

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 ONE WORKBOOK

SELF-LOVE

ALLOW MORE

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.

GOD LIVES WITHIN ME

MY CONNECTION TO MYSELF IS MY CONNECTION TO GOD

EVERYTHING YOU HAVE EVER ASKED FOR AND FOCUSED UPON IS ALREADY YOURS

RESISTANCE COMES FROM OUR VIBRATIONAL DISCORD - RESISTANCE COMES FROM OUR SELF-IMPOSED "BLOCKS" TO THE NATURAL FLOW OF WELL-BEING

SELF-LOVE IS TO LOVE YOUR HUMAN CONDITION AND YOUR HUMAN EXPERIENCE

REFLECTING THAT WHICH YOU ARE UNTO THE WORLD

WE CHOSE THE CONTRAST. IT'S PART OF THE CREATIVE EXPANSION OF THE ENTIRE UNIVERSE

CONTRAST IS ANYTHING THAT DOESN'T FEEL GOOD

THE CONTRAST IS PART OF THE MANIFESTATION

THERE IS NO DELAY IN OUR DREAM STATE (OUR UNCONSCIOUS STATE) BECAUSE WE HOLD NO RESISTANCE THERE TO THE MANIFESTATION

THE JOURNEY TO THE PHYSICAL MANIFESTATION OF OUR DESIRES IS JUST AS MUCH PART OF OUR REQUEST AS THE MANIFESTATION ITSELF

WE DESIRE FEELINGS, OFTEN WE REQUEST THOSE FEELINGS TO COME FROM THE ACCUMULATION OF PHYSICAL THINGS, BUT THE DESIRE IS FOCUSED UPON THE FEELING

YOU ARE AWARE OF YOUR OWN RESISTANCE AND YOU ARE HERE TO MOVE THROUGH IT

THE SEPARATION YOU FEEL BETWEEN WHERE YOU ARE AND WHERE YOU DESIRE TO BE IS DUE TO MORE OF YOUR FOCUS BEING ON WHAT IS INSTEAD OF WHAT COULD BE

Allow More

FEEL THE FEELINGS YOU DESIRE, IN ANY WAY YOU CAN, NOW!

HOW YOU FEEL ABOUT YOURSELF IS HOW YOU HAVE DECIDED THE
WORLD WILL FEEL ABOUT YOU
YOUR POWER OF CREATION COMES FROM OUR OWN SELF-REFLECTION

YOU DETERMINE YOUR VIBRATION
NOTHING OUTSIDE OF YOU DOES

THE SUCCESS/JOY/HAPPINESS OF OTHERS IS IRREFUTABLE PROOF
THAT IT'S POSSIBLE FOR YOU TOO

YOUR CONNECTION TO YOUR OWN DIVINITY IS FOUND WITHIN YOU

TURN "EFFORT" INTO "RECEIVING/ALLOWING"

NUMBER 1 FOCUS = HAPPINESS/JOY (RAISES YOUR VIBRATION)
NUMBER 2 FOCUS = AFTER YOU'VE ACHIEVED THAT, TAKE ACTION IN
AN INTUITIVE WAY

ACTION OUT OF ALIGNMENT MEANS YOU'RE NOT IN THE FLOW OF
ALLOWING

YOU. ARE. IN. CONTROL.

SELF-CARE/SELF-LOVE PRACTICES ARE THINGS THAT MAKE YOU FEEL
GOOD (THESE PRACTICES RAISE YOUR VIBRATION WHICH GET YOU
INTO ALIGNMENT AND VIBRATING AT THE SAME FREQUENCY OF YOUR
DESIRES)

YOUR POWER TO CREATE THE NEXT MOMENT, LIES IN THE CURRENT
MOMENT. SO WHAT YOU FEEL NOW, IS WHAT YOU CREATE LATER

YOU ARE UNCONDITIONALLY LOVED AND SUPPORTED BY THE DIVINE.
YOU DON'T NEED TO EARN IT, YOU ARE ALREADY WORTHY OF IT

YOU ASK, AND YOU INSTANTLY RECEIVE, THE ONLY REASON THE
GATES ARE CLOSED IS BECAUSE YOU ARE RESISTING THEM.

