

Allow More

A NOTE FROM GEE

You are all that you believe you are.
You are the ocean. You are the sun. You are the leaves on a tree.
You are connected to everything. And everything is here to work
in your favour. You intended for it to be that way long before you
made your journey here. I'm so honoured to welcome you into
this course and excited for you to evolve and become everything
that you already are. Get ready for major shifts. Enjoy the sacred
activities created for you in this workbook. You are infinitely
loved and supported.



CHEAT SHEET

YOU EXPERIENCE THE
CONTRAST



PART ONE

A desire is born



INSTANTLY: PART TWO

The vibrational part of you goes with that desire and literally becomes it.



IS IT ON IT'S WAY?

PART THREE

Use your emotional guidance system to determine if it's on its way.

If it hasn't manifested: You are still offering the part of you aligned with the contrast.

JOY
=
CLOSE VICINITY
TO YOUR DESIRE

FEAR/WORRY/ETC.
=
DISCORD FROM WHO
YOU TRULY ARE

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SUMMARY

ONE. ASK (Your Job)

Contrast causes you to ask.
Once you ask, your requests go into your vortex.



TWO. RECEIVE (The Universe's Job)

The moment you ask, vibrationally you receive.
The Universe yields it to you.

THREE. ALLOW (Your Job)

Your own realising of it.
Alignment with source/your vortex/your inner being.
And the physical manifestation (realisation) of your desires.

All the teachings in this Guidebook are inspired by The teachings of Abraham (Hicks).

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PART ONE: ASK (Your Job)

Contrast causes you to ask.

Your inner being guides you to the contrast for the expansion that would be there.

The contrast is part of the manifestation.

Think everything is a beneficial thing while it's actually happening, because one of two things is happening:

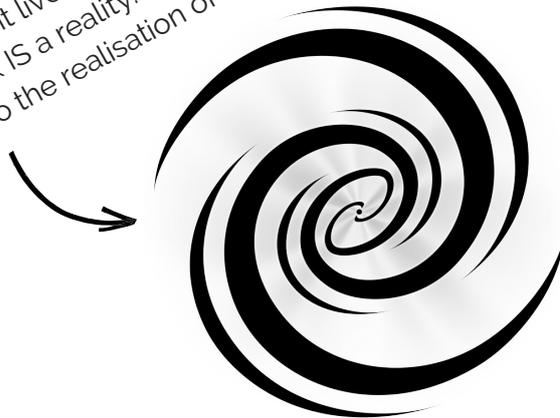
1. It's bringing you CLARITY - enhancing your desire. Making your desire grow.

This only feels good if you can keep up with it. If you're focused upon a condition, you can't grow with your desire.

2. It's SATISFYING your desire - fulfilling it, right here, right now.

Once you ask, your requests go into your vortex. This vortex is referred to as "The Vortex of Creation".

Everything you want lives inside your vortex. Your vortex IS a reality. You just need to come to the realisation of it.



The purpose of life is JOYOUS EXPANSION.

And well-being is your natural state of being.

Our purpose is not expansion. That is inevitable. But instead, JOYOUS expansion.

The Law of Attraction can also be called Momentum.

We aren't here to prove our worthiness (we are here because we are already worthy), we are here for expansion.

ASCENSION

Ascension is not linear. We do not rise. Ascension, our purpose, is spherical, we expand. We are here to expand.

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The Universe to us:

"I can't remember the last time I was this excited for you for all that you're on the verge of doing, being and having. Oh yes, there was that one time, just before this lifetime began...

Why we wanted to be here in the first place. TO BE CREATORS. DELIBERATE CREATORS!

We are here on the Leading Edge of Thought. Us, here, physically.

