louisa Havers, The Helix Method®: Just take yourself bare for a moment.

383

01:04:27.900 --> 01:04:30.510

Louisa Havers, The Helix Method®: How are you moving around your house?

384

01:04:32.600 --> 01:04:33.940

Louisa Havers, The Helix Method®: Lord action.

385

01:04:34.160 --> 01:04:35.819

Louisa Havers, The Helix Method®: Are you taking?

386

01:04:36.880 --> 01:04:39.810

Louisa Havers, The Helix Method®: How are you drinking your cup of tea?

387

01:04:40.270 --> 01:04:43.559

Louisa Havers, The Helix Method®: What feels different in your body?

388

01:05:04.800 --> 01:05:06.170

Louisa Havers, The Helix Method®: Beautiful.

389

01:05:07.400 --> 01:05:11.240

Louisa Havers, The Helix Method®: And from this place, with your elevated frequency.

390

01:05:11.610 --> 01:05:17.290

Louisa Havers, The Helix Method®: I invite you to live in the energy of the question, how am I surrounded by more wealth and opportunities?

391

01:05:18.400 --> 01:05:22.609

Louisa Havers, The Helix Method®: how am I surrounded by more wealth and opportunities? And just...

392

01:05:22.820 --> 01:05:27.680

Louisa Havers, The Helix Method®: Ask the questions if you're handing it over on a post-it note to the universe, to their higher self.

393

01:05:28.210 --> 01:05:30.390

Louisa Havers, The Helix Method®: We're not trying to consciously answer it.

394

01:05:30.650 --> 01:05:32.989

Louisa Havers, The Helix Method®: Activating the answer.

395

01:05:36.080 --> 01:05:44.950

Louisa Havers, The Helix Method®: And you're asking it from an elevated frequency, so you're going to receive and hear more clarity from your higher self-consciousness.

396

01:05:54.020 --> 01:05:57.649

Louisa Havers, The Helix Method®: And throughout the day, you can answer... ask this question.

397

01:05:58.630 --> 01:06:01.790

Louisa Havers, The Helix Method®: And as you're going to sleep tonight, I invite you to...

398

01:06:01.910 --> 01:06:15.869

Louisa Havers, The Helix Method®: send yourself off to sleep, saying, how am I surrounded by more wealth and opportunity? Who remembered to do this last night, let me know in the comments if you remember to do it, if you're like, oh no, I forgot! Here's your reminder, you've got another opportunity to do it again tonight.

399

01:06:20.250 --> 01:06:25.290

Louisa Havers, The Helix Method®: And the aligned action is to take action on the inspired ideas that are coming through to you.

400

01:06:25.740 --> 01:06:31.259

Louisa Havers, The Helix Method®: And of course, if there's any more to release, to release those on the work that we were doing earlier.

401

01:06:33.230 --> 01:06:38.490

Louisa Havers, The Helix Method®: We do the imprinting again, and then we'll be coming back tomorrow to build on this again.

402

01:06:40.910 --> 01:06:46.099

Louisa Havers, The Helix Method®: Alrighty, how are you feeling? Let's see how everybody is feeling.

403

01:06:49.650 --> 01:06:52.090

Louisa Havers, The Helix Method®: Oh, fantastic, fantastic.

404

01:06:53.910 --> 01:06:58.059

Louisa Havers, The Helix Method®: Let's put you all back here so I can see all your beautiful faces again.

405

01:06:59.620 --> 01:07:03.780

Louisa Havers, The Helix Method®: Let's see... feeling good? Okay, awesome.

406

01:07:04.200 --> 01:07:10.720

Louisa Havers, The Helix Method®: Awesome, I love it. And as we wrap up for today, I would love to hear what's been your takeaway?

407

01:07:10.950 --> 01:07:16.159

Louisa Havers, The Helix Method®: You were sneezing up a storm! Wow! Love those somatic responses!

408

01:07:19.330 --> 01:07:24.949

Louisa Havers, The Helix Method®: Yeah, we're going to do our Draw for the Life Between Life review for everyone who has shared their takeaway.

409

01:07:28.380 --> 01:07:32.700

Louisa Havers, The Helix Method®: And I do just want to take a moment to share

410

01:07:33.440 --> 01:07:48.959

Louisa Havers, The Helix Method®: with you, as over these last two sessions, you've experienced in real time how quickly your unconscious, you know, reveals the truth when the right conditions are created, and how fast your field is responding. We've been seeing some beautiful celebrations coming through.

