

Quantum Leap your Body World

Transcript of training video

Quantum Leap your Body World. This is super exciting. This is content that is a little different. It's come to me over the past couple of weeks as a culmination, a marriage, a merging, of many things that have gone on in my own life for a long time.

For anyone who doesn't know me, everyone who registered does, but in case you don't my name is Heather McGregor. I am the founder of Quantum Play. I'm a certified laser Coach and a Quantum Flow practitioner, I work with Shadow Alchemy and my passion is really when I get to marry and merge together my consciousness exploration with bodywork and all that stuff with the business skills. I have a specialty in marketing and content and sales and all that stuff.

Through that marriage, that merging I love to help people not only clarify what they want, get really clear on that soul-level desire that they have, but really land in their wild side and create it. Bring it executed into reality, to move it from vision to reality. That's what I'm super passionate about.

So your Body World, I know this is a new term. This is not a word, a term, or a phrase that we use. So I want to talk a little bit about that before we dive into the content that I have for you today.

So take a deep breath and close your eyes for a minute. Just close your eyes get really present relax your brain. Relax this gray matter that exists up in your head just relax and just feel what happens when I say these next words. So what do you notice? Experience? What do you become aware of when I say the word body?

What happens in your awareness? What do you feel? What do you sense, what happens? Just notice without judgment without trying to change or control anything, just notice.

We have a very deep-rooted connection or preconceived notion of what "body" means it's the physical body, it's the vehicle we move around the world with.

Now if you keep your eyes closed or closed again, explore and be open to what happens when I say "Body World", your Body World. Not just about your physical body but your Body World. It's a different experience, it's much much bigger, it's expanded. It's a different engagement.

It is not just about the physical body. It's about the bones and the cells and the muscles and the blood everything inside your body but it's also about the energy field. The frequencies, the

vibrations around you. It's about the vibrations you're hosting in your body it's also about the physical objects like the hard desk and the keyboard and the screen and all that.

That's your Body World. Your Body World includes your body, includes all of you, and it includes what's around you. The 3d world that you get to move in, live in and breathe in.

So this activity, this exercise, this practice that I'm sharing with you today is going to be really good for the over-thinkers, the overly logical, or the dreamers. For the ones who are a master of visualization - you know what you want, you can visualize it, you can taste it, but you can't quite manifest it! You haven't quite mastered that gap.

So if you want to have better health, you make moment-by-moment choices to eat better, exercise, better hydrate, get proper rest, all that kind of stuff.

If you want to have more income or sales in the business you make moment-by-moment choices and decisions to do the things that create sales. You create magnetic marketing, you do client outreach, you do promotions, launches, sales calls, that kind of stuff.

If you want to live a more luxurious life of abundance or luxury, more financial freedom, all of that stuff, then you make moment-by-moment choices to move your body into that space. Right?

You don't sit still and wait for it to come to you. You do things. For any changes that you desire, anything that you really want to experience, that you want to have in your physical 3d reality not just in your vision and your dream world, you have to take some action.

You know what you want to create. You know what you want to experience in your life. You visualize it, you dream about it. You imagine it, you journal about it, you create vision boards, and you get into that vibration and that place of really knowing what it is you have a taste for, a true taste, a true desire that is true to you. All the visualization, all the dreams all the imagining all that stuff - it's all happening in your mind, right? And you travel to that reality often, to the reality where it is already done.

You've already got health from the body that you want, you've got the money and clients in the business you want, you've got the financial freedom, you've got the intimacy in your relationship, right? We have this Big Life Vision of how we want to be living our life. And, we can visualize - we are masters of visualizing!

#1: Clarity of Vision

Now sometimes there is work to be done to clarify the vision. There's work to be done to make sure it is YOUR soul-level desire and not fed by social media, your family and all the different things. We have to do the unhooking, the unlearning in order to get to that place within

ourselves. But we are often travelling with our minds and our energy into that reality where the vision is already so. We have already created it and it feels amazing!

At the same time that you're travelling there with your mind and with your energy, your body is hanging out in your current reality, your current experience with tangible circumstances that are in your life saying "Wait a minute, I'm not experiencing that right now!" You haven't lost the weight, you haven't mastered the 10k, run you haven't hit your sales, you haven't paid off your debt, and you aren't living in that luxury of pure abundance.

That's where your body is when your mind and your visions are out travelling in another plane where it is already happening. You can feel it, sense it, know it.

So you're aware of the potential reality of your visions and dreams coming true, in your mind, but you aren't fully living it in your body. So there's a gap between those two things. Your mind is hanging out up here and the vision, your body is hanging out here in the reality and there's this gap, a space between the two.

So we're gonna look at how and why you need to bring your body to that gap, not just your mind. And I'm speaking from personal experience of years and years and years of trying to do it with this [my mind].

So the first thing to recognize this is kind of a 101 review of stuff you already know, but is really important and that is that you need to clean up your clarity.

