



The Empowered Manifestor Guidebook

Coaching from Spirit Institute

Welcome!

Welcome and Thank You for stepping into the Empowered Living Journey!

I am so excited to be a part of the journey with you and honored to have you as a part of our collective experience! I believe that you have found this community for a reason - there is NO accident that you are here.

I created Coaching From Spirit Institute over 12 years ago, and I have been helping people in all walks of life express the best version of themselves. through connecting to their inner guidance in all aspects of life and work.

The Empowered Living Community and this material gives you a simple roadmap to support you as you travel on your empowered journey. The tools here in the Empowered Manifestor Guidebook are clear and very powerful.

By actively using the tools presented in each lesson you will feel less overwhelmed and frustrated and more committed to your choices. You will learn to recognize fears and address challenges and be connected to your individual heart's desire and, most importantly, appreciate your unique self!

The first thing I want you to know and feel is that you are not alone. **Not Ever.**

You have your inner wisdom and Spirit with you always and that means you CAN be connected at all times.

Part of your empowered journey is to activate a remembrance of this connection, deepen the relationship and, in that knowing, to feel a greater sense of peace no matter what is happening around you. This does not mean you will not encounter bumps and challenges along the journey. In each experience, relationship or decision, you have the choice to either grow deeper in your connection with Spirit or to let pain and fear dominate you.

Your life is a journey which will have many ups and downs; it is all in how you choose to see each step of the travels that will determine the good that will come out of what may seem like challenges.

The Empowered Living tools will help you grow in your personal expression and deepen your connection with Spirit. You still acknowledge the hurts and limiting beliefs (they are there anyway) yet you do not allow them to hold you down as much as you have in the past. As you strengthen your faith in your power as a manifestor, you will find yourself moving through them more easily.



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In addition to your inner wisdom, it is my belief that on your journey to living an empowered life, regardless of your age or profession, or the role you play in a family or in your neighbourhood, you can and must connect to others. That is how you expand and grow.

By joining together here in the Empowered Living Community, you are receiving support and you are helping others to see their highest expression as well. This connection to Spirit and to other likeminded individuals is extremely powerful; we call it an "Energy Grid".

We create a large energy field which helps you feel less alone. You'll remember you are NEVER alone. You are connected to Spirit and to this energy grid of likeminded individuals. You'll feel more certain and self assured.

Your journey never ends, and while you are here on earth hold as your intention to live your life as an "Empowered Manifestor". A life of meaning, compassion, connection and service, most of all a life of JOY!

If you wish to accelerate this work and/or receive more individual attention, I am here to further support you. Reach out to me and my team for a complimentary activation session at ActivationGuide@coachingfromspirit.com and we will help you in a way that best serves you at this time.

What Is In The Empowered Manifestor Guidebook?

There is an order in which the lessons are presented in the Empowered Manifestor Guidebook and this is **not** an accident. I have found this particular sequence to be the quickest and most effective way to begin manifesting your desires.

Here's a brief overview of the Empowered Manifestor Guidebook.

Lesson 1: Intentions Lead To Positive Evidences

By learning to set intentions you pre pave what you wish to experience. When you notice how your intentions are manifesting (Positive Evidences), you make room for more possibilities, growth, abundance and love.



Lesson 2: Inner Coach & Inner Guidance Team

By connecting to your unique expression of Spirit (Inner Coach) you allow yourself to be guided by your brilliances. When you honour who you truly are, you are honouring Spirit, your children, partner, friends etc. and life becomes flowing,

graceful and pure JOY. To deepen your connection with your Inner Guidance even further you can actually create a whole team - Your Inner Guidance Team. Your Inner Coach is a member of your team.

Lesson 3: Energy Management - Energy Assessment

By acknowledging where you are energetically you give yourself permission to be OK with wherever you are and however you are feeling. At the same time, you can begin to discover where you would like to be and what you would like to experience. This will help shift your focus on attracting circumstances, people and situations that are aligned with your desire.

Lesson 4: Energy Management - Scripting

By writing down your intentions, expectations, your wants and what you need help with for your day, you are deepening your partnership with Spirit. Writing it down makes it more tangible. This process not only allows you to see your intentions in "black and white" but it gives you an opportunity to go back and acknowledge what is manifesting (Positive Evidences).

Summary & Next Steps: Bringing It Together & Considering Additional Possibilities

By reviewing the material the summary helps you integrate and apply all the tools you have learned in the complimentary lessons.

By exploring some Coaching From Spirit Institute short courses & program options available, you can choose to further deepen your understanding of the Foundational Elements covered in the complimentary lessons and amplify your ability to manifest your desires even quicker.



Each Lesson has a Success Component:

The Activation Tool

At the end of each lesson in the Empowered Manifestor Guidebook, you'll find an Activation Tool for the particular lesson. This will help amplify (AMP Up) your energy with this work. Each tool is designed to help you implement what you learned in the lesson and support you in getting closer to that which you desire to manifest.

Mastering The Material

As your Coach, I request that you fully COMMIT to implementing the Activation Tools! The more you actively engage with each tool, the better your results will be from the work.

It can be helpful to print out the e-book and create a 3-ring binder. You may also want to keep loose leaf paper in it for your journal entries.