Allow More

TO REMOVE THE RESISTANCE, YOU NEED TO GET TO A PLACE IN WHICH YOU FEEL GOOD. FEEL GOOD ABOUT YOURSELF, FEEL GOOD ABOUT YOUR LIFE, FEEL GOOD ABOUT YOUR EXPERIENCES.

IT'S IN THIS HIGH VIBRATIONAL PLACE WHERE YOU ALLOW ALL THE THINGS, FEELINGS AND EXPERIENCES YOU DESIRE TO FLOW TO YOU. IT'S IN THIS PLACE WHERE YOU GET SUDDEN BURSTS OF INSPIRATION ON WHAT ACTION TO TAKE NEXT. IT'S IN THIS PLACE THAT IT BECOMES EASY TO ATTRACT AND ALLOW IT ALL IN.

MAKE A LIST OF ACTIVITIES THAT MAKE YOU FEEL GOOD (I.E. RAISE YOUR VIBRATION)

SEE THE JOURNEY AS PART OF THE MANIFESTATION ITSELF, DON'T SEE IT AS A SETBACK, DON'T SEE IT AS A PLACE THAT ISN'T WHERE YOU DESIRE TO BE.

REWRITE YOUR SCRIPT. YOU DON'T NEED TO ELIMINATE THINGS THAT DON'T FEEL GOOD, YOU NEED TO FIND A WAY TO MAKE THOSE THINGS FEEL GOOD TO YOU. CHANGE YOUR PERCEPTION OF THEM.

THERE ARE NO RULES
YOU GET TO CREATE THE RULES

INTUITIVE NUDGES FROM GOD COME WHEN YOU ARE IN ALIGNMENT WITH YOUR INNER BEING (IN THIS CASE, PRACTICING SELF-LOVE)

THE LOVE YOU GIVE TO OTHERS COMES FROM THE FULLNESS THAT YOU ALREADY GIVE TO YOURSELF

BEING SELFISH IS SELFLESS
THE MORE I GIVE TO MYSELF, THE MORE I CAN GIVE TO THE WORLD

RAISING MY OWN VIBRATION, RAISES THE VIBRATION OF THE ENTIRE PLANET

JOURNALING AIDS IN ELIMINATING RESISTANCE BECAUSE YOU ARE AWARE OF HOW YOU ARE RESISTING AND YOU CAN WORK THROUGH IT

Allow More

ASK YOURSELF; "HOW DO I FEEL?" AND "WHAT DO I NEED (TO FEEL SUPPORTED RIGHT NOW)?"

FOR MY BODY
FOR MY SOUL
FOR MY PROGRESS

THE LOVE YOU SHOW YOURSELF, REFLECTS BACK UNTO YOU

YOU ARE YOUR NUMBER ONE PRIORITY.
MORE IMPORTANTLY, HOW YOU FEEL IS YOUR NUMBER ONE PRIORITY.

GOAL = SEE NO SEPARATION BETWEEN HERE AND THERE

YOU ARE WORTHY JUST BECAUSE YOU ARE. JUST BECAUSE YOU EXIST.

WHEN YOU FEEL DISCORD/MISALIGNMENT, RECTIFY BY DOING SOMETHING THAT MAKES YOU FEEL HAPPY

Allow More

ACTIVITY ONE

EVERYTHING YOU HAVE EVER ASKED FOR AND FOCUSED UPON IS
ALREADY YOURS

Think of everything you could ever want right in this moment. Visualise all of it existing in a box. Imagine that this box lives within you. Imagine that every time you ask for something, it goes straight into that box. Your only job is to find a way to open the box. Now this box is a special box, because this box will always stay open if it wasn't for you putting doubts and worries, and resistance upon it like a pile of books, keeping it shut.

So now that you've taken a moment to visualise your own vortex, I want you to write a list of things that you wish to live inside your vortex right now.

Or in simpler terms, what do you want right now...?

ALLOW MORE

ACTIVITY ONE

You thought we were done...?

Not yet!

Now I want you to take everything that you just put into your vortex and edit them to be in terms of desired feelings instead.

