

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



4.3

THE BIG GUNS

Go Quantum!

THE **effectology**™
METHOD

The Process:

Mirror Work

Step 1: draw a love hear on your mirror

Step 2: practise looking deeply into your own eyes

Step 3: say out loud

"I love you <your name>"

"I love you & life loves you"

Notice what comes up

The Process:

Mirror Work

More mirror work suggestions:

When positive things happen, congratulate yourself, remind yourself that you are creating your reality

When 'negative' things, encourage yourself and help yourself stay connected to the higher perspective

The Process:

The Shadow - Journal Work

Who's annoying you?

What character traits is it you don't like?

When in the past have you exhibited these traits?

When have you behaved in a similar way?

How do you feel about it?

The Process:

The Shadow - Journal Work cont..

What's useful about that character trait?

How can that behavior serve you?

How can it serve others?

Am I willing to forgive myself?

The Process:

The Healer Within

- Choose a negative emotion you wish to clear
- Remember a **specific** event when you felt it strongly
- Note where you feel it in your body & rate it on a scale of 1-10
- Go into a state of Heart Coherence
- Invite The Healer Within within to clear the negative emotion
- Can use visualisations to observe the negative emotion dissolving (eg: water flowing, wind blowing, bubbles popping)
- Continue until you feel the process is complete
- Rate the old emotion again on a scale of 1-10

The Process:

The Healer Within

Variations

Use The Healer Within:

- to clear the energetic cause of ailments & illness
- hold a healing space for others
- send long distance healing energy
- heal relationships and energetic connections of groups

Trust your intuition & the intelligence of The Healer Within

Buddies

- practise using The Healer Within together
- your synergy will amplify the effects
- no need to give details, but locate & rank the emotion
- see your buddy as perfect and healed
- go into the Heart Coherence state together
- rank the emotion again at the end
- report back to the group!

Share in group:

#mirrorwork - how's it going?

#myshadow - support your buddy through this!

- how was it for you?

- can you make it a regular routine?

#healerwithin - how did it go on your own & with your buddy?

Live Call:

- Discussion
- The Healer Within group practise
- Bring your manifesting questions!

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