

THE **effectology**[™]
M E T H O D

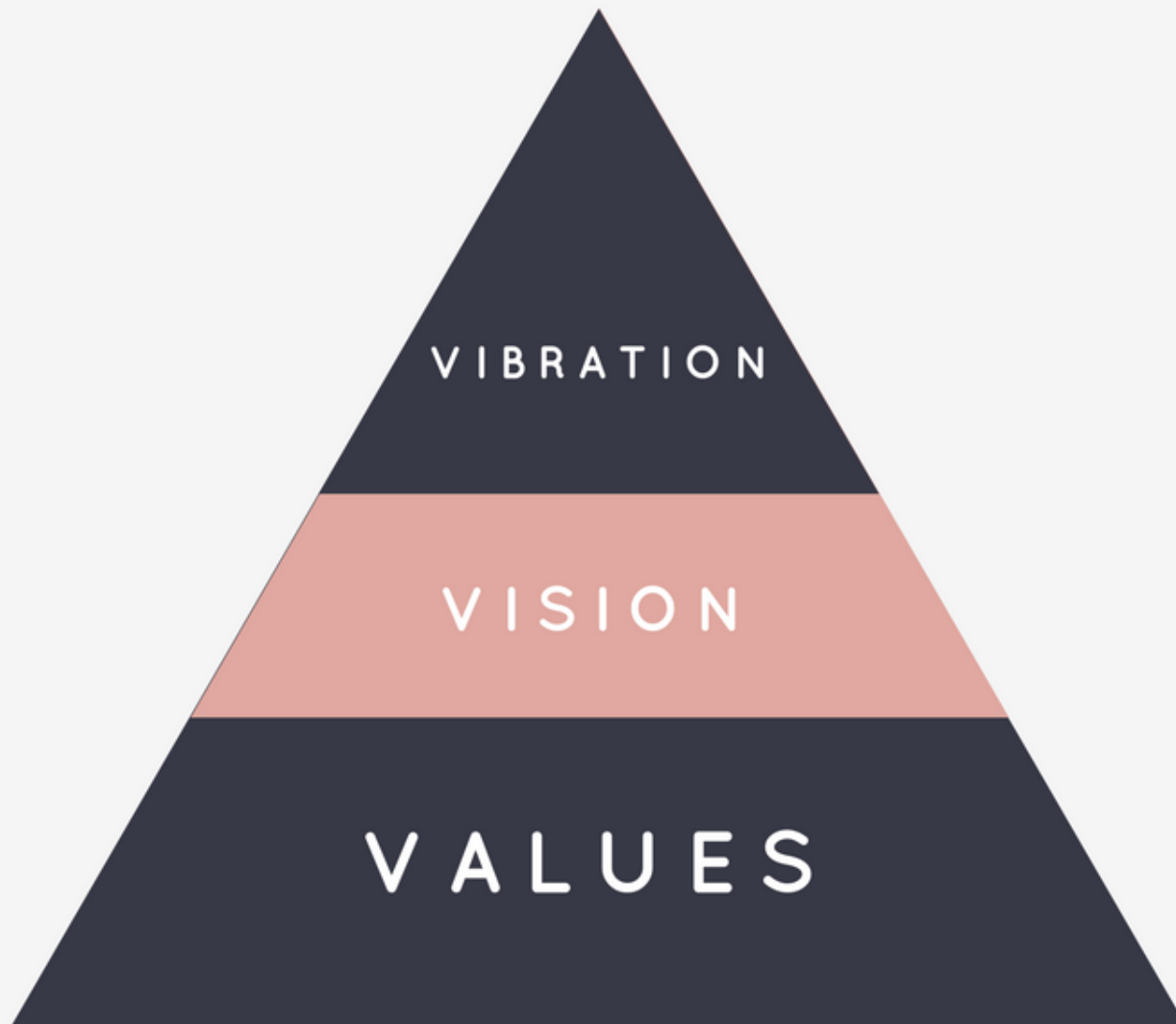
TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

