

THE 4-STEP PATH TO THE ABUNDANCE YOU ALREADY HAVE



CONNECT TO THE SUBSTANCE OF WHAT YOU WANT AND
DRAW IT INTO YOUR EXPERIENCE

- ITS ALREADY WITHIN YOU!!

BECAUSE YOU CAN



4 PATHS TO THE ABUNDANCE YOU ALREADY HAVE

ELIZABETH KNOWS FIRST-HAND THE STRUGGLES OF
MAINTAINING A CONSISTENT FOCUS BUT HAS CRACKED THE
CODE - READ ON TO FIND OUT HOW YOU CAN TOO!



Hi! I'm Elizabeth Sabet, and I am a transformational and spiritual integration coach and founder of **The Institute of Transformational and Transpersonal Coaching**. I help professionals transition their work experience and areas of expertise into a lucrative coaching practice. My focus is on helping my clients build a practice and business with a healthy financial bottom line that integrates the expression and needs of their spirit and soul.

My mission is to empower people in a way that reflects the dignity of their highest human potential, so they can, in turn, offer the same empowerment to others in their life.

Mastering the process of listening to your highest self while no longer denying and bypassing the defense mechanisms you use to keep yourself safe and small is the key to unlocking the door to sustainable happiness and contentment.

When you integrate a fuller expression of your whole self into how you make choices and engage with the world,

You will begin to notice...

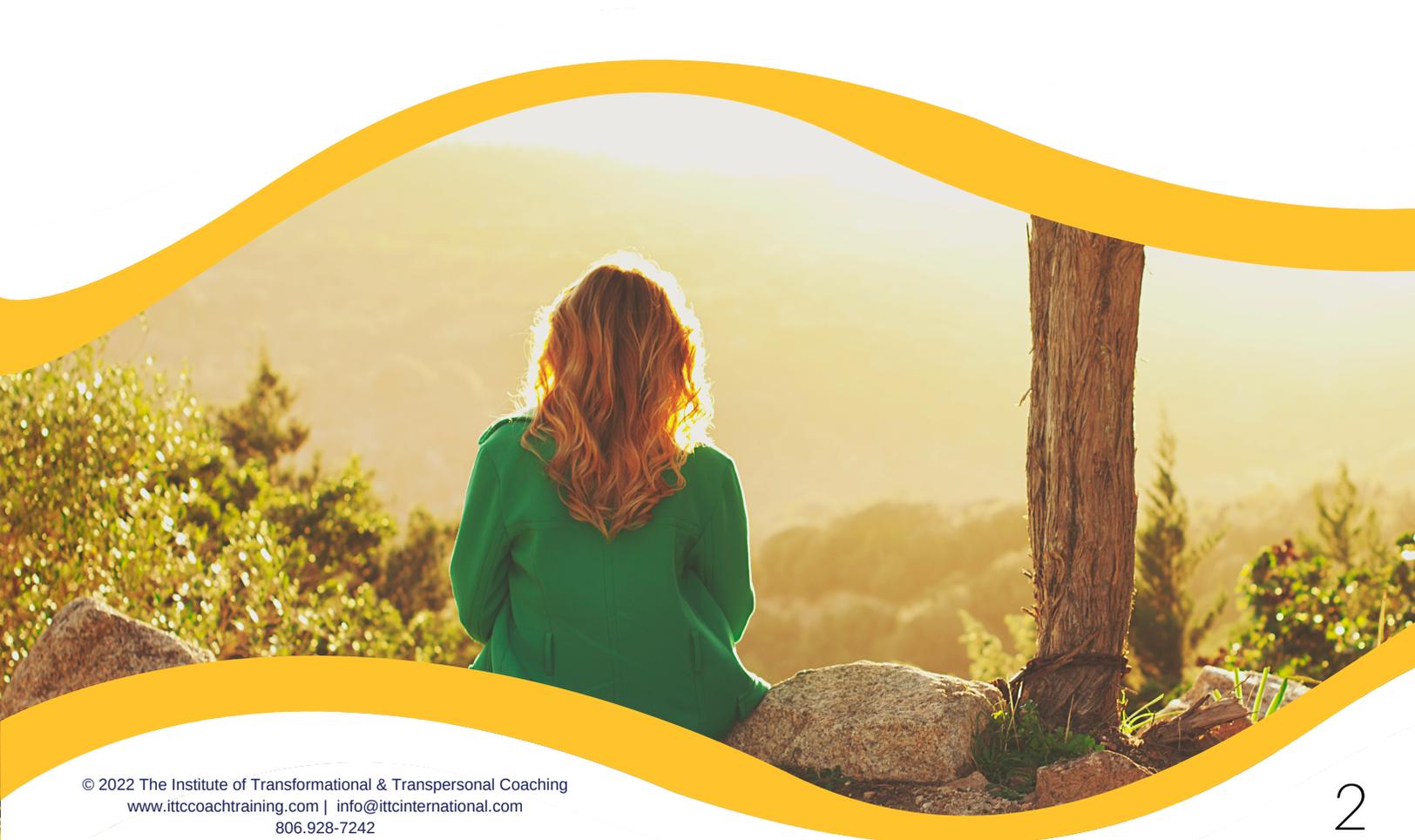
- More opportunities to experience a connection to what you find beautiful.

