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Louisa Havers: Hi, everybody

Louisa Havers: welcome to limitless. Hello! Hello!

Louisa Havers: Hello! Everybody in zoom room with me. Hello, everyone on Facebook, Youtube, all the places

Louisa Havers: a huge, huge welcome. I'm so excited that you are joining me, whether you're joining me live, or, of course, for the for the replays.

Louisa Havers: If you're here in the zoom room, do say hello! Let me know where you're where you're tuning in from.

Louisa Havers: I would love to see. It's always fun to see where everybody is coming coming and joining us from around the world.

Louisa Havers: I see some familiar faces here

Louisa Havers: some new names here. A huge welcome, I'd love to know. Is this your first time with us? Have you been to many of our master classes before.

Louisa Havers: Let me know. Oh, this is awesome welcome, Leanne. It's Leanne's first time Thai is in Cape Town, South Africa. Leanne's in Manchester. I hope it's sunny with you today is where we are down down in the south, near near Brighton, a huge, huge welcome. Oh, Hi, Steve! Steve's in Nottingham.

Louisa Havers: Welcome, welcome everybody.

Louisa Havers: Let us know if you are joining us on Facebook. I've also got the limitless Facebook group open as well. So I can hopefully see your comments. I do read everyone's comments, so

Louisa Havers: do keep keep them flowing. It's wonderful to have this as a two-way conversation, and of course, if I don't sort of speak to them whilst we're live. Know that I will go back and and read them.

Louisa Havers: Claire is in Cardiff. Welcome first time. Kelly's last time a huge welcome, huge, huge welcome. This is so exciting

Louisa Havers: running. So I'm gonna give you our flow for our time together. Say, share with you a a story, and then we're gonna get you set up for success. And your experience is is designed to help you co-create with the energy of money by balancing the inner healing with our helix method, manifesting ritual, which is our proven method for consistent, predictable manifestations. You can feel really good about generating, receiving, and circulating plenty of money.

Louisa Havers: So we have. We'll have all the recordings from our lives, our sessions together, housed in a guide section in the Facebook group. So if you're not in the Facebook group already, then you can simply scan that QR code on the screen. And that should take you to the Facebook group.

Louisa Havers: Say that you can. You can find us there, and of course, if you have, for any reason not registered yet, then please do register. I'll get the team to

Louisa Havers: pop the the link for to register in in the comments, so that you've got that. And of course, if you want to invite any friends as well, then that is the link to to share with them. And once you've registered on the thank you, Page, that will give you a a link to come straight into the the Facebook group. That's where it's all going down in between our our sessions. As well.

Louisa Havers: Alrighty. So

Louisa Havers: I can see. Okay, perfect. We have got some automatic summaries going on. So that's all very good as well.

Louisa Havers: We will provide the the recordings for you in the in the Facebook group along with the the chat as well. So that you have that. And we do also get a transcript, too. So we can provide that if you prefer to to to read along as well.

Louisa Havers: Alrighty! This is

Louisa Havers: for you. I am so excited this that you are joining me for this experience together. So this is for you whether you are. Perhaps you're an entrepreneur, and you're growing to your first 6 figures in revenue. You're a high achiever. You're committed to personal development and and growth. Perhaps you're an entrepreneur who's already at that 6 figure multi 6 figure Mark. And then you're growing to that next level. Maybe your milestone that you are aiming for is 7 figures, or perhaps you're selling your business. I know we've got people at all different stages of business joining us

Louisa Havers: this week. So this is this is for you. Ultimately everybody wants to be able to have that aligned success with balance and harmony and and peace in their hearts as as they're growing their businesses and being able to make that bigger impact in the world.

Louisa Havers: So I invite you to set aside between 60 to 90 min for each of our sessions this week. Honestly, this is the most important thing that you'll be able. I will invite you to have your int attention on this week.

Louisa Havers: because you're going to be learning the 6 biggest energetic blocks that slow down sales cash flow, impactful marketing for for entrepreneurs. You're going to have.

Louisa Havers: how learn how to have complete confidence by being your true self as you hit your financial revenue goals by mastering the wealth energetics. and how your nervous system can feel safe so that you can actually allow more in and overcome those hidden self worth blocks so that you can upgrade your your net worth that will will enable you to hit that next level

Louisa Havers: and the helix method. I will provide you with a step by step. Guide, we'll be giving you that tomorrow. This is where you'll have that step by step. Guide to heal these blocks and how to find out what's hidden, so that you know how to reveal the blind spots. They don't hold you back. They're not slowing down your impact. And you can really focus on what you came here to here to do.

Louisa Havers: And you'll learn how to Co. Create with the energy of money, with our helix method manifesting ritual. And this is our proven method for consistent, predictable manifestation, so that we want everyone feeling that you can really relax

Louisa Havers: financially about all the aspects of money, whether it's making money, receiving money, holding money, circulating, plenty of money, regardless of all the things that are going on on in the world.

Louisa Havers: and

Louisa Havers: I've seen the caliber of the incredible people that we've got in the group. It's been wonderful, seeing all your introduction post. If you haven't posted one yet. Please do post. It is how I get to know who you are. We say, Hello! We can connect and I know that you know that there's always a, you know, a next level of learning and transformation to embody and and ongoing support is really essential to our long term success. So

Louisa Havers: I am delighted that you have joined us for your personal development journey this week.

Louisa Havers: and if you want to continue with us after this week, I'll share a little bit more about how you can do that later this week, and we have got a phenomenal masterclass special for you as well, and some extra duty bonuses just that are only available to you guys because you're part of this masterclass.

Louisa Havers: We have got just in terms of logistics before we dive into all the things, all the information you're gonna need in in your emails. So

Louisa Havers: if for any reason, and you're not getting your emails from us. Then please do check the the spam box just in case you know your email providers popped us in there by mistake. I find my spam box is like another inbox. Somehow. Spam team. Send up in my inbox and then other emails end up in my spam. So I always check my spam box every day. I don't know if everyone else does as well. It's just like a second inbox.

Louisa Havers: But if for any reason you aren't getting any emails. Then please do contact our team at client_care@louisahavers.com and they'll see if there's something going on our end, and we can kind of re reset things that you get those

Louisa Havers: as well

Louisa Havers: each day. I'm going live at exactly at the same time, so you can get used to that that flow. Our schedule is in the pinned post in the Facebook group.

Louisa Havers: and if you haven't already, I just highly recommend getting these dates in your diary so that you can, if possible, attend, live. if you need to join the replay. Of course we have replays to to help to help you make that

Louisa Havers: to make that available to you. I never got people joining us from New Zealand and Australia, so it's kind of like the middle of the night for you guys now. But the most important thing is to hold this appointment that you have with with yourself.

Louisa Havers: so that you can receive what you set the intention to receive when you registered.

Louisa Havers: This is really, really key. How you show up in this experience is training your subconscious. And it's being imprinted into the Akashic record of your soul. And if you need to the cache, it records, then just know that every thought, memory, emotion, experience is imprinted into your cacheic record, and the cache it records are

Louisa Havers: an historic database that stores all the information about everything and every living being or universal events, thoughts, words, emotions.

Louisa Havers: intense that have

Louisa Havers: ever occurred, past, present, or future, beyond, and include beyond the physical plane of existence as well, are energetically imprinted into the ether.

Louisa Havers: So when we really consider this, it's really important about how we show up for ourselves. So I invite you to consider, how are you training your subconscious for another thing, that you only allowed yourself to to receive half of?

Louisa Havers: Why are you training your subconscious to allow yourself to fully receive and to claim the results you desire to create that were in your mind when you registered for our time together.

