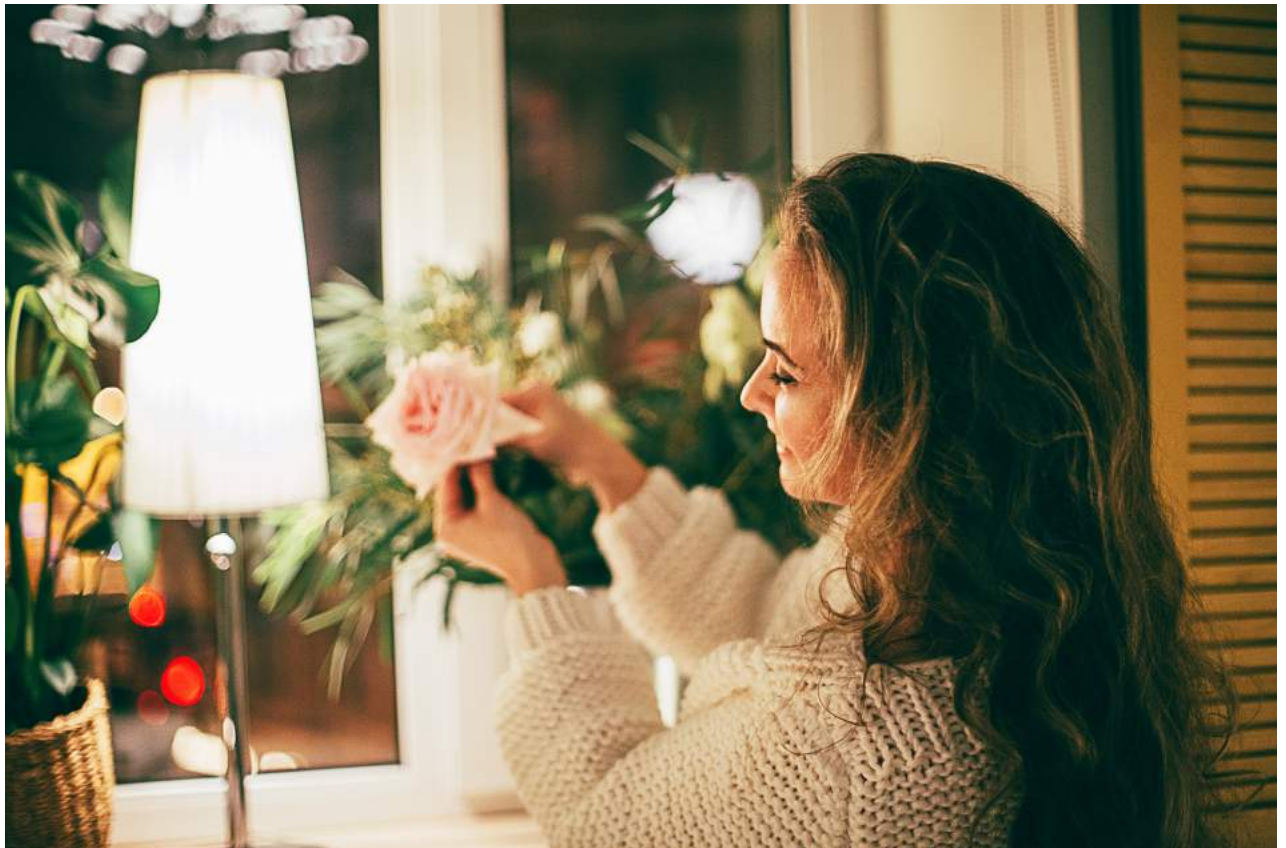


SPIRITED LIVING



Created by Kim Williams



This e-book has been created to inspire you to live your best life in connecting further with the Divine and your own Higher Self. You will find information on working with the Angels of Abundance and Prosperity, Rituals and Altars, working with your Spiritual Pit Crew, Energy and Vibration, recognising Self-Sabotaging and Comparisonitis behaviour and how to call yourself on it, as well as 15 pages of messages that you may be able to call on when looking for a nudge from the Divine.

By learning more, you will figure out amazing ways that are unique to you in being able to create the life you desire.

You are more than worthy, enough and fabulous as you are to create the life of your dreams.

