
Mary Allen: Okay, let me officially welcome everyone to *Momentum Mastery Monthly*. This is our success call today the topic being *Good Vibrations, Essential Practices for Success and Inner Peace*.

Today we're really going to be focusing on what we can do to really raise our energy vibration to put ourselves in a place where we really prime both for success and inner peace. We've got a lot of cool things that we're going to be covering here, and I expect a lot of inspiration to be flowing from each of you as we really tap into some of the practices and daily rituals that are really going to most support us in creating and sustaining our success and inner peace.

So, a couple of things I want to kick off just from a housekeeping standpoint before we get rock and rolling today. One is, I want to just acknowledge everyone that is participating in our *Momentum Now* forum on Ning. I know it's a newer technology and many of you have done such a great job even I'm seeing pictures and videos getting posted and commenting on people's profiles. And remember, each week I'm going to be posting assignments where you have an opportunity to share those publicly if you so desire as one tool to help you integrate the information that we're talking about here on the call.

So, so far, we've talked about creating your year-long vision and several people have posted gorgeous visions there in the forum. It's not too late ever to post a year-long vision. So, a way to really go public and bring more aliveness to this, be sure and add yours there. Also last week –last call we talked about *Now Practices* and I've heard through a lot of private conversions and through people just emailing me one-on-one about how people are really focusing on being present in a way that they haven't before.

And just to remind you about the “power of the now,” the power of being present. And, of course, if you haven't shared in the forum what your experience of *Now Practices* that's available there in the Ning forum. You can always find the forum by simply going to momentumnow.ning.com.

And with that, I want to just move us to right into talking about this idea of good vibration, having a high energy vibration. I'll tell you, these days, it feels like an endless supply of energy and momentum and being in a feel good place a good deal of a time, but I will tell you this has not always been the case.

All my life I have had the emotional rollercoaster thing going on. When I had a certain amount of success moving and rolling forward, there would inevitably be a period of time where I was sure to hit the wall and get completely distracted and really find it difficult to get things accomplished because my energy vibration was kind of in the dumpster.

I remember specifically seven or so years ago before and even after my profound awakening experience that it really fluctuated. There were times when my energy felt really heavy. It was almost all I could do to get myself through a coaching day where I may be supporting six, seven, eight clients in a day. I'd start the day going, "Oh my gosh, how am I even possibly going to be able to support people when I'm not feeling great myself?" Very difficult to take action, but somewhere along the way, I really embraced the idea of practices, of daily rituals, as a way of raising my energy vibration. And by doing these little practices that yeah, maybe it didn't seem like it made a big deal in the moment. But doing them day in and day out consistently overtime has truly made a huge, huge difference in my life.

I just recently, as you all know, have been on a whirlwind tour over the last eight weeks. We've been in Florida, in New York and San Francisco. Gaile and Sam have been at those events too. I believe Gaile is here on the line tonight. And I was squeezing in the move and things have been really, really busy. It's just then, in about the last week to 10 days where it feels like the spaciousness is beginning to open up again and one of the things I'm really concentrating on again is integrating back in some of those daily rituals that have gotten thrown by the wayside. It is one of the most powerful things that allows us to keep the focus and the momentum going.

So, I want to talk just a minute about energy vibration. Many of you have read the book by Dr. David Hawkins called *Power Versus Force*. If you haven't, I highly recommend this book. In the book, he outlines a way where he has measured energy on a scale of one to a thousand. On the scale, anything less than 200 is more or less considered "negative." This is where emotions like guilt, shame, anger, fear, apathy – this is where all of those disempowering emotions live. When we think of being in a funk or having heavy energy, probably our energy vibration is dwelling in one of these areas.

When we reach the level of 200 or more, it's empowering. It's positive. This is the level of where courage, willingness, and

acceptance live. This is the level of reason – reason, being logic and intelligence or recognizing reality for what it is, is another way I like to view that one. Love, peace, joy - these are the higher energy states. We all have a set point somewhere on these scale, chances are really good that everybody here on this call and listening to this even as a recording or on CD, has an energy vibration level probably at least bare minimum in the 300s. I say the 300s, because in the 300s, it's the level of willingness, and there's openness at this level.

Generally people that are attracted to personal growth information, spiritual development have a different level of willingness and openness than the general public at large. So, already we know that your predominant set point is above this 200 level. However, there can be times where, maybe like me, you had dips where energy feels heavy, you don't feel like doing anything, and, "Boy, that couch sure seems like the place to be hanging out," and all those good intentions and getting put off day after day after day.

Well, when we notice our energy there, we want to consciously work to raise that energy level so that we can be more in this place of willingness - the place where courage is, a place of acceptance. It makes taking inspired action that much more easy. When we're in a higher energy vibration level, there are really three reasons why we want to focus on it. Number one, when we're in a higher vibration - and I know this has occurred for everyone here on this call - you're feeling in the flow. You're feeling good, and it's when one good thing happens after another. Miracles are showing up at every turn. When we're in a high energy vibration, vroom, we're this attraction magnet.

Number two is that we can attract that much more quickly and easily. I remember during one of these times that Dr. David Hawkins was going to be speaking in a city near me and having the thought of, "Gosh, I really would like to go this event." Then, I looked online and the event was already sold out. Still I was like, "Oh, I'd really like to go." And at that particular moment, I was very focused to doing daily rituals and so forth, very much in more of a high vibration. And out of the blue, I end up connecting with somebody on match.com who happened to have an extra ticket to the Dr. David Hawkins' event.

