

1
00:00:37.160 --> 00:00:38.230
And

2
00:00:52.990 --> 00:00:53.680
okay

3
00:01:02.720 --> 00:01:04.980
for

4
00:01:07.260 --> 00:01:10.960
okay? And

5
00:01:12.700 --> 00:01:14.830
for

6
00:01:19.720 --> 00:01:20.720
you're

7
00:01:27.640 --> 00:01:29.370
Louisa Havers: Hello, everybody.

8
00:01:30.720 --> 00:01:36.919
Louisa Havers: Hello! Hello! Welcome to our second master of Limitless.

9
00:01:37.280 --> 00:01:41.839
Louisa Havers: Thank you so much for joining me whether you join me,
live, or on the replay?

10
00:01:42.240 --> 00:01:47.639
Louisa Havers: Who here was here for the live yesterday? Or did you catch
replay.

11
00:01:47.820 --> 00:01:53.199
Louisa Havers: love it, raise hands, love it. Love it well, a huge
welcome back.

12
00:01:54.140 --> 00:02:00.439
Louisa Havers: Let me know in the comments in the chat. If you need the
replay page, we'll get that over to you

13
00:02:01.850 --> 00:02:05.420

Louisa Havers: just pop replay in the chat, and then, if you need it, we'll

14

00:02:05.570 --> 00:02:11.969

Louisa Havers: we'll sort that out, just going to open up the chat so I can see any comments as they come in.

15

00:02:13.760 --> 00:02:24.429

Louisa Havers: There we go. Welcome everybody on Facebook. Welcome everybody on the replay. So we'd love to know what are your insights that you've had so far

16

00:02:26.690 --> 00:02:34.420

Louisa Havers: pop those in the chat today we're diving into the 6 energetic blocks that can slow down your success and how you're

17

00:02:34.440 --> 00:02:38.569

nervous can. Nervous system can start to feel safe so you can allow more in

18

00:02:38.640 --> 00:02:44.040

Louisa Havers: and overcome hidden self worth blocks. You can upgrade your your net wealth.

19

00:02:46.040 --> 00:02:50.510

Louisa Havers: So we've got a deep session for you today. and

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00:02:50.540 --> 00:03:13.899

Louisa Havers: if you are joining, live, or on the replay, then you know that you have an opportunity to B. Have your name thrown into our prize draw. We're gonna be doing our prize draw in our eighth session, so there's plenty of time to take part, and you can have your name put into the drawer. When you share your takeaways, share your actions in the comments.

21

00:03:14.020 --> 00:03:21.669

Louisa Havers: When you share that you are taking part in the in in the masked class. So you're invited to.

22

00:03:21.720 --> 00:03:27.299

Louisa Havers: perhaps post on your personal wall if it feels aligned to do so, saying, you're taking part in this masterclass

23

00:03:27.370 --> 00:03:31.859

share. What? So your inspirations are. You may well help somebody to be inspired.

24

00:03:32.370 --> 00:03:52.579

Louisa Havers: and of course, if they come and join us in the group. You'll have another addition. Your name going into the into the the drawer as well. So when we see that you've shared. We'll pop your name into the drawer, and then, of course, if someone comes and joins we always invite them to say how how they find us, so we'll pop your name into the drawer there as as well.

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00:03:52.710 --> 00:04:06.619

Louisa Havers: So thank you so much to everybody who has shared so far as well, and you are names going into draw. You can win a business full casting session in the cash. It records with me. And then we've got some incredible activations that you can win as well.

26

00:04:07.060 --> 00:04:16.440

Louisa Havers: Alrighty. So let's dive into this. So I just invite you to take a moment just to become fully present, so that you can really focus

27

00:04:16.610 --> 00:04:18.580

Louisa Havers: on your time together.

28

00:04:19.700 --> 00:04:22.860

Louisa Havers: Allow yourself to receive everything that we've got for you today.

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00:04:23.750 --> 00:04:30.159

Louisa Havers: So just invite you to give yourself a couple of letting go breaths, just breathing in for 4,

30

00:04:31.100 --> 00:04:33.239

Louisa Havers: breathing out for 4,

31

00:04:34.340 --> 00:04:37.190

Louisa Havers: really allowing yourself to land here.

32

00:04:39.500 --> 00:04:41.000

Louisa Havers: and to consider

33

00:04:42.340 --> 00:04:45.130

Louisa Havers: what's your intention for this masterclass

34

00:04:48.730 --> 00:04:51.109

Louisa Havers: this week that we have together.

35

00:04:55.260 --> 00:04:58.890

Louisa Havers: how these master classes are contributing to your

36

00:04:59.220 --> 00:05:01.980

Louisa Havers: overall evolution.

37

00:05:05.330 --> 00:05:07.409

Louisa Havers: inviting you to think about

38

00:05:07.690 --> 00:05:12.860

Louisa Havers: the revenue, your desires for what you want to create over the next 90 days.

39

00:05:15.180 --> 00:05:19.059

Louisa Havers: and to think on a scale of one to 10.

40

00:05:20.430 --> 00:05:27.830

Louisa Havers: How expansive and aligned to intentions are you feeling right now, just take a moment to become aware. Let me know in the chat.

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00:05:31.060 --> 00:05:34.800

Louisa Havers: Are you? Are you a one? Are you a 10?

42

00:05:35.310 --> 00:05:36.790

Louisa Havers: Value a 9,

43

00:05:39.360 --> 00:05:45.049

Louisa Havers: and then, just to think, how do you want to feel at the end of our our time together today?

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00:05:52.630 --> 00:06:05.690

Louisa Havers: Oh, huge insights coming through! This is so exciting, as I said yesterday as well. I will read all the comments if I don't kind of get to speak to them all whilst we're alive together. Then just know that I will. I will see them as I circle back away so to read them.

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00:06:08.730 --> 00:06:20.149

Louisa Havers: So you, ready to discover how these energetic blocks might be bubbling up for you, and how they relate for you relate to you. Give me a I'm ready

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00:06:20.170 --> 00:06:22.090

Louisa Havers: in the chat or in the comments.

47

00:06:23.570 --> 00:06:30.159

Louisa Havers: Let's just open this up. So come once I've got stuck on Facebook. Let's see if I can see them again. There. Well, there we go.

48

00:06:31.920 --> 00:06:33.390

Louisa Havers: I'm getting ready.

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00:06:34.150 --> 00:06:38.180

Louisa Havers: One am in Sydney. Well, thank you for being here. Live!

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00:06:38.510 --> 00:06:43.169

Louisa Havers: That's incredible. I'm getting ready for your financial

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00:06:43.390 --> 00:06:49.839

Louisa Havers: getting rid of your financial blocks. Yes, already. So we have got a workbook for you.

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00:06:49.940 --> 00:06:59.600

Louisa Havers: and this is all laid out in in the workbook for you. So let me ask the team to to pop the workbook in the chat and in the Facebook group. If that is possible.

53

00:07:04.180 --> 00:07:07.200

Louisa Havers: we're gonna be sharing with you

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00:07:07.270 --> 00:07:22.399

Louisa Havers: the helix method today. So the helix method is a world class energy, psychology, modality rooted in science and spirituality. And we are within the helix method. We combine cognitive interventions and energy healing with somatic techniques.

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00:07:23.020 --> 00:07:34.200

Louisa Havers: All of this influences your human wi-fi. We incorporate principles from psychology, chronic healing, psychic healing, Eam, EFT.

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00:07:34.230 --> 00:07:35.800

Louisa Havers: Kinesiology.

57

00:07:36.020 --> 00:07:41.230

Louisa Havers: epigenetics, metaphysics and channel guidance, from the cachet records.

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00:07:41.470 --> 00:07:54.379

Louisa Havers: And what's unique within the helix method is we balance the deep in a healing work alongside impact form manifestation ritual. So you really expand your consciousness and elevate your vibrational attraction, point it truly works.

