

3 Powerful
Tools for the

Professor

Learn to Live From the
Wisdom of Your Heart

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Who is the **Professor?**

Professors are responsible for educating our youth and ensuring our society continues to grow in the right direction. They are people of great intelligence and persistence.

However, the weakness of the professor is that she is in a state of constant research and questioning. It's hard for her to finally trust a path or decision because she is trained to research, examine, and dig.

She also is often measuring her research against that of her peers, forcing her to look outside herself for validation.

By taking this questionnaire, it's clear that you know and feel there is wisdom in your heart to be found, but your research driven mind makes it hard for you to settle in and allow your heart to speak to you.

*I want to show you how to go inward and trust
the voice of your soul.*

The Mind & the Soul



Before
I give you the tools, I would like to share a few basic essentials with you about your heart and your head:

- 1. You have been conditioned to ask your mind for answers and solutions.**
- 2. Ironically it is your mind that has you feeling stuck, scared, fearful, anxious, etc., so to ask that part of you for a solution is going to be limiting.**
- 3. So, what you want to do is ask your heart's wisdom, also known as your soul, for the answers.**
- 4. This is called moving from your head to your heart.**

Your heart's wisdom is where all of the solutions and answers you desire originate, but you have simply not remembered that. By asking your soul questions from a place of pain, you can actually relieve yourself of the pain by receiving an answer.

When you are suffering, you ask your mind for a solution. Your mind goes to its database which only has a limited amount of responses. You have used those and you know that today those solutions aren't going to work for you, but you don't know where to go for new solutions.

Good news: By using the next 3 tools, you are going to have a direct experience of asking your heart, instead of your mind, for your solutions.



*An Inward
Journey*

Purpose

The purpose of this tool is to bring more peace into your life. You are used to placing the majority of your attention outward and this causes a reactionary life. To create a peaceful and joyful external life, you must start by going inward.

The Tool

This tool requires you to pay a visit to the wonderful world of nature!

- 1.** Find a tree and sit up against it or lie upon the grass and look up at the clouds or the stars. You will be using this precious time otherwise spent externally focused to go inward so that you create a new, peaceful external world.
- 2.** Close your eyes.
- 3.** Pay attention to your breath. Inhale and exhale with your hand over your heart. Start to hum softly and quietly.
- 4.** Feel the peace that already exists within you.
- 5.** Take 3 deep breaths and ask your Soul, "Please Soul, show me today how this internal feeling of peace, joy and relaxation can be integrated into my daily life. I am choosing to make room in my external life for this peace to show up. I let go and I trust you. Thank you."
- 6.** Ask your Soul to take away any of your worries, doubts, fears and concerns of that moment and feel them sink into the Earth.
- 7.** Return to feeling your body against the Earth and place your attention inward on your breath.
- 8.** When you are ready to get up, keep your hand over your heart and know that you have imprinted your intentions to open your life up to more peace with this simple tool.

