

The background is a deep blue, filled with numerous small, light blue stars of varying sizes. Three prominent, bright white stars are positioned diagonally from the top left towards the bottom right. Each of these stars is surrounded by a complex, multi-layered pattern of fine, radiating lines in shades of blue and white, creating a starburst or 'magical explosion' effect. Swirling, ethereal trails of light blue and white particles, resembling dust or magical energy, curve around the main stars and across the page. The overall aesthetic is dreamy, mystical, and celestial.

# Divine Guidance

*Unleashing your Inner Magician*

JEANNA GABELLINI & BRIDGET ENGEL



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## TABLE OF CONTENTS

Welcome .....	1
Lesson 1- The Divine Journey .....	5
Lesson 2 - Create the Connection with Divine Guidance ...	8
Lesson 3 - Be Fearless .....	10
Lesson 4 - Letting Go .....	15
Lesson 5 - Magnificence .....	18
Lesson 6 - Power .....	21
Lesson 7 - Trust .....	24
Lesson 8 - Intention .....	27
Lesson 9 - Dream Big .....	29
Author Contact Information.....	32

## YOUR DIVINITY

Welcome to the place where all *really* is well. We're delighted to support you in your journey for a deeper connection with Divine Guidance.

The intention for the Divine Guidance program is to assist you in creating a deeper relationship with your best friend in the whole Universe...your Inner Guidance. This connection is divine and of the highest vibration. It is pure, positive energy. It has an unlimited supply of love. Its soul purpose is to guide you to joy and all the things you desire.

Did you know that there is nothing too big or outrageous that you can attract into your experience? When you tune into your Inner Guidance, you are unleashing your Inner Magician. Life will seem to unfold in the most magical way for you. You were born to manifest like a magician...in an effortless, fun and joyous way.

You, My Dear One, are worthy of every little and big desire your heart and imagination can conjure up. Allow your Divine Guidance to serve as your GPS system to joy. For many of you, this information will be the missing link in using the Law of Attraction. You no longer have to work hard to create your goals; you just have to tap in!

## USE YOUR GUIDANCE DURING THIS COURSE

There will be a buffet of information for you choose from within each lesson of this course. If something does not resonate with you, don't put it on your plate. Choose to act upon any information that feels good. Remember, this is not a race to get things done. This is a meal. Every morsel is to be enjoyed.

The more you deliberately connect with your Divine Guidance and trust the guidance you are given, the more your entire life will seem like a party fit for royalty. Manifesting your deepest desires and spirituality go hand-in hand, like a very good romance.

Abraham-Hicks.com says it like this:

"When you do not have enough of something wanted, it is you who is depriving yourself, but what you are wanting is alignment more than the stuff that you think you want. Now, we want you to want all that stuff, because you are out here on the leading edge. Someone said yesterday, "Well, not so sure that this stuff that I want is really as spiritual as I want to be." And we say, this stuff out here on the leading edge is the extension of what spirit is; there is nothing that is not spiritual about your materialism, because you are the extension of source energy. But there is a physical aspect of you that is out of sync with the spirit that is you, just as there are physical aspects of you that are IN sync with the spirit that is you."

Are you ready to get on with the show? Here you go....

## THE DIVINE LEADERS

We, Jeanna and Bridget, were divinely guided to present this material to you in a way that felt uplifting to us and inspiring and fun for you! We knew that if we enjoyed the creation of this course it would serve our intention of creating powerful transformation for you in the way you go about attracting your goals.

Remembering to tap into your Divine Guidance (we'll also be referring to it as your Inner Guidance, Inner Magician, Inner Being and Inner Expert) is a life-long practice. Divine Guidance is available to you in every moment. If you can't make the connection, you must relax a little and then try again. We, too, are practicing in our relationship with our Inner Guidance. There is no limit to how far you can deepen this most fulfilling relationship.

We'd like to formally introduce ourselves so that you can feel more connected to us. Before we do, you must know that we have called you forth to play with us. We took time to let the Universe know exactly who we wanted to play with in this process. It is by no accident that you are reading these words. Your Inner Guidance led you to these pages and this information. You have called us forth, too!



### **JEANNA GABELLINI**

I'm thrilled to support you in this way. I grew up knowing that I would live a fabulous life. I had many conversations with God, praying that I would live in a way that would be filled with love and service.

In my early twenties I learned about the Law of Attraction but had no mentors in my life who walked the talk when it came to these principles. They told me I could create anything I wanted if I believed it. Yet, I saw them putting limitations on what was possible on a daily basis.

A decade later, I met my business partner, Eva Gregory. She turned me on to Abraham-Hicks, and a whole new depth to the Law of Attraction unfolded for me. I met Bridget several years later. She was very connected to the angels and very much a magical manifestor.

As a business coach, I constantly remind my clients that they have to tap into spirit in order to be a magnet for profits and joy. It isn't until I teach them to connect to their Inner Being that they discover the best manifesting tool for all the things they desire. Tapping into this energy is the KEY to manifesting...period!

I'm totally delighted to be sharing this information with you and co-leading with Bridget. She is one of the few people I know that truly walks her talk. The girl knows how to play big and be in conversation with her Inner Magician at ALL times. She totally inspires me, and I know she'll do the same for you!