You have to know with precision what it is you want to create. What is this vision that you have for your life? You have to know the details. You have to know what it is you want. And, you have to know why it is important. And you have to know that it is true for you on a very deep soul level.

I wrote a post yesterday about you know the time of the private jets and champagne and all that has gone away. And for a while, we all thought that's what abundance meant, and we all bought into that, someone else's vision someone else's stream.

This is the time to really unlock your own wild soul desires. What are they for YOU? They are very personal no one else can feed them to you. You have to be able to clarify that and know it in your body, in your energy, in your mind, in your soul, in a spirit level. That's the first step.

So before moving on to anything else I'm gonna share with you that is the work to be done. If you don't have that right now. It's okay take the time make the time to do that and I can help if you need.

You have to have that clear so that... see I like to envision it like a map, right? I like to hike, I use maps a lot. So if you have a map, you know you have a destination, you know where you

want to go, and you put that pinpoint or the virtual pin on your AllTrails map(!), whatever you use.

You've got this clear vision of what you want to create, and you put it on your map. Now there's a direction for your entire being, your body, mind, soul to move. And it's your intuition that will reveal the path to you. So I think that's pretty clear.

The business you desire, that health you desire, the desire the cash abundance you desire, the home you have a taste for, the intimacy and your relationship you have a hunger for, all of that stuff. That's the first step.

And of course, we know that the next step once you have clarity is action, right? You have to have clarity, and from that clarity of what you want to create you pull out goals. Then you take action to make the goals come true, that makes the vision come true. It's very, very simple 101 stuff. You need to do things to create to turn energy into matter to make your vision a concrete thing in your 3E and lived experience in your 3D reality.

So number one, clean up your clarity. Make that a priority.

#2: The Gap

Number two. So I talked about this gap. This is where you currently are and this is where you want to be - there's this space in between those two realities. The mind is hanging out up here your visions are here your journals are here your body is here. And your mind loves to spend time here and that's good. You want your mind to be in that space of what is possible of course. The mind will time travel there a lot. So rarely are we present in our mind, really. The mind loves to travel back and look at past experiences. The mind loves to travel forward to what's possible. What you're creating, what you're going to do. All of these things, it's rarely very present.

That is a key piece to work on, of course, we want all of us to be present and this is where the Body World is going to come in to really help you with this. In order to manifest and master your life, master your ability to manifest and create things you need to be present.

Now your mind is always time-travelling, and your body is always present. The body is always in the here and now, but your mind is rarely in the here and now.

So which one doesn't make sense so listen, right? Your body is always present. It's always processing the data that you're feeding it, the food you give it, the water or liquids you feed it the energy and the frequency of the environment that you're in, the room that you're in. It's always processing information, and it breaks it down. It pulls out the data you need, it discards the stuff you don't need. It moves the data and nutrients around in your body to exactly where it's needed.

And the body does it all without your involvement. You don't need your mind. You don't need your brain. You don't need your history. You don't need your future, none of that and it's doing this constantly. It's always doing it because it's always present to the data, to the information that's floating around, processing it, turning it into usable nutrients and doing its best to deliver an extreme, precise, healthy environment for your body to live for your physical vehicle to exist, right that's what the body does. And it's magic, it's amazing.

So with every single choice that you make, you are either closing that gap upward, moving yourself towards what you want closing the gap upward, or you're collapsing the gap back down. For many of us (and I speak from my far too repeated lived experience!), what happens is we loop around in this gap over and over and over. I get clear on what I want, my intuition feeds my ideas, I get into action I start closing the gap up and then something will happen where I

Raise your hand and let me know if a loop is familiar to you.

Then you start all over again. You get inspired to take some action, you start to move up and then something happens then you move back down, right?

To be clear, I'd like to preface this by saying I am the kind of person that takes the actions right. I don't have a lot of fear. I'm here doing this with you, going live. I don't have a lot of concern or worry or disruption around being seen. My main shadow archetype is the Child, if you don't know about the archetypes let me know - I have a free tool I'll share with you on that.

My main archetype is the Child - taking that responsibility for my decrees and my creations, taking responsibility for the vision right. So when I get an intuitive hit to do something, I generally do it. So for me, this looping isn't about not taking action, I take the action. It's got a lot more to it than that.

For a long time I spun around in that loop - why, why am I not getting this? And I came to this really clear realization that the reason is because I was mistaking my shadow for my intuition. This is a very, very key piece.

I would believe that I was following my intuitive guidance but really, it was my shadow, child, my saboteur, all the shadow archetypes feeding the information and me feeling, thinking and believing that was my intuition. I let my mind feed me information, and I allowed it to convince me that it was actually my intuition delivering data and directions to follow. And therefore it was definitely something I should do.

Now it's not to say that any of that is wrong. There are times when you do need to follow shadow in order to clear it and reduce it, eliminate the shadow and flip it into power. Of course, there are times like that.

