

Soul Energy Expression

presents

The 6 Step Process for Reaching New Heights On Your Personal Path to Prosperity

by Denise S. Toffey

Transformational Business Coach
Life Purpose Specialist



Soul Energy Expression



with Denise S. Toffey



Prosperity Comes in All Shapes and Sizes

Discover Yours in my
6 Step Process for Reaching
New Heights
On Your
Personal Path to Prosperity



Life Purpose Specialist



The Core of Emergence

If you want more to happen in your life, You have to let more life come out of you.

Because life doesn't happen to you. It happens through you and as you.

You can't get it from the world because you brought it all with you... Literally- everything you could ever need to become, everything you ever wanted to be is already within you. And it's Energy.

Just like the Oak tree is already inside of the acorn, you are a seed of infinite potential planted in the soil of your soul awaiting the right conditions for it to grow and those conditions are 100% within your control.

Derek Rydall

Meet Denise



My Mission is to make a Significant Difference in the world by helping to shift the Balance of Financial Power into the hands of Socially Conscious Entrepreneurs who are Naturally Coded to make their living in a Heart Based Business and use their Wealth Philanthropically, making their difference in the world.

Denise is a Transformational Business Coach who is fiercely committed to guiding Socially Conscious Entrepreneurs to Master the Art of Expanding your Business & Creating Financial Stability that serves your Highest Desires as well as the Highest Good of Your Family and Your Community. This Key Component Ensures your ability to have More Time, More Money and More Energy to create Prosperity in a form that makes sense to you while making the great difference that Being YOU is meant to make in this world

We were Born to BE Human



1. Believe
2. Explore the Limitless Possibilities
3. Identify your Personal Pillars of Prosperity
4. Navigate the steps to your step by step plan to achieve Your specific outcome.
5. Giving Gratitude Expands your results exponentially.
6. Simply Become Who You Are



Step 1 ~ Believe



Believe that you are capable. Know that it's so simple by just following this step by step process.

Step into your power and Believe that you have everything you need to BE the woman who deserves to have it all.

Remember that the Universe is always Conspiring for your Greatest Good.

You are always able to align with that greatest good by simply asking this question ... How Can I? How can I strengthen my relationship with my daughter? How can I afford to join my friends on vacation? How can I work enough to meet my obligations and still have strength and enough money left to have some fun. How can I find the time to help out at my local homeless shelter where I know people have it harder than I do.

Then quietly listen and act on intuitive ideas that come to you.

If an answer comes to you about why you can't do it or can't have it, just say "Thank you for your help, but right now I just want to figure out How I Can."

Then, look Only for evidence that supports your success and strengthens your Belief in yourself and The Universe. Take a step in that direction then another.



Step 2 ~ Explore the Limitless Possibilities



We all have different ideas of what Prosperity means to us

.

- * Some adopted from others and some created through our own sense of self.
- * To expand your degree of Personal Prosperity it's important to own Permission to experience the version that hits home for you.
- * One of the biggest barriers to Looking in the Mirror and knowing that we are allowed to Simply BE who we are is the fear of being uncomfortable with another person's judgment of us. This is such a common piece of the human condition and as such it can be easily managed with the proper tools.



I challenge you to consider this: Choose your companions as carefully as you choose your path. Seek out others who feed your spirit and are joyfully moving in your same direction.