## BRIDGET ENGEL

I am delighted to connect with you and help support you in this wondrous journey of discovery. When you walk hand in hand with your Inner Magician you are starting a romance of the ages, fully falling in love with the beautiful, radiant you.

I am from New Zealand, a land of clean and green with a culture of a pioneering spirit, where you can do anything; just get going. From a young age I have always enjoyed assisting people. This brings me great joy as I am fulfilling my soul's purpose, to assist others on this planet; thank you for helping me fulfill my purpose.

I had my first angel experience at the age of 7, when I physically saw and spoke to an Angel. It was awe inspiring as they showed me images of my future; the first was what I would look like as an adult and living in America, guiding people. I certainly did not know the how's; but the Angels did, and they've been guiding me ever since. As a spiritual coach, I believe everything starts here first, and when you are in partnership with your guides, Inner Magician, Angels, or Universe, you are always completely protected, unconditionally loved, and guided to take the perfect action steps.

Please call on me spiritually at any time; I will immediately be by your side, holding your hand if you need an extra squeeze of courage. We are all connected spiritually, and you can ask for help from me or any living person or guide at any time.

I feel honored and privileged to be walking this journey with you. And what a great joy to have created Divine Guidance with Jeanna, my absolute favorite coach on this planet! Working with Jeanna makes me feel like I have won the lottery.

## ALLOW THIS COURSE TO SERVE YOU

Divine Guidance is a mix of visualizations, exercises, lecture, and live coaching. They are all an integral part of the success of unleashing your inner magician. Obviously, in order to receive the value of these and other exercises, you'll want to do these in a quiet space where you can relax and be fully present.

We've included many portions of the live class with participants so you can benefit from their processes and the coaching we give to them. When we ask them questions or do check-ins, ask yourself the same questions. Pay attention to what's going on beneath the surface for the participants. Do your best not to judge that their situation or circumstance doesn't apply to you. If you are open, you will find value from all of what you hear in the audios.

This guidebook is for you to refer back to after you've listened to the coordinating lessons' audios. It will remind you of your focus for the week. The audios are a stand alone course, so this book is simply to trigger you to check into your Divine Guidance and unleash that marvelous inner magician you have.



## LESSON 1 – THE DIVINE JOURNEY

The journey begins when you make the decision and commitment to do so. Have you noticed from the day you purchased Divine Guidance any synchronicities? Are you enjoying more flow or ease? You had to be somewhat connected to your Inner Magician because you found this course. So pat yourself on the back, and if you are not used to living in a guided and connected way, get used to the idea, as this way of living is going to become your natural state. You deserve for it to be easy.

Pick one of your all-time favorite memories, a memory that makes your heart sing; IMAGINE multiplying this feeling by a hundred times. Take a breath right now, and feel what this feels like in your body to multiply your magical feeling a hundred fold. Now release this energy into the Universe, just like releasing a helium balloon.

This is going to be an incredible course for you, filled with direct connection to your Inner Magician, Archangel Michael, and any other guides you choose. Imagine Divine Guidance at your finger tips to answer any question that you may have.

Again, our intention is for you to experience a direct connection, where you trust it completely, and for you to experience more joy, magic, self-love, and tangible results.

In the audio portion of this course there is a very special meditation to meet your Inner Magician. Each time you connect with it, your sensitivity to your guidance will get stronger and more powerful.

It's time to delegate your top three desires over to your Inner Magician so that it can get the ball rolling. Articulate your outcomes in a concise and positive way.

Example:

1. My house purchase & remodeling process will be easy.
2. I am pregnant with a girl!
3. My income has increased by \$20,000 a month. Woo hoo!

Those are Jeanna's real goals at the time of writing this course. Notice how she states them in present tense. This increases confidence and enthusiasm, which makes her more of a vibration match to her outcomes.

Everything in this world vibrates, including plants, humans, animals, sound, and thoughts. Some things vibrate faster than others. Something that is highly vibrating is in a positive state. The higher the vibration of your thoughts the easier it is to manifest your life the way you desire.



What are your top three desires that you will be focusing on during this course?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



What is your magical wish for yourself during this course?

Begin to imagine what your life will be like in a few months as a result of manifesting these desires and your magic wish. What will be different? How will your thoughts and behaviors be different? Write them out!

### Integrity

Staying at a high vibration will require you to be true to yourself. Integrity to your values will help you stay in a wonderful state of mind. Say “Yes” only to things that make your heart sing. The word “No” can be a very powerful word for you to use when an idea, opportunity or request comes your way and Inner Guidance isn’t clearly nudging you in the direction of a “yes”.

You thoughts, words and actions must all be congruent. Your words are incredibly powerful. If you say, “I love you,” to someone and not mean it, it does not feel very good. But saying the same words to someone you adore feels great. Be impeccable with your word. Say what you mean, and mean what you say.

Remember your word is your wand!

### Divine Focus for this Week

Practice connecting to Divine Guidance as you move through your week. Listen for ideas, actions and clarity of focus. You will know it is Divine Guidance because it will feel good and most likely be very brief; if it feels like a have-to or feels heavy, this is your Gremlin talking with you. Your Gremlin is that little sabotaging inner critic that tells you things are hard or you are not good enough, etc.