- Your connections are richer, deeper, and more effective at creating change for what needs to change and sustainability for what matters most.
- You are more clear, direct, honest, and kind about getting your needs met and are clear about how you can best support others and how you cannot.
- Your life becomes more relaxed and enjoyable! You even begin to have fun and experience lightheartedness!

The information in this guide offers a few approaches to how you can connect to the primordial substance of what you want and manifest it in your lived experience!

Blessing and Light,
Elizabeth Sabet

Here's to living an integrated life of beauty, strength, and
the means to enjoy life to its fullest!



#1 - FIND STILLNESS & FOCUS

Before you can connect to the essence of what you want to manifest, it helps to cultivate a still mind, even if only for 5 - 10 minutes at a time. Why? When your mind is still, you shift from the default mode network of your brain, which activates the sympathetic nervous system (flight, fight, or freeze), to the executive function network of the brain, which activates the parasympathetic nervous system. This means you have access to the information you don't usually have when you are stressed out, worried, or stuck in old patterns.

Intentionally shifting your brain function helps you access your "higher mind" or "high Self," the part of you that is always connected and aware of your divine nature and abilities. This part of your being knows what is in your best interests at any given moment. It knows how to shift your thinking, feeling and choosing to create a bridge from where you are to where you want to be.

Here are a few practices to use every day to help you access stillness:

- **The Three Things Practice:** Anytime you notice you are panicked, stressed, or overthinking, name out loud, if you can (silently is fine if you can't), three things you see with your eyes, three things you hear with your ears, three things you feel on your body, and then take three deep breaths. This practice automatically shifts you out of the default mode network, brings you right into the present, and anchors you to your body.
- **The Long Breath, Short Breath Practice:** Take 3 long breaths to the count of 10 if you can, then take 3 short breaths to the count of 5, in through the nose, and out through the nose. This practice creates a relaxed sense of alertness. Your mind becomes calm, present, and alert. With practice, asking an open-ended question from your high self before you do this practice can result in surprisingly quick answers!
- **Set Aside Both Long and Short Meditation Practice Periods in Your Day:** The purpose of meditation is to create a meditative mind when you are not sitting in practice. A meditative mind is present, alert, and capable of making healthier choices than a non-meditative mind. By having at least one longer practice per day of 20 minutes and one or two shorter 5-10 minute practice periods, you are developing the habit of being present and calm while intentionally engaged. Then, when you need to access a calm state quickly, you will have developed the ability to do just that!

A Still Mind Is An Engaged With Its Environment - Aware of Potentials
And More Able to Make Helpful Choices

#2 - KNOWING WHAT YOU WANT

You know what you want...connection, comfort, money, stimulation, satisfaction, creativity, healthy relationships, employees, meaningful work, health...but you need solutions to shift from not having to having.

We are ALWAYS manifesting, but we all want to become better conscious manifesters of what we want instead of unconsciously manifesting what we don't want. Being a conscious manifester requires we know what we want, why we want it, and to know it deeply in all the parts of us involved in making the choices that either bring us closer to what we want or keep us farther away.

