



GET OUT OF YOUR HEAD & BACK INTO LIFE!

Webinar

OVERVIEW

Find out how to get the @uck out of your head and back into life!

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WEBINAR NOTES

What Causes You to Get Stuck In Your Head

- Holidays
- Stress
- Financial
- Love
- Family
- Work
- Mistakes
- Uncertainty
- Friends

Signs That You Are Stuck In Your Head

- Anger
- Frustration
- High blood pressure
- Roadblocks
- Moving backward
- Loneliness
- Mistakes
- Uncertainty
- Worry
- Nothing changes

Energy-Wise

- Red Energy – Root Chakra
- Yellow Energy – Solar Plexus Chakra

How to Make a Fast Recovery

- Conscious
- Acknowledge
- Redirect

Relearn How to “Feelerize”

- How do you **Feel**?
- What are your **Thoughts**?
- What is your **Realization** between your feelings & your thoughts?

Steps for a Life-Long Reprieve from the Hamster-Wheel of Thoughts

- Reprieve because the hamster-wheel is a self-punishment.
- Work at being conscious in the NOW & off autopilot.
- Not moving forward? Pay attention to how you feel.
- We cannot keep negative or bad feeling from entering our minds – we’re human. What we can do is stop the self-sabotage.
- Always have something to look forward to each day.
- Have a long-term idea to look forward to.
- Work each day to train your thoughts to be in line with what you are looking forward to.
- Limit the amount of time you are on the TV/Netflix/Hulu/Amazon.
- Limit the amount of time you are on FaceBook.
- Pursue what you love – despite what others might think.

RESOURCES

Empowerment of Thought

Your current belief system starts in your mind. The system was likely formed from a single thought voiced by another person a long time ago. This kernel thought has grown into your belief system and by all accounts - limits your success – in everything – love, sex, money, fame, etc... Most times I bet you don't give your belief system a second thought, it's just there hanging around in your comfort zone shaping your life.

How's that possible that thoughts are so powerful? Everything is made up of energy. From the food you eat, to the clothes you wear, the car you drive and yes, to the thoughts you think. Because everything is made of energy, everything is therefore influenced by energy. So if your thoughts are constantly negative, you are sending out negative energy and you then attract back negative results. On the other hand if your thoughts are positive, then you attract back positive results. You fulfill your own prophecy.

When your thoughts are stuck on a never-ending replay, your red energy grows stronger – higher – keeping you stuck. While an abundance of red energy is fabulous for passion & desire – too much of a good thing is just that – too much.

Changing a thought pattern is not as easy as it sounds and it cannot happen overnight - but it can and will happen if you put the effort into it. The reason it doesn't happen instantly in our "I want it now" culture, is because you have to first burn off what you attracted with your past thoughts. Once that is out of the way, your positive thinking starts to reshape your reality. This gives you a tremendous opportunity to start creating the things you want.

To begin to change your life, you need to understand the laws of thought.

The Ultimate Laws Of Thought

1. Thoughts are forces of energy that shape your reality and control your life.
2. Thoughts are received and sent 24 hours a day, 7 days a week.
3. Thoughts that are repeated and reinforced with emotion become empowered and attract similar thoughts.
4. You always have the ability to control your thoughts.
5. You always have the power to insert any thought into your mind at any time.
6. Your conscious (outside world) and your subconscious (inner world) are linked through your thoughts. Together they form your reality.

When you believe something beyond a shadow of a doubt you are sending an empowered message to your subconscious. You are instructing your subconscious to create (in your outside world) what you believe as truth and there is nothing more powerful than your beliefs. They are so powerful; in fact, that your subconscious acts instantly on your beliefs because they are packed with emotion and are implanted into your mind and psyche.

What Can You Do?

1. Consciously pay attention to your thoughts.
2. When you're thinking about a thought that makes you feel like crap, get rid of it and replace it with a better thought (like your eye candy).
3. When I have a thought that is detrimental to my well-being I either 1) imagine that I'm blowing it up or 2) have a really big broom or eraser and sweep/erase it out of my head.

If a thought is not adding to your life, it has no business being in your life.

Two of the best books I have found to help with thoughts are:

1. [Leveraging the Universe](#) by Mike Dooley
2. [Write It Down, Make It Happen](#) by Henriette Anne Klauser

And anything by Abraham & Esther Hicks is good. All their books follow the same format – so you only need to read one to get their teachings.

What Is Energy?

Energy is more than the fuel that lets you flip a switch and “poof” a light turns on. Energy is all around us. It is the lamp, the light, your dog, radio stations, trees, plants, you - through you and around you. In fact, there is no place energy does not exist.

In other words, energy is everything and everything is energy.

In a book called, [E-Squared](#), author Pam Grout wrote that according to quantum physics, the invisible energy realm is the primary governing force of the material realm. So in other-words, what happens in energy duplicates itself materially. I would agree with that 100%. That’s what makes Out of Body Ecstasy work.

Because energy works within and around you, fields of energy surround your physical body and work for the betterment of you and only you. Each person’s energy fields are unique, but they all have the same energy streams.