Imagine your favorite activity as a child or something that gets you into a playful child-like zone, where you let go of your adult thinking mind. We all know the adult mind- the place where, if you work super hard, have a big to do list, or try really hard to figure out how you’re going to manifest your goal, it will happen. Right? No, this type of thinking gets you stuck and in trouble.

The new way of thinking is the playful way. One of Bridget’s playful ways is engaging in tug of war with her doggie, Merlin. What’s yours?



Pretend it's summer vacation and your main goal each day is to think about which fun thing you'd like to do next.

Also, create one or two daily practices that are just straight up fun and make you feel free. You can do the same thing each day or choose a different thing, depending on your mood.

Bridget likes to play fetch or tug of war with her dog, Merlin. Or she might grab her hula hoop and gyrate for a few minutes. Jeanna likes to read a novel, write a rampage of appreciation, and play with her son, Lucky.

### Exercise

Use the Wheel of Life to rate your current level of joy in each area of your life. If any segment rates lower than an 8, ask Divine Guidance how you can experience more joy in that area.

On a scale of 1 to 10, 10 being very joy-filled, rate each area of your life.

Career:\_\_\_\_\_

Finances: \_\_\_\_\_

Health:\_\_\_\_\_

Family:\_\_\_\_\_

Friends:\_\_\_\_\_

Mate/Romance:\_\_\_\_\_

Personal Growth/Spirituality:\_\_\_\_\_

Fun/Recreation:\_\_\_\_\_

Home environment:\_\_\_\_\_

Your Divine Guidance response to increasing your level of joy was...

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## LESSON 2 – CREATE THE CONNECTION WITH DIVINE GUIDANCE

Have you noticed evidence that there is a magician behind the scenes of your life, coordinating events, circumstances, and people with perfect timing and situations?

Take a few minutes to write these moments down. This will assist you in being in the habit of noticing how well your life is working and make you a magnet for more wonderful moments. Do not underestimate the power of writing down evidence that magic is happening in your life right now. Nothing is more important than focusing on the good stuff in your life.

Most people have more good things going on their life than bad, but somehow the negative stuff hogs the spotlight in their mind. You're not one of those people, so let's get crackin' on shining a spotlight on the loving work of your Inner Magician.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Now, if you can think of more than ten things that were cool manifestations, don't let us stop you from pondering them. We know you're feeling better already by just taking these few minutes to exploit how sweet your life is moving along toward bliss.

Remember, we've still declared that you are in "summer vacation" mode. You're making it a priority to take time out daily to play or chill out. Now we'd like you to take ten minutes out each day to tap into Divine Guidance. This isn't really a rigid or specific exercise. It's simply about creating space in your life for expanding your peace and love quotients and to let go of any resistance. This is a mini-vacation from your mental mind.

Imagine that there is a constant stream of infinite intelligence running through your backyard. Your job is to go dangle your feet in it and just relax into your creative mind of nothingness or whatever pops up. This is a bit different than meditation. You're not going to be pushing or pulling thoughts out or in. You are simply just watching thoughts float around like you would marvel at the clouds in the sky. It can be a creative process or a relaxing time. There is no right or wrong way to tap into your fabulous stream of well-being.

### **Divine Focus for this Week**

Imagine you have a team of people working on coordinating your life to turn out perfectly. Your Inner Magician is in charge of this team. Your Inner Magician knows exactly what gives you goosebumps of thrill and delight. Your job is to delegate to your Inner Magician the details and what you might consider the work of manifesting perfect outcomes.

Once you have delegated your outcomes to this most loving manager of your life, you may let go of all stress, fear, or feeling of having to control. How nice for you, huh?! Now you may feel freer to enjoy your summer vacation.

## LESSON 3- BE FEARLESS

How did you do with taking time out daily to dip your toes into the stream of well-being?  
What did you notice about the way you felt this last week?

Again, take some time to write down the magical evidence that has been revealed to you over the past week.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Excellent! We're excited to introduce you to the angels in this week's lesson. Not everyone resonates with angels, so you can always replace angels with Divine Guidance, or any other guides of your preference.

A little background on the angels: They are messengers from God. They are thoughts of love and light. Imagine them like God's hands and arms.

Angels are non-denominational. They are not religious, nor do they belong to any religion. They love to work with any one who calls upon them. Angels can work with every one simultaneously as they do not have bodies, race or gender. Angels are egoless; they do not judge or get angry with us.

Each angel has a specific energy for their purpose. It's important not to project your stories onto the angels through your ego. Remember that you have free will, so you need to ask for their help.

It's fine if you are skeptical. Even a small amount of belief is enough for the angels to assist you.

The angels want you to know how much you are loved and that there is nothing you have ever done that could change this. They want you to give them assignments. They will help you in any way they can to lead you to feeling peace. Angels are ingenious at helping you solve problems because they can see the big picture of your life.

