

FINALLY FREE

**7 Proven Steps
To Take Charge
Of Your Life !!!**



by Gaill Blackburn

Fully accept, love, and believe in yourself!

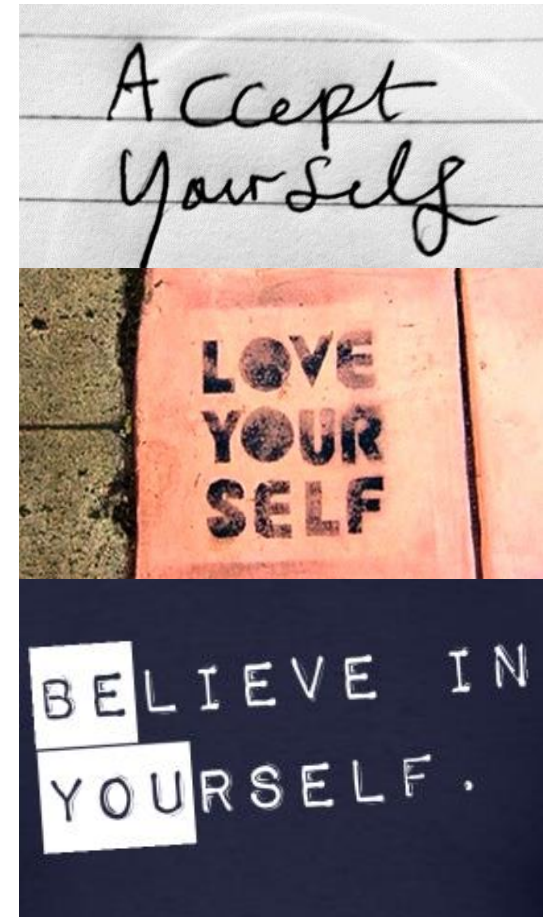
Everything is Energy... When you fully realize that what happens to you in your life is a true reflection of what you are projecting, then true change can begin! When something happens that you don't particularly care for - stop and pause and think about what it is you need to learn about the situation in order to heal a part of you. When you take the time to heal this part of you, then you will magically discover that the situation no longer bothers you!

Everything is about You... It is never about "them"! You are the creator of your life whether you choose to see it that way or not. Everything that comes in to your reality is there because it is a vibrational match to the frequency that you are projecting outward. Nothing happens "to you" – it happens "for you"!

Everything is Not as it Appears to Be... I used to get incredibly pissed off at my father-in-law's stinginess with money. I'm not stingy at all - I give money and time much to my detriment... So what part of my life was I stingy with? As a volunteer, I was always giving of my time, but then I realized that at the end of the day when it came to my own family, I was sorely lacking. I was able to heal myself and eventually not even notice the stinginess in my father-in-law, which had served it's purpose - to heal a part of ME!

Step One

Remember that it is all about you! Now is the time to fully accept, love, and believe in yourself first, above all else!



Put ego aside and step out of status quo!

Albert Einstein's definition of Insanity – doing the same thing over and over again and expecting different results. How poetic and how very true! The ego is such an oxymoron – it attempts to keep us safe even if it isn't in our best and highest interest. Ego wants to keep us snug in the arms of status quo just the same as a new mother wants to keep her child home warm, nestled in her bosom.

When you were a child growing up, did you want to stay locked in the confines of your home? Or, did you want to be the adventurer free to discover what the world had to offer? Over the years we began to stifle that creativity under our parents and conditioning. The key is to discover that child-like wanderlust in yourself again in order to finally break free and make new, empowering choices.

John came to a point in his life where he felt like a bloodied mess from banging his head against the wall over and over again. Why did the same thing keep happening to him over and over? Why was everyone against him again and again? At a point of complete desperation, John took a leap of faith and enlisted my help. Together we were able to discover the choices he himself made that continually thrust him into the hamster wheel. We were able to clear past programming & conditioning, and he is now thriving!

Step Two

Remember that ego wants to keep you in status quo – even if it is not in the best interest of your higher self !!!



Release judgment to change perception!