But when you mistake shadow is intuition, the loop - you're not getting out of the loop, you're just not. So it's really important to be able to discern the difference. And it really does come down to Mind and Body World.

So again, I had the clarity. I set my goals and I was taking action. Things would improve and then collapse back down. Things would improve and then collapse back down. And it was a direct result of me living in my head. All the things I've learned, all the practices and all these different things were still living in my head, and I was letting that be my guide thinking that was my intuition.

You know, we see pictures of intuition being in the third eye. Yes, there's your pineal gland and different things going on in there, but it's about your body.

#3: Choose Your Body World

So this leads us to step number three, point number three - that is you must choose your Body World. For anyone who's hopped in late, I gave a description of Body World in the beginning but I'm going to give it again here because it's important.

So it's not just your body, it's not just your physical body. Your Body World is everything that is the internal bone cells, the muscles, the tendons, the blood, all of that stuff. The skin that makes the outline of your body, but it's also the frequency, the energy, the vibrations, the energetics, the physical objects around you that is your Body World. So when I say Body World I'm not just talking about your body, I'm talking about your Body World - this 3D reality that you move and give in and experience.

So to experience and create quantum leaps in your life, in your Body World experiences, the changes that are actually happening in your physical world, not just in your mental world or your energetic world, or your realizations about how you are... realizations do nothing! It's great to have them you need, to have awareness, but it's really about what you do in the Body World that makes the change. The quantum leaps happen when you are present in your Body World and taking the action in your Body World.

So the more I moved my attention away from my head and what I thought was my intuition. I stopped listening to it and I moved more into my Body World, the more clear this became to me and I'm still playing with it. And it's amazing. You bring your Body World online, you choose that reality and I'm going to share with you an exercise to help you in a little bit, but I want you to understand the concepts behind all this first

I think that this is one of the main reasons why I personally crave time in nature, because it gets me out of my head and into my body. It gets me into my senses. It gets me into a different awareness, awareness of surroundings, learning to read the data while I'm walking and maybe talking or whatever. To really feel into and understand and be one with the energies around me.

I live in a place where there are bears and cougars, raccoons, bobcats, that kind of stuff. So it's very natural for me when I'm in the woods, especially if I go hiking alone, to be very attuned to the space around me, to be very aware of my senses to be listening, actively listening and present in the moment, not with my head but with my entire body. If you've ever been in a situation, you know, with a scary animal around, you know what I'm talking about the dog, right rabid dog or whatever.

If I listened to my head, my head would not let me go walk out in the woods by myself but there are cougars and bears and things like that, right? The preconceived fear, the story, the narrative, the content that's in my brain would be like, What the hell are you doing? Don't go into that environment!

But I crave it, my soul craves it for all the different reasons that we crave nature, but this I realize is a big part of it for me, it gets me out of my head and in my Body World.

So please keep in mind that your mind will tell you lies, your body will not. Your mind is very good at telling you lies, your body will always tell you the truth. So keep this in mind as we go through this.

I want to share a little experience that is kind of the catalyst for this. I had an experience many many, many years ago and lately, as I've been diving into this work, it's come back to me. I've been questioning what is this all about? It finally made sense.

So I was out on one of the remote islands here BC, Quadra Island, and I did a really remote hike. My friend Dave and I, we went off for a hike. Nobody knew where we were going. We were far out there climbing up these beautiful bluffs with moss-covered rocks and big beautiful trees. It was fall, nice and crisp, we could hear the leaves under our feet. It was beautiful.

So it was a great hike. And you know, we were just talking and walking and enjoying the scenery was a beautiful day and I remember there was a moment where my body suddenly felt different. There was a different feeling on my skin. There was a feeling in the air around me. Looking back I can I can give words to it. But in the moment there was just this awareness that brought me so present.

There was nothing I could pinpoint. I didn't see anything. I didn't hear anything. It was just this moment when I entered my body very, very quickly. And I looked over at Dave and I knew. There was a silence - we didn't communicate about it - there was this acknowledgment between us that we both experienced this. We didn't know what it was about.

In that moment. I completely submitted and surrendered to my body. We didn't panic, we didn't run. We didn't talk about it. We didn't change anything. We just got very very present. About five minutes later, as we continued on, we heard the cougar growl. Now when you hear a cougar growl, it means it's known about you for a little while. I don't know how long it had been following

us! Again, we didn't communicate about it verbally. We both were just so present in our bodies and we knew don't run, don't change anything, keep your gait, don't look around... don't change.

We just knew, there was this intuitive guidance, this internal GPS that led us safely out of the experience. We didn't, obviously, get attacked. I never saw the cougar, we only heard it and it was a very clear growl and it wasn't that far away.

Had we panicked, or had I gone into my fear, it might have been a very different experience. And I reflect back on this a lot because I realized that that is how life was meant to live.