It's like, "Go figure, I haven't even met this person." I think I ended up meeting him at the event. It wasn't a love connection, but it did get me to the David Hawkins' event. Again, the higher energy vibration, the quicker we can manifest.

And then number three, the third reason really to cultivate this high energy vibration is because it feels good, inner peace. I don't know about you but I've spent enough time in the doldrums, and we have heavy energy. Yesterday, I don't like to dwell there. I still have moments where I will go there, but it's just no fun. I like inner peace so much the better. I guess that's why I teach it. So, there we go.

So, we talked about a couple key things here. One is the single biggest way to raise our energy vibration is through **daily rituals**. Here in a minute, I'm going to open up the line and I'd like you to even start thinking right now, "What are your daily rituals?" "What are the rituals that you do on a daily basis or could do on a daily basis to help elevate your energy vibration?"

I was talking with one of my clients this morning, and one of the things she does is that she gets up every morning between five and six, and that's her alone time. One of her daily rituals is to take that alone time. She's got a seven-year-old daughter and is married and has a very busy law practice. That hour in the morning when no one is around, she's got for her to just connect to herself and take that alone time to really nurture her spirit.

Then another thing she does is that she goes for a walk in the forest. Nature is one of those soothing things for her, to get out in nature, walk her dog, absorb nature, another really key ritual. When she comes back in, she's got her morning ritual with her family where everyone gets ready with a breakfast and getting people off to school. And included in that for her would also be a veggie, smoothie or greens drink of some sort to really start off the day physically as well.

So, there's an example of a few sets of rituals that can really kick start a day and, of course, as we all get busy, sometimes it could be easy to let this go by the wayside. Of course, when we do, we tend to disconnect more from our power. Our energy starts to slump things. They are more challenging, more difficult to get done. So, we want to really come back and keep these practices alive.

So, I'm going to just open up the line here. If you've got a daily practice that you would like to share, just press star two, and I will come to you. I'd love to hear what some of your daily rituals are. Those of you that are listening to the webcast, of course you are welcome to post in the questions section any of your daily ritual as well.

And here we go, Gaile? I bet that's you in Sedona.

Gaile: That's me.

Mary Allen: Oh, wonderful. So, what are your daily rituals?

Gaile: Well, I'm going to share one of them, which is a complete surprise to me. It's something that I took on last October, and I've done every single day that I've been home since then. And that is I don't go to sleep unless my kitchen is clean. The vibrational shift for me has been in the realm of feeling deserving.

Mary Allen: Yes.

Gaile: I used to think it was like a gift to say, "Okay, I'll do it tomorrow morning." And, there was nothing wrong with that, but I just would wake up and I wouldn't feel like I would start the day with this high vibration. So, I took this on and I didn't even realize that I had taken it on in this context until 10 days ago when I was home and I wasn't feeling very well. I spent most of the day in bed, and then like about 11:15 at night, I literally had to get up and go clean the kitchen and the dishwasher. The next morning I woke up and I was feeling much, much better.

And I realize that it has really become a ritual in a sense that it serves me so well. I literally never have to force myself to do it. It literally pulled me out of bed to fulfill on it so that I can have the high vibration of waking up into this glorious clean space.

Mary Allen: I love that. I love that. There is something about any kind of a practice or daily ritual that's around order, whether that's cleaning off a desk or making a bed. My husband and I, we've been in this flurry of go, go, go with both of our businesses, and it's been real easy to just get up and go, and skip the bed.

But we've actually been on this week. All this week is really making the bed each morning and it's just so nice, every time you go walking by just to feel the lightness of having that order.

Gaile: Yes.

Mary Allen: Love that. Love that. Fabulous.

All right, and I'm going to look for any other shares.

Michael: Hi, Mary. It's Michael.

Mary Allen: Hey, Michael, how are you?

Michael: Okay, I'm doing great. You know, I didn't think I have any rituals until I started listening to your stories. I realize that, every night, before I go to bed, I go and give my dog a snack, let her out, and then, she goes to bed, and I pet her for a few minutes before I go to sleep. I do this every single night – well, let's say probably 98% of the time. Sometimes I fall asleep without doing it, but, yeah.

Mary Allen: Beautiful, beautiful. And you know, actually, petting an animal, dog, cat, rabbit, whatever your animal is, is actually a really high vibration activity to do, because you're in a place of unconditional love. And actually, I think that a dog, just as they are, calibrates in the 400s somewhere. A dog wagging its tail, calibrates, I want to say, at 525. Don't quote me on that, but they are very high vibrations. Same with a cat purring - a very high energy vibration. So, the more we're in high energy vibration states it has a kind of accumulative affect on raising our own vibrations. So, fantastic practice, love it.

Michael: Thank you.

Mary Allen: Really nice. And looking for any others...Okay. Here we are – I think we've got Cindy here. Cindy, you're on.

Cindy: Hi, Mary.

Mary Allen: Hi.

Cindy: Not that I'm certain that a lot of people do it, but what really interested me is as I started looking in to feng sui, they said one of the biggest no-nos in the world was to have your exercise equipment in your bedroom. I very, very seldomly used my exercise walker when it was in my bedroom.

