

GINA BEST

**Let's Kick Ass
1 Goal, 6 Weeks,
Amazing Results**

Get Connected and Grounded

This week we are going to work on us.

Energy – negative or positive – flows through you, regardless if you believe it or not. What you put out into the universe you get back. If you are cranky and negative this is what you will get back. This week is about becoming aware of what you are giving and receiving back.

When you're connected and grounded you can do anything, negative or positive – it's your choice. What are you going to do to stay connected and grounded? What are you putting out?

Nobel Prize winning physicists have proven beyond doubt that the physical world is one large sea of energy. Nothing is solid, it is all energy – this is the world of Quantum Physics. So, The Secret – good or bad – believe it or not does have some merit. I don't believe if you just think positively something will happen, yet I do believe if you cannot envision it, it won't happen. (It circles back to letting yourself dream).

According to quantum physics (this is my version of all the fancy talk), we all project measurable energetic frequencies or vibrations. We project energy in our emotions, beliefs, and thoughts, and that is really the source of what and who we attract and the basis of our sense of well-being. Yes, this has been proven.

Your life literally becomes what you think about the most. It becomes what you have imagined and believed in the most. The world is literally your mirror, enabling you to experience in the physical plane what you hold as your truth - until you change it.

Are you broke all the time? Do you have a problem with managing your money? Do you think that you suck with money? An example - if you think "I am a failure with money", then you will be! This could have come from your mom telling you years ago that you were bad with money. Then you focused on that, and your reaction/results are that I fail with money. What you focus on becomes your truth. If you really stop and think about it and where you have challenges there is a lot of truth in this.

Quantum physics shows us that the world is not the hard and unchangeable thing it may appear to be. Instead, it is a very fluid place continuously built up using our individual and collective thoughts. If you could see yourself under a powerful electron microscope and conduct other experiments on yourself, you would see that you are made up of a cluster of ever-changing energy in the form of electrons, neutrons, photons and so on.

So is everything else around you. Everything is energy.

Quantum physics tells us that it is the act of observing an object that causes it to be there where and how we observe it. An object does not exist independently of its observer! So, your observation, your attention to something, and your intention literally creates that thing. I know it is crazy, yet this is scientific and proven.

Your world is made of spirit, mind and body.

Each of those three (spirit, mind and body) has a function that is unique and not shared with other. What you see with your eyes and experience with your body is the physical world, so let's call it Body. Body is an effect, created by a cause.

This cause is Thought.


Body cannot create. It can only experience and be experienced ... that is its unique function. Think about it, it can only experience and be experienced! Thought cannot be experienced; it can only make up, create and translate. It needs a world of relativity (the physical world - Body) to experience itself.

Spirit is All That Is, that which gives life to Thought and Body. It is like a battery, you charge it so then it can power Thought and Body. Without it being charged, you have nothing for Thought and Body.