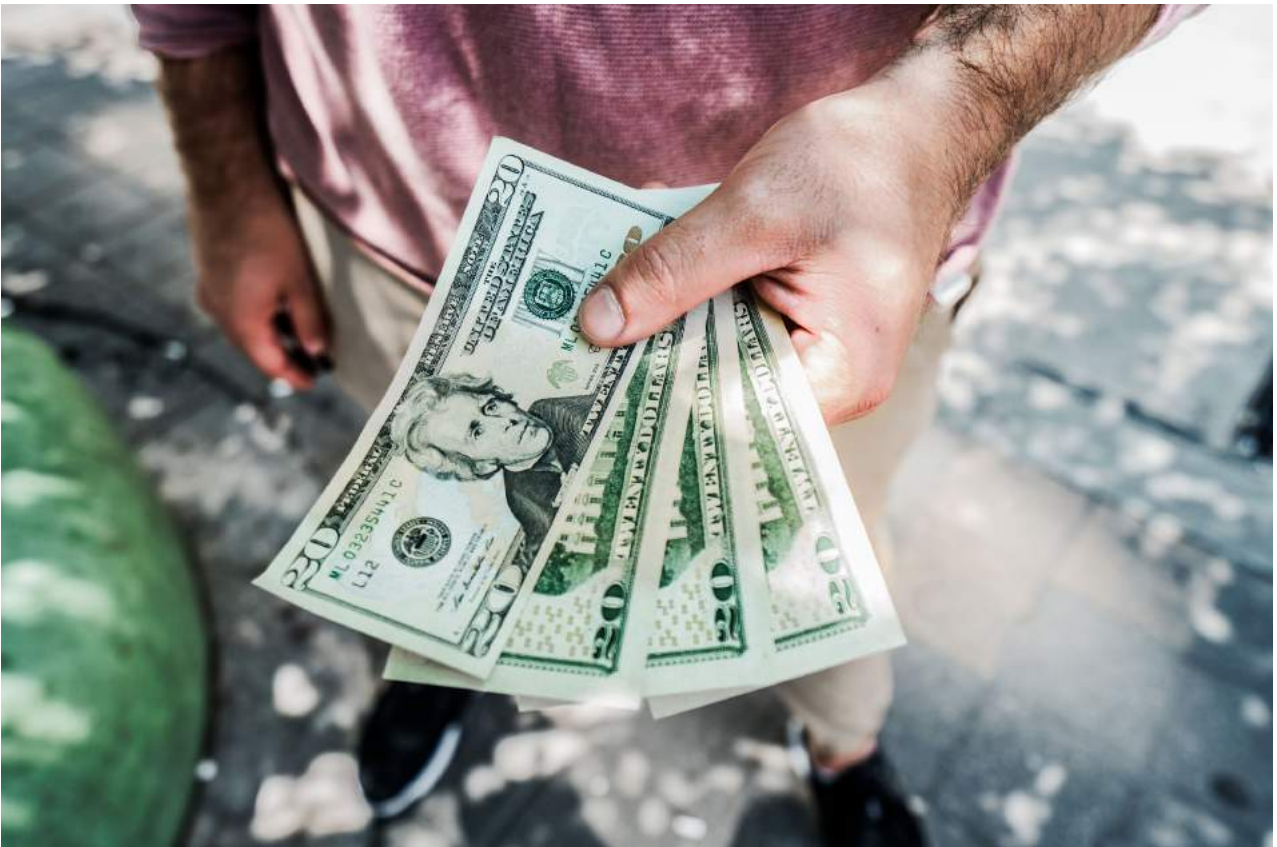
I look forward to hearing about your journey.

Kim xx

Angels of Abundance and Prosperity

The Angels of Abundance and Prosperity are a group of Angels who work with you in increasing prosperity into your life. You can call upon them and your guides when need help in manifesting more of these into your life.

There are some tips I am going to pass on to you which will help you when working on your Abundance and Prosperity flow which include mindset, removing blocks and allowing yourself to see that you are able to actually manifest quite quickly. Strap yourself in honey as this is going to be a mind blowing section.



Archangel Ariel is the Angel who oversees the Abundance and Prosperity opportunities that come into our life. AA Ariel can help you find the perfect job or business opportunity while also helping to receive from known and unknown sources.

Asking for Help

In working with these gorgeous beings of light, you actually need to ask for their assistance. Please remember that free will is what the Universe works within as does your Angels, Guides and Personal Pit Crew.

By asking for help and assistance you allow yourself to be a clear channel for Divine Guidance, inspiration and information that can help you to move forward.



Visualise Success

Your work in this process is to visualise the outcome as having actually arrived and how it feels when you are living with it. How do you feel when you have what you are asking for? Note that it is actually the feeling that you are chasing not necessarily the material.

It's totally ok to want to feel safe, secure, excited, freedom of choice, happiness and all the others feels you can think of as this will help bring a real connection to that which you are wanting to bring into your life.

Remember though that everyone's vision of success is different. What may work for some could be mansions, money and adoration from fans and for another it may be the opportunity to do the work they do and achieve a certain level of freedom for their family.

Both are totally valid as it really is a personal vision.

Abundance Mindset and Shifts

The biggest and at times hardest task you will have in this process is to keep an abundance mindset. Imagine abundance as being a radio station that you tune into.

Most of us tune into and then quickly out of it - remember when you focused so very hard on something coming into your bubble and it did because it was really the only option you gave the Universe in how you wanted it to play out? Yep you stepped into Abundance honey and you became a manifestation mofo! Then when it arrived you stepped out of it and then quickly found yourself wanting to tap in again.

OK so you need to remember what you did to bring "it" in. Did you have a mantra you used? Did you use a visualisation technique? Personally I am a big one for seeing it physically play out. If I applied for a new job that I really wanted, I would actually drive the route that I would to get there, imagine finding myself an awesome carpark for the day and also which cafe I would get my half-strength skinny latte with a shot of vanilla from!



Hocus Pocus Focus

In using affirmations/affirmations, it is your job to focus on the outcome you are trying to bring on in.

Most times, once we have indeed started using these techniques we also find that we slip back into a lack or unworthy mindset. This is when you can consciously bring your mind back into alignment and actually call on your Pit Crew to help you visualise your desired outcome. You can actually use the words "hocus, pocus, focus" to bring your energy back to a space of receiving.



Allow yourself to Receive

First and foremost, I want to make this statement - "I am worthy of receiving all that I could ever dream of and more". There is nothing you could ever have done prior to this moment which would have the Universe saying to herself "nope you can't have that. You f*cked up and no no no."

