

THE TOP 3 MISTAKES
THAT KEEP YOU FROM

Fulfillment & Flow



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About the Author

You may not realize it, but there is a power within you that, once you discover it, will change how you experience your life forever.

I know, because I've seen it happen for myself and thousands of my students and clients.

I'm Dr. Sue Morter, Master of Bioenergetic Medicine, International speaker and teacher, and author of the best-selling book, *The Energy Codes: A 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life*.

I've been a doctor and teacher for more than 30 years, blending modern-day science with ancient spirituality to bring healing, wholeness and a profound sense of fulfillment and well-being to my patients and students. Through my books, seminars and Energy Codes coursework, I've had the honor of teaching hundreds of thousands of people around the world how to discover the truth of who they are and how to master their life experience.

I'm the founder of Morter Institute, an organization committed to teaching individuals self-healing techniques and a new approach to life based on Quantum Science, creator of BodyAwake® Yoga, a comprehensive system to activate consciousness in the body using the ancient principles and practices of yoga, and co-teacher of *Your Year of Miracles*. I lead JourneyAwake® excursions to sacred sites around the world, and travel and speak at events more than 250 days a year. I'm also the host of *Healing Matrix* on Gaia TV.

I do all of this and more because it is my deepest passion to help individuals wake up to the Truth of who they are and begin living the life of their dreams.

You see, I used to live a life I *thought* was fulfilled. I grew up working alongside my father, a pioneer in Energy Medicine, and began my own successful practice filled with patients who were experiencing life-changing healings and transformations. I had attained success by every standard measure, but it never seemed fulfilling. I knew there had to be something more to life than meeting all the goals that had been modeled to me.

It wasn't until I experienced a spontaneous awakening during meditation nearly 18 years ago, that I discovered a Truth that exists within each of us. With this new-found realization, everything shifted for me and my life began to flow in the most amazing way.

My work became purposeful and fulfilling. I experienced endless energy and a sense of true joy in my everyday life. I began traveling and teaching, enjoying overflowing material abundance, deep spiritual fulfillment, and profound love with my partner and best friend, as well as with every person I encountered. This time my life *was* truly fulfilled as I experienced the ease and grace of living in a constant flow of opportunities, abundance and "synchronicities" on a daily basis.

My new way of life wasn't an accident. After discovering the amazing Truth of who we are in my awakening experience, I turned my life into a living laboratory and created a step-by-step system to decode what it takes for each of us to live our essence and allow us to create the life of our dreams. And because I knew this truth wasn't unique to me - I knew the system could be learned by anyone.

I've shared this system with my patients and students, and I've seen the tremendous results that people have when they begin to understand the power they possess to change their own lives. They become the creator of their life experience rather than the victim of their circumstances.

And now, with this e-book, I'll be sharing with you what I know it takes to start living the Truth of you and begin experiencing true fulfillment and a life of flow. It's your guidebook to creating the life you dream of and will teach you to avoid the mistakes other people make that keep them blocked and struggling.

Living in flow and experiencing the freedom and fulfillment that results from discovering your True, core essence is available to anyone – yet many never get there. It's because they've never been shown how. Once you incorporate these three simple practices and life-changing perspectives, *you will begin living in the flow too.*

You can also attend my latest free online webinar, **The 3 Secrets to Syncing Up Your Super Powers for Freedom, Flow & Fulfillment** by going to: www.superpowerswebinar.com



When you know the Truth of you, everything flows with ease and you don't have to work to make life happen. It may seem fantastical, but it's actually right here and available for you. You just have to learn how to connect with it.



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Introduction

WHAT IF YOU DID KNOW?

One morning about ten years ago, I was sitting on the soft white sand of a beautiful beach in Mexico. The waves were gently crashing on the shore behind me and a group of incredible individuals – my students – were sitting in front of me. On their faces were looks of absolute peace and complete contentment.

We'd just experienced a pre-dawn meditation, witnessed another awe-inspiring sun rise, and finished an early-morning yoga class.

