



Keep It Simple, SMARTYPANTS!

STOP OVERTHINKING. START ALIGNING. LIVE HAPPY.



CHRISTINE MEYER

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The point of this book

is to confirm your power to you. It is to highlight and amplify what's right and good about you rather than highlight what's wrong, broken and needs to be fixed about you. (How refreshing, right?)

You were born with a perfect connection to your soul, with the power to experience any life you want, and a fool-proof compass directing you towards your connection, and towards the desires that you identify and discover as you live your life. Nothing can take that away from you. (Seriously, nothing in this universe can make you anything less than what you are, and what you are is astonishingly powerful.)

The point of this book is for you to live a good-feeling life and to have what you want, but first, to live a good-feeling life and then to have what you want. The big event of your life is the accomplishment of your blended-ness with your soul, on-your-way-to your goals, desires and manifested results. Therefore, this book is written to deepen your understanding of who-you-really-are, how powerful you are, and how to make sense of your role in this universe that you operate in.

When you resonate with who you really are, you discover your own path to your own answers. Everyone has guidance within them, and this book will help you tune to that.

I won't tell you what to do, I'll encourage you toward, and show you ways how, to tune in-to your own wisdom and knowing. What I know for sure is that every one of us has a deeper knowing that will resonate with the words on these pages. My intention is to resonate with something you know deeply about yourself — not to upset or contradict other beliefs. What you've believed so far, has worked. I'm here to speak to your soul — your innate knowing. This book is about an approach to life that has the potential to change your life.

Within these pages you'll find information that can serve you for the rest of your lifetime.

It's about a new approach to being; it's about the mastery of your own life, while also knowing that mastery is never done. It's about establishing new foundations, some of which you might be aware of, and others you might not. If you base and build your life upon false foundations or premises, the answers only serve to build upon those false premises.

The foundations presented in this book are consistent and true. As you apply them to create and build your life upon, you'll show yourself that nothing is random, the universe responds to you, and that you truly are a powerful being.

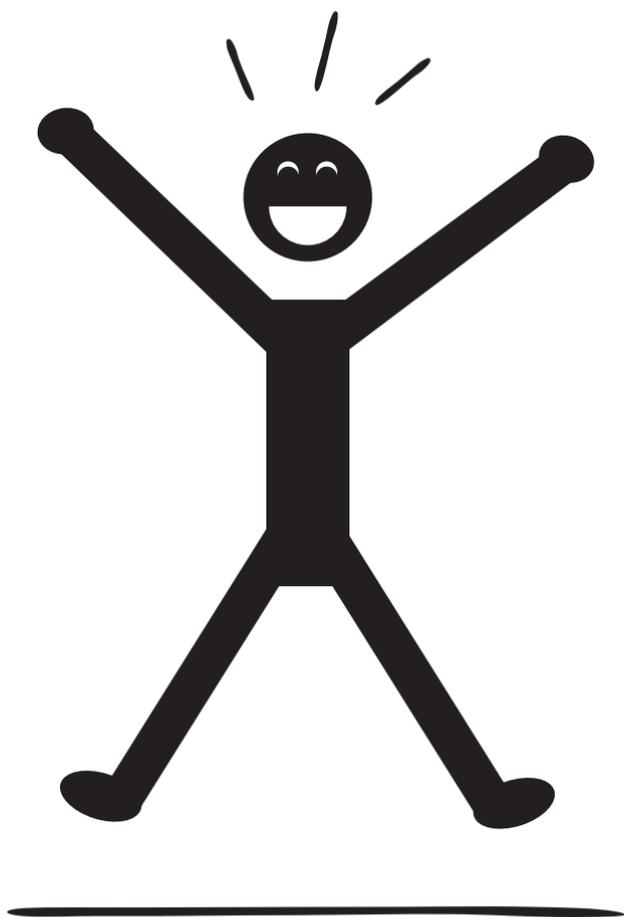
It is my desire to inspire and call you to the knowing and wisdom that you have within you, and for you to know how to connect to that knowing. It is my desire for you to follow your path and do what's right for you, even if (or when), it's different from the information you're receiving from family, friends or strangers — perhaps “experts” — what you're seeing on social media, reading in a book (even this book) or hearing on podcasts.

I want you to trust yourself,
your intuition, your guidance,
and your knowing.

By reading this book, you'll understand how to start doing that.

There isn't a wrong way or a right way to approach your life, but there are principles that you can integrate that will assist you in living and loving **your** right life.

Consider this book a reminder of what you already inherently know. A refresher course in the power of yourself, your connection, and your soul. And above all, a calling into a life where you joyfully, playfully, fully LIVE.



PART ONE

You
need to
know
three
things:

FOUNDATION 1:
.....
You have a soul.

We are all energy beings, which means we're energy in motion. I'm not talking about some way-out-there concept, I'm talking about physics. Everything in the universe is either matter or energy, or a blend of both, including you.

You are matter and you are also energy. Same thing, different form, still one. Energy is matter, matter is energy.

You're not only physical in the you-being-you sense, but you're also energy. There's an aspect or part of you that you and others (usually) can't see, but exists. Some people call it your soul, your aura, non-physical, or all kinds of other things. Regardless of how you refer to it, it's energy. That's the simplest way to think about it.

You also happen to be incredibly good at interpreting and translating that energy. In fact, you do it so naturally and constantly, you might not be aware that that's what you're doing. Sight, sound, touch, and smell all involve an exchange of energy on a molecular and cellular level; everything vibrates (or has a resonance/frequency) which you interpret with your senses into something you can understand. This energy interpretation can also take the form of feelings — just as you translate vibrations into sounds, your spirit conveys vibrations or resonances that you interpret into emotions.

Every particle in the universe speaks the language of energy, broadcasting its own frequency or mix of frequencies out into the universe which are being responded to. You do it. Your dog does it. Your houseplants do it. The cells of your body do it. They're all streams of energy, emitting frequency, all tiny offshoots of the big, universal stream, manifested into various forms.

One of
which just
happens
to be you.

This non-physical stream of energy is you, and you are it.

Part of the big stream of consciousness chose to manifest as you, and continues to flow to you, through you and as you. The you-part-of-you that's here representing as, "the human," is the one that decides how you want to direct that energy.

So, to recap: you're a mix of matter and energy.

The energy part is a "rivulet," if you will, of the big, universal stream of energy, manifested in the form of you.

You get to decide how you want to direct your particular energy — you're not a puppet on a universal string, you're the channel and steward of the stream you've got. In fact, you, my friend, agreed with your soul to be born.



SPLAT.