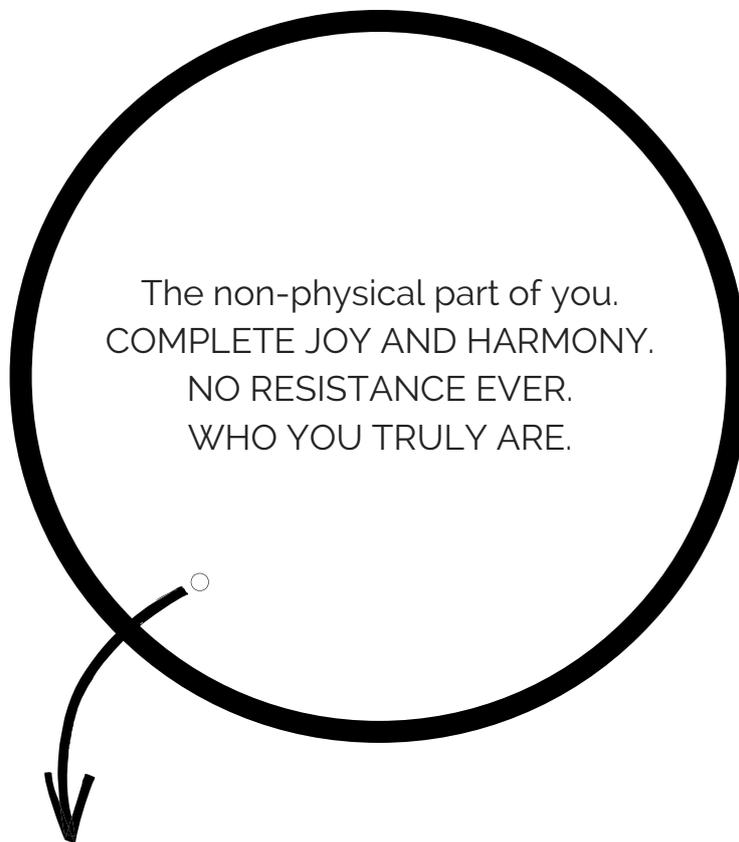
When desire is born, we expand, vibrationally.

And so the entire Universe also expands.

Because all non-physical energy is backing up our desires 100%. No exception.

And even BEFORE we have manifested it physically - it has already manifested vibrationally and thus caused the expansion of the Universe.

You are a vibrational being (source energy).



Your physical journey

Resistance/discord/forgetting who we truly are.

So when we make a request, the vibrational part of us has already said FUCK YES!
And it's only the discord we feel here that needs to get behind it and allow it and know that it has already manifested.

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PART TWO: RECEIVE (The Universe's Job)

The moment you ask, vibrationally you receive.
The Universe yields it to you.

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PART THREE: ALLOW (Your Job)

Go with the flow > ALLOW.

To allow is to be in alignment with your inner being.

WHEN YOU FEEL THAT IT'S MISSING

What if you could recognise:

- No it hasn't manifested BUT it's in the process of becoming - and you could start looking for the juice of it NOW.
- Accept all that contrast - how good it is for you and your expansion. EMBRACE IT. ENJOY IT. BE GRATEFUL FOR THE JUICE THAT IT GAVE TO YOUR LIFE.
- Then the pay off comes. You are feeling clarity, a good idea comes into your mind (intuitive nudges).
- And then, nothing has changed, BUT you are feeling unconditionally better anyway.
- And now you're in charge of your world.
- Now you're the creator of your own reality. Now you're a conscious deliberate creator.

INTUITIVE GUIDANCE

Source is in your vortex CALLING YOU.

And when you don't answer the call - that's what negative emotion is.

And when you do answer the call - that's what elation/invigoration/enthusiasm /love/appreciation is.

YOU MUST BE IN A PLACE OF ABSOLUTE CERTAINTY.

GETTING INTO THE VORTEX

Another way of saying - getting into alignment with who you really are.

Ok, so let's start at the beginning:

Your vortex is the creation of the whole world.

It is the vibrational frequency of all that you are.

The vortex of creation is the present tense of creation.

