



CALM architecture® would like to share:

The Order Form To The Universe

“Joy and peace are your inheritance.”

- A Course In Miracles

Welcome! It's Susanne Breul, creator of www.CALM.architecture and Breul Design

I'm so excited to share the most important and powerful tool

– **The Order Form to The Universe-** (lovingly referred to as the OFTU by the many people who already use this tool on a daily basis) with you!

I first used this tool over 3 years ago as I began to lead my business from my Highly Sensitive Strengths, to help me cut through all the confusion that was taking over my brain and to keep me from what felt like drowning in overwhelm.

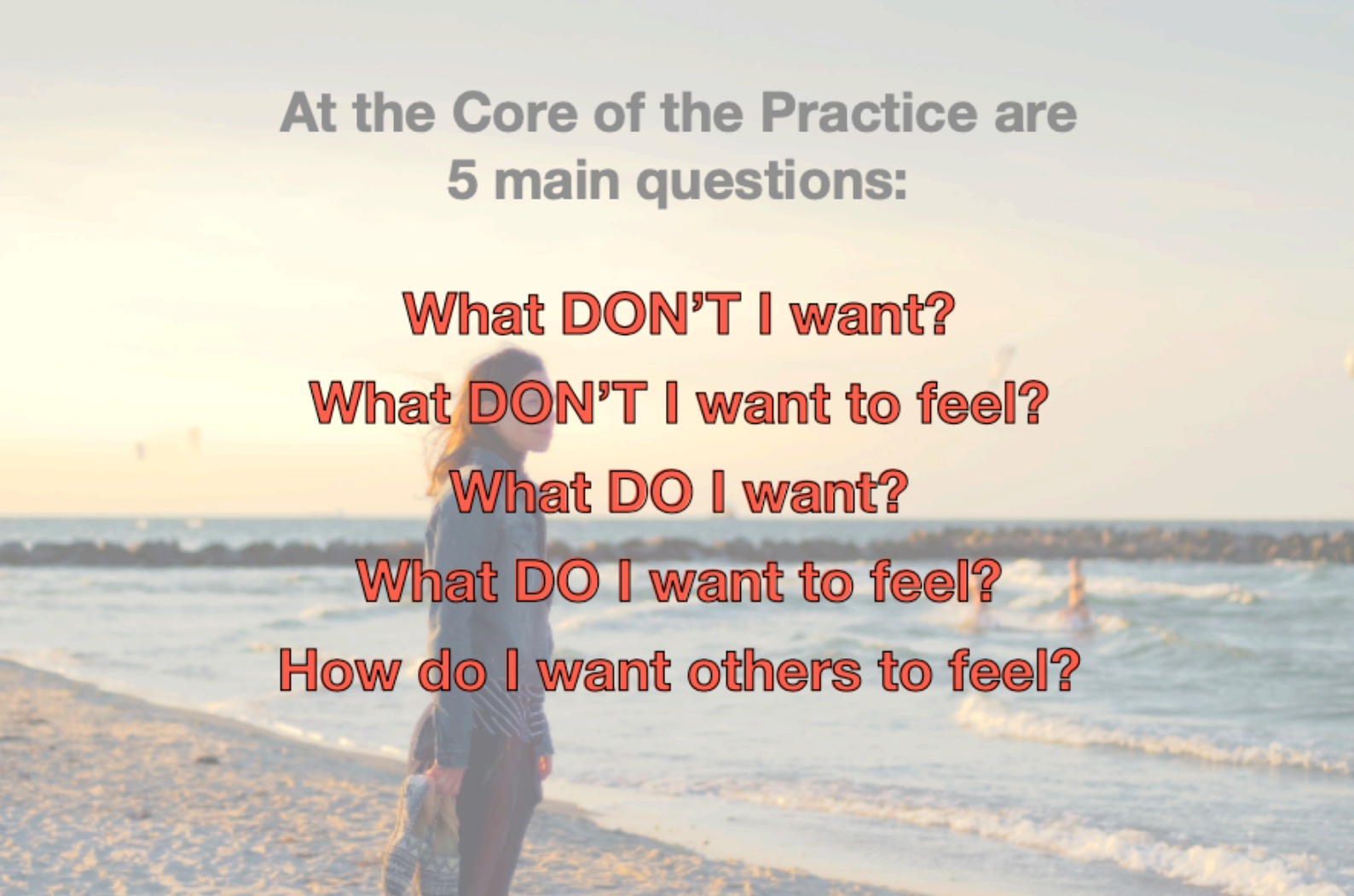
You know the questions, “*What do I do first?*” “*What do I say to that prospect?*” “*How do I make this whole thing work?*” And more just like that ...

–and I've been using it ever since. Seriously.

I've received it from my business mentor, who literally shared it with thousands of Highly Sensitive Entrepreneurs (HSEs) **who all give her the same feedback:**

“Thank you. This has saved my business and my life.”

It's a simple practice that has a profound effect.



At the Core of the Practice are
5 main questions:

What DON'T I want?

What DON'T I want to feel?

What DO I want?

What DO I want to feel?

How do I want others to feel?

The sequence of these questions is extremely important:

The first two questions help you clear your mind and energy. The third and fourth create focus and the fifth question is the power question that brings it all together.

I highly recommended that you write both the questions and your answers to the question out on paper (or at least type them) not just “think them”.


Really go stream of consciousness; let it all out.