### **These are the four steps to working with the angels:**

1. **Ask:** This is the first step; because of free will the angels cannot intervene on your behalf until you ask. Sometimes when we are in a jam we forget to ask. No problem- you can invite the angels to live by your side permanently and to automatically help you.
2. **Don't give them a script.** You don't want to hand them a script of how you want the situation resolved. This will put blinders on you. For example, "I want more money, and I want it by getting a promotion in my current job." What if the angels can see you would be happier with a different job, which would bring you more happiness, creativity and prosperity? If all of a sudden you lose your job, you might panic if you have your focus on being able to only make more money through your current job.
3. **Pay attention to Divine Guidance.** After you ask, listen and pay attention to repetitive thoughts, ideas, insights, visions, feelings, or conversations that you may hear, or overhear, e.g. a conversation on the radio, or at the supermarket. The angels have a great sense of humor and will connect with you in a way that is easiest for you.
4. **Take action.** When you get a feeling to call Bob Smith at the ABC Company for a new job position, even though none has been advertised, call Bob! Your ego (gremlin) may kick in and make you think you are being silly. Your ego may make you think you should look for jobs on the internet instead. Listen to your guidance instead of your ego, and call Bob. You'll get your new job, be happier, with better pay and a better working environment. The angels answered your prayers!

For the remaining part of the course, we will be working with the most powerful Archangel of them all, Michael. Bridget works very closely with him. He carries a very bright sword of light, which he uses to cut away our attachments to fear and all effects of

fear. Michael gives us backbone, strength, and courage, and he helps us move through life changes.

Michael loves Earth, and has been with Earth since its existence. He knows us very well. Archangel Michael is aware of each of you **personally** and your life purpose, which may be learning more patience, self love, or acceptance, etc. Archangel Michael is also very aware of your global life purpose, what your soul is here to accomplish. Michael knows your next best steps to take for all of these.

A wonderful statement to affirm right now:

*I am courageous, and I focus clearly upon my life's purpose. I now have the courage to receive, and I open my arms to receiving all of the love, assistance and abundance of the universe. I know WHO I am- a powerful, creative, loving, and abundantly supplied being.*

### **FEAR IS NOT REAL**

It has been said that there are only two perspectives in life: fear and love. Another perspective is that you are coming at life with a perspective of lack or abundance. Of course our vote is that you come from love and abundance. It will make life so much more easy and fun.

What is fear, and why is it bugging me? Fear comes from our thoughts about the past or the present, we allow our mind to make up stories about all the bad things that have happened or could happen in the future. There is never fear in the present moment because this is your point of power. (Unless it pops up as a warning for immediate danger and to take you to safety)

The benefits of releasing fear are astounding. Fear acts as a repellent so when you choose to release fear, it feels like a good housecleaning, so wonderful, sparkly and spacious. You will be aligned with the vibration of love, which is who you spiritually are. This creates an enormous space for your next desire to manifest.

Is something bugging you? If so, identify exactly what is the problem. You do this only once, as you do not need to keep repeating the problem; it should only get enough of your attention to identify it. Then immediately go to solution, asking your Inner Magician to help you brain storm and come up with solutions.

Let's talk about love. When love is present there is no fear. We can have only one thought at one time, and love is thousands time stronger than fear. By simply switching your attention back to your true nature of love, all mistaken thinking can be cleared



throughout time. This is because fear is not real, meaning our minds have made up stories about fear, so it is easy to transmute and return to our true nature.

A shortcut to love can be done by tapping into God Force. You can easily do this because it's who you are. You can also ask Archangel Michael, your guides, or higher self to help you find release from the grips of fear in seconds. Ask to feel all of the unconditional love of the Universe. Within seconds fear will begin to dissipate, and you can be flooded with love and warmth.

It is not fear that stops you, but often the hiding of the fear. Sometimes simply naming the fear is enough to take the air out of the balloon. For example, if you consistently have a knot in your stomach about your mate, explore what is hiding beneath the fear can be helpful. Maybe you think you'll grow old and alone. But if you can label the fear rather than just carrying it around with you, some of the intensity will lessen.

Again, love is your natural state of being, not something you talk yourself into. When you remember your light, you become a ray of focused energy. You have access to all things from this energy: solutions, people who can assist you, creativity and intelligence.

When you come at life from the love and abundance perspective, you're in the manifestation zone. Look at the things you already do that put you in the zone. What are the thoughts and actions that allow you to feel that all is well and life is good? What turns you on? Which books, art, music, and films fill you up? Nature? Activities? Which sports, places, and people do you thoroughly enjoy?

### Exercise

If you are experiencing confusion or problems or chaos, stop for a moment, get out a piece of paper, and clearly identify what the problem is. You only do this once, as you do not need to keep repeating what the problem is to yourself or others; it should only get enough of your attention to identify what it is. Then immediately go to solution, ask your Inner Magician and Archangel Michael to help you brainstorm and come up with solutions.

You are retraining your mind to focus on solutions, what's going right, and how to deal intentionally with any problems.

### Divine Focus for this Week

Create a daily practice of embracing yourself. Place one hand on your heart and one hand on your stomach. Then look into a mirror, and say aloud that you love yourself (with true feeling).

Also, use Bridget's Fearless cards. Notice and observe any fear that comes up, and name it. You don't want to cover it up.

Remember, Archangel Michael's energy is infused into the cards; he is a great ally and will assist you 24/7. So practice asking for his help.

Keep your focus on what's right about you and what is working well in your life. You are pretty amazing! C'mon, own it. It's 100% truth!