Remember that this material is sequential so please do not skip around. Each step builds on itself and helps you form a powerful foundation from which you can begin to manifest all that you desire as an Empowered Manifestor.

I am delighted to share this path with you. My team and I are excited and happy to support you as you travel on your Empowered Living Journey.

*****Note:** Please listen to the Centering Meditation which I created and I am including here as a Gift. [**Click Here To Access Your Complimentary Meditation**](#)

Holding The Intention That Spirit Leads You!

Please Remember: If you wish to accelerate this work and/or receive more individual attention, I am here to further support you. Reach out to me and my team for a complimentary activation session at ActivationGuide@coachingfromspirit.com.



Lesson 1: Intentions Lead To Positive Evidences

In this lesson I am inviting you to experience the correlation between your intentions and what you desire to manifest. I am inviting you to be an Empowered Manifestor.

You may be wondering, What exactly IS an Empowered Manifestor?

Empowered Manifestors, are men and women who wish to live their lives intentionally and in connection with Spirit. When we partner with Spirit on a conscious level, we support as well as enhance all of our relationships, experiences and decisions.

Do you know that you are manifesting what you experience in your life, all the time? How you focus your powerful energy makes a big difference in your life.

When you partner with your higher guidance, you manifest powerful situations, experiences and relationships. Living your life in this way can bring enduring transformation for you, your family, your business interactions and the world at large!

Say it out loud – “I am an Empowered Manifestor!”

A new way of being requires new language. I know the word “manifestor” doesn’t exist in the dictionary, yet it does exist in my heart. Through the many conversations with spiritually minded individuals who have a desire to be of service and share their personal gifts, i.e. manifest good, purposeful lives, the term “Empowered Manifestor” was coined by one of my Coaches! As we asked for a word to describe those we are called to serve.

After working for decades in the “real world” of high finance and business consulting, I know that the more you come from a place of intention, connected with your higher guidance, inviting your unique brilliances to shine, and letting go of trying to be someone else, you become more empowered and begin to create, build and receive what is meant to be yours.

You begin to manifest the life you dream and desire.

Each of us is an Empowered Manifestor! The tools I am sharing here will help you consistently be empowered by Spirit and manifest the amazing life that is waiting for you! You will in turn be able to support others to become “Empowered Manifestors”.



Why Does Someone Want to Become an Empowered Manifestor?

It's a wonderful way of life!

As you become more and more aware of what I call "Positive Evidences" (we will address it further below), and you are in partnership with Spirit, moving in the world with intention, you will come to further understand the value of being an Empowered Manifestor.

Do you want to have joyous relationships? Do you want to be comfortable with the choices you make? Are you ready to stop comparing yourself to others and begin to celebrate each of your unique gifts and talents and in turn acknowledge everyone else?

Being an Empowered Manifestor is valuable and available for you to tap into all the time! You can and will apply this system to all areas of your life! You will begin to feel less stressed, enhance your relationships, appreciate all that flows your way and be able to live joyfully!

I am helping entrepreneurs, artists, moms, dads and corporate folks reach phenomenal success in their lives and in their line of work. I was given this Empowered Living system by Spirit. I am excited to share it with you and honoured to guide you as you intentionally live and design your life in partnership with Spirit.

The Empowered Living system works whether you are looking to improve a particular aspect of your business, build a business or are looking to improve the quality of your life i.e. joyful relationships, vibrant health, more time for fun with dear ones. It works because it always addresses ALL aspects of your life not just specific categories.

For example, one of my clients was an investor who was worried about funding. He had never done a business plan before, so he started working on one. He began to use some of the tools that are part of the Empowered Living system. And, guess what? He never even had to use his business plan! In 3 months, he had attracted 5 million dollars in funding, seemingly "out of the blue". In addition, he began to enjoy his life more than ever.

That's one of the Universal Principles of Energy Attraction at work! And the best part is, ANYONE can use these Universal Principles in a practical, easy way and can learn to "attract" ANYTHING!



How An Empowered Manifestor Creates Success

Be in integrity with yourself and come from a place of love before you take action - this leads to the successful life you desire.

Maybe you feel you want to go to another level in an area of your life, yet are not really sure what you need to do. Certainly a lot of people are talking about the Law of Attraction now. You may have heard about it on Oprah or seen it in the movie "The Secret". Believe it or not, that information wasn't always common knowledge!

USING the Universal Principles in a way that creates visible RESULTS CONSISTENTLY is something you may not have mastered yet.

You do have the ability to empower yourself. In fact, everyone has it!

In order to become empowered, you will want to:

- 1) Partner with Spirit by stating your intentions & noticing Positive Evidences **(lesson 1)**
- 2) Connect with your Inner Guidance – **(lesson 2)**
- 3) Manage your Energy **(First Steps presented in lessons 3 & 4)**
- 4) Taking Inspired Actions (Available as part of **Living An Empowered Life Course**)

The 1st Foundational Element - Setting intentions

What Is An intention?

An intention establishes a direction for energy, and activates the experiences you want. I distinguish between inner and outer intentions. An inner intention describes an inner state you want to experience i.e. feeling happy, secure, fulfilled. An outer intention describes a task you want to accomplish i.e. getting your house organized, planning a Birthday party or working in a new field etc..

