

# BALANCE YOUR LIFE NOW!

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Ignite Your Life with Wealth, Bliss & Balance



Julie Renee Doering

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## Balance Your Life Now!

There are eight essential elements to living your life in balance. When you embrace these vital fundamentals and keep them in a fulfilled state you will experience your life in a profound state of satisfaction and ease.

Often when your life is off kilter, you have put all of your energies into just a couple areas of the balance wheel.

It's also fun to see that you can take your life back. When you get responsible for how life shows up and bring just a little more satisfaction into each area of life you begin to feel powerful beyond measure and truly unstoppable.

Two years ago Sharon started doing life coaching sessions with me. She is an American born Asian woman with very traditional Asian parents. She had made a mark for herself in the New York fashion industry, but decided to return to San Francisco to spend some adult time with her aging parents. She had a few personality quirks that she was embarrassed about. She found herself often critical and judgmental. "I have all the money I need, but I spend so much money on clothes I don't really care about." Her life was unsatisfying and she truly didn't know why.

We began working on the balance wheel. At the same time, I suggested she read "The Four Agreements" by Don Miguel Ruiz. While working together, we discovered that she felt her life was void, without meaning or purpose. She questioned her career, her friends and her entire life style.

Gently, we worked the balance wheel together. Step by step, she committed to small changes and shifts. These shifts continued to bring her satisfaction and joy in each area. She began an extensive training as a yoga instructor, her friends started shifting and some old friendships faded while some healthy new ones emerged. She implemented new meaningful practices in her daily routines. Sharon was waking up from the sleep of an unconscious lifestyle. She was making powerful choices to be the captain of

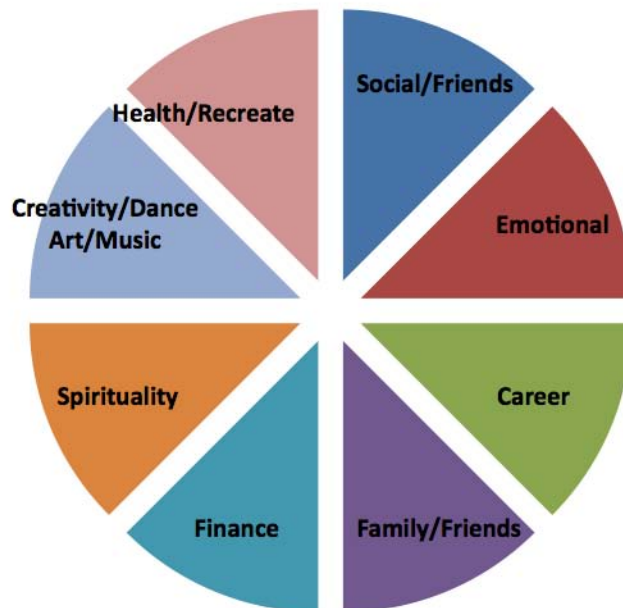


her ship rather than let the current take her where ever a rudderless life goes.

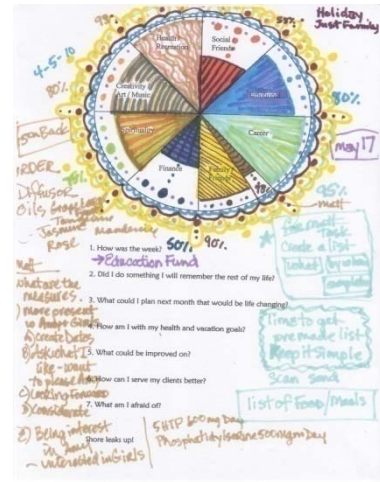
When Sharon graduated from her coaching experience she emanated joy and peace. The aspect of her personality that was frustrated and judgmental had calmed. Her love and gratitude vibe had greatly expanded. "I had no idea how unhappy I really was" she told me. Her life had turned around 180 degrees. She was now embracing a future of intimate friendships, purposeful livelihood and a new energy signature in the love vibration!

In the following pages you will discover the secret of true and profound happiness. This information is priceless. Don't be fooled by the simplicity of the process. This really is the answer to a content, fully self-expressed life.

Grab a marker and a piece of paper. Draw a circle, and divide that circle into a pie with 8 segments. In the upper right segment, write "social and friends".



Let your mind search through your recent history. Bring into focus the sense you have of your social life. When you think about your social life, are you feeling fulfilled and happy? Are you connected with friends who are positive and fun to be with? Are you feeling like you are often in your tribe, the social group where you feel like a 'pea in the pod'? Get a percentage of satisfaction level in mind. Very happy and fulfilled might be 90 or 100%; very low satisfaction might be 10 or 20%.



Does your social life have a place of prominence?  
Are you making sure you are having some relaxed, easy moments as you go through your week? Living life in balance requires you have an excellent relationship with friends. Statistics show that we age better with a sense of connection in community.

Why is it important to have a social life? We, as humans, were meant to experience relaxation and joy in the body. Our bodies gain courage and strength from those easy happy times. Those happy moments are the emotional fortification we need for when tough times come our way. You can weather stress and challenge with little interruption to equanimity when your emotional bank of happy moments is well stocked.

What is your social behavior policy? Are you set to have relaxed happy moments out in the world several times a week? Do you know and feel the importance of this activity? Some families have a policy related to working hard, being self sacrificing or denying social pleasure unless it is well earned. If you have come from this patterning you may not realize that working in overdrive and placing your social activities at the bottom of the list may affect you in the most adverse ways.

## Some problems that might show up if you are ignoring your social life

- Overly critical of family members and self
- Lack of constructive communication styles
- Overly self-identified
- Short temper
- Depression
- Bland affect

- TV addiction
- Lung and digestive problems

Signs of having a good balanced social life

- Sense of connection
- Support
- Camaraderie
- Good sense of humor, laugh easily
- Resilience in difficult times
- Increase in satisfaction levels with inner and outer expressions of self

Do you reside in your happy life with a good balance of play time with friends?