## LESSON 4 – LETTING GO

Before we begin this lesson, take a moment to just relax into the present moment. There are no problems in this time, place and space. There is nothing for you today but to be at peace. Oh, and it's also a great time to give yourself a little love.

Last week we suggested you create a daily practice of embracing yourself and of speaking loving words to yourself. Did you do it? How did it feel? If you didn't do it, try it. It will lighten your spirit instantly. Do it right now, just for fun. =)

Now it's time to let go. You've heard of "Let Go and Let God," right? This statement says it all. When you let go of control, Divine Guidance can be let loose to work its magic on your behalf.

When you let go, you create space to focus on the goal you really want to experience. You will also be able to focus on the present. Let go of the past and future so you can enjoy right now. Everything you need is in the now. All the glory is right here and now.

Your Inner Guidance can only be found in the present moment. When you let go of fear, you can access the guidance you need to create a fabulous present and future. Also, your emotions are your guidance to let you know if your thoughts in this now moment are moving you toward something that is pleasure filled or pain filled.

### Attachments and Aversions

As you move through your day, be an observer of your thoughts. Your thoughts stir up emotions, and emotions stir up thoughts. They are very connected and can pull you in a positive or negative direction. Law of Attraction pulls more thoughts similar to the ones you are experiencing. That's great news if you are thinking about things that bring about feelings of love, peace, inspiration and joy.

If you have any tension, on any topic, do a quick check in. What is the precise description of how you feel about the topic? For instance, when you think about attracting more money, do you feel like it's not going to happen? If so, what's underneath that feeling?

When Jeanna used to think about attracting a seven-figure income she felt anxiety. Underneath that was the feeling that she wouldn't be "smart" with her finances if there was an abundance of dollars. She feared that she'd blow it all on frivolous items and then be broke again.

If she hadn't taken the time to see what was driving the anxiety, she wouldn't know how to let it go.

A fear of actually manifesting a goal is called an aversion. You make up a story that you will suffer in some way by achieving the desire. Jeanna feared that she'd be irresponsible with her millions. The way she let go of the anxiety was to make a plan for what she wanted to do with her millions when it showed up.

An attachment to a goal is to want it soooo much that you feel you will suffer if you don't manifest it. When you have an attachment to something or someone, you will tend to try to control the outcome.

For example, Bridget had a family member staying in her home. She was very attached to having her environment a specific way. When this person didn't adhere to her house "rules" she became very attached to the idea of this person leaving in order for her to experience peace again.

She began to think of ways to get this person to obey the rules. The more she pushed, the less results she saw and the more uptight she got. Once she let go, she was guided to the perfect solution and received immediate peace.

Anytime you feel "pushing" energy around a topic, it is your indicator that you are attached. Time to let go! You can still desire whatever outcome you'd like, but you need to let go of control and figuring it out.

You can also be connected energetically to negative events, thoughts and people. Imagine electrical cords coming from you and plugging into the negative thoughts forms. No matter where you go, you keep giving the very thing you don't want energy. Your precious energy!

You can do fun imagery work in your mind to unplug, cut or release the cords to these unwanted thoughts. Imagine a big sword with flames of love and truth pouring from it, and see it cutting through all cords, attachments, webs, and threads. Ahhh, letting go can be as simple as that.

Trust that when you let go, something better is coming in for you.

### **Divine Focus for this Week**

We give you permission not worry about anybody else's reactions or expectations to you this week. You do not have to live up to anyone else's standards or rules of success or health. You may also release all judgment from good/bad and right/wrong.

What do you want to let go of? What have you been tolerating in your life? You can let go of or create solutions with anything. Do you have a messy office? A wardrobe that needs adjustments? Broken gadgets or a run down car? Is there an event

that you said yes to but really would rather not attend? Also look at any internal clutter such as talking without listening, creating a busy overwhelming schedule, thoughts or beliefs that no longer serve you.

Give yourself permission to SLOW down this week, take deeper, fuller breaths, and walk more slowly with any of your tasks; deliberately choose to make your movements more slow.

Your life is your creation, and you get to choose what goes into the recipe.

Make the decision to release at least five things now; they could be internal or external. What are they?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Your space is now created for miracles to occur. What would be some amazing things or new ways of being/thinking for you to receive in the coming week?

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Be focusing on the Letting Go card from Bridget's Fearless cards.

## LESSON 5 - MAGNIFICENCE

Take a moment to reflect on the gifts you received last week. Allow yourself to delight in all of the big and small things you received during the week.

What gifts did you receive from Divine Guidance?

Allow yourself to feel gratitude radiating from your heart. Let the gratitude go out to every one involved in the gifts you received. Ahhh. Doesn't that feel good?

The more you allow yourself to be in the space of gratitude, the more the universe will give to you. This is an essential part of owning your true magnificence. Bask in the truth that you are fully connected to everything in the Universe.

What did you let go of last week?

What did you notice after you let go? If you have not let go yet, choose to do the exercise this week.

Your Inner Magician is beaming so much love to you. Accept it, and drink it in. Accepting and opening your arms to receiving more is a part of owning your Magnificence.

You are so worthy of having everything you have ever dreamed of. Oh, the beauty and brilliance of you, you, you! You shine brighter than any light from the sun! Own that you are the Magician.