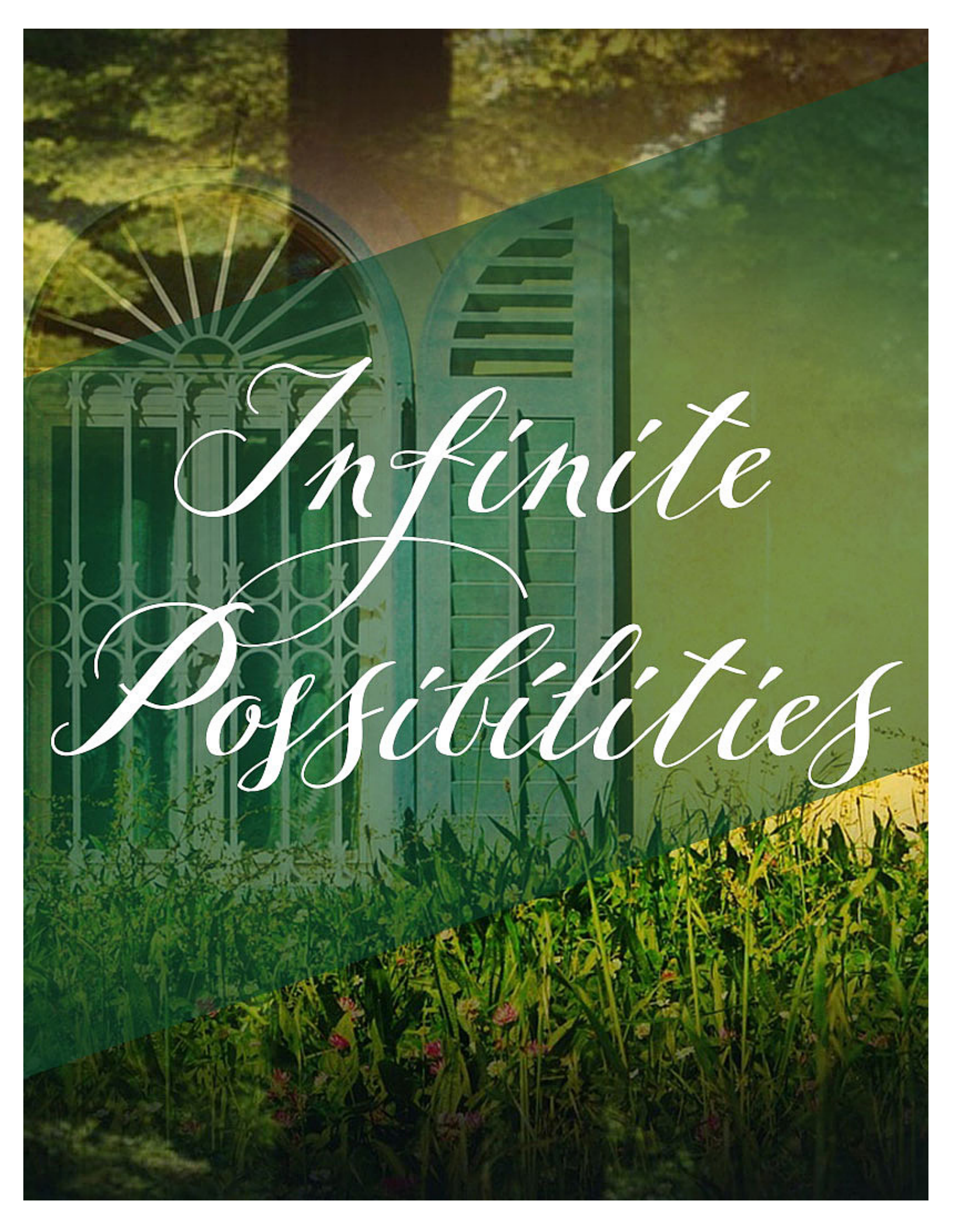
What You May Experience...

Going on an inward journey is essential to getting to know the wisdom of your Soul and what it desires of you to do with your day. Your mental mind does not have your best interests at heart. Your Soul does. Watch with joy how the grace of your Soul shows you ways peace and joy can now show up in your external world because you invited it in by using this tool. Life does not want to be complicated.

What you can expect to show up in your life by using this tool:

- >> Deeper feelings of peace within you throughout your day.
- >> People showing up to support you in more profound ways.
- >> A desire to create more 'you time' to tap into the sweet part of you, your Soul.
- >> A strengthening of your intuition so you begin to trust your decisions more fully.

Realize there is another world here - your inner world - that you have not been paying attention to. It wants to share something with you now. Take notice this week of all of the ways your life opens up for you to have more sacred time for yourself.



*Infinite
Possibilities*

Purpose

The purpose of this tool is to show your mind that there are infinite possibilities of solutions to any problem, situation, fear or worry that you may be having in your life. Tuning into the wisdom of your Soul and heart are essential for living a life of true joy and happiness.

The Tool

Infinite Possibilities exist always to give you a solution to your current problem. Your mind only has a set way it wants to show you a solution and this is biased because it keeps you in your comfort zone and old patterns. Your intuition is your inner wisdom or Soul showing you a new way to live your life today. A way where you trust your inner wisdom to show you a new perspective, bigger and greater than your mind can conceive.