And last May, I feng suied my bedroom and got out everything. I actually put my walker into another bedroom. It's funny, because me and my husband have used this thing almost every single day since we removed it from the bedroom. We hardly ever used it in the bedroom. I just made it a daily ritual to get up at 5:45 and to exercise and then meditate before I go off to work. And I noticed that it changes everything about me. But the exercise just with the room, my room feels more at peace, my bedroom, without the

exercise equipment in here, where I'm relaxing and sleeping more without it.

Mary Allen: Oh, beautiful, beautiful. So there's two great daily rituals – one is the exercise on your exercise equipment and then meditation, which meditation is such a phenomenal daily practice. It's actually the one thing scientifically proven that over time actually changes the brainwaves in our heads to be more peaceful. So, they've studied long-term meditators and have shown that there's more theta waves which are the inner peace waves in long-term meditators. So, the compounding effect of that practice over time is, not to mention so good at for your inner peace, but actually your clarity and focus.

They've found that long-term meditators are amazingly focused, not to mention all the health benefits. It helps just about every part of your entire being. So, glad you mentioned that one too.

Cindy: One more thing, with my exercising, I have the motivational songs.

Mary Allen: Yeah.

Cindy: One of these – there's one song that I listen to while I'm exercising. It says, "Today's my perfect day. I look at everybody, I'm in the arms of divine's inspiration, and everybody I meet is in the arms of divine inspiration."

I'm actually a welfare worker in California, so I don't always meet the best caliber of people, and sometimes they really bring in negative energy. As I noticed since I've been both meditating and listening to the song, every time I look at something, I'm like, "Okay, there's still a guide by divine inspiration, and there's something that I can offer them."

But since I started this, I have actually not had one irate client. If somebody comes in office, and they're really irate, they get somebody else and not me.

Mary Allen: How beautiful.

Cindy: Yeah.

Mary Allen: What a perspective shift to approach each person as somebody in the arms of divine inspiration, and the perfection that the two of your paths have crossed.

Cindy: Yeah.

Mary Allen: If I was on welfare, I would want to come to you.

Cindy: Oh, well, thank you so much.

Mary Allen: I hope we won't ever meet that way. We're going to be meeting at the Awakening Beyond Achievement Event.

Cindy: Yeah, I'm going to meet you there too.

Mary Allen: Okay. Great, love it, love it. Fantastic. Okay. And let me go through a few energy enhancers. What I'd like to invite everybody to do as one of your homework assignments this week is to **identify your set of daily rituals**. I don't want to get specific about the certain number, I would say somewhere between 5 to 10, depending on you. I know sometimes we've aimed people to go for as many as 10, and you can spend all day trying to get all your daily rituals done.

The key with daily rituals is you want to do them *consistently*, daily or almost daily so that you can allow the compounding effect of those choices to have the cumulative impact in your beingness, in your life. So, I want to throw out some brainstorming here.

If we go to, it's actually page 91 in the *Power of Inner Choice*, there are 12 energy enhancers. I want you to run through each of these, because not every one will be a daily ritual, but they each will be used to raise your energy vibration. When you have some of those stuck or of lower vibration periods, you may want to incorporate them in some way on a daily basis.

So, the first one of those is **appreciation**. Appreciation is a really fast way to raise your energy vibration. Even think of it right now while we're here on the line, think of five things that you're really feeling grateful for, just five things. I can look out my view of the golf course, the silence of my new home (there was a lot of road noise at the last place), loving the silence here, appreciating the opportunity to be here connected with all of you here on this line and being able to impart this information, appreciating the coolness here. I know it's really hot in certain parts of the country, and we're kind of fogged in with marine layer, but it is making it cool, comfortable temperature. I have appreciation for the fact that I'm back on doing Bikram yoga these days and enjoying some of the benefits of Bikram.

So, there's five for me right off the bat. Hopefully, each of you are just jotting and connecting to what you are appreciating and just really beginning to notice what the impact is on your being, as you step into appreciation.

Your second homework assignment for today is to **write down 25 things you appreciate**. We will also provide a place for you to post that in the forum. I think that it's so inspiring to see everybody else's appreciation list, because sometimes we can take certain things for granted and seeing what other people are appreciating can kind of help stimulate that for yourself.

So, appreciation is a great energy enhancer and also a great daily practice, something you can do on a day in day out basis. I know Oprah adopted this as a daily practice a gazillion years ago: writing down five things that she appreciated each day. She talks about how – because she did that, she was constantly each day looking for things that she could appreciate so that she would have something to write down in her journal every night.

Of course what happens is as we focus on more appreciation, more things in your life show up that you can appreciate. So, it's one of the most phenomenal manifesting tools. All law of attraction people talk about appreciation as one of the core things to focus on. So that's one of the energy enhancers.

Second key one is **movement**. Movement means physically moving your body. If you're feeling slumpy and dumpy and, "I don't feel good" or whatever, get up and move. Get up and move your body, 25 jumping jacks. I've done that, especially in the early days when I was leading group calls and so forth.

If I wasn't feeling, like my energy was popping off the charts, I literally would do 25 jumping jacks. I have done it before conversations with the master calls, and it's just a quick way to get the blood pumping and completely change your energy state. So, movement is a good one.