For example:

You had written, "a luxurious holiday to Paris", you would convert it to the feeling you desire from that holiday... "a life of adventure and freedom".

You had written, "\$10K more a month", you would convert it to the feeling you desire from that extra income... "financial abundance, freedom, playfulness".

ALLOW MORE

ACTIVITY TWO

SELF-LOVE IS TO LOVE YOUR HUMAN CONDITION AND YOUR HUMAN EXPERIENCE. REFLECTING THAT WHICH YOU ARE UNTO THE WORLD.

How do you want the world to know you?

How would you like the world to describe you, to remember you?

Write down a list of your answers.

Allow More

ACTIVITY TWO

Now from your list, determine all the ways in which you see yourself that way already... If there's a gap there, it's time to fill it. The way the world sees you, is the way you see yourself first.

Examples:

You wrote down that you wanted the world to remember you as kind and generous. How do you embody that already...? Are you kind? Are you generous? How so?

You wrote down that you wanted the world to remember you as physically beautiful and breathtaking when you walk in any room. How do you embody that already...? Do you see yourself as physically beautiful? Do you feel that people notice your appearance? Are you confident with the way that you look? If you aren't, how can you change your perception?

Do you see why this activity is important? It starts to breakdown your own resistance, allowing for the natural flow of well-being to breakthrough.

ALLOW MORE

ACTIVITY THREE

THE SEPARATION YOU FEEL BETWEEN WHERE YOU ARE AND WHERE YOU DESIRE TO BE IS DUE TO MORE OF YOUR FOCUS BEING ON WHAT IS INSTEAD OF WHAT COULD BE

Where do you spend more of your time in your head? Is it in what is? Where most of your focus is on the absence of what could be...? Is it in the here in now? Where most of your focus is on the appreciation of what has become? Is it in what could be? Where most of your focus is on the excitement, anticipation, expectation of what is coming? Is it in what could be? Where most of your focus is on the feeling of living in that place now? Feeling the feeling of having it now?

Do you see the distinction of your thoughts and how they in fact alter your reality...?

I want you to make a note today of where your thoughts wander? Where are you spending most of your time? (in relation to your thoughts)

What is OR what could be?

Appreciation/gratitude/love/fun OR resentment/fear/worry/lack

Consider this a journal entry of your thoughts. As many as you can. Don't be hard on yourself if you miss some, it is more about the awareness of the thoughts. Now that we have opened the gate, we can more quickly change our thoughts into the thoughts that get us closer to the feelings we desire.

ALLOW MORE

ACTIVITY FOUR

NUMBER 1 FOCUS = HAPPINESS/JOY (RAISES YOUR VIBRATION)
NUMBER 2 FOCUS = AFTER YOU'VE ACHIEVED THAT, TAKE ACTION IN AN INTUITIVE WAY

I want you to be intentional about your day today:

Firstly, list all the ways you can achieve the feeling of joy and/or happiness today:

(What activities can you do to achieve this?)

Now, I want you to commit to doing at least FIVE of those things!

Once, you've done that, you'll feel sudden bursts/nudges of inspiration, write them down, and follow through. Don't think twice, just do them.

It may seem very outlandish, just trust that your intuition is guiding you and follow through!

Write some of your intuitive action steps below!

ALLOW MORE

ACTIVITY FIVE

FOR MY BODY . FOR MY SOUL . FOR MY PROGRESS

How do you desire to feel in each of the three areas?

Now write down at least THREE things that you will do for each of the three categories below:

FOR MY BODY

(Examples; yoga, dance, walk, gym session, body scrub, healthy meal choices, moisturise, skincare, manicure, hair care treatment, etc.)

FOR MY SOUL

(Examples; eat your favourite food, watch the TV show, read a book, journal, cook, meditate, visit a friend, paint, shop, play with your crystals and cards, etc.)

FOR MY PROGRESS

(Examples; write the blog, email, create content, create a new offer, follow up on prospects, post more on Social Media, go on LIVE, work on website, etc.)

Allow More

MORE CREATIVE SPACE

Allow More

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)

Allow More

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

Allow More