



QUANTUM EXPANSION!!!

Master QUANTUM LEAPING
without burning out

**MASTER YOUR ENERGY
HEAL YOUR RELATIONSHIP WITH TIME & MONEY
STEP UP TO YOUR NEXT LEVEL & SHINE**

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WELCOME

Thank you for being Here - I appreciate it so deeply!!

My Intention for this book is that you will gain clarity around how you can **Contribute** in a bigger way and **SHINE** more Brightly sharing **your Unique Gifts**.

In the first part You find powerful journaling exercises. **Be Present**, follow the instructions, it will take you 1 hour of your focused attention to complete all of them! You can come back later and use more time - but for now: Less is more. We want to move and start stepping into our Dreams - Living them.

These exercises are designed to prepare you to **Breakthrough** to your next level, **Master your Energy** and **Heal your relationship with Time & Money**. The energy you put into this work is what you will get back - so go all in!!

The last part of the book is connected to **The Three Keys to Unlock & Access your True Potential**. I will share these Keys in the FREE masterclass **QUANTUM Expansion - Master Quantum Leaping without burning out**.

sign up here: www.shamaneliza.com/gold

Engage in this material - this will leave you not just informed but empowered!! This is not just an ordinary workbook - when it is filled out you will have your personalized Guide to Live a Genuinely Fulfilled Life!

Eliza Rosengvist

ABOUT ME

My mission is to Inspire as many people as possible to Love themselves and their Lives.

I teach Quantum Leaping so that Artists, Healers & Spiritual People can do the work they Love, Contribute & Generating Abundant Wealth - without burning out!!



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RECEIVING GUIDANCE #1

*Answer the questions below by Flow writing.
Avoid overthinking – this is an exercise of ALLOWANCE & to
receive guidance from your Higher Intuitive Knowing*

use 5 min – set the timer

**Ask yourself: What do I want to Experience in my Life and what do I
desire to receive from the Universe?**

RECEIVING GUIDANCE # 2

*Writing SOLIDIFIES. Transmitting your energy out on to the paper
to bring CLARITY.*

*When we keep putting our ATTENTION on what we have made
visual and scripted – we start bringing it into our reality because
we INCLUDE it in our Consciousness.*

use 5 min – set the timer

Ask yourself: What do you - the Universe want me to Contribute with?

A large, empty rectangular box with a light beige background, intended for the user to write their response to the prompt above.

RECEIVING GUIDANCE #3

IMAGINING as if it is already done and you are LIVING IT - this puts us in the position of being a match to our Desires - they already exist in the Invisible and can absolutely come into form.

*There is a reason why you have your specific Dreams.
First we want to become crystal clear!! Then we add EMOTIONS to fuel the image with energy.*

use 5 min - set the timer

Ask yourself: What do we - the Universe and I want to Create together?



HEAL YOUR RELATIONSHIP WITH TIME

If we want to create something new, we first have to understand where we are now - beginning a journey is both about being clear of the destination AND what the starting point is...

LET US MAKE A REALITY CHECK!! HOW DO YOU SPEND YOUR TIME?

Without any judgment write down:

1. What are the activities you invest time on?
2. Who are you sharing your time with?
3. How are the surroundings, the atmosphere, the tone that fills up your time?

Spend 5 min!! Set the timer

Write as if you are observing yourself - being absolutely NEUTRAL, as if you were a fly... following you around and being curious about what is happening...

HEAL YOUR RELATIONSHIP WITH MONEY

Write a LOVE letter to money - how do you show up for money - how does money show up for you? - or how do you not show up for each other....

Describe how your relationship ACTUALLY is - do not judge - be as honest and transparent and vulnerable as possible. How do you treat money? How do you talk about money?

Share what you are grateful for and also how you would love your relationship to evolve from now on. Express your needs, desires and how you are willing to contribute in creating a Beautiful relationship.

Use 5 min - Set the timer

MASTER YOUR ENERGY

The absolute best way to master our energy is to keep filling up our own cup - drink from it - and then share the overflow of love with others.

All of us have a Unique Energetic Design. When we are in it and express it things are flowing. We are being authentic and natural, enjoying being who we are.

This exercise might seem unnecessary - but often the most simple things are what we need to be reminded of in order to ENJOY our Journey!!