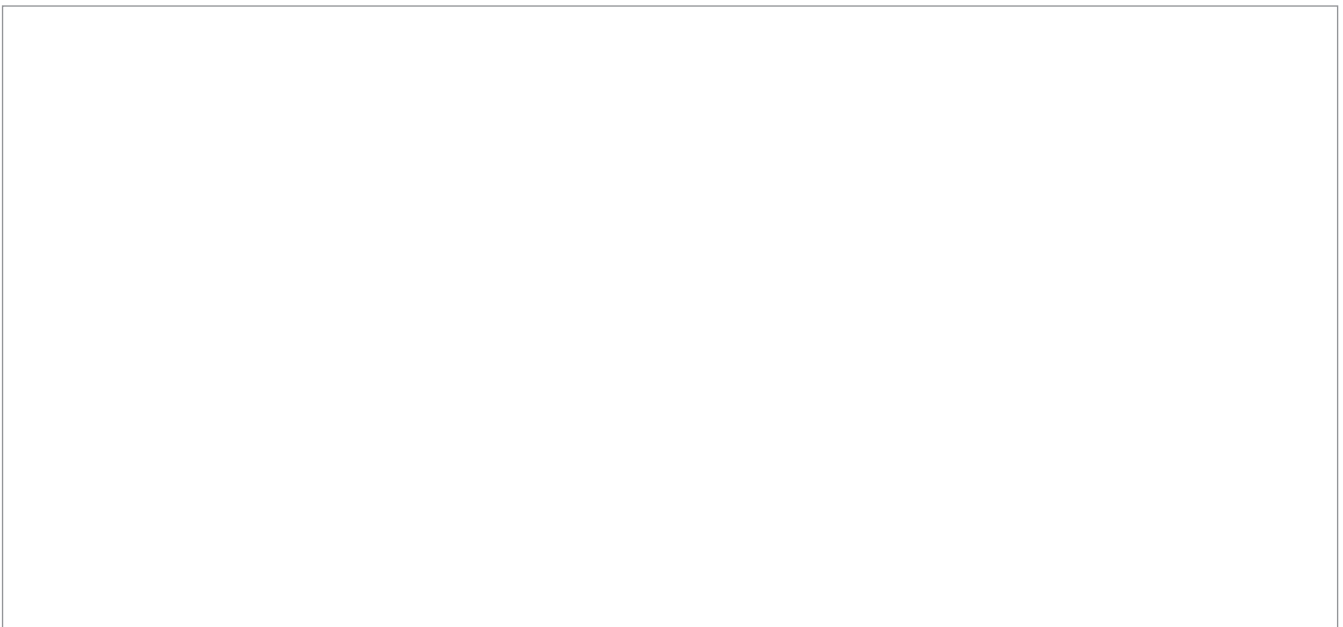
Body has no power to create, although it gives the illusion of power to do so. Body is purely an effect and has no power to cause or create. To cause or create you need thought. Together you get cause and effect, spirit is the force behind both.

I know it is a lot of information, now it is time to see the universe differently; thank you, now do. The key with all of this information is how do you learn to see the universe differently than you do now so that you can manifest everything you truly desire. How do you charge your battery? How do you fill your Soul?


What can I do to fill my Soul- to charge my battery? (These things bring me energy, make me feel good and are just for me)



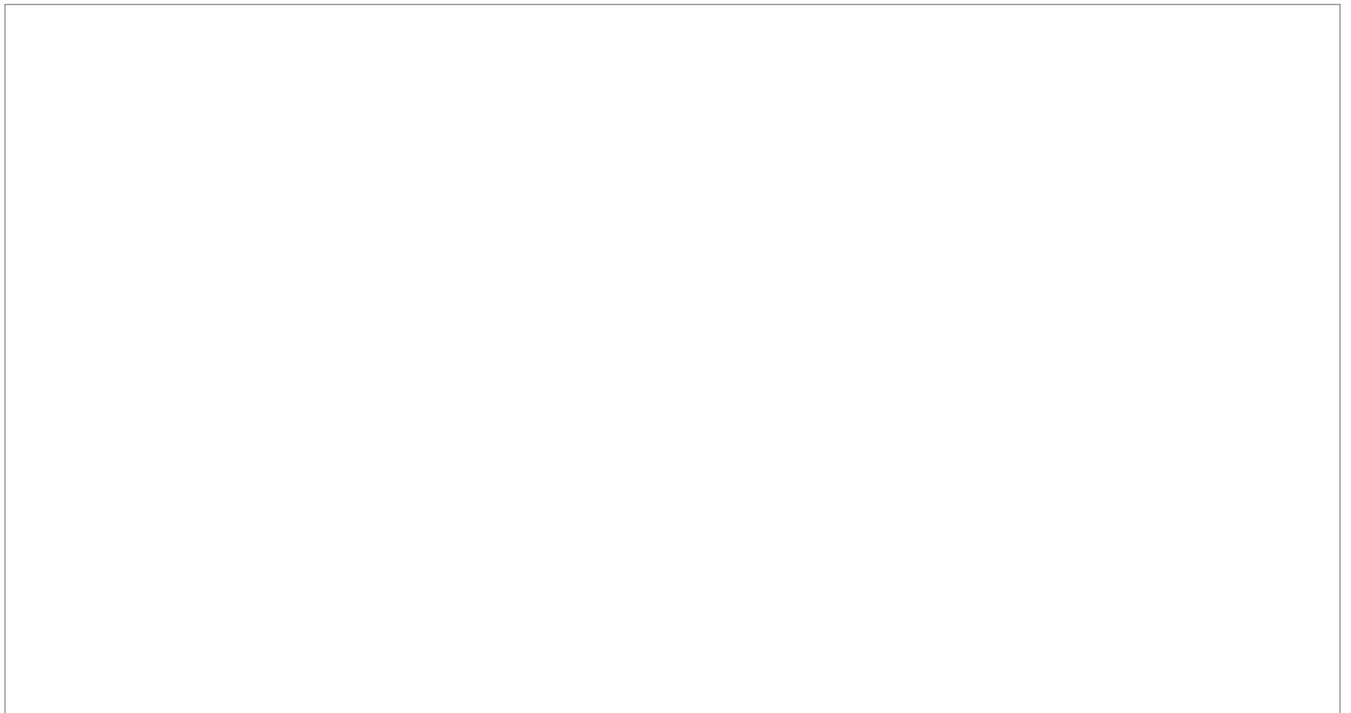
These are the songs, books, videos, and workshops that will support me charging what I need



