

7 STEPS FOR BECOMING A LIVING MAGNET TO A WILDLY ABUNDANT LIFE

D A I L Y R O U T I N E



www.TheWideAwakening.com



Hey, it's Jennifer here!

I don't know about you, but I have always felt like things could come to us far more easily. What I know about physics gave me evidence that life could be more effortless... but so did some of my friends who seemed to live in flow. Instinctively knowing that heavenly flow exists is one thing, but I knew that to change the entire way I was being was no small task. So I asked myself these questions:

- Are there practical steps?
- Can anyone become a magnet?
- What is the *Fast Track*?

I mean how cool is it to imagine that you don't have to go after everything, and that you can create a tipping point where life starts coming to you?

As a result of those questions, I've spent the latter part of my life studying physics, channeling, downloading, and working with guidance realms to find deeper truths. Another catalyst is that I had a pretty freaky thing happen to me 20 years ago, where I went from being a corporate business woman to having constant Awakened dreams. These dreams caused me to see people, historic paradigms, and the world holographically (future, past and present). That's why what I am about to share with you is so important to me. I feel that it is part of my mission to assist others in integrating with their superpowers (and becoming a magnet is one of those powers). There is so much more, but we'll start with these 7 Steps....

Here's the cool thing I found out through applying all of that learning, multi-dimensional messages and downloads:

We can become a magnet, but we have to be willing to give up what we think is "The Truth" about life. We then need to be willing to find deeper truths about our limitless nature... and then, we gotta do the work to integrate with those new understandings!

After two decades of applying what I learned, I figured out some stuff that has really caused a miraculous level of fluidity in my life, and that has lead to non-linear, quantum leap, fulfilling shifts. It was so clear to me that these awarenesses needed to be shared with others, as they were, and are, part of a global shift to Awakening. We are capable of so much more, with so much less effort... but, in order to let the whole Universe in, we first must integrate with some principles that allow us to upgrade.

A HEADS UP FOR YOU BEFORE WE DIVE IN...

Together, we are setting the groundwork for the bigger picture about your 24 SUPERPOWERS, and these 7 Steps are the basis for every other superpower you have. Ready to integrate and find your flow?

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HERE'S MY RECOMMENDATION FOR HOW TO ENGAGE:

- A) Give yourself time, first thing in the morning and last thing at night, to re-familiarize yourself with these 7 Steps.
- B) If you forget some of the Steps, put some sticky notes around your house to remind you.
- C) Keep exercising the muscle, until you become the World's Best #1 Expert of Magnetism. I'm still playing this game every single day, and it just keeps getting better!





Step 1

OKAY, HERE WE GO:

IF THE REASON YOU WANT TO TAKE ON THESE 7 STEPS IS ALL ABOUT YOU, YOUR COMFORT, OR YOUR OWN GAIN, you really won't see the full results. One of the most astounding facts I have discovered in my journey is that there are receptor sites for consciousness on the outside of your cells. Those receptor sites are not active if you do not come from love/kindness/compassion. So, this beautiful superpower called "becoming the magnet" is not even worth pursuing, unless you are coming from a place where it is not all about you. Desperation is particularly unhelpful when it comes to living in magnetic flow. It seems so unfair, right? So many would benefit if they could just embody their Innate Ability to be a magnet; but, the paradox is that you cannot be desperate and generous of heart at the same time (unless you want to be a martyr... which is still about you). One or the other, choose. Maybe just knowing that information is all you needed?

STEP 1: Make it a daily practice to do one generous, unconditional act for another. When you get up in the morning, put some thought into what it will be. It can actually be the same thing every day: buy a stranger a coffee; make friends with someone who doesn't have a home; tip a lot extra; secretly pick flowers and leave them on the neighbor's porch on your morning walk; write a love note to someone you appreciate; integrate philanthropy as part of your business... etc.



Step 2

YOU WILL WANT A SUPPORT SYSTEM

What I've noticed is that we have all become reliant on our electronics, which is a way to depersonalize our reality. It also feels safer to our Ego, because we are not living in instinctual flow with others, and creativity is stifled. It is also an excellent way of not ever getting hurt again. Less human contact, less chance of being hurt, right? Unfortunately, in order to live a magnetic life, you actually have to be in relationship to other people. At very least, you will need two people who don't believe the little voice in your head... in fact, they can't help but see you for who you really are. Why? Because one of the most valuable friends you have, when you have your attention on something less than expansive, is someone who will listen with love, compassion, and kindness, even when you are forgetting who you are. You know... when you forget you are a Divine Child of an Infinite Universe and you are upset at life, complaining about a family member, or being a victim. Who is this support system? They need to have three qualities:

1. They can be neutral when you ask them to, and they will listen with love and understanding.
2. They will not agree with your opinions/rants, but will tell you they understand "how you can feel that way."
3. They are good at not offering solutions when you didn't ask, but great at helping you find your own; or, giving you options, but only if you ask them.

STEP 2: Think of two people who might be support people for you, phone them up and share this 7 Step process with them. See if they want to play along as part of your support system.



Step 3

MAKE A HABIT OF THE TOOLS THAT BRING YOU BACK 'HOME'

You were born an expansive child of the Infinite. You learned how to shut that down and protect yourself from the world around you. We all do that a little and some people have shut down a lot. I've worked with 10s of thousands of people, and see their holographic histories. This is a truth almost without exception. Tools become paramount when we live in a world that is not yet filled with expansive possibility. We need a way to remind us to get back to our heartfelt nature. Here are some of the most important tools that have helped me. Ask yourself today (and, hey, for the rest of your life):

- Is this thought/judgment mine?
- What would love say or do?
- Would I be willing to go to questions 1 and 2, if I can't get out of my circular thinking, for the sake of my awesome magnetism and the difference I make in the world?

STEP 3: Now make 10 sticky notes, with those three questions on them... and post them all over your house.



Step 4

UNDERSTAND THE SPACE BETWEEN THE ATOMS

Okay, this is a biggie. Now don't get me wrong, it's not like what I am about to share is the ultimate truth about physics; it is a paired-down version of a much bigger body of knowledge. How do I know that what I am about to say is life changing? Because I am living proof that it is so. Now, this information depends on which metaphysician you speak to, but somewhere between 93 and 99.999999999999% of everything is made of the space between the electrons/protons/atoms, etc. What that means is, most of what exists has not yet landed as our 3-D reality. The next thing you need to know is that you are a Creator at heart, and that means that you take that which has not landed in 3-D (which is almost everything), and land it in 3-D. SO HOW MUCH TIME DO YOU SPEND CONNECTING WITH WHAT'S POSSIBLE AND DREAMING IT INTO EXISTENCE? Hey, what's in between the atoms is way over 90% of our existence... YET ALL WE DO IS PLAY WITH WHAT IS ALREADY IN 3-D. So, that's why this point is so important. If you want a magnetic existence, you have to actually pay attention to where the cool, nifty, expansive deliciousness comes from... much more than you likely already do.

STEP 4: Wake up at least one hour earlier than your household, or work, or day. Take a walk, sit in a hot tub, meditate, ride a bike, walk in the woods, or do something that has no other reason than to give you quiet, and allows yourself to just be for at least 30 minutes (no headphones). Put the world completely outside of you. Take notes or bring a recorder, and record what comes to you. Ask the space in between the atoms (or, if you are more of a realist, ask the trees, your angels, or your higher self) to give you answers, ideas and next steps.



Step 5

LEARN THE TWO MOST POWERFUL WORDS IN THE ENGLISH LANGUAGE

Since you are supported by physics, and the other dimensions are living, just like you are... wouldn't it be great to actually access what you need to know from the dimensions of Infinite Wisdom? The keys to 'going direct' with consciousness and knowing what you need to know to be fluid and magnetic are:

- Recognize that you are more than 3-D.
- Be willing to ask powerful questions that allow you to receive non-linear answers (that usually don't make sense), from non-linear dimensions of reality.
- Have the courage to take actions that are non-linear... that your mind may not be able to support with evidence.

STEP 5: Every night before you go to bed, say/imagine/ask the following: "Show me," then ask your greater frequencies to take command, as you relinquish control to Infinite Wisdom, so you can sleep and receive. Now, keep a journal or recorder beside your bed, to use in the morning or in case you wake up with some insights. Just be consistent and stay with it.



Step 6

DECIDE WHO THINKS YOUR THOUGHTS

You are going to have to decide that there is nobody else thinking your thoughts but you. Then, it would be important to understand that the expansive thoughts come from you, and the protective, scared, self-sabotaging ones come from someone, somewhere, sometime else. Have you ever heard someone tell the “Wolf Story” (Cherokee teaching)? The punchline is... if there are two wolves, and one is filled with joy and the other is filled with yuckiness... how do you know which survives in the wild? The answer: the one you feed. Appreciation is a powerful tool, but it must become your default. If all you are used to is finding what’s wrong with you and the world around you, then you are feeding a less-optimal wolf. I understand, there is lots to complain about... but, if you want your world to change, you have to develop new habits. Just because you are right, that something is wrong, doesn’t mean you have to be righteous about it. In fact, ask yourself, “Do I want to change the world around me, or do I want to add energy to the world of struggle for myself or anyone else?”

STEP 6: Start a gratitude journal, or a gratitude circle, or join our Gratitude Fridays on www.facebook.com/groups/twaplayground. Feed the wolf that solves problems, versus the one that gives energy to what does not work in the world. Do whatever it takes to change. Write 10 gratitudes per night, minimum... and they can’t be the same ones. P.S. That doesn’t mean ignore the things that aren’t working... move through them with one of those support friends from Step 2, so you can put your mind at peace and be heard.



Step 7

SLOW DOWN TO SPEED UP

So what happens when we go about our day, and one thing follows the other, or melts into the other, and we don't stop? What happens is that we are telling consciousness, through our actions, that the space between worlds doesn't matter. That miracles don't matter. That abundance beyond imagination doesn't matter. We are saying this: all that matters is the same old, same old. This step for me has changed my life entirely, because it is counter to the way most people operate; but, to me it is essential.

STEP 7: Every time you change gears, switch major tasks, or go into a new mode, take five minutes (yes, just five minutes), to go do something creative, or walk in nature, or watch a funny video, or write appreciations in your journal. The reason for taking these pauses is that they take you into the world of possibilities by telling consciousness that your having fun, and enjoying, actually matters, and that you want more. These activities will also reset your body, so that you can receive, no matter which chapter of your day you are entering.



BE A RELENTLESS CHAMPION OF YOURSELF!

Care about your life, and your abundance. Come and share your results, and hear other ideas to assist you, in our Facebook Group:

www.facebook.com/groups/twaplayground

Even though I just said, “Be a relentless champion of yourself,” you’ll also notice, if you pay attention to our radio shows and free workshops, that I never, ever, ever, ever do things all by myself any more. I have help. Awakening is a big deal. It’s like changing operating systems, and trying to turn a 1950 Ford into a 21st century Tesla in two seconds. WHAT I KNOW FOR SURE, FROM SEEING HOLOGRAPHICALLY, IS THAT WE HAVE NEVER, AS A SOCIETY, INTEGRATED A WHOLE NEW REALITY LIKE THIS, IN OUR HISTORY. I was born to assist us to bridge into that new reality effortlessly.

So, since I know we would never be able to do this alone, and consciousness is constantly shifting... allow me to help. My job is to download the new tools that allow us to integrate in Quantum Leaps. Creation would not leave us hanging by not giving us the evolved tools we need! I would love for you to experience those magical tools first hand.

When there are big shifts, we do FREE WORKSHOPS THAT ARE FILLED WITH ACTIVATIONS, UPGRADES, AND POWERFUL INFORMATION TO ASSIST YOU IN MAKING QUANTUM LEAPS:

[Check out The Wide Awakening Radio Show](#)

[Blog filled with The Wide Awakening Weekly Activations](#)

[TWA Playground Facebook Group](#)

Or check out any number of our programs available to you at [The Wide Awakening](#), as you expand consciousness on your Awakening journey.

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AS A BONUS STEP

Pin this on your wall, and wake up to it every morning.

Start again each day with the same Steps.



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