Spend 5 min!! set the timer

1. What do you Love to do - what makes your heart sing?
2. What gives you energy?
3. What do you do with Ease - what comes natural for you?
4. What places and with whom do you like to connect? Why?
5. What is something you know that you are good at - that FEELS good - that others appreciate?

YOUR UNIQUE GIFTS

Call **5** people and **ask them; Do you have 5 min to help me with an assignment?** If they say yes, ask:

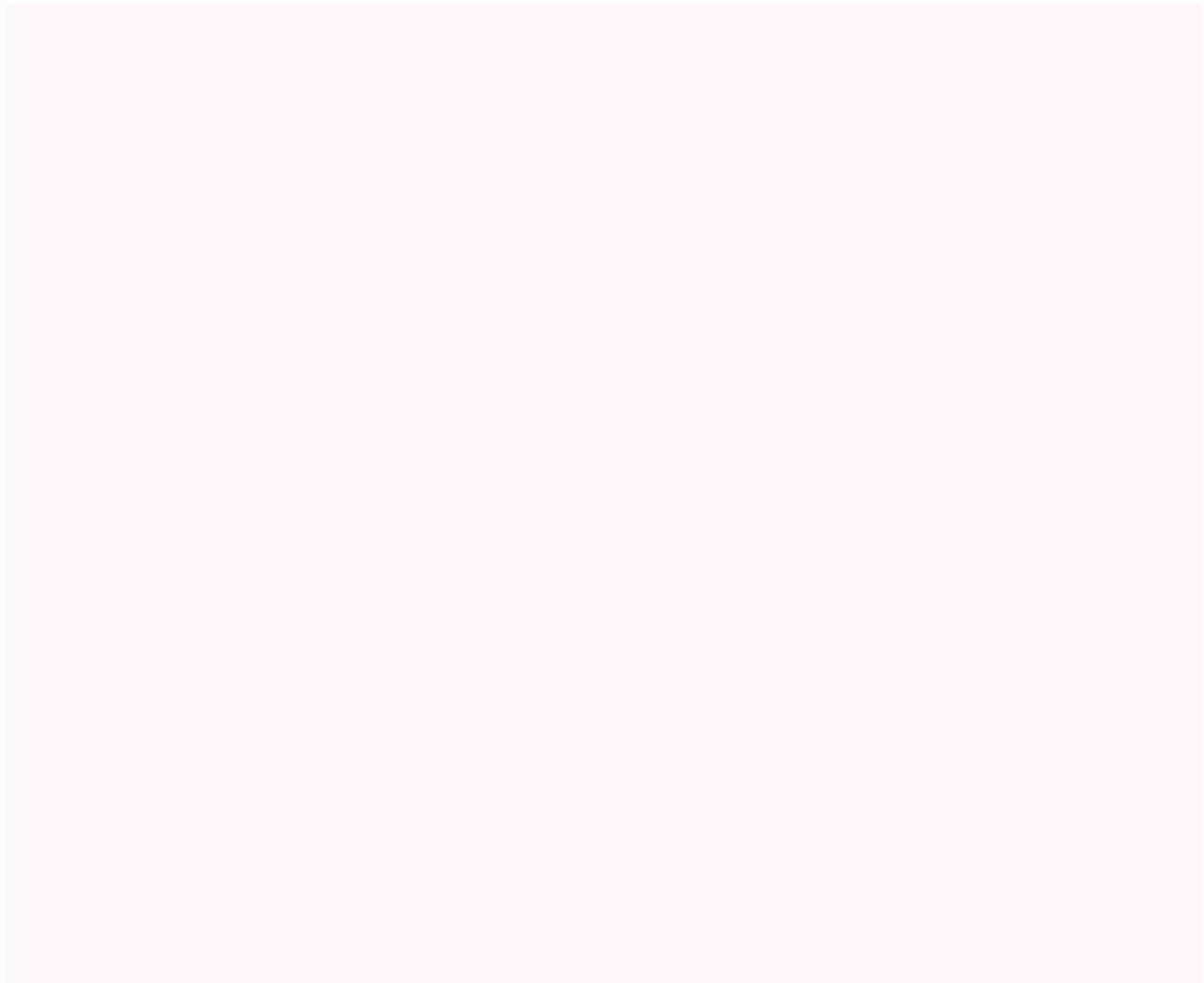
What am I good at?

What do you see in me?

LISTEN AND WRITE DOWN. (Do not judge what they share - maybe they even forget to say something that is too obvious....)