You set intentions to clarify what you want to accomplish AND what you want to feel. When you can clearly articulate the essence of what you want to feel, your actions naturally align with it.

When you set intentions, you set energy in motion and set the stage for those intentions to be manifested.



Setting intentions

It is important to set your intentions from a place of clarity and presence. You are not just mindlessly saying some words out loud; you are deliberately naming the essence of what you want to experience.

Examples of inner and outer intentions

Say you want to “have a conversation about school with your son”. Your outer intention would be to “have a conversation with your son”. Your inner intention might be to “encourage your son or feel connected with him” or to “feel content with your role as parent”.

In most cases, when you intend something it is less about the action itself and more about the feelings associated with it. For help articulating your particular inner intention you can think about how you want to feel when you take a specific action such as, have a conversation with your son.

How Do intentions Lead To Positive Evidences (PEs)?

Intentions bring about Positive Evidences. When you think about how you desire your day to unfold, what you want to experience, you set in motion the expectation of your intentions manifesting. When you observe your intentions manifesting you are noticing Positive Evidences.

Positive Evidences can be physical (things showing up visibly), mental (ideas, insights, “aha! moments”), emotional (feelings). Anything can be a PE.

When you start to notice all of the things that are working, that are feeling great, that are coming together, you start activating your empowerment more and more. When you are empowered you are on a higher vibrational level. You begin to expect to find things to appreciate. You find reasons and opportunities to laugh.

The only person in charge of your empowerment, your vibrational level, is **you**. The locus of control is inside **you**.

- After you set your intentions, the more you raise your energetic vibration by noticing PEs, the more you become a match for some of the higher vibrating things you want.
- When you start expecting miracles, they start happening!



Mastering The Material

In this lesson we have had the opportunity to learn the value of Being Empowered. I presented the benefit of setting the stage for what you want to experience through intentions. I then explained how noticing and celebrating Positive Evidences (Intentions Manifesting) is your spring board to a higher vibrational level that is a closer match to what you want to create.

So now, let's PLAY. I call it play because it is simple and fun.

As simple as activation tools are, let me assure you it is extremely powerful and it WORKS.

ACTIVATION TOOL #1

You can begin to literally activate more in your life. The first thing to do is to hold the intention. You can make intention a powerful tool for yourself right now. Take a moment and jot down your answer to the following question... What is your Intention as you begin the Empowered Manifestor Guidebook?

Don't Forget to Notice Positive Evidences (PE's)!

For your intention, you might write something like:

You can have more than one intention.

- I intend to find a way to start feeling good about deciding to prioritize some "me" time each day.
- I want to have my current interactions with collaborators flow easily in all ways – I want to feel good when I am around them!

Positive Evidences:

- I woke up this morning feeling peaceful.
- My meeting with was so empowering, we organized the fundraising event/conference/get together in half the time we had planned.
- I laughed and was able to share great ideas with....



Bring your intention into your mind for a moment.

Over the next 48 hours, repeat your intention as often as possible. Whatever you are doing, when you first get up and before you go to sleep, allow that Intention to become part of your conscious thinking pattern. Notice the PE's. That's it!

It may seem simple to you, but that is the first powerful tool – holding the Intention. In lesson 2, you'll learn how to build on this power.

Congratulations on completing your first lesson.

You Are Becoming an Empowered Manifestor!

Please Remember: If you wish to accelerate this work and/or receive more individual attention, I am here to further support you. Reach out to me and my team for a complimentary activation session at ActivationGuide@coachingfromspirit.com and we will help you in a way that best serves you at this time.



LESSON 2: Connecting With Your Inner Guidance

You have chosen to become an Empowered Manifestor and started the journey to create and live the life that you desire. I and my team are here with you to support and help you Amp up your results. Always remember you are not alone.

In lesson 1 you have learned what Intentions are, the value of setting Intentions and the connection between Intentions and Positive Evidences (the results of your Intentions manifested).

Now let's explore how to connect at an even deeper level with Spirit.

The 2nd Foundational Element - Connecting To Your Inner Guidance

In our day to day lives we often forget to connect to Spirit - Source Energy (whatever you call your Higher Power). Often times, we connect to Spirit during celebration of milestone events or real struggles but we need to connect with it on a consistent, moment to moment basis. Connecting with your Inner Guidance and managing your energy on a daily basis invites you to be the "Empowered Manifestor" you desire.

This Source Energy operates at a very high level of frequency. To consciously tap into that potential, you have to be operating at a similar frequency.

Thoughts like love and peace and how to serve others are examples of higher level frequencies. You know how you feel when you are experiencing love, calm or support etc. - you want to feel more of that in order to raise your vibrational frequency. When you are focused in these higher vibrational frequencies, you have a direct connection to Source Energy. I call it your Inner Coach.

In order to be successful, you want to partner with your Inner Guidance - your "Inner Coach". When you do this, you will feel a sense of ease and flow no matter what's happening around you.

It's **time** to co-create with Spirit, open to the idea that everything is helping you on your journey, hear the nudges of your Inner Guidance to reach out to others, share your interests, ask for help, and see solutions and possibilities all around you. Can you feel the ease, the pleasure, the joy?