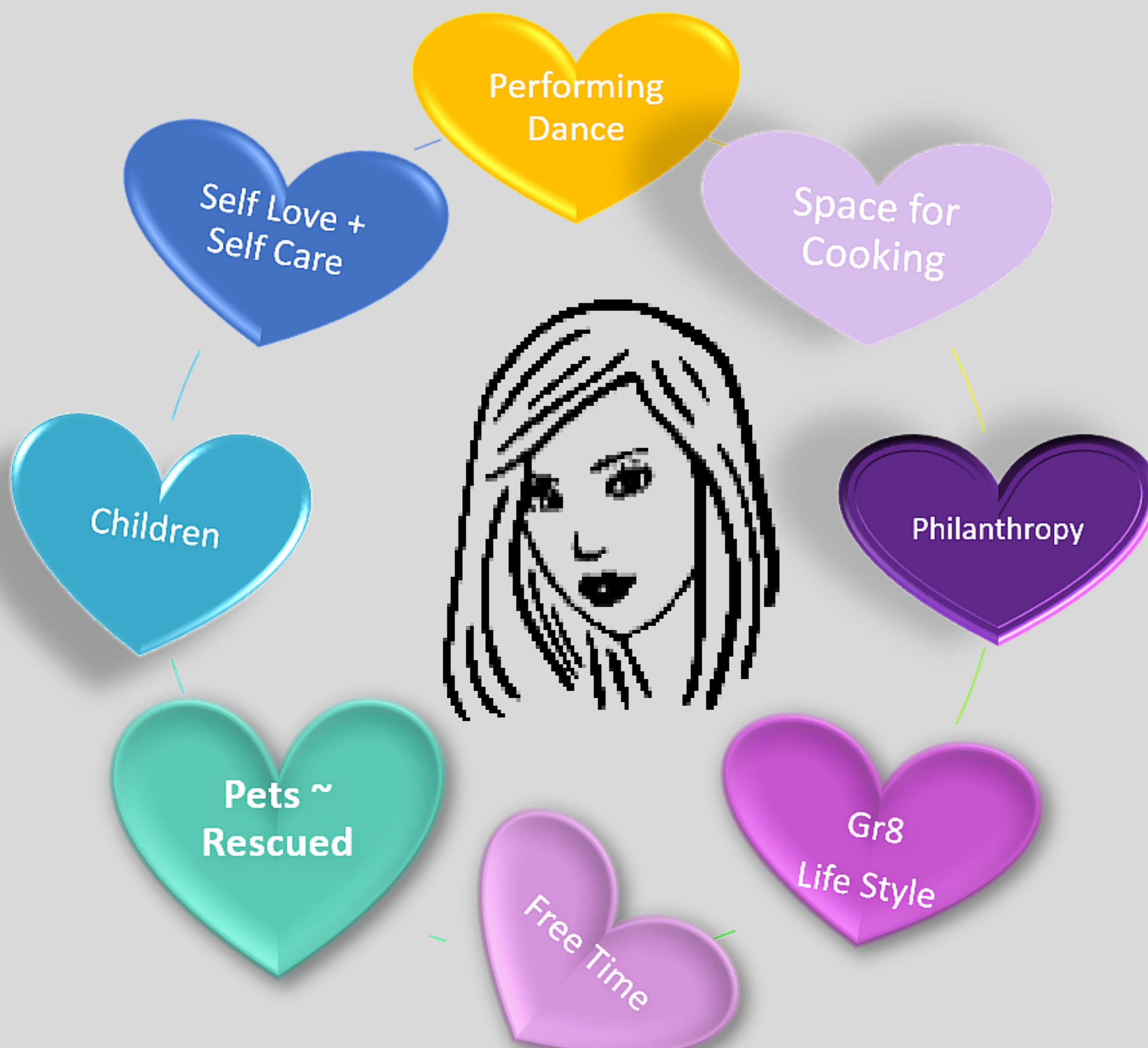
Step 2 ~ Explore the Limitless Possibilities



*The truth is ~ The World needs you to Live in Harmony with your true and Purposeful Self. That can only happen if you Create Prosperity in your life that makes sense for you and that makes you Happy.

*And, when it comes down to it, the people whose opinions we worry most about – our family and friends- Do actually want us to be happy and are much more drawn to us when we stand in our power and own our choices.

*So now you get to be the one who decides what is important to you.