I looked around and realized this was a dream come true.

Sitting on the beach that morning I knew, "This is the kind of fulfillment and bliss we're all meant to experience."

I was living my dream life - but it wasn't always this way.

Years earlier I was running a successful and thriving clinic, spending long hours trying to see the growing list of patients constantly coming my way. I was busy, wildly successful and...I was exhausted.

I suffered from debilitating migraine headaches, weighted down with the burden of a secret fear that no matter what I accomplished or how successful I became, life would never be "good enough." Beneath every thought, there was a gnawing feeling that something was – and would always be - missing.

Then, one day while I was on a break from seeing my patients, I was on a phone call with a colleague of mine. I confessed how utterly exhausted and desperate I actually felt.

He listened to my situation. When I was finished talking, he asked, "Well, if you could be living the life of your dreams, what would it look like?"

Tears ran down my face as all I could think to answer was, "I don't know."

And then he asked me something I will never forget.

He asked, "Well, what would you say if you *did* know?"

And to that I replied, "If I could live the life of my dreams, I would be teaching self-healing techniques and meditation at beautiful beachfront destinations around the world helping people live amazing and blissful lives."

Fast forward years later and there I was, sitting on the white sand beaches of Mexico doing just that.

I was in a stunning beach-front location, teaching my Energy Codes coursework to a room packed with individuals who were experiencing profound shifts and powerful transformations in their lives. People were healing, relationships that had been the source frustration for years were shifting, and many students were



standing up each day to share how their lives had positively changed and that they were experiencing true joy and fulfillment for the first time ever.

Now if you had told me then, that I would one day be living this life of my dreams, I'd have told you that you were crazy. I was too busy with the responsibilities of my clinic, staff, and patients to even think of such things. I was so disconnected from the truth of who I was that I wasn't even able to dream, let alone believe any dream could ever be true for me.

Today, the life I live is *beyond* my wildest dreams – because I have discovered a Truth about who we are and have a system that allows me to live from that place. The part that thrills me most about all of this, is that I get to share these secrets and system with you.

Before we dive into those, I'd love to tell you a little more about my own story and the challenges I experienced until I discovered what I'm going to share with you in this e-book.

As a kid, I started off completely intimidated by life. I was the kid that if an adult even tried talking to me, I would immediately burst into tears and hide behind my mom's skirt. Life was completely tormenting and terrifying to me and I just wanted to be invisible and disappear.

I played alone all the time. For years I even slept on the floor of my closet at night because it was the only place I felt safe. That's how freaked out I was. The only thing that felt calming to me was spending time out in nature alone.

As I grew up, in order to survive, I became a perfectionist. I tried to manage my world to make sure that I would be accepted and feel loved. This perfection stemmed from my deep fears and insecurities, so to soothe this fear, I tried to become excellent at everything I did. Yet, it was horrifically painful and utterly exhausting.

Later as I graduated from school and became a doctor, I worked really hard. I had a very successful practice and was at the top of my profession. I was having tremendous results with patients and was sharing my work at conferences and teaching seminars to doctors all over the country.

And yet, I felt trapped.



Underneath the success, the truth was I was exhausted and stressed. It was debilitating for me to the point that I began getting migraine headaches causing me to miss work one to two days a week.

There was a lack of love in my life and no *real* sense of fulfillment. Even though success existed on the outside, I thought that I would always have to work hard to get ahead. It was exhausting and I felt it would never end.

Then, looking for answers, I became attracted to meditation 20 years ago for some kind of relief from this pain and stress I was experiencing. Within the first month of meditating, my life started down a different path and I started to feel relief.

Almost immediately upon beginning to meditate I had an awakening that literally changed the course of my life.

In that one experience, I discovered a Truth that existed in all of us.

I literally saw the truth of who I was – who we all are - in our multi-dimensionality. From that day, I began living an amazingly different life experience. The fear and insecurity I once felt was completely gone, and I started living in this constant state of flow.