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One way to make something tangible is to put it into a solid form. If you think of your Inner Coach showing up like a person (for me that would be Coach Sharon), you would be giving him or her personification.

Consider this If your Inner Coach could show up in front of you, suppose he or she is wearing a hat. Stay with me on this, OK? What kind of hat would your Inner Coach wear? This may sound strange, but if you want to make an even more tangible connection to Spirit, this process will help you do that!



Whatever image comes to your mind right now – just let that be OK. If an image doesn't come to your mind, perhaps a word will pop in your head. Or you will just have a sense of something you can see, or feel, or hear or just know. Any one of those ways of communication from your Inner Guidance is perfectly appropriate.

Don't read any further until you have imagined something – anything!

OK ... Got something in mind?

You might end up with a baseball cap with a light bulb glowing on the top, or a cowboy hat, or a tiara, or a wig! Anything weird, wild or wonderful is great!

You can choose to create a physical hat and put it on. In wearing the hat, you're channelling that connection in a very powerful way and it's extremely effective.

You're letting your Inner Coach speak through you. When you wear it, you might actually feel a change in your body...a shift of some sort happens. Play with connecting to your Inner Coach in this practical way. Think to yourself ... "OK! I've put on my hat and now I'm connected."

To deepen your connection with your Inner Guidance even further you can actually create a whole team. Your Inner Coach is a member of your team.

I call my team Sharon's Divine Team. You can call yours "Inner Guidance Team", "Angel Squad", "My Peeps" - you decide.

There are no rules around creating or working with your team. It is your team! You set the rules. The one question you can always ask when you are creating or working with your team is "Does it feel good?". Most importantly, have fun, explore, and discover what works best for you. There is no right or wrong answer. Be as daring and creative



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as you are guided to be. And remember, you can change members of your team any time that you like.

Think of the areas in which you feel less competent or the tasks you dislike. Create positions and people to handle these. You may decide you want certain positions in your life and eventually hire actual people to fill them. Work with where you are now; ask for the Divine Team members you need now and receive inspiration and guidance from them.

I feel your team is one of the most powerful tools you can use. I recall that I was given information every day on my practice and how to build it. I followed the guidance to the letter.

One day, my “Joy Manager” told me to take my newborn out for a day outside in the fresh air. I had seven people who called me about coaching them and I thought I needed to follow-up from our previous conversations. Instead, I decided to head the guidance and I spent the day outside with my daughter. It was a beautiful Indian summer day in the fall and I felt really energized. When I returned, my message machine had seven messages on it. All seven people in one day called to hire me – that is a powerful Positive Evidence!



Mastering The Material

In this lesson you learned how to deepen your connection to Source Energy by creating and activating your Inner guidance through your Inner Coach & Divine Team in a practical way. Connecting with your Inner Guidance and managing your energy on a daily basis invites you to be the "Empowered Manifestor" you desire.

I shared with you that keeping this connection light and playful is essential. Remember, being an Empowered Manifestor is about being in a higher level frequency which is defined by Joy, Love, Peace and FUN.

So now, let's PLAY. I call it play because it is simple and fun.

Coaching Support: I have received numerous request from my students & clients to create a stand alone tool to help Amp Up their connection with their "Divine Team". I did. They loved it!

I know that, you too, will find it very powerful.

[Click Here To Get the mp3 Audio.](#)

Activation Tool #2

- Between now and the next lesson, keep allowing your Intention to connect with your Inner Coach and Inner Guidance Team.
- Take a deep breath now and allow yourself to make that connection with your Inner Coach & Your Inner Guidance Team.
- Are you starting to feel a little bit better? Are you starting to feel like you're really not alone?
- Think about something going on right now for you that you would like some inspiration on. For example, " How do I start improving my relationship with my partner?" or "How can I communicate with my daughter in a more balanced, calm way and still remain authentic."
- Once you decide what you want help with, assign it to one of the members of your team i.e. "Relationship Manager" or some other team member who would be fitted for handling the particular issue you want help with.



- Now, allow yourself to notice what inspired actions come through i.e. it could be a message in something you read, in the lyrics of a song, in a dream you have or in a conversation you have with a friend.

Don't worry if that hasn't happened for you yet, it will!

Congratulations on completing your 2nd lesson.

You Are Becoming an Empowered Manifestor!

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LESSON 3: Energy Management - Energy Assessment

OK! Are you with me? Have you got on your hat? Have you acquired that tangible connection with your Inner Coach? Who else do you have on your Inner Guidance Team?

You may find it helpful (or even playful) to wear the hat for the rest of the Empowered Manifestor Guidebook lessons. The combination of enjoying oneself while creating and designing is very powerful.

When I have a disagreement with my husband or daughter and I feel I need extra help in accessing that part of me to stay calm and focused, I call one of the members of my Divine Team, Coach Sharon. Coach Sharon wears a tiara - my hat. As soon as I call on my Inner Coach, I can feel myself shifting and feeling more patience and calm. I become/manifest what I want to experience in that moment.

My breathing slows and is deeper. My eyes feel differently - there is a softer focus to them - and my voice when it comes out of my mouth is softer, more patient. I am empowered to act FROM a place that seems bigger than ME. My entire focus shifts, so that it becomes less about ME, ME, ME! And more about WE!