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00:07:54.650 --> 00:08:08.700

Louisa Havers: and within the guide that we just shared with you. This includes 6 of the energetic blocks that are slowing down your next level of success, and a step by step, guide of how we can use one of our methodologies that we use within the helix method.

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00:08:08.750 --> 00:08:16.160

Louisa Havers: So we've got that all laid out for you. And I'm going to take you through that today as well. And what I've noticed is that over the past

61

00:08:16.300 --> 00:08:19.140

Louisa Havers: 7 years that I've grown my business

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00:08:19.410 --> 00:08:27.170

Louisa Havers: to multiple 6 6 figures and helping thousands of entrepreneurs to sex successfully break through their money ceiling

63

00:08:27.210 --> 00:08:38.820

Louisa Havers: and working with many, 6 and 7 figure earners is that whenever I'm working with an entrepreneur, if there is some stickiness in the growth, it always comes down to the energetic alignment first.

64

00:08:39.130 --> 00:08:48.769

Louisa Havers: What I found is, it's these blocks that I'm gonna share with you today that are stopping anyone from growing their business, and they will come up for you

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00:08:49.210 --> 00:09:00.900

Louisa Havers: along your journey. So I'm gonna guide you through these. Now we're gonna find out which ones are are impacting you right now. So you're gonna be using one of our psych energy psychology techniques within the helix method does that sound good

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00:09:01.520 --> 00:09:08.569

Louisa Havers: and the key thing to be aware of is that each of these 6 blocks they're interconnected, and they hold

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00:09:08.600 --> 00:09:15.299

Louisa Havers: a complex cluster of energies and beliefs, patterns, emotions, frequencies.

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00:09:15.440 --> 00:09:28.299

Louisa Havers: These blocks slow down sales cash flow. and our marketing being impactful as well. So when you have a methodology to heal these blocks and to find out what is, you know what's hidden, because that's the thing.

69

00:09:28.520 --> 00:09:40.440

Louisa Havers: We have these blind spots. Then you you won't be held back. You can actually financially relax about making and receiving and holding and circulating money. So let's dive into this and start to uncover this.

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00:09:40.530 --> 00:09:42.390

Louisa Havers: So the first block

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00:09:42.740 --> 00:09:54.750

Louisa Havers: I wanted to talk about is II call this a resonance rift. So this is where we have we were talking about in the conflicts yesterday. This is where we have in a conflict between our levels of consciousness. So our higher self.

72

00:09:55.000 --> 00:10:02.429

Louisa Havers: our true self, desires certain experiences and seeks out fulfillment of of our life purpose.

73

00:10:02.450 --> 00:10:17.149

Louisa Havers: and where there is a resonance. Riff. This is where our higher self is, is out of resonance with our conscious mind and our subconscious mind. So if we're disconnected from our higher self. We haven't got the the energetic support of our higher self for manifesting.

74

00:10:17.530 --> 00:10:30.169

Louisa Havers: So what we want to create is this coherence with our higher self, our conscious mind and our subconscious mind, and when we have that coherence, it brings you into resonance with your desires so much more quickly.

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00:10:31.200 --> 00:10:36.699

Louisa Havers: So that's our first one, then we have the somatic default set points. So

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00:10:37.080 --> 00:10:38.520

Louisa Havers: we all have

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00:10:38.740 --> 00:10:48.270

Louisa Havers: physiological, psychological, and energetic default set points across all aspects of our identity, including our self-image, our self-worth.

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00:10:48.300 --> 00:10:51.359

Louisa Havers: our deservingness, our emotions, all the things

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00:10:51.620 --> 00:11:02.920

Louisa Havers: and the neural pathways act as an internal reference point. Think of these as set points that they create your glass ceiling, they stop you from increasing your client base, making more sales.

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00:11:03.020 --> 00:11:22.029

Louisa Havers: manifesting more money, allowing more fun in more, join so many entrepreneurs. We have a joy cap going to allow more fun in a more joy, in more loving, all the things so and so on, and our brains and our bodies get addicted to our default, set points and the emotions that we feel at those set points. And

81

00:11:22.030 --> 00:11:40.680

Louisa Havers: and as with addiction, we'll get these withdrawals from those set points and energetically get pulled back so that we get to experience them again in our reality. So that we get to feel those emotions, chemical interactions again, even though we're like, Oh, my God, why have I create, recreated this again? And I see this so often when clients come to me?

82

00:11:41.260 --> 00:11:49.280

Louisa Havers: How, and they show me how their default set points have been creating their realities, where they may have perhaps to see what by the next few

83

00:11:50.030 --> 00:12:01.120

Louisa Havers: may have allowed in more money, and then yet magically lost time with their family. So they kind of traded, allowing in more in one area by not having enough in another area.

84

00:12:01.920 --> 00:12:06.950

Louisa Havers: and we spoke about fears of burnout yesterday, and fears of working harder

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00:12:07.780 --> 00:12:13.029

Louisa Havers: where we may have done that before. That was our our experience due to due to our set points.

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00:12:13.080 --> 00:12:24.219

Louisa Havers: So to change our set points, we need to change and embody our identity. And as we change our consciousness, and who we are. We change the consciousness of ourselves. This will impact our DNA.

87

00:12:25.020 --> 00:12:32.990

Louisa Havers: In each DNA strand is is a double helix. There's a reason why we call it the helix method. All of these impacts.

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00:12:33.990 --> 00:12:36.959

Louisa Havers: our consciousness, our physical body, our DNA.

89

00:12:40.000 --> 00:12:43.870

Louisa Havers: So we need to embody the identity of our future self.

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00:12:44.700 --> 00:13:01.440

Louisa Havers: And so this is where our current identity can actually become a block because we create our reality through our identity. And so our identity becomes the block when we're trying to create and a new reality. But just with our current identity, we haven't upgraded ourselves

91

00:13:02.890 --> 00:13:04.779

Louisa Havers: so identity that creates

92

00:13:04.880 --> 00:13:27.630

Louisa Havers: the paradigms of self-concepts that create the beliefs and our emotions, feelings, all of this inform our behavior and our action, and then we have an experience. And then this all feeds back to reinforce our identity. And so together, they're creating our reality. So our 6 figure self, our 7 figure self, is going to require a new identity for for our next level.

93

00:13:30.350 --> 00:13:32.229

Louisa Havers: We're going to require an upgrade.

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00:13:33.330 --> 00:13:48.689

Louisa Havers: Becoming an investor requires a new identity, becoming a business owner that has sold their business a new identity. So just giving you these examples, you can see that there's a different set of self concepts that are important at these different upgrades to our identity.

95

00:13:49.010 --> 00:13:59.419

Louisa Havers: So when we need to create solutions to our current experiences from a different level of consciousness, a different identity to then be able to experience that next level.

96

00:14:01.750 --> 00:14:14.750

Louisa Havers: So to create a different reality, we need to be the identity of the version of us who's already experiencing the reality that we desire. So this is why I talk about creating the consciousness of our our future self.

97

00:14:16.860 --> 00:14:18.550

Louisa Havers: and our fourth one

98

00:14:18.910 --> 00:14:30.660

Louisa Havers: is the nervous system pinnacle. So what I mean here is our nervous system has a capacity of what it will allow in before the fright, flight, freeze, and collapse, protective systems are triggered.

99

00:14:30.780 --> 00:14:38.160

Louisa Havers: So the threshold of our nervous system capacities is that pinnacle and our current reality of

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00:14:38.180 --> 00:14:49.190

Louisa Havers: visibility, marketing, sales, cash, flow savings, investing, spending is the pinnacle of our nervous system's capacity.

101

00:14:49.550 --> 00:14:50.739

Louisa Havers: that makes sense.