Now I'm living my dreams. Not only am I teaching at beautiful beachfront locations, I'm traveling around the world teaching thousands of people about what matters most in life. I have abundant, limitless energy and I feel completely free and, in the flow, almost *all* the time. Thinking back to the times I hid myself in my closet at night, the fact that I now travel around the world, speaking in front of huge audiences, such as a live streaming event to 90,000 people from NASA just blows my mind!

The part that I find the most amazing, is that I'm not special – meaning it's not just in me – it's in all of us. It is what we are *made* of: a supremely abundant, robust flow of powerful energy that flows through our system and creates the life we dream of.

I now know how to tap into this part of me and I know you can too.

Since my awakening experience, I spent the next 10 years making my life into a living laboratory so that I could find a way to access that truth at will. Through that, I have found the core principles and exact practices and created a system that allows others to do the same. I'm inspired by and grateful for what I've discovered and the amazing ways in which it has changed my life and the lives of the people I've shared this with.

There's no greater passion of mine than to share this system and watch as the lives of others shift into ones they love.



If my life can transform in this way, so can your's.



I assure you, accessing and knowing the Truth of who you are isn't a gift, or a blessing bestowed upon a few. It's available to everyone.

There is an exact science, a system for creating this type of life – and I'm going to share a part of it in this e-book.

“No matter what challenges you have or what areas you feel stuck, if you apply this system, you will experience true fulfillment and begin to live in flow.”

So, if you....

- Feel like you've tried everything, but you still feel trapped and your life never seems to change...
- Have been searching for your life purpose but it still seems to elude you...
- Are tired of trying every new health plan out there yet you still don't have the vibrant health or energy that you want...
- Feel stressed and overwhelmed, like you're always falling behind and you're never going to get to where you want to go or that you'll never be enough...
- Are constantly uninspired and exhausted and wonder if life will ever feel flowing and joyous again...
- Long for real, true love and deep, fulfilling relationships with your partner, friends and family, and yet you always feel "on the outside" and lonely...

Or, maybe life is flowing for you, but you know that it can be even better...

If any of these feelings are true for you, there is a reason.

There is also an answer.

When you discover the Truth of you and stop making certain mistakes that keep you from living in the flow of life... everything can change.

Your life really can shift in an instant.

It's no accident you're reading this right now. *You* led yourself here because it's your moment to experience true fulfillment and start living in the flow.

You have the power to do this, you simply have to be shown how.

Quantum science shows us that we are creating 100% of our reality and that living the life of our dreams is possible.

So, what will you choose? What dreams are you ready to live?

It's all right here for you. You just have to know how to open to it.

I know this from my own personal experience.

And now, it's time for you to know it too.

How this book works:

This book is broken down into three chapters. In each chapter we discuss another mistake that I see people make keeping them from true fulfillment and living in the flow of life. In each chapter, I also provide a way to turn that mistake around so you can start living more and more in flow and fulfillment!



MISTAKE #1: Not Knowing Who You Truly Are

You'll learn that you aren't who you think you are – that there is a “you” that is so much deeper. Then I'll share a way to connect with this deeper you in any moment. When you live from this place, everything in your life will change.



MISTAKE #2: Cutting Yourself Off from Abundant Source of Energy

Breathing isn't something that is new to you. (We breathe every moment of every day to live!) But if you're not taking full advantage of the power of your breath, you could be blocking yourself from tapping into an abundant flow of energy. I'll show you how to instantly tap back into flow and reenergize your life simply by using the power of your own *conscious* breath.

