

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.



MODULE TWO WORKBOOK

Intuitive Action

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NOTES FROM THIS WEEK'S VIDEO:

SO HERE YOU WILL FIND ALL THE NOTES FOUND ON THE VIDEO. I RECOMMEND PRINTING THEM AND CHOOSING THOSE THAT RESONATE WITH YOU THE MOST AND MAKE THEM VISIBLE TO YOU EVERYDAY.

WE OFTEN TAKE MISGUIDED ACTION (NOT COMING FROM OUR OWN GUIDANCE SYSTEM, I.E. OUR SOUL)

TODAY'S GOAL: TAPPING INTO YOUR OWN INTUITION TO TAKE INTUITIVE ACTION

THE ANSWERS YOU SEEK (OR THE DIRECTION YOU SEEK) IS ALWAYS THERE - A CONSTANT STREAM OF GUIDANCE

YOUR INNER BEING IS ALWAYS TAPPED IN TO WELL-BEING

YOU'RE EITHER IN ALIGNMENT WITH WELL-BEING OR RESISTING WELL-BEING (WELL-BEING IS THE PLACE IN WHICH YOU FEEL SO GOOD THAT YOU ARE IN COMPLETE HARMONY WITH SOURCE)

WE ARE ALWAYS ON THE PATH OF WELL-BEING, UNLESS WE ARE RESISTING IT

A LOT OF PEOPLE TAKE ACTION DUE TO FEAR NOT FAITH. THEY FEEL THAT IF THEY DON'T TAKE CERTAIN ACTIONS, THEY'LL NEVER GET THERE. BUT THIS IS A MISCONCEPTION.

SUCCESS FLOWS FROM FEELING GOOD; YOUR WELL-BEING ALLOWS IT. FEAR RESISTS IT.

SUCCESS IS DEFINED BY YOU AND ONLY YOU

DO NOT GET CONFUSED! ACTION IS REQUIRED. WE ARE CONSTANTLY MOVING. BUT ACTION THAT IS NOT ALIGNED, IS ACTION WASTED.

TAKING ACTION THAT IS DIRECTED INVOLVES LISTENING TO YOUR SOUL

YOU HAVE THE END RESULT IN MIND. YOU HAVE ALREADY ASKED. THE UNIVERSE HAS RESPONDED. NOW YOU MUST LISTEN TO THE GUIDANCE FROM THE UNIVERSE TO TAKE THE PATH OF LEAST RESISTANCE.

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INTUITIVE ACTION IS BIRTHED FROM TWO PLACES.
ONE WAY IS TO FEEL GOOD

FEELING GOOD MEANS THAT YOU ARE IN ALIGNMENT WITH YOUR OWN INNER WELL-BEING, AND IT'S IN THIS PLACE THAT THE UNIVERSE CAN GUIDE YOU WITH INTUITIVE NUDGES

STEP ONE: MEDITATION

QUIETEN YOUR INTERNAL CHATTER AND LET YOUR SOUL SPEAK
DON'T TRY TO GUIDE YOUR THOUGHTS, JUST LET THEM FLOW

YOUR SOUL IS ALWAYS GUIDING YOU, SENDING YOU SIGNALS, BUT BECAUSE WE ARE SO BUSY TAKING MISGUIDED ACTION AND OVER-THINKING, WE AREN'T LISTENING

STEP TWO: FEEL GOOD!!

WHEN YOU FEEL GOOD, YOU ARE IN COMPLETE ALIGNMENT, COMPLETE HARMONY WITH THE SONG OF OUR SOUL

AND HARMONY WILL ALLOW YOU TO MOVE WITH YOUR OWN GUIDANCE SYSTEM

INTUITIVE NUDGES, MORE OFTEN THAN NOT, ARE SMALL ACTION STEPS, NOT A CURE TO CANCER

THINK OF YOUR INTUITIVE NUDGES AS THOSE UNEXPLAINED IMPULSES THAT YOU RECEIVE - THEN FOLLOW THROUGH WITH THEM

YOU CAN GET THERE THE EASY AND ALIGNED WAY, BY LISTENING TO YOUR INNER GUIDANCE SYSTEM (SURRENDERING YOUR THOUGHTS AND/OR FEELING GOOD) OR YOU CAN GET THERE THE HARDER WAY, THAT DOESN'T FEEL GOOD, BY TAKING MISGUIDED ACTION AND TAKING THREE STEPS BACK FOR EVERY STEP FORWARD (BY DOING THINGS YOU THINK YOU SHOULD DO, BUT THAT DON'T NECESSARILY FEEL GOOD)

