

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 THREE WORKBOOK

Manifesting

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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.

OUR INTENTION TODAY IS EXPLAINING THE PROCESS OF MANIFESTING (I.E. ALLOWING)

THE MANIFESTING PROCESS IS A 3 PART PROCESS

YOU EXPERIENCE CONTRAST (WHAT YOU DON'T WANT), WHICH CAUSES YOU TO ASK (FOR WHAT YOU DO WANT). SO STEP 1 IS TO ASK.

THEY DO NOT FEEL GOOD BECAUSE THERE IS LACK OF HARMONY WITH WHO YOU TRULY ARE AND WHAT YOU TRULY DESIRE

YOU FEEL SEPARATION BETWEEN WHERE YOU ARE AND WHERE YOU DESIRE TO BE

YOU FEEL THIS WAY, BECAUSE VIBRATIONALLY YOU ALREADY HAVE WHAT YOU DESIRE, THE MOMENT YOU ASK FOR IT

WHEN YOU EXPERIENCE CONTRAST, YOU DETERMINE WHAT YOU DON'T LIKE, WHICH IN TURN ALLOWS YOU TO CLARIFY WHAT IT IS YOU DO LIKE, WHICH CAUSES YOU TO ASK

BUT THE CONTRAST THAT CAUSES YOU TO ASK IS A DIFFERENT VIBRATIONAL FREQUENCY TO THE DESIRE YOU ARE ASKING FOR

SO IN ORDER TO ALLOW MY DESIRE INTO MY EXPERIENCE, I MUST CHANGE MY VIBRATIONAL FREQUENCY TO MATCH THAT OF MY DESIRE.

AS SOON AS YOU ASK, SIMULTANEOUSLY, YOU RECEIVE

AS SOON AS YOU ASK, THE VIBRATIONAL PART OF YOU (WHICH IS MOST OF YOU), GOES AND BECOMES THAT DESIRE

SO VIBRATIONALLY, YOU HAVE ALREADY RECEIVED

DURING THIS PHYSICAL EXPERIENCE, WE ARE MORE NON-PHYSICAL THAN WE ARE PHYSICAL

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WHENEVER WE ASK, THE NON-PHYSICAL PART OF US HAS NO RESISTANCE TO IT, AND HENCE BECOMES IT (YOU RECEIVE)

IT'S THE PHYSICAL PART OF US THAT HOLDS ONTO RESISTANCE, THAT SEES SELF-IMPOSED LIMITATIONS

THE ONLY THING THAT NEEDS TO CHANGE IS YOUR PERCEPTION OF YOUR REALITY, NOT THE REALITY ITSELF, BECAUSE THE REALITY HAS ALREADY YIELDED YOUR DESIRE TO YOU

BE IN A PLACE OF KNOWING THAT YOU VIBRATIONALLY HAVE WHAT YOU HAVE ASKED FOR

AND ALL YOU HAVE TO DO IS ALLOW IT INTO YOUR PHYSICAL EXPERIENCE

YOU DO THROUGH THAT THROUGH THE ELIMINATION OF RESISTANCE

YOU ONLY NEED TO BE IN A PLACE WHERE YOU ARE NOT RESISTING, MORE THAN YOU ARE RESISTING

1. YOU ASK (YOUR JOB)
2. YOU RECEIVE (THE UNIVERSE'S JOB)
3. YOU ALLOW (YOUR JOB)

YOU ASK WHETHER CONSCIOUSLY AWARE OR NOT, WHATEVER YOU FOCUS ON, YOU VIBRATIONALLY ASK FOR

YOU DETERMINE IF YOU'RE RESISTING IT OR ALLOWING IT (IN THE RECEIVING MODE) BY HOW YOU FEEL

YOU FEEL GOOD = YOU'RE IN THE VICINITY OF YOUR DESIRE
YOU DON'T FEEL GOOD = YOU'RE NOT IN THE VICINITY OF YOUR DESIRE (YOU ARE FEELING DISCORD WITH THE ALIGNMENT OF YOUR DESIRE)

NEGATIVE FEELINGS SUGGEST THAT YOU FEEL SEPARATION BETWEEN THE PHYSICAL PART OF YOU AND THE NON-PHYSICAL PART OF YOU WHO ALREADY HAS WHAT YOU DESIRE VIBRATIONALLY

WHAT YOU NEED TO FOCUS ON:
WHAT YOU WANT, AND WHY YOU WANT IT

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THEN GET INTO ALIGNMENT BY FEELING GOOD

1. YOU ASK - CONTRAST CAUSES YOU TO ASK, AS SOON AS YOU ASK, IT GOES INTO YOUR VORTEX

2. YOU RECEIVE - AS SOON AS YOU ASK, YOUR REQUEST IS YIELDED BY THE UNIVERSE

VIBRATIONALLY YOU ALREADY HAVE IT - THERE IS NO TIME DELAY

3. ALLOW IT INTO YOUR EXPERIENCE

STEP THREE IS ABOUT YOUR REALISING OF IT (YOUR DESIRE)

UNTIL YOU COME TO THE REALISATION OF IT, IT WON'T EXIST IN YOUR REALITY, BECAUSE THE REALITY YOU ARE FOCUSING ON, IS WITHOUT IT

FOCUS ON FEELING IT BEFORE THE PROOF IS THERE

PERCEIVE THE CONTRAST AS BENEFICIAL TO YOU

BECAUSE IT'S EITHER ENHANCING YOUR DESIRE BY BRINGING IT CLARITY

OR IT'S FULFILLING YOUR DESIRE THERE AND THEN

CONTRAST IS PART OF THE MANIFESTATION. IT HELPS YOU BECOME MORE OF YOU.