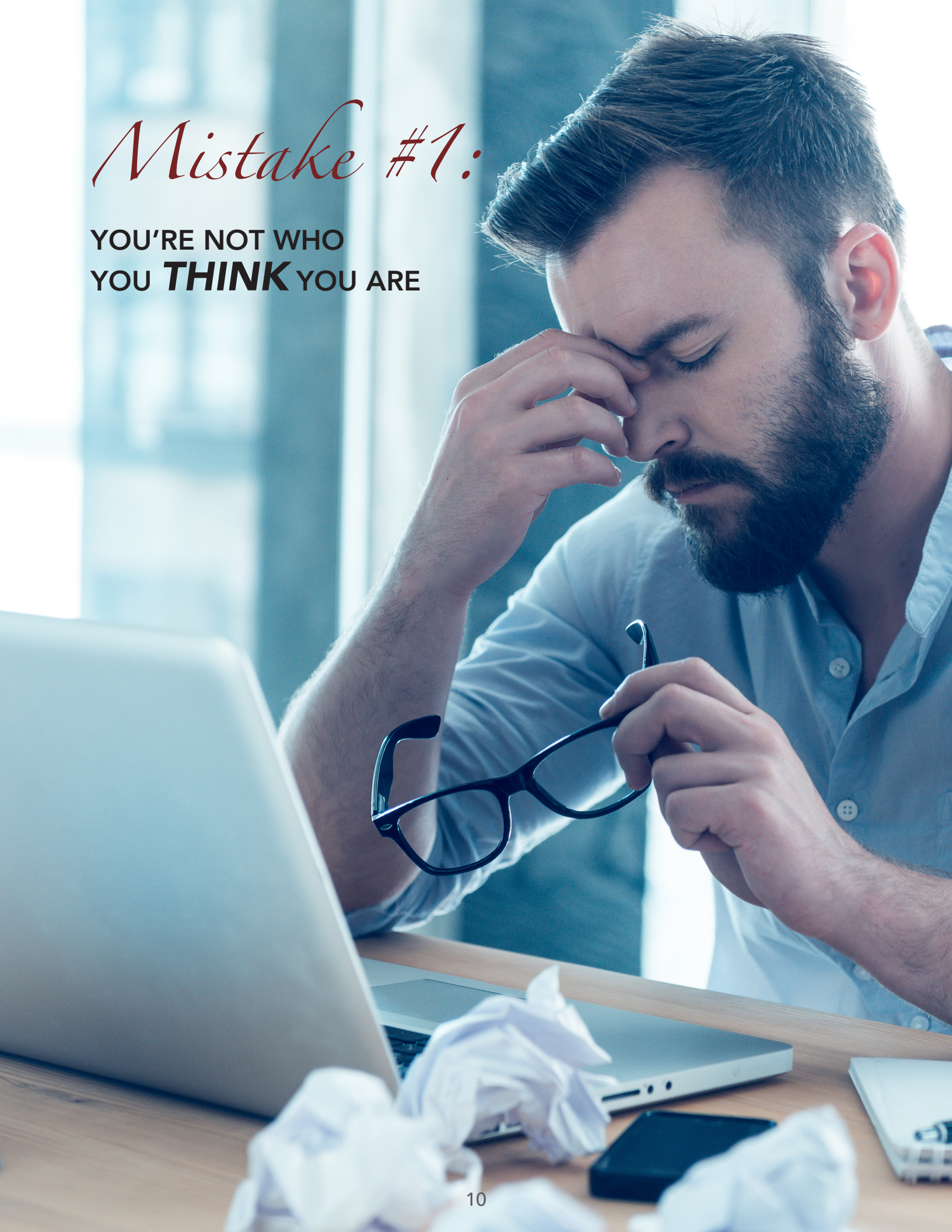


MISTAKE #3: Not Realizing How Big You Truly Are

How you view the world determines 100% of your life experience and whether you are “in the flow” or working against it. With this simple yet profound – and empowering – shift in perspective, you can liberate yourself from the past and remove stuck energy from your system to begin living back in the natural flow of your life.

Mistake #1:

YOU'RE NOT WHO
YOU **THINK** YOU ARE



Mistake #1:

YOU'RE NOT WHO YOU *THINK* YOU ARE

As you go through your day, have you ever paid attention to the millions of thoughts running through your mind?