There are 8 major energy streams:

- Manifestation Energy (RED) - manifestation, passion, desire, survival, anger
- Sexual Energy (ORANGE)- sexual desire, creativity, well-being, & abundance
- CEO Energy (YELLOW) - confidence, personal power, self-esteem & self-worth
- Heart Energy (GREEN/PINK)- love, unity, peace
- Communication Energy (BLUE)- communication, integrity, Will, speaking truth
- Intuition Energy (INDIGO) - imagination, intuition, wisdom, knowledge
- Divine Energy (VIOLET) - connecting to higher powers
- Soul Energy (WHITE) - connecting to your Soul & protection from negativity

The 4 that work in tandem for our sex drive:

- Red
- Orange
- Yellow
- Green/Pink

Red Energy

(Manifestation, Survival, Passion, Desire, Anger)



Corresponding chakra: Base or Root

Chakra location: in the perineum at the base of the spine

Most Common Reasons for Your Root Energy to Tank:

- Worry/fear
- Stress
- Unexpressed feelings
- Too much in your head – repeating the same thoughts
- Not believing (that all will be okay)
- Low self-confidence
- Lack of security – housing, food, clothing

How Do You Know When Your Red Energy is Out of Balance?

(the more yeses you give, the higher your red is flaming)

- Quick to anger.
- You can feel your blood pressure rise.
- You're in a funk you can't escape.
- You're stuck and unable to move forward.

- There is a worry script on auto play & rewind that runs in your mind WAY too often.
- You are stuck in your head!

Your red energy needs to be balanced to stay out of your head and into your life..

Below are holistic & practical methods to balance energy. Pick and choose the one/s that you feel drawn to – mix and match. There are no right or wrong choices.

Plus this isn't something that needs to be done in a week.

The hamster-wheel of thoughts can hit you today or 5 years from now. You need to be prepared when you're stuck in quicksand – whenever that is!

Stones:

- Ruby
- Garnet
- Bloodstone
- Hematite
- Onyx

Essential Oils:

- Cinnamon (do not put directly on skin)
- Garlic
- Sandalwood
- Patchouli
- Frankincense

Flower Essences:

- Aspen (inaction due to fear of taking risks, especially anxiety over what is unknown)
- Blackberry (putting ideals and ideas into action)
- Cayenne (igniting the will – sparking inner drive and motivation)
- Chamomile (calming overly anxious states)
- Larch (fear of failure - paralyzed)
- Scleranthus (confusion about what one wants – leading to indecision)
- Bottlebrush (super-duper energy cleanser from Green Hope Farm)

Affirmations (said once in morning and once at night):

- I know I am truly good.
- I am not my thoughts, but my heart.
- I manifest for my highest well-being.
- I conform my right to belong and be a part of something greater than myself.
- Desire fuels my purpose in life.
- Anger is my friend; it tells me that I am off course.
- My communication comes directly from my deep center.
- I am thankful for all the opportunities for growth and development that have come my way.
- My body supports me in living a passionate life full of desire.

Physical Activities:

- Yoga
- Walking
- Hiking
- Dancing

Energy Work:

Imagine a bright ball of red energy hovering in front of your base chakra. Once you can "see" it, push the ball of energy through your chakra to the other side - hold it there for a sec - and push it back though. Do this for at least 3 min, 2x a day. The longer you do it, the faster the ball of light should travel back and forth through you. So it's faster at the end of the 3 min than at the 30 sec mark. When the ball of energy goes through your chakra, it is more important to FEEL it go through than to SEE it.

Practical Activities:

- Spending time nature grounds you.
- Take red out of your life – stay away from red-colored foods, clothes and red in your environment.
- Being conscious of your thoughts and how they make you feel will help you break the pattern of being stuck.

Energy Stream Foods for Balance:

- Green apples
- Carrots
- Garlic
- Onions
- Potatoes
- Wasabi
- Yam
- Butter
- Cheese
- Eggs
- Lean meats
- Milk
- Yogurt

UPCOMING WEBINAR SCHEDULE

Soul Terrific Webinars will be held on the 1st Saturday of the month.

January - Soulful Connections: Soul Mates

February - OBE Energy Sex: Telepathic Sex

March - Soulgasmns: Living a soulful life with passion.

April - Soulful Connections: Twin Flames

May - Manifest Miracles

You can find out more information on the (upcoming) Soul Terrific website:

www.SoulTerrific.com

ABOUT ALLIE

Allie Theiss loves four things: dark beer, her son, animals, and Harrison Ford. If she's not writing about soul mates (upcoming book 'Soulful Connections'), out of body sex, or energy, she's writing a book or screenplay.

Or maybe saving animals.

Or driving a school bus.

Or taking care of her son.

Her longtime podcast "Ask Allie" has been a top spiritual podcast for the last 13 years. It's a deep passion of hers to help people and this podcast alone has helped thousands over the years. **Support the podcast:** www.AskAlliePodcast.com

Allie's the author of seven books & five screenplays, and the webmaster of five websites: www.AllieTheiss.com, www.OutOfBodyEcstasy.com, www.GypsyGirlPress.net, www.StoryandPromote.com, and www.GhostWritingCopy.com

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