In that intuitive GPS guidance system that is in our Body World, it is not in the mind. The mind is full of content. Yes, the mind is an important valuable tool I'm not trying to negate that, but what I am expressing and sharing from my own experience is how much time I've lived in my head and the impact that has had on what I create in my life.

The body will always reveal the true data that's going on around you the mind will distort it and put its own content, and its own narrative, and its own ideas, and its own history on it. And it comes out in a distorted way whereas the body is very intuitive, very clear. It's very natural. It's very attuned to what's going on around it.

So the key is to learn to live more and more present in your Body World, and when you do this, you will suddenly notice things that you never noticed before. You will be open and available to the little bits of data, the codes and nudges the energies the frequencies around you and now you are open and available and accessible to a lot more data to work with to create what you want than your mind will ever be capable of giving you.

Let that sink it, it is a key piece.

When you're open and available and present in your Body World, you do have access to data and things, nudges, inspiration, ideas, things that won't come to you if it comes from your limited mind. Your mind that is already filled with history, already filled with a vision of a future, it's kind of busy in there!

So you know we've all spent a lot of time dreaming, visualizing, journaling, analyzing, following templates and scripts and trying to build someone else's vision as my own and all this stuff, right? We've done a lot of that now and now it's time to live in the Body World, fully present in our Body World.

If you want to create change in your physical life, you've got to create the change in your Body World. And that change happens in your Body World!

So you want to learn to not just be present but to submit yourself to the innate wisdom that comes through your body, unfiltered by, undistorted by the mind, the narrative, your history, the stories, the beliefs and all that stuff.

The easiest example is the body. So let's say you want to lose some weight, and you set this as a very true goal, that has to be true. I've battled with this because there have been times when I think oh, I need to lose 10 pounds... but I actually didn't really care about it! And it was very hard. And I would spend all this mental energy thinking about what I should do, but what a waste of time! When I was really clear that the 10 pounds really didn't matter to me. It mattered because that's what the picture said. That's what the internet said, etc. etc. But it wasn't a true compass point for me. So going back to number one clarity, clean up the clarity of your goals and your vision. It's so key.

So when something's a true compass point for you, and as an example let's say you want to lose 10 pounds, your body is naturally going to lead you to pick up the apple, eat the salad, put down your butter knife or cheese, or whatever the thing is for you. It will make your eyes suddenly notice your running shoes! Little tiny codes, little pieces of information, you're aware and attuned to them because your compass is clear. You've got that marker in your map - I want to lose 10 pounds - and you're living in your body.

Whereas your mind... the moment you notice those running shoes your mind is going to tell you how well you know what it's raining. You can wait and run tomorrow. Tomorrow always looks great to the mind! Eat the cookies today and you'll get to the apple tomorrow. Your emotions are off today, so just eat the chips and tomorrow you can have the salad. That's just a very simplistic example. Let me know if that's clear to you.

Your body is always feeding you data to support the thing you want, the pinpoint in your map, the marker in your map, your body is always going to be attuned to that data. You're going to miss that data if you're living up here all the time. You're going to miss the clues. You're gonna miss the codes, you're going to miss the data and all the stuff that is going to quickly help you to quickly create what you want.

You want to lose 10 lbs, you eat better. You eat less, move more... whatever the formula is for you. I'm not here to prescribe that but we know what we need to do to lose weight, right? The body will get you there the mind will not.

If it's a true and clear desire for you, you've got this clarity, and your body isn't pre-programmed with all this stuff like well, the cookies make me feel better emotionally. Your body isn't running a script or a narrative or story - it's simply present in the moment, it knows what you truly want because you have fed that to it and it will point you towards it. It will give you the clues, the data, the information, your job is to follow it and follow it in the moment.

Now you still have to make that choice to pick up the apple, or lace up your shoes, or put the lid on the cookie jar or whatever, you still have to make that choice. But it becomes much easier when you're living in your body, when you have fed it to your body. I'm gonna talk about feeding it to your body in a minute. Being in your body makes the choice 100% more clear than the mind will, the mind will distort it.

So let's put this into your business. Let's say you have set a true money desire/goal/vision for your business. Something that is true for you not because "they" say you need to do \$10k months, but because it's true for you. And so you put that marker on your map for yourself, and it's a very clear, true goal, a true desire and you are submitting to it. You're giving yourself fully to that.

Then you give your body fully over to that desire. It's going to start to feed you ideas and information. You're going to hear snippets of conversations, you're going to notice the title of the book, you're going to just naturally move into these scenarios where opportunities are present, where data is present, and you're so very present and aware of them to receive them... and then follow through with the action because you are here and now. You are open and you're willing to take that action, to move in that direction with your body in your Body World right now. And you're getting the mind and the story and the narratives out of the way, unleashing from that.