102

00:14:52.050 --> 00:14:58.200

Louisa Havers: And I mentioned yesterday how our nervous systems can get triggered by big windfalls of income growth

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00:14:58.630 --> 00:15:07.740

Louisa Havers: where we can feel overexcited, just so overexcited. And then our nervous system interprets that as nervousness and that can trigger that flight response.

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00:15:08.650 --> 00:15:18.260

Louisa Havers: There's some nuances around how, as our businesses grow and patterns of anxiety of. I haven't got enough from growing

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00:15:18.500 --> 00:15:25.350

Louisa Havers: to that first 6 figures that can bubble up then becomes anxiety of what if it's all going to go away? What if it vanishes

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00:15:25.980 --> 00:15:30.429

Louisa Havers: now? I have to be responsible for team members

107

00:15:32.420 --> 00:15:34.910

Louisa Havers: and levels of responsibility grow

108

00:15:35.860 --> 00:15:40.180

Louisa Havers: as our money grows? What if their team members cost me money.

109

00:15:40.990 --> 00:15:54.330

Louisa Havers: so we can have anxiety with us all the way when our nervous system is at capacity. It's just going to look a bit different with what we're saying to ourselves in our head and what we're starting to worry about and feeling anxious about.

110

00:15:54.760 --> 00:16:04.589

Louisa Havers: But when we increase our capacity of our nervous system by healing the hidden emotions, beliefs, traumas, memories, and experiences, and we calibrate

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00:16:04.610 --> 00:16:08.379

Louisa Havers: to a new level of alignment for success when we do that.

112

00:16:09.510 --> 00:16:18.520

Louisa Havers: So this is work is really really deep. to being able to allow ourselves to expand, our capacity, to to receive more, to have the success that we desire.

113

00:16:21.560 --> 00:16:23.129

Louisa Havers: and then the fifth one

114

00:16:24.140 --> 00:16:33.089

Louisa Havers: we have is energetic. I call this energetic buffering. So you have heard me talk about our human Wi-fi, and of course we know we have

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00:16:33.540 --> 00:16:48.899

Louisa Havers: 12 layers of the aura within the human Wi-fi, 88,000 chapris, 12 main meridians, 8 extra meridians. spiritual lines of connections, grids, and you know all, all the things so much more. And all of this needs to be flowing for us to be at our peak performance.

116

00:16:48.910 --> 00:16:57.460

and these energy channels and water sees get blocked up with stress energies, with thoughts, different shapes of energies, such as chords and attachments.

117

00:16:57.720 --> 00:17:18.400

Louisa Havers: What's going on in the collective energy just to name it a few. So all of this is going on within our bio energy field, in our human Wi-fi and our higher self consciousness, our head, our heart, our horror, our manifesting heart, which is just below our belly button. All of this is sending out electromagnetic signals to the universe.

118

00:17:18.569 --> 00:17:31.230

Louisa Havers: and when our energetic signal signal is incumbent due to the reversed and resistant energy in our field. Then I want you to think of your signal is buffering. It's not optimized.

119

00:17:34.130 --> 00:17:50.190

Louisa Havers: Got a wonky signal. Can't quite, you know, when the Wi-fi goes that the the Internet Wi-fi goes and you can't quite hear when someone's speaking. So I'd like you to think about. That's the kind of what's happening in your energy field. Just sort of sending out the signal, and the universe is going.

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00:17:50.230 --> 00:17:54.770

Louisa Havers: I can't quite hear what you're saying. You're buffering.

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00:17:56.380 --> 00:18:08.139

Louisa Havers: but when we clear our energy field of reversed and resistant energies, then we create more coherence, and we we change our energetic field, we've we've healed, and we've got a stronger, coherent

122

00:18:08.530 --> 00:18:10.880

Louisa Havers: human Wi-fi signal that we're sending out

123

00:18:12.520 --> 00:18:17.890

Louisa Havers: where we can really allow our energetic vibration to do the to do the heavy lifting for us.

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00:18:18.190 --> 00:18:27.739

Louisa Havers: then the sixth one is, this is when I call this strategic dissonance. So this is when we're applying a strategy that is misaligned for our business and who we are.

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00:18:28.330 --> 00:18:32.570

Louisa Havers: Perhaps the strategy is out of alignment with our identity, and where we want to go.

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00:18:34.590 --> 00:18:49.260

Louisa Havers: If we just, for example, had a 100 KA year business, we're not going to be aligned with implementing a million dollar a year strategy, because our consciousness is wired for that 100 k. And our feelings and our bodies calibrated to that 100 k.

127

00:18:50.040 --> 00:18:52.880

Louisa Havers: And so the strategy we choose can become the block.

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00:18:54.090 --> 00:19:05.549

Louisa Havers: But financial investment options can become the block. The business model can become the block as can. Of course, you know, our skills in implementing the different strategies, audience growth strategies.

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00:19:05.620 --> 00:19:12.630

Louisa Havers: increasing conversions from marketing, creating sales. from the office that we have

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00:19:13.450 --> 00:19:24.159

Louisa Havers: streamlining the sales process, that there's so many things that go into the into these pieces. And of course, you know, we can feel that we're in alignment with the strategy when we start, and then

131

00:19:24.200 --> 00:19:37.649

Louisa Havers: it can be. We realized that actually there was some resistance that was bubbling up. The subconscious was was keeping us safe. There was an inner conflict going on that we were just kind of ignoring. And we implemented the strategy. Anyway. How we

132

00:19:37.690 --> 00:20:03.730

Louisa Havers: do have the energy that we're in when we take action is is really, really key. And one of the things you know, as I look back along my own journey, I remember when I was running a Facebook ads strategy, which was fresh out of the gate, was the first thing I did. So I tested all my messaging on Facebook ads, which is a very expensive way to test your messaging. That's what we're being coached on. And whilst it eventually works and momentum started to build.

133

00:20:04.090 --> 00:20:23.560

Louisa Havers: Then the Facebook ad market changed and ads that used to target and offer high quality. Community members coming into your world suddenly lost its precision. So all the costs went right up. The numbers, you know, weren't coming in, and people who just weren't aligned with what I was talking about were coming in. And so the conversions went right down.

134

00:20:23.710 --> 00:20:29.130

Louisa Havers: and you know I wasn't anyone affected at that time. It cost entrepreneurs like myself a lot of money at that time.

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00:20:29.700 --> 00:20:43.570

Louisa Havers: So the thing was there. I had strategic dissonance because I was out of alignment with the strategy that I was applying. I hadn't upgraded my identity at that point, and it created a whole bunch of energy reversals and contractions. So I was

136

00:20:43.630 --> 00:20:53.219

Louisa Havers: trying to solve the the problem with my same level of consciousness that had created the problem by implementing a strategy that my business just wasn't ready for.

137

00:20:53.830 --> 00:21:09.539

Louisa Havers: That's why I love organic marketing so much better. But you know, until your business is at a certain level, and you have the financial resources to invest without a return for a while, which happens in Facebook ads. Then that that's an appropriate strategy for a more mature business.

138

00:21:10.170 --> 00:21:12.230

Louisa Havers: There's a time delay with that strategy.

139

00:21:13.470 --> 00:21:24.249

Louisa Havers: So when we this is so, key, because when we raise our frequency to our future self-consciousness and follow the intuitive

guidance that comes through from our higher self and take the aligned action.

140

00:21:24.440 --> 00:21:37.760

Louisa Havers: Of course, alongside, developing our skills, you know, being a CEO for our company, then our implementation of strategies is just simply more effective, and we're more likely to apply the the right ones for for our businesses at. That's the stage that they're at.

141

00:21:38.150 --> 00:21:58.349

Louisa Havers: So these are the 6 energetic blocks that slow down, impactful marketing sales and cash flow, being able to hold money growing money for entrepreneurs, and when you heal these blocks alongside our impactful, manifesting rituals, you will grow to that that next 6 figures with more ease, with more flow, with more harmony, more peace.