Louisa Havers: It is. It's easy, isn't it, to show up on day one? But

Louisa Havers: our our experience together requires commitment.

Louisa Havers: and commitment is equality for success and expanding our capacity to receive?

Louisa Havers: Let me know if that resonates in in the comments huge. Welcome everybody here! I can see he's just joining us now as well.

Louisa Havers: So let me know in the comments your intentions for the calls that we have together. Are you going to be joining me? Live on the replay. pop, live, or replay in in the comments that would be really, really helpful. So this is so I can get a sense of who's coming

Louisa Havers: that'd be super helpful. Okay, we've got some lives.

Louisa Havers: Awesome.

Louisa Havers: Yay, okay, fantastic. Lots of lots of people live with me.

Louisa Havers: and if you are joining us on the replay, I always do circle back and and read all the all the comments as well. So I hope that you feel like you're live with me. If you're you're joining the replay as well cause we can continue the conversation in in the comments.

Louisa Havers: So today we are getting you set up for success. We're going to reveal our exciting competitions and prizes get to know one another.

Louisa Havers: And, as I said, if you're not in the Facebook group yet, then you can scan the QR code to join our Facebook group. This is where we'll have all the action and support going on in between our sessions.

Louisa Havers: And you're gonna learn the exact steps to focus on in mastering wealth energetics. So you'll always know how to have complete confidence that you can hit your financial goals. So that's what we're up to today.

Louisa Havers: and then tomorrow we're going to be. I'll be revealing the 6 energetic blocks that slow down your next level of success.

Louisa Havers: So you'll understand

Louisa Havers: how these have been showing up in your business, and you'll know what you can do to start to financially. Relax as you grow to your next 6 figures. You know your next 7 figures with with Maurice.

Louisa Havers: because I have found that there really are some

Louisa Havers: key default patterns, blind spots, nuances that appear at different levels of of your business, and we'll dive into what's coming up for you personally, and you'll receive a step by step guide that we've created exclusively for you guys in this masterclass so that you know I can guide you through. You've got the steps laid out, and we'll find out what's hidden. What's going on

Louisa Havers: in, in your, in your energy field.

Louisa Havers: And then on Wednesday we'll be diving into the hidden, energetic blocks. In relation to sales, so you can create sales with more ease.

Louisa Havers: It's time to improve how you allow sales in and and to really heal the entrepreneurial hamster wheel of

Louisa Havers: Who's felt this and recognizes this one where you feel like you're working harder. and it can create this rollercoaster income and exhaustion gain.

Louisa Havers: And this will be really relevant for you if you know, you found things that

Louisa Havers: perhaps they used to work. And now they're no longer working. So you want to know what are the energetic blocks that are impacting your results.

Louisa Havers: So you can delight yourself with results beyond what you thought was possible.

Louisa Havers: So we're gonna be creating cocreating with the energy of money with our helix method manifesting ritual.

Louisa Havers: and I would truly love for you all to have the kind of results that our previous masterclass members and our clients have.

So we're going to start diving into all that tomorrow, and then we continue our journey together on

Louisa Havers: Thursday.

Louisa Havers: where, you will discover what has been creating energetic leaks in your ability to hold money so that you can

Louisa Havers: hold both more clients and more money. This is a key one to being able to create big leaps fast in your revenue and business, and so will be helixing again together in the class. So you can start to increase your capacity to hold more money.

Louisa Havers: You don't want any more

Louisa Havers: contracting back after an influx of money, or wondering if you can do it again, or where it all went. Let's

Louisa Havers: set the intention to receive money. Feel really good about holding money with with more ease.

Louisa Havers: And then on Friday I have a real treat for you. We're going to be diving in to and opening your cacheic records and activating your sole blueprint.

Louisa Havers: And when you are activating your soul blueprint, you are accessing yourself at a multi-dimensional level

Louisa Havers: which allows you to align with your preferred and most abundant timelines. So we'll clear the blocks that are preventing you from receiving your next money breakthrough with more ease

Louisa Havers: and activate the abundance codes in your cache records. How does that sound?

Louisa Havers: Then we'll have the weekend to integrate

Louisa Havers: catch up on replays. Often people will re listen to to sessions again, so they can dive in, dive in deeper.

Louisa Havers: and then on Monday. I'll share the case. Studies that show you how my clients have achieved their breakthroughs in their wealth consciousness, the ripple effect that that has then created across all areas of life. You know what it looked like for them in business. And so you can see how you

can do this, too. We're also going to be on this session answering all your questions. So as we go through our time together, I wanna make sure that everyone's questions get answered. So

Louisa Havers: I know that questions will bubble up. Sometimes if you put a question in your head, someone else is probably thinking of the same question. So

Louisa Havers: do invite you to to post it in the comments

Louisa Havers: either in the chat, if you're with me in the zoom room, or we'll circle back and read all comments to see if there's a question.

Louisa Havers: Of course, in your Facebook group.

Louisa Havers: in the Facebook group. If you can tag me at Louisa havers. Then that would be really helpful just helps us to find them. Because as the comments start to build up we just wanna make sure that we capture all your questions, so we'll make sure that we get them all answered.

Louisa Havers: Many will get answered along the way, but I just want to have a place where we can answer them all and have a conversation. About this. so you can use hashtag question and tag me, and then that just makes it all a bit easier to find the things.

Louisa Havers: And then we're gonna bring this all together on the following Tuesday. Which is our session on your wealth activation strategy. So we're gonna bring it all together and you'll walk away with a clear action plan on

Louisa Havers: how to expand your wealth consciousness.

Louisa Havers: healing the energetic block so that you can have that confidence. You will hit your financial goals. Whether that's your you know, your first 6 figures, your next 6 figures, your next 7 figures.

Louisa Havers: so that your next level of success

Louisa Havers: is inevitable, and you and you feel it's inevitable. And this is really key that it's inevitable in an energetically aligned way.

Louisa Havers: really, really important. So that we're not kind of creating some wonkiness as we're growing our business. And so then you feel really motivated and accomplished and in flow, feel really satisfied as how your business is flowing.

Louisa Havers: And then we're going to wrap up our time together on Wednesday, the thirteenth of March. We're going to have a closing party. We've got some fun prizes to share with you, so we'll do all the prize draws then as well.

Louisa Havers: and celebrate your transformations as they unfold throughout our experience together as well. So I am so excited to be sharing this with you all. We have got a very, very special time together, and I know that for those of you that do stay committed.

Louisa Havers: and take it all, and allow yourself to receive all of this. All of this you will get the results and the transformations that you desire to come for that sound good.

Louisa Havers: and for those of you that are new to our world just by way of introduction. And I'm looking forward to reading your intro post in the Facebook group, so I can get to know you as well.

Louisa Havers: Just to let you know a little bit about what? What I do. I am a success advisor. I'm the creator of the helix method, which is our powerful energy, psychology, modality. And I'm a master cache records channel and teacher trainer.

Louisa Havers: and our mission is to help

Louisa Havers: self-aware entrepreneurs and coaches live at their fully self-expression. You know where we can self-actualize

Louisa Havers: and actually fulfil our ultimate potential. Because this is my firm belief that when people are being their best self

Louisa Havers: and operating from a place of love and abundance.

Louisa Havers: They make better decisions. We all make better decisions. We're better parents. We're better friends. We're better partners. We're better business owners. And all of this collectively creates a ripple effect across the globe.

Louisa Havers: So how we do this here is we do this by being the number one place for our high achieving entrepreneurs, leaders, CEOs to come here for their wealth, energetics, their personal development

Louisa Havers: having that aligned success. channelling higher realms of consciousness and ultimately making a bigger impact with their businesses.