Another key one is **language**. Language is a great energy enhancer. So, what words are you using to shape your reality? Are we focusing on "I can't" or "what's wrong" or "everything is harder now," "this economy"? Or like Cindy, are we focusing on being in the arms of divine inspiration? Are we focusing on everyone we meet and greet being in the arms of divine inspiration?

So, really paying attention to language, and we can change that just in a heartbeat. When I was getting my book off to print, and one of the members in my team that I was working with to get everything tied together was going through really tough time emotionally. And I have thought that, you know, “Are we going to meet our deadline?” and “is this going to get done?” I was really panicked about this. But I shifted. I found something that I could say language-wise that would bring me into a higher vibration and that was “it’s all coming together”.

So, it’s all coming together. It was my mantra for high vibration during that really challenging time. The truth is, of course, it was all coming together, maybe not exactly in the timeframe that I was hoping, but we, of course, met our deadline and we’re able to get off to print. And well, that’s why we have this book now. So, language, big energy enhancer to keep in mind.

Another key one, **laughter**. Great energy enhancer. It’s actually recommended for people that have chronic serious illnesses, cancer, so forth to laugh on a daily basis. Watch comedy shows or turn on Ellen to somehow get yourself laughing; get joke books, to just make a light of things. Think about it, laughter and joy. Joy is a high energy vibration, all good. So, laughter, another key energy enhancer.

Number five, **random acts of kindness**. Laughter can be something you add on your daily rituals list that can be random acts of kindness - doing something kind for somebody each and every day or maybe the random act of kindness is for yourself. What happens is I think it was Wayne Dyer that shared how – when somebody does an act of kindness that not only is the giver positively affected and the receiver positively affected, but anyone who witnesses the act of kindness is positively affected.

So, it’s something really to keep in mind. Just get outside yourself, to contribute and make a difference in someone else’s life makes a difference in yours too.

Number six in energy enhancer is **being present**. A couple of weeks ago, we talked about *Now Practices*, so we won’t go into that in greater detail here. But if you think about it just honing all of our energy and attention into the here and the now, in a matter of minutes, we can actually feel our being, our energy vibration racing as we come in to this moment. Another reason why meditation is fabulous in supporting us being present, as it helps us practice calming the mind.

Seven, this is another one, **willingness**. To really get that willingness, the energy vibration of willingness is the gateway to the higher energy levels, being open to new ideas, facing, looking at alternative choices and options. When we're willing, we're not attached to the past or a set way of being. This allows us to move up as opposed to just staying stuck and circling in the same path.

We've talked on previous calls about the Inner Peace Reality Check. When we're stuck in a heavy place of energy if we can just tap in to a place of willingness to bring those six questions into our awareness— or to just have the willingness to sit down and write down the answers associated with the Inner Peace Reality Check process. Or just have the willingness to write down 25 appreciations, or just have the willingness to embrace a daily ritual, even if we're not so much willing that day. This is going to be part of your rise to raising that energy vibration.

Number eight is about **accepting what is**. Accepting what is. Embracing reality of the world, the reality of the world as it is without resistance raises our energy vibration. Acceptance is one of the high energy vibrations. Acceptance is just where it's at. It's where inflow, we can roll with what is, instead of pushing against, getting yourself, so to speak, wedged in the riverbank and being stuck. So, accepting what is gives us the choice to "Okay, you know, this is not the path. I guess maybe we'll relax and see how the current can pull us out of this little snafu and guide us into a new direction."

The ninth energy enhancer is **magic moments**. Magic moments. This is a combination of being very present, delighting in what is, willingness to receive, finding joy in the moment, and appreciation. So, it ties together lots of energy enhancers all into one. Like looking for appreciations, when we look for magic moments or choose to create a magic moment out of anywhere, then, we really begin to raise our energy and vibration that much more.

Number 10, this is another big one, **humility**. We might think, "Humility? How is humility an energy enhancer?" Well, if you think about it, when we're in a real stuck place, we might naturally look and see that our egos are engaged. Our egos get locked in to a set way of seeing things, a set way of being. Egos are not very flexible, but when we bring humility into the mix, we bring in an "I don't know" or "you might be right." We all of a sudden let go

of our attachment of being right, of being separate and this humility, and it allows our energy vibration to rise.

Number 11 of the energy enhancers is **hydration**. So, this is another fast one. Maybe we all take a sip of water right now and we raise our energy vibration. This is true, because of movement when we drink water we also actually change our breathing a little bit as well. We're made up of water. Water is a source of life. And certainly, if you think about it, when we're dehydrated, the opposite, it can be one of the most challenging times to navigate energy - very difficult.

I know in a middle of a tough move or if it's been a long day, even when I'm leading the *Awakening Beyond Achievement* event, really making sure that I'm seen hydrated is a big key to keeping the energy high. So, don't underestimate the power of water. Everyone drink a sip of water right here and right now.

And then number 12, the 12th energy enhancer is about **taking responsibility**. I could think of responsibility meaning responding to spirit. If you think about taking responsibility, it's a place of power. It's about focusing on any desire, clarifying a goal, taking an action, maybe it's about caring for yourself or another. Maybe it's about asking for what you want or making an empowering request.

So, responsibility is a powerful place, and we can say it the level of responsibility. We're at least very minimum the level of courage to take action towards something or willingness. So, taking responsibility is another big key for raising our energy.