411

01:07:49.240 --> 01:08:05.659

Louisa Havers, The Helix Method®: You've started to see where the fears, the reversals, the somatic default set points, and the patterns, and your current identity has been shaping your results far more than strategy could. So, you know that you're not lacking strategy. You've been trying to implement your next level vision through

412

01:08:06.210 --> 01:08:08.879

Louisa Havers, The Helix Method®: A 2025 identity.

413

01:08:12.270 --> 01:08:14.330

Louisa Havers, The Helix Method®: And this is where you can... you...

414

01:08:14.690 --> 01:08:29.289

Louisa Havers, The Helix Method®: can be unintentionally slowing your progress down, not because of your capability, but because of your nervous system, your subconscious mind, your current identity. Still all operating from that old version of who you've been.

415

01:08:29.970 --> 01:08:32.859

Louisa Havers, The Helix Method®: So this is where, as we're moving into that year of innovation.

416

01:08:33.970 --> 01:08:39.550

Louisa Havers, The Helix Method®: Any identity drag becomes the most expensive liability that you can carry.

417

01:08:40.800 --> 01:08:57.309

Louisa Havers, The Helix Method®: So for those of you that are already feeling the resonance, there's two ways to integrate this work quickly and more powerfully. Yesterday, we opened the doors to two options, so we have our Elite 12-month private coaching container, and we have our 6-month live Wealth Portal group coaching.

418

01:08:57.420 --> 01:09:08.649

Louisa Havers, The Helix Method®: So just to give you, a recap, so the private advisory, a year-long partnership with me, this is the most intimate and potent way to work with me. This is where we are recalibrating your identity in real time.

419

01:09:09.600 --> 01:09:28.829

Louisa Havers, The Helix Method®: Strengthening your nervous system to lead at scale and maintain that emotional steadiness under pressure, refine your decision-making, speed of decision-making, preventing reversals before they start, you know, cost you revenue, aligning your strategy with energetic coherence, protecting your profit, protecting your capacity and your

420

01:09:29.090 --> 01:09:38.100

Louisa Havers, The Helix Method®: enabling you to hold that innovation edge. And this is the space where you're evolving at the speed that your next level requires, without the burnout, without contraction, without

421

01:09:38.450 --> 01:09:40.369

Louisa Havers, The Helix Method®: Like an identity whiplash.

422

01:09:40.970 --> 01:09:52.560

Louisa Havers, The Helix Method®: And the... the value of our private coaching together is \$50,000 USD. You know, in terms of my time and expertise over a 12-month period, we'll be using the Helix method, Akashic Records.

423

01:09:52.640 --> 01:09:57.929

Louisa Havers, The Helix Method®: To contribute to you as you're creating your next level, your financial future.

424

01:09:57.940 --> 01:10:05.729

Louisa Havers, The Helix Method®: But the biggest problem in, you know, high-level implementation is the things that inevitably prop up, you know, quick question, a strategy pivot.

425

01:10:05.730 --> 01:10:27.380

Louisa Havers, The Helix Method®: the nervous system's triggered. You know, you want me to, you know, share feedback on a piece of copy or strategic plan that needs immediate review, so you can't wait for our scheduled call, so... and that delay can cost revenue and momentum and all the things. That's why this container is built around eliminating that... that buckle neck. So, I'm excited to reveal a juicy bonus, so...

426

01:10:27.510 --> 01:10:40.910

Louisa Havers, The Helix Method®: within my private coaching, partnership, you have dedicated, unlimited access. So think of this as your implementation channel. So we call it Telegram Priority Support, but it's more than that, you know, it's...

427

01:10:41.730 --> 01:10:55.659

Louisa Havers, The Helix Method®: Think of this as unlimited quick calls and access to my expertise in real time, so where we can break down complex, energetic, and strategic constraints that... the moment that they arise. You know, it's that instantaneous support, not delayed guidance.

428

01:10:55.830 --> 01:11:05.050

Louisa Havers, The Helix Method®: And so, this alone means that your 36K investment is essentially purchasing a year of dedicated access, the ultimate reassurance.

429

01:11:05.050 --> 01:11:16.210

Louisa Havers, The Helix Method®: you're investing in speed and certainty of implementation. It's turning, you know, the insights, the awareness

into results without the headache of waiting. Plus, I gift you a spot in the Wealth Portal and Dream Bigger.

430

01:11:16.550 --> 01:11:31.479

Louisa Havers, The Helix Method®: And so, when you're factoring in that 50K call coaching, the unlimited access in Telegram, I also give you a black book... little black book of investment opportunities, as part of the Wealth Portal.