1. Think of a problem that you are having in your life. Where do you feel stuck around something and can't think of a solution? If you can't think of a problem, think of something you are worried, fearful about or feel stressed about because you don't know what to do about it.

2. Look at your problem from a place of having absolutely no idea how you personally could come up with a solution (this would be coming at it from your mental mind).

3. Now, I invite you to trace a heart shape on your hand and while doing this say, "I am enough. I am the one that is giving this situation its' meaning. There are infinite ways for me to see this from a place of love. Soul, please help me to see the best solution to this problem now."

4. Continue drawing the heart shape on your hand, repeating, "I am enough", and place your problem in the center of that heart.

5. Put most of your focus now on the heart and not your problem. Feel your energy go towards the heart and feel how the heart has a solution for you. You have placed your attention in a new space and this is a space of self-love.

6. Continue with your day as you continue telling yourself, "I am enough." Trust that this simple tool is opening up a new line of communication between you and your Soul where it is going to provide you plenty of solutions to your problems as you stay centered in love.

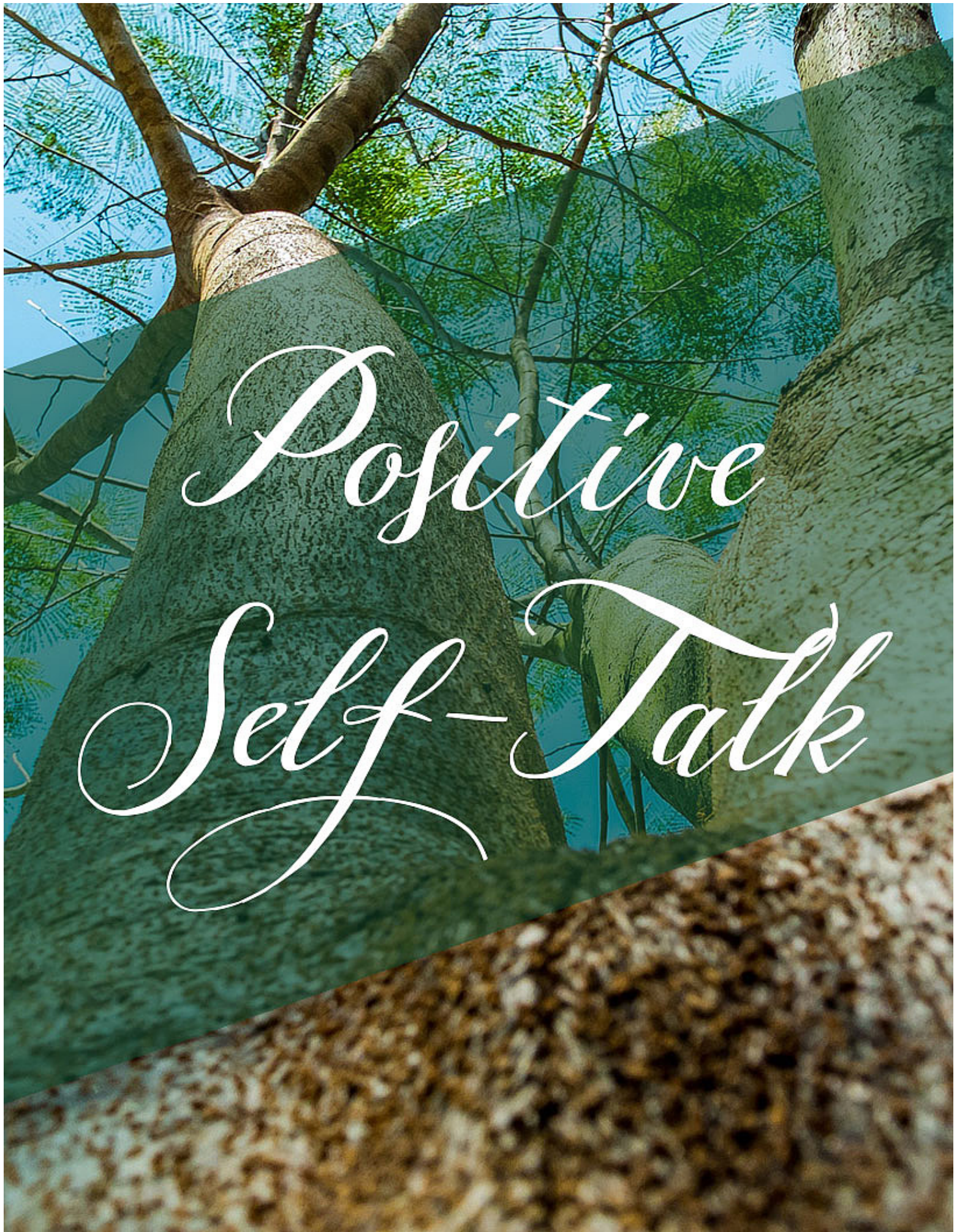
What You May Experience...

By using this tool, you will start to notice that your problem may completely go away and you may never see it again or you will be shown in the next 48 hours a solution to your problem.

State:

“There are infinite possibilities to how this situation can be remedied. I trust that my Soul will show me a new, loving way to see a solution to this problem.”

When you place your attention into the heart and affirm that you are open, your Soul will share with you a new way. Stay open to seeing the magical ways your Soul is showing you a solution to your current situation. It is already on its way.



*Positive
Self-Talk*

Purpose

The purpose of using this tool is to tune into a power greater than your mind, the power of your Soul. Positive Self Talk results in receiving more love into your life. This tool is about creating more positive self-talk so that you watch to see how your intuition, your Soul, likes this higher vibration of talk and rewards you with more love showing up in your life and new doors opening for you.

The Tool

1. Today, every time you take a drink of something, say to yourself one positive thing you see, feel, know and experience about yourself. (Notice if this is hard or easy for you to find something positive to say about yourself).
2. Next, every time you eat something today, say something you are grateful for about yourself and your life.
3. Apply this tool throughout your day and notice if it is easy or hard to compliment yourself. If it is hard, take a deep breathe before you take a sip or a bite to eat and state, "Soul, please show me today some great things about me, thanks. I am open to receive them."
4. Let go and watch throughout your day what events show up that your Soul has orchestrated on your behalf. They can look like compliments you receive or people showing up to support you. You may over hear a song on the radio or a conversation or see a book title that are all signs your Soul is showing you how great you are.
5. When you ask your Soul to talk with you, it is listening and responding right when you are asking. Be open to seeing the messages.
6. Continue with your positive self talk for the next 3 full days and watch to see what shows up and how you are starting to feel more uplifted, empowered and positive about your life.

What You May Experience...

It works like this for each of us...
I talk with my Soul, It listens.
It talks to me, I listen.

Your Soul wants you to say positive things about yourself.
You drink or eat something at least ten times a day.

Saying something positive about yourself during these activities will start to show your Soul that you are listening to it because you are choosing to speak to yourself in the same loving way that it speaks to you.

Your Soul will show you your magnificence. It is up to you to be open to all of the ways your Soul is speaking to you.

Notice where more love is showing up internally and externally in your life the more you speak lovingly towards yourself.

Now go grab that snack and tell yourself something amazing about yourself!



The
Next Step

Divine One,

Let this be the **beginning** of your journey inward...

The tools I've shared with you above are **POWERFUL**. If you commit to practicing them, you will see a shift in your life.

In a world where there is so much emphasis put on our to-do list and productivity, isn't it amazing to think that the change you are longing for in your life doesn't mean adding **MORE** to your already exhausted mind?

As I said above, this is just the beginning.

You will receive an email from me in a few days so I can check in with you and offer you some **support** as you implement these tools into your life.

I know that my mission on this Earth is to activate **Divine Love** in all the souls I have the privilege of meeting.

Your interest in my questionnaire was **NO** accident. Our souls were **meant** to collide and I am thrilled to uncover the reason and purpose for our connection.

Much Love...

Kelly



*For more information about my
Private and Group Coaching
or Divine Love Activations*

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You are Loved