

Smart Start

S E R I E S

NOURISHING YOUR MIND
BODY AND SOUL

**MASTERCLASS
RESOURCES & EXERCISES
FOR PRACTICE**

7 Reasons Why the Universe Has Your Back

.....

**Breaking Open Our Human
Connection to the Universe**

NATALIE VIGLIONE, HOST & GUIDE FOR THIS MASTERCLASS:



I'm a cycle breaker, truth seeker, and fueling a purpose on the planet to help people say NO to the status quo!

In my freelance collective called Team Gu, I build creative content through writing services, create purpose-driven business strategies, and improve operations through technology.

Conceptualized from a vivid dream, I created the Disrupt Now Program and its related online event platform the Smart Start Series. Through these, I empower people in self-discovery, and guide aspiring and newly turned entrepreneurs in how to get clear to create a purpose-driven business and how to consciously create from within.

Follow Us On Instagram!



Smart Start Series: @smartstartseries

Natalie: @disruptwithnatalie

Diane: @betweenthelinescft

DIANE MCDERMOTT, CO-HOST & GUIDE FOR THIS MASTERCLASS:

I'm an intuitive writer and ghostwriter passionate about helping people tell their stories.

My journey to being joyfully divorced brought tremendous insight and self-reflection and my own writing is directly from life experience. I founded Between the Lines Ghostwriting and have been a real estate agent for quite some time now as well.

Embracing my natural introspective, highly inquisitive nature with both listening and communicating continues to be a journey of remembering my most authentic self.





PURPOSE

The Smart Start Series is an **affordable** online platform for personal growth and mind, body, and soul content - think Udemy.com meets Mindvalley.com. Highly-skilled teachers/guides, affordable online masterclasses, workshops, and programs.

Our online events start at \$10. There's an annual discounted membership available, **PLUS** a Collective of healers, transformational life guides, meditation experts, and more!



2 EFFECTIVE TOOLS TO LEARN HOW TO LET GO (GAIN MORE FREEDOM!)

MEDITATION

MEDITATION / SITTING QUIETLY TO ALLOW
THOUGHTS TO PASS THROUGH AND NOT ENGAGING

HYPNOSIS

DO THIS IN THE LATE HOURS OF THE EVENING RIGHT
BEFORE YOU GO TO BED, OR THE WEE HOURS OF THE
MORNING WHEN YOU'RE JUST STARTING TO WAKE
(CONNECT INTO THETA BRAIN WAVE STATE)

YouTube: <https://www.youtube.com/user/MichaelSealey>

This is a GREAT hypnosis channel!

EXERCISE: 6 STEPS TO GET IN THE FLOW

- **Practice having resilience:** Moving towards the best possible version of you WILL require some struggle. There could even be suffering. Relax into the BIGGER picture that it's all part of the process, these things do NOT last forever if you can try to recall this. Meditate/journal on this as much as you can especially if you're IN IT right now.
- **Intuition is key:** That "gut" says it all. Practice listening to it. What is it saying? Are you listening fully? Writing these thoughts down allow you to look at them later. This can help you develop the necessary trust in yourself, KNOW that the skills are inside of you but you need to discover and awaken them.
- **Look past the "thing" and into the WHY:** Every experience life hurls is an offering and an opportunity. You can keep trying brute force, or you can accept the challenge and GROW into it, through it, and beyond it. Write down the bigger picture as to why the situation is coming your way. What growth can come of this? DIG DEEP.
- **Have patience:** When you think you must do something by a certain timeframe and it doesn't happen, that doesn't mean it WON'T happen. Trust that a wave of your desires will come your way. DO NOT COMPARE YOU TO ANYONE ELSE. Go 1 week without looking at social media, does it make you feel better?
- **Being present in the moment:** The past can't be changed, the future is only shaped by what you do RIGHT NOW, TODAY. Wisdom is knowing that any joy or any pain comes and goes. Start thinking on how you can be more NEUTRAL in the things that come your way. What do you notice?
- **Being WITH and IN nature:** Go be in nature. When you wake up, look at the sun. When you go to bed, look at the moon. Outside, watch the birds. What happens? Do you think there is a moment that there isn't trust in nature? This is a POWERFUL realization. Choose to sit and understand nature.