Louisa Havers: And the reason that I am

Louisa Havers: so passionate about this is my background is very different in that I was in the corporate world for many years.

Louisa Havers: working as a senior manager for social services. When I was, you know, in when I was in that role, I was leading on some high profile stuff things like. But you know, it's developing multi-million pound services

Louisa Havers: leading on managing change across multiple agencies. I led a multidisciplinary team of police probation, fire, and rescue officers. and during that time was leading on developing services for those affected by domestic abuse, sexual abuse, preventing radicalisation, drug and alcohol services, homelessness.

Louisa Havers: And then, prior to that role, I was developing services for older people, including mental health units, secure units, dementia units.

Louisa Havers: And I share all of that. So you know that I understand trauma really well. and that, combined with my psychology degree and my postgraduate diploma in counseling and years of energy coaching people

Louisa Havers: has given me a huge breadth to to build on, and I bring all of that experience with me to what I am, what I'm offering you today. And when I look back at that point in my life, I realized

Louisa Havers: what I was doing then was really what was expected of me.

Louisa Havers: This is when I was working in social services, I was wearing what I call the corporate mask of success. Has anyone else worn that corporate mask of success where you're like. Actually, this isn't what you really want to do. I had just kind of fallen into it.

Louisa Havers: and the truth was that it, you know I was too busy to have a a life outside of work, really not enough time to actually spend time with my children beyond dropping them off here and there for clubs and parties and schools and all the things, and I was working additional hours because I thought I had to, you know, to do more work to get the job done.

Louisa Havers: and when I look back I was constantly in that reaction mode, and responding to work demands family demands, dramas that would pop up, you know, consistently.

Louisa Havers: And then.

Louisa Havers: at the end of the day, if I hadn't fallen asleep with my sons already. Then I was collapsing on my walnut sofa, just flicking on the TV just to have some background company and just none the loneliness and the illusion that I was perpetuating until and you know, and I remember this day, and it was just like a day like any other. But for some reason

Louisa Havers: it was the day that changed everything. When I was sitting on this sofa we used to have this brown kind of worn out sofa, and this is when we were living in Eastbourne, and I was just sitting there going. I'm exhausted. Oh, my God, this is gonna be more to life than this, is this it?

Louisa Havers: I don't want this to be my life. This is just you know what I felt like. I was just working to pay the bills, and I wasn't having the time that I desired to have with my children. And I knew I had this real sense, this just in a pool. This calling, if you like this just gotta be more to life than this.

Louisa Havers: And by this I mean, you know, by doing what was expected, which was working, as a you know, as a senior manager in social services as a single parent as well. So doing this very high profile job, very stressful job working really, really hard on that

Louisa Havers: corporate hamster wheel thing.

Louisa Havers: And anyone here, anyone here in the public sector cause you'll know this one. You'll have had experiences of pay freezes, restructures, managing change programs all the things they just kind of put them on with some repeat and which ultimately means that you know, you've got more work being piled on pay freezes. You're not getting paid any extra money, and with all the continuing cost of of live living in increasing that just started to become too much month at the end of the money.

Louisa Havers: and it was the second kind of key point for me was turning point for me was the long-term illness of my father before he passed away. That really gave me a wake-up call, because I'd seen my dad

Louisa Havers: saving for retirement all of his life, and never actually had the opportunity to enjoy the retirement that he had envisaged because he was ill. Health retired.

Louisa Havers: and so

Louisa Havers: the retirement he had actually with him in and out of hospital like a yo-yo at my parents home filling up with medical equipment, and my mum was running herself ragged, caring for him, and I wasn't seeing him as much as I would have liked to, because I was always working or doing everything on my own for my sons, and it was that was really like, what am I doing like? I'm not

Louisa Havers: spending my time with the people that really matter to me. And ultimately, when my Dad left us far too, so far too soon. I was like that is just not going to happen to me. I want to have more of life now.

Louisa Havers: although at that time I was busily recreating, recreating, putting off more of life

because I was

Louisa Havers: trapped in this kind of pathway, I perceived at that point on the struggle bus of money never enough. At the end of the month.

Louisa Havers: having a huge impact on on my nervous system. It is. It's a truly exhausting place to be.

Louisa Havers: And so I felt like, you know, I'm on that house Will, working to to hard to pay bills, and as soon as the money was coming in. It was just flying out, and I was juggling credit cards to pay for the necessities, and you know it was absolutely exhausting.

Louisa Havers: and

Louisa Havers: I got I got to the point where I was like, you know, I'm no longer willing to tolerate my experiences of life. These are the experiences that I've created for myself.

Louisa Havers: and as as a single parent, I had

Louisa Havers: extracted my children from a cycle with their with their dad that wasn't serving them at that time, and I was working really, really hard, and you know, I knew I had. I had no choice. I've just got to think

Louisa Havers: about things differently. And to think about how I could maximize my revenue potential, how I could actually create more time. So to create more time, to have with my sons to create more money, more time to actually do things. I love doing more time to have fun, more time to be with my mum. Who is, I was getting out older

Louisa Havers: and I realized it was time for me to me to leave and just go right. Do you know this? We're gonna just completely reinvent things. We're gonna do things in a in a completely different way. And and that was it was 7 years ago now which I have to say does blow my mind. Of course, I've learnt so much along the way about growing online businesses, about energetic alignment, about our different levels of consciousness. Our bodies

Louisa Havers: wealth, energetics, and there have been many times when my nervous system has been at its capacity for receiving, making and holding money. And I've seen it reflected back in my business. There's been times where energetic blocks have bubbled up and slowed down my cash flow my sales.

Louisa Havers: and ultimately the impact that we offer through our company, and that's created more resistance than flow. And and this is the thing always my subconscious has delivered with a hundred percent success rate

Louisa Havers: in keeping me in alignment with the identity that I've embodied. always bringing me back to where I haven't done any in a healing and a manifesting, or I've allowed the blind spots

Louisa Havers: to divert me, and I've listened to the thoughts that have bubbled up to divert me, and I've believed them. Who else has recognized that as like, we don't want to believe the thoughts that are bubbling up when we're in the when those spaces, because it's our default set points that are just have kicked in to keep us think that, keep everything the same.

Louisa Havers: And so it's through all of these experiences that I've been shown. You know, where I've where I need to improve, where there's a new level of learning and transformation required, and I do believe that, however painful and uncomfortable it can be at that moment. In time. There is always a gift in our experiences

Louisa Havers: that resonate.

Louisa Havers: Let me know in the comments. If if this is resonating, and

Louisa Havers: the gift, I think for me is really recognising that through my own contractions I have found methodologies to help my clients move out of theirs.

Louisa Havers: So I share all of this that you know that when I'm partnering with you I'm bringing you the the perfect blend of

Louisa Havers: spirituality, energetics and business strategies to help you live at your at your most fulfilled life.

Louisa Havers: So that's a little bit about me. Please do share your intro posts in the in the Facebook groups as I would love to see what you're up to, where you know where you're making your impact in the in the world with your businesses or your or your career. So please use hashtag intro posts, and then I can read all your introduction posts and carry on the conversation with you in in the comments.

Louisa Havers: and we would love for you to invite your friends and colleagues.

Louisa Havers: people like yourselves to to come and join us in the masterclass this week, so you're very welcome to do things like share screenshots of our live and and tag us in it.

Louisa Havers: Share your light bulb moment. You know what what that has been. You'll inspire somebody, maybe give them their own light bulb moment as well. Let people know why you're enjoying what? What we're up to together. Of course you can do this on Instagram, your Facebook LinkedIn, all the things please do tag us. And as we see see these tags coming in.

