



LET'S GET STARTED  
.....

*Discover How to Align to Your  
Highest Values  
& Unlock Unlimited Success*

By following your highest inspiration

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# Insights/Notes from Meditations

*Anything you'd like to remember about your journey or questions you want to remember to use.*

## Common Myths

Notes from examples/stories:

How can this be helpful for you? What do you notice about your life/patterns?

# What is overwhelm and a lack of motivation?

Notes:

)

## Here's what's possible when you live congruently in your highest values

- More \_\_\_\_\_, more productive and inspired
- More \_\_\_\_\_, disciplined and ordered
- More \_\_\_\_\_and strategic planning
- Stronger \_\_\_\_\_system
- More self-\_\_\_\_\_
- More \_\_\_\_\_and adaptable

**You are able to take on inspiring challenges  
that really fuel you**

*(energy, reliable, vision, immune, governance, resilient)*

# Understanding Your Own Values:



01

What do you love to talk about?



02

What do you love to fill your day doing? Where does time disappear?



03

What do you love learning about?

# Transcendental States

- 1.
- 2.
- 3.
- 4.
- 5.

*(Love, Certainty of mind, Grounded enthusiasm in the body, Presence, Inspiration)*

## Live It Or Link It

When something isn't inspired or linked to your highest values, you will:

- Burn out
- Need external motivation
- Check-out
- Seek Instant Gratification
- Keep Unhealthy habits and Relationships
- Have distress

Notes from examples:

# Questions to Ask Yourself:

HOW SPECIFICALLY IS THIS ACTION HELPING YOU TO  
FULFILL YOUR HIGHEST VALUE OF \_\_\_\_\_?

01

List some goals/ideas/opportunities you've been thinking about?

You can either let go of them for now, or link them

02

Anything you know you're ready to let go of?

03

Anything you want to link moving forward?

Know Your Why AND See Everything As On the Way

## If you find yourself in a position now where you:

- Have lost dreams
- Are Experiencing Heartbreak
- Going Through Grief or Loss
- Feeling Overwhelmed and Confused
- Lack Direction and Purpose
- Get Caught Up In Other People's Energy & Ideas
- Are at Rock Bottom
- Face External or Internal Challenges

*Health, relationships, finances, career, new path...*

These are symptoms of not being connected to your highest values

- If you're wanting to know your highest values?
- If you're ready to up-level your being and life?
- If you're ready to stop looking for motivation and start living with inspiration?
- If you know this is even easier with support and a community...
- If you're ready to up-level your being and life?
- If you're ready to stop looking for motivation and start living with inspiration?
- If you know this is even easier with support and a community...



I'd love to invite you to join me for this limited time special offer.  
Plus...there are 7 amazing bonuses for you.

Please visit to join and learn more:

[laurinseiden.com/5-week-course](http://laurinseiden.com/5-week-course)

If you aren't quite sure if it's a fit for you, we'd love to chat with you!

Please apply for a call here: [BIT.LY/RECONNECTCALL](https://bit.ly/reconnectcall)

**Meditation Bonus**  
A compilation of powerful meditations created to help you step into your most connected self so you can live inspired and in your highest potential.

**Resume Course**

**Journey Through the 7 Chakras**

**Welcome!**  
Lezione 1 di 51  
Welcome to A Journey Through the 7 Chakras with 5 of the world's best speakers and mentors. I'm so grateful you're here and we have tons of amazing content, tools, and insights in store for you.  
Please watch this welcome video and we'll dive into together.

**1. Welcome to Empowered Living**  
Lezione 1 di 51  
Congratulations! I'm so thrilled that you're here. Welcome to Empowered Living.  
As you may remember from our mini-series, the state of disconnection is what's keeping us from living as our most connected and empowered selves.

**Reconnect with Your Heart Week 2**  
*Building Your Financial Wealth*  
How to Reconnect with Your Heart and Start Getting Anything You Want in 5 Weeks  
Laurin Seiden  
STRATEGICAL LIFE SHIFTING COACH

**FEEL CONNECTED AND FREE THROUGHOUT YOUR BODY & LIFE**  
**A FREE 7 DAY ONLINE SUMMIT**

Jayla Ma, Roger Love, John Holden, Dr. Demetrius, Guru Singh

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# Reconnect to Your Heart

- Weekly calls designed to dive into Q and A
- I personally refine any tools for you so you can use them practically
- Be in Community with Like-Minded People
- Watch at YOUR OWN CONVENIENCE
- Live Meditations, Additional Content & Weekly Handouts
- Lifetime access to all digital contents
- Plus tons of bonuses...

**01** WEEK ONE: Values  
STRATEGIC LIFE-SHIFTING CLARITY SESSION

**02** WEEK TWO: Gifts  
KNOWING & INTEGRATING YOUR GREATEST GIFT

**03** WEEK THREE: Goals  
GAIN CLARITY ON YOUR HIGHEST PRIORITIES

**04** WEEK FOUR: Boundaries  
CREATING AND UNDERSTANDING YOUR OWN ENERGETIC BOUNDARIES

**05** WEEK FIVE: Integration and Letting Go of Triggers  
UNDERSTANDING HUMAN BEHAVIOR AND CLEARING YOUR PAST

# Hear from some of our incredible community:

"I could do this journey probably 7 times and every single time I would get something new and integrate something a little deeper, because you just get so much every week. Each week you leave with something you can actually implement in your life going forward."

- Jackie

*"I went from living in complete lack, to understanding and knowing myself- what a shift!*

*I committed at a time when finances were concerning, and actually everything in my life was concerning.*

*The consistency of having the weekly calls and having the videos to re-watch, that's what kept me on track. That's what got the ball rolling. I couldn't do it by myself. Having the accountability was really helpful.*

*I knew I was stuck, I knew I needed to move on, I knew I needed to look at life differently. You had skills and tools and ways to get me there just so gently and easily. And I'd been stuck for years!*

*I've learned so much from you. Thank you. I highly encourage everyone to join this course."*

- Kelli

"The meditations really allowed me to open my heart and heal on a deeper level.

I was very impressed with how you love what you do and it shows. Anyone who has not taken this, you've got to sign up! Thank you for making a difference in my life."

-Mary Beth

# Hear from some of our incredible community:

"One of the things that made the biggest impression on me is how you were so available — and I was so impressed by how patient you were and how much of yourself you gave emotionally

It's another component of the course that some people may not realize until they get a chance to experience it.

Your patience and your personal investment has made a big difference. Thank you."  
-Irene

*"I think what you have to offer is extraordinary. I've been through your course multiple times and I've learned so much. You are so wonderfully generous with all your information.*

*You always hear something you can use to move forward with in your life.*

*I had a new experience just the day after your webinar and integrated a new useful piece that helped me close a new client.*

*Run, don't walk to join."*  
-Liz

I hope to see your success story here next!

Join us here:

[laurinseiden.com/5-week-course](https://laurinseiden.com/5-week-course)