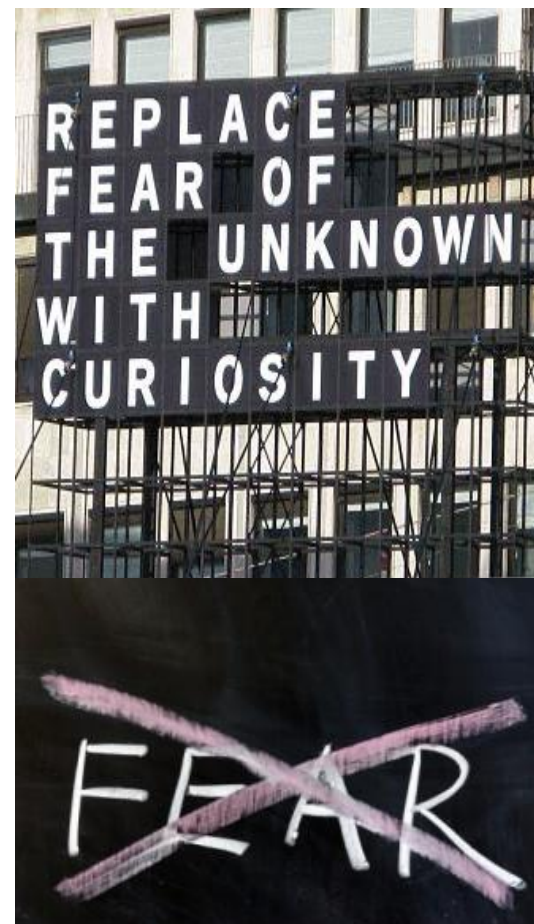
Isn't it funny how when we accidentally trip and fall that we immediately turn and look around to see if anyone was watching? We don't even worry if we were hurt in that moment! Our greatest fear is in "what will others think of me". We are definitely our worst critics. Ever think about what your life would be like if you didn't worry about what others might think?

Releasing fear and judgment of others, and most importantly of yourself, leaves you with infinite room to be free! You have heard that fear is "false evidence appearing real" and all that, but deep inside it is still there. The key is to fully release any and all judgment. Yes, this is a monumental task, but once achieved, your life will never be the same... It is the total game changer of life!

Susie was a total people pleaser, worried about what everyone would think if she did this or if she did that. I quickly recognized in her the same qualities that I used to have myself! We dove into her akashic records and she was able to discover why other people's opinions meant so much to her. When we cleared her emotional blocks and cut karmic cords she felt as if a weight had been lifted off her shoulders. She now feels free to finally live the life she only dared to dream of – one of her making and choosing!

Step Three

Remember fear is not really based in reality. You can get out of judgment in order to change your perception !!!



Decide today what it is you truly want!

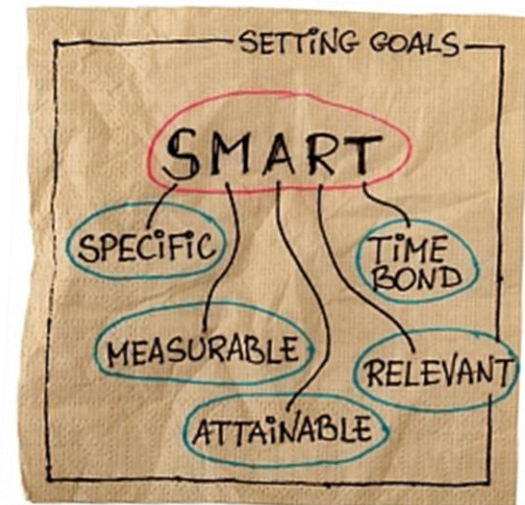
Do you know how hard it is to hit a moving target? Or even worse, an invisible one? I love the quote by motivational speaker, Zig Ziglar - If you aim at nothing, you'll hit it every time! Why is it we can have these grandiose plans to change the world, but the tangible details elude us? I don't mean needing to have everything planned out, but I do mean giving the Universe something to aim for.

Today's society wants instantaneous results, forgetting about the Law of Gestation necessary in the manifestation process. Once you know what you want, don't completely change course into an entirely different direction. The Universe will never be able to catch up! Of course it may be necessary to occasionally course correct, but those are subtle, definable alterations.

Todd was the guy with a million awesome ideas but nothing to show for it. He was always busy thinking up the newest, latest and greatest, but unfortunately his wallet was consistently empty. Once we were able to discover what it was he was truly here to create in this lifetime he was off to the races – but on solid ground with SMART goals. The Universal Law of Gestation appreciates clarity, and so does Todd's wallet, his wife and his kids!

Step Four

**Remember that the Universe can't give you what you don't know you want!!!
Decide today what it is you truly want!**



Keep looking ahead & moving forward!