Louisa Havers: we can send us a screenshot of you having done it, then we will pop your name into our prize drawers. We've also got some beautiful infographics that you can use as well.

Louisa Havers: You'll find the I'm in one in the in the Facebook group that you can download and share in your stories, or share on your news feed and and and all the things

and if you need the link to share the the registration so that people can register for the master class.

Louisa Havers: Then we will get that for you. If the team could pop that in the in the chat and in the comment on Facebook as well. Then you can just easily grab that, grab that link and and share it with

Louisa Havers: your friends and colleagues that you think would value value this time together.

Louisa Havers: So what can you win some amazing things? So we've got some incredible prizes. You can win a business forecasting session in the Akashic records. The value of that is 2,000 pounds. That's absolutely huge. That's our phenomenal you know. First prize, if you like. You can also win our Kashika records activations. We've got so many of these now. They're all so powerful. I get

Louisa Havers: DM's from people all the time about just the most incredible transformations that have happened as they've listened into and and I've guided them in opening their cache. It records through these activations.

Louisa Havers: So you can win an activation on healing your relationship with space-time. The mother wound the witch, wound your sister, wound, clearing entities, future subprogression. Our wealth blueprint collection

Louisa Havers: and so much more. But that's just to give you a flavor. And what happens is when your friends join us in the Facebook group as well. We have just one question at the beginning, which is just like, how did you find us? Basically. So when they say your name there we'll we'll also pop your name into the to. The price draws as well.

Louisa Havers: and you can also have your name popped in. Surprise draws for taking action. So as we see you taking action on the homework thread and in the comments.

you know, please do share

Louisa Havers: your insights in the Comments section as well. So we can have this conversation together. Any phrases that I perhaps say that resonate for you again. If that's something that really lands for you pop it in the pop it in the comments. You're welcome to use it a little bit like your your notepad.

Louisa Havers: and then that really helps for me as well as I see what's landing for you.

Louisa Havers: And just before we we dive into to the the the the meat of this all I just wanted to give a big thank you to our team who are supporting you this week, providing you with a concierge service. So we have.

Louisa Havers: Amy, and we have Moses. Moses is my son. He's here. Making sure that you have everything you need is that the links and and all the things so huge. Thank you. Moses and and and Amy

Louisa Havers: and they will also both be in my dms this week as well. So between the 3 of us. We'll make sure we answer your questions. You've got the replay links and all the links to all the things that you need

Louisa Havers: alrighty.

Louisa Havers: So logistics out of the way we're ready to to to dive into all of this. So

Louisa Havers: I invite you just to take a moment for yourself, just to give yourself a couple of breaths

Louisa Havers: present breaths

Louisa Havers: to allow you to drop down into your heart centre so that you can really focus on this present moment and being here together. So just

Louisa Havers: bring your awareness to this now moment.

Louisa Havers: taking a nice deep breath, breathing in for 4,

Louisa Havers: breathing out for 4,

Louisa Havers: and consider what is your intention for our time together in this masterclass.

Louisa Havers: How do you want to feel at the end of our masterclass?

Louisa Havers: And as you're allowing yourself to be in this now moment invite you to also bring into your mind's eye

Louisa Havers: what revenue and impact you're committed to creating in your business over the next 90 days

Louisa Havers: and following from that, what revenue and impact you committed to creating in your business in 2024,

Louisa Havers: when you've got that in your mind's eye, and I really invite you to allow yourself to to tune into how this feels in your body.

Louisa Havers: as you consider and contemplate your intentions for the next 90 days, and your intentions for this 2024, it's leap year

Louisa Havers: allowing yourself to really

Louisa Havers: feel what it feels like to receive this.

Louisa Havers: and then so just invite you to stay with this for a moment. Can you allow yourself to receive even more?

Louisa Havers: Just breathe with this

Louisa Havers: you contemplate what do you truly desire

Louisa Havers: allowing yourself to be with this intention.

Louisa Havers: can you allow yourself

Louisa Havers: to desire no

Louisa Havers: notice how this is feeling in your body?

Louisa Havers: And

Louisa Havers: as so, it's feelings.

Louisa Havers: intentions come to you.

Louisa Havers: and you contemplate when you have achieved this desire, and you've been to the places that you desire to go.

Louisa Havers: You've had the experiences that you desired. and you all surrounded by love and abundance.

Louisa Havers: How do you imagine this will feel? What's the feeling that this generates in your body?

Louisa Havers: Is there an emotion that comes to you? Do you feel lighter?

Louisa Havers: Just notice how your cells are responding. how your heart is responding.

Louisa Havers: and I would love to invite you to share your intention in the comments.

Louisa Havers: as this will help me to to tailor this event to you know to where you're at what your intentions are. There are subtle nuances as to how the energetic blocks show up at different stages of business, and what kind of things might pop up, and and all things

Louisa Havers: beautiful joy, gratitude, feeling warm, soft, and held

Louisa Havers: beautiful.

Louisa Havers: So it's my intention to to serve you for you to expand your wealth consciousness. You can allow your business growth, your revenue growth, to be able to serve more customers and and clients

Louisa Havers: to make the impact that you came here to make to explode through any money ceilings that our subconscious is created to simply keep us safe. So pop your intentions in the comments

Louisa Havers: in calm and spacious.

Louisa Havers: and what I'm sharing with you in our time together is how I balance the inner healing work with our impactful, manifesting rituals, and how I navigate through the emotional stickiness that always comes up when I've expanded beyond my inner default set points when I'm not embodied in the future version of myself

Louisa Havers: that's required to get me to where I want to go, and to make the difference that I want to make in in life.

Louisa Havers: And this is how I help my clients break through their their upper limits, and we have 28 helix method mentors who I've personally trained and certified. Some are going through the certification. I'm training now.

Louisa Havers: and it is just such a joy to see them having credible results with their clients, too, with our methodology.

Louisa Havers: I know some of you guys are here as well. So thank you so much for being here.

Louisa Havers: and when I look back, you know my first 3 years in business, when I was getting all the foundational pieces set up and my signature program launched, and training in energy, psychology and healing modalities and cache. It records it was. It was very husky. There's little flow. And I'd swapped. I realized that corporate hamster wheel and recreated basically the same kind of spinning wheel. But in the entrepreneurial space it was a different environment. But you know, same person, same experience.

Louisa Havers: And whilst I grew to fix figures and was working with just the most amazing clients, it. It just wasn't sustainable, it was exhausting. And I was studying and contemplating. You know, what is the

needle movers? What's gonna really make the difference. And I knew, you know I knew how to grow successful businesses having built and led many

Louisa Havers: and I've had burnout before, and I didn't want to frazzle my nervous system again, or, you know, work even harder.

Louisa Havers: and I realized for me that the key was in my identity.

Louisa Havers: and when I left social services, you know, I saw I would feel such lightness as I closed down that laptop for the last time. You know, I remember doing that last email. The final email felt really weird after being there for 13 years. And I sort of did the email thinking, I'm never going to know what the outcome of that email is close. The laptop down.

Louisa Havers: went off to hand over the laptop to the Security Guards, who had no idea who they were, you know, and just sort of went by then just sort of walked out the door. I had such a conflict going on internally, and I had been really resistant to having any sort of leaving party. Yeah, I'd coordinated and arranged all of this. You know, this is what I'd wanted, and I was really confused by this complete emotional roller coaster that was just kind of going on inside.

Louisa Havers: And what really shook me was when I realized that the emotions that I was feeling. It was grief. I was grieving who I thought I was that version of me, and I was in that state of

Louisa Havers: who am I without this role.