Draw a line in the first segment of your wheel that identifies your satisfaction level in present moment.

Balance in this area does not mean that you are doing things with your friends around the clock, 7 days a week. Although satisfaction levels are unique to each individual, a good guide for testing if you are in the ball park of living life in social balance would mean you are spending about 10-20% of your time enjoying life with other people.

What you are looking for is personal satisfaction. Anyone can raise their satisfaction level to 100% over a period of weeks. If you are feeling a bit low in this area, you can create some action steps to elevating your contentment point.

Here is a short list of activities that you could take on to feel deeper levels of connection and ease

- Meet a girlfriend for tea
- Hook up with a buddy for mountain biking
- Throw a dinner party and invite folks you'd like to get to know better
- Catch a baseball game with friends
- Rally friends for a night of dancing
- Join a meet-up group that is focused on your favorite special interest
- Plan a monthly girls night out and go see a romantic comedy
- Invite all your musician friends over to jam in your living room
- Go camping with other families or friends from school
- Assemble for lunch or supper at a new restaurant.
- Plan a spa day with a few close friends
- Meet up with your sports enthusiast friends at a sports bar to watch the Super Bowl

- Attend a spiritual event and circulate
- Go to a concert or Ballet with associates
- Plan a beach day or picnic with the ones you love - bring a Frisbee

If you are in the minority of folks who are overly active and addicted to going out, you will want to create a plan for less activity. Perhaps you'll develop your filter for experiencing high quality activities and reducing your overall number of activities. This selectivity will elevate your satisfaction. When you are overly busy with social activities, you will find your satisfaction level low because you are over stretched. You may often be participating in an activity without embracing the joy in it. We need both movement and rest, but too much of either is not a good thing. If you are in overdrive with your social life, take a look at where you are getting the good stuff from. Leave out the activities that just seem to be wasting your time.

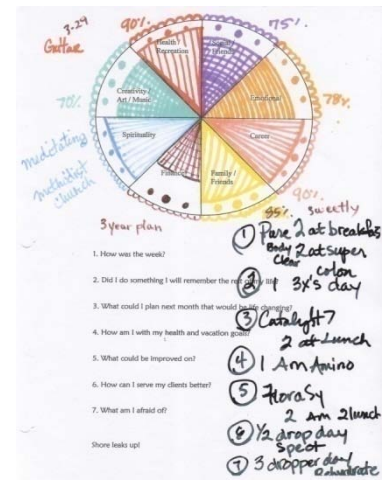


## Element two – Your Emotional Body

The second segment in the wheel is the category for our emotional body. 100% satisfaction in the emotional category reflects your feelings of living a blessed life; you are often in bliss and feel so grateful for everything coming to you. You have a sense of love and anticipation for the wonder and goodness of life. You live in a gentle flow of grace and ease.

Are you mostly in the state of bliss? Are you content, connected with the divine, and feeling that all is well in the universe?

Let yourself get in touch with your feeling body. Reach out with your thoughts into the recent past. What were the recurring feelings that came through for you this past week?



On the low end of the emotional segment is sadness, melancholy, depression and anxiety. At the extreme low ebb, we find 'bottom of the barrel' emotions: thoughts of suicide, ongoing pain and anger, jealousy and unrelenting self criticism. Sometimes folks get so low they wonder if life is worth living. If you find yourself in the low range, it is definitely time to start taking some action to improve your happiness and satisfaction.

Pick a number to rank your emotional body. There is a wide range for emotional contentment and ease. If you are under 50%, you will find that there is something else on the wheel that is also out of balance. If it is creativity, you may find that you are not spending enough time painting or dancing. Perhaps you may be out of balance in finance or recreation. When you are looking at true abundance, you are looking at an emotional segment that is pretty rockin'.

To get your feelings into the emotional range of over 75%

- Notice all the good you have in your life
- Stop talking about poor behaviors of others
- Start talking about how loved and lucky you are!
- Keep a gratitude journal



- Create a bulletin board of all your happy adventures or all the wonderful cards you receive from those you love
- Send a love letter to an older relative. Let them know how much their life and examples have meant to you
- Volunteer at a soup kitchen or shelter
- Be a Big Brother, Big Sister or adopt a Grandparent
- Get out in nature, hike with a friend, go mountain biking or take a ski trip
- Babysit and have fun getting into the playfulness of life
- Forgive everyone
- Forgive yourself
- Plan a trip around the world
- Go dancing
- Dress up
- Turn off the TV
- Avoid violence
- Avoid sensational news and radio shows
- Listen to classical or mellow music
- Watch a romantic comedy or a really good documentary
- Find reasons to laugh! The average child finds 300 occasions a day to laugh while the average adult may laugh 3 times or less. Kick up your laughing quotient.
- Light some candles and enjoy a fresh bouquet of flowers
- Spend some time in prayer and meditation
- Journal

### **Helpful supports for when action is not enough**

- If you have been in a low vibe for a long time, get a neurotransmitter test to find out if your serotonin and dopamine levels are high enough. Neurotransmitter supports are available from Neuro Science Labs at [www.neurorelief.com](http://www.neurorelief.com)
- Alternative products to improve brain chemistry are:
  - Essential oils: grapefruit, tangerine and mandarin quell anxiety and stimulate productivity. I like Amrita Oils.
  - Sam E, St John's Wort, 'Rescue Calm' and 'Field of Flowers' from Energetix
  - "Happy Hormones" CD for women and men through [www.julierenee.com](http://www.julierenee.com) : If you are prone to mood swings, look into balancing your hormones

- Experiment with herbs: Black Cohosh, Evening Prim Rose, Borage Oil, DHEA and Wild Yam Extract

One of the sure fire ways to raise your satisfaction in this area is to start loving yourself the way you are. Praise and bless yourself for the little steps you are making. It takes courage and discipline to transcend an old pattern. You can do it! Remember a time when, against all odds, you rose to the occasion and took a stand for yourself. Do you remember how good it felt then? Use the memory of that experience to fuel your steps into pleasure and ease.