431

01:11:31.780 --> 01:11:39.930

Louisa Havers, The Helix Method®: working with me in that year-long container, the value of that is over 100K, already, all for the investment of \$36K.

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01:11:40.010 --> 01:11:58.059

Louisa Havers, The Helix Method®: And I'm really excited about this. We haven't even revealed the most exclusive part, yet, so stay tuned for tomorrow for that one. There is more coming. So if you're feeling the resonance, send me a message saying private, and we'll explore whether this is the, you know, the right partnership for you.

433

01:11:58.410 --> 01:12:13.250

Louisa Havers, The Helix Method®: And then we have the Wealth Portal. So this is our 6-month Wealth Energetics Mentorship. This is done with you. Identity Consciousness Recalibration is designed for you to become an energetic match to high income in 45 days or less.

434

01:12:13.320 --> 01:12:31.029

Louisa Havers, The Helix Method®: During our time together in the Wealth Portal, you'll receive 6 months of 3 live coaching calls each month to get that personal attention, that immediate support. So this is perfect for leaders who want that structured implementation, rapid clearing of the upper limits, and being able to calibrate into a new identity and expand your nervous system.

435

01:12:31.230 --> 01:12:49.639

Louisa Havers, The Helix Method®: And this week, you'll receive \$1,000 off the 5K retail price, plus if you pay in full, you receive a further 10% saving. And you get Dream Bigger as, membership as a gift, as well, when you step into the wealth talking this week, and you can come and join us on our next live call, which is tomorrow.

436

01:12:49.640 --> 01:12:55.530

Louisa Havers, The Helix Method®: And what I have found is the biggest obstacle to success is implementation, because

437

01:12:55.600 --> 01:13:12.079

Louisa Havers, The Helix Method®: resistance is not if resistance pops up, it's when. And, you know, that impacts the effort you're making, the sacrifice that you're feeling. So, you know, you might have a quick question outside of our calls, and we don't want you to be waiting for an answer, because that costs momentum. So.

438

01:13:12.080 --> 01:13:27.879

Louisa Havers, The Helix Method®: I've eliminated that. You have direct access to me in our private group telegram. That's where it's prioritized support, so you get those rapid answers and troubleshooting and finding out what's going on in your consciousness, on demand. So think of that as your personal fast lane to success.

439

01:13:27.970 --> 01:13:33.540

Louisa Havers, The Helix Method®: And for your fast action bonus for the Wealth Portal, so we have the

440

01:13:33.570 --> 01:13:47.449

Louisa Havers, The Helix Method®: Ultimate Guide Implementation Toolkit. So this is everything you need to implement with precision and speed, without wasting months trying to piece it all together, and you'll know exactly how to uncover what is hidden, what to ask.

441

01:13:47.450 --> 01:13:58.080

Louisa Havers, The Helix Method®: When you don't know what to ask, I'm there by your side to help you with that as well, so that you can change your energy and change your life, and it just reinforces who you are becoming immediately.

442

01:13:58.610 --> 01:14:14.070

Louisa Havers, The Helix Method®: So if you're feeling the pool, message me with Portal, and we will get the information over to you. The team can pop the links here in the chat for you as well, and we'll have them on the replay page, too. Yesterday, I gave you a heads up that

443

01:14:14.070 --> 01:14:18.969

Louisa Havers, The Helix Method®: For the first three people paying in full, you'll get a private one-to-one session with me, that's the wealth

444

01:14:19.000 --> 01:14:24.660

Louisa Havers, The Helix Method®: Ascension Akashic Activations, where we're going to meet your highest wealth timeline in the... in the records.

445

01:14:25.370 --> 01:14:37.600

Louisa Havers, The Helix Method®: So I'm super excited for that. Once those spots have gone, they are gone. I did just want to take a moment to speak directly to my long-term partners. Those of you who've already invested in the Wealth Portal over the last 5 years.

446

01:14:37.660 --> 01:14:51.790

Louisa Havers, The Helix Method®: Your loyalty is the foundation of this community, so thank you so much, and I love to reward loyalty significantly. So, we've already got the bonuses of the Blueprint, the membership site, the training that's there. We have

447

01:14:51.900 --> 01:15:08.390

Louisa Havers, The Helix Method®: It's all updated, and you've got access to that, which I'm super excited, so we've got new training in there for you. And for those of you that are choosing to come and join us in the Wealth Portal, and you've previously been in the Wealth Portal before, coming to join us in for the live acceleration calls.