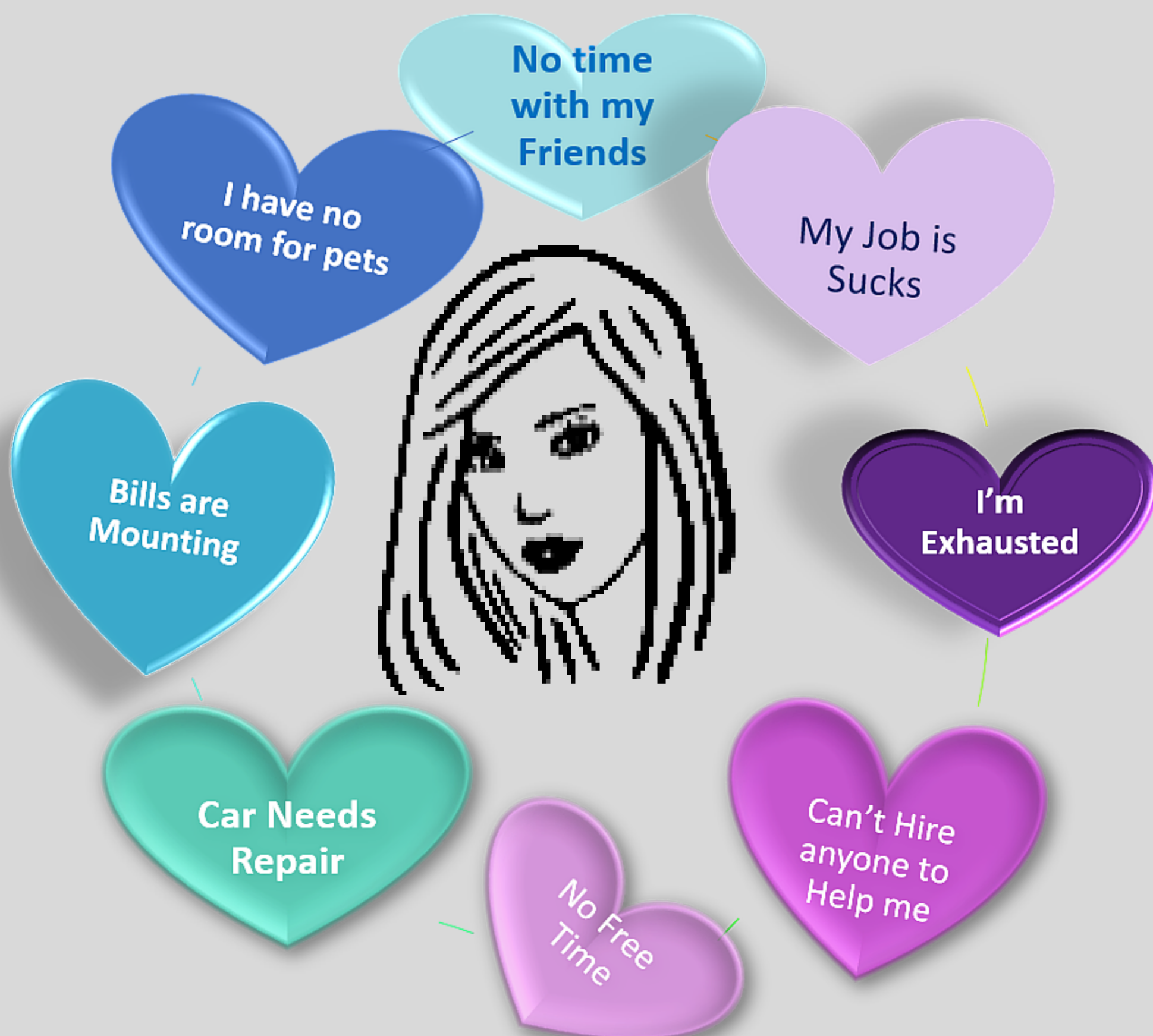
Step 2 ~ Explore the Limitless Possibilities



Begin, on the next page, by making a list of what **Lack of Prosperity** would show up looking like to you. Some of the items on your list may be present in your life right now but not necessarily. This exercise is designed to engage your curious mind into exploring your deeper beliefs. You get to stare down those circumstances you **don't** want in your life so you can reach out and claim the things that you do.

No answer is right or wrong. It's just information.

Like ingredients you decide if you want or you'd rather leave out of the pie you're making for desert.





Step 2 ~ Explore the Limitless Possibilities



1st Make a list of what Lack of Prosperity
would look and feel like to you

Too many bills to pay

Over-worked and under-paid

My kids clothes are torn and stained



Step 2 ~ Explore the Limitless Possibilities



- Then, on the next page, write down a list of several things that feel important to you in experiencing a life that feels Prosperous and feels Abundant. (This diagram has ideas to get you started)
- **Even list things that seem wild and crazy.** Things you've imagined or seen other people with. Think outside the box for this one. You get to choose. What would you Love to have or do or BE?
- You might be wondering why you'd bother dreaming about a life that isn't yours and you'll never have anyway. I know exactly how you feel. Actually, I felt the same way not too long ago. I was solving every problem that came my way. First one and then the next. Burning the candle at both ends and having nothing to show for it.
- But then I found a conscious way to use my energy and resources to serve my purpose of helping others while claiming and expanding the elements of prosperity in my own life.