Louisa Havers: And I realized, I just bought into the illusion that I had created for myself, that I was somehow that role, that role was my identity. Without it.

Louisa Havers: Of course I actually got to be me.

Louisa Havers: But at that point I didn't really know who I was, because I've been so busy wearing the mask. You know the busy mask.

Louisa Havers: I'm so busy I must be successful. Math that kind of push push. Got to do it. Gotta do it. Gotta do it. That kind of that kind of energy. Has anyone else been in that energy? Let me know. I'm sure it's not just me. It's not just me.

Louisa Havers: And it was from that experience. As I threw myself into my new role and started to create my new identity, I just had. I had a revelation how I perceived myself, or my identity was just absolutely key to the kind of life I was creating and the kind of business I was creating.

Louisa Havers: And this is why, you know, I continue to do my inner work. I'm sure you all do. We know that it is the most important thing to grow and up level as as we grow our companies. And I know that

these blocks that we're going to start healing this week come up for everyone, me included, at every level of business, and there might be some subtle nuance to it.

Louisa Havers: They'll come in when we haven't embodied the future self-consciousness that we need. So this is so key for our growth in business.

Louisa Havers: because if we have, let's say we have a 500 KA year business revenue.

Louisa Havers: we won't be aligned with a million dollar strategy because our brain is wired for that 500 k. And our nervous system is calibrated so that 500 K. Feels safe.

Louisa Havers: our feelings calibrated to that level, because this is what we're experiencing on our in our reality.

Louisa Havers: And so we know we need to evolve that and to master wealth energetics. to be able to do that.

Louisa Havers: so that you always know how to have that complete confidence that you'll hit your financial revenue goals, even if your success success curve.

Louisa Havers: Funny how it's called a curve. Think of it! It's going to be like a straight line. But actually, it can look more like a, you know, knotted string.

Louisa Havers: And when we consistently and intentionally focus on the steps, I'm gonna share with you this week on how to master our energetics, then our transformation is inevitable, and what I found is, you know, we all want. We all want to feel free, truly free, like we can do anything we want with whomever we want, whenever we want, and to feel really good about generating, receiving, circulating plenty money without worrying about money or worrying that our business is gonna suddenly fall apart.

Louisa Havers: to be able to feel like we are the very best version of ourselves.

Louisa Havers: to be able to use all of our gifts. tap into all of our potential, to earn, achieve, and evolve. to feel really successful and abundant.

Louisa Havers: to have that space within, so that we can allow ourselves to grow spiritually

Louisa Havers: and to financially relax, to be able to have it all.

Louisa Havers: and in terms of the talk of the trifecta of prosperity, the wealth, the health, and the love in our lives. and for those that we love, we want it for all of our family members to be able to truly love our lifestyle

Louisa Havers: ought to feel excited, waking up every day. and to have more fun. I think everybody. any, everybody I've ever worked with needs more fun in their life

Louisa Havers: in that. It's the one area that we let slip when we start to kind of go back to our default set points.

Louisa Havers: But the so the reality is that as we desire all of this, we may have some inner conflicts going on, so let me know which one resonates for you. Either they might resonate for you. Now, in this moment, let me know. Like, yeah, this is the one just like happening right now. Or it's been a recent thing, or it's in the past.

Louisa Havers: Was it a pattern for you? So are you, are you shedding on yourself so anywhere you might be saying you should be happy because you've got the 6 figure salary. You've got the 7 figure salary. You've just bought a new home.

Louisa Havers: or you've just got the relationship you desire. But you've just got that nagging.

Louisa Havers: rowing, feeling like something's missing

Louisa Havers: every time you accomplish a big goal, you just, and that add another one on, because it doesn't feel like enough. So you're just kind of going from one to the other.

Louisa Havers: creating that Hamst wheel effect.

Louisa Havers: nor the inner conflicts coming through with, no matter how much you make or own, you're still not happy as you feel like

Louisa Havers: you want, like you want to be, or your health is taking an impact.

Louisa Havers: Or perhaps you've just worked

Louisa Havers: really hard to get to where you are, and you've sacrificed going out with friends, time with loved ones. Holidays, weekends, sleep

Louisa Havers: so that you can have, you know, put 150% of your time and energy and resources into growing your business.

Louisa Havers: Other thoughts might be coming to you. As I'm sharing these, let us know in the comments what they are as well. This is a big one. I've seen many people have. This. One feels like things aren't moving as fast as they should in our business, even though you're putting in everything that you've got.

Louisa Havers: Of course, as we're growing, our businesses, markets change, they mature. What work for might suddenly, not work, and this can be enough to send us all down a rabbit hole. Instead of understanding. This is an opportunity to innovate and to go deeper within, to strengthen our identity and our emotional resilience

Louisa Havers: alongside, that you might see people who have less experience and skill than you have

Louisa Havers: with more money, more recognition and influence, and that can create an inner conflict. How are they doing it? What they go.

Louisa Havers: or no matter how much you're earning or achieving, you just feel like you should be doing more.

Louisa Havers: Let me know what's resonating for you.

Louisa Havers: There can be this sort of perpetual sense of somehow you're behind. So like, no matter how much you're accomplishing, it's just not good enough, and you still have this mountain of potential. You feel like it's within touching distance. You just can't quite kind of tap into it. So that makes sense.

Louisa Havers: This can be a big one for people's where you thought that making more money would replace the stress and anxiety and and worry because you'd have that freedom and and groundness and more joy, more time. But it hasn't actually, maybe the stress and the anxiety and the worry have gotten worse.

Louisa Havers: because another system is perhaps feeling triggered.

Louisa Havers: What's resonating

Louisa Havers: can see the comments coming in? This is awesome.

Louisa Havers: Perhaps you've learnt the marketing sales, the business systems of finance and the growth strategies. And you might think you haven't.

Louisa Havers: because your income has flattered. but actually giving those areas extra attention and energy hasn't solved the thing, because that's not what's holding you back. You actually know how to do all those things.

Louisa Havers: And I've facilitated well over 10,000 helix method sessions. Now work with hundreds of entrepreneurs at all levels of business. 6 bigger business owners, multi, 6 acre business owners.

Louisa Havers: millionaires, multimillionaires. And there's some key blocks that always come up. So we're going to start to dive into those tomorrow. So you want to be here for for that tomorrow, tomorrow is going to build on what we're talking about today.

Louisa Havers: and these blocks make it harder to grow your business, and the more blocks you've got, the more energy it takes and all that stress hidden anxiety and negative emotions, taking on too many projects, scattering our energy.

Louisa Havers: not having enough. Rest. It all puts that huge strain on on your brain, on your body.

Louisa Havers: and if you ignore the signs, you're at risk at frantling your nervous system and and getting burnout. and I found that burnout is one of the key. Fears. Entrepreneurs have let me know in the comments. If that resonates. Has anybody had burnout before.

Louisa Havers: But let's uncover something here together. Now I just want you just to take a moment to feel into this what is the belief that you hold?

Louisa Havers: But if your company grew to this next stage, whatever that stage is for you that 50 K. Mark the 6 figure, mark the multi 6 figures, the 7 figures.

Louisa Havers: What would it mean? So do you believe you have to work harder.

Louisa Havers: Do you worry? You'll get burned out, so just feel into it for a moment

Louisa Havers: the proper yes, yes, fear working harder.

Louisa Havers: Yes, fear

Louisa Havers: getting burnt out. Pretty frazzling my nervous system for missing time. Out with children.

Louisa Havers: Visibility is a big one to fear visibility, fear of being judged.

Louisa Havers: Yeah.

Louisa Havers: Burnout is resonating for for for people anyone found themselves thinking, Can Can I really do this?