THE PURPOSE OF LIFE IS JOYOUS EXPANSION.

EXPANSION IS EXPERIENCED BY ALL PHYSICAL AND NON-PHYSICAL ENERGY

THERE IS NO FINAL DESTINATION, BECAUSE OUR DESIRES NEVER CEASE, WE CONTINUE TO ASK AND EXPAND SIMULTANEOUSLY

OUR PHYSICAL BODIES ARE PERCEIVED BY US AS LIMITATIONS TO THE REALISATION OF OUR DESIRES, BUT WE ARE MORE NON-PHYSICAL THAN WE ARE PHYSICAL, SO THE TRUTH IS THERE IS NO LIMITATION

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YOUR ONLY JOB TO ALLOW IS TO BE IN ALIGNMENT WITH WHO YOU TRULY ARE BY BEING IN THE RECEIVING MODE

TO ALLOW IT INTO YOUR EXPERIENCE YOU HAVE TO BE IN ALIGNMENT WITH YOUR INNER BEING

GETTING INTO YOUR VORTEX IS JUST ANOTHER WAY OF SAYING, GETTING INTO ALIGNMENT WITH WHO YOU REALLY ARE

YOUR VORTEX IS THE CREATION OF THE WHOLE WORLD (THE WORLD YOU EXPERIENCE)

YOUR VORTEX IS THE VIBRATIONAL FREQUENCY OF ALL THAT YOU ARE

WHEN YOU'RE NOT IN THE VORTEX (NOT IN ALIGNMENT), EVERYTHING SEEMS HARD

THIS BELIEF WAS STILL PRODUCING RESULTS, BECAUSE VIBRATIONALLY I BELIEVED THAT IT HAD TO BE HARD TO RECEIVE - AND SO THAT'S WHAT I CREATED

WHEN YOU'RE IN THE VORTEX, WHEN YOU'RE IN ALIGNMENT, IT ALL FEELS EASY, LIKE IT'S FLOWING NATURALLY TO YOU

WHEN YOU'RE NOT FEELING GOOD, YOU'RE NOT IN ALIGNMENT

WHEN YOU BEGIN TO FEEL GOOD, YOU'RE IN ALIGNMENT, EVERYTHING BECOMES CLEAR TO YOU, YOU RECEIVE THE INTUITIVE NUDGES, YOU START TO REALISE THE MANIFESTATIONS OF YOUR OWN DESIRES - THAT'S THE SWEET SPOT

IF THERE IS A GAP BETWEEN YOUR DESIRE AND THIS TIME SPACE REALITY (THE PHYSICAL MANIFESTATION OF IT), THEN YOU HAVE MORE RESISTANCE TO THAT DESIRE THAN YOU HAVE BELIEF IN IT

IF THAT'S THE CASE, IT'S TIME TO TIP THE SCALE, YOU NEED TO BELIEVE/KNOW MORE THAN YOU RESIST

WHEN YOU'RE WORRYING/DOUBTING, YOU'RE MOVING AWAY FROM ALIGNMENT WITH YOUR DESIRE

WHEN YOU'RE EXPECTING/KNOWING/GRATEFUL/JOYOUS, YOU'RE MOVING TOWARDS ALIGNMENT WITH YOUR DESIRE

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ACTIVITY ONE

1. Write where you are about an area in your life. Be as specific as possible. This is about what is.

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ACTIVITY ONE

2. What rituals have got you there?

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ACTIVITY ONE

3. What do you want? What's your vision?

Be as specific as possible. This is about what is wanted.

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ACTIVITY ONE

4. What rituals would get you there?

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ACTIVITY TWO

Perfect Outcome Visualisation:

Insert your perfect outcome below. What end result do you desire?
(Choose just one area in your life for this exercise)

e.g.

\$1 million in a day

Every single day, for 30 days, spend 3 minutes visualising this outcome.
Think it, feel it, smell it, taste it, hear it, on repeat, over and over again.

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ACTIVITY THREE

This activity is from Abraham Hicks - directly from source energy and their reflection of what they would do everyday if they were in our physical shoes. Do this every day for 30 days.

1. Meditate for 15 minutes

2. Go outside - move around in it, to show your appreciation of this planet. Look up and around and find things to acknowledge and talk about them out loud. Say things like, "you're my favourite tree" (and say that to each of the trees), etc.

3. Grab a blank notebook and on the cover write "My book of positive aspects". Fill it with 3-5 pages of positive aspects on five different subjects and write the positive aspects (things that are good about/you love about) each of them.

This activity trains your vibration into an upward place.

4. Look upwards and outward (best done standing outside or at a window) and acknowledge that there are Universal forces that are focused RIGHT AT YOU.

Acknowledge, by calling it by name, and repeat:

"God/Universe/Angels/Source/whatever your truth is (choose which one resonates with you), I acknowledge that I am the object of your positive attention and I'm appreciating your continual gaze on behalf of my well-being, and today, no matter where I am, no matter where I am going, no matter what I am doing, and no matter who I am doing it with, I will be in conscious awareness that you too are there with me, appreciating me, supporting me, assisting me, acknowledging me, inspiring me, guiding me, loving me, having fun with me, acknowledging me, supporting me, assisting me, inspiring me, helping me, guiding me, aware of me, loving me, showing me, inspiring me, guiding me, helping me, uplifting me, showing me... (and keep going until you are ready to stop)."

5. Now do anything else that you have time to do for your day.

Watch how quickly your life changes.

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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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