

Deepen Your Purpose.
Take Your Work to the Next Level.

DESTINY WRITING

A Revolutionary Approach to Manifesting
a Vivid Vision of Your Most
Fulfilling Future in Business and Life



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*“Your destiny depends on what you
dream, decide, and do today.”*

“The most important partnership you can nurture is the one between your sacred purpose and the action you take. Allow this creative union to guide your way.”

BECOMING A MANIFESTING POWERHOUSE

Becoming a Manifesting Powerhouse requires consciously setting your intention and organizing your energetic field to be a receiver. It means dropping into your center and becoming very present with yourself.

ACTIVATING RECEPTIVITY

When we are in a state of active receiving, we are tuning into our channel (frequency) of abundance that’s in alignment with our intention and highest emotional states. To attain what you desire, you must first prepare yourself to receive it—in your energy field and in your consciousness. This includes visualizing it as if it were happening and feeling it in your body. This is active receptivity.

MANIFESTING WITH ACTIVE RECEPTIVITY

In a state of receptivity, your energy is soft, centered, present, open, and receptive. Ready to be filled up.

Action energy is more direct, intense, and concentrated. It is where you are intently focused on one thing to the exclusion of everything around it.

The Ten Levels of Active Receptivity

Level 1: Apathy

Unfocused, much of your thoughts and time are spent spinning in confusion, indifference, and lack of motivation.

Level 2: Anxiety

You have an idea that you are called to act upon, yet you are experiencing overcoming fear of the unknown, fear of taking chances, and anxiety over change.

Level 3: Desire

As you move beyond apathy and anxiety, inspiration naturally arises. Instead of pushing aside your desires or withdrawing from them, you welcome the inspiration.

Level 4: Activation

At this level of activation life is infused with dynamic change. Here you are aware of the vital part you play in defining your destiny. Anger might present itself and it is this 'good anger' that provides an inspired impulse to transform and create forwarding movement.

Level 5: High Creativity

Here your actions are focused and infused with creative inspiration. A healthy curiosity about next steps in manifesting your destiny naturally springs forth. This gives way to the initial stages of trust.

Level 6: Unshakable Trust

At this level you are practicing the mastery of manifesting your ideas through an elevated mindset and aligned actions. Trust is your natural state.

Level 7: Intuitive Intelligence

Through High Motivation and Unshakable Trust, Intuitive Intelligence is welcomed as an innate power to guide the manifestation of your destiny. When this level is achieved, you easily receive information, ideas, solutions, resources.

Level 8: Illumination

The 8th Level is one of Illumination where your mindset, attitudes, and actions merge into purpose-driven, wholehearted awareness. As you go out into the world, your focus is pointed towards a Higher Destiny. As such, you become magnetic for all you represent: passion, knowledge, transformation, and inspired service.

OPEN THE FLOW OF ACTIVE RECEPTIVITY

Get still. Breathe deeply.

Utilize your breath to connect your mind to your body. Breathe deeply, expanding your breath from the top of your head to the bottom of your feet. As you do this, you may notice places in your body where you were holding physical tension. Soften your shoulders. Relax fully. Breathe a full breath. Simply notice.

Now, locate your tension in your body.

Notice any spots of tension held in your body.

Whatever you notice, it isn't right or wrong, bad or good. It simply is.

If you are able to, name your findings aloud (i.e., "I feel grief in my heart").

This will allow you to validate your findings outside of your mind.

You don't need to be able to label an emotion in order to feel it.

Breathe into the fullness of any held tensions.

Remember, no emotion is permanent. Even if this exercise results in some temporary discomfort, it will be well worth it because you will have allowed the stuck emotion to rise, after which it will be free to release.

Continue to breathe

Your conscious breathing allows the movement of the emotions to continue to flow throughout your body.

*Alchemy, the masters teach, is the process of
linking the spiritual to the material.*

The alchemist is the bridge between the worlds.