448

01:15:08.390 --> 01:15:24.860

Louisa Havers, The Helix Method®: So as a thank you for your commitment, anyone who's previously purchased the Wealth Portal over the last 5 years, you'll receive a \$500 loyalty credit towards this 6-month live experience. So your investment today with the payment plan would be \$3,500.

449

01:15:25.090 --> 01:15:30.819

Louisa Havers, The Helix Method®: just reach out to Client Care, let us know, and we'll give you the unique code, and I will see you inside.

450

01:15:30.980 --> 01:15:44.570

Louisa Havers, The Helix Method®: And for our Helix Method Mentor graduates who are purchasing the Wealth Portal this week, I've got you covered with our Certified Partner Implementation Guide, as I wanted to give you something to support you in monetizing the licensed material that you have.

451

01:15:44.590 --> 01:15:50.560

Louisa Havers, The Helix Method®: So this is a proprietary implementation tool designed to help you leverage your existing IP

452

01:15:50.560 --> 01:16:04.680

Louisa Havers, The Helix Method®: so much faster. So, I'm super excited to reveal... reveal that for you. And so, if you know that the next 12 months are requiring a different version of you, and you're ready to lead with that capacity, sharper clarity, your expanded nervous system.

453

01:16:04.680 --> 01:16:14.839

Louisa Havers, The Helix Method®: then reach out, you'll know which one you're being drawn towards. If you've got any questions at all, send me a message, we can have a chat in DM, and that's just so that you can make an aligned decision.

454

01:16:14.890 --> 01:16:16.729

Louisa Havers, The Helix Method®: Either... either way.

455

01:16:17.460 --> 01:16:26.659

Louisa Havers, The Helix Method®: And I will go back through the chat to see if there's any questions that have popped up along the way, and of course, you can pop over any questions in... in the Telegram Energetic Edge.

456

01:16:26.910 --> 01:16:33.839

Louisa Havers, The Helix Method®: Or do pop them over, DM me, or pop them over into our email at clientcare at louisahavors.com.

457

01:16:34.010 --> 01:16:43.870

Louisa Havers, The Helix Method®: Alrighty, let's do the draw. Let's see... okay, dun-dun-duh. Who's gonna be the winner? Let's see... let's see...

458

01:16:45.300 --> 01:16:49.520

Louisa Havers, The Helix Method®: I'm just scrolling up to see where the takeaways started.

459

01:16:50.650 --> 01:16:51.410

Louisa Havers, The Helix Method®: Okay.

460

01:16:57.840 --> 01:17:00.199

Louisa Havers, The Helix Method®: Who's gonna be the winner?

461

01:17:12.720 --> 01:17:32.389

Louisa Havers, The Helix Method®: Oh, I'm so excited! You're gonna love this, I've just seen who's won. The winner is... Jackie Phillip! Jackie! Congratulations! I'm so excited for you! That is absolutely fantastic. You've won the Life Between Life review in the Akashic Records, you can download that.

462

01:17:32.410 --> 01:17:47.120

Louisa Havers, The Helix Method®: At any time you choose to receive that guidance. Oh, I love all the congratulations that are coming through. You've still got an opportunity to win this as part of our Ultimate,

bundle that we're drawing for on Thursday. All you need to do is share your takeaways.

463

01:17:47.430 --> 01:18:00.029

Louisa Havers, The Helix Method®: contribute in the Telegram group, share your reflections in there, so anyone on the replay, you can share your takeaways there, or pop your name into the draw. And of course, anytime you share and let people know that you're in the Energetic Edge.

464

01:18:00.030 --> 01:18:07.639

Louisa Havers, The Helix Method®: And this is what you've got out of it so far, and you share the link so they can register and come and join us, then we'll pop your name in the draw as well, so you can

465

01:18:07.870 --> 01:18:11.440

Louisa Havers, The Helix Method®: You can, have an opportunity to win that there.

466

01:18:11.810 --> 01:18:26.319

Louisa Havers, The Helix Method®: Alrighty, so your aligned action for today is, if there are any more blocks, that you uncovered today to release to... to release those, as you're going to sleep tonight, to say to yourself 10 times, how am I surrounded by more wealth and opportunities?

467

01:18:26.570 --> 01:18:45.880

Louisa Havers, The Helix Method®: I'll see you in the Telegram group between now and tomorrow. Tomorrow we're going to be back. We're diving into the prosperity field. I hope that this session has served you. Thank you so much for all your love and contribution to each other here, and we will see you live again tomorrow. Until then, sending you lots and lots of love. See you very soon.