Maybe you think thoughts such as:

- “I hope my presentation at work goes well today. I’ve worked really hard and I need my boss to approve.”
- “I shouldn’t have eaten those cookies. Maybe I should do a workout later? I’m definitely not as healthy as I want to be...”
- “I’m so tired of this job! Why can’t I find work that is truly fulfilling?”
- “I forgot to call Sarah again. I’m such a bad friend...”
- “I’m going to sit and write my visions and get in touch with what matters most to manifest the life I truly want! Wait, didn’t I say that last month...?”
- “I can’t stand when my partner keeps doing that same annoying thing. I swear things are never going to change.”

From the moment we wake in the morning until the minute we fall asleep at night, our minds are racing with our anxieties and stresses, thoughts of our hopes and dreams, ideas of what we think we should do, who we think we should be, how we think others should be, and on and on.

All of these thoughts, fears, anxieties, and judgments are not who we are. They come from our mind. Problems in our life occur because we are identified with these constantly spinning thoughts.

The number one mistake that causes us to feel tired and out of flow is that we are identified as the mind.

We are stuck in these thoughts and have become identified with the mind because we’ve never been taught the Truth of who we really are.

Let me explain...

When we come into this world, it’s as if we land and we “splat.” We get dispersed into different directions. It’s as if our mind goes one way; our body goes another; and our breath goes a different way. This leaves us feeling disoriented, weakened and, looking for something solid to hold onto, we grab onto the mind.

When this happens, a false version of ourselves gets created - way out there on the outer rim of the splat.

We begin to live in our thinking mind in order to look around and protect ourselves and we start engaging in life from there. Very quickly we begin to think that’s who we are.

The problem with being identified as the thinking mind, is that it is constantly ruminating on the things that it needs to do to feel safe and whole.

In any situation, we desperately look around to see if we're ok and if we're going to fit in. Our mind scans the room, noticing and sizing up the people around us as we try to decipher what is good and what is bad, whom we should listen to, what is appropriate to say, and on and on.

Looking to feel safe and accepted, we begin calculating, strategizing and trying to please people so that we ultimately end up getting what we need.

The problem is, living in this way consumes a huge amount of energy.

We do all of this because whenever we are identified as the mind, we're constantly looking for love, a sense of wholeness, and acceptance. Because the mind is only a *part* of who we are, if we're attached to it and identified as it, we too think we're less than whole.

And the irony is, it's true.

When we identify as the mind, we're not connected or rooted in the Truth of who we are, our whole self, so we will always feel inadequate no matter what we do. Regardless of what we accomplish, how many external accolades we receive, educational degrees we obtain or material possessions we gather trying to validate and prove our worth, it will never be enough, or sustainable. This is one of the longest standing truths that humanity has had to realize. At some point in each of our lives this will have to be mastered.

As long as you are identified as the thinking mind, you will constantly be exhausted and unfulfilled subconsciously trying to fill this feeling of "something missing" within you.

Does that sound like the life you'd like to live?

There is another way.

To feel whole and experience true fulfillment, we must un-attach from that thinking mind, get in touch with our essential core self, and allow ourselves to be present in a way that the thinking mind could never know.

To pull away from the mind and pull yourself back to connect with the deeper, True you – I use a simple, but powerful technique.

If you're ready to connect with a deep sense of wholeness and re-member the True you, I invite you to try this:



Close your eyes, place your hands on your belly, and take a deep breath down into this area.



This may seem simple, but as you do, you're going to start to activate a different part of your system.

Most of us spend our days breathing into the upper lobes of our lungs and chest. Breathing in this way actually activates our "fight-or-flight" response and keeps us stuck in a state of unrest and stress, or that of living from the mind.

Instead of breathing in your upper chest, drop down into your core and breathe into this area. This pulls you away from your mind and reconnects you with the True you.

Those spinning thoughts you were thinking earlier in the day will start to shift for you. With each deep breath, you'll start to say to yourself:

"Oh, wait a second. I was so caught up in the situation that I was believing the stressful thoughts I was thinking - wondering if that person approved of what I was doing, if I fit in, if I'm acceptable or if I'm enough..."

This is called a "pattern interrupt."

When those thoughts are happening and consuming all your energy, disrupt the pattern by disconnecting from them, no longer allowing them to run your experience.