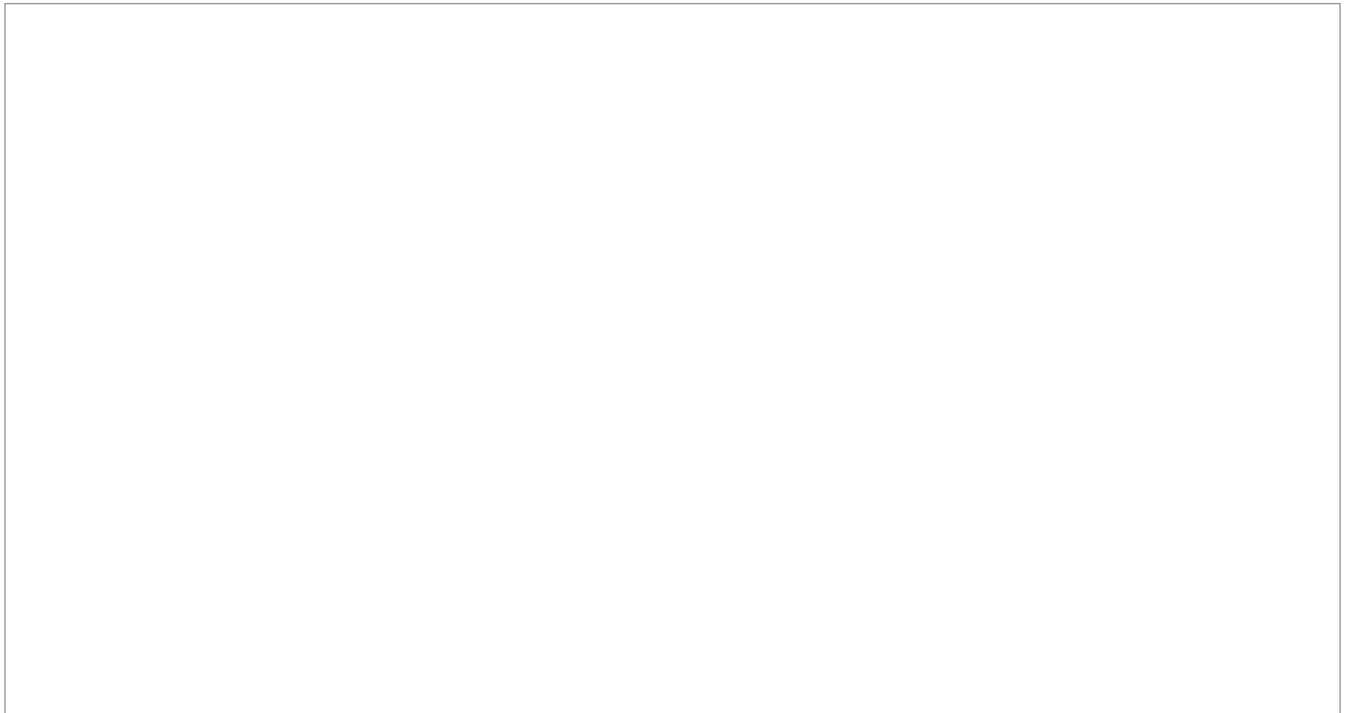
These are the people I will surround myself with.