When you are not in the vortex, creation (or everything) seems like a big effort.

When you are in the vortex, creation feels like ease. (One who is in alignment with that energy is more powerful than millions who are not).

So when you're in the vortex, you're creating with ease.

When you don't feel good, you aren't in your vortex. So step away from whatever doesn't feel good. Access the vortex (by feeling good), and from inside the vortex, everything is clear.

Your vortex can be described in the following ways:

- the holding tank
- anchor
- touchstone
- eternal pool of well-being
- pure positive energy

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- the place where all wishes, dreams and hopes are held - until we find vibrational alignment with them (and allow them to physically manifest)
- encapsulated, condensed, straight up source
- a reality you can't see, but feel
- a vibrational state of being that is a precursor of all positive motion forward of all that is

Getting into the vortex requires taking control of your relationship with who you really are. Selfishness is vibrational alignment with self (i.e. source). And selfishness is reaching for the best feeling thought on whatever subject is active.

ENVISION THIS FOR A MOMENT:

I FIGURED OUT MY RELATIONSHIP WITH ME, and I'm constantly aware of my vibrational relationship to who I really am and what I really want. And I guide every thought that I can to mesh with the wholeness that I am. I've become a deliberate thinker. No longer creating by default.

AND ONLY FROM WITHIN THE VORTEX CAN YOU:

Think on purpose.
Speak on purpose.
Act on purpose.

YOUR PROXIMITY TO YOUR VORTEX

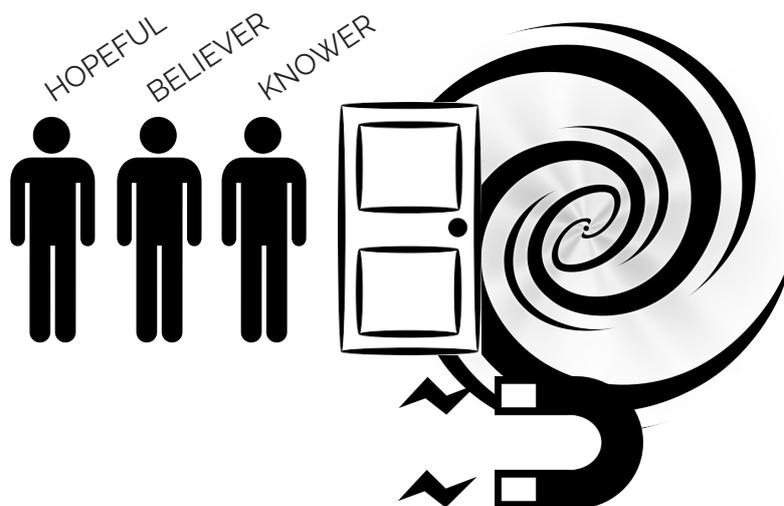
When you get in the vicinity of "it" - you can feel the deliciousness of it.

Everything you feel - all day, every day is nothing more than feedback about your proximity to your vortex.

Law of Attraction will take you in if there's not enough resistance to hold you out.

Not in the vortex? Stop doing the thing that you do that stops the vortex from taking you in easily.

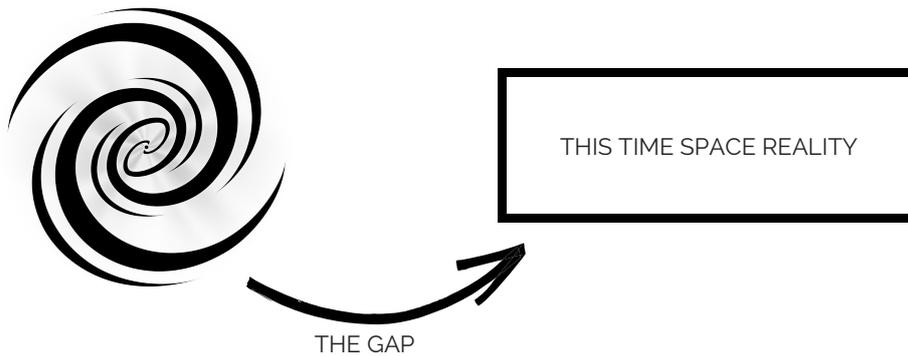
So your goal is to soften resistance.