Newton's laws of motion state that an object that is at rest will stay at rest unless an external force acts upon it. Well... My interpretation of this principle is that if life kicks you in the butt, use that momentum to propel yourself forward! Why do we wait until the pain is almost too unbearable before we do anything about it? Life is about experiencing all there is to offer – both the good and the bad. It is how we react to these situations that can either make us or break us.

Many people get caught in “analysis paralysis” and are literally scared to death to make a move. Some wait to make sure it is the “right” move. Others want to make sure it is “perfect” timing. Perfection is highly over rated and the time is right when you are in consistent forward motion!

Rhonda had sunk so deep into a depression that she began to manifest all sorts of physical ailments. She got to a point where she didn't even want to get out of bed, let alone leave the house. Her family knew that something had to be done before she reached the point of no return. We were able to do a massive energetic clearing – physically, emotionally, mentally and spiritually and she is feeling better and moving forward every day!

Step Five

Remember to never give up! Even slow progress is better than no progress. Keep looking ahead & moving forward.



Develop urgency – don't wait!

If you haven't seen the movie "The Bucket List", I highly suggest you do! Why is it that we live our life as if there is no expiration date? Why do we put off living our best life until it is too late? Procrastination is at an all time high as we put everything off until tomorrow. What if you started to treat each day as if it was your last and you had little time left to accomplish what you truly wanted for this lifetime? Can you feel the energetic shift?

Before you go to bed each night, write down what all you want to accomplish the next day. Have daily, weekly, monthly and yearly goals – heck, even hourly if that's what it takes to get you started! There is great satisfaction in marking "done deals" off your list! Also practice gratitude for all that you do have and want in the future. Develop urgency as you dare to dream your life into form!

Bill's wife came to me incredibly frustrated with her husband. She felt as if he wasn't truly living his life – just simply going through the motions and yearned to see him excited about life once again. She gifted her husband a soul realignment session and we went to work! Once we discovered that his "job" wasn't aligned with his soul purpose for this lifetime he was able to make the necessary changes to re-energize his life and his marriage.

Step Six

Remember that life is a gift to cherish daily. Don't wait till it's too late to start living your best life – do it now!



Fully realize yourself at soul level!

Who are you at soul level? Do you know? Do you have an idea but are still unsure what you came here to accomplish in this lifetime? How about your spouse? Your kids? Can you imagine the family dynamics in a household where everyone does know their divine soul purpose and is free to truly discover the grandest version of themselves? Sounds like Utopia doesn't it?

Imagine finding out that all the mistakes you "thought" you made in your life brought you here – exactly where you were meant to be! What if you could break through all your barriers and change your life forever? And... What if you could truly discover your life purpose and live a soul-inspired life?

The Universe wants all of that for you... and soooo much more!!! Once you are clear on your divine purpose you will be amazed at how the Universe conspires for your every desire! It's really true! A Soul-Realignment Session can be absolutely life-changing. I myself did not fully realize my true calling until my very own session. When I discovered that I was a natural healer I felt more comfortable in my own skin and all kinds of new doors began to open up for me! Clearing out all the negative energy that keeps you from living your best life now is an absolute game changer!!!

Step Seven

Remember that you incarnated here to know yourself and to discover the grandest version of "you" there can be!



**Know
thyself.**

- Socrates

What is it that you want?



In Your Soul Realignment Session You Can Discover:

- Your Soul's true divine purpose for this lifetime
- What's blocking you from creating the fulfilling life you deserve
- The deep-seeded root cause of your perceived blockages & issues
- How to move beyond limitation and begin manifesting your dreams

Together, We Use The Mirror To Help You:

- Discover that life reflects back to you exactly what you put into it
- Gain clarity as to why certain scenarios happen in your life
- Accept the fact that you are the common denominator
- Realize there is a life-changing lesson to be learned
- Cherish the pain as the gift it was meant to be
- Nurture yourself and heal the wound forever
- Repeat the process as often as necessary



Are You Ready To Find Out What YOUR Mirror Reveals?

The Truth of Your

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Life is a mirror ... and everything is feedback. Discover the wisdom of YOUR very own mirror!

Gaill Blackburn

Gaill is certified as a Spiritual Healer, Shamanic Practitioner, Book of Life Specialist, Spirit Guide Coach, Law of Attraction Coach, and Soul Realignment Practitioner.