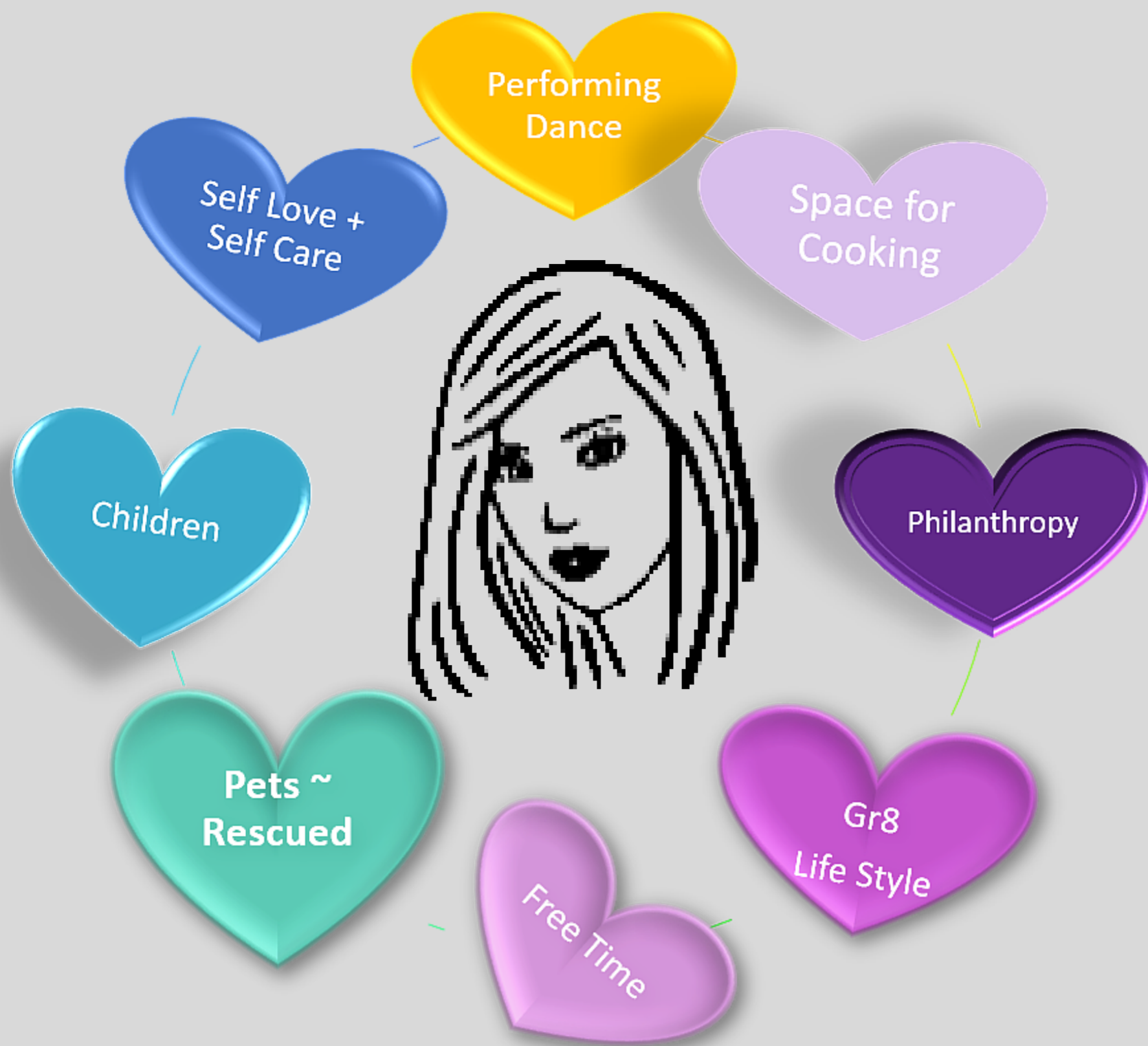
Reaching Your Personal Peak of Prosperity is Your Divine Birthright

Step 2 ~ Explore the Limitless Possibilities

And now you'll begin to notice how much better it feels to consciously direct your intentions and efforts to expand your own Prosperity too. Allow yourself to have fun with this and be curious. As you follow these steps pay attention to inspired ideas that come to you and write them down.