Here are a few practices to help you achieve greater clarity, specificity and direction:

- **Getting Clear - Write Down the Essentials:** The first step to getting what we want, materially or experientially, is to know what is essential and what is not. For example, I want to go on vacation to spend time with family but what is essential is that I have peace of mind about my finances so I can relax and enjoy my time instead of stressing about finances.
- **Getting Specific - Connecting the Values of What is Essential:** Using the example above what I value about peace of mind about my finances is a feeling of freedom AND security. I don't want to sacrifice freedom for security but I also don't want to sacrifice security for freedom. It sounds like a dilemma, but actually its not, its an opportunity to recognize what choices will lead to both security AND freedom.
- **Knowing Deeply - Creates Direction:** The awareness that my values of freedom and security don't need to be competing values, but complimentary values is a revelation. I no longer feel restricted from fear of having to sacrifice one for the other and I can begin to ask the questions about how I am spending my money to assess how my habits are supporting my essential goals. Knowing deeply creates empowered choice making.

Intentional Manifestation Requires Clarity - Specificity - and Direction

#3 - SHIFTING YOUR IDENTITY

Knowing deeply and practicing the most helpful steps isn't all that is required to actualize your desires. We would be living on an enlightened planet by now if they were. Why? Because if knowing what you want isn't aligned with your subconscious beliefs of yourself and what is possible for you, you can do and do and do, and something will always get in the way of the full realization.

Using the example of wanting both security and freedom, by practicing being in the energy of the identity of being the person who can have both freedom and security, we get to have the EXPERIENCE of it before it happens. When we live in the energy of it frequently, we will notice resistance, disbelief, fear, grief, shame, and many other emergency emotions and beliefs arise while we practice. This allows us to bring the resistance to our spiritual practice and to our coaching or therapy sessions to work through, thus becoming less and less interference with becoming who we want and getting what we want.

You are already what you want. The substance of what you want is already created. You simply haven't had the experience of it yet, but you will when you consistently put your mind where it already exists. By engaging in the practice below, you are placing your consciousness in the field of what you want that is already within you that you haven't realized consciously yet. You are practicing being the field of what you want.

Here are a few practices to create the beingness of what you want:

- **Know the Qualities of Being You Must Be to Have That:** I know, I know...transformational language isn't always easy to follow - but bare with me - Write down a list of qualities a person who believes they can have both security and freedom at the same time would have to embody. How do they think, speak, and act? What decisions do they make?
- **Practice what it will be like when you are fully that and notice what arises:** Now that you have that list, pick one quality a week to practice. You can begin by practicing it in your imagination for a few days and in real-life choices for a few days.
- **Be Very, VERY Gentle, Understanding, and Kind to Yourself - And Don't Give Up! No Matter What!** This is rigorous brave work! And it can bring up a lot of insecurities and fears. But you don't ever have to do it alone. Ask a trusted friend who is spiritually mature enough to hold space for you when you get down or are frustrated. Call upon a trusted professional to help you through the sticky spots, and as I always say, call on those angels and ask for angelic support!

#4 - GENTLY CONNECTING WITH AND INVITING THE SUBSTANCE OF WHAT IS

American Indian medicine men and women call rain by standing outside, feet bare on the ground, and feeling the rain. They feel as if it were raining at that moment. They feel the rain on their face and body. They smell the smell of rain in the air and the smell of wet earth. Some call to it with energy in their hands and bring it closer to them. They become one with rain.

On the next page, I have included an energy practice I created to help people feel the energy of two different competing energies, thoughts, or desires. I encourage you to use this practice anytime you face a dilemma between two choices so when you are ready to manifest, you will have had some practice feeling into the energy of what you want. The field of what you want informs of the energy's qualities. By inviting the field, it will inform you; you don't have to come up with the qualities of what you want in your mind or force it.

Follow these steps to engage the substance of what you want.

- **Feel the Energy of Substance:** Put your hands out before you, palms up, and invite the field of what you want into your experience. What do you notice? You don't have to name or label it. Please don't try to engage it with your mind. Simply feel.
- **Gently Bring the Substance Towards You, Without Attachment, as Much as Possible:** Once you feel the energy of the field, you can reach your arms out, gently wiggle your fingers like you are gathering it to yourself, and ask for the experience of this field to be brought to you in the most appropriate time and way, causing harm to no one. So if I want to be a person who can simultaneously have both freedom and security, I feel the energy of the combined experience of both and gently bring that energy into my field.
- **Immerse Yourself in the Substance:** Now that you have surrounded yourself in this substance of this experience, spend time here and hold your focus on being immersed in the substance of it as long as you can but not over 20 minutes.