142

00:22:00.170 --> 00:22:08.999

Louisa Havers: And there are. of course, so many layers. default patterns, beliefs, emotions, nuances that appear at

143

00:22:09.080 --> 00:22:26.009

Louisa Havers: different levels of businesses, which is what I dive into deeply when I'm working with my clients, and we dive into this in one of my programs which I'll talk about later this week. And you're gonna experience this today. So I'm gonna show you how you can co-create with the energy of money with our helix method manifesting ritual.

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00:22:26.320 --> 00:22:35.619

Louisa Havers: They're gonna do this together. So I'd love to know I've seen some familiar faces here, some new faces here who has done helixing with me before.

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00:22:36.620 --> 00:22:38.320

Louisa Havers: Who could let me know in the comments.

146

00:22:41.750 --> 00:22:55.390

Louisa Havers: So what we do is we activate and create a clear pathway between our different levels of consciousness, our higher self, our conscious mind and subconscious. Alrighty, we've got a mixture, some people. It's the first time some people

147

00:22:56.080 --> 00:23:05.849

Louisa Havers: he's done it before. Alrighty. So I'm gonna guide you through. You've got the step by step, guide as well, so that you can go back to it, and of course you can revisit the replay as well.

148

00:23:07.320 --> 00:23:15.430

Louisa Havers: So what we do is we activate and clear the pathway between our different levels of consciousness with our highest up invocation.

149

00:23:15.750 --> 00:23:27.519

Louisa Havers: We then use energy kinesiology or muscle testing to find out where is the block, what is hiding in our energy field? What does our subconscious not want us to find out.

150

00:23:27.780 --> 00:23:41.330

Louisa Havers: And we use the sway technique which is where you use your body as as a dousing device. Essentially, is, it really helps you to connect with your body and to feel the somatic responses and the energetic responses from your subconscious in this way when you do it.

151

00:23:42.150 --> 00:23:54.550

Louisa Havers: then, once we know what the block is. We're gonna release it, transmute the energy around it, get rid of any resistance, energy, or reverse energy, and then bring you into coherence with with our aligned and imprinting.

152

00:23:54.800 --> 00:24:06.690

Louisa Havers: and then we wrap this all up by having raised our frequency in this way by, and I call this bit living in the energy. The question which is what we are effectively doing is we're asking our higher self a question

153

00:24:07.150 --> 00:24:19.770

Louisa Havers: as if we've already experienced it. So how did this happen? So the energy behind the question is like one of. or one of curiosity, one of wonder. We're not kind of trying to fix it and problem solve it. Does that make sense?

154

00:24:19.940 --> 00:24:22.550

Louisa Havers: You'll get to experience that in a set in a second

155

00:24:23.670 --> 00:24:34.379

Louisa Havers: alrighty. Are you ready? So let's do the higher self invocation tick together. I've got it in your workbook, and I'm going to pop it on the screen here for you as well.

156

00:24:36.960 --> 00:24:49.400

Louisa Havers: Alrighty. So for this I'm going to invite you to bring your attention to your soul, Star Chakra, which is about 18 inches above your head. This is your gateway to your Cashic record.

157

00:24:49.660 --> 00:24:57.559

Louisa Havers: And we're going to increase your life, force energy through breath. So what I want you to do is to breathe in for fall. to hold for form.

158

00:24:57.590 --> 00:25:02.239

Louisa Havers: and to breathe out for 8, and just to do that at your own pace 3 times.

159

00:25:17.890 --> 00:25:20.570

Louisa Havers: Then, to affirm to yourself.

160

00:25:23.460 --> 00:25:28.589

Louisa Havers: I'll say this out loud, so you can just allow the words to land, or you can repeat it.

161

00:25:29.130 --> 00:25:31.749

Louisa Havers: Speaking to all levels of my consciousness.

162

00:25:32.550 --> 00:25:36.399

Louisa Havers: I intend that in the name advise truth, love, and light.

163

00:25:36.430 --> 00:25:46.150

Louisa Havers: Let all information come from my higher self. and be in alignment with my divine truth. my highest good. and the highest bit of a one.

164

00:25:46.490 --> 00:25:49.990

Louisa Havers: I'm creating a clear channel of communication

165

00:25:50.230 --> 00:25:53.699

Louisa Havers: manifestation to my subconscious.

166

00:25:53.740 --> 00:25:55.799

Louisa Havers: conscious, and higher self.

167

00:25:56.800 --> 00:26:01.290

Louisa Havers: They are a hundred percent connected and in perfect alignment.

168

00:26:01.540 --> 00:26:03.720

Louisa Havers: and all working towards

169

00:26:03.860 --> 00:26:05.939

Louisa Havers: my highest path and purpose.

170

00:26:06.600 --> 00:26:07.899

Louisa Havers: Thank you. Thank you. Thank

171

00:26:10.400 --> 00:26:14.699

Louisa Havers: alrighty. So now I invite you

172

00:26:15.840 --> 00:26:23.089

Louisa Havers: to muscle, test or energy test with the sway test. If to do this, you stand with your feet, hip.

173

00:26:23.200 --> 00:26:34.290

Louisa Havers: hip width apart. and I invite you just to relax your knees, and you'll close your eyes. And you're going to ask a series of questions. And I've got the series of questions on the on the next slide, and they're in the in the

174

00:26:34.760 --> 00:26:43.640

Louisa Havers: in the workbook. If you've never done muscle testing before. What I invite you to do is just to ask some baseline questions now.

175

00:26:43.950 --> 00:26:57.899

Louisa Havers: so that you can find out what this actually feels like when you know something to be true. So your energy body will respond, giving you a yes or no to the question you've asked forwards is usually Yes, backwards is usually a no.

176

00:26:58.020 --> 00:27:03.990

Louisa Havers: And so if you've never done this before, I want you to say something like my name is.

177

00:27:05.350 --> 00:27:11.929

Louisa Havers: say, your true name. My name is Lisa Havers. so I'd say so. You say your name, and then see how that feels as you go forward.

178

00:27:14.440 --> 00:27:21.510

Louisa Havers: then to say something, you know, not to be true. So you can see what that feels like you're like. Let's go back. The other thing that you can do

179

00:27:22.690 --> 00:27:24.790

Louisa Havers: is to

180

00:27:25.320 --> 00:27:28.789

Louisa Havers: program the that your your body to respond

181

00:27:28.880 --> 00:27:32.529

Louisa Havers: by simply saying, I'm just giving you a couple options here.

182

00:27:32.720 --> 00:27:39.530

Louisa Havers: Yes, yes, yes, yes, yes, yes, yes, yes. And then just notice how your body responds to you, saying, yes, yes, yes, yes.

183

00:27:41.010 --> 00:27:42.680

Louisa Havers: you're likely to go forward.

184

00:27:42.710 --> 00:27:49.820

Louisa Havers: and then I want you to say no, no, no, no, no, no, no, no, no! You're likely to start going backwards.

185

00:27:52.360 --> 00:27:56.210

Louisa Havers: and then you can also do it with things like your age

186

00:27:56.660 --> 00:28:02.219

Louisa Havers: in terms of saying something you know to be true, something you know, to be false in terms of your age, where you live.

187

00:28:02.540 --> 00:28:07.929

Louisa Havers: and just start to see how that feels in your body as you're doing this.

188

00:28:08.660 --> 00:28:13.499

Louisa Havers: because there's nothing you're not attached to, whether you get a yes or a no.