When you do this, don't just interrupt your mind. Stopping your thoughts using another thought such as, "I shouldn't be thinking this" will never work.

***The secret is,
you can't un-attach from the mind using your mind.***

The only way to un-identify as the mind is to allow yourself to drop into a *deeper* sense of who you are.

A deeper sense of connectivity happens when you start taking big belly breaths, because you are starting to activate a different part of your system – the Feeling Body.

This pulls your nervous system's focus out of a fight-or-flight state and drops it into your creative resource. From there, a deeper and more creative sense of self - the True you - can begin to surface.

When that happens, a different signal is sent to your cells. Your cells start creating different chemistries that rise to the brain and allow the brain to function in a totally different way: a peaceful, empowered way.

You begin to transcend your own primitive thinking brain and the frightened and insecure thoughts that correlate with that base level of survival begin to shift to more integrated ways of perceiving the very same aspects of your day in an entirely different way. You begin to feel that things are actually in support of you realizing your magnificence rather than things are happening that are painful, challenging, or overwhelming.

Now, instead of your thoughts focusing upon, “Am I safe?” “Am I enough?” “What do I need to do to be ok?” they shift into a creative, generative alpha-thinking way of being.

It is from this state that you have the wherewithal to use your energies to imagine new projects and new inspiring ideas of what is possible for you. Because you are not wasting your energy on writing more painful stories of victimization, unfairness and dissatisfaction. You are bursting with life, perhaps for the first time in your adult life (or ever!) and you feel energized and inspired. You feel at ease, free from all those limiting and fearful thoughts, and totally fulfilled. Suddenly, you “belong.”



This is how we're meant to be functioning. This is the Truth of you. This transformation is possible for everyone and can absolutely be sustainable.



So, the number one mistake of not knowing who you truly are can be remedied by recognizing, “The truth of me is not my thinking mind. My thinking mind is a tool that I have, *not who I am*, and therefore I can choose to engage it or not. So, I'm going to un-attach from it as my identity for just a moment and allow myself to drop into my core Feeling Body, into the Truth of me, and allow myself to rejuvenate in a brand-new way.”

And from here, you experience real fulfillment and your life begins to flow...



Mistake #2:

CUTTING YOURSELF OFF
FROM YOUR NATURAL
ENERGY SOURCE



Mistake #2: **CUTTING YOURSELF OFF FROM YOUR NATURAL *ENERGY* SOURCE**

We all know how to breathe. Obviously, we do it every day, from the moment we arrive on this planet until the moment we leave, we are breathing.

If we don't breathe, we don't exist. That's how important the breath is to our life.

But what many never realize is that the *quality* of our life is determined by the *quality* of our breath.

The breath is so crucial to the type of life we live that I talk about this concept in MUCH more detail in my webinar, [The 3 Secrets to Syncing Up Your Super Powers for Freedom, Flow & Fulfillment](#). For now, the bottom line is that your breath is the most powerful tool you possess to immediately get you into flow. You simply have to learn how to use it correctly.

As I stated above, every single person has to breathe to stay alive.

But that's exactly what everyone is doing: They're breathing *just enough* and in a manner that allows us to stay alive.

That sounds like *survival* to me. We have to move out of a survival state if we really want to conserve and rejuvenate our energy levels and vitality – and if we ever want to live a life of masterful creativity. If we want to feel our vital force, full of life and bursting with energy, we have to breathe in the way our system was designed. Conscious breath can truly change your life -it did mine!

For most of us, that means we have to re-learn how to breathe.

The first step in re-learning how to breathe is realizing the following:

***“I have to connect to my source of rejuvenation again
and allow the energy to move through my body
consciously and intentionally.”***

The way to do that is by consciously moving energy with your breath.

When we breathe shallowly, only filling the upper parts of our lungs, energy doesn't move through our system the way it should. Over time the stagnant energy becomes compressed and suppressed in our system ultimately leading to depression, feelings of isolation, low energy and a lack of true vitality.