After talking to all of them, you will see some patterns around what your gifts are.

**Use 5 min per person or invest more time if it feels right.
REMEMBER to say Thank you!!**



THE 3 KEYS TO UNLOCK &
ACCESS YOUR TRUE POTENTIAL
SO YOU CAN BREAKTHROUGH
TO YOUR NEXT LEVEL

NOTES FROM QUANTUM EXPANSION!!!

WWW.SHAMANELIZA.COM/GOLD

KEY #1

KEY #2

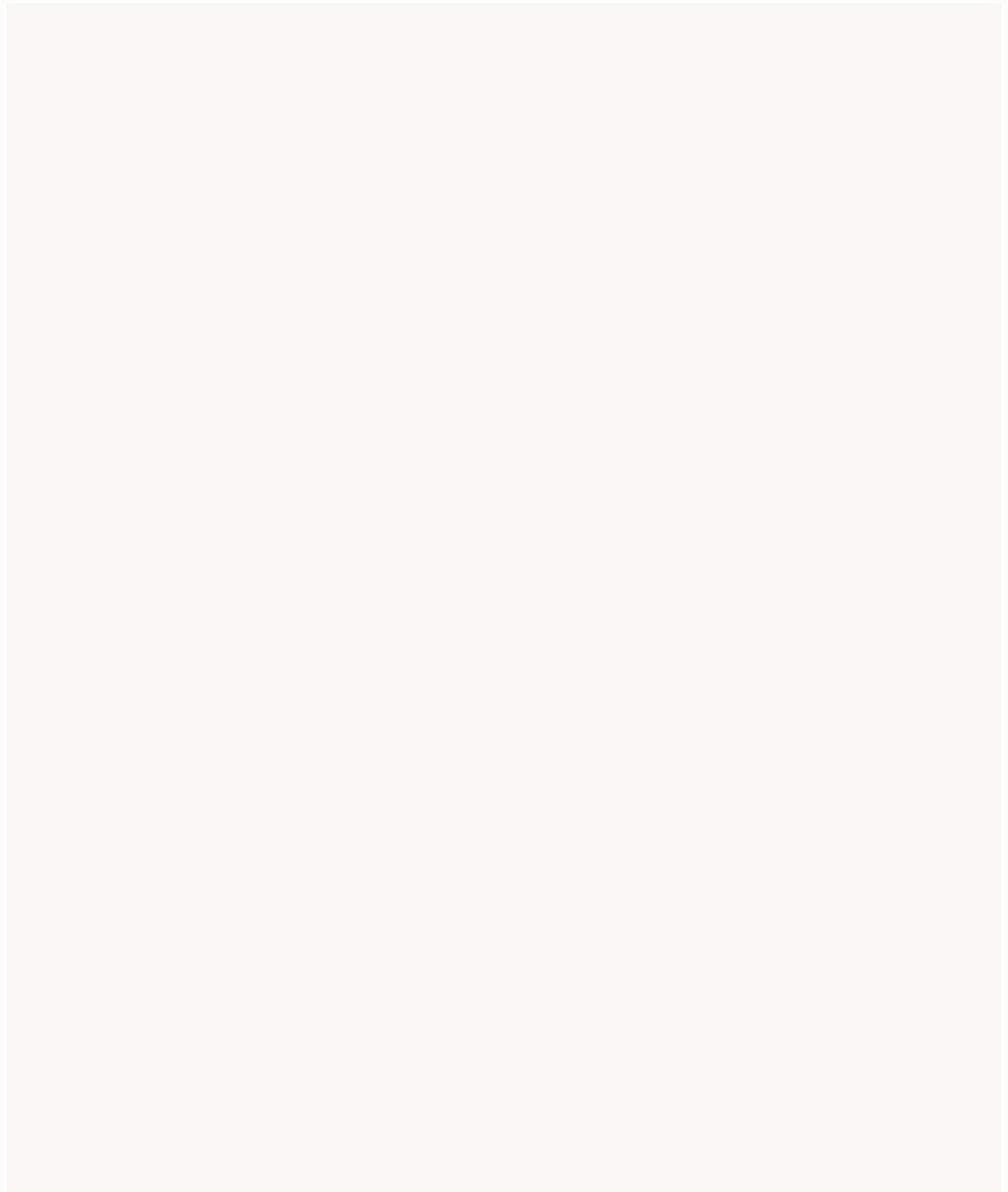
KEY #3

MASTER YOUR ENERGY
NOTES FROM QUANTUM EXPANSION!!!

THE 2 REASONS PREVENTING
YOU FROM COLLAPSING
YOUR DESIRES INTO YOUR
PHYSICAL REALITY

MASTER YOUR ENERGY

NOTES FROM QUANTUM EXPANSION!!!



HEAL YOUR RELATIONSHIP WITH MONEY

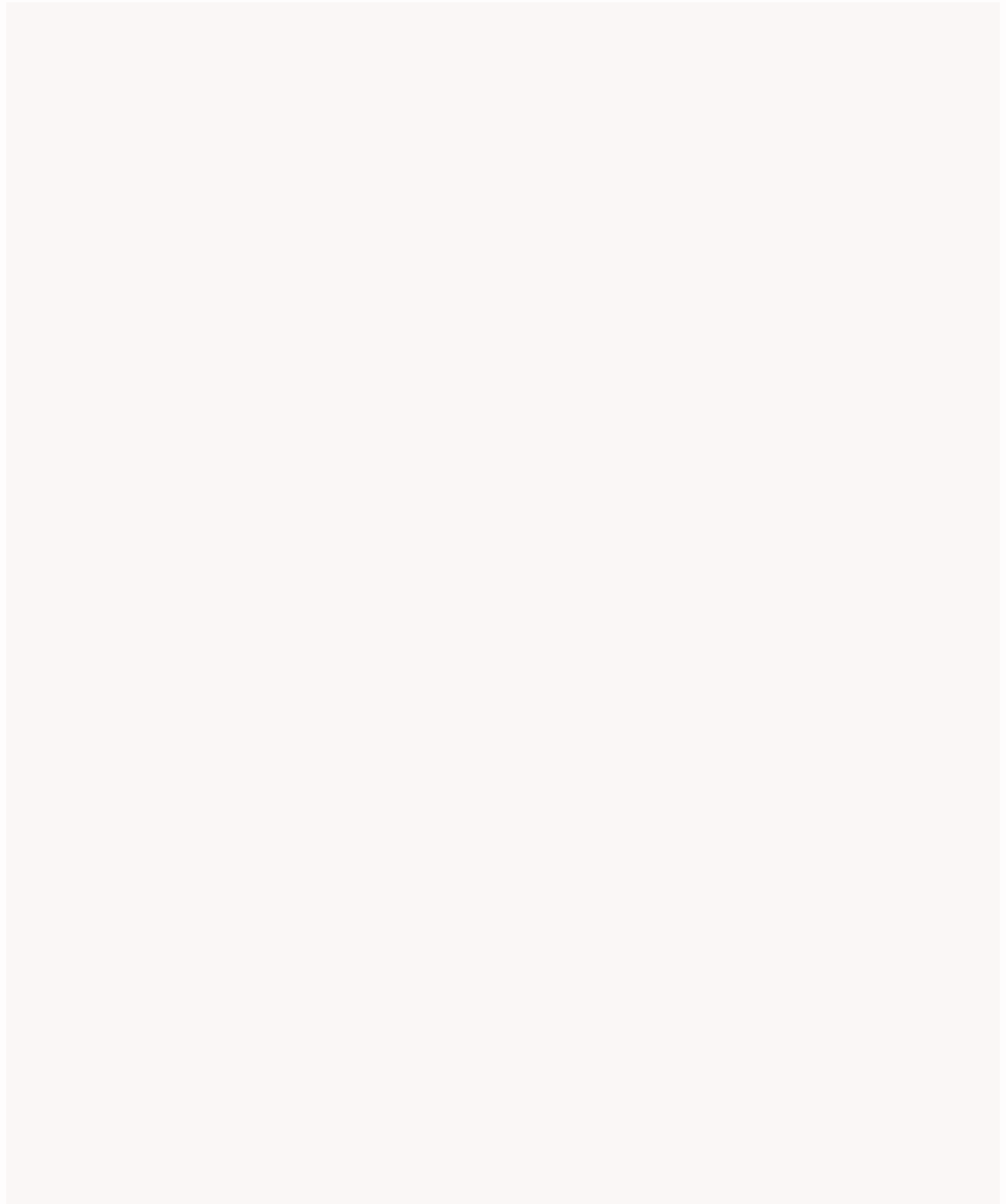
NOTES FROM QUANTUM EXPANSION!!!