I encourage you to be the 'scientific researcher' in the area of emotions. Get to your happy space. Take little steps and be firmly focused on the happiness coming in. This area must be fortified for true peace.

## Element Three: Career

Just under the midline on the right side is Career. 0% is dismal. If you are there, you are hopelessly lost. On the other hand, at 100%, you are in your dream job, making all the money your heart desires. The middle range is where you will find some satisfaction in your career, but you are not yet feeling aligned with your higher soul purpose or calling.

Slow and steady wins the race with raising the bar in career. Where ever you find yourself, claim that you are on your way. You are just looking for ways to make your career more embodied. If you are under 50%, you want to put some energy into that. "Book Yourself Solid" by Michael Port is a great book to help you on that path and get you on the road to that rockin' career.



When thinking about deep satisfaction with your career you will first want to get happy with your present calling. Think about what you are doing right now. What do you love about it? Why did you choose this position over all other choices? Do you enjoy the environment, the people you work with? Do you enjoy working for your Boss? Do you look forward to the tasks at hand? What areas of accomplishment do you enjoy at work?

When you are bringing your life into balance, you are not looking to blast your life apart. You are looking to gradually bring more satisfaction into your life. Eventually you might graduate to a career that you really have a passion for. First, you will need to raise the energy vibration of your relationship to work itself – this will allow you to bring in your true, fulfilling life's passion.

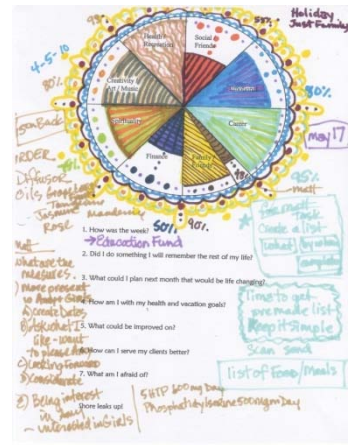
- How could you bring in more satisfaction to this area?
- Do you feel you are the best at what you do?
- What would you need to shift to make that last statement true? \*
- How could you serve your clients better?
- How could you improve on fulfillment?
- Are you impeccable with your word?
- How could you contribute to the folks you work with in extraordinary ways?

- If earning large amounts of money would add to your pleasure and satisfaction, what steps would you need to take to make that happen?

If you are not in a high level of satisfaction in this area, you only have yourself to answer to. At any moment you could change your mind and create a new a thrilling livelihood for the fulfillment of your soul's calling.

## Element Four: Family and Friends

Your relationship with the ones you love is such an important factor in having a healthy, vibrant, abundant life! Rate your satisfaction in this area by measuring your ease and peace with your intimate family and friends. 0% would be feeling totally disconnected and disappointed. You are possibly angry or unresolved around how you thought it should have gone at an earlier stage in life. If you are on this end of the scale you are stuck in your happiness factor with personal relationships in general. You have not yet been able to release the past and take responsibility for how things are in this moment.



100% means that you are in love with your life and are content with the way you hold your relationships. 100% is feeling 'over the moon' loved and cherished, and fully in your happy space. It does not mean you have to be in love with what might have happened to you in the past but that you have now resolved the issue to the point where you know life is in divine order with your family. Think of this section as how you relate to your tribe: not necessarily your family, but the people that you love and cherish.

On the low end of the scale with family and friends, you will find that the unresolved issues of your past affect your present time relationships. If you have done a lot of therapy or personal growth work around these unresolved issues, holding onto the past may actually be a spiritual or energetic issue. If that is the case, it is not resolvable with mental work, i.e. talking and thinking.

For each relationship you have, contacts are formed, agreements are made, energetic chords are plugged in, energy is exchanged and perhaps karma has been generated between you and the other person.

I have developed spiritual healing techniques to clear these entanglements and get you into neutrality.

I was working with a wonderful client, Joyce, who was recovering from Lyme's disease and an anxiety disorder. She was such a light and so

courageous. She had three young girls, was in her mid-thirties and had left the Mormon faith to marry.

One of the issues that would loop through our healing sessions was her family relationships, especially the discord and disharmony between her and her parents who had both divorced and remarried. To assist her with healing her anxiety and achieving vibrant health, we proceeded to clear all energetic entanglements with her parents, brothers and sisters.

This healing happened in perfect timing and was nothing short of miraculous. Just prior to the clearing, Joyce had gone back to be with her family and had a very difficult experience. After the clearing, she returned to her family for her Grandmother's birthday celebration. Just as a side note, I had also been working with her younger sister, though she was not apprised of the clearing we had done for her older sister. The whole family had received the healing and for the first time ever the family members got along beautifully together. Chrissie, her little sister, called me after the fact to find out if I had anything to do with this phenomenon! "It was an absolute miracle Julie Renee! Everyone was talking to each other. We actually let our guard down and were really enjoying each other!"

### **Spiritual entanglements and how to clear them-**

- **Contracts**

A spiritual contract is an agreement you have, consciously or unconsciously, made that does not go away until it is fulfilled. You could have said, "Let's grow old together" or it could be something implied: for example, you always knew your Mother expected you, as the oldest daughter, to stay with her and take care of her in her old age. So here we have spoken and implied contracts. Both can weigh heavily on you until cleared.

- **Agreements**

Agreements are very much like contracts. Some agreements may no longer have any validity but they may still play out like the voice of guilt always curtailing your full enjoyment of life or in a particular arena of life.