On an energetic level, it causes our vibrational frequency to drop. When our vibrational frequency drops, we tend to think more negative thoughts and ruminate about what's wrong, and we jump right back into our heads and become identified with our minds as we talked about in Mistake #1.

So, to be sure you're not making Mistake #2, which has a direct effect on your ability to no longer make Mistake #1 of attaching yourself to your mind, you have to learn how to breathe in a way that moves the energy and allows you to feel revitalized and alive, automatically.

When you inhale, you must breathe in a way that allows openness and vital life-force to activate your tissues and enliven them. Then when you exhale, you must bring that vital force up and out.

Energy in the body is supposed to be moving, and the more you can get it to move through your system freely, the more alive you're going to feel. Of course, you can get energy moving in your system with things like exercise, rest and eating in certain ways. Each of those will definitely contribute to how much vital force you have in your system.

But, the amazing thing about breathing that is so much easier than any of these other things combined, is that breathing is something you do anyway, every day, all day long. So why not breathe in such a way that works in your favor?

In Mistake #1, I shared how breathing deep into your belly is the fastest way to interrupt the spinning thoughts in your head and re-connect with your core, True self.

The idea of breathing lower into the belly is becoming common in our culture right now. In yoga classes, through guided meditations, and even in some therapists or doctor's offices, people are being taught the extreme benefits of taking full, deep breaths into their lower belly to alleviate anxiety, reduce stress, and more. Research is profoundly showing health benefits of deep, lower lung breathing.



With this next technique I'm going to share with you however, I'm going to add some additional information onto this that can change your life forever.

I invite you to try this:

First, imagine there is a channel beginning above your head and running right down through the center of your body. It's as if there's a giant tube the size of a long fluorescent light bulb running through the center of your brain, down through the center of your throat, your chest, and into the center of your belly, coming out through the tip of your spine and down into the earth.

This tube is your new superhighway where you are now going to breathe in your body.

Once you've imagined this tube, or channel, running through the center of your body, imagine breathing from the opening of the channel above your head, and into the channel down through your body, and down into the earth.

Imagine your breath coming from above you and dropping or rising through this channel, traveling along the highway and enlivening each part as you breathe the breath down into the center of your body and out into the earth. Imagine it coming into the center of the brain, down through the center of your throat, into the center of your chest as it breathes right through your heart, and into the center of your belly as you inhale.

Imagine the breath filling your belly so much so that it sticks out over the top of your pants! (Permission for a big belly here!) Let it feel good and expansive as your belly becomes like the belly of a happy baby or a big, laughing Buddha.

You'll breathe deep down into the belly, but you're not going to stop there.

From there, exhale right through the bottom of the spine and out the end of this tube, exhaling all the way down into the earth, two feet deep.

Now when you imagined this channel, or highway, I hope you imagined it as a two-way highway because the breath doesn't stop here. After you've exhaled your breath deep into the earth, it's time to reverse the process.

On your next inhale, take a deep breath up from within the earth and receive its grounding and nurturing energies – think "Mother Earth." These potent and powerful energies are actually available to you, if you just open your mind and body and begin to breathe this connection.

Breathe these energies up from the earth and fill your big, beautiful Buddha belly once again, and then exhale them up through that channel, traveling along that tube through the center of your heart, chest, throat and brain, and out through the top of your head.

What begins to happen by breathing in this way, is you start to activate more and more energy in this deep, central core version of who you are.