Louisa Havers: I was reading something this morning about how there's so many people that off of the back of Covid had

started their businesses.

Louisa Havers: you know, full steam ahead.

Louisa Havers: and then discovered over the last few years that it might be harder than it than it seems, and have actually gone back to to employment

Louisa Havers: because it wasn't, wasn't for them.

Louisa Havers: We need to really develop our emotional resilience and our our energetic vibration for for this work.

Louisa Havers: Here's one that I find comes up for people as their wealth grows in their businesses is what if I make it, and then it disappears.

Louisa Havers: and beyond the replay as well, please do put Pop for comments, and in the in the comments as well, because I'd love to to see what's going on. So you can see we've got this duality, haven't we? We can hold our vision. We can hold our desires. We've all got the intention that we want for the next 90 days. The next the next year

Louisa Havers: more felt into desiring a little bit more, and then we've got this duality of these fears in our energetic field that are bubbling up fear of burnout, perfectionism, procrastination.

Louisa Havers: perhaps a lack of self-fulfillment, whatever it might be

Louisa Havers: all there impacting our vibration, our coherence in the vibration that we're sending out and into the universe.

Louisa Havers: So we can find ourselves on the a vibrational roller coaster, because our vibration is affected by our identity, our environment, the results that we have this is all creating a feedback loop from our energy corresponding with our reality. So did this that we must focus on, and that is to master well for jet energetics for our

Louisa Havers: business's success.

Louisa Havers: This comes down to

Louisa Havers: these are the steps to focus on, to master wealth, energetics, creating the consciousness of your future self with multi-dimensional healing and manifesting rituals. So this is this is how you get rapid

Louisa Havers: and long lasting results.

Louisa Havers: And your consciousness is your frequency. It's made up of 3 levels of consciousness, and they all need to be in alignment, so you can manifest effortlessly.

Louisa Havers: So you've got your soul or your higher self.

Louisa Havers: Let me know in the comments. Do you resonate more with soul or higher self.

Louisa Havers: Do you see them as the same? Do you use them interchangeably?

Louisa Havers: So we'll use them interchangeably here, soul, higher self, your conscious mind, your subconscious

Louisa Havers: and the subconscious level is creating a reality in line with your programming that's received. So this is throughout your lifetime, your birth. your parents, programming transgenerational patterns, media programming, of course, societal programming, cultural co cultural programming.

Louisa Havers: the government programming all the things. All of this making up our identity

Louisa Havers: and then our identity. From that we have our self-concepts around aspects of ourselves and our business.

Louisa Havers: These are groups of beliefs, emotions.

Louisa Havers: these all impact our behaviour, the action, whether that we take or we don't take.

Louisa Havers: And all of this makes up what I call your human wi-fi. Ultimately your vibration and your magnet.

Louisa Havers: All of this is in your energy. and

Louisa Havers: this is really key to to be aware is that your thoughts are electric. So they're sending out electrical waves. Your emotions from your heart sending out magnetic waves. So we're sending out this electromagnetic field as a frequency as a magnet to the universe.

Louisa Havers: And what's going on

Louisa Havers: energetically with all of this. Just explain the energetic states for a moment. And the simplest way to think of this is in energy psychology. We talk of 3 energetic states within the expansion State and the Contraction State.

Louisa Havers: So the flow State or the expansion state. This is the one that we all want. This is when and we all know the feeling when we're in there. So we're like.

Louisa Havers: Oh, my word, things are! It's just like you're flowing downstream.

Louisa Havers: Everything's aligned with our desires. Things are slotting into place with these synchronicities have just kind of gone through the roof like what is going on.

Louisa Havers: and we can feel like we know, like we know, our body knows the certainty of our results. It's like we're already there. going with the flow of the universe. and our nervous system feels safe.

Louisa Havers: and our higher self is just surpassing herself with the wisdom and the intuition that's dropping in.

Louisa Havers: We're feeling amazing. The Chakras are open and expansive. All the energy's flowing in our meridians, feeling really really good.

Louisa Havers: And then we have the Contraction State, and there's 2 things going on here energetically in contraction. So we've got resistance, energy. And then we've got reverse energy.

Louisa Havers: and we have energy reversals. Think of these as part of your energy that is just literally flowing in the opposite direction to what it normally would is going the wrong way.

Louisa Havers: But when you have an energy reversal you can become stuck

Louisa Havers: or frozen in time, or in a particular way of being, or or

Louisa Havers: so much so in relation to a particular subject. that the flow is is reversed and energetically it's created this, this, this default set point.

Louisa Havers: and the flow of energy is moving away from what you want. So when you find yourself putting more and more time and energy into changing something. You can feel like you're you're moving away from it. What is going on here?

Louisa Havers: Perhaps you're repeating patterns, or you feel trapped in a in a holding pattern or in a loop of relentless limiting beliefs and behaviours that are taking you away from where you want to go, if that's going on, for you've likely got some reversals at play

Louisa Havers: and energy reversals. They come from our experience in our past, where we were shocked, traumatized, or perhaps, you know, didn't have a a coping strategy for the event, and our nervous system was triggered and the flight fright freeze collapse mode was was set off, and that imprint is held in in our energy field in our subconscious.

Louisa Havers: And so any time, then, we have another circumstance that's connected

Louisa Havers: to that experience in our subconscious. This energetic loop is is retriggered.

Louisa Havers: and then, when we feel them triggered, we go into that contraction. Does that make sense.

Louisa Havers: and then we have resistance, and that can feel like describe it as like pushing treacle up a hill. You know you're going in the right direction, but so slowly, and it just can feel like this sort of push, pull, sensation. This is where you can have dual beliefs going on, you know, can believe both. I deserve to receive 50 K. And you can believe I'm undeserving of receiving 50 K.

Louisa Havers: Because of different aspects of things that are going on in different layers of your consciousness. And then this creates that resistance and this creates that contraction.

Louisa Havers: So our resistance is created through our identity and resistant thoughts and beliefs that were in alignment with an old identity that you know we need to outgrow

Louisa Havers: emotions.

Louisa Havers: our past experiences, our current experiences and experience of reality all through this this feedback loop.

Louisa Havers: without that intention of changing, that. It's there

Louisa Havers: as a little magnet doing its thing.

Louisa Havers: making sure that we attract more of that in resonance with it. So we really want to change these reversals and resistances and transmute that energy into a flow state where we're open to receiving

Louisa Havers: across all levels of our consciousness and energetic being.

Louisa Havers: And when we're in coherence and in flow, we have, we have more energy. When we manifest faster things feel easier. Truly, the easier it gets easier gets. And this is the expansion and flow. And this is what we're doing with the helix method. We're creating the consciousness of your future self and our manifesting rituals, creating that flow, state, that expansive state. So we can hold it. And we can create with more ease in this state.

Louisa Havers: And this is the thing. The subconscious doesn't necessarily know the difference between excitement and nervousness.

Louisa Havers: Does anyone here let me know if you remember this as maybe you might have been told this as a child, I know I was certainly told this.

Louisa Havers: and people would say it to you as a way of reassuring you, or kind of trying to calm your nerves.

Louisa Havers: since anyone remember anyone saying to you, and you know, so when you were nervous. Just tell yourself you're excited.

Louisa Havers: The feeling is the same sort of way to combat the nerves.

Louisa Havers: Did you hear that one or any sort of version of that. Let me know in the comments.

Louisa Havers: This is really key for us now as as business owners, because we can be super excited about a huge leap in business

Louisa Havers: and our body is interpreting nerves. Amygdala starts to be activated, and before we know it got a huge energy reversal from having a huge growth

Louisa Havers: in business.