Explore – Explore - Explore

What would you Love to Have, Do or BE in your life to feel Prosperous and Abundant?



A weekly massage

Specific Monthly Income

Two columns of horizontal purple lines for writing. The left column contains 10 lines, and the right column contains 10 lines.



Step 3 ~ Identify



1. Next, set the list aside and continue your process by relaxing into your chair. Close your eyes and gently pay attention to your breathing. Pay attention to what you hear, smell, feel and experience while your settling into a peaceful state of being. Breathe in ... Breathe Out ... Just be Here, Now
2. Then, ask yourself this: **If I could choose to do anything with my time, energy and resources what would that be.** How do I spend my time now and if my only consideration were about Feeling aligned with my inner guidance, with my inner sense of peace - what would I do?
3. As you remain quiet and curious, pay attention to what answers come to you most naturally. As you sit with these questions the answers will find you. No need to force it, just listen to your inner knowing. What are the top six things that hold importance to me and represent prosperity for me personally? They may come from the list you made at the beginning of this exercise or your list may have made way for going further now and accessing deeper clarity. Any answers you receive are perfect. You can't get this wrong if you tried. What 6 areas of need or desire Must be met for you to truly feel whole, complete and truly prosperous?



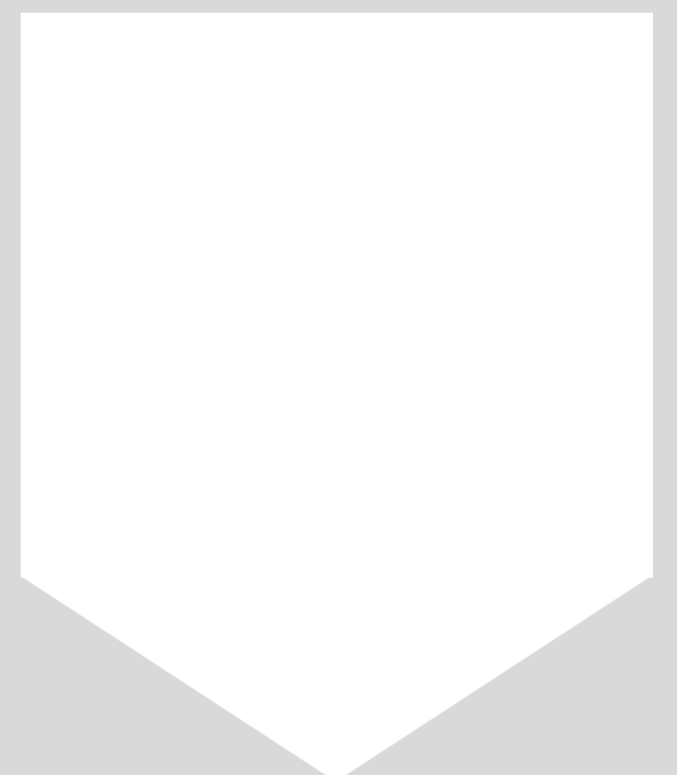
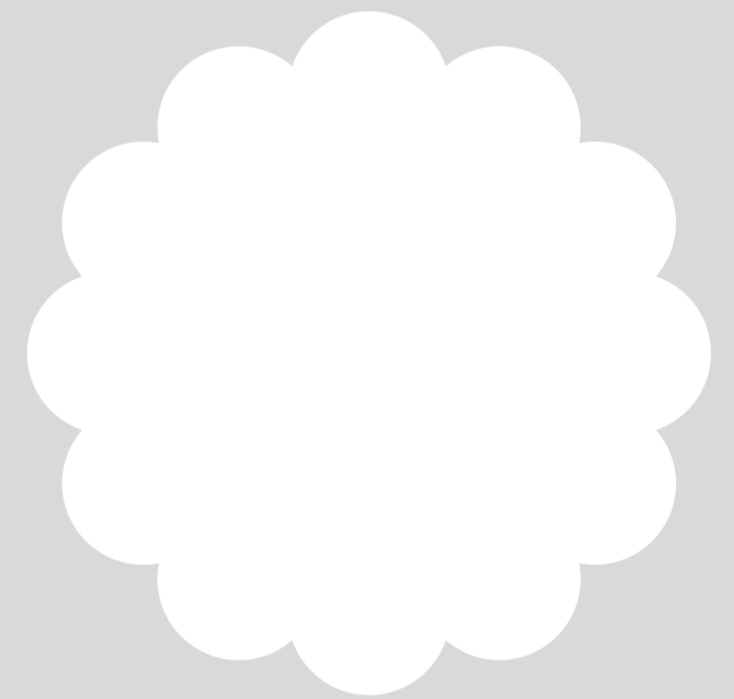
Step 3 ~ Identify