189

00:28:15.310 --> 00:28:37.019

Louisa Havers: so you can just really allow yourself to to be with this experience. Now, many people will often say to me. I feel like I'm making it up if that makes sense. So one of the things I invite you to do is to bring your consciousness, your awareness, down into heart center, and the easiest way to do that. So you just get out of your head

190

00:28:37.630 --> 00:28:51.590

Louisa Havers: because the heads kinda going don't believe in this because it's like, Oh, no, she's gonna find me out while I've been hiding. So what you can do is just as you're breathing in for 4 breathing out for 4. Just notice how your lungs go in and out as you're doing this

191

00:28:52.080 --> 00:28:59.700

Louisa Havers: that brings your attention down to your lungs. It gets you out of your head, and then you can say the the question or the statement.

192

00:29:00.990 --> 00:29:17.910

Louisa Havers: so that you can really feel how your body's responding. And as we do this together, the the key thing is to observe the somatic responses that you have because your body will talk to you. So as you're about to to start to do this, we're gonna put a series of questions that you can ask.

193

00:29:18.920 --> 00:29:20.919

Louisa Havers: so you can start to see

194

00:29:21.250 --> 00:29:26.669

Louisa Havers: where you may have some. We talked about resistance and reversed energy.

195

00:29:28.510 --> 00:29:37.009

Louisa Havers: so where you may have some resistance or reversed energy in a number of different areas in business that all impact your your wealth consciousness.

196

00:29:38.100 --> 00:29:54.559

Louisa Havers: And as we do this. I'm just going to speak to what I want you to pay attention to whilst we're doing the the muscle testing, and then I'll put those questions and statements back up on the on the slide for you. So as we're doing this, I really want you to. So to go slowly on this, and to say the the phrase out loud.

197

00:29:55.080 --> 00:30:02.350

Louisa Havers: see if you go forwards or backwards, and just take a moment to notice. Does that feel anything different about my body.

198

00:30:02.770 --> 00:30:09.439

Louisa Havers: Am I noticing any pressure? Changes any sensations in my body? Am I getting hot cold?

199

00:30:11.860 --> 00:30:16.960

Louisa Havers: Am I getting a tingling sensation on the back of my neck. You know what what's going on? How is the body responding.

200

00:30:18.000 --> 00:30:32.440

Louisa Havers: or has a memory that you've completely forgotten about, suddenly flashed in front of your mind. So as we're doing these, write you to make a note of. Okay, so have I got a yes or a no for each of the statements. How is my body responding.

201

00:30:34.110 --> 00:30:38.400

Louisa Havers: and I'm going to give you a moment to start to muscle, test on knees.

202

00:30:40.400 --> 00:30:51.259

Louisa Havers: and then I'll guide you through. How we start to to clear them. Does that sound good? Alrighty? So any questions on the on the muscle, testing.

203

00:30:52.780 --> 00:30:56.610

Louisa Havers: on the energy, testing everyone, feeling confident with this way.

204

00:30:58.110 --> 00:31:17.439

Louisa Havers: got some thumbs up. Okay, that's awesome. I'm going to put some nice music on for you just to create some space. So 5 min so that you've got a chance to start to work your way through these phrases and to see where you're holding any resistant energy, where you're holding energy reversal. So remember, this is where we may have had

205

00:31:17.510 --> 00:31:19.060

an experience

206

00:31:19.160 --> 00:31:23.030

Louisa Havers: that was a shock, or a trauma.

207

00:31:23.040 --> 00:31:29.120

Louisa Havers: or something where we didn't have the coping mechanisms from, and our energy's just gone reversed into a reverse state.

208

00:31:30.130 --> 00:31:32.220

Louisa Havers: So let's see what is going on.

209

00:31:32.390 --> 00:31:34.720

Louisa Havers: Okay, let's put some music on for you.

210

00:31:41.430 --> 00:31:47.079

Louisa Havers: and we'll do this for for 5 min together, and then I'd love to know in the comments what you find

211

00:31:54.400 --> 00:31:59.810

the

212

00:32:59.510 --> 00:33:01.080

oh.

213

00:33:04.660 --> 00:33:06.390

oh.

214

00:33:38.460 --> 00:33:41.850

the

215

00:34:31.790 --> 00:34:36.860

the

216

00:35:39.460 --> 00:35:41.339

Louisa Havers: what's everybody doing?

217

00:35:47.740 --> 00:35:48.819

Louisa Havers: And then

218

00:35:49.910 --> 00:35:53.350

Louisa Havers: got a few more to muscle tests on energy test on.

219

00:35:58.220 --> 00:36:02.240

Louisa Havers: have you found any energy reversals?

220

00:36:04.530 --> 00:36:11.290

Louisa Havers: Yeah, raise your hand. If you've got an energy reversal. Okay, we've got some energy reversals in the room.

221

00:36:12.260 --> 00:36:21.530

Louisa Havers: Those of you on Facebook raise your hand if you found some energy reversals I'm into as your vessels are in the house.

222

00:36:24.110 --> 00:36:25.300

Louisa Havers: Okay.

223

00:36:27.280 --> 00:36:33.610

Louisa Havers: anyone pick up anything around their somatic default? Set point. Yes, to all

224

00:36:35.130 --> 00:36:39.030

Louisa Havers: current identity. Nervous system at capacity.

225

00:36:43.590 --> 00:36:45.969

Louisa Havers: Yes. So okay.

226

00:36:48.090 --> 00:36:54.999

Louisa Havers: what else did you uncover as you were doing this. Did you notice any somatic responses.

227

00:36:55.120 --> 00:37:01.669

Louisa Havers: any changes, anything that's really weird, that that memories just popped into my head

228

00:37:03.110 --> 00:37:05.149

Louisa Havers: like, what's that doing there?

229

00:37:11.930 --> 00:37:14.380

Louisa Havers: Anything that surprised you?

230

00:37:15.670 --> 00:37:19.610

Louisa Havers: Oh, maybe validated that. Oh, actually, do you know what

231

00:37:19.740 --> 00:37:20.949

Louisa Havers: that makes sense?

232

00:37:23.890 --> 00:37:25.620

Let us know in the comments

233

00:37:27.370 --> 00:37:33.410

Louisa Havers: which ones you've got. So we've got resistance, resistance, energy, reversals, resonance, rift.

234

00:37:34.440 --> 00:37:41.880

Louisa Havers: somatic default, set points, identity, nervous system at capacity and resistance to

235

00:37:42.030 --> 00:37:44.590

Louisa Havers: strategies and growing a business

236

00:37:45.290 --> 00:37:48.270

Louisa Havers: got some validation already.

237

00:37:48.360 --> 00:37:53.949

Louisa Havers: Okay, okay, let's start to clear some of this stuff up. So this is where

238

00:37:58.750 --> 00:38:06.249

Louisa Havers: yep, absolutely can. Yeah. So so questions come in can an end. You must be created by not taking action. Yes.

239

00:38:06.560 --> 00:38:14.589

Louisa Havers: because it's how your body's responding to not taking action. Going to procrastination. Is there fear there, because you haven't taken the action.

240

00:38:14.830 --> 00:38:20.560

Louisa Havers: They can create a whole big, energetic loop. And was the energy? Was there an energy, hidden energy reversal there

241

00:38:20.620 --> 00:38:23.790

Louisa Havers: that prevented you from taking action in the first place as well.

242

00:38:24.500 --> 00:38:43.619

Louisa Havers: There's many layers to this, alrighty. So now you're clear about what's going on. What we found. Maybe you've got some charity around what it feels like in your body. Perhaps you've got a picture in your mind. We're going to start to release this to change the energy to transmit the energy around this we do this by bringing your heart into a coherent energy state.

243

00:38:44.370 --> 00:38:47.300

Louisa Havers: So we do that by breathing in for

244

00:38:47.620 --> 00:38:52.569

Louisa Havers: 4, breathing out for 4. So you're bringing your heart into that heart coherence.