She doesn't work that way at all. Remind yourself with this pearl of wisdom - I am worthy and the Universe loves me as I am.

Keep doing the work

This is by no means an overnight fix and you will need to work on your abundance and prosperity mindset everyday to create the shifts required.

Place sticky note reminders around your house if need be. Create a step in your morning ritual that will help you in focusing on your mindset which may be choosing an affirmation/affirmation to chant throughout your day.

This is a little prayer (call to arms) I have used in the past which has really helped me in moving forward re Abundance. No need to get on your knees - just take a few moments to be grateful xx



I thank the Angels of Abundance and Prosperity as well as my Pit Crew for helping me to clear any blocks I may have.

I am an open channel for receiving abundance and prosperity in all forms.

And so it is

Setting a Ritual

While it may not always be convenient to sit in a pretty space and connect with your Crew, it's a great idea to set one up in your house so that you can indeed set it up with all of the things you need to make a good strong connection.

Also, by having your space ready to go with your journal, pens, candles, crystals and a card deck you are drawn to for that day, you can spend your time creating a connection quickly and start receiving information with minimal fuss.

Ok so here goes - there is no one rule, ritual or skill that you need to follow to create a connection with your Pit Crew. The only tool you will need is you - yep I just called you a tool. In setting up for your session, you may be drawn to place particular crystals or card decks in your space to use.

Go with your gut on this.

You may find that the Archangel who works with that crystal or colour has a message for you or is urging you to focus on a particular topic.



To place a little discipline around communicating with your Pit Crew, you can follow the following steps over a 21-28 day period. You will find that as you do, you will tweak it to fit you and your needs which is totally fine.

Ideally its best to avoid technology for at least an hour before wanting to sit and connect with your Pit Crew. This will change over time and you will find that you build up a connection with them in your day to day life but for now I encourage you to take a walk outside or even ground yourself via the bare feet on the grass method.

Another great way is to have a shower or relaxing bath. Water is a great way to shift energy around you and to be able to feel fresh when meeting with your Pit Crew.

Hop into comfy clothes or even pajamas and make yourself a cuppa. Keep technology out of your special sparkle space as much as you can. Turn your phone to silent at least and take the time out for yourself. Light a candle and call your crew in. Ensure that you have pen and paper at the ready. You can indeed have questions ready to go or just be open to receiving the message you need right now.

Go ahead and try the recorded meditation first stating "I invite only those of the highest energy and being to present themselves to me in this meditation."



Creating an "Altar of Sparkle Stuff"

I love to be able to set up an "Altar of Sparkle Stuff" at the start of each each week or around Full Moon/New Moon times.

For me, this is a space set up with my intentions for the week and then surrounding them with gorgeous crystals, fresh flowers and candle light. Mine is set up in my home office so that when I go to work on my goals, dreams and visions, I light my candles and call my Pit Crew in to support my work and join the fun.



WORKING WITH YOUR SPIRITUAL PIT CREW

Your Angels and Guides (I refer to them as my Pit Crew) have always and will always be with you. There are thousands upon thousands of Angels and Guides that can help you when you ask but remember this - you do indeed need to ask.

There are 12 Archangels. These beings (male or female) are of the highest and divine being - almost as though they sit at The Universe's (aka God, Spirit, the Divine) round table. They in turn then filter the information to the legions of Angels and Guides who work with us in our day to day lives.



The best way to explain your Pit Crew to you is that they are a mix of your Guardian Angel (you have one for life), Guides (you have one for each part of your life – personal, professional, mixed) and The Archangels you can indeed call on any time you need too. If you have a particular career or life situation you are trying to attract you can call on your Pit Crew at anytime and ask them for help and guidance.

Your Pit Crew can also include passed over loved ones. If you have lost your parents or grandparents, you may actually feel their energy with you for love, strength and courage when needed.

The ways in which your Pit Crew will let you know that they are right beside you is you may feel an energy shift around you or as though someone has put their hand on you for comfort, you may start noticing little gifts such as feathers or coins on your path or even a particular line from a song plays over and over in your mind. These are just a few of the ways they can and will communicate with you. Your only job is to be open to receiving their support and guidance.

A little tip though – they will not nor can they make decisions for you.

They can give you clues and signs but you ultimately need to make the decision which way to go or what you want to achieve. When you find yourself as "stuck", this generally means you have headf*cked yourself into not taking charge and making a decision. Remember that a step forward is better than the confusion or waiting for someone else to lead you. This is your life honey – enjoy it!!

How to work with your Spiritual Pit Crew

So on your journey into woo you may have indeed come across all different ways of being able to connect and notice your Pit Crew but I am going to let you in on a little something - it's actually not rocket science to connect with or co create awesomeness with your crew.

There is no need to meditate for hours on end or read and become kerfuddled by a book called "A Course in Miracles". If you choose to go ahead and read it then that is totally cool but you don't need it to achieve a connection with the Universe and your Pit Crew.

Honestly, all you need is a few moments to focus on your breathing and to come back into your heartspace. You can use tools such as journalling and angel/oracle/tarot cards to help facilitate a chat with your crew while you burn a candle and enjoy a coffee or tea. By writing your thoughts and feelings down you can achieve better clarity in the messages you receive from your Pit Crew.

Choose the tools and methods that suit you at that moment and don't feel restricted by the ways that other's connect with their PC.