So, here in a minute, what we're going to do is we're going to do two things. I want to share a few other daily rituals, some of the ones that I am really embracing these days, some that have been shared over other Success & Inner Peace Bootcamps from other people to help stir the juices.

Then we're going to open the lines, and I really want to hear one daily ritual that you're particularly committed to focusing on over the next 30 days. Probably one that isn't already a part of your everyday life, but one new one that you really want to commit to over the weeks and the months to come.

We're also going to do a little review. So that's to come as well. So a few more daily rituals to get the juices flowing. As I'm sure

you're already beginning to think for yourself what are maybe the 5 to 10 daily rituals you really want to commit to embracing.

Here from me lately, a couple of big ones. I love to start my day with veggie smoothies. I have recently been adding the super food which I'm learning more and more about, things like blue-green algae and Spirulina, bee pollen, Goji berries, the dried Goji berries, kCal powder, adding these to my vegetable smoothies and my greens, you know, giving my body that energy.

So that's been a big one. Another one recently I've heard about is the importance of Vitamin D on our well-being and our energy. This is why it's very important to get outside each day, because the biggest source of Vitamin D, of course, is the sunshine. Even if it's overcast, you're still picking up that Vitamin D. Most people are Vitamin D deficient.

So, there's another one that I've recently added to my list is sleep. It's another huge, huge, huge practice for me. I personally love sleep. I love to get a good eight hours. I don't always get it, but I aim for that, and I really notice that my sustainability is so much happier at that level. Of course, *Now Practices* are a big one on an ongoing basis. Recently, Bikram yoga, getting back into doing physical activity, huge, huge, huge.

Here's another one. So, many of you have heard me talk before about emotional muscles and about how whatever it is that we want to attract in our lives that we want to make sure that we have emotional alignment to that. I've shared this story about one of my clients who went from just under a million in income to 4.5 million. One of the things that he focused on was the feeling worthy and deserving. That was really one of the key parts of his transformation. Of course, he was working on his business, but it was his vibration that shifted that allowed him to receive that additional income.

I've been off leading these *Awakening Beyond Achievement* tours and leading calls and talking about this concept, and it finally hit me upside the head. I haven't really been focusing on this for a while, but I'm going to really make a point every single day to stop and flex three emotional muscles.

So, one of those is worthy and deservingness. So feeling that what is flowing into my life, what I'm wanting to attract in terms of income, in terms of participants in upcoming programs, in terms of

clients, attendees at my seminars, really feeling the sense of worthy and deservingness of their participation.

Another piece is abundance. So, I find that worthy and deservingness and abundance are a little bit different in terms of feeling inside of me. So, I like to spend a little bit of time and when I say, a little bit of time, I'm talking maybe about a minute or so. Sometimes I do this in the shower or I do this on a drive to and from yoga or last but definitely not the least, I could do it at the end of the day before going to bed if haven't done it somewhere during the day.

So really feeling that sense of abundance. I remember doing this last night, feeling a little bit of contraction in my chest as I thought about allowing in perhaps even double the income that I've received in previous months and noticing that tightness in my chest, but allowing the abundance to come and allowing myself to feel abundance until I can breathe easier.

Then another big one, because I've been so busy, is spaciousness - so really allowing myself to find a sense of a spaciousness. There's been another key emotional muscle, and it's one my big focuses, having had a really crazy busy last two, three months. Trust me I am planning into my weeks and to what is to come is to really feel that spaciousness so my vibrations attracts more spaciousness.

One of my other favorites is even lighting a candle each evening. There's something about just connecting with the flame that is really soothing. So, I really, really love that one. We've got reading something inspirational. That's another good one, gratitude journals. What else haven't we talked about?

Somebody added 10 minutes of a crossword puzzle, love that as a practice. Saying, "All is well," another fabulous practice, maybe pulling an angel card. We talked about walking in nature. Here's another great one, acknowledging the little miracles or coincidences. So, if a parking space opens up, really acknowledging the parking karma and how these little miracles show up in our lives.

Okay, so there is a set of ideas for you. What I want to do here is open the lines for a minute. I've been talking for a while that I've got a couple of questions to throw out to the group, one is you know so we've been talking about practices. We talked a little bit at the beginning about why we want to focus on raising our energy

vibration, but why really have daily rituals. What's the importance of daily rituals? What's the importance of daily rituals?

Let's just bring some mention to that. I'm going to open up the line, so the lines are open. So, who would like to jump in?

Female 1: I actually have some questions about what you were discussing if that's okay.

Mary Allen: Sure. Yeah.

Female 1: First of all, thank you very much for this call. One of the things that I had a question about – actually, it was two things, but I can't find the first one. But when you were speaking about having emotional alignment with your desire, can you talk more about that? And also this might be related, but when you were saying you want to work on worthy and deservingness which was flexing your emotional muscle.

Mary Allen: Yup.

Female 1: I'm just having trouble grasping. Oh, and I apologize. I found what it was, the *Inner Peace Reality Check* Process, what that was.

Mary Allen: Yes, yes. So, the *Inner Peace Reality Check* process – actually, all of you will be receiving the CD *Inner Peace for Conscious Achievers*. It actually goes through the entire six questions.

Female 1: Okay.

Mary Allen: But to answer your question about emotional muscles, I talked about this a little bit on the call. We talked about your yearlong vision. We're actually going to do a whole call about emotional muscles probably next month. So we'll talk about a little bit more even on the next call which is about *Relaxing Resistance*, which will be on July 27th.