245

00:38:53.180 --> 00:38:57.179

Louisa Havers: And then through intention, we say this

246

00:38:58.330 --> 00:39:01.920

Louisa Havers: releasing statement. So the framework of it

247

00:39:02.050 --> 00:39:06.210

Louisa Havers: is, I'm ready to release or transmute the belief, the thing

248

00:39:06.960 --> 00:39:14.579

Louisa Havers: I release, transmute, and create, delete this from all dimensions, planes, times, and levels of consciousness. Now I like to say it out loud once

249

00:39:15.770 --> 00:39:35.520

Louisa Havers: you can hear your voice saying it, and then twice internally. So it's a mixture of inner and outer rewiring. And the reason for doing this is for 3 times is you're staying with the frequency for sort of about 17 s 1720 s. So your body's really feeling it. You're really noticing what's going on as you're holding it and being really intentional with your energy.

250

00:39:36.200 --> 00:39:42.040

Louisa Havers: And when you say inside your head. It's like you're hearing that voice that goes on all the time in our heads.

251

00:39:42.210 --> 00:39:45.949

Louisa Havers: But actually, you're being very intentional with using that voice

252

00:39:45.970 --> 00:40:00.659

Louisa Havers: that makes sense. So let's experience this now together. So let's do. Let's release any energy reversals around preventing you from receiving whatever you want to receive. So if I use the example 100 K,

253

00:40:01.050 --> 00:40:07.460

Louisa Havers: just because it's a nice round number. Then just swap out the amount that you're wanting to bring in

254

00:40:08.240 --> 00:40:10.999

Louisa Havers: so that it's relevant for you. Does that make sense?

255

00:40:11.180 --> 00:40:19.409

Louisa Havers: So the phrase we're going to say is, I'm ready to release this energetic reversal preventing me from receiving 100 K.

256

00:40:19.650 --> 00:40:24.370

Louisa Havers: I release, transmute, and create, delete this from all dimensions, planes, times, and levels of consciousness.

257

00:40:24.450 --> 00:40:35.309

Louisa Havers: Now I'll say out loud for all 3 times, so that when you've got your, you know, if you got your eyes closed, you're saying inside your head you don't have to kind of try and read it at same time as well. So you can just follow along to my voice.

258

00:40:35.470 --> 00:40:45.410

Louisa Havers: and I'll I'll say it slowly, so you can repeat it in your mind side. Alrighty. Okay, so let's do this one together, and then I'll create some space. You can do a couple more on your own

259

00:40:46.520 --> 00:40:53.200

Louisa Havers: alrighty. So just breathing in for 4 and breathing out for 4. So you're bringing your heart into coherence.

260

00:40:57.350 --> 00:41:02.029

Louisa Havers: Start to feel the expansion of your heart, Chakra.

261

00:41:04.730 --> 00:41:07.069

Louisa Havers: as you give yourself this gift.

262

00:41:09.340 --> 00:41:11.330

Louisa Havers: breathing in for form.

263

00:41:13.270 --> 00:41:15.400

Louisa Havers: breathing out for 4

264

00:41:18.880 --> 00:41:23.879

Louisa Havers: and saying this out loud. I'm ready to release

265

00:41:25.080 --> 00:41:27.270

Louisa Havers: this energetic reversal.

266

00:41:28.360 --> 00:41:33.530

Louisa Havers: preventing me from receiving 100 k.

267

00:41:35.380 --> 00:41:45.500

Louisa Havers: I release. transmute. and create delete this. all dimensions. planes.

268

00:41:45.970 --> 00:41:48.830

Louisa Havers: times, and levels of consciousness.

269

00:41:49.780 --> 00:41:51.780

Louisa Havers: breathing in for full

270

00:41:53.960 --> 00:41:56.009

Louisa Havers: breathing out for 4,

271

00:42:00.450 --> 00:42:04.430

Louisa Havers: and in your head. So I'll say it out loud, so you can follow along

272

00:42:05.960 --> 00:42:13.089

Louisa Havers: and ready to release this energetic reversal. preventing me from receiving

273

00:42:14.170 --> 00:42:15.540

Louisa Havers: 100 k.

274

00:42:16.740 --> 00:42:26.380

Louisa Havers: I release. transmute. and create. delete this from all dimensions. planes.

275

00:42:26.610 --> 00:42:32.210

Louisa Havers: times, and levels of consciousness. taking a nice deep breath in

276

00:42:34.260 --> 00:42:35.389

Louisa Havers: and out.

277

00:42:37.320 --> 00:42:38.700

Louisa Havers: One more time

278

00:42:40.750 --> 00:42:42.360

Louisa Havers: I'm ready to release

279

00:42:45.080 --> 00:42:47.179

Louisa Havers: this energetic reversal.

280

00:42:48.500 --> 00:42:50.649

Louisa Havers: preventing me from receiving

281

00:42:51.990 --> 00:42:53.139

Louisa Havers: 100 k.

282

00:42:54.600 --> 00:43:00.390

Louisa Havers: I release. transmute. and create and delete this

283

00:43:01.100 --> 00:43:07.230

Louisa Havers: from all dimensions, planes, times, and levels of consciousness, just taking a nice deep breath

284

00:43:08.560 --> 00:43:11.530

Louisa Havers: in out.

285

00:43:13.650 --> 00:43:17.320

Louisa Havers: just being aware of how this feels in your body.

286

00:43:19.110 --> 00:43:25.559

Louisa Havers: Again observing, listening, giving yourself a little body scan, and noticing. Is your body responding in any way

287

00:43:26.540 --> 00:43:28.359

Louisa Havers: any sensations.

288

00:43:30.300 --> 00:43:35.380

Louisa Havers: And then I'm going to invite you to pick another one that you can do right now

289

00:43:36.170 --> 00:43:39.000

Louisa Havers: to take yourself through clearing this

290

00:43:41.080 --> 00:43:46.370

Louisa Havers: pop some music on, so that we can just spend another couple of minutes clearing a few more

291

00:43:48.340 --> 00:43:55.710

Louisa Havers: whilst we're in this in this room together, and then I'm going to guide you through click, creating a line coherence.

292

00:43:56.090 --> 00:44:00.870

Louisa Havers: I'll just pop the music on so that you can take yourself through

293

00:44:01.330 --> 00:44:02.760

Louisa Havers: transmitting this.

294

00:44:03.130 --> 00:44:09.129

Louisa Havers: Let me know if there's any questions in the in the chat, I'll keep my eye on that for you as well as I can support you whilst you're here.

295

00:44:09.470 --> 00:44:10.910

Louisa Havers: Hive with me.

296

00:44:11.660 --> 00:44:14.219

Louisa Havers: Let's pop some pop some music on.

297

00:47:17.490 --> 00:47:24.399

Louisa Havers: Notice how this is all feeling in your body. Let's wrap up with the one that you're doing right now

298

00:47:25.510 --> 00:47:31.080

Louisa Havers: and then make a note of where you've got up to, so you can circle back and finish off

299

00:47:31.330 --> 00:47:34.099

Louisa Havers: the ones that you want to want to clear.

300

00:47:36.640 --> 00:47:44.800

Louisa Havers: not to guide you through, as you know how to to do this, to be able to. Now we've let go and release what no longer is serving

301

00:47:45.340 --> 00:47:54.410

Louisa Havers: to start to create that align coherence. So this is where we're imprinting into our human Wi-fi the belief, the thought, the emotion experience that actually we want to

302

00:47:54.500 --> 00:48:03.900

Louisa Havers: bring ourselves into resonance with. So again, we're gonna bring our heart into that coherent energy state through our breath works and breathing in for 4 breathing out for 4,

303

00:48:04.160 --> 00:48:07.969

Louisa Havers: really focusing on filling up your heart with love.

304

00:48:09.170 --> 00:48:12.980

Louisa Havers: And then when you feel the love in your heart, we're gonna bring in

305

00:48:13.230 --> 00:48:16.719

Louisa Havers: and command it in with the intention that it's already done.