YOUR VORTEX IS ALWAYS
CALLING YOU HOME
CALLING YOU TO ALL THAT YOU'VE
CREATED

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THE GAP BETWEEN YOUR VORTEX AND YOUR REALISATION OF IT



The gap is there because you have more resistance about the subject going on than you do belief or expectation about the subject.

THE SOLUTION:

Move yourself into more expectation.

If this time space reality can produce a desire within you so that it is in your vortex of creation - then this time space reality has the wherewithal to give it to you now.

VIBRATIONAL DISCORD

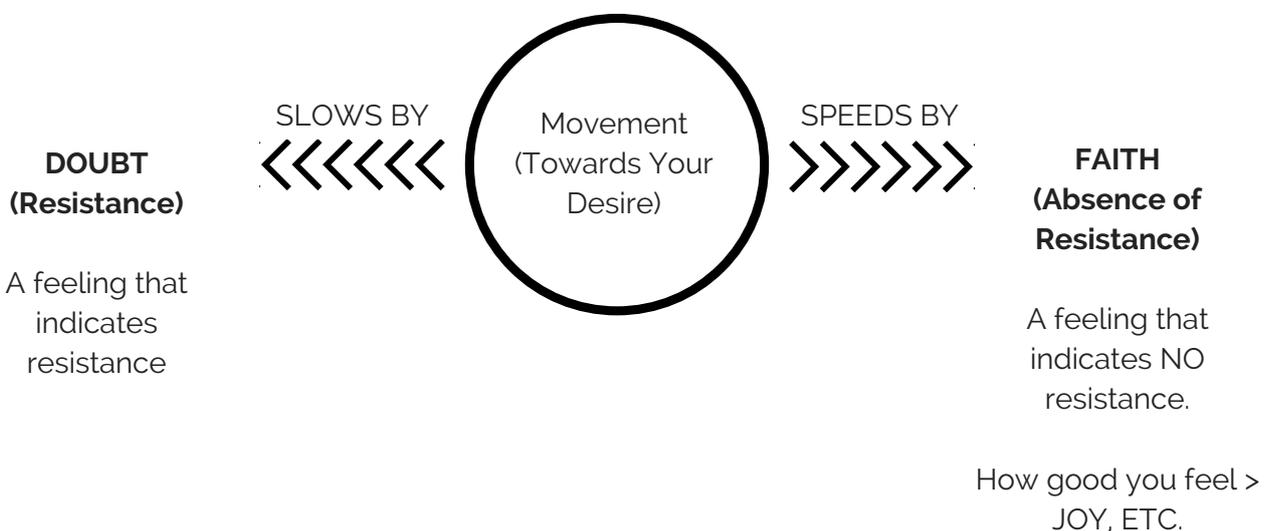
If you want something but feel emotional that you don't have it, it's because VIBRATIONALLY you already have it, and what you're feeling is DISCORD with who you truly are, the you who already has it.

YOUR POINT OF ATTRACTION - WHERE YOU'RE FOCUSED AND HOW YOU'RE FEELING

The key is to not put so much effort in. The process isn't as hard as you're making it out to be.

To recap, the creative process is:

1. Ask
2. Source answers (you receive)
3. Receive it/Allow it



If you're looking for proof/reasons of abundance (or whatever you desire), but instead find proof/reasons of lack - STOP LOOKING!

Follow this process:

What's more satisfying to say/feel/think?

Reach the feeling of satisfaction for yourself.

But remember: just the words won't change anything, because the Universe responds to your vibration.

