

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



4.1

USE YOUR SUPER POWER

Simple but powerful

effectology
METHOD



THE effectology™
O D

4.2

QUICK FIXES

Processes to switch & flip

"

*Your world changes
when you change
your perspective*

You stop what is unwanted
by giving your attention to
something that is

Step by step:

1. Take your attention of what you don't want - even just for a moment
2. Find a way to start focusing on what you do want
3. Let your Unconscious Mind and Law of Attraction come to your aid.

Delay & Distract

Automatic Negative Thought Loops (ANTS)

- are unconscious patterns of thoughts (usually worry/fear)
- nothing more than a HABIT
- weaken a habit via 'delay & distract' - pruning synapses
- allows space for the new pattern to take over
- use the audio for this practise

Yes, but...

vs

Yes, and...

That's Right!

Ask for help to shift your
perspective

See what you couldn't see before

Your
Executive Assistant
is available 24/7!

Hypnotic Audios:

Unconscious Guidance

Ask your unconscious any question & get a higher perspective

Surrender & Release

Let go of what is unwanted & release the resistance

Making Peace With What Is

Trust there is a bigger plan and that you are safe

Bringing The Pieces of You Back Home

Re-centre and re-align

The Process:

1. Choose a habit to practise 'Delay & Distract' on
2. Use the audio & learn to Surrender ANTS
3. Notice when you play 'Yes, but' - and switch to 'Yes AND'
4. Practise playing 'That's Right!' on your own
5. Use the Unconscious Guidance & other meditations

Buddies:

1. Play 'Yes, but' and 'Yes AND' - discuss
2. Play a game of 'That's Right!' - discuss
3. Report back the group

Share in group:

- How's 'Stopping ANTS' & Delay & Distract'going?
Use #ANTS and #delaydistract
- Catching your "Yes, but's" and switching them
Use #switchit
- How did it go with your buddy?

Live Call:

- Discussion
- 'Yes And' vs 'Yes But' practise
- 'That's Right!' practise
- Bring your manifesting questions!

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