When my loved ones see me with my Tiara on (yes, I have a real Tiara that I wear), they know I am holding the intention to find a place of peace in the communication. They also seem to shift and begin to feel a greater sense of wanting to join me in that place of co-creation to allow a solution that will feel good to us all.

Encourage your family members to wear hats so that they connect with their Inner Guidance in a fun way. This is also a visual sign to other family members that they are reaching to make a connection with Spirit and shift their perception.

Try it yourself! Have fun with this.



Enlightenment is about lightening up



The 3rd Foundational Element - Energy Management (Energy Assessment)

Now let's look at this idea of Energy Management.

This is one of the most exciting things to share with people like you who desire a life of ease and joy expressed within your home and in your relationships. You are meant to live an Empowered Life and become an Empowered Manifestor!

You may have believed that results are based solely on the actions you take, or that you are at the mercy of the outside world. That you really have very little to say about it. Because of this, you might end up feeling depressed and alone.

According to WebMD, approximately 19 million adults in the US suffer from major depressive disorders. The number of people who feel depressed at some point in their lifetime is much higher, but not included in this statistic because they don't meet the criteria for major depressive disorders.

What causes depression to be so prevalent? Well, depression is about feeling disempowered. The good news is that the Empowered Manifestor Guidebook helps move you toward becoming empowered.

As we spoke about in lesson 2 your thoughts and feelings produce a frequency. This energy will connect with other "like" or similar energies.

You can use this energy frequency to significantly impact your life. Since everyone is connected telepathically, you need to better understand that how you focus your thoughts and feelings makes a BIG difference in your results.

This idea can be challenging to get your head around, at first. But trust me it will become part of you.



How You Learned to Look at Life:

You grew up hearing from your family and the world around you a sort of collective “group think”. It is how you learned to look at life.

You’ve heard, for example, that having a successful life partnership is really “hard” and very few people get to experience this joy. You may have heard that you have to sacrifice yourself and your desires in order to make your life partner happy. Or that following your passion, exploring those things that have meaning for you, are whims and impractical.

You may not realize that beliefs like these are bringing you more of the experiences that you don’t want. Thoughts are energetic signals. Whenever you think, “I can’t get out of this rut” or “I never have enough time” you are demonstrating limiting energy beliefs and you get more and more frustration, conflict and uncertainty.

You unconsciously perpetuate these limiting beliefs by the actions you take or don’t take. Please STOP. You can choose the thoughts you have and bring in more of what you desire to experience i.e. peace, joy, harmony, ease etc..



Vibrational Output

“Vibrational Output” is a term used to explain more about how your thoughts and feelings can impact your results.

A thought pattern is just something you think over and over. Your thoughts create neural pathways in your brain. It doesn’t matter if the thought came first or the feeling came first for our discussion here.

The interesting thing is how thoughts about your life like, “Life is hard” or “I don’t know where to start to make the changes I want”, have other thoughts attached.

These thoughts cause you to start telling yourself a story: “Life is hard, so why bother”. “Nobody appreciates what I do so I am going to not do anything”. Or, maybe this sounds familiar “My siblings will never get me”. Trains of these thoughts connect and form these stories you tell yourself. These are “What If” stories.



Your “What If” Stories are Energy Blueprints. Your “What If” stories are where you’ll discover your limiting beliefs. They tell you both about your past and your fears of the future.

Your “What If” stories are an Energy Blueprint that you carry in your cells. It will make a world of difference for you when you recognize that these stories exist within each of us. These “What If” stories often hold us back from manifesting the amazing life that is waiting to unfold!

Let’s do an Energy Assessment. This will help you begin to understand your Energy Blueprint.

- What bothers you?
- What do you worry about?
- What are you afraid could happen?

These are your “What If” stories.

Now think about how that all feels. When you have a feeling and when you think something about it – whether it is true, or you are just thinking of it – your mind can’t tell the difference.

Your mind doesn’t know whether it is real or not. You actually think it is real, so you feel those feelings. Your body senses these feelings. In addition, as you’re feeling, you are sending out an energy signal. The feelings actually create the energy signal. That is “vibrational output”.

Say you are worried about ending a relationship. You can’t sleep. You wake up at night worrying. The signal or the energy you are sending out is: “I am uncertain about my relationship”. You will then match up with situations to help you validate your story.

You make a small shift when you start acknowledging what you are afraid of. This small shift is very powerful.

When you recognize what you have activated in you (the stories) and you just let them be – you alter the vibrational output. Then, by focusing more on how you want to feel, you start to shift that vibrational output even more as you begin the process of managing change.



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Oprah, one of the richest women in the world, said that when she did her first talk show after doing anchor news, it was just like breathing. So when you're doing things that are "in your brilliance" – aligned with your God given talents, is when you are really "in the zone".



Oprah leverages her brilliance to be a transformational agent in the world in a lot of ways.

You ARE part of this bigger tapestry too! Just like Oprah! You don't need to have an Emmy award winning talk show to impact the world! You impact the world by the energy you put out into it!

It is not about what you are DOING in this life. It is about what you are BEING in this life!

That is what matters. What you are being (or the vibrational output you are putting out) affects all of life, because we are all ONE.