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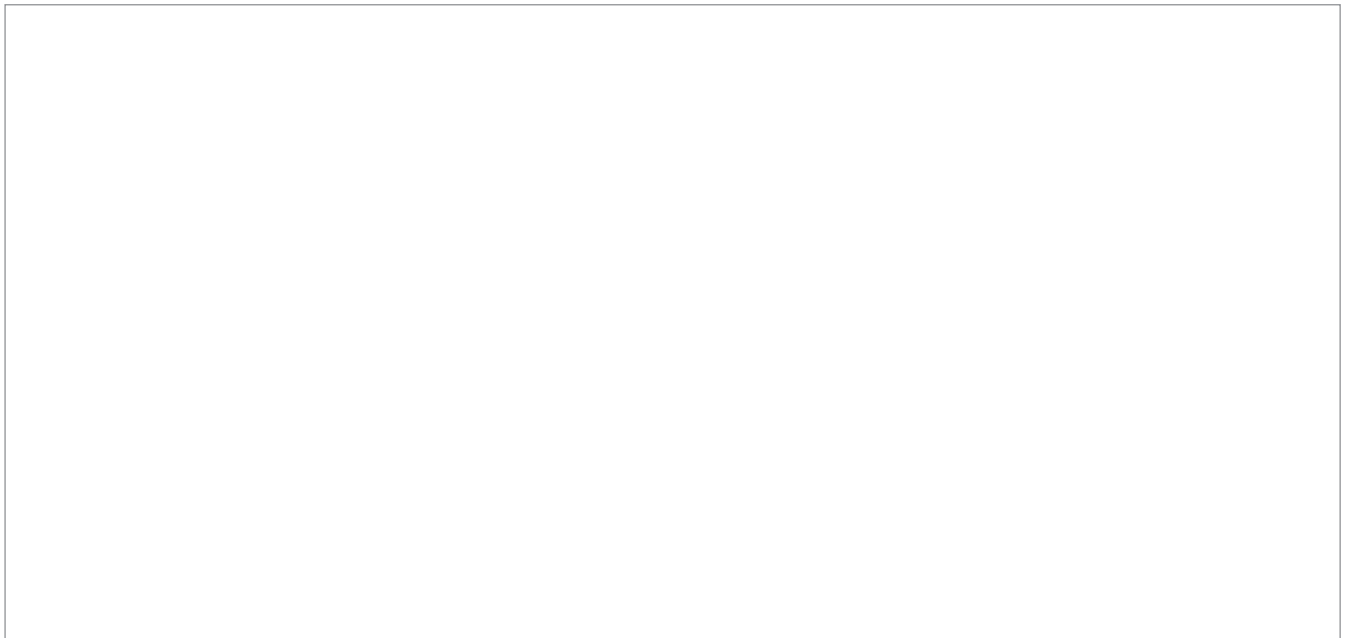
Energy in, Energy out. Relationships either add or take away. These are the relationships I need to look at:

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These are the changes I will make to my environment that will fill my soul.

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These are the things that I can do with others that will make me and those around me.

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These are some areas I need to work on – I need to change what I am putting out.

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“I realize I am a work in progress, I will commit to feeding my soul and allow whatever feelings to come up, to be processed and released. I will be more aware of what I put into the universe since I am realizing that what I put out comes back to me.”

This week when I plan my activities I will make sure that there is time for me, for filling my soul.