If you hand it over to your mind, it's like you're taking a very brand new clean thumb-drive, it has never been put into a computer before and you're popping it into a computer that has an old program - and they don't interact very well. Maybe there's a virus on the computer, and that's going to distort the data that it's transferring onto the thumb-drive. It's running the data through its old programming and so what it's going to spit out, the commands it gives you, the content it gives you, the data it gives you will be distorted because it's run through an old program. Your body doesn't do that. This is what the mind will do.

This is on the mind wears the disguise of your intuition. It fools you into thinking that it's got your back, it knows where you don't want to get to. It knows the possibilities, the possible realities because it hangs out in the future all the time. And it can convince you that you're getting there in the fastest way possible. When in reality your body's like no your frickin not! It's running an old program. Let me know if that makes sense.

#4: Vibrations

Okay, let's get to point number four: vibrations. Your body is where you host your vibration, it's where your vibe is. Your body is your vibe. So you know there's a lot of talk in coaching and personal development, all that space, about raising your vibration. We're talking about the frequency or the current that you are hosting in your Body World. It's not just about your mind, and it's actually not just about your body, it's your Body World.

And it's not about the endless thoughts that you're running in your mind. Vibrational energy is deeper than your thoughts, it is deeper than your emotions. It is a different frequency to those things and yet we put a lot of focus on "I've got to think positive. I gotta flip all these thoughts into positive things or I won't raise my vibration." "If I don't raise my vibration I won't attract to what I want. Yeah, you need to raise your vibration, your thoughts and your emotions aren't the end of it. What really sticks and what really helps with this... it's not about spending hours and hours changing negative thoughts into positive ones, it's about understanding the energy you're hosting in your body, always. And, you can host really good clean energy and you know, watch a horror movie or, or have negative thoughts, or having a bad day or even yelling at people in traffic. You can still be doing that while hosting clean, solid, clear energy of the thing you're creating in your body. Right? They can happen simultaneously. So all these hours of rewiring your thoughts... Is it really helpful? Yes, of course. We want to have our thoughts aligned, we want to have nice, positive clean thoughts and it's not to say that that work is negative, but to understand that the energy, the current that you're hosting in your body isn't necessarily tied to your thoughts or tied to emotions. They can be so of course, it's helpful to be aware of what you're entertaining in your mind. But ultimately, you can be hosting a super high frequency and yelling at someone in traffic. You can be hosting the energy of your business and your cash flow, you can be hosting the energy of your healthy body and all that stuff and still be having a bad day. This is the difference between the gap collapsing down, the energy of collapsing... you giving into it. Well, I'm having a bad day. So I'm gonna eat the cookies and the chips and come back to apples tomorrow. Or, you can be holding the frequency and be having a bad day, and still go ahead and eat the apple and let your body guide you to the things that you need to do.

Make sense? All right. There's a lot, I'm given a lot of stuff here. So think about the body for a moment. When you eat a nice clean diet, when you eat the appropriate amount of food. When you are hydrating, when you are moving your body. Notice how you think more clearly.

Notice how easy it is to keep your thoughts in a good space. Notice how you process information more easily, and more quickly. Right if you've ever done a cleanse or a fast you know what I'm talking about here there is a sense of clarity that happens naturally, not because you spend hours journaling and visualizing and all this stuff, but it just naturally happens.

And when you're in this space, you're able to digest more easily. The body can organize all the input more efficiently. It can move the nutrients and the data around that it needs to and you can eliminate the waste more quickly. Right? That's just how your body works. Your body's just operating better, more efficiently, it's quicker, it's cleaner, it doesn't have so many distortions to move around all that kind of stuff. And it's the same thing with the data and the codes and intuitive ideas and all that stuff.

So when you're treating your body well, and you're choosing to BE in your body, it's going to digest the information. You're going to be open and aware of the intuitive nudges, all the data

that you need. And it's going to feed that to you as things you can do in order to create the goal and reach the goal that you're moving towards, to close the gap upwards.

So always coming back to number one, clarity... first you have to clean up your clarity.

Choose to live in your body and really start to be present in every single moment, no matter what you're doing. Whether you're working on your business, whether you're making a salad for dinner, whether you're playing whether your gardening, whatever you're doing.

You will start to tune into and notice data and codes and little bits of information and ideas all around you, that will naturally move you if you act on them, on the quickest route possible from where you are now to where you want to be... to that marker you've placed in your map.

So you know where you want to go, and you don't waver from it. So again, this is the other thing that a lot of people myself, I've done this so much where you set a goal and you start to move towards it and then it starts to feel a little challenging. So you change the goal!

Well, now you've moved the marker and you're, you're not sure where to go! Be clear and commit. Be clear, clarify it, commit to it, don't give up, be in your body.

You commit to it and then you choose it consistently moment-by-moment, to have your awareness in your body and be open to the data and the code and let them move you, get into that action. Treat your body well, eat well, rest well, hydrate well, move well.