4. Now, gently pick up your pen and write down your **Top Six Items** that represent Prosperity to You in your life. Each item is written in 1 – 5 words. There's room on the next page.

5. This is the most important step of all.

Accept NO judgment about these areas from Anybody! Especially not from your inner critic. Accepting these Core Values from Your Soul Guidance is Key to Allowing the space for you to **Simply Become Who You Already Are.**



Step 4: Navigate the Path of your Step by Step plan



Navigate the path of your step by step plan to achieve Your specific outcome.

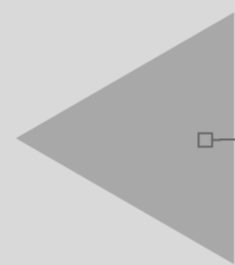
1. I say Navigate for 2 reasons actually ~ Webster defines Navigate as “to travel on, over or through an area or place” and I see this process as travel ... as a journey with a destination chosen by You
2. Your divine path is created by actions You get to take. We’re looking for progress not perfection so allow your process to include mistakes, course correct and continue. It’s all good.
3. Even if you take small steps forward. If you Navigate your ship to a 1 degree shift, you will notice a much bigger change in your result as you continue to move forward. Each degree is equal to 69 miles. Hmmmm. Who knew?

Step 4: Navigate the Path of your Step by Step plan



4. Be sure to have someone to bounce ideas off of and remember that I'm happy to help you map out a clear plan to achieve your desired Prosperity Path.

Click Here Denise@SoulEnergyExpression.com
for a 45 min complimentary
Prosperity Acceleration Session



69 miles from one
small 1 degree shift! WOW!



Step 5 : Giving Gratitude



In short, if we're not dead, we have a lot to be thankful for. Sounds rather silly, but it's true! Buddha

Have you thanked someone today?

Each day, blessings come to us that make our life better in some way. Even at the end of what we think of as a Long, Hard day. Every person teaches us something. Every event teaches us something. When we remember that the universe is always conspiring on our behalf it's easier to notice what we feel Grateful for right now.

There are so many benefits of recognizing your Gratitude. When you feel gratitude, your blessings multiply. Feeling grateful for the good things in your life sends out vibrations that align with even more good things.



Step 5 : Giving Gratitude



This is one of the ideas behind the Law of Emergence and the Law of Attraction!

The Law of Emergence tells us that everything we desire already exists and is simply Emerging into your life and able to be recognized.

The Oak tree already exists inside the essence of the acorn. The Law of Attraction serves to help you consciously create the conditions that make welcome those items which already exist.

Just as sunshine, water and nutrients create the conditions that welcome the Oak Tree to grow from the acorn – your Gratitude creates the conditions that welcome more blessings into your life.

Step 6 : Simply Become Who You Are



Life Purpose Specialist

Your entire life has been preparing you to recognize, embrace and simply become who you already are. You've been walking the path you've chosen even at times that seem completely counter productive or extremely painful or wild to you. Even when seemingly bad things happen you're still becoming aligned with the person you really already are. God, Spirit, the Universe is always conspiring for your greatest good.

I know we all consciously want smooth sailing at all times. I mean who would say "Hello God. I'd love it if you would please send some random guy in traffic today to intentionally ram his car into the back of mine because he feels so attached to driving behind the convertible that I'm going to pull in behind ... I'm going to have some nerve pulling my car in front of his. Oh, and please make sure that I can't drive it for a week while it's being repaired. Thanks, God, in advance, for making this happen for me."