But the idea of an emotional muscle is when we think about a vision, something that you want to manifest in your life, think of how you would feel if you had already realized that desire, right? So, if I want to attract a relationship into my life, I want to feel adored and cherished in that relationship. If I can't feel a sense of being adored and cherished now before the guy shows up into my life, what are the chances of me experiencing it when the guy is actually here? If I can't feel it here first, it's really hard to experience it real time as we move forward.

Same with worthy and deservingness, so many of us want to extend our financial pictures, but we are locked in a vibration of lacking and scarcity and tied in where that can be. I guess it was one of my clients who was saying, “You know, I’m not sure I feel worthy and deserving yet to realize the income.” So, I was like, “No, we’ve got to feel it first.” Even before you think you deserve it, working and just that stepping in and “why do you deserve it?” Even just ask yourself that question. You deserve it, because you’re working hard, because you’re creating value. So, really look to where are you creating value in the area that you can receive income from. Does that make sense?

Female 1: It makes sense. I’m just curious. So when you’re thinking about how you want to feel, it may not be deserving as it may be whatever and you just allow that, whatever that feeling is, to come up?

Mary Allen: Exactly. Allow that feeling to come up and allow that feeling to deepen. Often, the emotional muscles that we need to strengthen are not the ones that we’re doing everyday anyway.

Female 1: Okay.

Mary Allen: Yeah.

Female 1: Then also, this is my first time here and my first time on the call. So, I don’t know if I’m getting one of the CDs that you were talking about.

Mary Allen: You know what, send me an email and I will – I will double check.

Female 1: Thank you.

Mary Allen: Yeah. My email is mary@lifecoachmary.com.

Female 1: Okay. Thank you so much.

Mary Allen: Yeah, we’ll check. All right, everybody has access to the two calls. If you go to the forum, you’ll see one of the featured discussion topics, which is where all the recordings are. And right there, you can either listen online or download the MP3 to *Secrets to Everyday Inner Peace* and *Inner Peace for Conscious Achievers*. Both of those calls include the *Inner Peace Reality Check Process*.

The forum is momentumnow.name.com.

Female 1: Okay.

Mary Allen: So, if you shoot me an email, I'll have one of my assistants make sure that you're connected in with the forum.

Female 1: Okay. Thank you so much for everything. I'm really enjoying the call. Thank you.

Mary Allen: Oh, good. Awesome. Good, good, good.

So, let's check in here. So, let's just hear from a couple of you. So, why have these daily rituals? Why is it important for us to have these daily rituals?

Female 2: Hello?

Mary Allen: Yes?

Female 2: Oh, I don't want to be hogging up the call. I was just going to say for myself it helps around me.

Mary Allen: Yeah.

Female 2: It helps me to prepare for my day actually. I find that when I miss it, I can tell the difference.

Mary Allen: Yes. Very good. Good, good, good. Who else want to add to that? Why have daily rituals?

Cindy: Mary, this is Cindy.

Mary Allen: Yeah, Cindy?

Cindy: Because daily rituals are habits and your habits become your destiny.

Mary Allen: Oh, well said. Beautiful. Who else?

Michael: This is Michael.

Mary Allen: Yeah, Michael.

Michael: Hi. Somebody once told me, and it makes a lot of sense, that when you have daily rituals, things that you can kind of put your mind on automatic. It actually allows you to do things without having to

think and make decisions about every little minute detail in your life. As a result, it allows you to create a space within your mind that opens your mind to new ideas and new thoughts. I mean how many of you have breakfast every morning? Do you think about, you know, “I need to put the plate on the table. I need to get this or get that”?

Mary Allen: Right.

Michael: You just do it automatically. If you have to think about everything, it just clutters your mind so much.

Mary Allen: Right.

Michael: That there’s no room for anything wonderful that comes along.

Mary Allen: Yes. This is a really good point, because those things that really support us if we can have them bring a certain amount of automatic-ness to it. Like for me, veggie smoothies, I was thinking about this today as I was making my veggie smoothie, I’ve got my ritual around doing my veggie smoothies. Actually, once a week, I actually chop up all the vegetables, put them in baggies so that when I show up for breakfast in the morning, I pull out my baggy. I do cut my parsley and my cilantro and then throw in my super foods, but a lot of the chopping is already done.

So, I can make a smoothie and it takes less than five minutes and it’s automatic. If I had to consciously think everyday “What am I going to put in and what’s the process?” Chances are really good that I would be consuming way fewer vegetables in that case.

Michael: You probably wouldn’t have thought about all this today while you were making your smoothie.

Mary Allen: That’s right. You’re right. I would have one less thing to contribute on the call. Very good.

And it looks like Las Vegas, is that Stephanie?

Amy: No, it’s Amy.

Mary Allen: Amy. Okay, we’ve got two people in Vegas.

Amy: Okay. This is something that I’m horrible at the moment, but I’m working on it daily and getting better. It’s trying to meditate. I get up at the same time everyday, because my schedule is very

sporadic and it's not set. So, it's kind of hard to have those daily routines.

But it's kind of like with a baby, if you put a baby on a routine like with your personal daily rituals, it gives you a place to go when unexpected things happen or when life begins to get crazy, you have that automatic place you can go to bring yourself back to where you need to be.