- **Energetic chords**

The first way we experience chords is when we connect in with our little bodies as a newly forming embryo. We first chord into our own little body and by the time birth takes place we are well chorded to our Mothers and perhaps our Fathers. This is really a life line for us at this point. Mothers are said to have a sixth sense; many times it's the open chord that is a clear flow of information to mommy about the safety and comfort of you her baby. Since that worked out for you as an infant, it often becomes a habit to chord into the ones you are close to. It is part of human nature. However, we really don't need to be chorded into anyone once we reach the age of decision and discernment. Leftover chords often need conscious unplugging to fully complete and clear.

- Energy exchange

When you have a strong emotion, whether it is love or hate, tenderness or anger, your energy goes into the person who you are having the feeling about. The energy from strong emotions goes from you into them and vice versa. I use a spiritual magnet to pull all the energy out of each of you and return the energy to its original owner. If you are no longer being treasured and have become somewhat invisible in relationship, try magnetizing your energy out of your partners. This really works in most cases. When you have too much energy in someone else's body, they no longer experience you as a separate individual.

- Karma

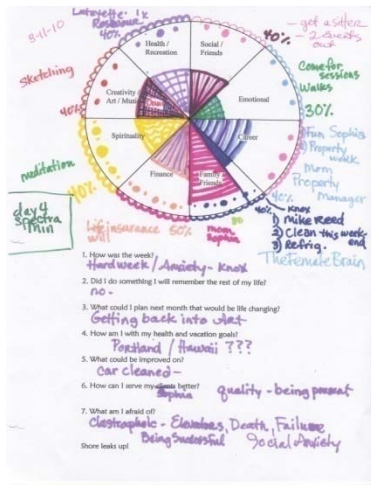
Karma includes all the entanglements from this life time and all the past entanglements from previous lives that were generated between you and your loved one. The bottom line is that we cycle through life times creating unresolved issues. We come back together in the hope that we will get it right. Sometimes we do naturally complete karma but, more often than not, we just add to the list of unresolved problems to fix in some future life. There is a meditation tool that clears this karma permanently!

If you would like to discover more about clearing energetic entanglements you will find several wonderful resources on my website including "The Definitive Guide to Karma Clearing," the "Unlimited Love" Special Event and the Monthly Secret Keys audio series - [www.Julierenee.com](http://www.Julierenee.com)



## Element Five: Finance

The next category is finance. This category includes everything needed to be financially balanced and secure. It is wonderful to have a good cash flow and to earn enough to support your healthy lifestyle, but often folks forget the other important ingredients of being fiscally wise and monetarily sound.



My youthful self was dynamically entrepreneurial. In high school, I had multiple streams of income. I earned money from babysitting, sewing bow ties for the boys in the Select and Chamber choir and I was a hostess at Burger King. In my teen years, I always had extra cash to lend my sisters when they needed a few extra dollars and I had a hope chest of treasured gifts from saving some money to take with me into marriage. At age 18, I married a farmer.

As the years went by we struggled financially with the family farm. The life style of daily chores and field work was an honorable and sacred path, but our financial life was dismal. I literally went seven years without a new dress or new shoes. My father would say, "He may not have much money but he is a hard worker." These were hard times filled with struggle and trying to survive but love was rarely present.

I sewed clothes for our children. The neighbors were always more than generous with providing hand-me-downs and extra food from their gardens. Somehow we got by.

I divorced at age 24 and was a young, very sick mother of three. I was ill-equipped to understand the big picture around creating financial security. Through a series of mistakes, I learned how to proceed and create a sound financial picture.

Mistake number one: after I secured two part time jobs working at Kentucky Fried Chicken and the North Hennepin Community College Library on a work study program, I filled out forms for a credit card! I had no furniture to speak of or home supplies to furnish my little apartment, so I applied for a number of credit cards!

Oh, my gosh, that was fun for a couple months. I bought what I needed and maxed out the credit cards; with the little money I was earning, I truly had

no way to repay the debts. After some time of phone calls and small payments, I landed better jobs: waitressing at a classy Mexican Restaurant, Estebans, in Anoka, Minnesota and also working as a graphic design intern with the Minneapolis Police Department. Slowly, I chipped away at the unrelenting bills. The weight of debt caused me to feel over-alert and anxious. I don't remember feeling happy or content back then.

During my college years, I relied on the medical program available for students. I drove a wreck of a car with minimal insurance.

I had a checking account but no savings. When I graduated from college and went to work selling Real Estate I was able to round out the picture a bit better.

My learning curve and improvement in fiscal health was a long and winding road. I came to teach about abundance out of a real need to generate abundance. My early career as a farm wife, student, realtor and healer was smattered with endless health challenges. Days, weeks and sometimes years off of work to recover from surgeries and a serious accident truly wreaked havoc on my bank account.

When I was working, I would gain momentum and begin the catch-up process only to fall again from working and go into another health recovery cycle. I have always felt blessed and have somehow made ends meet, but actually I was homeless, at age 34, for one year. That was the year I house sat, and slept in the back of my station wagon when I had no house sitting gig. I needed to find a way to consistently bring in abundance. As you know, abundance isn't necessarily money. Abundance could be a living situation, food or loving friends.

I sought out to discover how I could be a living, vital magnet for all good. I studied in India and learned the chants to remove debt and manifest income. I read books on Feng Shui and learned how to transform my home and my spirit toward attracting all good. I learned about meditation techniques to magnetize abundance and all excellence to me.