TAKING ACTION STEPS

DO THEM NOW VS LATER

- **Learn, learn and then learn some more** - knowledge is how success can happen
- **Goals don't need to be massive** - Tiny steps (goals) inch you towards bigger visions that you have for your life, the bigger desires that you dream of... and MORE
- **Showing up** - think about the impact of not doing that one thing you said you'd do and the trickle effect - that "little thing" can mean something much larger than you could ever think possible
- **Research** - today there are more things available out there (like this masterclass!) to help you gain insight as to what to do next, rely on your gut to discern the things that are positive vs negative
- **Small steps mean something** - One small step means the WORLD because that could mean you get to where you want to go all the faster!



Everything Is Energy

HOW THE UNIVERSE IS FULL OF ENERGY

- Gregg Braden talks about the DIVINE MATRIX - Between 1993 and 2000, a series of groundbreaking experiments revealed dramatic evidence of a web of energy that connects everything in our lives and our world —the Divine Matrix. From the healing of our bodies, to the success of our careers, relationships, this demonstrates that we each hold the power to speak directly to the force that links all things
- The ancient Chinese called our energy and the energy flow chi
- The ancient Hindus called it prana
- The disciplines that developed in those two cultures - t'ai chi and yoga - are based on the art of tuning in to the flow of energy and using it to centre the self
- Cells molecules and atoms are energy vibrations.
- The nerve receptors in our body turn energy vibrations into touch, sight, sound, etc. Bruce Lipton, cell-biologist, states we are an energetic mix - a community of 50 trillion cells

Resources mentioned in the online masterclass:

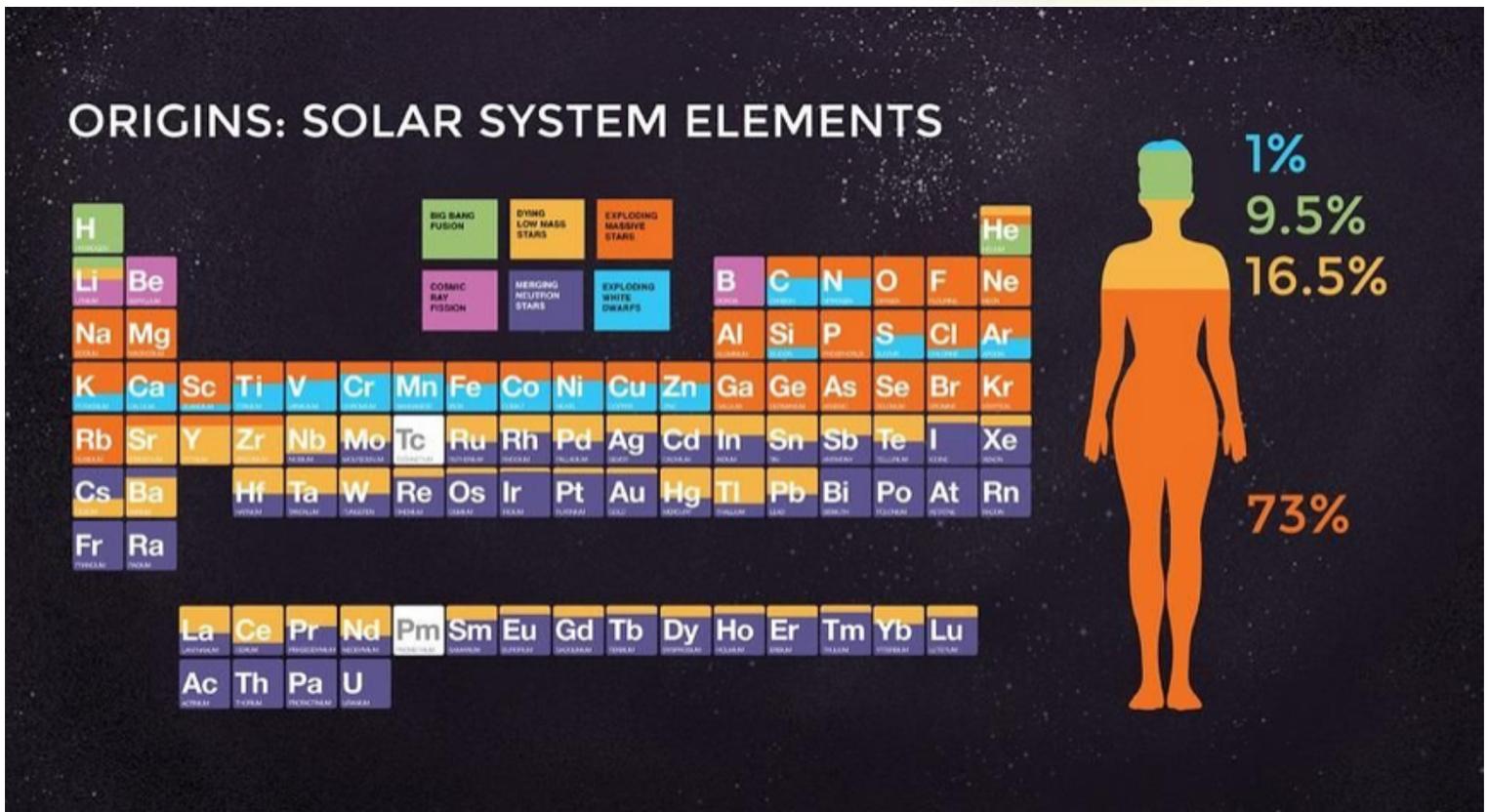
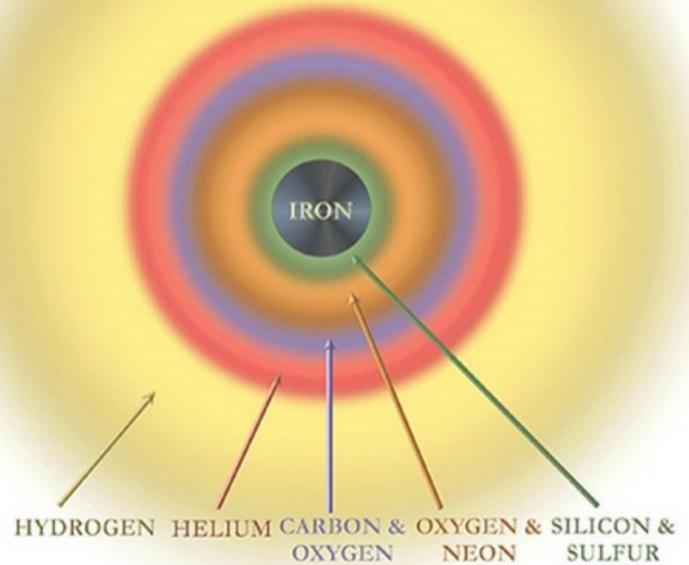
- Look up Bruce Lipton's book - The Biology of Belief
- Gregg Braden's Divine Matrix series on Gaia.com



