

THE **effectology**[™]
M E T H O D

TRANSFORM INTO THE MOST
PROSPEROUS & ABUNDANT
VERSION OF YOU

Miriam Castilla

LIFE ON PURPOSE

Module 4

Remove Obstacles & Soar

3 Types of Journal Questions:

1. Loosen old circuits:

- What would I have to believe in order to create this...?
- I wonder where that idea came from?
- What if it isn't true?

2. Wire up new circuits:

- What if the opposite was true?
- I wonder if I can find evidence of that?

3. Open up possibilities & place an order:

- I wonder what it would take to....

Flip A Vibration:

1. SUCCINCTLY write down the issue & emphasise the negative feelings you have around it.

eg: My partner won't give me any personal space and I feel so freaking irritated and claustrophobic that I want to crawl out of my skin!

2. Then write "And if this were not so, I would feel..."

3. List all the positive emotions and focus in on that vibration - keep going for as long as you can.

The Process:

1. Practise all 3 types of journal questions
2. Practise the '*Flipping a Vibration*' process
2. Get together with your buddy and practise 3 rounds of flipping a vibration each (on 3 different topics). Help your buddy to ensure they are allowing the positive vibration to build naturally

Share in group:

- How are your journal questions going?
- What insights and ideas have come as a result?
- How did flipping a vibration go with your buddy?
- Notice and share the shift in vibration on those topics.

Live Call:

- Discussion
- Flipping a Vibration practise
- Bring your manifesting questions!

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