Unless you are very fortunate and are trained in having a healthy financial life by your parents or teachers, you may have also learned from the mistakes and pressures of living in a (plastique) culture. Earning money is only one component of a complex picture for a dynamically successful life. Let's take a look at the other items you will want to put in place to round out the picture:

- 1.) **Income** from work or other sources: preferably, multiple streams of income.
- 2.) Conscious, functioning **Budget**. If you are currently in debt, establish a repayment plan.
- 3.) Two **Savings** accounts. One account for planned spending: things that are not in a monthly budget but that you know will come up during the year. A second account as your security account: six months of savings set aside if you should chose to take some time off or need to for some unexpected reason.
- 4.) **Retirement** fund and a retirement plan in place even if you don't plan to 'retire': funds in a 401k or IRA and a written plan of what you are intending to do after age 70 (or earlier).
- 5.) **Will and Trust, Durable Power of Attorney and Health Care Directive**
- 6.) **Insurances:** Home Owners (or Renters), Car, Health Care, Disability, Life
- 7.) **Home ownership** or savings towards home ownership
- 8.) **Read** a minimum of two good financial books a year to keep up to date with the changing trends.
- 9.) **Teach your children** to do these steps and pass the legacy of financial abundance on to generations to come!

To be brilliant with your finances, to be able to say with great conviction 'I am unbelievably blessed in my financial life', you need to embody the space of impeccability and honor.

The financial programming I grew up with went something like this "You don't need to know the ins and outs of the complete financial picture; a man will do this part of your life." I have struggled for years to get beyond that programming and truly enjoy the aspects of wealth and abundance that I so live ecstatically.

Four years ago I started affirming:

***I am a Financial Genius and a Master of Money. Everything I touch turns to GOLD. I live in Divine flow. All goodness comes to me in Divine right order.***

If you are just starting to consider these concepts and ideas, I would suggest choosing a good book to guide you as you uncover your Inner Money Master! I personally love Suze Orman's style and variety of skillfully written books and programs to get you in charge of your money. I like the idea of doing it yourself first. Take on implementing each step yourself. You can always tweak your information later with a good financial counselor, bookkeeper or accountant. If you learn it and implement these things first yourself, you will be unstoppable because you will understand the foundation. You'll build the foundation of your fortified financial life yourself. You can't be successful in building a skyscraper without a solid foundation. So if you are interested in playing big with money, learn these concepts well.

On an energetic level, I would encourage you to purchase the book "Feng Shui for Abundance" by David Daniel Kennedy. It took four months for me to fully integrate all the shifts in my home and work space that Daniel Kennedy recommended, and I am so happy I did. My financial flow and ease dramatically shifted. You can find this book and Suze Orman's books on my web page - [www.julierenee.com/resources](http://www.julierenee.com/resources)

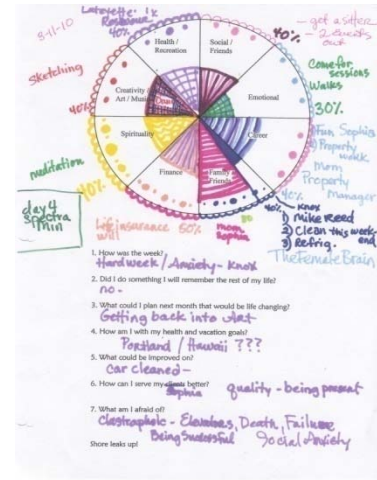
Being right with your money gives you a chance to soar. You can be a true philanthropist. Having integrity with money allows you the freedom to travel, own the home and car you want and to live with freedom in your retirement years.

On your wheel, find your level of satisfaction based on the completion of the bullet points listed above. 100% means you have it all handled and 0% is being dismal.

## Element Six: Spirituality

The next category is Spirituality. Naturally this is one of my favorite sections of the wheel. Spirituality and feeling connected to the Divine seems to be built into my nature. I love meditation, prayer, studying about many paths to the Divine and the Devotional path to being present to the Divine.

100% is feeling really rockin' and connected with the Divine. For some, it may mean going to church or having a regular meditative practice, etc. 0% is feeling that you are blocked in your connection with the Divine.



I have always loved God. In my childhood, the God of my heart was Jesus. I was raised in a traditional German Lutheran home in Minnesota. We prayed at the table and had daily scripture reading. My church, Holy Nativity Lutheran Church, was really my second home because I was there so much. I sang in the choir, was active in the youth programs and lead the youth services. The pastor at my small suburban church, Pastor Pete (Ronald Peterson), was my mentor. He was a charismatic preacher who loved serving God. His compelling message packed the pews to the brim, then chairs were added and finally people stood outside the door to hear his sermons. I read my Bible daily and breathed the word of God in my heart.

When I married at 18, I continued my intense activity in the church. I became a youth counselor, participated in the choir, women's circles and a Sunday school teacher. I loved the activities of the church and I loved the God of my Heart.

When I became terminally ill, it became clear to me that the dysfunctional dynamics of our marriage were unhealthy. A large contributing factor for the breakdown of my health was the profound unhappiness I experienced in the marriage. At the time, it was my belief that divorce was an unforgivable sin; after painful consideration, I did leave my husband. When I filed for divorce, I was asked to leave my church.

The pain of that day affected me for years, but the blessing hidden in the event revealed itself a few years later. As a spirit seeker, I could not stay away from the love of God. I found unique ways to feel the presence of the Divine and out-of-the-box experiences that led me to my spiritual quest and transformation.

I reached out into my new community and discovered the Aquarian Light Church, Lake Harriet Community Church and Unity. My heart began to heal and open. I was no longer on the single track of one religion, but my spiritual path had begun to open in ways I could not have predicted. I began to travel to South Fallsburg, New York to sit with Gurumayi at her Ashram.

Then the door opened full wide and I stepped off the precipice to my awakening. I found myself on a spiritual pilgrimage in India, traveling with a holy Man and learning the ways of a Pujari (Priestess). I studied with the young Brahmin priests and learned Vedic scripture, a rite reserved only for men.

I went from my youthful experience of God through organized religion, to the expansive experience of the Mystical, all and ever-presence of Divinity. I did not become a Hindu; I expanded my awareness to reach higher to the cosmic oneness of all and everything. I was no longer trapped in a belief structure. I had moved to a gloriously free and open exploration of all the beautiful ways humankind experiences the Divine. The world became simpler and the experience of Divinity could be experienced now, in every moment!