So if you don't believe, don't say "I KNOW" (because vibrationally that won't feel good, which means you are offering resistance), instead say, "I'M DOUBTING IT, BUT I WANT TO KNOW IT" (which is a much better feeling thought).

ARE YOU RESISTING

Knowing is complete absence of resistance.

Believing has a little resistance.

Hoping a little more still.

Doubting, even more.

Every single thing you want is because you believe that you will feel better in the having of it.

Expectation = Desire + Belief in the same place

There's no need to justify the effort - just expecting it to come is enough (so that it flows easily).

Feel good about the vibrations that you are emitting, regardless of the outcome.

Stop focusing on WHAT IS (this no longer matters - PAST TENSE, old news), and start focusing on WHAT IS WANTED (can be the active vibration - new ideas, fun, leading edge, action, energy, sweet spot).

WHAT IS does not have to continue to be the active vibration.

WHAT IS is compelling (because we are observing and can justify through visual stimulation), but it's usually not of the vibration of what is wanted. So you need to find something just as compelling (your WHY).

CLARITY = UNCONDITION

Here is a two-day activity to help you:

What's the feeling that I'm reaching for? Clarify it and then embody it.

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INTUITIVE NUDGES/GUIDANCE

Source energy (your vortex) is always calling you.

It leads the way and tells you which way to move through intuitive nudges.

You can hear it when you're in alignment with who you truly are (JOY/PASSION /LOVE/APPRECIATION). It's non-resistance in pure form.

To help you get there or hear the call, meditate, to silence the resisting thoughts.

When you are tuned into ANGER/RAGE/FEAR/PAIN/DOUBT (i.e. RESISTANCE), you cannot hear the call. You are literally tuned into a different frequency.

However, the distance between the feeling of DOUBT (ETC.) and the feeling of JOY (ETC.) isn't as great as you think.

Your job is to move up the emotional scale, and consciously choose better feeling thoughts until you are feeling JOY!

MAKING THIS ALL EASY

Your vortex is full of desires.

You are deserving of the realisation of them.

It's time for these realisations to be flooding into your experience.

At a rate that will astonish those around you.

SATISFACTION

Satisfaction/being satisfied means you are ready to be ready to be ready for more.

It's being happy where you are, but eager for more.

YOUR BELIEF SYSTEM

A belief is just a thought you keep thinking. Then the Universe shows you proof of what you believe.

FEELING YOUR WAY TO IT

Set your frequency at night before bed (you can do this by feeling good, or 15 minutes of meditation), then maintain it in the morning.

You're looking through physical eyes instead of feeling through vibrational senses.

Feel your way to it. Don't think your way to it.

Find the feeling then let the thoughts follow.

You have a source energy perspective of everything, that you have to blend with, to be happy.

The better you feel, the more you allow. You can have it all.

Make yourself feel good within your thoughts. This stops the resistance (which is the only thing blocking your desires).

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A NEW PERSPECTIVE

Think of the Universe as having an ATM. That ATM has an unlimited supply of EVERYTHING! And to withdraw all you need to do is be in the receiving mode (you do this by feeling good). (And good feelings include; joy, happiness, appreciation, gratitude, etc.)

HIGH VIBRATIONS

You are compassionately connected to the energy that creates worlds. And you don't need to actively try to raise your vibration. You just need to stop doing the things that keep it down.

UNDERSTANDING THE RECEIVING MODE

The receiving mode is light, easy, playful and fun.

Your goal is to maintain the consistency of the receptive mode.

You won't always be there, but that's ok. As long as you know how to get back there as often as you can.

Here is the entire Universe explained:

1. Contrast causes you to ask
2. Your asking is received by source
3. You get into the vortex, in alignment, allowing, feeling the presence of that which you're asking for
4. Mastery of that process (you do it with ease and no effort)
5. Having mastered it and you don't trip up when you're back at Step 1

POINT OF FOCUS

"What is it that I do want?"

We exist in an inclusive Universe. If you focus upon it (wanted or unwanted) you are vibrationally asking and simultaneously receiving.