Watch how your ego-mind wants to block you with “Shoulds”, “Have tos” or “Hows”. Ask the ego-mind to kindly wait outside and stay with the practice.

You can put together an OFTU for anything that you are confused about.

Anything that has you in a state of confusion or overwhelm, any major decision or minor – nothing's too big or small for an OFTU.

I like to write at the top of the page “OFTU:” and then I'll identify what this OFTU is about. **For example, maybe it's an OFTU for my 3 o'clock prospect call.** When it comes to that prospect call:



1 I'll just write out everything that I don't want to have happen on that call. For example:

- ◆ the person to call in late
- ◆ any technical difficulties
- ◆ a person who is angry and doesn't take personal responsibility
- ◆ a person who gives short, surface answers to my questions
- ◆ etc.

2. Then I'll write out everything I don't want to feel during that call. For example:

- ◆ over-responsible
- ◆ disconnected
- ◆ uncertain
- ◆ frustrated
- ◆ overwhelmed
- ◆ etc.

3. Then everything that I do want to happen during that call. For example:

- ◆ call to happen on time
- ◆ easy connection
- ◆ an open, appreciative person
- ◆ a deep connection and conversation
- ◆ etc.

4. And everything I do want to feel. For example:

- ◆ excited
- ◆ connected
- ◆ divinely guided
- ◆ confident
- ◆ supported
- ◆ etc

5. And then, how I want the other person to feel during that call. For example:

- ◆ appreciative
- ◆ open
- ◆ possibility
- ◆ willingness
- ◆ a divine answer to a prayer
- ◆ etc.

A photograph of a desk setup. On the left is a red ceramic mug with a gold handle and the words "GO GET 'EM" in gold script. To its right is an open notebook with a black pen resting on it. In the background, a potted plant with green and yellow variegated leaves sits on the desk. The scene is brightly lit, likely from a window on the left.

**Then we take the Core of the Practice
two steps further with these next
important steps:**

I'll then identify my next inspired action.

So continuing with the prospect call example from above, let's say:

◆ Test my phone line, get a glass of water, breathe deep, pray

Final step: Give Gratitude

Again continuing with the prospect call example from above:

◆ Thank you, God, Angels and Great Ones (or insert words/names that work best for you such as Universe, Spirit, Nature, etc.) for bringing me this prospect connection. Thank you for giving me the thoughts to think, the words to speak and the actions to take. I am so very grateful. Thank you.

I use the OFTU constantly and consistently.

I have been using it for years. I have put together OFTU's in pretty journals, I have put together OFTU's on restaurant napkins, I have put together OFTU's on toilet paper and I have put together OFTU's

on the notepad of my iPhone, even though that is not the most ideal choice.

So there is no right time or place to use the OFTU. **You can use it immediately for your building project** (that's how the whole toilet paper issue came about. I just needed some space, went into the bathroom, took a pen out of my bag and wrote on some toilet paper.)

And, **you can also use it ongoing, especially in these challenging times.** I have also used the OFTU as a consistent tool every morning to support me with pro-actively staying out of the shadows of confusion and overwhelm BEFORE they even have a chance to try to come in and take me out.

And the result is always the same – MIRACLES. An opening is created by clearing and calming my energy and then miraculous opportunities come to me from out of the blue, stressful situations are more ease-filled, new ideas and insights come to me. **I viscerally experience the Universe delivering my order.**

And it's the same for all of my clients, associates and even family members. Again, they all give me the same feedback: "Thank you. This has saved my business and my life."

Ok, now it's your turn. :) **I recommend you begin with the OFTU template provided for you below** and then use as needed wherever and whenever!

Here's to staying out of your shadows, stepping into your strengths and experiencing miracles on a daily basis.



Love and Blessings,

A handwritten signature in blue ink, appearing to read 'Susanne Breul'. The signature is fluid and cursive, with a large initial 'S'.

Order Form To The Universe Success Stories from clients and colleagues:

"Before the OFTU, I would push through my day and hope for the best – often overworking and wondering what I had actually accomplished by the time I went to bed. Now, I start my day with an OFTU and gain immense clarity on exactly what needs to happen to create what I desire, and I get it done with a lot more ease and flow. My business is bringing in more income while I take more and more time off with my family. The OFTU is a manifestation tool I will never go without again!"

[Stephanie Bonte-Lebair, Expert Vocal Coach, Gaithersburg, MD](#)

"The OFTU has become my secret weapon to go from overwhelm, confused and stuck on something to clarity and feeling re-connected with my intuition and my personal power. For example, I used to start everyday feeling completely overwhelmed - there was always so much to do in my business! Now, that the OFTU has become a regular part of my morning practice I start my day with simple action steps that came out of using this tool and feel clear, calm and connected."

[Jessica Procini, Emotional Eating Coach and Founder of Laugh Yourself Skinny®, Philadelphia, PA](#)

The Order Form To The Universe Template

Intention: To create calm and clarity from chaos and confusion

Order Form To The Universe Focus:	
What Don't...	What Do...
I want:	I want:
I want to feel:	I want to feel:
How Do I Want Others To Feel:	
Next Inspired Action:	Give Gratitude:

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Note:.

Thank you to my Business Mentor Heather Dominick-Kosmicki, for allowing me to lovingly share this valuable tool with my prospects and clients!

In Case you are curious to find out if you too are a Highly Sensitive Person, Heather has created this simple quiz to find out.

Simply click [HERE](#)