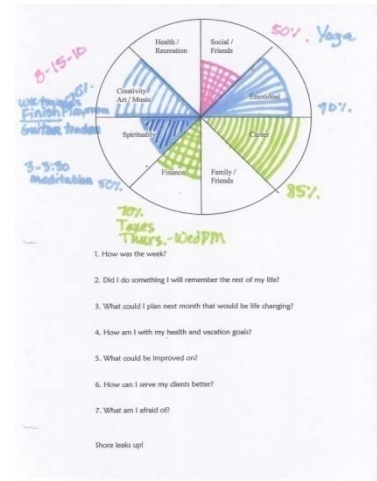
### **Healthy Spiritual Life; Simple and Easy**

- Pray and meditate daily
- Be connected with others in spiritual community
- Practice kindness and generosity of thought
- Have an Attitude of Gratitude in all things
- Bonus: Make God Your Partner!

# Element Seven: Creativity, Art, Music, Dance

Creativity/Art/Music/Dance is the next segment. This is food for your soul. You, as a being, need to create. We were created in the image of God, Creator and we have the gift of creating if we maintain open creative channels.

In your physical body, you have creative channels running from your heart, flowing through the shoulders, arms, hands and out the finger tips. These channels can stay tuned up and open by creating. The creative chakras are the second and fifth. The second chakra is about creating on a physical level and includes the miraculous process of pregnancy and birth. It is from this chakra that our physical projects are made manifest.



Projects from the second chakra include but not limited to:

- Painting
- Sculpture
- Dance
- Gardening
- Creative cooking
- Home decorating
- Playing the Harp (or any instrument)
- Sewing
- Beading
- Embroidery
- Carpentry
- Wood carving
- Basket weaving
- Jewelry making
- Ceramics
- Stage design
- Pottery and clay works
- Print making, lithographs
- Hand book binding
- Making handmade paper
- Quilting



- Crocheting
- Drawing, doodles, sketching
- Stain Glass

The fifth Chakra is the chakra of communication. Creative expression from this chakra can include:

- Poetry
- Creative writing
- Story telling
- Opera singing
- Vocal presentation
- Inspirational speaking and reading aloud

To turbo-charge your ability to manifest on the spiritual realm you need to incorporate your 'creator god in training' status. Creation is the way in which you express yourself beautifully.

Creating is God's gift of healing through our essence; leaving the mind out of the equation, we move out that which has settled in our body. Think about a time when you were in the zone of creativity. What did you create? What did you release? What did you become aware of?

In my spiritual life coaching practice I occasionally hear, "Oh, I used my creativity to design a new accounting system". Although this may in some way be mental creativity actually, I am looking at the kind of creativity that will keep your channels open and your joy factor high.

By doing a little of this every week you will notice a sense of well being in your essence. This is because creativity gets you into a relaxed flow and a state where the mind is not badgering you to pay attention to all the things that constantly call you away from your essence. The happy endorphins are released into the body's chemistry and you feel what you were meant to feel and enjoy - a happy, calm body.

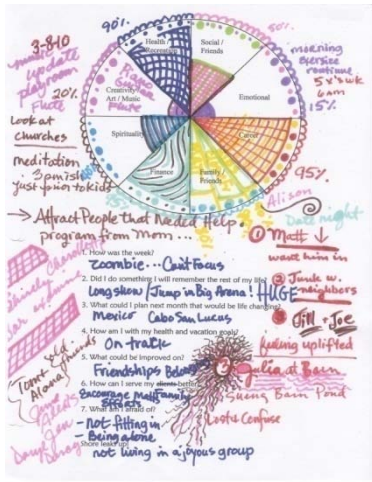
Please don't stress, if you are not naturally a creative person. We are looking only for about one hour a week of creative activity. It's not going to be full time unless this is your career. If you are getting an hour or two a week on something creative, that counts, that's good.

That might be enough to provide the satisfaction you need, others may require more. This is one thing my students often think they can let go and still succeed. Creativity is the frosting on the cake of your life! The cake may be okay without the frosting but when you add just the right amount it becomes oh so very sweet and delicious.

If you are finding that your emotional life is a little out of whack, it may be because you are not getting enough creative expression and the creative channels are blocked.

Rate yourself here: 0% means no creative expression, and 100% means you are content and reaping the benefits of a healthy creative flow.

## Element Eight: Health & Recreation



The final segment is health and recreation. What is included in this section is a healthy lifestyle. It reflects your commitment to living life in a healthy, happy body with great ease and vibrant wellness. The four key players here are:

- **Ecstatic Exercise**
- **Nourishing Nutrition**
- **Captivating Vacations**
- **Rejuvenating Rest**

## Ecstatic Exercise

When I refer to ecstatic exercise, I am referring to a way of moving your body that brings you joy! When I was in recovery from my accident, I chose to do restorative yoga in my bed. Having always loved yoga, this was a naturally joyous experience. In vibrant health, I love working out with the Power 90 Extreme and running 20 miles a week. There is no right way: just your way, until you find another.

## Nourishing Nutrition

Feed your body with life-giving foods and nutritional supplements that support your energy, vitality and strength. There are many wonderful healthful ways to eat. I loved reading the "Slow Down Diet", by Marc David, last year.

### ***Bonus Material for Balance Your Life Now***

Please visit us at <http://juliereenee.com/your-free-bonusnfq/> for a ten minute bonus audio.