An Energy Assessment Chart is an extremely effective tool to check in with your given topic or issue. It gives you an overall perspective of what makes up your beliefs and your patterns and what you currently have activated in your life.

Once you implement some of these elements I am coaching you on in this Empowered Manifestor Guidebook, through the Energy Management system, you'll be able to change those beliefs and patterns that don't serve you. You'll be able to change your vibrational output. You'll be able to attract the people, circumstances and situations that are more in alignment with what you want!

In Oprah's final show (The 25 year Finale) she truly emphasized the point that The Power is within you to make the changes you desire, irrespective of what has or has not taken place in the past. You are the only one responsible for your happiness.

And it all happens through your partnership with Spirit.



Let's Create Your Energy Assessment Chart

Before we begin please take a moment and let it be OK with where you are. One of the most powerful things that you can do is to find a place of peace so you can say, "It's OK where I am." Even if where "I am" doesn't look so great!

Good! Now let's see where you are.

I will help you create your Energy Assessment Chart. Feel free to take out a few sheets of paper or a notebook so that you can put some columns together and create this chart.

Column 1: Beliefs and Patterns That Are Serving Me

- Go through an inventory – an assessment. What are the beliefs and patterns that are serving you well now? The beliefs that are really supporting you.
 - o For instance, your belief of " I always keep my commitments" is serving you. Your pattern of eating nutritiously supports your good health etc..

Column 2: Beliefs and Patterns That Are Not Serving Me as Well

- Choose a belief for you that isn't supporting you.
 - o For instance, "I find it challenging to balance my personal interests and to devote enough time to my responsibilities at home", or " I don't have enough time to do the things I enjoy".

This is where you repeatedly remind yourself: IT'S REALLY OK!

- o Just let yourself surface it up. It feels so good to just get it up and out. By doing this, you're neither blaming yourself nor judging yourself. You're not holding yourself in the low negative energy any more. You begin to recognize the belief for what it is and now you'll move to shift it.



Column 3: The Support I Need

- Look back at the beliefs and patterns that are not serving you. Write down what support you need to shift them/ change them. Allow **ALL** the ideas that come up.
 - o Maybe you need someone to watch your kids so you can take that art class you want to once a week. Maybe you need to learn some short cuts on food preparation so that you don't reach for unhealthy food. Maybe you can find somebody to help clean your home so that you can have more time for exercise.
 - o You are going to create action plans – connections to your Inner Guidance - to start moving forward in a very effective way in asking for what you want.

Great, write it down. It's the support that you need. So that's very powerful!

Coaching Support: One of the biggest "story" that my clients share with me is about having challenges in their relationship with money.

I created this mp3 audio specifically to assist my clients with reframing that story in a way that serves them.

[Click Here To Get It.](#)



ACTIVATION TOOL #4

Well done, on creating your Energy Assessment Chart. If you haven't yet, please take a few moments to do it now.

One more thing.... We must remember to engage with our Inner Guidance Team! So let's create a 4th column for the Energy Assessment chart.

Column 4: Connecting With My Inner Guidance

This is where you're going to use the information from the first 3 columns in order to connect with your Inner Guidance. When you go through this part of the process you can wear your hat or something that's representative of your Inner Coach or Inner Guidance Team.

I want you to amp up your vibrational level. You are the only one who can shift your vibration. My team and I are all here to support you and guide you, however each of us is responsible for our own vibration.

Take a moment & ask your Inner Coach or your Inner Guidance Team, for some honest answers.

- What are my strengths?
- What are my brilliances?
- What are the things that my Inner Coach wants to share with me?
- What insights does my Inner Coach have for me?

This is you tapping into your Inner Guidance in a very tangible way.

You are activating insights and brilliances from your Inner Guidance. You know that this energy is going to support you. You're expecting it.

Although this is the last column in your Energy Assessment Chart, please remember to be open to receiving your inspiration and insights. Expect it!



Mastering The Material

In this lesson you learned that in order to become an Empowered Manifestor you want to be aware of and assess the thoughts, the beliefs and behaviours that are not serving you. You do this so that you can make an energetic shift and move closer to matching the vibrational frequency of what you want to feel and experience.

When you do your Energy Assessment, you also want to identify the beliefs, patterns and behaviours that ARE serving you. Just by acknowledging these you are helping yourself be in those higher frequencies. Remember the saying "thoughts become things", so let's choose the empowering ones!

Congratulations on completing your 3rd lesson.

You Are Becoming an Empowered Manifestor!

Please Remember: If you wish to accelerate this work and/or receive more individual attention, I am here to further support you. Reach out to me and my team for a complimentary activation session at ActivationGuide@coachingfromspirit.com and we will help you in a way that best serves you at this time.



LESSON 4: Energy Management - Scripting

In lesson 3 we learned that it is all a matter of noticing and starting to analyze where you are, not at an intellectual level, but at an energy level!

The value of working with the Energy Assessment Charts is that you start to understand what your energy level is around something you want to create. Once you understand the beliefs that are serving you as well as those that don't, you can tap into your Inner Guidance to move yourself closer to what you desire.