You can come up with some awesome words such as "Please Pit Crew come on in and help me see the right step to take" or "OK Pit Crew - I fucked it up again and need help to move forward." You are human and can use a swear word or 2 - Your PC love you for who you are whether that be a perfect example of manners or swearsy pirate whench.

Notice all the thoughts and feelings that come to you once calling them in as that how your Crew will communicate with you.

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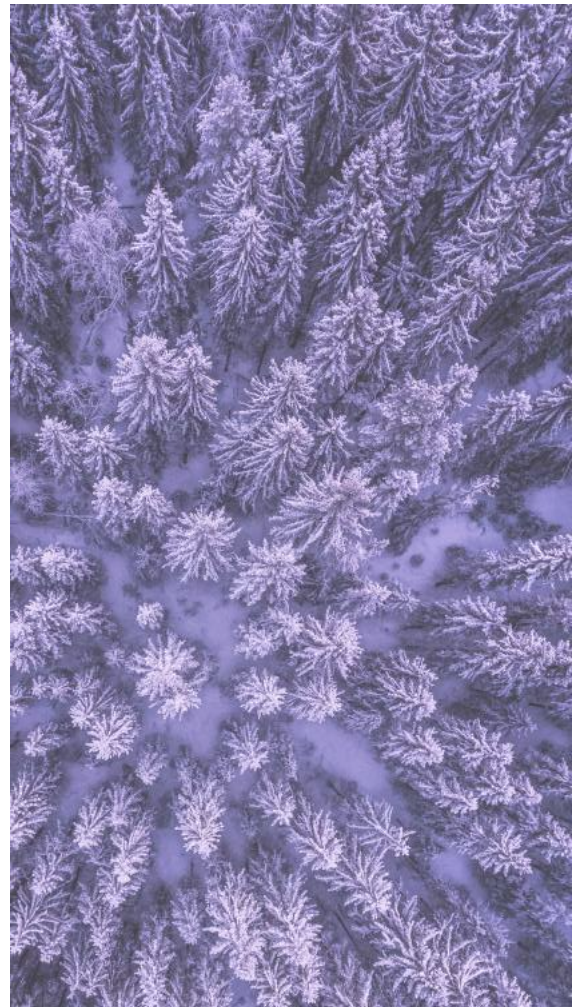
Energy and vibration

Now I know many of you have heard me talking about such things as keeping your energy to yourself and defining what is yours and if you have picked up something a little funky from another but its a topic that keeps needing to be addressed.

In this session, I would love to not only talk with you on these topics but also on working with the flow of Universal energy that is available to every single one of us. Whether you call your creator God, Goddess, Gaia, the All Mighty Powerful Oz or even She we are all supported by and have at our very own fingertips the ability to harness the beautiful energy to achieve amazingness.

Are you ready to find out how?

Everything is energy and
that is all there is to it.
Match the frequency of
the reality you want
you cannot
help but get that reality.
It can be no other way.
This is not philosophy. This
is physics.
-- Albert Einstein --



OUR OWN ENERGY/VIBRATION

So lets start at the very beginning with you, me, us. Every single one of us has a different energy signature and you will know and experience this when you are around others more than when you are on your own.

When you walk into a room and feel the vibes of the collective, that is energy you are feeling. When you walk over to a group of peeps to talk too and you feel either a welcome or unwelcome vibe, that is your energy signature letting you know to stay or go. It really is that simple.

This is also true of when you are out of alignment from your energy. SHEGO will most times have us feeling separate from those around us which generally means you have fallen off your Unicorn and need to find your way back on. This can be via dancing to music, running, playing and having fun.

Invest your time in shifting your energy/vibration so as to get back into a positive feel.

Before we go any further, please note that in my experience there is no such thing as good or bad energy. Energy is energy and it's the feeling you get that can have a label attached if you feel the need too.

If you want to find the secrets of the
UNIVERSE, THINK IN TERMS OF ENERGY,
FREQUENCY AND VIBRATION...

-- Nikola Tesla --

You may feel quite happy and full of joy in a place that makes another feel uncomfortable and out of sorts.

Everyone is different and remember it's not good nor bad. It's feels - nice and simple. If more peeps took notice of how they feel when making a decision or walking into an environment, there may be less "oh I wish I had of honored the feeling I was getting about that situation/person/decision" rather than just jumped on in.

Minding Your Bubble

This is my very polite way of saying focus on your own energy and what you are putting out into the world as it truly does come back to you magnified by at least 3. If you are going to spend time walking around like a cranky bitch, then that's what you will attract from others.

If you are going to walk around like an arrogant know it all, then get ready to rumble as these are the peeps you will attract to you. I am by no means encouraging you to walk around with a smile permanently fixated to your gorgeous face although I do encourage you to note what your default is.

It is also a lot to do with what you allow into your bubble. Toxic relationships and situations will always affect your energy and can take a while to shake off if you don't realise it's not your's to carry.



Mind Your Bubble Exercise

Close your eyes and focus on your breathing for a moment. Now I want you to imagine your bubble extending 3 feet all the way up and around you. Do you notice a colour to your bubble? If so take note as this can be a way in which your energy communicates with you. It may be your favourite colour or you may notice the colour resonates with a chakra that may need some attention. This is also a fantastic way of noticing if your bubble is humming along nicely at a lovely pastel colour or if its gone to a really intense shade as to protect you from any other harsh energy around you.

With this particular exercise you can recall any of your energy that isn't with you and also send with love the energy of others that you may have picked up during the day.