The ten minute Life in Balance video is found at <http://juliereenee.com/life-in-balance-video-bonusmqv/>

The PDF down load of the powerful Miraculous Livings Balance Wheel is found at:

<http://juliereenee.com/balance-wheel-bonusrtz/>

## Your Next Step:

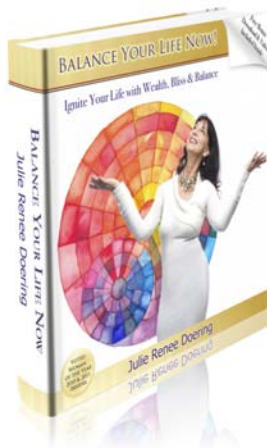
Additional Transformational Programs

From Miraculous Living Today

Julie Renee Doering



### ***Balance Your Life NOW!***



Are you the one everyone looks to and admires?  
Are you the person who has it all together and have all the outer evidence that life is really working and yet you know there is something missing? Do you think you should be happier and more available to enjoy your success right here and now, yet there is uneasiness ever present in your daily routine?

When would NOW be a good time to change?

When you enroll in your program you will go from 'where ever you are now (some level of dissatisfaction) to ecstatic happiness and

contentment' in our **[Balance Your Life Now: 12 weeks to Freedom Fast Action program](#)** to get you there now!

18 years in the making...5 years of proven powerful life transforming results now easily available for you to do in the comfort of your own home! Yahoo!

## ***Accelerate Wealth from the Inside Out***



Have you done everything you know to do to create financial freedom? Have you followed through on everyone's excellent advice and still not manifested your paradise? Do you see the dream of your abundant life, but there seems to be a break down just before you reach of your goals? Do you have a clue about what it is that is blocking your wealth magnet?

Read more about this course and feel the incredible results of people just like you! Could you use an extra \$100,000 in week three of the course? It is possible! (Results not typical)

What would you do if you knew you would not fail?

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Results from recent Wealth Building Students just like you!

\$100,000 4 days after the completion of the course!!!! Don G from St Louis is a financial guy. As the markets plummeted so did his livelihood. Don is an all around awesome guy. He is a retired vet and consummate human; husband to wife Mary who is a grade school science teacher. The two of them signed up together for the course and also choose to do a few clearing and reset coaching sessions with me during the course for maximum results. Don was unhappy with his employment situation and found his partner/boss neither ethical nor inspiring. He wanted out. During the course he was able to move rapidly into the space of clarity and focus. The fog around what to do and when to act lifted and he dove into action. His meditations and his mock-ups (an intention viewed as complete set up in a meditative space) were clear, focused and powerful.

Imagine yourself with this power!

You already know the results, Don kicked into high gear (he also drive a motorcycle in the honor guard) and he rocked his world with a step out of a job that wasn't working into his own company and the first commission check in his right living career was for just over \$100,000!

Super fine!

Did you ever notice that a lot of spiritual folks have issues around having wealth? They may desire it but they just never seem to move into the big riches.

Let me tell you what it feels like to be able to hear about a worthy group and to be capable of making a significant contribution. Last weekend at the Malinchak Big Money Speakers Boot camp I met many celebrities. Among them I got to visit with Jack Canfield, author of 'Chicken Soup for the Soul' (I got him blushing and the film crew falling on their \*xo@O!'s laughing) with an unexpected little flirty comment. I enjoyed hanging with icon Brian Tracy, author of many amazing books my personal favorite; 'Million Dollar Habits' as well as T. Harv Eker; 'Millionaire Mind', Number One Award Winning College Speaker, Jonathon Sprinkers, Jason Alexander of Seinfeld , (what a sweet funny man) and Dr Bill Dorfman; Cosmetic Dentist for the popular show 'Extreme Make-Over'. One of Dr Bill's projects is the LEAP project, supporting young people in becoming strong healthy leaders. I was so touch by the fabulous presentation, and because of my wealth building practices was able to come in on the highest level of financial contribution.

It's what we all want, especially spiritual practitioners, we want to contribute. DO YOU have the financial resources available to make that big contribution?

It felt great. For the first time in my life with no hesitation I wrote a five figure check for a group I believe in. It felt good.

Are you struggling to make ends meet? Is your life inundated with a barrage of credit card bill and interest compounding upon interest? Do you ever get a foot hold into the life you were truly meant to experience? Have you had enough of putting off the adventure for another year, because this year you need to knuckle down yet again...doing the same thing over and over again in a slightly different way?

Maybe you already earn an income you can live a comfortable life with but there is so much more you know is possible. You dream of paying off your



car and house, living the way the other half lives and you already have some financial security...this course is definitely for you!

This is a wealth building program like no other. You will create an energetic-meditative space to activate your creator-god force magnetizing all goodness and riches to you.

Yes I am ready\_\_\_\_\_ <http://miraculouslivingwealth.com/accelerate-wealth-program/>

## ***Beautiful from the Inside Out***

Do you want 'Youthful Beauty and Vitality' returned to you in the easiest safest system know to human kind? If your answer is yes it's time to enroll in 'Beautiful from the Inside Out'

What does a woman who has survived the atomic bomb, cancer, 17 surgeries, 5 near death experiences know about Cellular Rejuvenation and Authentic Beauty, Beauty from the Inside Out?

Reverend Julie Renee, discovered the fountain of youth while clearing illness and death meditating in her garden!

### **61 Days to Youthful Beauty and Vitality from the inside out!**

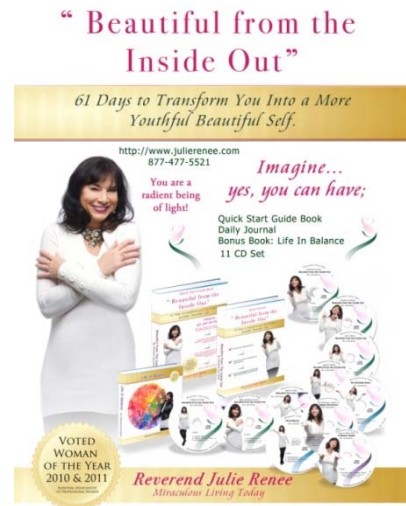
**You receive 15 core meditations to teach you the secrets of on locking your radiant beauty! Find out more by visiting us on line for a free 5 day video course and to check out our program and Bonus gifts! You are a Beauty, isn't it time you showed on the outside what you feel on the inside?**

**Learn the 7 Secrets of Timeless Beauty that will change your life forever.**

Discover how to integrate these 7 secrets into your daily life through; Practice Philosophy Lifestyle. Find out how love, gratitude and connection nourish your being. Miraculous rejuvenation of the cellular body is now a reality. Resetting the dials of your DNA programming for youthful vitality and activating original stems cells for regenerating beauty are made available to you through a new super simple system you can now do in your own home! As the average life lengthens, now is the perfect time for an authentic viable program to prolong youthful beauty and vitality.