Mary Allen: Yes. Yes, yes, yes. Very well said. Beautiful. Congratulations on really taking that on, because the hardest part is getting started.

Amy: Yeah, it is.

Mary Allen: Well, let's do this, because we're at the top of the hour. So I want to answer two questions. One is what will keep your daily rituals alive throughout the weeks, the months, the year to come? What will keep your daily rituals alive throughout the year?

Female 3: Enjoying the benefits.

Mary Allen: Enjoying the benefits, yes.

Female 4: *Knowing* the benefits.

Mary Allen: Knowing the benefits.

Female 4: I think also being committed that no matter what that you're going to adhere to it and also knowing, taking this consideration that there're going to be days or times where you might fall off. But that's okay as long as you get back on track the next day, because I find that a lot of people when creating habit, it's like as soon as they fall off and don't do it that day, then that's the end.

Mary Allen: Oh, yes. This is a really good one. So, be gentle with ourselves and compassionate for not doing them perfectly, but then going back and beginning again. That's good.

One of the things I remember years ago, at one point I got a little off-track around tracking my daily rituals because there were all these things I was learning that they're good things to do for myself. I really wanted to hold myself accountable. I created a little spreadsheet and each day would give myself checkmarks when I fulfilled those daily rituals.

One of my rules is sometimes I would go several days, maybe even a whole week without paying attention to my little checklist. But I would just start a new sheet, and as you're suggesting, just be gentle. "Okay, you know what, I'm going to begin again now. Here's another two-week period that I'm going to start tracking." Very, very nice.

Female 4: I also wanted to add because a lot of times we tried to keep all of that stuff in our heads; but just having that sheet every day, it's like what the gentleman was saying earlier, that you don't have to think about it. That's one less thing that you have to clutter your mind and you have it right there in front of you - that helps you to keep on track.

Mary Allen: Yeah.

Female 4: And that was the one thing that I wanted to add about the rituals is that if you have a set goal or destination that you're trying to get to, to me, the rituals are like the little tracks that keep you on track to getting to where you want to get to.

Mary Allen: Yes, they absolutely 100% are. Absolutely. That reminds me that one of the things on my spreadsheet that we didn't actually talk about today, one of the things on my list was to give myself unconditional love. We've often heard that it's a good idea to love ourselves, right? So I put this idea about loving myself on my daily rituals list.

Each day, you spend maybe one, two, three minutes just connecting with what it would be to give myself feelings of unconditional love. Maybe I look in the mirror seeing that energy or vibration of love coming back at me, which, by the way, was not a big vibrant love in the beginning early days at all. Maybe I would imagine feeling the love from parents, friends, relationships, boyfriends. I could just imagine kind of that emotional flood of unconditional love and really working the emotion muscles. That was one of the emotional muscles I work with, unconditional love. I'll say almost all the daily rituals that I focused on, especially with my spreadsheet tracking, one of the most powerful compounding effects was this loving myself unconditionally. That'll be something else we talk about in an upcoming call.

So, let's do this. We've got a few minutes after the hour here. I'd love to hear from everyone one daily ritual that you're particularly committed to focusing on over the next 30 days. So, I'm going to open the lines back up here. Cindy? You're on.

Cindy: Yeah, I still want to share something. Another thing that you know with your resources, don't be afraid to ask support.

Mary Allen: Yeah.

Cindy: Whenever I decide to get up early I told my husband to (because he's an early bird). I said, "I want to get up at 5:45 every morning. Just come and tell me, 'Okay Cindy, you want to get up so get up.'" It's just that little bit of extra support that really helps me get into the habit. And now, I'm doing the same thing with Amy, I'm calling her every morning saying, "Hey sweetie, it's time to get up." Having support really helps you if you're trying to change your daily ritual that means a lot to you.

Mary Allen: Absolutely.

So good. Definitely asking for support, a great way to keep yourself on track. In fact I've got now a workout buddy for Bikram Yoga that we're constantly emailing each other, "Okay, when is the next one you're going to be going to? And if it weren't for her showing up in my life, I would be doing a whole lot less Bikram Yoga.

Cindy: Yeah.

Female 1: So, okay and Cindy, what's one ritual that you are particularly committed to for the next three days? Is it getting up at 5:45 or is there another one?

Cindy: I think it's being easy on myself. I have my little to-do things every day that I try to do for my business, and I get aggravated at myself whenever I don't get it all done. So I need to be easier on myself.

Mary Allen: So, good so being easier on yourself is your daily ritual. Beautiful, beautiful.

Ruth: Hi, Mary.

Mary Allen: Hi.

Ruth: This is Ruth in San Diego.

I am deciding to have a good laugh every morning when I wake up.

Mary Allen: Oh. Love it, love it. Good.

Ruth: I've started doing laughter yoga...

Mary Allen: Very nice, laughter yoga. In fact, it's a great way to combine the two really just to laugh for almost no reason at all.

Ruth: Yeah, I love it. It's been so fun. I went through the training and I really want to do that more in my life and to lead those events.

Mary Allen: Hmm, love it, love it.

Ruth: Yeah, it's been really fun. And also I started doing a green drink too. I want to do those, so that's two rituals. I want to do that more.

Mary Allen: Awesome.

Ruth: Thank you.