ENERGY flows where attention goes

Yep that's right. It truly is that simple. Imagine yourself thinking of a situation in your life and how you were able to impact the outcome. Was your focus from a positive place or where you hoping for positive but found yourself playing out the negative and it actually did go to shit?

It is your one true responsibility to keep yourself riding your unicorn aka keeping your thoughts and vibration on high. By keeping your thoughts and energy on a higher plane, you allow more clear messages to come to you from your intuition, Pit Crew and Inner Warrior.

The moment you notice you are investing from a place of fear and lack, change the station and get back onto your Unicorn xx



ways To Raise Your Energy/vibration

- * Dance your arse off and sing at the top of your lungs!
- * Walk out in nature.
- * Gym work out always shifts the vibes.
- * Lay out on the grass/Do some grounding.
- * Head for the beach or natural bodies of water. If you can't then a nice long soak in the tub or spending time in the shower can help.
- * Spend time with pets. They love a good old snuggle and pat.
- * Read a gorgeous book and immerse yourself in some good old fashioned reading.
- * Journalling is a great way to figure out the swirl in your mind then figure out steps forward.
- * Research something that intrigues you. Follow the steps your crew are showing you by investing in some investigating.
- * Pack yourself a few woo treats into your handbag so that while you are out and about you can reach in and grab a crystal to ground yourself.
- * Nature is amazing for the spirit as is any one of the ideas above. If you like to meditate then please go right ahead. If moving meditation is your thing, then pop your shoes on and get moving.
- * Another method is energy healing. If you have the chance to invest in Reiki for yourself then please do.
- * It's such a beautiful way of channeling energy from the divine for healing purposes which again raises your vibration.

Self-Sabotage and Comparisonitis

The first thing I want to discuss under the topic of self-sabotage is procrastination. Yep THAT P word. Procrastination is that really large grey area in between a yes or no or taking action and just plain wallowing in your current situation. Also, it is indeed a choice.

A step forward in whatever direction will have you moving rather than stagnant and then starting the headf@ckery that can come with procrastination.

Procrastination is one of the biggest forms of self-sabotage because we claim not to know the right direction to go in and SHEGO claims that staying where you are no matter how bad is the best form of action.

Self-sabotage loves a good long slow dance in procrastination. You must make a decision to get out of. You can't lay in bed all day hiding from the world. While it's more than ok to rest, giving into the headf@ck should never be an option.



Your thoughts and feelings

Your thoughts and feeling have a great deal to do with selfsabotage. Take yourself back to a time when you had an awesome idea whether it be in your personal or professional life.

Those first few moments or even hours had you fist pumping the air and even strutting around saying to yourself "this is it. What a fantastic idea/opportunity". But then you start allowing fear and SHEGO to speak up louder and they start bringing with them the "I can't do that", "I'm not good/experienced/worthy enough to to/teach/have that which will come from my saying yes to this idea or opportunity".

Then you start taking actions that push away the wonderful idea and opportunity presented to you. Like researching online if its been done by another and how they have done it or doubting that this amazing idea can be bought to the table by you with a twist.

This behavior invokes physical and emotional reactions within you that will confuse the Universe in whether or not you want that idea or opportunity. The best way to play it out is to marinate it in your own mind for a while.

This gives you the chance to then take steps forward that will affirm this is going to be a great shuffle in the right direction for you.

Please remember this - there is no right or wrong steps forward. Life is a dance. Some days you will be doing a real slow interpretive dance and others will have you shaking your arse all over the place to keep up with whats going on in your bubble. Ebb and flow is a given in this lifetime as it has been in others.

Your thoughts and emotions are what drive your vibration. If you are all in and your emotions show differently, your vibration gets all confusing and you will find that you start attracting situations that are not in your best interests. Worst case scenario - the idea or opportunity will go elsewhere because your flip flopping is just too confusing to keep up with.

Physical actions Re Self-sabotage

We have all done it. Used food or lack of physical movement is a way in which SHEGO will have us self-sabotaging moving forward.

Alternatively, we can find ourselves overthinking and not taking care of our physical movement and finding that we end up with an injury of sorts. It happens to many of us. Also, not only is physical injury a form of self-sabotage but illness can be also. The body and mind are so intrinsically connected that ailments such as sore throats, colds, headaches can all be bought on by not acknowledging the truth surrounding a situation.

Headf@ckery at its best.

This behavior is actually keeping you from your true potential. If you are continually putting the needs of others before your own then you are self-sabotaging the shit out of your life. Period.

Those of us with low self-esteem are great in putting a fake smile forward but every time we do it's doing more damage than good to your spirit. Your Inner Warrior is right there trying to let you know what you are doing or about to do is going to do more damage than good but because she speaks quietly she is often unheard.

Then when something amazing comes along with our name written all over it and we have been manifesting like a mofo to bring it we start the internal chatter which leads to headf@ckery and all the excuses as to how so and so would react if we took on the opportunity or stood up for what we truly want.

Self-Sabotage at it's finest!

Some Tips on How to Work through Self-Sabotage

The following are a list of tips for you to take on if you choose when you notice you are self-sabotaging.

- * Call yourself out on it. If putting others first has had you putting your needs and wants last then draw your line in the sand and say enough is enough.
- * Don't commit to something straight away. Take some time to breathe and trust your intuition. Remember that if it's not 110% YES then it's a F@CK NO.
- * You are your own biggest cheerleader. You have everything you need within you to live out your biggest dreams and goals. Don't be scared of them. They will be given to you bit by bit so you can grow into them.