This is the first meditation program to successfully replace plastic Surgery and procedures to make you look younger...These amazing meditations actually bring the light and vibrancy back to your cellular body making you look and feel decades younger. 61 Days to a younger more vibrant you!

<http://miraculouslivingbeauty.com/beautiful-from-the-inside-out/>



## ***Illumination prayers for a new era***

Were you raised Christian?

Did you leave the traditional church you grew up in because somehow the program seemed like it was no longer a good fit for you? Do you miss the sweetness of the connection and love you felt in prayer and singing hymns?

**Have you ever wished** someone would create a new version of the Christian prayers leaving in all the good stuff and removing any negative language? You could return to your youthful innocence in connection with God and meet your present time sophistication about the law of attraction and speaking only positive worlds to bring in positive results.

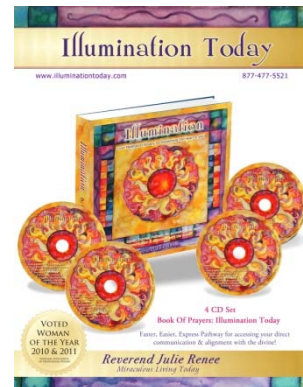
That is my story. I was raised in the Lutheran Church, my mother's side of the family Catholic. The day I left the 'church' was a sad day for me but necessary for me to grow and become the spiritual being I am today. I am so excited and happy to offer you this blissful source of connection through repetitive prayers.

Illumination today is an exquisite work of beauty and connection. Taking all the important elements of the traditional Rosary formed into a blissful book of prayers and four CD's with angelic harp strings backing up the transformative meditations.

Visit [www.julierenee.com/illumination-today/](http://www.julierenee.com/illumination-today/) for two free gifts, MP3 recordings of the Love Wisdom Creed and The New Lord's Prayer. And find out how you can bring this Jewel of a gift set into your life and share it with the ones you love.

**Special offering for Clergy and teachers:** Would you like to guide your students in this blissful process and use the day as a **fundraiser**.

(Illumination Today is perfect for seasonal retreats; Christmas, Easter and Pentecost.) See <http://juliereene.com/ready-for-illumination/>



**Exerpt from the Love Wisdom Creed**

*There is one infinite God/ Goddess vibration of love that creates everything seen and unseen. This all prevailing presence is light, love, miraculous creation, and the sacred expression of inclusion. Divine love embraces all humanity, regardless of religious preference or any other human selective difference. Heaven is here on earth.*

*I am free to live a life of spiritual freedom and full self expression liberated in love, gratitude and mastery in this body here and now. My spirit is limitless. I am responsible for any limits I experience in this body and have complete access to the divine through prayer and contemplation to release myself from any human bonds I have worn as spiritual clothing that no longer resonate with my essence.*

Please visit us at <http://julierenee.com/ready-for-illumination/> and bring blissful connection back into your life today!

***Have Reverend Julie Renee Speak at Your Next Event***

**For Media inquiries, to arrange for an interview, expert quote or to request Julie Renee for your next speaking event please contact Julie Renee at 877-477-5521.**

Julie Renee has over 19 years of experience in sourcing beautiful health and vitality with thousands of individuals and groups. She has been recognized by the National Association of Professional Women as Woman of the Year 2010-2011 and is a member of Powerful Women International.

Miraculous Living Today is a subsidiary of Gable-Kennedy Inc and is headquartered in San Rafael CA, USA. We provide the systems, courses and spiritual tools to live a miraculous life.

Julie Renee has 6 books, 60+ meditation and learning audio programs, 5 music CDs, 2 educational DVD's and 4 Instructive Websites. As a spiritual teacher she provides training in Beauty, Wealth Building, Rejuvenation, Love, Law of Attraction and Life in Balance. She teaches and practices privately in the area of Health and Wellness with a meditative focus. She is internationally recognized as a leader in the field of miraculous healings and hosts a weekly radio show. Her current business is in its 19<sup>th</sup> year, she has helped 1,000's of individuals pursuing her passion and life mission as a health and wellness practitioner and spiritual leader. [www.julierenee.com](http://www.julierenee.com)



## ***Miraculous Living Apprentice Program***

Are you a natural healer? Do you care and help others? Have you been trained in some healing modalities?

Imagine yourself working with the most powerful energy in the universe. Feel the soul satisfaction of contributing to your loved ones and clients in ways you only dreamed possible!



What would you do for yourself if you could rewrite the script of your health wealth and vitality? What would you change alter and improve?

If you are a YES to these questions, please go to <http://juliereene.com/apprentice/> and send us a request for program details and application for the Miraculous Living Apprentice program.

This is an exclusive program, maximum of 12 students will be selected to receive the highest level of training to create daily miracles for themselves and the ones they love and serve.

## ***Miraculous Living Elite Healing Circle***

Whether you're in pain, chronically ill, fatigued, stressed, or simply in need of a boost, you've found the right program.

Now you can discover a radical new way to regenerate your whole system from the inside out – without drugs or surgery.

One year intensive program:

<http://julierenee.com/miraculous-healing-weekends/>





***One to One Sessions***

Julie Renee offers a limited schedule of one to one miraculous healing and private consultations. To schedule a private session contact our international office at 877-477-5521. See <http://julierenee.com/one-to-one-healing/>