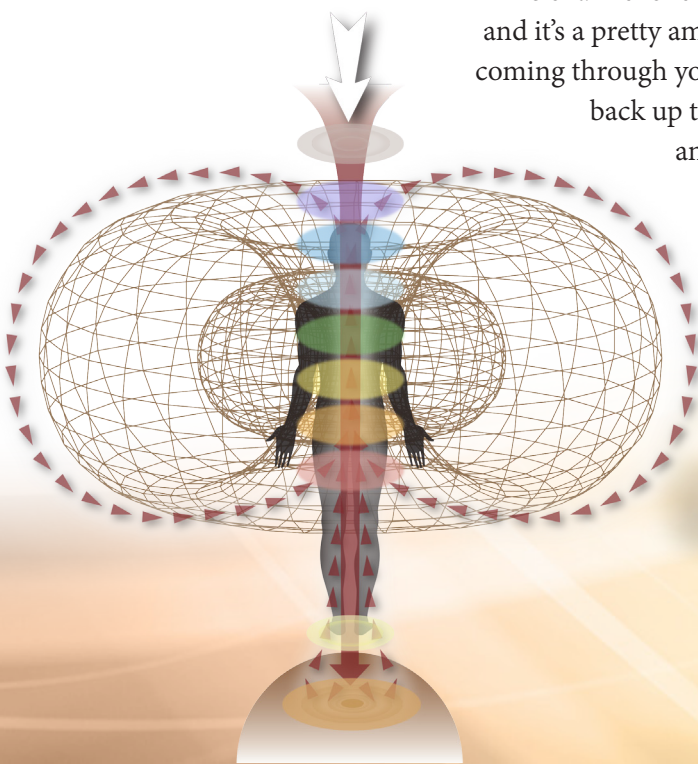
If at first you have a hard time imagining this channel running through the center of your body, don't worry. Just make it up. You're not going to know how to do this... until you do.

By making it up and simply imagining it and breathing into it repeatedly, you will start to feel it.

Because the truth is, it's *actually* there. Science is now (and actually has been) measuring it for many years and *now* we are able to put it to use in profound ways for changing our lives for good!

This channel of energy flowing through our body is called the Toric Field Flow and it's a pretty amazing thing. It's constantly pouring in from overhead and coming through you into the earth. It hits the earth and then turns and rises back up through your body again. The energy flows up through you and exits out the top of your head, and it comes around the outside of your body and rises back in from the tip of the spine and recycles...and recycles...and recycles. It never stops flowing, while constantly filtering, cleansing and detoxifying the body.

This Toric Field Flow is the part of our energy system that nurtures and rejuvenates the physical body every day - if we let it. If we don't let it, we start using our own isolated and limited resources, which is the reason we get exhausted by the end of the day.



Do you ever feel tired around four o'clock and look for some other pick me up to give you that boost? Do you need a cup of coffee or crave a sugary treat around this time?

It's because you're looking for something to rejuvenate yourself. And when your energetic resources are used up and aren't being replenished in a natural way, your system begins to exhaust, and it begins a downward spiral.

Your thoughts and mood can start to drop. Maybe you look at your work and think, "It's too much..." You look at the calendar and think, "Maybe I'm just too old..."

With depleted energy, all kinds of thoughts, insecurities and frustrations come into the picture. As we discussed in Mistake #1, these thoughts and feelings don't really belong to you. They're just ways that the mind tries to fill in the gaps to have an understanding about why you feel the way that you do.

So, at four o'clock, or at any time you feel depleted of energy, simply imagine you are this Toric Field Flow breathing its way into this body through this central channel, infusing energy into your organs and glands, and into your systems in such a way that they enliven and rejuvenate.

The exciting part is that breathing in this way not only activates the part of your nervous system in charge of filtering, cleansing and healing, it also activates your creative genius - *the real you!*

This refreshing and flowing energy is able to move up beyond your primitive brain and starts activating high brain centers that allow you to think in new terms. Rather than thinking tired, old or depressing thoughts, you have the energy and inspiration to create what you want, instead of what you don't want. With this newly activated state of mind, you can move straight into what you choose.



So no longer make Mistake #2. Do not cut yourself off from your constant rejuvenating resource. Your source itself is your breath.



And, here's a big twist: This flowing energy is *who you are!* And your breath moves you through the body! Allow your breath to be rejuvenating your system all the time. "YOU" – the energy within your body - will be renewed each moment. I absolutely LOVE discussing this and of course will do so even more in my upcoming webinar, [The 3 Secrets to Syncing Up Your Super Powers for Freedom, