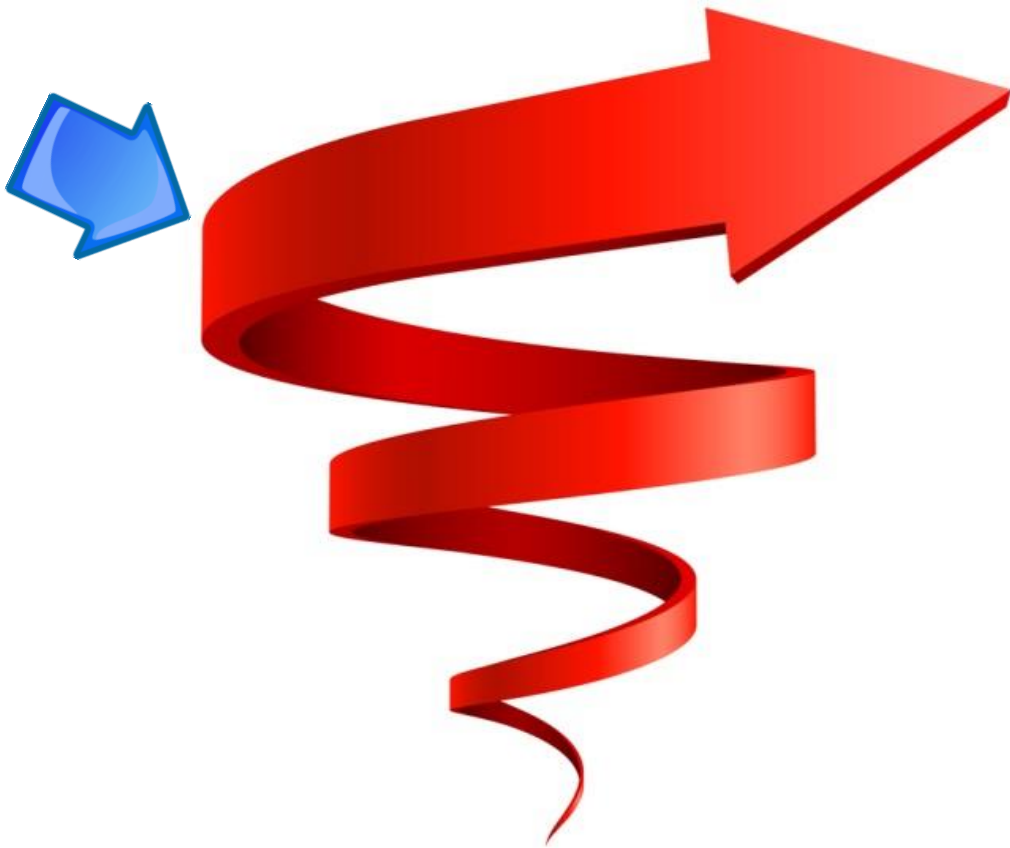


Life Evolution

**You
Are
Here**



**Discover the CHANGE You Need
To Get the Life You Want!**

By Amanda Gatlin

www.DiscoverYourEnergy.com

What is a Life Evolution?

A Life Evolution happens when you connect to your “Inner Genius” to find out where and how you can make positive changes in your life, and then you actually take steps to initiate these changes. In essence, you evolve into a greater you (some would say, the True You)!

Two things are necessary to tap into your “Inner Genius”

- 1) You must be in a completely nurturing, relaxed, recharged state.
- 2) You must allow your true self to come through and speak to you.

I know both of these things can be a challenge in our busy world, BUT if you are going to get the greatest benefit from this exercise, with the most amazing answers directly from your spirit, then you MUST aim for accomplishing both of these tasks.

Here’s what I suggest. Plan a weekend for yourself where you can either get away, or you can get some free space/time for yourself. This might mean sending the kids to a sleepover, or booking a trip just for you. The key to the first part is to do things that are absolutely just for nourishing and recharging your spirit. So you might bring an uplifting book with you. ([Try this one!](#)) Or you might book a massage followed by some time by a pool or the beach. You’ll want to avoid TV, cellphones, computers, interruptions, and disturbances. Try to eat healthy foods such as fruits and veggies that nourish and drink plenty of water or juices. I highly recommend a trip or an adventure because this will also offer you the added benefit of giving you a different perspective.

Once you have accomplished getting away and nurturing yourself, the next step is to tune in to your true self to get answers about next steps.

This is where your “Inner Genius” comes in. This is the wise part of you that knows exactly what you need and knows what steps you need to take in order to get there.

How do you get the best answers from your “Inner Genius?”

Well, you’ve done half the battle if you have completed the first step of getting completely relaxed and uplifted. Great ideas only come when you can get away from your normal routine and disruptions and you are refreshed, recharged and totally aligned with your best self.

The next and most critical part is to tune in and ask yourself some really important questions and then allow the first answer that comes to be the best answer.

Find a quiet spot where you will not be disturbed and have this handout ready with a pen or pencil.

Take a few moments to close your eyes and breathe in and out deeply to get yourself completely relaxed.

Set the intention to connect to your "Inner Genius" and to receive clear answers about your next steps to take on your journey.

Then open your eyes and write the first answers that come to you and write quickly. Do not hesitate too long for the answer, just write whatever comes out, even if it seems silly or weird to you in the moment. You'll see why it's necessary to record whatever comes through in a bit.

Where my heart is...

My heart feels happy when I'm: _____

I smile most when I'm: _____

I miss playing: _____

Where my heart wants to be...

I've had the urge or nudging to try: _____

I would love to be known for: _____

My heart says to: _____

I've yet to: _____

What's keeping me stuck...

I feel most stuck with: _____

Something that is holding me back is: _____

What I need to do...

If I were going to take a next step, I would need to: _____

I could do this if I: _____

My "Inner Genius" says to: _____

Ok great! That's it! Now here are some key things to note about your answers.

As humans, we always set up some kind of drama for ourselves and this is where we get "stuck in the middle" and caught up and hung up and unable to move forward.

On one end of the spectrum is what our True Self wants and needs in order to be happy. And the first few questions and answers should be a clue to you as to what really makes you happy. These things will make you feel most happy and playful, peaceful and calm when you are in the present moment.

Then there are the urgings or things you long for. This is what is on the other end of the spectrum. So we have the things that naturally make us happy all the time on one end, and the things we long for on the other end.

Things that make us happy!

Things we hope to accomplish, become or have



(You- stuck in the middle, longing!)

And this is where most people get STUCK. They feel a tug to be more, do more, or have more, but they don't know HOW to make that happen. So, a lot of times, they either give up, OR they end up becoming super anxious as time goes on.

I will tell you that the people who come to me who are on the verge of suicide, usually fall into the "I've given up" category. The people who come to me who are not sure what next step to take are usually in the "anxious" category.

The next few questions in this handout asked about nudgings and urgings. Often our heart is doing its best to try to give us some answers, and these usually come in the form of nudgings or intuitions. They might come in the form of pictures or flashes of images in our mind's eye. We

might hear something get repeated. Or we might feel a sensation in the body that is alerting us. This nudging is usually something nagging at us relentlessly.

This feeling, the nagging, is usually the next step you SHOULD BE taking, but perhaps you are discrediting it or ignoring it. Disregarding this message is probably the worst thing you could be doing because it's like saying "I don't care," "I can't," or "I won't" to your heart. This sets up a feeling of sadness inside of you and creates a pattern of STUCKNESS.

Feeling stuck is not a happy place to be. It keeps you from feeling like your life is moving forward in a positive direction.

I like to use the metaphor of a path. You are walking along and everything seems great.

And then, one day...

A sign comes along...

And the sign is pretty blatant. It's clear as day.

But you decide to stop and hang out at the sign.

And you fester and worry and wonder...

And then you start to think A LOT. And your thinking turns into made up imagined unrealities. And you start to say things like, "But what if..." and "Can I be sure that this leads in the right direction?" and "Maybe I'm not ready..." or "What if I don't like the direction this takes me?"

And yet, the sign is still there. It keeps showing itself to you clear as day, beckoning you to GO already.

But you are keeping yourself right there, STUCK.

The funny thing is, your heart already knows which way to go.

The key is to identify what's keeping you stuck and then to do the final and most important thing, which is to TAKE A STEP ANYWAY!

Either you stay stuck, getting the same thing, feeling the same way, and feeling miserable.

OR, you take a leap of faith and walk in the direction that your "Inner Genius" is pointing you.

So how do you know exactly what direction that is?

Remember that nudging you have been receiving? The annoying, nagging feeling, picture you are seeing or thing you keep hearing that won't go away... Start there! This is usually the first clue or "marker" that your soul PLACED to help you along the way.

Yes, that's right. Your soul PLACED it! Before we make the great journey to Earth, our souls decide and arrange for us to discover "markers" along our path so that we recognize them. And guess what? Our body, mind, heart, and spirit are all linked up to help us RECEIVE these clues very easily!

That's what intuition is! It's something that only we may know is true for ourselves and helps us identify whether we are headed in the right direction or wrong direction along our path. It's the pictures or visions you see, the things you hear, and the feelings you get when you are SUPER RELAXED and in the flow.

And there might be naysayers around you, or even someone who was with you on your path for a period of time who might be convincing you to go THEIR way.

But if you do that, you risk setting yourself back in your own evolution.

And is that what your spirit really wants? ;-)

So, start with the nudging. And let life become this magical quest for discovering the fun that your soul set out for you!

There really is no better way to live!

All my love!

'Mandy' Amanda Gatlin

www.DiscoverYourEnergy.com

*If you enjoyed this LIFE EVOLUTION DISCOVERY PROGRAM and know of someone who would benefit from it, please email it to them. My greatest hope is that more people discover what their soul longs to do while here on Earth. You can also join us on FACEBOOK at Discover Your Energy and like the page for updates.