Mary Allen: You're welcome. Who else? Who else will declare your daily ritual that you're committed to for the next 30 days?

Female 5: Well I'm committed to adding five minutes every day to imagine the life that I want to have, because I realized I've been doing all these different things. I'm like, "You know it would help if you imagine exactly what it is that you want to do."

Mary Allen: Exactly, beautiful ritual. Love it, love it, love it, very powerful.

Female 5: Thank you.

Mary Allen: Let's take one more. What's one daily ritual you're committed to over the next 30 days?

Michael: This is Michael.

Mary Allen: Yeah, Michael, go for it. What's the one you're committed to?

Michael: All right. The one I'm committed to is to continue my practice of being conscious of the passage of time.

Mary Allen: Hmm.

Michael: Yeah.

Michael: I started three weeks ago.

Mary Allen: Okay. So we can tweak this a little bit, because with the daily ritual (I know we talked about this a few weeks ago) we have a practice that is basically all encompassing - you know be present to the passage of time, there's 24 hours in a day. It's a fairly overwhelming practice. So, how can we again, hone it down and get it really specific and measurable so every day you can...

Michael: Oh, I actually came up with the answer today.

Mary Allen: Okay, good.

Michael: Yeah and actually you talked about it just a little bit earlier with that spread sheet.

Mary Allen: Yes.

Michael: Well I thought to myself I need to make a list and a list of all of the 15-minute periods throughout the day.

Mary Allen: Okay.

Michael: And each day I'm going to challenge myself to see how many I can get - how many of those 15-minute periods I can notice go by.

Mary Allen: Okay.

Michael: And the challenge is to try and always do better than the day before.

Mary Allen: Hmm.

Michael: And that way I can actually measure my progress.

Mary Allen: Okay, so I'm open to you trying this but I want to really see you succeed at this. What I would suggest is bringing it down into an even smaller bite than that. So maybe three times a day, really being present for a whole 15 minutes or even five minutes. It's to really just stop and be aware for five full minutes.

It may sound counter-intuitive to focus on being present for a shorter period of time, but I think you'll find that you'll actually get a greater impact than trying to do it all day long. Do you know what I'm saying?

Michael: Right. I'll give it a shot.

Mary Allen: So how about do this because I don't want to stuff your ideas so number one is do it up to see how many 15-minute segments that you can be present to and notice the presence of time that, "Oh, there's 15 minutes. Oh, there's another 15 minutes." So, to give yourself the check mark *and* then three times a day, grab five minutes to just really be present during that entire five minutes. You game for that?

Michael: Sounds like a plan.

Mary Allen: Okay, good.

Michael: Absolutely.

Mary Allen: Thanks for letting me chime in there. Okay, and we've got one in looks like New York.

Stephanie: Hi, Mary. It's Stephanie. How are you?

Mary Allen: Hey, good.

Stephanie: My two daily rituals, one will be my abundance list.

Mary Allen: Yeah.

Stephanie: And the other that I had started to do actually and have stopped, but I'm going to pick it back up again is reading my year long vision.

Mary Allen: Awesome. Ah, so we have another good one. These are all so good. Good, good, good.

Stephanie: Thank you.

Mary Allen: Love it. Okay. Well so since we are 15 minutes after the hour, I'm going to just recap our assignments and we're going to wrap up for the day. So just a few here from the forum, Gwyneth Ann in Santa Fe: working out first thing in the morning, clears the mind followed by a large yummy cup of Peet's coffee, a great way to feel energized and ready for a terrific day, fantastic.

Here's another commitment from Sylvie in Fort Worth: I want to do yoga in the morning at least five times a week. Sylvie, love you

and I'm going to be upping my yoga to five times a week as well. Let's see, Linda says while you're talking about humor, I remember Freud said that humor is the most healing, self defense mechanisms we have, very nice contribution there.

And one more comment from Gaile about "Why daily rituals?" - because the compounding effect of choosing something daily is very, very powerful. Hmm. Very nice - very nice notes to be living on so, I'm going to review real quick our assignments here.

Assignment number one is actually to write down 25 appreciations, very fun exercise. I would like to encourage you all to post that in the forum.

Second assignment is to write down your daily rituals and get yourself really committed to doing those somewhere - between 5 and 10 of them. We'd also love you to share those in the forum. As you've noticed here on the call today, it's rather inspiring to hear what other folks are up to and stimulate ideas. If they're doing it, you can too. We can all be raising our energy vibration together.

So that wraps up for tonight's call and you'll find the replay available in the forum. Our next call, because I'm going to be on vacation with my family, is actually July 27th at 5pm Pacific. The call is relaxing resistance - so resistance being that which interferes with our success. Resistance is things like procrastination, feeling scarcity, those are forms of resistance; also resistance that interferes with our inner peace, judgment, anger, stress, all of these are other forms of resistance. So we're going to look at resistance through fresh eyes if you've been at the Awakening Beyond Achievement tour, this will be a topic that we take deeper. If you're going to be joining me in either Dallas or Newport Beach, we'll look forward to beginning that conversation at those events. And with that, I just want to thank everyone for your time and attention and especially your participation. We'll look forward to having you on the next call. I'm just going to open up the lines to say goodbye. Bye everyone.

Audience: Bye, thank you so much for everything. Bye. Bye, thank you!

Mary Allen: We'll see you on July 27th. Take care.