Louisa Havers: and if we don't know it's there, or how to transmute, it is going to be hanging out in our energy field, vibrating out so that we, we want to be able to do this work, to be able to find out where we may have some things that were really exciting. But actually our bodies interpreted it as nerves. And we've created an energy reversal. Does that make sense?

Louisa Havers: Anyone had a huge quantum leap in their business? And it was like the most exciting day, like.

Louisa Havers: so exciting

Louisa Havers: did your body interpret that as nerves?

Louisa Havers: That's another comment.

Louisa Havers: And this work is really deep, and I truly believe it's the most important thing we can do for ourselves, for our families, for our business, for our life purpose. for the collective. You know the impact that we're here to make make in the world.

Louisa Havers: Yes, doing a book. Lord, okay, so this is resonating awesome. Thank you. Lovely for sharing that.

Louisa Havers: So as we're talking about this, and we're thinking about resistance from reverse energy. Do you recognize resistance in any area of your

Louisa Havers: business? So include, think about sales marketing, perhaps products you're offering.

Louisa Havers: Clients are working wares. cash, flow. leadership, consciousness. wealth, consciousness

Louisa Havers: within all of these aspects. You may feel really in flow in one area. but being really wonky in another area.

Louisa Havers: with that resistance and reversed energy kind of feeling like it's got more of a hold than the flow.

Louisa Havers: So do you recognise resistance? You recognise reversed energy in these areas

Louisa Havers: and our our wealth consciousness underpins and is interlinked with all of these areas. And in our business. So we can take full, energetic responsibility for what we create, both consciously and unconsciously. And when we do that

Louisa Havers: it is a game changer.

Louisa Havers: keep the comments coming, and if you're on the replay, we'd love to love to hear from you guys as well in terms of what's resonating about resistance and reversed energy in those different aspects of your of your business. There's some principles to really understand when we decide to consciously create our reality, and I know some of these will be familiar with you already, but just to kind of make sure everyone's on the same page.

Louisa Havers: these underpin and these think of these as your keys to creating limitless possibilities and exploding through any revenue ceiling. In business. The strategy only in business is going to get you so far

Louisa Havers: mastering the energetics will allow you to create that with more flow and ease, and to have that exponential expansion.

Louisa Havers: So in terms of mastering energy psychology, there are these

Louisa Havers: basic reality, creation, principles of how everything in the universe and in your life works. The first principle

Louisa Havers: is everything is energy, including your thoughts, emotions, beliefs.

Louisa Havers: and all of these form part of your identity in your human Wi-fi. The second principle is energy follows your attention, so your attention is your greatest asset.

Louisa Havers: as where your attention goes, your energy goes so your attention becomes your intention.

Louisa Havers: It was really key to be intentional. There is creative power in intention, which is why I always start off all my master classes. With what? What's your intention?

Louisa Havers: What are you intending to create? The third principle is.

Louisa Havers: I really invite you to, to, to feel into this, and to to embody this. Your subconscious is your friend, and wants to keep you safe. and is a hundred percent committed to being right

Louisa Havers: and to keep you in alignment with your identity and your belief patterns behavioral patterns. And these are your default set points.

Louisa Havers: This is key. Your self-awareness is absolutely key to being able to to recognise the pattern so you can create a pattern, interrupt and rewire and reprogram it, you know, replace it.

Louisa Havers: We get to the roots of your behaviour by working across the different layers of consciousness. And there's some things that you'll need to be mindful of, and I'll speak more on on this tomorrow for you all

Louisa Havers: principle 4.

Louisa Havers: To create a different reality, you must have the identity of the version of you who already has this. So who you be in any moment the energy, the intention behind actions, you're taking

Louisa Havers: intention and the energy behind the office that you're putting out there. So who you're being in that moment as as you're spending money as you're investing money as you're creating money.

Louisa Havers: So things you are doing now aren't creating the result that you desire become the person who does things differently.

Louisa Havers: Let's change the energy principle. 5. So key creating alignment with your higher self and your subconscious, and your conscious mind, when you do that, it brings you into resonance with what you desire more quickly. I see this all the time you receive the inspired actions. Of course you get to act on these and take the aligned action.

Louisa Havers: because when you create from higher planes, you're able to be non attached to the outcome.

Louisa Havers: And when you're attached to the outcome you're actually creating from a lower plane of consciousness. From think of this as from the astral plane. It's it's a slower vibration. There's a lot of old ego there, and it requires more effort to manifest. So this is why co-creating with your higher

subconsciousness is so magical, and I'm going to introduce you to our proprietary helix method, manifesting ritual this week. Got a step by step, guide for you tomorrow, which we'll share with you tomorrow.

Louisa Havers: So I'm super excited for you to experience this.

Louisa Havers: and then the sixth principle is you will receive what your subconscious feel safe to receive, which means, Hurrah! Your capacity to receive can always be expanded, and I talk a lot about soothing the nervous system to feel safe about allowing more in.

Louisa Havers: I live by these principles, and working with them is how I changed my relationship with money broke through my revenue ceiling, and I continue to work with these principles. They're the foundations behind our proprietary modules in the wealth portal which is

Louisa Havers: where our clients are enjoying their results.

Louisa Havers: With their wealth consciousness. Some of my favorites are things like, you know, they've been doubling their revenue, tripling their revenue, having exciting results like a hundred k. Months.

Louisa Havers: releasing lifelong people, pleasing patterns that have been impacting their pricing and sales

Louisa Havers: offering new services to their clients. Husbands, husbands have benefited from their wives in the program, too. getting getting promotions and all the things there's there's a massive ripple effect out for for the family.

Louisa Havers: and I think one of the key things is, is having a new level of peace and calm in their relationship with them with money, so that they aren't

Louisa Havers: being traumatised by past experiences, or hidden hidden in their expectations or self judgment that's been taking them out of the game and then pushing their pushing their progress and development back.

Louisa Havers: So how I help my clients change their energy, and their vibration is with our energy, psychology, modality, their helix method, which will heal unresolved and and hidden traumas, trapped emotions, limiting beliefs all held within your body's intelligence and and energy field.

Louisa Havers: And we we balance that with our daily success, manifestation rituals. So you can create that rapid transformation in your consciousness

Louisa Havers: and annual reality. So this will change your life. It changes who you be. You get to think and experience different things as you allow more in

Louisa Havers: it's truly, truly exciting.

Louisa Havers: So are you ready to to take control and to become

Louisa Havers: whoever you choose to be.

Louisa Havers: And truly, when your vibration is high and you are an energetic match for for your desires, and you're making decisions. This is so key from a place of expansion and not contraction. Things flow. You trust yourself more, you actually trust the universe more. And this is where the momentum starts starts to build

Louisa Havers: bills, and I think the thing here to to bear in mind is, I think it's easy to take energetic responsibility when things are going well.

Louisa Havers: I did that. but it does take

Louisa Havers: real commitment and and courage

Louisa Havers: to be energetically responsible when we've stopped doing the things that we know work

Louisa Havers: and the thing that I invite you to to be mindful of here is that the the thing is that the cells in our bodies get addicted to the emotions that they're used to feeling, and our subconscious is masterful

Louisa Havers: at recreating that experience so that it can feel that chemical hit.

Louisa Havers: So this is one of the reasons why we can have sickness after a windfall of income, or the fear can start to creep in that it's all going to suddenly vanish.

Louisa Havers: or we can suddenly stop doing our manifesting rituals, and slowly our frequency and our vibration becomes denser, and it's harder to manifest

Louisa Havers: and the body goes. Yes, I've got my chemical fix

Louisa Havers: that makes sense

Louisa Havers: ourselves and our bodies get addicted to the emotions that are used to feeling addicted to stress. embarrassment.