Sometimes this means you have to move your body more, you need some movement or breath work or exercise. Sometimes it means sitting still and taking a rest. You want to let your body inform you. Not your mind. Just because it's 10pm and that's your bedtime, maybe you're not tired. Or maybe you're tired at 8pm today, right? It's letting go of all the preconceived notions. Maybe you get this massive work or content hit on a Sunday, but it's Sunday, not a "workday". Does that mean you leave it till Monday? No! You go and sit down and you write that marketing post, or whatever it is.

So whatever's happening, if you're present and aware in your body, if you're present aware in the moment and you're open to your Body World - the vibrations, the energy, the codes, everything that's going on around you - and you aren't spending all that time in your mind elsewhere, but you're very present and notice something and you act on it. You're going to experience those quantum leaps, things are going to happen much faster.

It's just the way it works. And, you are creating a very fertile ground for magic to come and support you on this. It's how you open up to and create a space for magic to happen.

When you're in your head, you're in the realm of the Saboteur, you're not going to be open to that because you've got your preconceived notions, beliefs, ideas, history, all that stuff running

the show - the distorted program. Your body never tells you lies, always present and is waiting for you to bring it into the reality that you want to create.

So learn to actively tune into your body and be in your Body World, be present in your Body World. When you get this you'll experience and become familiar with the void. The big, vast, empty void where everything comes from - all the ideas, all the data that you need, you're going to be open and available in the here and now to move your body with the codes and the data that are happening and move into the reality that you want to create. And the more you do this, the more you're going to understand how this breaks that loop cycle and keeps the gap going up.

But How?

All right. This leads us into five, the how. The meat and potatoes portion, or should I say the apples and the salad? 😊

So I have a little exercise for you here. I want you to think of a goal that you've set for yourself for this month. Currently we are on the 17th, so you've still got two weeks or so to create it.

So think about a goal, bring it to mind. It can be a sales goal in your business, your \$5k months, your \$20k months, \$50k month... whatever it is. Perhaps you have a weight loss goal or maybe you just want to be able to do 25 push-ups without stopping, or run 5km without walking, whatever it is, whatever your goal is. If you don't have one, find one. You need a goal for this activity.

I want you to really feel that sense of ownership and responsibility to that goal that you have set for yourself. It is real, it is clear, and you set it for yourself. Own it, make it yours. If you want you can type that goal into the chat and just keep to yourself.

Now I want you to close your eyes and just listen to my commands.

Bring the goal into your mind, move the goal into your brain, into the top of your head. Move it into your mind, think about it, move it in there. Move your awareness of the goal, move the marker on your map into your headspace feed it to your mind.

Give it to your mind, give the goal to your mind, the energy of it, the taste of it, the feeling of you achieving it, Put it in your mind and see how that feels. Notice what happens. What does the mind do with it.

How does your body feel when your mind is chewing up and digesting this goal.

And now I want you to take a nice deep belly breath relax your belly, keep your eyes closed. Relax your belly, drop your shoulders, relax your jaw and just consciously open your throat and move the goal from your brain, from your mind, all the way down. Bring the awareness of the goal, the frequency of it all the way down into your body. Ring your goal into your body. Down to your belly, out to your arms and hands, your feet, your legs. Really bring the goal, the thing that you want to create this month, bring it into your body. Let it sink down, down, down, down.

Now notice how it feels. Notice what's different. You can type it in the comments or write it in your journal, just notice.

When you bring your goal from the mind, which is always time-travelling, often time-traveling and you bring your goal into your body, it becomes a grounded goal - very present in the moment. There's less excitement, less thrill to it. It is simply grounded in the present moment.

This is what you want. There's no content. There is no story. There's no beliefs. There's no narrative. It's simply a fact.

And you feed that your body, it's like placing the marker on your map, and now your body knows where to take you. You keep your awareness in your body. Your body will feed you the data, the codes, the information that you need to take you from A to B in the quickest time possible.

Doesn't mean it's always going to be easy. You're gonna have to do some hard stuff right? Sometimes it sucks to have to eat the salad when you want to eat the french fries or whatever.

Sometimes it sucks when you have to give up an evening of Netflix because you've got some great marketing coming through, or you need to go reach out to some potential clients and make calls to do things that don't feel great.

It's not about the path of ease, it's about the quantum path. The quantum leap is the quickest path. And sometimes the quickest path means you got to deal with some really nasty, ugly shadows so can clean it up and be in your power.

So that's the work. It's to feed your goal to the body, not your mind. This has been a missing piece for myself, for many, many people.

So how do we do this in our life?

When you're just doing stuff, living your life, you will suddenly notice that moments where you're just unconsciously moving habitually. You are in your patterns, in your habits, you're

just kind of doing whatever. Or even if you're working on something but you notice you're not present. You just suddenly have an awareness of it. You suddenly notice your hands reaching for the cookie jar, or you're all folding your laundry instead of creating, working on this new offerings your launching. Or you notice that you're moving unconsciously because of habit - it's 6am so I get up and I eat the same thing for breakfast. You're moving in this habit.