The Somatic Psychosynthesis Integration Technique©

This quick and easy energy technique is a way to give clients access to both the conscious and superconscious mind to help clarify confusion, conflict or to help make decisions between two choices. They can use this practice quite easily on their own to help them make decisions or gain clarity. This practice has so many applications! Almost too many to list. Some examples of things clients might say to indicate when to offer this technique are:

- “I can’t decide which option to take.”
- “I know that I want to forgive this person, but I can’t quite seem to let this anger go.”
- “On one hand, I can see the benefit of _____, but what I want is _____.”
- I would love to rekindle the dream I had in my teens and 20s but _____.”

Use your intuition to determine which choice or issue should go in the left and right hand. There are no hard and fast rules. For this technique, you do not want to program the left hand as being heavy and dark and the right hand as being light. Trust your intuition to guide the way. You really can’t get this wrong!

The following script will give you the main points, but the main topic and clarity will differ for each situation.

1. “Would you be willing to be with this issue using the energy signature of each option, issue, etc., and connection to your subconscious and superconscious mind to help you find the answer?” If yes, proceed.
2. “Hold out your left hand and place the energy of _____ in it until you can feel the energy.” “Once you have it, let me know what you are noticing.” “What is the quality of the energy?” “Does it have a message for you?”
3. “Now, keeping your left hand and the energy in it where it is, open your right hand.” “Now, place the energy of _____ in the right hand until you can feel the energy.” “Once you have it, let me know what you are noticing.” “What is the quality of the energy?” “Does it have a message for you?”
4. “Now, face your palms together, about 18 inches apart, and very, very slowly bring these two energies together until your hands are almost touching but not quite.”
5. “As these two energies and messages come together, you will notice something happening to the energy and hear a new message.”
6. “Tell me what happened to the energy.”
7. “What information do you have now that you didn’t know before?”
8. “From this place, what is true for you about _____?”
9. “What is the direction you would like to take from here?”

There is no need for a long beginning relaxation and connection process or grounding process afterward.

Each client will walk away from the experience with their own new interpretation of what is true for them about the issue.

After reaching the answer, you may want to move into the action strategy phase or use this information for a journaling homework exercise.

What's happening in your body as you read this guide? Are you excited or nervous at the thought of going out on a limb about introducing holistic, somatic, and potentially non-linear energetic concepts into your coaching practice?

If you are nervous but intrigued or excited and want to learn more, I invite you to set up a free conversation with me to discuss the dilemmas you are facing, what you are interested in, and how you might expand your skillset in both the application of advanced techniques and in how to communicate about them to your clients. **This is not something you can just read a few books and watch a few YouTube videos about and become an expert!**

Don't worry. This is not a high pressure sales pitch. I love talking to people who are ready to learn and explore beyond their enculturated life experiences. This is just a **friendly conversation between two people interested in the "Something More" of life!**



Call Elizabeth at **806-928-7242**
OR
get on her calendar for a
free 30-minute discovery call
to find out how she can help you
achieve your personal
and professional goals!

Elizabeth Sabet

**Transformational/Transpersonal Coach
Spiritual Integration Coach
Founder and CEO of
The Institute of Transformational & Transpersonal Coaching**



Elizabeth Sabet, Transformational and Transpersonal Coaching Expert, Child Care and Parenting Consultant, Conscious Business Development Trainer, and Spiritual Integration Specialist, empowers professionals to transition their work experience and areas of expertise into a lucrative coaching practice.

Her business and training background allows Elizabeth to show professionals how to coach in a way that creates a lasting impact in their clients' lives. She is also an expert at helping coaches define their coaching niche and how to set their coaching business up for success.

Elizabeth is a practitioner of Advaita & ACIM, exceptionally intuitive, and a Certified Spiritual Response Therapist and Energy Healer. She uses her intuition and spiritual gifts to help her students and clients identify blocks and progressively clear them to move past their blocks on levels most coaches and business experts cannot do.

Elizabeth is very grateful to have served as board president for ACISTE www.aciste.org. She has had many spiritual experiences since childhood and is dedicated to supporting experiencers and the mental health professionals that serve them. She has also worked to educate people of all ages and backgrounds about holism principles in integrated health, parenting, community relations, team building, and spiritual development. Elizabeth works with experiencers both nationally and internationally. She is also a long-term meditation practitioner and has taught meditation at the Texas Tech University Health Sciences Center. Her background is in administrative law dispute resolution, training, and the management of early childhood programs. She lives in Lubbock, Texas. She has raised two beautiful daughters and is a proud grandmother to two amazing boys.



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