

LLJ Group Call Summary – 1-17-23 and 1-19-23

Aspirations, Manifesting, Guidance, Inspired Action Steps

With our Aspirations (goals), there is no failing. They are part of the ongoing process of growth and expansion that we are on. The aspirations will change and shift along the way as well. We never reach an end place or destination. We will always continue to grow and expand. All baby steps toward your aspirations are wins.

We can live like we already have all of the things we desire. From a place of feeling good. Like our aspiration have already been achieved.

Once we have stepped into one of our aspirations, new ones will surface. New ones when even come up along the way. This is okay, we will just keep shifting it to what feels right to you are the time. We will always have new desires and aspirations. This is because we are continually growing and expanding. There will always be new things that we then want to step into and aspire to be and have.

We are becoming the person who has all of the things that we want. In order to have what we want, we have to raise our vibration and be the vibration that matches it. Ex – If you want to attract \$1 million, you have to act like a person that has \$1M. You have to match the vibration of someone who has that.

With manifesting, we are stepping into becoming the person who has these things. As we step into becoming who we truly are, (our authentic self, the best version of ourselves, as the person who is able to have all of the things that we desire), then we raise our vibration to that version of ourselves. Then all of the things that we desire are naturally attracted to us. One of the most important ways to do this is **to focus on feeling good.**

We are manifesting joy, love, money, job, friends, abundance, etc. We are working on the overall us. We are stepping into the best version of ourselves. Into the person that gets all of this stuff. When we act like the best version of ourselves or the person who has it all already, we are then automatically in a higher vibration. A vibration that attracts all of the amazing things that we desire to us. We do not even have to say what it is in particular that we want. It is all going to come to us just by us being in that higher vibration. Per the experts, we are often told to go after one thing like love or money. And we are putting a few aspirations (goals) out there to give us a target but when you step into the vibration of that thing, the other things that you desire are going to come to you as well. Overall, you are then living as a higher version of yourself.

This is all a process. We are becoming.

As you put it out there, you are putting your focus on it. As you put your focus on it, it comes more and more into your reality. You then believe it more and more. You are then stepping into as the person who has it.

Manifesting, you are putting your focus on something that is a desire of yours. When you put your focus on that desire, you begin to see evidence of it. The more you see evidence of it, the more you believe that it is possible for you. And it then starts showing up for you.

As you focus on your aspirations, you will receive hits of inspiration to do certain things (that we call inspired action steps). You need to take the inspired action in order to make progress towards what you want (your aspirations). You are following the guidance that you are being given. Which can be your intuition, or thoughts and ideas that feel good.

Our guidance comes in from the Universe, our Higher Self, the spiritual realm, that guides you on what action steps to take. This can be through thoughts, a knowing, synchronicities, inspirations, a sudden hit that makes sense, etc. They will try to reach you in any number of ways. They are always sending us the messages, we just need to be open and receptive to hearing them. (Thus, this is one of the reasons that we are doing the Receiving Challenge.)

Once you receive the guidance, it is then necessary for you to follow through on that guidance by taking an action step. This is called our inspired action steps. These lead to the manifestation, to your aspiration.

Listen to your guidance. What is your intuition telling you. What synchronicities are you seeing. These lead you to reach your aspirations.

As you step into the higher vibration, all the things that you desire start showing up for you. Your life that you are living right now, your current reality right now, is based on the vibration that you are putting out. What you are living is what you are attracting to you. Like attracts like, so you are attracting to you the things that match the vibration that you are putting out. That match your frequency.

So, we want to consciously work on being in alignment and living at the higher vibrations so that we can attract the good stuff to us. The more we put it into practice, the easier it is to achieve and the easier it is to begin to maintain that higher frequency.

We want to put our aspirations out there and then start to listen for guidance. To be aware.

Listening for guidance. We receive it in so many different ways. We are always receiving guidance. We just get too busy and have our mind so

busy that we cannot hear it. Or we don't slow down enough to recognize it.

We need alone time in order to listen, reflect, align. Meditation is a great way to receive guidance and get insights on what steps to take. To receive inspiration. For me meditation, going to sleep, waking up, middle of the night, or the shower are great times to receive it. The bottom line is that when you are feeling good you are in alignment, you are releasing resistance. When you do this, you are in the perfect place to receive guidance and to listen to your intuition. So, really, anytime you are aligned and feeling good, you can get inspired ideas for action steps to take.

We are going to work on our aspirations, but we also want to do things to increase our vibration and to bring us into alignment.

You already are this amazing person who is shining their light out there. We are aspiring though for more, for better, for our next desire. As we grow and expand, we are aspiring to become more and more and more for ourselves in our life. We always want to be a better version and we are always going to want more and that is not going to stop as long as we are physically here. We came here to grow and expand.

You are here because you already know this. You already are it. It is coming back to you. You are here because the concepts resonate with you.

The first time you hear ideas and concepts, you may not totally understand them. So, we like to keep repeating them to help to increase understanding and clarity and to help lock them in. Sometimes you are not at a place to hear it. Then later when you hear it, you understand it.