Louisa Havers: shame, guilt.

Louisa Havers: that current set point of self-worth.

Louisa Havers: and our subconscious is going to masterfully recreate that experience. So you can get a chemical hit. And of course, most of the time we've got no idea that this is going on.

Louisa Havers: Have you ever wondered

Louisa Havers: why or how you stopped doing what was working?

Louisa Havers: Perhaps you found yourself disengaged in a program that you were loving. suddenly too tired to take the action on the, on the, on your business that's going to create the result you desire, or strongly telling yourself you feel overwhelmed.

Louisa Havers: you're going to burn out if you do. XY, and Z. So our bodies, having withdrawals from the cat, emotional chemical reaction in the body is used to feeling. And then it's so. It's recreating this. So we suddenly stop doing the helix method, manifesting ritual, for example, which works.

Louisa Havers: And then slowly our frequency and vibration become denser, harder to manifest. And the bodies like, yeah, I win.

The body just wants to go back to what feels familiar.

Louisa Havers: because that feels easier, pulls you back at a cellular level to that familiarity familiarity which is why

Louisa Havers: we do need to be held to support it in containers, so we can break through our blind spots, and the body's chemistry and the subconscious doesn't pull us back

Louisa Havers: in all the amazing creative ways to the same old default set points.

Louisa Havers: It's your

Louisa Havers: through our consciousness that we create reality. And it's through our identity that we create the the paradigms and the concepts. And these create the beliefs, the emotions, all of this informing our behavior and our action.

Louisa Havers: so invite you to see it as this. As this feedback loop.

Louisa Havers: all of this vibrating from our human human wifi that we're sending out into the universe.

Louisa Havers: And it's our consciousness that we need to consider in the different layers of our consciousness. If you think of the iceberg of consciousness. so our conscious mind is where we're intentional.

Louisa Havers: where we say we choose things. And then our subconscious.

Louisa Havers: He's where all the vast collection of habits, identities, values.

Louisa Havers: are held and have the biggest impact on our outcomes.

Louisa Havers: If we're disconnected from our higher self. because if we are, then our subconscious mind is running. The show. Conscious mind thinks it is.

Louisa Havers: but the subconscious is so. We need our higher self on board.

Louisa Havers: because otherwise.

Louisa Havers: if you think of it, all of the the reasons that we want to have more business growth or growth in our investments, bigger deals. All of that's held in our conscious mind. And then all the reasons why not to allow more money in are easily, you know, more easily, let's say, are held in the subconscious mind.

Louisa Havers: So this is where we get these, this dual conflict, this inner conflict.

Louisa Havers: and we need to have our higher self on board for for our manifesting.

Louisa Havers: So going to dive into this tomorrow. But this is where, if you feel like anyone's felt like they've had that push, push, pull effects they've got like their foot on the brake and on the accelerator

Louisa Havers: on their journey of life.

Louisa Havers: Then there's likely some inner conflict going on. So we want to have our higher self.

Louisa Havers: our conscious mind and our so subconscious mind all working in alignment together. And I'm gonna introduce you how we'll do that tomorrow in in the helix method.

Louisa Havers: Alrighty. Let me know what resonates

Louisa Havers: to wrap up. I've shared with you these steps to focus on in mastering wealth energetics. So you always know how to have complete confidence that you're going to hit your financial revenue goals. I've shared with you the reality creation principle. So you know how this works.

Louisa Havers: You've set your intentions for what you want to achieve over the next 90 days for your personal growth and your business growth, and

Louisa Havers: started to understand about the energetic states of contraction and expansion, and how we have resistance and reversed energy within the contraction.

Louisa Havers: I would love to know what your intentions are for the next 90 days, for your personal growth and your business growth. So please do pop them in the comments so that I can read them. This will help me tailor the experience

Louisa Havers: to you.

Louisa Havers: and let's chat. I want to make sure that you get the most out of our time together as well. So I am offering an energetic alignment audit. Call with me so the team, if you can

Louisa Havers: drop the link in the comments for everybody that would be awesome.

Louisa Havers: and

Louisa Havers: be sure to get your call booked in with me so we can dive in. See what's going on for you. We're going to build on all of this tomorrow, as we talk about the 6 energetic blocks that are slowing down your next level of success.

Louisa Havers: And, as I mentioned. If it feels aligned, please do share that you are taking part in this experience this week on social media, you can take screenshots, boomerangs of our lives share and tag tag us all the things so appreciate doing this. It would just be wonderful to have

Louisa Havers: more people with us, and to be able to serve more people so that they can get the results that they desire as well. And as I thank you, we'll pop your name into our drawer to the business, forecasting

Louisa Havers: for the business, forecasting any cash it records with me.

Louisa Havers: and as you're sharing on on social media, do share what you're learning what your light bulb is, because that very may may well inspire somebody else and help them to have a light bulb, too.

Louisa Havers: Thank you. So we've got the the link for and for the energetic alignment. Call in the comments in the zoom room, and we'll get that in the Facebook group for you as well.

Louisa Havers: I would love to know as we wrap up what is your take away from today.

Louisa Havers: So I have got a poll. If you're with me in the

Louisa Havers: Facebook group, in the Facebook group in the zoom room. So that should have just popped up for you. So if you can answer that there for me. If you're in the Facebook group, then Pop,

what your take away is from today. That will be super help, helpful for me. This will enable you to anchor it in

Louisa Havers: to embody it.

Louisa Havers: If you're on the replay, please pop it in the comments as well.

Louisa Havers: and I invite you to notice as you're contemplating this, and you're thinking about your revenue goals for the next 90 days.

Louisa Havers: How expansive in the line to intentionally feeling right now on a scale of one to 10. Just make a take a moment just to become aware, and let me know in the comments as well. So one thing, not at all, 10 being like I'm 100% aligned to my to my goal.

Louisa Havers: though the aligned actions for today will have a homework thread in the Facebook group as well for you to share

Louisa Havers: what is your revenue and impact? You're committed to creating your business over the next 90 days. I'd love to know also what your intention for our time together is in the Martha glass, how you want to feel at the end.

Louisa Havers: and you're invited to book an energetic alignment audit. Call with me

Louisa Havers: 15 min together. We'll dive in

Louisa Havers: so that we can really tailor this to to you. Your time in the masterclass

Louisa Havers: alrighty

Louisa Havers: can see the poll being completed. Thank you so much. That's awesome. If you haven't completed it yet. Please do

Louisa Havers: just consider what was your biggest takeaway from today.

Louisa Havers: and we will be back tomorrow

Louisa Havers: at 20'clock. Uk. Time. With how these

Louisa Havers: 6 energetic blocks are slowing down your next level of success.

Louisa Havers: You understand? You know how they may have been showing up for you in your business. You'll know exactly what you can do to start to financially. Relax as you grow to your next 6 figures, your next 7 figures with with more ease.

Louisa Havers: and there are some key default patterns, blind spots and nuances that appear at different levels of your business. So we're going to dive into you know what might be coming up for you, and you'll get our step by step guide

Louisa Havers: that we've created exclusively for you guys in the master class there are. I'll guide you through so you can find out what is hidden. We'll be doing that together tomorrow.

Louisa Havers: Until then. Thank you so much for joining me. I will see you all to all. Tomorrow. We'll leave the the zoom room open for a few more moments, so you can complete the the poll. And also, if you're not in the Facebook group already, then you can scan the QR. Code to be able to

Louisa Havers: come and join us in the in the Facebook group as well.

Louisa Havers: Alrighty. Send you all loads and loads of love, and I'll see you all tomorrow.

and

and.