The Universe Within

THERE'S AN ACTUAL UNIVERSE INSIDE OF YOU

Every element required to make DNA is found in the aftermath of exploding stars.



When it comes to the human body, the majority of what makes us up comes from supernovae, not any other source.

Sources: NASA / CXC / S. LEE
 NASA/CXC/SAO/K. DIVONA

<https://www.forbes.com/sites/startswithabang/2017/12/18/astrophysics-reveals-the-origin-of-the-human-body/#201c464e30a5>



Shaping Relationships

UNDERSTANDING HOW TO SHAPE YOUR RELATIONSHIP REALITY

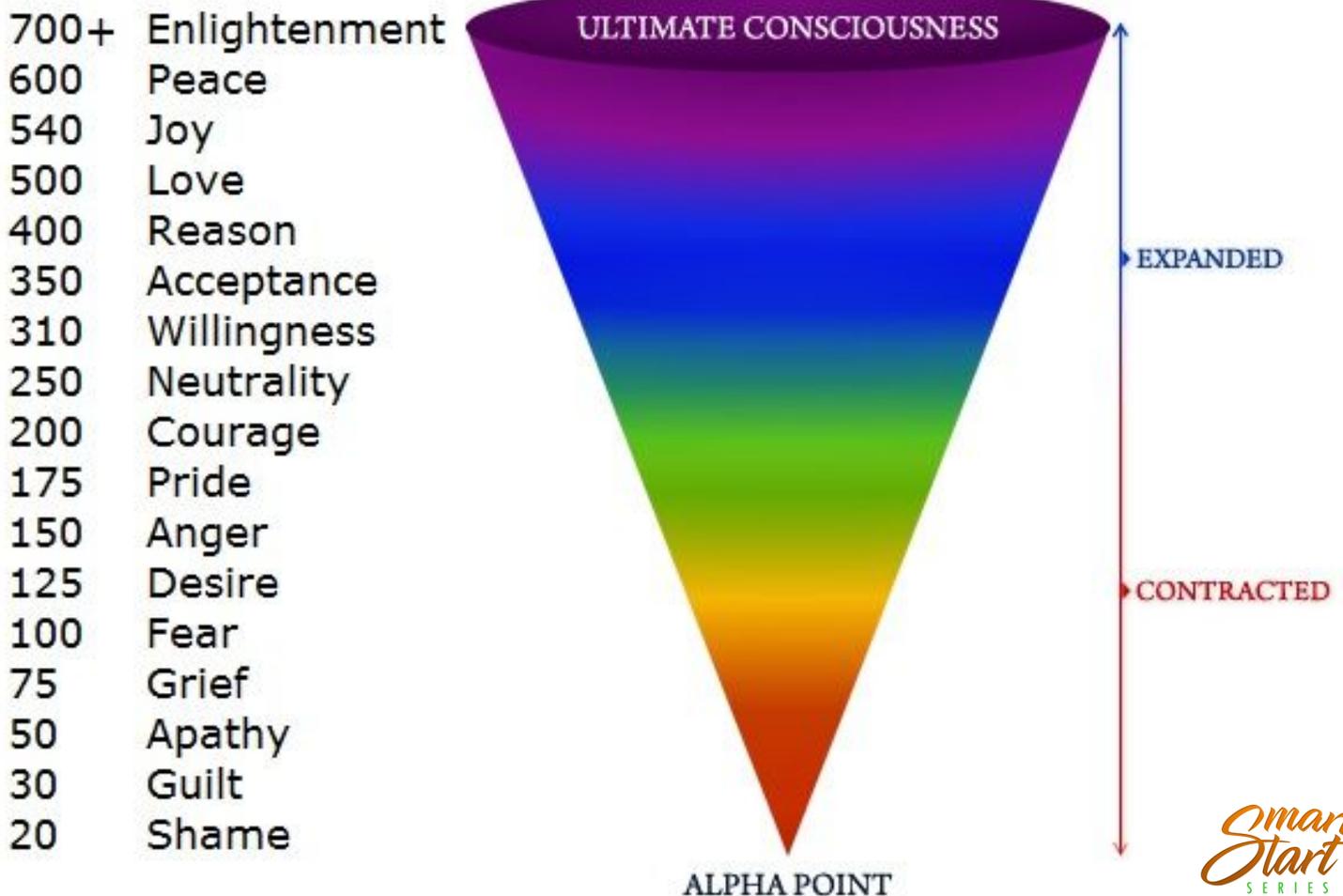
How do your surroundings shape your reality?

How do people make you feel that you keep company with? Are you hanging around and giving your energy to people that display your future or your past? (HINT: The past is not POSITIVE energy if it keeps you stuck)

Decode according to this scale to learn how to energetically change your frequency

Dr. David Hawkins' Scale of Consciousness

OMEGA



Giving Less F*cks

WHY THE SUBTLE ART OF NOT GIVING
A F*CK SOMETIMES IS IMPORTANT



How you find validation within and not "OUT THERE":

*Allyson
Smart
Series*

1. Learn what your unique and innate values are - there is a process around this! KNOW YOUR VALUES and you can allow yourself to understand why you do what you do, feel the way you feel, etc.
2. When you know your values, you can live authentically and start to create from a place within
3. Untangle yourself from expectations and outcomes (this is one of the HARDEST things to practice)
4. Do not placate, make sure that you please you and the people that provide you with unconditional love back



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MASTERCLASS**



WHY BECOME A MEMBER?

- You get free access to every monthly web class and/or workshops with our specially curated list of teachers and guides (energy healers, guides [coaches], meditation experts, and more)
- Gain access to ALL of our past LIVE classes, workshops, etc. with accompanying workbooks, exercises, and more. Over 12 classes (and growing every month) exploring different and unique topics with varying guides, teachers, and healers!)
- Access to our private Facebook group to join the tribe
- Access to the private Smart Start Series Collective which holds experts surrounding the personal growth, health, and well-being space, such as; healers, meditation teachers, life and business guides (aka coaches), and more! They provide you with special discounts, offers, and you have easy access to them should you want to hire them. These are people you may not know about if you did not join this group!

Go to www.smartstartseries.com/membership