You will want to make new Energy Assessment Charts on a regular basis, and you can use them for every aspect of your life! You can create Energy Assessment Charts about relationships, money, health, time, organization, etc....anything you want to create more of!

The 3rd Foundational Element - Energy Management (Scripting)

Another tool in the Energy Management System that is useful is Scripting.

Scripting is stating your intentions in writing and making an even deeper connection with your Inner Guidance. You can script on a napkin, on a loose leaf paper, in a notebook or type it up on your computer.

Before you begin scripting, find a peaceful place where you can tune into the energetic connection that you have with your Inner Coach or Inner Guidance Team. Take a few deep breaths and determine what is coming up for you - how you are feeling physically, emotionally etc..

When you script you pour out what you need help with, how you want to feel today and what you want to experience today. This is specifically about TODAY. It doesn't take any more than five or six minutes a day. You can script either first thing in the morning, before you start your day, or as the very last thing you do in the evening before going to sleep (this is to pre-pave tomorrow).

Why does scripting work? It works because writing your intentions, helps you keep your focus on that which you want and how you want to feel while continuing to connect with Spirit.

Remind yourself to be clear in what YOU WANT, not what your family members, your neighbors, or anyone else wants.

Now that you know what you want and how you want to feel, focus more on how you want to FEEL- the ESSENCE of what you want to experience.



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When you think about anything – and this is part of the Secret to Energy Management – really, when you want something, you want it because it makes you feel a certain way. i.e. I want an extra \$2000 because I want to take that vacation with my children and FEEL joyful, connected with them and have fun together.

That's really what you're after: the FEELING. If you can focus more on how you want to feel, the essences of WHAT you want to activate in you that day – then you can leave it up to your Inner Guidance to work out the 'HOW'.

When you identify what (physical & essence) you need help with, it gives you the opportunity to request assistance from members of your Inner Guidance Team and delegate the "how" it happens to them.

You remain open to the idea that something in your physical world will transpire and will bring your desired outcome to you.

For example: You may need help baking a dozen cupcakes for your daughter's kindergarten party but you also have a presentation at work. You feel overwhelmed and unsure how you are going to make it all happen. You ask for help in feeling calm and secure in knowing that it will all work out. Your friend mentions that her sister just opened a gourmet cupcake place and would love to have them sampled....

This may feel like coincidence or luck, however by simply having recognized the area where you need help, asked for help and remained open to receiving it, you manifested the outcome.

Of course, let's not forget a previous tool we learned - Positive Evidences. As you script, state your Intentions, ask for assistance and connect with your Inner Guidance, remember to notice the Positive Evidences (Your Intentions Manifested).

Can you feel the power of Scripting? It isn't just about writing words on paper, it is about assessing where you are, connecting with your Inner Guidance, and allowing/trusting the opportunities to present themselves.



Mastering The Material

In this lesson you were given a way to deepen your connection with your Inner Guidance even further through Scripting.

Scripting is not only powerful because it gives you a tangible way to express your Intentions, and see them in "black and white", but also because it helps you manage your energy through:

- 1) Taking assessment of where you are i.e. what you are feeling emotionally as well as physically.
- 2) Getting clear about what you want to feel and experience in your day.
- 3) Connecting with your Inner Guidance and articulating, in writing, the support you need.
- 4) Being open to receive the inspired thoughts and physical answers you seek which may come in the form of opportunities, ideas or meeting the right people who offer to assist you.
- 5) Raising your vibrational output and moving you a step closer to being an Empowered Manifestor.

ACTIVATION TOOL #5: SCRIPTING

Let's Play.

For the next 2 days:

1. Please script for the day ahead of you. Remember that you can do this either first thing in the morning (suggestion: you may not even want to get out of bed before you do this) or as the very last thing you do at the end of the day.

To review, the steps for scripting are:

- Before you start thinking of what you want to experience in your day: Take a few moments and a few breaths and see what is coming up for you i.e. you might feel a little tired today, or anxious about all you need to accomplish or even feel sad, overwhelmed etc..
- Now, think about what you want to feel instead and what you want to experience in your day i.e. "I want to feel calm and assured that whatever tasks I undertake and complete today will be OK" or "I want to feel just a little bit more happy"- a small shift is perfect.
- Then, connect with your Inner Guidance and write down the support you need i.e. "Dear Spirit, today I want to feel a sense of accomplishment and



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need your support in determining 3 things that I can do in my home to organize it. I don't know where to start but welcome some inspiration".

- Finally, be open to receiving the inspired thoughts and/or physical answers you seek which may come in the form of opportunities, ideas or meeting the right people who offer to assist you.
 - As your day progresses, or at the end of your day before you start scripting for the next day, write down your Positive Evidences - no matter how small.
2. On day 3, DO NOT script.
 3. Notice the difference between the 2 days you scripted and the 1 day you did not. What happened? How did you feel? Think about even the most subtle differences i.e. "I was more irritable on the day that I did not script" or "I felt this inexplicable peace, like everything was working" or "Everywhere I went the Universe seemed to conspire to support me - I got a parking space, in an area where I usually don't".

Remember, there is such power in simplicity. Have FUN!

Congratulations on completing your 4th lesson.

You Are Becoming an Empowered Manifestor!