When you follow your bliss, you turn up the wattage on your attraction power. You don't have to step into magnificence; you just have to step out of fear, and you'll be there. You have all the knowledge you need right now. You were born this way.

You get to choose what you would like to magnetize into your space.

For example, imagine you have just walked into a room and some one has had an argument. The space feels funky. You can change the way the space feels through using your intention. Intend that the space be filled with loving and joyful energy.

You can set the intention that your vibration remains high no matter what is going on in other people's space around you.

Do you want to play a game? It's called "Acting as If." You get to put on any costume or attitude that you would like. If one of your desires were to be financially successful, what attitude would you be walking around with if you were already successful?

If you have a desire to feel great about your body, what would need to shift about the way you think? Act like a person who has a super healthy body. Walk with confidence. Appreciate the fine-tuning of your physical body.

We are holding an enormous space for you and filling it with aliveness, connection to your Inner Magician, owning your magnificence, trust, outrageous laughter and fun. Let's not forget power and magnetism.

What are you choosing to put into your space?

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How would your life be different if you allowed yourself to fully shine? What if you accepted your magnificence? Regardless of where you are in life, even if you are not where you would prefer, this does not change the truth that you are Magnificent.

### **Divine Focus for this Week**

Part of being in your magnificence is asking for help when you need it and giving to others when you want to and when it feels good. Never give out of obligation, guilt or responsibility.

In what area do you need to ask for help? Identify the area below, and have the courage to ask for what you want. Do you need to delegate some tasks? Which ones? Is there some one or something that you need to say no to? Who, what, when and where?

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Choose one of these items and just say no...this week. Will you?

What specifically in your life would change if you started today to treat yourself in the same way that you treat your most adored and best friend?

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What about you is simply magnificent? Don't be modest. You know you have Super Star qualities, and now is the time to claim them.

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On a daily basis, focus on these qualities. This is an exercise about flooding yourself with appreciation.

## LESSON 6 – POWER

How are you doing, Magnificent One? We assume that life has kicked into a more thrilling ride since you have stepped into your Magnificence. Acting like you own the world is a very powerful way to live. We don't mean "own" from an ego perspective, but you play like it is your oyster and anything you want is yours for the asking.

Whether this last week has been so-so or fabulous, it's time to turn up the volume on your Power. Your Power is always available to you, just like Divine Guidance is always present. You have to deliberately connect to your Source to feel it. It's like a light switch- it's either on or off. Okay, we admit some people have dimmer switches on their lights. In this case, your Power is either engaged, or not, but the brightness can vary.

You will instantly feel powerful when you take time to ground your energy and play with your Inner Magician. Your Power amplifies with your attention to joy, peace and the magic that surrounds you. Whenever you remember that you are the creator of your life, your Power switch is turned on and you are tapped into the Divine. Where's that EASY button?! It's simple to stand in your Power and use it to create a life of flow.

Power is an inner knowing of who you are and collaborating with universal power. Power is knowing that your authentic self is all you need to make anything happen. Power is from within. Power can come from words or in the silence. Power is when you stand in your own shoes comfortably. You know how some people are sexy just because they feel comfortable in their own skin? Overweight people can sizzle more than a person with a perfect body, if their attitude is one of sensuality.

Speaking your truth is VERY powerful. Following your intuition and guidance is powerful. In your power you are stating, "I AM my own best expert."

### Chakras and Power

Your chakras are another way to understand and be fully present in your body, thus owning your power. Chakras are spinning vortexes of energy located in your spiritual body that transmits spiritual, mental, emotional, and physical energy. They are spinning wheels of light, and each one has its own color and relates to a specific body part. Each chakra has a specific energy pattern.

Chakras act as conduits for flowing Universal energy. They receive, store and express energy by interacting with Universal life force. There are seven major chakras, and in this lesson we are focusing on the solar plexus, also referred to as the third chakra.

This energy center is about your relationship with self, your internal power, self-respect, self-esteem, and the courage to take risks. Situated behind your navel, it vibrates at the

color yellow. By fully activating this chakra you automatically increase your power. You can activate it simply by setting the intention to do so, or you can use the audio with this lesson, breathing in the Yellow Power Ray.

### Exercise

What makes you feel powerful? Take some nice deep breaths right now. Bring to mind times in your life from the past when you felt incredibly powerful. Infuse the memory into each cell of your body. Anchor it.

You know when you're not in your power. You feel you need to protect yourself or figure out solutions using only your mental mind. Fear or stress is a sure sign that you have your dimmer on your power switch.

Making choices is very powerful. Is there any area in your life where you are undecided, sitting on the fence humming and haring, should I do this or that? We encourage you to make a decision and trust that it is the right one for this moment.

### Divine Focus for this Week

#### Inquiry

What does being in your power mean to you? What does it feel like, look like, sound like?

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How would your universe change if you were fully in your power?

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Where do you see progress with your goals?

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During the week, ask your Inner Magician to assist you to amp up your power energy.

## LESSON 7 -TRUST

Your power and magnificence are very attractive. They not only look and feel attractive, but on an energetic level you will attract many of the solutions for which you have been looking.

What did you notice about being in your power this past week? What was the impact on yourself, the people around you, and circumstances?