Now that you are consciously aware of how you could be playing your own worst frenemy, it's now time to spend more time as your number one fan. Take time out to write down below how you can support yourself.

Remember that all that you need and require can be found within as going external means that you will be impacted by the needs and opinions of others.



Below I have some affirmations that you can use to be able to pull you out of the space of self-sabotaging and comparison.

I always achieve my goals.

My mind is aligned with my intentions.

I am my greatest ally.

I am perfectly flawed.

Write down some affirmations that you can use when you need a reminder that you are made of stardust and your energy is pure.

Notes from the Divine

This section can be used as an oracle of sorts. Close your eyes and flick through the remaining pages asking what the Divine would like to note for you today. These messages were written from a space of "Divine, what would you have me post about today?" and I wrote what came through. Some are written as from She and some are written as from me.

Feel free to write notes in this area also as there will be nuggets of gold that come forward when you open up for messages to come to you.

So go ahead and see what the Divine would like for you to know today xx



Stop spooking the Unicorn!

So there is a little something I like to refer to as “Spooking the Unicorn”. When you work as a co-creator with the Universe, you need to trust and have faith that all is working in your favour even if you are going through a shit time. If relationships are ending, careers are no longer fitting you and everything is falling apart, it is happening FOR you.

You have asked for something better and while you put the proviso in that it has to come before you let go of what you already have, the Universe says “trust me. Clear the decks and it will come”. But still you hold onto the shit because your mind convinced you it’s better to be neck deep in shit that you have now become accustomed too than to trust that something better is coming because you haven’t seen it yet.

The “Unicorn” won’t come when you are in panic/desperation mode. Let’s get honest - you wouldn’t want to be near you in panic/desperation mode right?

Breathe, remind yourself that what is yours will come to you when you keep your energy calm and in task and if it doesn’t, look around for the better opportunities the Universe is offering.

Your Unicorn will come to you



If you feel off kilter, hopeless or helpless, check in with the decisions you have been making lately.

Are they based on fear or lack? Faith or knowing?

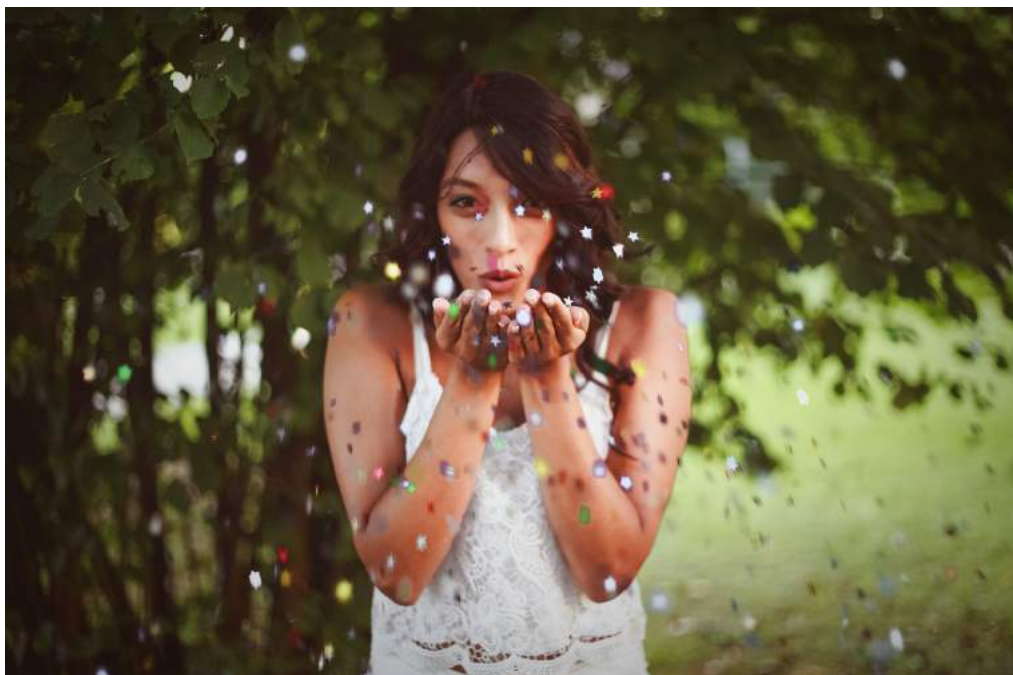
Many of us reactively choose based on what we see and hear right now or from the past. It takes effort to choose differently.

It takes effort to stop, assess and make the decision you want something better and take action based on that.

Start by asking “what would the version of me in 3 years time ask me to choose?” Take some time to meet her in your quiet moments. She is waiting to help guide you to make the right decision to get you to where you want to be.

Your Inner Muse knows the way. Find a picture of a Goddess/Female Leader who you resonates with you and work with her energy. Diana, Joan of Arc, Mary Magdalene, Oprah Winfrey, Gal Gadot, etc. whoever comes to mind or you are led too.

You can work in with her energy whenever you need figure out your next best course of action.



Start making yourself unavailable to those who treat you less than. So this evenings message is all about walking away from anyone or anything that has you feeling less than.

There is no need to fight for a seat at the table because your being here means that you are already worthy.

There is no need to get all shouty, pushy and huffy.