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Summary & Next Steps

Summary - Bringing It All Together



Congratulations, you have completed the Lessons Empowered Manifestor Guidebook AND you are immersed in BEING an Empowered Manifestor.

The fact that you somehow found Coaching From Spirit and decided you wanted to go through the Empowered Manifestor Guidebook wasn't just an accident.

Synchronistically, you already put out to the universe that you want to activate more Joy, Success and Fulfillment in your life.

You want to feel good in all areas of your life, including your relationships, work, and your home, regardless of what's happening around you. And, you want to manage your energy to do that.

In the beginning of the Guidebook, I requested that you complete each lesson sequentially. As you noticed, the last lesson encompassed and integrated all of the tools that were presented in the E-Book.

Let's review:

You started your journey of becoming an Empowered Manifestor by learning that you are NEVER alone. You are, and have always been, connected and part of Spirit. Each of us is a unique expression of Spirit and as we begin to celebrate this uniqueness we become aware of everyone else's individual brilliances and our connection to each other.

Next, you learned the power of your thoughts and how you are empowered to co-create the experiences you desire. "Thoughts become things", and now you know that you can choose the empowering ones! You do that by setting Intentions, connecting with Spirit and noticing your Intentions manifesting (Positive Evidences).

My vision for you is that you have reconnected with Spirit and have become aware of the importance of working in partnership with Source Energy in every activity you undertake. Connecting with Spirit, although our Birth Right, is something many of us can neglect as we "progress" through life.



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It isn't that the connection and our Inner Guidance diminishes, it is just that we temporarily forget how to access it on a daily basis. To help you more easily tap into your Inner Guidance I offered you the foundational tools to do it with - your Inner Coach & Inner Guidance Team.

The miracle of this connection to your Inner Guidance begins with a knowing that each of us is part of Spirit which embodies peace, fulfillment and love. In order to be able to live the essence of our origin despite what is happening around us, we learned to make a conscious assessment of where we are energetically before springing into action. This is the first step of Energy Management.

Scripting is the final tool that I presented in the Energy Management System and it integrates all of the tools before it. By scripting, you assess where you are energetically, connect with Spirit, identify the areas where you need help and articulate the essence of what you would like to experience in your day. It is from this place that you want to proceed taking Inspired Actions.

Speaking of Inspired Actions - I have been guided to offer you a few additional possibilities that can continue to support you as you deepen your connection with Spirit and expand as an Empowered Manifestor.



Next Steps - Considering Additional Possibilities

I'm sure there are many stories being told in your head. Not enough time. Not enough money. These stories are very common; after all we are only human. It's in our nature for the ego to convince us as to all the reasons for not moving forward.

That's why I have decided to personally step in and help.

I am setting aside time with my specially trained coaches for you - totally complimentary.

If you are really ready to move forward, I want to help, by offering a complimentary session to those of you who really want to make this your best year ever, but you feel there's something holding you back.

In just 30 minutes, I'd like to help you have a major breakthrough in something you really want to accomplish - or have really been stuck in.

It could be an issue with money, with your child, with your husband or wife, your business or career - in other words - we will focus ANYTHING you want - one goal or one area you really want to break through and get the energy moving forward - once and for all!

And I can tell you this. The reason any of us gets stuck really comes down to one of two areas: It's either an Inner belief that's keeping you stuck, or something on the Outer - an action that needs to be taken or modified.

These coaching sessions are powerful. You'll walk away with a much better understanding of your next steps in your relationships, life or business.

These calls are to serve you. In fact, often they reveal our program may not be a match for you at this time. I will only steer you in a direction that best serves you!

Private coaching calls with my coaches are normally \$199, but it's my gift to you for completing the lessons in this Guidebook.

There is one small catch - Because of our busy schedule, I can only offer 10 sessions.

These sessions will be handpicked and qualified based on your level of interest, commitment and the order it was received.

All of that will be determined by filling in a short questionnaire (should take about 5 minutes) here: <http://coachingfromspirit.com/breakthroughsession>



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PLEASE... if you are not serious about uncovering the blocks that are holding you back in your relationships, life or business, please don't sign up. My time is very valuable, as is yours, and we are only looking for those who are **VERY** serious about experiencing a major breakthrough.

The tools that I presented in the Empowered Manifestor Guidebook, are part of a larger system, the Energy Management System, that was given to me by Spirit.

I use these tools in the Energy Management System every day and they have made a profound difference, in my business and in my life.

If you feel inspired to continue your journey with me and my team and find out more about deepening your learning, then please click on the link below to watch

[A Short Video That Reveals How To Use The Fast-Moving Energy of 2012 To Help You Manifest Your Dreams Quicker Than Ever!](#)

www.coachingfromspirit.com/lprogram

Your Intentions have been received by the entire Coaching From Spirit Energy Grid and we continue to hold the vision for you as living the fulfilling, joyful and prosperous life that you deserve.

Thank you for allowing me and the Coaching From Spirit Team to be part of your Empowered Living Journey.

It's been a pleasure to be on this path with you. I look forward to hearing about all of the wonderful experiences you are manifesting.

You Are Becoming an Empowered Manifestor!

Holding The Intention That Spirit Leads You!

Sharon Wilson
Founder & Chief Inspiration Officer
Coaching From Spirit Institute