Those are the moments to stop. Because what you're doing in those moments can often be collapsing the gap down. You want to be closing the gap upwards, and surpassing it so you're no longer looping.

So stop what you're doing, drop your goal into your body.

I want to lose 10 pounds. I want my \$10k month, or I'm going to master 25 push-ups. Whatever your goal is - drop it in your body, feed it to your body and commit to it.

Anytime you notice you're not present you're just off doing whatever - or you're in shadow (if you notice) - feed the goal to your body, drop into your body instantly.

Ground it into your Body World.

Take your vision, your desire, your goal, and put it in your body and you will instantly know the very next action to take. Put the butter knife down, keep tying up your shoes, block off your calendar for push-ups, whatever right?

You know! You know but the mind will come in and say well not today because you've got these other things to do, and this is your intuition speaking. No, it's not!

It's not. It can be, but often it's not. If you're looping, if you've got that familiarity, it's not.

So you know, even though your mind will tell you otherwise. You know what the right thing to do is, that's going to quickly take you to what you want, the quantum leap as compared to collapsing back down. Remember the mind can tell you lies, it is a trickster, it is very good at casting illusions, casting shadow illusions over things. "Don't worry, everything's working out. You don't need to do that. You asked the universe for it, so you know it's coming. So just relax!! You can get to that tomorrow!"

That's not going to quantum leap to what you want.

Putting the cookie down, eating the apple will. Maybe you get the guidance to fast for a day or skip a meal or, you know to randomly cold call someone and it freaks you but it's a clear hit that you get and you do it in the moment. You don't know where can lead you. Maybe

they tell you to piss off, but then you get a chance to clear some shadow, or maybe they sign up because you don't know. Your body will know what you need to do.

Your body knows what you want because you fed it the goal and you constantly feed it the goal. You submit to feeding your body the goal and your body is always present and it is always truthful.

So your takeaway: put this into practice, move your goal, your vision, the thing, the reality that you really have a taste for, a true desire, a true taste for - move it all the way into your Body World. Ground it all the way down to your feet, your fingers. All the way, ground it in your body that is a missing piece and I promise you it will lead you to the actions that will help you create it. Quicker.

When you do this, you are actually grounding yourself into your unleashed raw power. This is how you ramp up your magnetism, it's how you naturally raise your frequency, you know you're raising up your frequency/your vibration without putting all these hours of effort into it simply by feeding the goal to your body. Your body digests it takes out what you need, moves it around in the way you need it. It does it all naturally without you having to think about it. That's what the body does.

You submit to the thing that you need to do and bypass the thinking part where the saboteur is hanging out, or the child is lurking about waiting for you to come and pay attention to it. Waiting for an opening to feed itself to you - the excuses, the fears, the habits, the distractions, the overanalysis, the what ifs, the comparisons, all that stuff. That's what the mind feed you, the shadow will feed you.

So the last thing I want to talk about here, and this is really, really important, it kind of goes hand in hand because one of the reasons why we avoid being so very present in our Body World is because it requires us to be very raw, real and honest with what's actually happening.

But to make the quantum leaps, those rapid and profound shifts in your life, you have to start with full raw real and honest awareness of your current, what is current for you.

Current as in current circumstances and current as in the currency, the current that you are emitting, your frequency.

So this means getting very, very raw, honest and intimate with your physical reality - the sounds you're carrying, the lack of money you're creating, the lack of intimacy in your relationship with your partner and your kids and all that stuff, your current financial situation, your current eating habits, your current movement, the current pains you have in your life

get Raw & Real with it, in black and white, not in the fantasy. Not in the “Well, I know it's gonna change the why bother thinking about it.

When you feed goals into your Body World and you get very, very present in your body, you get very very intimate with your current, and this is key. What is actually occurring in your 3d right now and where's the difference between where that is now and where you want to be.

You have to start with where you are. And this is something that I've battled with as well as many of my clients, over and over - the belief that if you get to this level of raw and real intimacy with what's actually current for you, excess weight, the failed business launches, the debt, the lack of intimacy, whatever it is - when you get very wrong relative there is a belief and a narrative out there, that if you acknowledge it, it will lower your vibration. It's going to cause a negative reaction, it's going to bring up negative emotions and that's bad for your frequency. And it's bullshit.

You have to get raw and real with right now in order to shift it. You can't sweep it under the rug and have it change, you have to expose it.

If you drop it into your body and just be present with the reality then it just becomes neutral. I've got an extra 10 pounds or I've got some debt, or whatever it is. You actually remove the emotion, the negative attachment to it. All that happens in your mind and sure that will lower your frequency in your body. It's just a circumstance and circumstances can change.