YOUR SOUL WILL ALWAYS GUIDE YOU TO THE PATH OF LEAST RESISTANCE. THERE'S ALWAYS MULTIPLE WAYS TO GET THERE

SURRENDERING YOUR THOUGHTS (MEDITATION OR SIMILAR) WILL ALLOW YOU TO BE GUIDED (YOU WILL RECEIVE INTUITIVE NUDGES, IN WHICH YOU FOLLOW THROUGH WITH INTUITIVE ACTION)

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YOUR INNER BEING ALREADY KNOWS WHERE YOU FEEL RESISTANCE, BUT WHEN YOU SURRENDER AND ALLOW IT TO GUIDE YOU, IT WILL AVERT THOSE PLACES OF RESISTANCE

INTUITIVE ACTION COMES FROM BEING IN THE RECEIVING MODE

1. YOU ASKED
2. YOU RECEIVED (VIBRATIONALLY)
3. YOU MUST ALLOW

RECEIVING MODE = FEEL GOOD = DO THE THINGS THAT MAKE YOU FEEL GOOD

COMMIT TO TAKING THE ACTION THAT COMES SPONTANEOUSLY

CONTRAST (EXPERIENCES THAT DON'T FEEL GOOD, THAT YOU DON'T WANT), HAS CAUSED YOU TO ASK (FOR WHAT YOU DO WANT)

AND ONCE YOU ASK, THEY ARE IN YOUR VORTEX AND SIMULTANEOUSLY (AS YOU ASK), THE UNIVERSE RESPONDS AND DELIVERS THOSE REQUESTS

NOW YOU MUST ALLOW IT INTO YOUR EXPERIENCE - YOU DO THAT THROUGH INTUITIVE ACTION - YOU RECEIVE THAT BY BEING IN THE RECEIVING MODE - AND YOU GET INTO THE RECEIVING MODE BY FEELING GOOD

RECEIVING MODE = ALLOWING MODE

VIBRATIONALLY, ALL YOUR DESIRES HAVE ALREADY MANIFESTED

YOU ALLOW/RETRIEVE/RECEIVE BY FEELING THE FEELINGS YOU DESIRE, NOW!

IF YOU DON'T FEEL GOOD BECAUSE YOU FEEL YOU DON'T HAVE WHAT YOU DESIRE YET, THAT MEANS YOU ARE THINKING IN TERMS OF LACK, WHICH MEANS THAT YOU DO NOT BELIEVE, YOU DO NOT KNOW THAT YOUR DESIRES HAVE BEEN MET. AND IF YOU DON'T BELIEVE, YOU WILL NEVER RECEIVE.

GET INTO A PLACE OF KNOWING THAT YOU ARE BEING GUIDED. AND TRUST THAT YOU WILL ALWAYS BE LED IN THE RIGHT DIRECTION, ON THE PATH OF LEAST RESISTANCE.

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THERE'S NO DIFFERENCE BETWEEN WHAT YOU SEE WITH YOUR MIND'S EYE OR YOUR ACTUAL EYES. YOUR BRAIN DOES NOT KNOW THE DIFFERENCE. (THIS IS WHY VISUALISATION IS SO POWERFUL)

CONSISTENCY AND PATTERNS WILL GIVE YOU RESULTS

THAT IS THE SWEET SPOT!!! NOT KNOWING WHY, BUT TRUSTING THAT IT IS DIVINE AND GOING WITH IT!