Energy is nothing without focus. There's no satisfaction for a thinker if you find nothing to focus upon.

EVER-EXPANDING

Every conversation causes an expansion of the Universe because we are taking it to a place it's never been before. And so the Universe just became more than it was before.

NEGATIVE FEELINGS

A negative feeling is just the feeling of the lack of harmony with something that you want. Because vibrationally you already have it and what you are feeling is the discord between where you are physically and where you are vibrationally.

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THE POWER OF CREATION

When you imagine - Can you imagine ANYTHING...? Of course you can. And so, you can also create ANYTHING.

TAP INTO THE NON-PHYSICAL FOR A MOMENT

Let's say that your physical body was not a limitation. You can be anywhere at anytime and just from here to then (or there) at anytime... Where would you go? How would you behave? Would you worry about being here when you know you could be there in any moment? Or would you relish this experience now...? (HINT: Do the latter, because you can go from here to there in a moment!)

OUR POWER TO CREATE - GIFT OF THE GODS

God exists within everything. And we experience Him through our own existence. You are indeed given the gift of the Gods. And it's in our own consciousness that we form matter. As long as you believe in something - you create it to be as real as can be to you.

YOUR POINT OF FOCUS

Your focus should be on "What you want" and "Why you want it". And that's it! Not when, where, who or how.

CREATION

Everything that exists was vibration first. And there's ALWAYS more. And everything is a vibrational interpretation.

THE PROCESS OF CREATION (EXPANSION)

1. Ask
2. Receive
3. Allow

As you think, you vibrate.
As you vibrate, you attract.
As you attract, you receive.

Step 2 is not your work, only 1 and 3 are.

You must allow the abundance you ask for.

And there are certain things you must know (your soul already knows, so we are consciously trying to remember).

Alignment first THEN inspired action. Always.

You create through any thought of anything you bring into focus.

There are many ways to release resistance. Some of which are good feeling thoughts, the feeling of fun, joy, etc.

Strong asking and just a little allowing goes a long way.

Be satisfied with where you are while eager for what's coming next.

We're all in this together: physical and non-physical.

And you have the energy that creates worlds flowing through your fingertips.

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WHAT'S THE DEAL WITH CONTRAST

Contrast is anything that feels unwanted (it feels that way because it is the feeling of lack of harmony with something that you want). We perceive contrast as destructive. But in fact contrast is not destructive, it's highly creative. And the constant changing form of our reality is an expression of our creation (the creation caused by the contrast - because contrast allows us to be clear about what we DO want - causing us to ask). And our perception of the contrast is what gives it meaning. But we often make it far too personal... "Why is this happening to me?", "Why is this storm so destructive... is God punishing us...?" But only our perception of "hate" or "destruction" or any bad feeling can be the destroyers - not the creation itself. The creation is a result of the perception and not the other way around. So it's in our perception of contrast as destructive that makes it so. We perceive and create simultaneously; as we perceive, we create. You give it all meaning.

MIRRORS

Reflection is instantaneous. And just as we look into a mirror and see our reflection (note; what we see is our perception of what's there and not what is), our world/reality reflects in the same way - our vibration creates and our perception interprets and translates the reflection - giving power and giving birth to the next creation. And in order to alter your perception - you must just change the FOCUS of your consciousness. Because it is our consciousness that forms matter.

CONSCIOUSNESS

Consciousness creates form. Form does not create consciousness. And we are always in a state of becoming, we are not static. You create the world you know. We are artists. Creating both glories and terrors, through our point of focus.

ELIMINATING RESISTANCE

A soft and gentle focus will get you everything you want. Because there is less resistance there.

CREATING FROM OUR CONSCIOUSNESS

We believe that our consciousness is linear - past, present, future, but that's not the case.

Do your memories feel real?

Do you believe they happened?

Do they feel certain?

But are they happening now?