THE effectology™

M E T H O D



Module 3

Become a Super Magnet



3.1

ACCESS YOUR POWER

MASTER THE SIMPLE THINGS

THE **effectology**[™]
M E T H O D



3.2

**YOU GET
TO CHOOSE**

EACH MOMENT HAS POWER



3.3

RAMP IT UP

TAP INTO YOUR HEART

the **effectology**
METHOD



3.1

ACCESS YOUR POWER

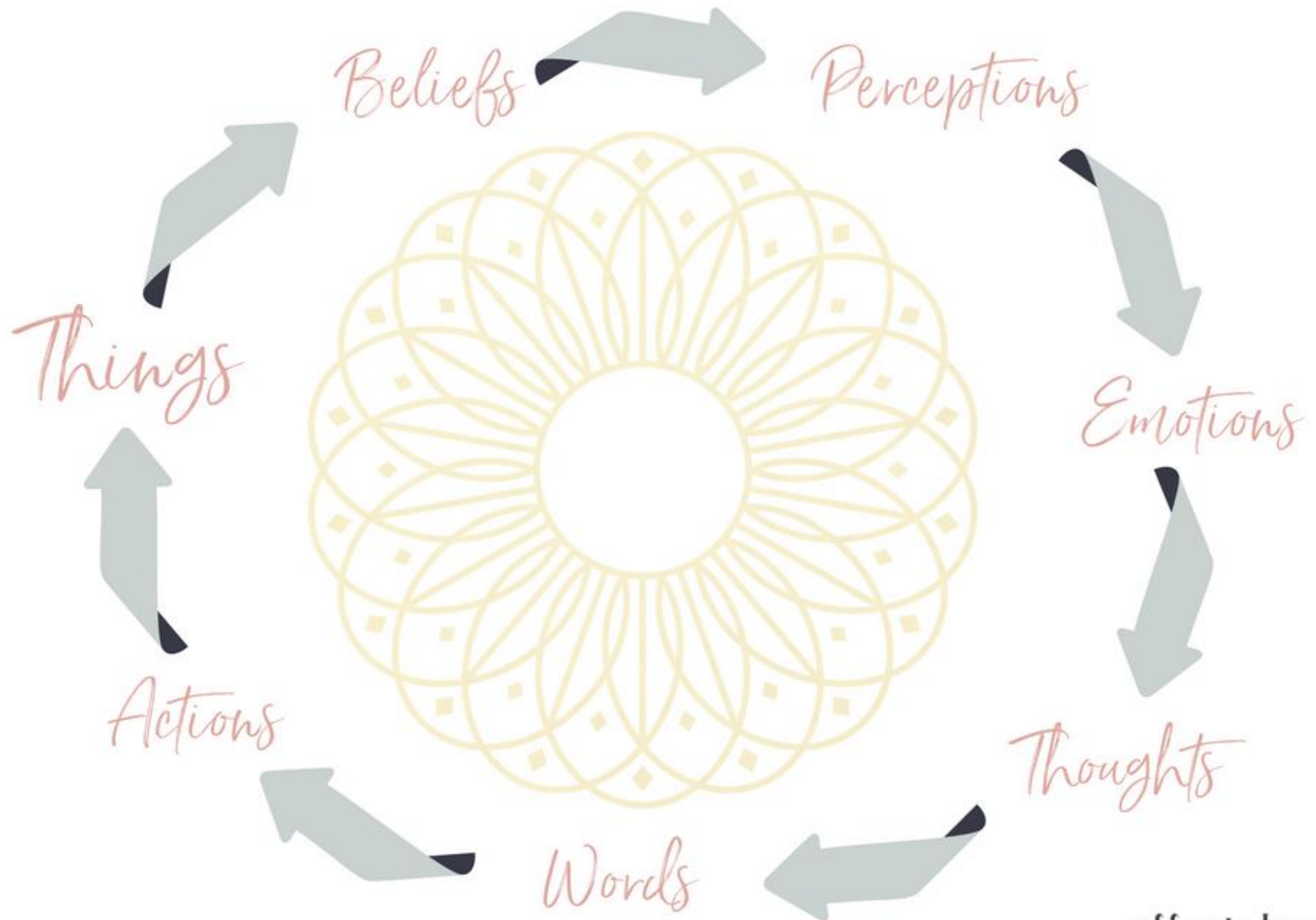
MASTER THE SIMPLE THINGS

A NOTE FROM THE UNIVERSE

*Basically, if you can feel it,
I can deal it.
Whatever you want.*

*With compliments,
The Universe*

*P.S. Emotion summons circumstances.
The greater the emotion,
the greater the circumstances.*



Emotions are the easy hack

Emotions

- Your emotions are the product of your beliefs & perceptions
- Emotions are life's feedback system
- Unpleasant emotions can point to limiting beliefs