Remember, being in you power is an ongoing journey.

Power and trust go hand in hand. All of your power is in the now, this present moment. The only way to be in this now moment is to trust that where you are and who you are is enough, even if you are doing nothing.

Trusting that life is perfect as you live it, impacts every thought and move you make. Perfect doesn't mean that you won't experience bumps in the road. However, you don't have to rush through your journey, and you can release stressful energy.

You can wait for inspiration before you take action. You can trust that you will have the resources, knowledge and people to serve you, even if you don't have a clue in this moment.

Trust is already within you; it's who you are! Practice letting trust bubble up within you, rather than trying to go outside of yourself to seek it.

Who can you trust? Yourself and the Universe. You can also trust your Inner Magician to guide you to the most magnificent and highest outcomes possible for your life. Ask for something from the Universe, and trust that it will be delivered to you.

If you trust yourself, you don't need to worry about trusting others. You are in control of your vibration, thoughts, actions and reactions. You have no control over others, and when you realize that only you are in control of you, then you can always get what you want, regardless of what other people are doing or not doing. What others are doing is NONE of your business.

Trust is the secret to the Law of Attraction. Everything comes down to trust.

Speaking your truth takes trust. Trust that you can reveal yourself, be heard, and that you will get what you want. If you find yourself in a sticky situation with another person, practice trusting that the other person is doing their very best and not doing "this thing" that they're doing to intentionally hurt you. Trust that you can resolve this in a way that honors both parties.

Vulnerability will not feel vulnerable when you trust that you're safe. This is the place that is most alive and authentic. Why is this so juicy? Because it is your TRUTH, and this is very powerful.

### Exercise

Listen to Jeanna's visualization on speaking your truth.

What's different for you now?

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What is one skill you can add that will aid you in being a better communicator?

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Practice letting go and detaching from others. Call to mind a situation that is causing you angst. You change the way you relate to the circumstances by imagining the situation shrinking down to the size of a postage stamp. Then imagine it dissolving. You also take away any color and visualize it being black and white.

### **Inquiry**

*Take some time to ponder these questions. Then write down your answers.*

How can you increase your trust muscles? What can you put into practice?

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How can you trust your Inner Magician, the Universe, and your guides even more?

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Is there some thing you need to surrender?

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Look back into your past for any evidence of times in your life where you trusted and things turned out well for you.

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Use the Trust card during the week. Most important of all, have fun, and don't take anything too seriously. =)



## LESSON 8 - INTENTION

How has your life opened up since you have been focusing on trusting more? What has surprised you? Delighted you? Tickled your fancy?

We are talking about the very powerful topic today of intention. When you set your intentions, it takes you out of the land of confusion and away from hopes, wishes, and maybes. Intentions set up a very clear road map to your desires for the Universe.

Your intentions direct your attention and focus. When you write down your intentions, it makes them more powerful because your attention and focus aligns with them. Your Inner Magician knows exactly what you want and goes behind the scenes to start setting up the resources and circumstance to manifest those desires.

Through the Law of Attraction, whatever we place our attention on grows bigger in our lives, positive or negative. For example, if you decide you are going to buy a Mercedes Coup, your attention would start to notice Mercedes Coups all over the place. Next thing you know there is one parked in your driveway.

This experience has happened to all of us in one form or another, and it is happening constantly, although we don't always realize or pay attention to it. If you are a writer and your attention focuses on what's wrong with your writing, you will start collecting evidence to support what's wrong with your writing, and your experience of writing will become a reflection of this.

Being intentional about how you want to feel is even more important than being intentional about the "stuff" you want to attract. Many people say that they feel anxious or depressed when they wake up in the morning. We always tell them to set their intention the night before for how they want to feel in the morning. You can intend to feel energetic, excited, peaceful...whatever.

Be intentional about how you want each segment of your day to unfold. Before you meet with someone, decide what you want to experience and the desired outcome. Do this with clients, family functions, dates and business meetings. Be deliberate about all outcomes and events. You don't have to be detailed if you just want to feel one umbrella emotion such as fun, connection, or love.

### Exercise

Practice intentional living on a day-to-day basis. Then take it to a moment-to-moment basis. For example, do you pick up the phone every time it rings? Bridget lets most of her calls go to her voicemail. She then selects a time during the day to return them. She also sets up ahead of time how long she wants to talk and what the focus of the call will be.

Select an area that you would like to be more intentional. How can you be more deliberate? Do you grab any kind of food during the day because you are too busy to think about what you really want?

Practice being aware of your thoughts, actions, and reactions. Every little thing adds up to a big thing.

Design each day to be a HELL, YES! Experience. Start looking at what you really want throughout the day. If each part of your day is not a “hell, yes”, then this is your signal that it is a “hell, no”, and you do not move forward until you decide what will feel best.

Spend some time this week visioning out to your future with as much or little details as feel good. How will you live? What do you envision in the wealth, health and relationship departments? What fun stuff will you be doing more of? Do not base this off of your current reality. What has been so up to this point on your life has no bearing about what you can create in the next moment, and then the next moment after that.

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Spend 10 minutes a day to connect to your inner guidance and to ask any questions for which you would like clarity.