THE 1 MISTAKE THAT LIMITS ALL THE MONEY & ABUNDANCE THAT YOU WANT



HEAL YOUR RELATIONSHIP WITH MONEY

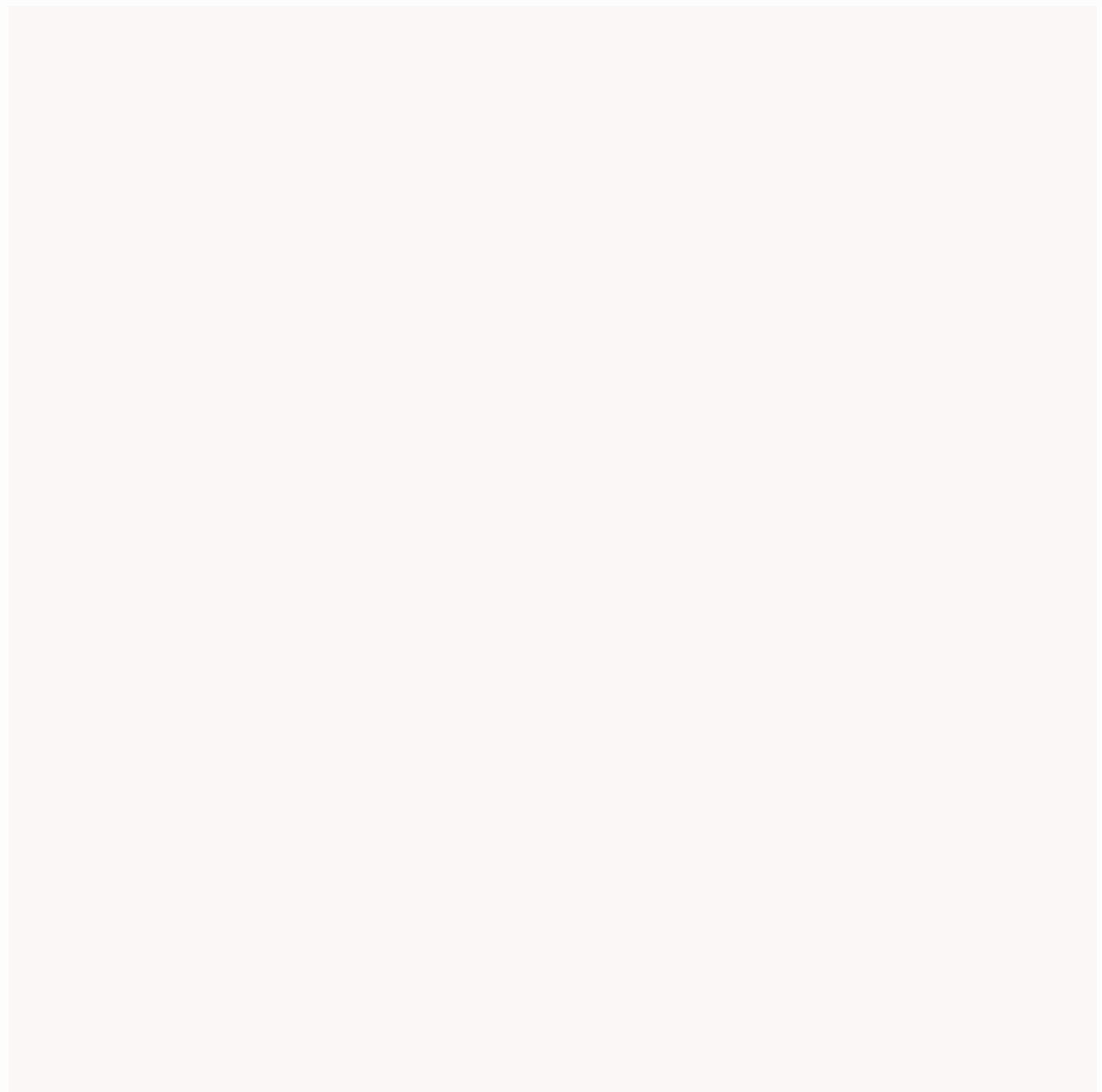
NOTES FROM QUANTUM EXPANSION!!!



HEAL YOUR RELATIONSHIP WITH TIME

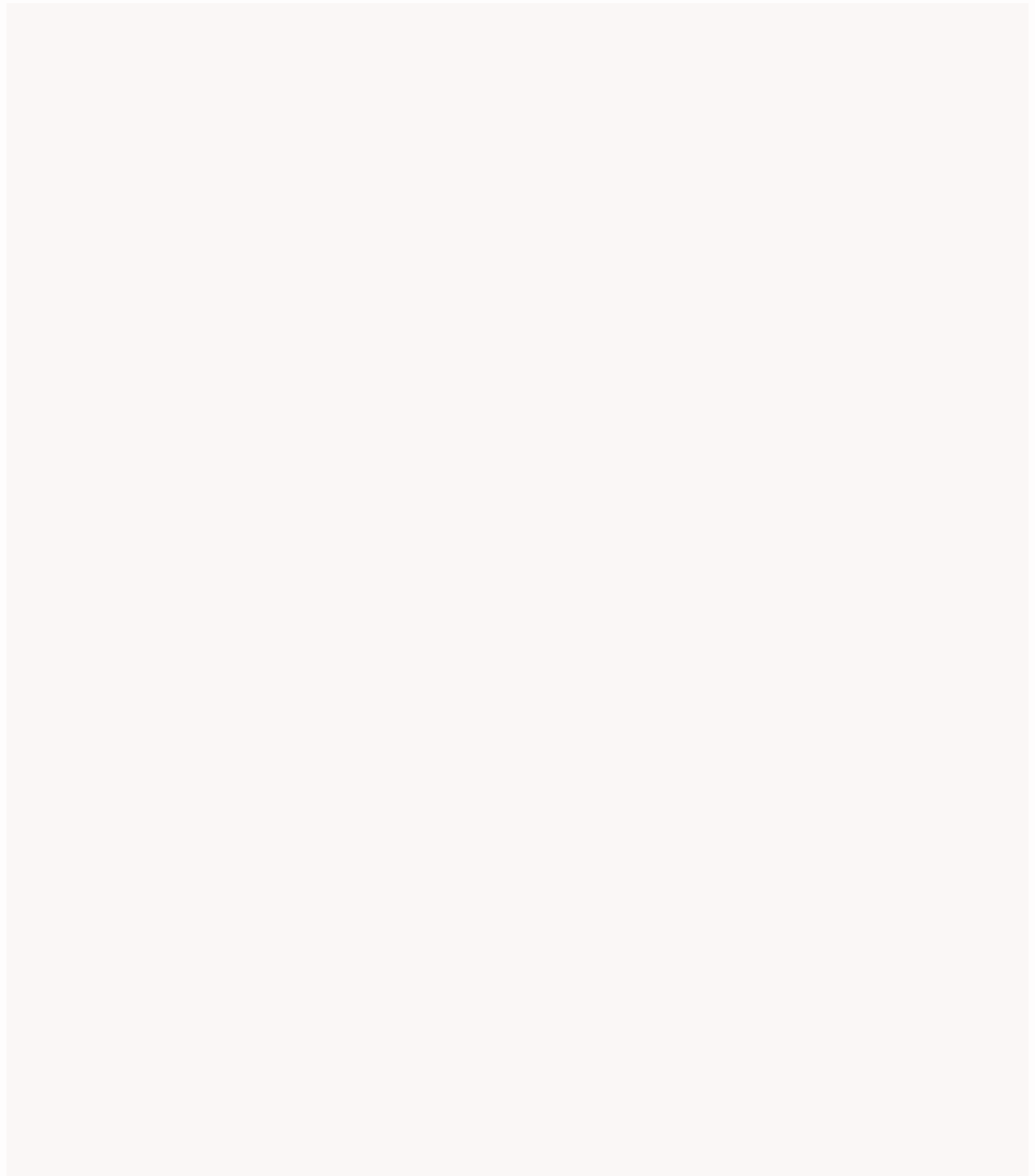
NOTES FROM QUANTUM EXPANSION!!!

BENDING TIME & THE BEST WAY TO CREATE MOMENTUM WHEN WE ARE STUCK



HEAL YOUR RELATIONSHIP WITH TIME

NOTES FROM QUANTUM EXPANSION!!!



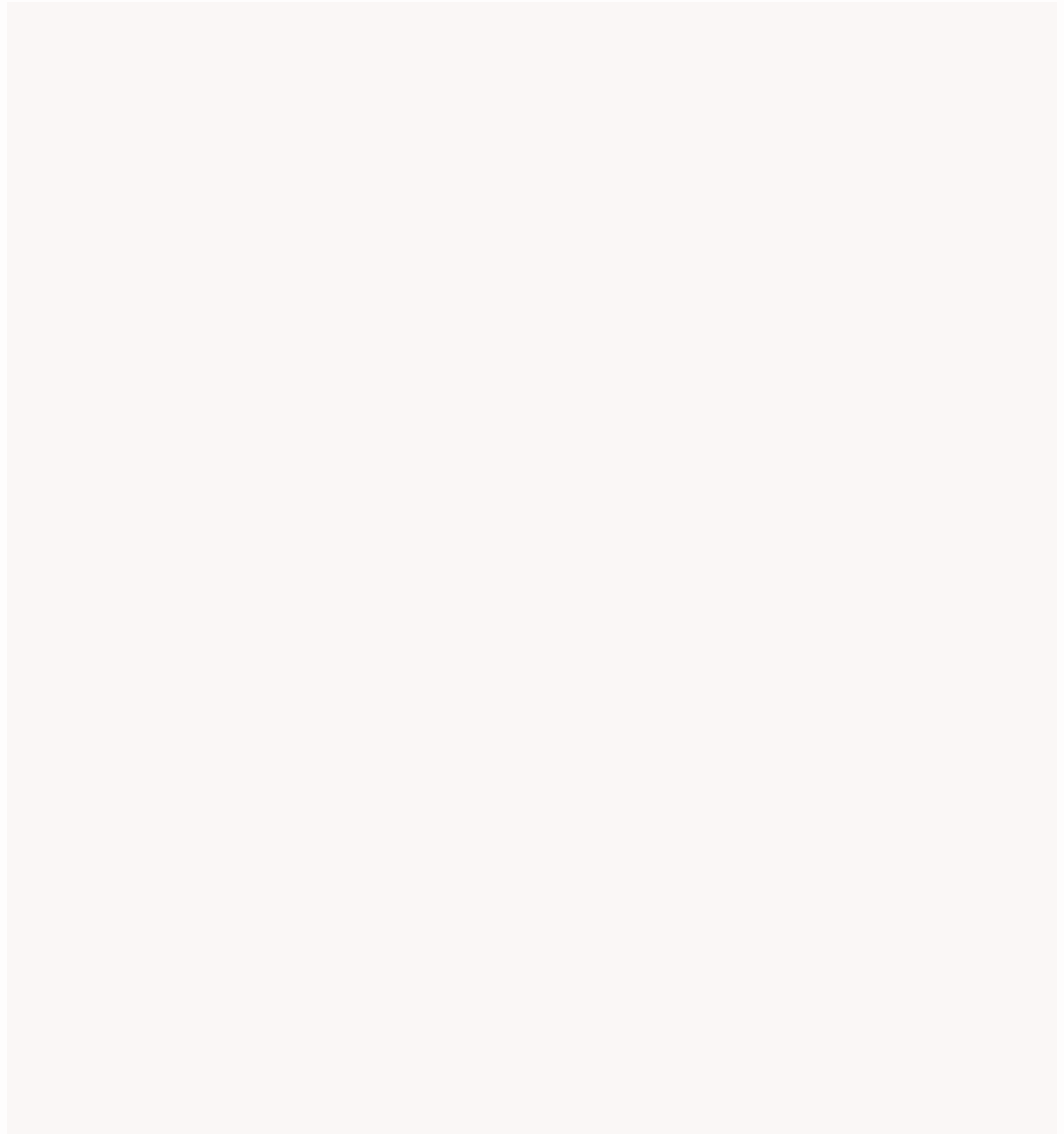
STEPPING UP TO YOUR NEXT LEVEL

NOTES FROM QUANTUM EXPANSION!!!

THE MOST IMPORTANT
PRINCIPLE - THAT WILL
TRANSFORM YOUR ENTIRE
LIFE WHEN YOU EMBODY IT
AND LIVE IT

STEPPING UP TO YOUR NEXT LEVEL

NOTES FROM QUANTUM EXPANSION!!!





WANT SUPPORT IN YOUR
TRANSFORMATION?



Let's work together to find a path towards embracing
your unique desires. Click on the button below for a free
consultation.

[CONNECTION CALL](#)