Denise S. Toffey of Soul Energy Expression

Step 6 : Simply Become Who You Are



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However ... What you may have said is this

“Hello God. I have a really important dinner to attend tomorrow night with my boss and his wife. Please help me make a good impression so I’m able to demonstrate how perfect I’d be for the promotion I want so badly.

The restaurant is clear across town and I’m usually so pissed off and frustrated after driving through rush hour traffic that I can’t imagine being able to hide such massive emotion and let my boss see me as the reasonable person I really am. Thank you in advance for helping me out with this.”

And just like that ... You think to ask your brother to take you across town in his Limousine. And you discover that he just had a client cancel his need for the Limo service because his wife was working late and they had to reschedule their dinner date for another night.

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Step 6 : Simply Become Who You Are



Hmm. Problem solved. Now you'll be relaxing with ease all the way to your dinner with your boss. You just wouldn't have thought of that solution if your car were in good working order.

Every moment is a chance to create the conditions which make your true nature come alive and thrive.

When you feel aggravated by seeing that your kids school isn't getting enough tax money for an art class your son was counting on, that's your soul telling you what your values are.

It's not about the government and tax money. It's YOUR opportunity to feed your spirit in some way. Create a raffle to raise the money.

Gather your son together with friends and neighbors to do a weekly car wash or make meals for busy families who'd LOVE to buy your food. They get to help the school raise the needed funds AND have a delicious meal they didn't have to prepare.



Step 6 : Simply Become Who You Are



You are not receiving clarity and inspiration about your ultimate prosperity in order to “get it” you are recognizing what is within your true hearts desire in order to “let it”. The inspiration comes to you because this is a part of you that truly is ready to come forward and be recognized. And now you get to Let it.

These circumstances were not about you being a parent whose children were in need. These circumstances were about you discovering that fundraising is your passion. Or that working with your neighborhood community woke up that part of you that used to Love meeting new people.

One of the Sacred Money Archetypes is “The Nurturer” with an Inner Sponsor who teaches us about caring and compassion. Now, the Nurturer has a Sacred Money Contract to care for others by empowering oneself. In the example above The Nurturer was able to provide for the needs of the community while being well served by awakening and feeding her own spirit in the process of doing so.



Step 6 : Simply Become Who You Are



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There are 8 Sacred Money Archetypes and each one will notice their path to Prosperity looking a bit different from the others.

Prosperity, for you, may be all about having a huge gathering of friends and family over for a back yard BBQ. Or it may be about selling fantastic meals to neighborhood families who love your cooking and want a night off from the kitchen. Making more than enough money to fund a school art program or even travel to Spain if that's what your heart desires.

Looking back at the areas of Prosperity you chose in step # 3 will give you further insight into Who You Really Are. That's who you get to **BE without apology**. I do know that there are some people who will go through life taking what ever they can from others, hurting people in the name of building their own prosperity but I also know that you are not one of those people.

When I send out my intention to serve in the highest way, my energy attracts like minded souls to grow and prosper together. That's how it works.

Denise S. Toffey of Soul Energy Expression



Step 6 : Simply Become Who You Are

“Don’t ask yourself what the world needs. Ask yourself what makes you come alive, and then go and do that. Because what the world needs is people who have come alive.”

--Harold Whitman

also

"Don't wait to see what happens in the future to decide what you'll go for in the present, because what you go for in the present determines what will happen in the future."

--Derek Rydall



I know this has been a lot to digest and I'm really hoping you got as much value from going through this exercise as I received in creating it.

I'm absolutely certain that it's a perfect time in our world right now for those of us who come from our hearts naturally to recognize our value and come into alignment with the prosperity that has been there for us all along. Now we get to claim it

I'd love to hear from you about what you've discovered in creating Your Personal Path to Prosperity.

As a valued member of this community I'm happy to offer you a Heart to Heart Prosperity Acceleration Session to Explore what comes next for you in this process and maximize your ability to take life to the next, best level.

WaHoooo!!!

Contact me at Denise@SoulEnergyExpression.Com and we will explore your next steps together!

Many Blessings to you, Denise