So how can we feel certain?

BECAUSE WE KNOW!

So what if the future can appear just as clearly as the past?

It can. And it's power to be so lies in the KNOWING. When you KNOW, you feel it. Think back to your memories, you can relive the feelings of those moments. And your feelings, create your vibrations, which create your world. And so, just as vividly as you created your past in this moment, you can create your future.

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ELIMINATING RESISTANCE

To feel no resistance, stop doing the thing(s) you're doing that keep you from being there (in the place of allowing, in the receiving mode, in a place where you feel what it feels like to have it now).

Feeling no resistance (the receiving mode) feels like freedom, gratitude, excitement, etc.

ACTIVITY

If you knew with complete certainty that \$1 billion (or whatever number is comfortable for you) was waiting for you to claim, how would you live your life?

PERCEPTION ALTERING

Change:

Earning > Receiving

Effort > Vibration (Personal Vibration Offering)

Doing > Thinking

Being aware of thought > Being aware of the FEELING when you think the thought

PROXIMITY TO YOUR DESIRE

Think of your desire/dream/goal

If it feels like disappointment/challenge/something you haven't figured out yet/hard /dilemma/injustice = then you are feeling VIBRATIONAL DISCORD (YOU ARE NOT IN ALIGNMENT)

If it pleases you when you think about it (like you feel joy, anticipation, excitement, hopefulness, etc.) = then you're in the right vibrational stance (YOU ARE IN VIBRATIONAL ALIGNMENT)

PERCEPTION

The money isn't the means to a happy life.

The happy life is the means to the money.

If you can't get there in your mind - then you can't get there.

The journey between where you are and where you desire to be is a VIBRATIONAL journey.

Don't focus on what is, focus on what will be.

REPROGRAMMING YOUR BELIEFS

When you change your core beliefs, your absolute truths, you change your life. If your absolute truth is that you believe, more so you KNOW that you are unlimited - then you can't observe any limitations. And when a self-imposed limitation comes up for you, you can go back to your core belief and know that your limitation does not align with that core belief, and therefore is not truth.

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WHAT IS SPLIT ENERGY?

Wanting it but feeling without it.

Wanting it but doubting it.

Wanting it but not believing you can have it.

The vibration of the above beliefs are not aligned with your desire.

They are a different frequency.

There are solutions:

CLARITY > Know with certainty and conviction what you desire.

Meditation > Still your mind (removes resistance).

Joy > Pure alignment with source energy

Act as if > Act as if your desires have already manifested, so go from "wanting it" to "having it".

ASK AND RECEIVE

As you ask, you receive. And so it is. It is done. And your job is to get into the receiving mode, you do this by feeling good. So your desire is in the process of becoming - so to speed up the process, feel the juice of it now. How does it feel to have it already? How do you behave? What gratitude do you express?

And in all of your desires, ask yourself, more so, focus upon, "What is the feeling I'm reaching for?", and get to that place now.

THE MASTERY OF CREATION

Many of us are observing reality, but we are here to CREATE REALITY. We do this unconsciously; through our observations, we perceive, and our perception holds the power which creates the next moment. When we do this unconsciously, we are creating by default. But when we are conscious about this process, we can alter our thoughts and beliefs, which will alter our perception, which alters our consciousness, which determines what we create. And that is the Mastery of Creation.

EMOTIONAL GUIDANCE

What's coming is the sum of how you feel plus what came (your perception of it).

Everything is a vibration before it's a manifestation.

THE RECEIVING MODE

Get into a place of EXPECTATION. Expectation is the sum of desire and belief in the same place.

CONTRAST

The contrast is part of what's right - it's part of the clarifying process. It helps you filter, and more clearly defines what you are wanting (which is what you are asking for).

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YOU ARE INFINITELY LOVED AND SUPPORTED BY THE DIVINE
AND ALL THAT YOU DESIRE TO BE, ALREADY LIVES WITHIN YOU

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