306

00:48:18.550 --> 00:48:36.369

Louisa Havers: So we've sub seen a number of different examples for different amounts of money. Again, if I use the example. Just a hundred K, just nice round number. And then I want you to swap it out with whatever you're bringing in, whether it's 300 k. 500 k. 10 K. I've seen all all sorts of different numbers. Just swap it out for the one that you you want.

307

00:48:37.110 --> 00:48:48.350

Louisa Havers: So a phrase is going to be something like. I'm so happy and grateful that I have received a hundred K. And then how would you feel when that's come in, so I feel.

308

00:48:48.750 --> 00:48:59.040

Louisa Havers: I feel accomplished. I feel motivated. I feel in flow. just suggesting those words. You might be like. I feel satisfied, I feel peace. I feel relief.

309

00:49:02.950 --> 00:49:08.749

Louisa Havers: I allow this into my being. I choose this across all dimensions, planes, times, and levels of consciousness.

310

00:49:12.290 --> 00:49:15.160

Louisa Havers: Alrighty. So we're going to do this one together.

311

00:49:15.430 --> 00:49:25.150

Louisa Havers: And this works so beautifully when you're doing this, and you put on instrumental music to really help your self feel into into the energy of this into the words that you're saying

312

00:49:28.030 --> 00:49:29.580

Louisa Havers: alrighty. So.

313

00:49:30.810 --> 00:49:39.229

Louisa Havers: and again we're going to say it out loud once and then twice, internally, so that you're staying with the frequency of this and really allowing the energy to build

314

00:49:39.900 --> 00:49:41.960

Louisa Havers: already. So I'm going to guide you through.

315

00:49:43.350 --> 00:49:51.029

Louisa Havers: So any words I'm using that don't resonate just swap them out for words that resonate. Make sure you use the amount of money that you're calling. You're calling in.

316

00:49:51.270 --> 00:49:54.119

Louisa Havers: Okay, so invite you to breathe in for 4.

317

00:49:55.440 --> 00:50:00.300

Louisa Havers: Breathe out for 4, with the intention that you're bringing your heart into coherence

318

00:50:02.990 --> 00:50:04.760

Louisa Havers: and start to

319

00:50:04.990 --> 00:50:07.990

Louisa Havers: feel the love in your heart

320

00:50:08.390 --> 00:50:15.249

Louisa Havers: that's there. And now I invite you to expand it so it can be helpful to think of someone that you love.

321

00:50:17.940 --> 00:50:24.100

Louisa Havers: Feel your heart, Chakra, getting bigger and brighter, bigger and brighter, bigger and brighter.

322

00:50:26.680 --> 00:50:28.670

Louisa Havers: And then from this space

323

00:50:30.600 --> 00:50:32.900

Louisa Havers: I'm so happy and grateful

324

00:50:33.420 --> 00:50:36.689

Louisa Havers: I have received now a hundred k.

325

00:50:39.460 --> 00:50:44.360

Louisa Havers: I feel so accomplished. motivated, and in flow.

326

00:50:48.170 --> 00:51:01.220

Louisa Havers: I now listen to my being across all dimensions, planes, times, and levels of consciousness. breathing in for 4, breathing out for 4.

327

00:51:05.090 --> 00:51:11.590

Louisa Havers: Notice how this is feeling in your body. and then in your mind's eye, repeating this.

328

00:51:13.180 --> 00:51:17.640

Louisa Havers: can hear that voice in your head saying this, I'm so happy and grateful.

329

00:51:18.220 --> 00:51:20.829

Louisa Havers: I've received now a hundred k.

330

00:51:22.530 --> 00:51:26.370

Louisa Havers: I feel so accomplished, motivated than in flow.

331

00:51:28.590 --> 00:51:33.009

Louisa Havers: I allow this into my being across all dimensions.

332

00:51:33.390 --> 00:51:36.519

Louisa Havers: planes, times, and levels of consciousness.

333

00:51:40.710 --> 00:51:42.179

Louisa Havers: One more time.

334

00:51:42.960 --> 00:51:47.940

Louisa Havers: I'm so happy and grateful I've received now a hundred k.

335

00:51:48.980 --> 00:51:53.459

Louisa Havers: I feel so accomplished, motivated, and in flow.

336

00:51:54.870 --> 00:51:56.990

Louisa Havers: I allow this into my being

337

00:51:57.510 --> 00:52:02.609

Louisa Havers: across all dimensions, planes, times, and levels of consciousness.

338

00:52:04.520 --> 00:52:07.259

Louisa Havers: just breathing in before

339

00:52:07.870 --> 00:52:10.160

Louisa Havers: breathing out for 4,

340

00:52:14.940 --> 00:52:21.709

Louisa Havers: really allowing yourself to stay with this frequency, noticing how much lighter you feel.

341

00:52:26.580 --> 00:52:28.550

Louisa Havers: And from this space

342

00:52:32.480 --> 00:52:40.700

Louisa Havers: we're going to live in the energy of the question. So this is the question your higher self is asking you

343

00:52:41.920 --> 00:52:44.269

Louisa Havers: for a place that it's already happened like.

344

00:52:44.560 --> 00:52:50.009

Louisa Havers: how do large sums of money come to me easily and effortlessly and exponentially.

345

00:52:53.740 --> 00:52:56.659

Louisa Havers: and just invite you to

346

00:52:56.690 --> 00:53:01.050

Louisa Havers: living? The energy of questions. So he's just asking like, How is it this is happening?

347

00:53:02.200 --> 00:53:10.269

Louisa Havers: And then just notice if in this now moment you get any ideas, just drop them down, or perhaps someone's name suddenly pops into your head

348

00:53:10.430 --> 00:53:12.230

Louisa Havers: again. Just jot it down.

349

00:53:12.980 --> 00:53:18.800

Louisa Havers: Know that because you've activated this frequency in your field, some ideas will come to you now.

350

00:53:19.040 --> 00:53:21.929

Louisa Havers: Some will come when you're doing something very

351

00:53:22.390 --> 00:53:32.310

Louisa Havers: human, like driving your car, washing up. going to the Loo, having a shower all those things that's often when

352

00:53:32.370 --> 00:53:35.689

Louisa Havers: the ideas coming, because the conscious mind is kind of

353

00:53:36.370 --> 00:53:41.139

Louisa Havers: and the subconscious mind is doing the things it's, you know, used to doing

354

00:53:42.140 --> 00:53:43.950

Louisa Havers: you don't really have to think of.

355

00:53:46.500 --> 00:53:51.369

Louisa Havers: And then this is where you get to take the aligned action.

356

00:53:51.980 --> 00:53:53.090

Louisa Havers: So

357

00:53:53.220 --> 00:54:06.470

Louisa Havers: I invite you at. If somebody's name pops into your mind, and you're like, why am I suddenly thinking about that person? Call them? You might be being the vehicle for the universe, or they might be like, gonna link you up with somebody

358

00:54:09.340 --> 00:54:14.280

Louisa Havers: that's looking for your services. We might be able to make a referral for someone else.

359

00:54:16.320 --> 00:54:21.939

Louisa Havers: I invite you to take 1 one new idea and to implement it to day. That's now in the chap

360

00:54:22.010 --> 00:54:24.320

Louisa Havers: when the Facebook group, when you've done it.

361

00:54:27.580 --> 00:54:34.809

Louisa Havers: just allow some space now to see if there's any inspired ideas coming to you that you can take action on now.

362

00:54:36.070 --> 00:54:46.389

Louisa Havers: And of course some may be bigger projects that require a bit more time. We could just get. Get that, make an appointment with yourself and in your diary, so you can go right. I'm going to really have a look at this.