*It is a process of knowing
as inside, so outside.*

SESSION FIVE

THE ALCHEMIST

**Activate the sheer courage to ask the questions to self
in order to reach to the answers – the images, the feelings,
the thoughts, and the perceptions – that point to your destiny.**

The Alchemist archetype enjoys the process of transformation and relishes the opportunity to witness or effect change around them. The alchemist particularly enjoys this when the change comes because of their own power, knowledge, or skills – creating things that have never existed before – taking the most inspired of ideas and turning them into reality.

*When the alchemist looks to the future,
what's seen is possibilities and world changing ideas.*

Embracing the energy of the Alchemist archetype empowers you to step beyond what may be a familiar way of engaging with the world and step into new roles and experiences. Consciously stepping into the Alchemist archetype is a way to expand, or change, familiar habits and patterns of action.

The most enviable of trait of the Alchemists is razor-sharp instincts and natural intuition. This is a huge strength but can impede decision making because it can be hard to persevere with an idea that appears illogical.

The Alchemist brings you the opportunity to evolve your sensitivities. Pause and give notice to how you feel – the destiny you see for yourself – and the relationship between the two.

THE REALM OF THE ALCHEMIST

You are living in the realm of THE ALCHEMIST when:

- The Alchemist believes in endless possibilities.
- The Alchemist is motivated to manifest new and more compassionate visions for themselves and the world.
- The Alchemist is motivated to take action.
- The Alchemist is curious.
- The Alchemist is a catalyst.
- The Alchemist is an innovator.
- The Alchemist desires to bring forth conscious change.
- The Alchemist uses knowledge to activate actions and results.

Alchemist Skills, Talents, and Capacities

You can cultivate a range of alchemical skills.

- What skills would you like to enhance or expand?
- What skills do you implement in your Destiny?
- What skills do you want to practice and sharpen?

Pick your favorites from the list:

Alignment	Healing
Attention	Insight
Authenticity	Integrity
Awareness	Listening
Balance	Mindfulness
Clarity	Perception
Compassion	Presence
Connection	Reflection
Courage	Serenity
Creativity	Simplicity
Curiosity	Systems thinking
Diplomacy	Transformation
Discernment	Trust
Flow	Wholeness
Gratitude	Wisdom
Harmony	

*To become a manifesting powerhouse begins by
observing the delicate balance between
inner attitudes and outer actions.*

~ Marsh Engle

WRITING PROMPTS FOR DAYS 22-28

This week is dedicated to evolving your sensitivities –
activating the power to notice how you feel –
the destiny you see for yourself –
and the relationship between the two.

Let yourself imagine!

*If you were not equipped with the capacities to create your destiny,
you would not be given the abilities to see,
feel and know your vision as realized.*

Marsh Engle

DAY ONE

*What ideas have I yet to act upon that will
drive the greatest progress towards my future?*

*Authenticity.
When you hear the callings of your soul and you respond.*

Marsh Engle

DAY TWO

What is one overlooked creative desire that's key to defining my future?

*Remember your True self.
You are an unlimited source of energy, insights, creativity and power.
Knowing this, you can trust prosperity as your
birth right, always and forever.*

Marsh Engle

DAY THREE

*What is one shift I can immediately make to elevate
my capacities to create and achieve?*

*The more you know about the creative callings of your soul,
the more easily you can observe its influence on your thoughts,
your attitudes, your behavior, your destiny.*

Marsh Engle

DAY FOUR

What is one of the most distinctive qualities my soul wishes to realize?

*Only by purposefully bringing attention
to our inner experience can we fully activate the power
to move from trance to transformation.*

Marsh Engle

DAY FIVE

When I think of my future, what is one feeling that arises?

That's what alchemists do. They show that, when we strive to become better than we are, everything around us becomes better, too.

Paulo Coelho, *The Alchemist*

DAY SIX

What is one practice I can use to amplify the focus of my actions?

*“The simplest things are too easily overlooked.
And yet, it is the simplest things that are the most essential.”*

Marsh Engle

DAY SEVEN

*What intuitive insight wants to arise and lead me to
elevated purpose-driven action?*