If those around you aren't honouring you, take a back step and just observe. Soon enough you will choose to move away.

If you have to beg someone to love/stay/treat you with kindness, then it's time to surround yourself with better peeps.



Your focus is the invitation

So this is how it works - focus on the thing and that thing will come on in. Focus on how things can go to shit and they will.

Focus on how amazing an outcome you can have and finish it off with “or something better and so it is” and you kick into energetic alignment with the thing you want and step up to meet it by taking the action steps you are given soon after.

The actions are you confirming “yes yes I am putting my focus on this and working towards it” then the Universe rubs her hands together, gives a little shimmy a la Karen from Will and Grace and she gets to work. The more committed to your vision the more the Universe shifts to meet you.

So what is your focus for this week?



Anxiety and stress shows up physically in your body.

You may claim that you are fine but the headache you are experiencing shows otherwise.

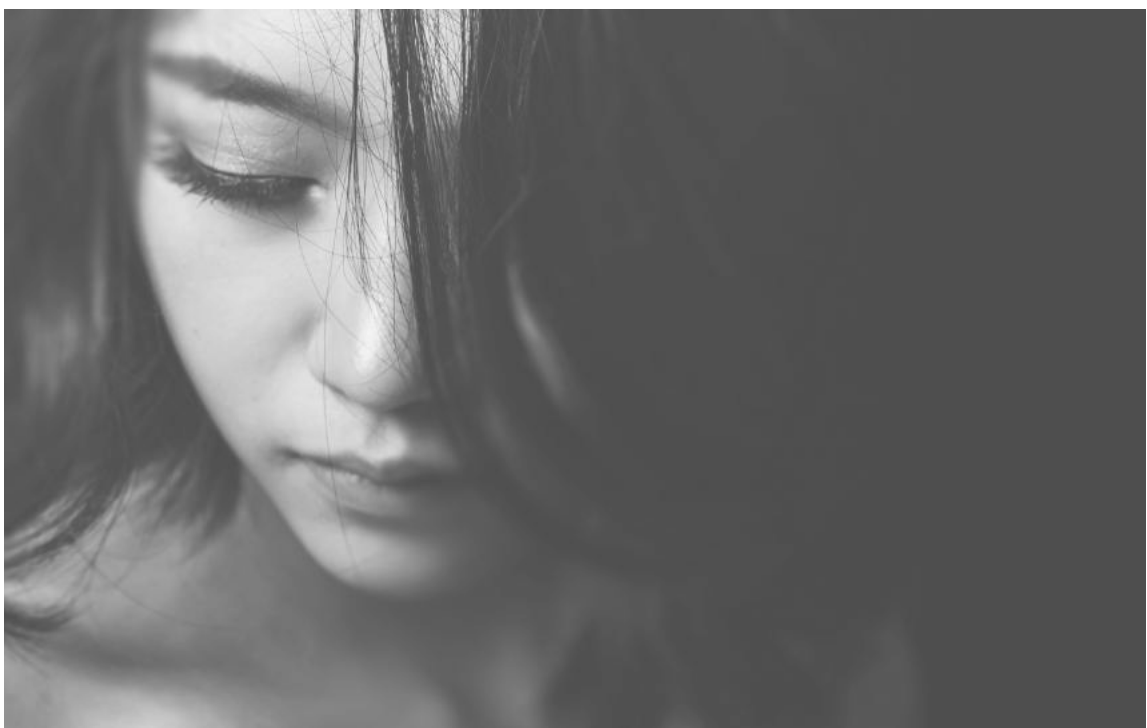
You may claim to be handling things but the constant churning in your stomach states otherwise.

You claim that your not stressed but your inability to stay calm when minor inconveniences show up shows otherwise.

The dis-ease you feel is your vibration telling, actually at times screaming, at you to stop doing what you are doing or at least step back and either amend course or dial down the amount of energy you are putting into the task or relationship you are partaking in.

It's also a huge sign that you are not living your truth.

It's totally ok to take a step back, reassess and amend course at any time. Those that love you will applaud you for taking steps forward. Those that seem inconvenienced by your amending course are those who have been riding your vibe for far too long.



Do the things. Have the things. Be the things.

Please please stop denying yourself that which lights your soul up. If playing with cards/crystals/energy is your thing, then do it.

If sport is your thing, then do it.

If fashion/make up/ beauty is your thing, the do it.

If business/corporate/being a mum is what lights you up, then go right ahead.

If having the house/car/kids/handbag collection lights you up, then go for it.

If living off the grid with minimal gear and global footprint is your thing, then go do that.

If being cranky, nasty, bitchy is your thing, then how's that going for you energetically? Remember what you put out comes back to you.

Be the best version of you you can be - that's all we ask for.

The world and all of us want you happy and those who don't have some work of their own to do



Call back your power

You hand your power over to those who treat you like shit or couldn't give a shit in the hope that they will treat you with honour, integrity and on some level, love and respect.

You and only you can give this to yourself and it needs to be your main job.

Looking for these externally will leave you energetically depleted with self worth being minimal or non existent and totally disconnected from who you are.

Take some time this evening to close your eyes, take a breath and say “I call all of my energy back to me and send others energy back to thee – and so it is”

This can be done as many time a day that you want or need and it's a great way to come back into and focus your intention.



When you make the decision that you want something different and take action, your physical and energetic bodies shift to prepare you into a new way of being.