### Divine Focus for this Week

Language is critical as it directs your attention. Your words have power, and they have a specific frequency. Words are an action; the louder and more repetitive you talk, the more you reinforce thought patterns and they have the power to create. Notice what language you speak in any challenging areas in your life. How would you like to change that?

Choose to be intentional, and do something wonderful for yourself each day.

**Quote from the Universe:** *“You can ask me for what I want if you’ll let me deliver it the way I want”.* – The Universe

## LESSON 9 - DREAM BIG

On a scale of 1-10 how deliberate were you about your intentions during the week? What was the impact of this on you? How do you think it impacted others?

It is our intention that you enjoyed being on this amazing journey. You are now ready to Dream Big. We hold the intention that you can have all of your dreams and live your life in a way that fulfills you on every level.

Your Dreams are direct communication from your Inner Magician that act like fuel to ignite your passions. They help set the course of your direction, and this is where your Inner Magician comes in with assistance for guided actions steps.

Nothing is too outrageous for you to manifest. Your imagination is bound by nothing; and if you can dream it, it can be yours. You are worthy of having every little and big dream. We live in a very bountiful and constantly expanding Universe. Trust that you can never take away some one else's dream or deplete their resources. There is truly plenty for everyone.

Even if you come up with an idea that has been done to death, follow your guidance. Every one has their own unique flavor and interpretations. When you come from a mind set of cooperation, co-creation and abundance, then you are well on your way to saying YES to your vision.

Jeanna and I were setting our dreams together, and we had quite a few, so rather than focus on every single one and feel overwhelmed, we decided to group them under one umbrella and focus on the essence of the dreams. Our essence was to let go and not worry about anything. This has opened Bridget's heart and space to surrender and know that all my goodies are being delivered, and when I receive guidance, I act upon it.

What is your next big juicy dream? We know you may have a lot of dreams. Tune into your Inner Magician, and ask, "What is my dream desire that I want to bring in now? What will my next point of focus be?"

### **Dreams move forward in 3 ways...**

1. You move forward like a fighter...nothing could stop you.
2. The sizzle fizzles...move on to the next thing. The first inspiration served you well while it was there; now something else is inspiring.
3. The obstacles appear, and you want to run and hide.

When Bridget first started her business Soul Scrub she had no idea how to do it. Instead of relaxing and communicating with her guidance, she did the opposite of everything we

are teaching. She was very attached to it being successful and thought she had to do it all on her own. She had to do it her own way.

Bridget was in non-stop action, exhausted and not feeling very happy. She was moving ahead like a fighter and nothing would stop her. She sincerely does not recommend that path to your dream.

Jeanna and her business partner, Eva Gregory, have had many sizzle and fizzle experiences with creating new classes. They get involved in the creation, and then suddenly it falls flat. They had no attachment to it and would simply move on to something more engaging. Many people think they “should” complete an idea even after they are no longer passionate about it. Why? That doesn’t serve anyone.

In 1952, Mr. Sanders found himself penniless at 65 years old. He used his \$105 social security check to start the restaurant chain known as Kentucky Fried Chicken. He sold it in 1971 for \$285 million. He used his obstacle of money as inspiration.

There is no right way to create your dream- only the way that feels best to you.

### Exercise

Do you feel like your dream is way too big, or overwhelming on how to achieve it? Try this fun exercise to help change your perception. If you feel your dream is too big, imagine it fitting you perfectly, like the best designer dress or suit that you have ever worn. If problems occur, imagine shrinking them so they are tiny and much smaller than you. See them fitting in the palm of your hand, and then turn your palm over and release them to your Inner Magician and the Universe. Set your intention for the perfect solution.

### **Exercise: Listen to Jeanna’s visualization.**

What is your BIG dream? What has your Inner Magician been sending to you? Tap into their heart/inner magician. Get a visual on it. What’s more than enough? What would make this even better than good or even great? What would have you squealing with the utmost joy and delight? Now explode it, and watch it shoot out into the Universe like a meteor with trailing flames. A spark will come back to you as a symbol.

### Declaration

Make a declaration about your Dream...are you ready? What’s your next step? A declaration is short, concise, and powerful. If you are not ready to make a huge declaration, then break it down into a believable bite size for you. If you want to be extra declaring, claim it in front of a trusted friend, maybe your favorite ocean, or mountain top. Allow yourself to be creative.

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**Bridget's example:** I am claiming \$10,000 of income a day, with the most amazing and aligned clients. This is on the way now.

\*\*After Bridget claimed this, it came six weeks later. She had completely forgotten about the declaration because she knew it was coming. Of course, she was tickled with delight when she remembered she had claimed it on this class.

### **Inquiry**

1. What is the most important thing for you to remember from this class?

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2. How will you implement it?

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3. How will you keep the connection with your Divine Guidance active and alive?

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Congratulations, you did it! Your Inner Magician thanks you. Your family and friends have been positively influenced by your changes. Know this material is here for you all the time. If you fall down and get stuck, ask your Inner Magician for help.

Trust that you are forever changed at a body, mind, and soul level. We celebrate your success with you and thank you for allowing us to support you.

Know that things are moving forward, even if you don't see it. 99.9% of all manifestation happens before you see it.

In magic and love,  
Jeanna and Bridget



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