

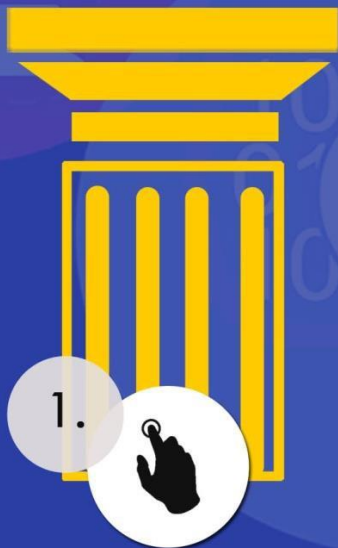
THE 4 PILLARS

of

INNER GUIDANCE MASTERY

Access, Trust, Act, Receive

ACCESS



There are many ways to access your Inner GPS - Guidance Powered By Spirit. Meditation opens your access to the higher realms and your Guidance. By learning to access the most life-affirming messages from your Inner Guidance, you'll experience greater creativity and identify your next steps to creating a successful enlightened business and a higher quality life.

TRUST



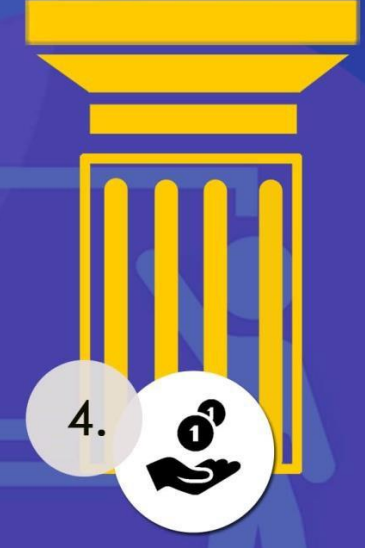
Your current mindset, paradigms, and outcomes are a result of the beliefs and habits you've established throughout your life. Sometimes they can stifle the abundance the universe has to offer you. At this level you learn how to discern your Guidance from your Gremlin. And you'll learn how to ask questions in a way that you are most open to receiving whatever you are asking for so that you are no longer at the mercy of subconscious programming and limiting beliefs that have held you back in the past.

ACT



Once you've connected with your Inner Guidance, it's time to act on the messages it's sending you. When you learn and master this, you'll be able to dissolve resistance and achieve better results, faster than ever before. You'll learn how to act on the guidance you're given and even know how to shift difficult situations and challenges you may be experiencing by letting your Inner Guidance bring in the Soul qualities that will transform the situation.

RECEIVE



It's time to go BIG! As a heart-centered, spiritual entrepreneur, your mission is to transform the lives of others. Once you've activated your connection with your Inner Guidance, you become empowered to receive everything you need to live your mission, bigger than ever. At this level of mastery you also learn how to use your Inner Guidance to help your clients open up to even greater success and opportunities than they were open to before working with you.

ACCESS

YOUR FOUNDATION 15 MEDITATION PROCESS



When a thought comes in, simply envision it floating off on a cloud and get quiet again.



At the end of your 15 minutes, if you only found 1-2 seconds of quiet that you were aware of during that time, know that you've done your work.



Pay attention to the moment between your exhale and the next inhale rather than the breath itself. I have found that it's easy to be in the gap of pure awareness - the point of no thought - right at the point between each breath.



Your intent and daily consistent action of doing your daily 15 minutes of meditation is critical.



You may not even notice that you are in "no thought" at that moment between your exhale and the next inhale, but in that split second, you are and THAT is exactly what you want.



There is a compounding effect of being in daily meditation that literally opens 'channel' through which your Inner Guidance flows!



Regardless of how you naturally access your Guidance, the first step in the journey to mastery - and the most important step in this process is a simple meditation process where you spend 15 minutes a day in quiet.



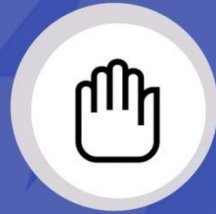
This is foundational to your Inner Guidance mastery.



Unlike other types of meditation there is only 1 intent for this meditation. And that is to quiet your mind and your energy enough that in a short period of time, you literally become an open channel through which your Guidance flows.



Find a time every day where you can spend 15 minutes uninterrupted and focus on releasing thought.



Now don't worry if you don't actually find yourself without thought for 5 minutes, just don't get into resistance when you notice thoughts coming in.



This is really important. Just observe.

Watch The Free Video Training Series Here

<http://successfulentrepreneurgroup.com/>

I've created a free video training series in which I go into the power of Inner Guidance and Mindset in even greater detail and cover several other important topics that are not included here. I highly recommend you watch the video training series for maximum results.

About Eva:

Eva Gregory is a Law of Attraction expert, speaker author and mentor to spiritual entrepreneurs – coaches, healers and holistic practitioners. Her passion is helping spiritual entrepreneurs go from chaos to clarity, and from clarity to cash flow by learning how to tap into their own inner guidance and merge it with proven practical business strategies to create enlightened businesses of purpose, passion and prosperity.