YOU DON'T HAVE TO TRY HARDER, YOU HAV TO LISTEN (TO YOUR INNER GUIDE) MORE

YOU DON'T NEED TO DO MORE, YOU NEED TO LOVE YOURSELF MORE

YOU KNOW THAT IT HAS COME FROM AN INTUITIVE PLACE BECAUSE YOU WERE FEELING GOOD JUST BEFORE THE INSPIRATION CAME

ONCE YOU GET INTO A PLACE OF FEELING GOOD, ALL WILL BE REALISED BY YOU, BECAUSE IT IS ALREADY YOURS, THE MOMENT YOU ASKED, YOU RECEIVED.

YOU ARE ALREADY LIVING YOUR BEST LIFE, YOU JUST NEED TO REALISE IT

WHEN YOU DON'T FEEL GOOD, YOU ARE JUST RESISTING THE WELL-BEING THAT IS ALWAYS PRESENT, THAT IS ALWAYS AVAILABLE TO YOU, THAT LIVES WITHIN YOU

THE BETTER YOU FEEL, THE MORE YOU ALLOW

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ACTIVITY ONE

YOUR SOUL WILL ALWAYS GUIDE YOU TO THE PATH OF LEAST RESISTANCE. THERE'S ALWAYS MULTIPLE WAYS TO GET THERE

Ok, so I want to start this workbook off with getting you behind the Universe, seeing it from an alternative perspective.

I want you, just for a second, to pretend that your end goal is to receive \$10,000.

I want you to list all the possible ways in which this could happen for you right now:

Examples; win the lottery, work with X number of clients, sell 1 x 1:1 coaching package, sell my car, inherit the money, find the money, make it in affiliate commission, etc.

Now that you've done that, does that prove, that at any given time, you can allow your desires in, in multiple different ways. This is proof that the how is not significant, and your focus should be on the goal, and along the way you will receive the intuitive nudges that will lead you to the path of least resistance (the easiest way to get to your end goal)

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ACTIVITY TWO

Activity 2 & 3 are focused on getting you into the receiving mode.

RECEIVING MODE = FEEL GOOD = DO THE THINGS THAT MAKE YOU FEEL GOOD. RECEIVING MODE = ALLOWING MODE. YOU ALLOW/RETRIEVE /RECEIVE BY FEELING THE FEELINGS YOU DESIRE, NOW.

Choose ONE thing that makes you feel good, as small or large an activity as you desire.

As you write it down, follow it with why it makes you feel good. What feelings does it give you. How do those feelings translate into positive feelings for you?

Now I want you to write a list of other activities that you could do to achieve those same feelings:

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ACTIVITY TWO

Schedule some of those activities into your diary for this week. Put those activities into a jar, and everyday, pull one (or more) out. Commit to always adding to that list. Fill your life up with activities/experiences that maintain those high vibration feelings.

THIS IS HOW YOU GET INTO THE RECEIVING MODE.
And it's from this place that you will receive the intuitive nudges required to get you closer to your desired results.

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ACTIVITY THREE

INTUITIVE ACTION IS BIRTHED FROM TWO PLACES; STILLNESS AND FEELING GOOD!

This is probably the most important take away from the entire module. I want you to get into the receiving mode, in which you will receive your intuitive nudges so that you can take intuitive action.

You do this by:

1. Take time today to spend 15 minutes meditating. Download an app like "Calm" to provide calming background focus, get comfortable and rest your eyes. Surrender your thoughts and let the time pass as you focus on your breath. This step is crucial, and I recommend that you do it daily if you can.

In the space below, write out what thoughts came to you after your meditation. It may be as simple as, "wanting to turn on the music". Anything that came post meditation, write it down.

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ACTIVITY THREE

2. Write down a list of at least 10 things that make you feel good. They could include, but are not limited to; cooking, exercising, writing, baking, swimming, dancing, getting a massage, a facial, shopping, etc.

From your list above, choose FIVE of them that you will do today! Make them priorities - they are just as important as anything on your to-do list.

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MORE CREATIVE SPACE

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REFLECTION

Now, I want you to spend some time, post activities, reflecting on how you feel...

How do you feel?

And, what more do you feel you need to feel supported? (If you can, share in the Facebook Group so that we can all lift each other higher)

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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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