363

00:54:48.650 --> 00:54:53.230

Louisa Havers: And I invite you to think about, can you reach out to 5 people

364

00:54:54.730 --> 00:55:00.030

Louisa Havers: 5 people in your community today? See how they are. Ask them how you can help them.

365

00:55:01.480 --> 00:55:02.929

Louisa Havers: Love it!

366

00:55:04.410 --> 00:55:07.080

Louisa Havers: Talk about aligned action! That's beautiful.

367

00:55:11.020 --> 00:55:13.549

Louisa Havers: So just think about 5 people.

368

00:55:13.590 --> 00:55:20.320

Louisa Havers: perhaps say people who have wanted to work with you before and haven't yet reach out. See how they're doing! How can you help them?

369

00:55:23.070 --> 00:55:28.610

Louisa Havers: Who haven't you spoken to in a while. Just see whose name pops in as I ask that question.

370

00:55:32.240 --> 00:55:40.479

Louisa Havers: and we've got a bonus action for you today as well. Now we've raised your frequency and started to raise your frequency. I invite you to continue your manifesting tonight. So as you're going to sleep

371

00:55:40.550 --> 00:55:51.550

Louisa Havers: to use our manifesting in your sleep audio, and I'm gonna ask the team if you can pop the manifesting in your sleep audio, which is on Youtube, in the chat and in the comments, and then people can can grab it there.

372

00:55:53.110 --> 00:56:02.460

Louisa Havers: and to share with us your daily wins as they come through as well. We'll have a thread to share with you as well, so that you can put your aligned actions there.

373

00:56:07.040 --> 00:56:11.440

Louisa Havers: I do invite you to drink lots of water after after today.

374

00:56:12.450 --> 00:56:13.500

Louisa Havers: Thanks like.

375

00:56:17.760 --> 00:56:23.709

Louisa Havers: So to recap the 6 energetic blocks are the resonance rift, the somatic default set points

376

00:56:23.770 --> 00:56:26.439

Louisa Havers: where the current identity is becoming the block.

377

00:56:26.570 --> 00:56:30.670

Louisa Havers: Your nervous system's pinnacle its capacities at its pinnacle.

378

00:56:30.860 --> 00:56:42.720

Louisa Havers: where we're energetically buffering. and where we are, the strategy that we're implementing for our business is actually the block has created the block, and, as you can see, they're all they're all interlinked

379

00:56:49.250 --> 00:56:51.069

Louisa Havers: beautiful. So

380

00:56:53.750 --> 00:57:12.719

Louisa Havers: the aligned actions are to. As you're going to sleep tonight, listen to our manifesting in our sleep audio. We have got a

survey for you as well, which I would be very, very grateful if you could complete, so I'll get the team to to pop that in the in the chat for you as well just helps me to shape them after classes.

381

00:57:13.930 --> 00:57:22.329

Louisa Havers: We'd love you to take a moment to think about. Okay, so what is your biggest takeaway from today? And to pop it in the chat. share it in the Facebook group.

382

00:57:24.640 --> 00:57:33.549

Louisa Havers: Share your takeaway from today on your personal profile or in our, you can share in our free Facebook group. Again, we'll pop your name into the drawer when we see. See you taking action on that.

383

00:57:36.940 --> 00:57:47.649

Louisa Havers: And I invite you to think about. Okay. So on a scale of one to 10, where am I feeling right now in terms of being aligned to my intention.

384

00:57:48.800 --> 00:57:51.359

Louisa Havers: can pop that in the comment. So I can see that

385

00:57:56.040 --> 00:57:59.710

Louisa Havers: awesome love it. I know I love it.

386

00:58:02.680 --> 00:58:13.449

Louisa Havers: Yeah, writing your takeaway in the in the chat and the comments is really important because it really embeds bed your own learning, and also other people see it, and they'll be like, Oh, yeah, it really resonates for me as well connecting with each other.

387

00:58:19.770 --> 00:58:30.590

Louisa Havers: So we've dived into those 6 energetic blocks, and there are some key things that come up underneath those at different stages of your business. We're going to dive into what might be coming up more for you over the next 2 days

388

00:58:30.980 --> 00:58:41.180

Louisa Havers: you've received your step-by-step guide. If anyone needs a copy of the workbook and you haven't got them. Haven't got the guide. Then let's know we'll pop the pop it again here for you in the chat.

389

00:58:43.860 --> 00:58:52.580

Louisa Havers: so you can use that to find out what what is hidden. We're going to be building on this tomorrow. So we're going to be diving in deeper tomorrow. So you want to be here.

390

00:58:52.720 --> 00:59:02.000

Louisa Havers: We're going to be kind of uncovering the hidden, energetic blocks to more sales. and how this might be showing up for you at different stages of your business.

391

00:59:04.220 --> 00:59:06.270

Louisa Havers: who is joining me for that

392

00:59:08.600 --> 00:59:17.709

Louisa Havers: lots to allow in awesome. I'm so happy this is served. So let me know if you're joining live or on the replay. If anyone needs a replay page. Do let me know as well.

393

00:59:18.070 --> 00:59:21.009

Louisa Havers: and we've got a page for you. We'll put that link there

394

00:59:21.070 --> 00:59:28.789

Louisa Havers: and remember to book your energetic alignment audit with me. My diary is getting full. Thank you. To everybody who's already booked in.

395

00:59:29.140 --> 00:59:44.240

Louisa Havers: Awesome to be speaking with you and being able to find out what's going on for you personally, so we can. Tailor tailor this for you, and you can really allow what we're covering over the next few days to to, you know, to see how this is resonating for you?

396

00:59:45.100 --> 00:59:53.569

Louisa Havers: Yeah, absolutely. Yes. The team, if you can pop the the replay page in the chat in the zoom room that'd be helpful. Di has just requested it.

397

00:59:55.490 --> 00:59:58.740

Louisa Havers: I know many of you may want to may want to revisit it.

398

00:59:59.740 --> 01:00:04.689

Louisa Havers: How beautiful Miriam's gonna be here. Live tomorrow as well. Fantastic.

399

01:00:07.870 --> 01:00:09.939

Louisa Havers: awesome, awesome.

400

01:00:11.040 --> 01:00:30.179

Louisa Havers: beautiful. And so Carol's asking for the link for the energetic alignment order in the Facebook group. So the team. If you could pop that in the Facebook group. When you have a moment it will be there for you, Carol. It's also on the top of the replay page. If anyone's looking for the the link to book the an energetic alignment order with me as well.

401

01:00:33.250 --> 01:00:34.520

Louisa Havers: Bridey.

402

01:00:37.000 --> 01:00:47.360

Louisa Havers: and we will be back tomorrow to dive into what's going on around all of this in relation to sales who wants to make some more sales in their business, and to be able to make a bigger impact in the world.

403

01:00:48.820 --> 01:00:51.399

Louisa Havers: We're going to dive into all. All of that tomorrow.

404

01:00:53.040 --> 01:00:55.270

Louisa Havers: of course, absolutely

405

01:00:57.090 --> 01:00:58.380

Louisa Havers: fantastic.

406

01:00:58.600 --> 01:01:08.559

Louisa Havers: And if you're not in the Facebook group already. We've got all the action going down on between all the between all the sessions there. So you can scan the QR code, and that will take you through to the

407

01:01:08.650 --> 01:01:10.290

Louisa Havers: to the Facebook group as well.

408

01:01:11.310 --> 01:01:12.620

Louisa Havers: Alrighty.

409

01:01:13.260 --> 01:01:39.089

Louisa Havers: So thank you so much for joining me live, and, of course, on the on the replay as well. It's just a privilege to to serve you all. I will see you all in the in the Dms, and be looking out for your your comments in the in the Facebook group, and we'll be back here same time

tomorrow to be diving in deeper to the hidden, energetic block, to more sales, sending you all lots and lots of love. Take care! Bye-bye.