Dropping into your body, getting raw and real with it in your Body World deletes the story, the shadow, the fear, all of that stuff, and it's simply a circumstance, neutral. It's very, very neutral and when you are in neutral, well you've opened up this fertile ground, this space for opportunity that your pre-programming will never ever deliver to you. You're open and available to try new things, different things, intuitive things, different data, and different codes come to you. That's never going to happen if you're not raw and real, and it's never going to happen if you're trying to solve it just with your pre-programmed mind.

And this raw & real becomes the fuel for your actions to move you from A to B in the quickest way possible.

Whereas when we hold that “oh, it's all going to work out” mentality, that “it's already happening... it's already happened on one level so I'm good. It's on its way to me. You know, I asked the universe the universe has my back. So of course it's gonna happen.”

That kind of affirmation and that type of thinking, what it actually does... it feeds your shadow. It gives you the time and space in your Body World to stick with your current habits, not really do different things, you're going to make the change later. It pushes everything to “later”.

Whereas raw & real in your Body World, it's not happening now. What's the next step?

It's not that it's on its way. Your quantum leaps are 100% dependent on the very next choice you make. The very next choice to make and after that after that, that's how you quantum leap.

It's not tomorrow. It's not later. That is your saboteur, that is the child even "oh the universe is going to take care of me, so I don't need to worry about it."

"I visualized it so it's happening."

The quantum leaps come with moment-by-moment, presence and decisions and actions and things like that. Let it be your fuel for your action.

If you drop into your Body World, and you have that clarity of your true soul-level desire, and the current goal that is true for you, and you drop it into your body, you will naturally move towards and be led towards the actions that take that will get you there and the quickest route possible - as the crow flies none of this winding road business. The winding road, that is your mind. Looping that is your mind.

Stay present and conscious in your Body world. Learn to read the energy, learn to read the codes, learn to read the data.

Be aware of whether the thing in front of you, the data in front of you is a match to your goal or not, and make a moment-by-moment choice on the direction to go.

You want more cash sales, doesn't matter how you're feeling today. Whether it feels in alignment to go create in marketing or reach out to someone, whether it's Sunday and you know you shouldn't be working, no you follow that nudge.

If your goal is cash sales, we follow the nudges as they come the moment. The moment they come. Your body doesn't carry story, it doesn't carry content. You know, you can't do this on a Sunday or you can't do cold outreach or whatever. It will simply tell you, go sit down and write this post and you do it. Your mind will come up with all the excuses and ideas and things, comparisons and analysis, blah blah blah blah. It's a waste of time and it keeps you okay.

So start putting it into practice today. Put into practice as often as you need throughout your day. Keep feeding your goals into your Body World, take them from your mind and feed them to your Body World.

Be present, be raw and real. And honest and intimate in your current, what's current in your life, what's current and your currency - your frequency. Tune in to the frequencies around

you constantly, be aware of reading the energy, be open and available to new ideas, new codes new data and act on them.

And the more you put this into practice, the more you'll stop listening to the directives of shadow, saboteur, child, victim, and all that stuff.

It just happens naturally. When you are operating in your Body World you are operating in the place where matter is! It's the physical world, where matter is and we as humans want to create change in the world of matter.

It allows you to affect change far more quickly than trying to reason it all out in your mind and convince yourself... "well it's already happening so sit back and relax". "I'm just gonna keep visualizing." There's there is a 3D reality, a plane of existence where my vision is already true. Yes, of course, there is... but you want your body there, not just your mind!

When you listen to your body, you're going to start noticing that it's going to ask you for physical movement. Sometimes we need to shift the energy, move the spine, move the breath, open the belly, drop the shoulders, all of these things. This is where Quantum Flow, this practice that I teach is extremely helpful. Tai Chi, any of those any movements, it doesn't really matter - belly dance, whatever you do, breath work. Find what works for you, that can get you into your body and get that energy moving in your body and help you be present in it.

How much time do you spend in your head, and how much time you're spending body... be very real about that. Are you walking through life as a daydream? Or are you present in your body, fully experiencing the magic and the alchemy as it happens? Where you get to turn energy and ideas and visions into actual matter in your life? Healthy body, cash sales, intimate relationships. Whatever it is you want.

Magic & Mastery Bootcamp - offer

Please note, the offer at the end of this video refers to a March experience but I have now launched the Magic & Master Bootcamp as an ongoing 1:1 offer. You can find the information for that right here: <https://heathermcgregor.ca/magic-mastery/>

If you want to take this deeper and ground it into a lived experience. I have a program where we're going to do this work together very, very deeply. It's called the March Mastery Bootcamp. It's a four-week program and you will select two goals - you will have a physical goal and a sales/business/money goal. We're going to work on them both simultaneously. Using these tools I share with you, using the Body World practice.

Like there's going to be a tracker where you will be exposing and revealing where you're at like what is current what's going on and your results because my goal with this is for you to set two attainable goals and reach them by the end of the month.