Right now you are at the in between stage as you are recalibrate with the assistance of the Divine.

Symptoms can be headaches, nausea, anxiety raises its presence, your eyesight will literally recalibrate (third eye included) and energetically you will feel tired.

A great way to explain it is when you fiddle with radio stations to find the one you want. You are shifting your energetic frequency and as you shift into you new one, their will be discomfort and awkwardness but you will settle I promise.

What you were once happy with with will no longer make you happy nor will you settle for it.



You are magic.

Your inability to recognise and accept that you are awesome is what is holding you back - period.

Those women you watch on Facebook/Instagram are energetically calling to you to step up and out, embrace your uniqueness and step into the version of you who accepts that you are MAGIC.

You are the only magic tool in your kit that you need to create, manifest and live your life full out.

This is why self care is so important. You are an energetic vessel that needs to treat herself with kindness, love and respect.

Surround yourself with those who treat you the same way and cut the cords attaching you to those riding your vibe.



Loving yourself is you taking back your power

As children, you are taught to look outside of yourselves for confirmation and validation that you are doing things right, on the right path or that you are good enough to be accepted and loved.

This is when you start handing out your power because you are not taught to have confidence in who you are and parents can only do the best they can with the skills and knowledge they have.

As adults, you need to start calling back your power and showing your own kids a different way. You don't need to beg for love and approval from those who treat you less than. You need to treat yourself with love and respect which will in turn attract those to your gorgeous and strong energy who are worthy of being with you.



You are worthy of love and you need to show it to yourself first and foremost - you set the tone.

Let me place an inquiry question into your mind space - what if you spent the rest of this year putting you and your needs first?

When you are in a state of constant stress (fight or flight mode) , your body is impacted and stores the crap that you don't shift and release.

This is where disease comes in. Dis-ease is caused by taking in all the things and not allowing yourself to process them with a time of release, rest and reset. The build up of energetic bullshit in your body manifests into illness - mental and/physical.

Please take some time out to see where there may be stress in your life and if you need to let it go, release, rest and reset.

Your physical, mental and spiritual health are so important.



It starts with you

You need to set your worth because you attract those people and situations at that level.

You need to believe in yourself because only you know your abilities and strengths.

You need to trust your journey even when others are doing their best to sway you.

You need to walk away from that which is not your work nor problem. Call it self preservation.

You need to set boundaries and continue setting them. Those that get upset about it never took your needs into consideration in the first place.

You need to listen to the calm even voice within who knows the next step you have been asking for. She knows – let her lead.

You need to accept that we all make mistakes and to learn from the ones you make. If you don't, you will keep repeating it and find it harder to get off the mouse wheel.

It is of course your choice but we ask that you check in with the choices you have been making and ask yourself if they are bringing you closer to your goals or pushing them further away.



You set the tone

If you could feel how much power aka magic you hold in your little finger let alone your entire body, you would never doubt your ability to create the life you catch fleeting glimpses of.

If you could see the amount of magic your very thoughts hold every time you fall into a headfuck moment, you would pull yourself out quick smart and reset yourself in that very moment.

If you could understand how much of your life was as it is due to your mindset and thinking yourself into the shit situations or relationships you don't want, you would spend more time focusing on that which you do want and desire rather than the crap that keeps turning up.

This coming week is a new opportunity for you to change habits and start fresh - 7 days, 168 hours, 10,080 mins. It takes time but you gotta start somewhere and 10,000 restarts is better than giving up.

It's your call but I know you are worthy and able.



When the headf@ck is taking it's toll, ask.

There is no need to get down on your knees in prayer position as this is such an antiquated masculine way of doing things.

The Divine doesn't need you on your knees to show how much you need clarity, guidance, an arsekicking or assistance of any form. All SHE needs is for you to "ask" and be ready to receive the answer.

Take the time to listen to her in return as SHE will listen to your plea for help. The answer will come and while it may scare you if it's a big step or even have you nodding your head going "nope, not doing that", remember you did ask. The answer you seek may come via internal intuitive nudges, information you are led too (yes the Universe has a way of getting us to find something online when we least expect it) and even music lyrics you here or even conversations with total strangers.

SHE will get the answer to you - all you need do is "ask" and trust. You can ask via a verbal conversation with her or while journalling the matter out onto paper. It is your birthright to "ask" for assistance and it is also your birthright to take note of the answer.

Free will comes into play so you may ask the same questions over and over and receive the same answer over and over but only you can take the step - it can't be done for you nor can you delegate it.

You, inherently deep within your very being, know when the answer comes. Trust your connection to SHE.



Your truth, deep down at its core, is going to be different to the truth others want to rap you in or define you by.

Family and friends will feel that they know you inside and out and when you don't fit into their box of what and how it's meant to look, things can get awkward and even nasty because you don't squish yourself into their rules and views of how you should act and be.

You were not put on this earth to make others happy and lose yourself in the process. You signed up for the adventure of finding your happy and living it. Period.

No psychic in this world knows your story better than you do. If you take the time to listen to your intuition aka Inner Warrior even when external factors tell you otherwise, you will live the life of your dreams, not others.

Personally, I have had to farewell people who felt like family to me because their version of what I should be doing didn't feel good and my version feels so right.

Don't be afraid to lose some excess baggage if you must - just make sure it's not your dreams you let go of.



I truly hope that this e-book has been of assistance for you on your journey and look forward to supporting you in future.

Big Love

Kim xox