Emotions are the GPS
to your dreams

You are both
a receiver (5 senses)
and a transmitter
of vibration

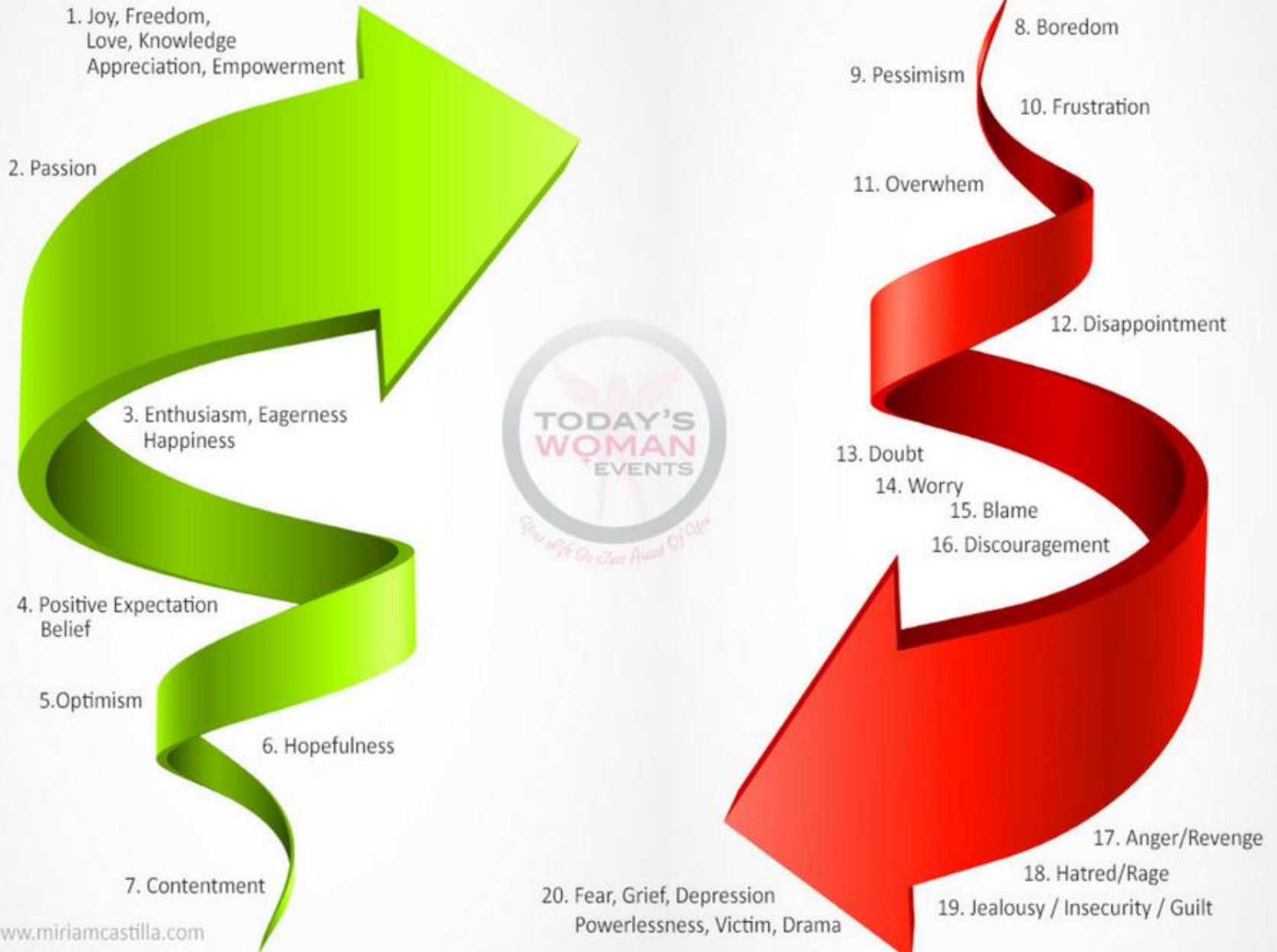
”

Match the
vibration
and get
the thing

ALBERT EINSTEIN

Vibration is the language
of the Universe

The Emotional Guidance Scale

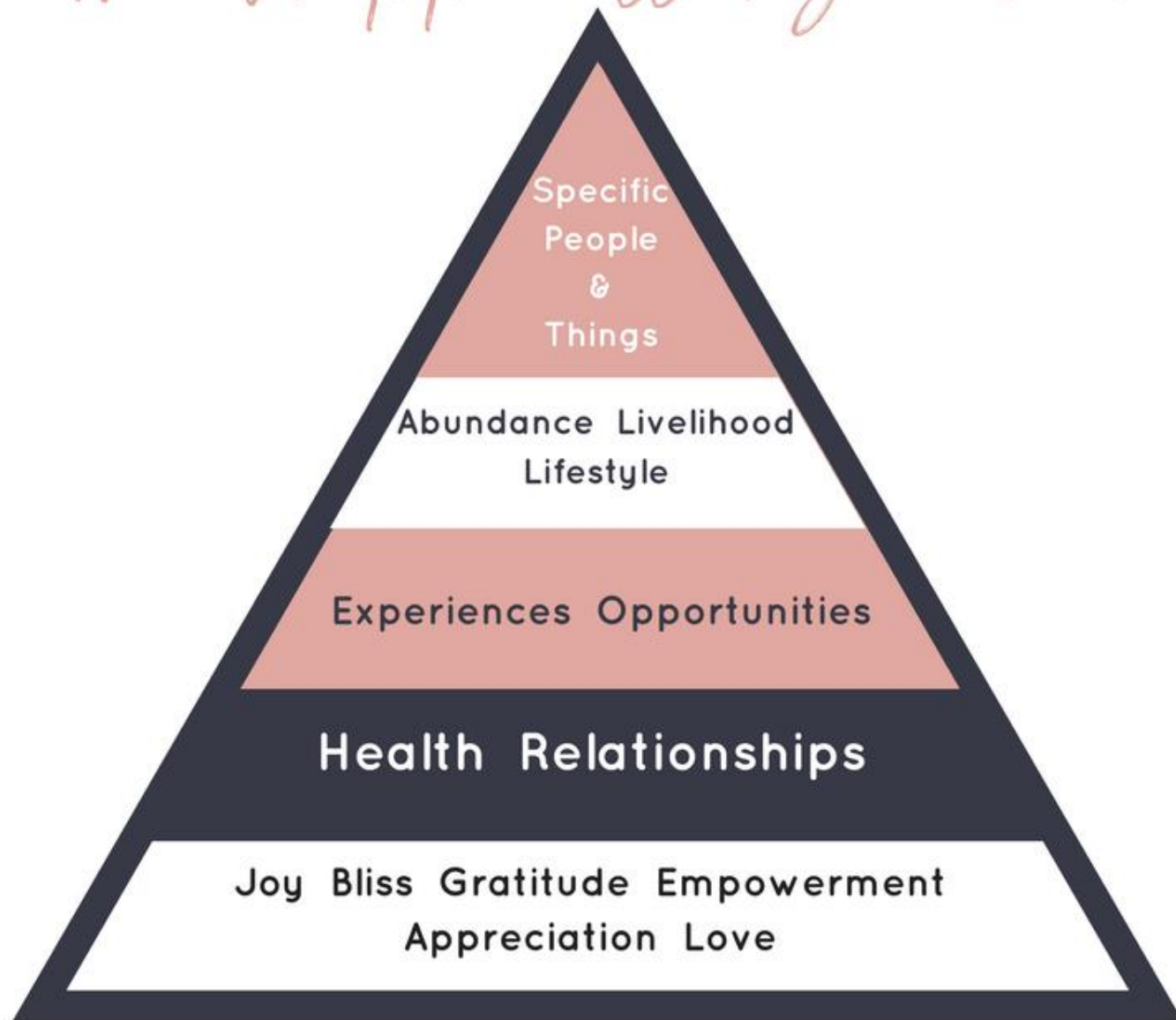


”

*Holding onto anger
is like drinking poison
and expecting the
other person to die*

BUDDHA

The Happiness Pyramid



Appreciation is easier
than Gratitude

Your Power
lies in
the simple things

Master them!

Simple but powerful:

Living in a state of appreciation

Start High

+

Stay High

The Process:

Start Living in Appreciation:

- On waking

- On falling asleep

- On walking

- On eating

Meditation:

The Vibration of Appreciation

Share in group:

- How does it feel to live in appreciation?
- What makes it easier?
- Have you found any other appreciation triggers?
- Notice the momentum and the shifts

Live Call:

- Living in appreciation fine-tuning
- Bring your manifesting questions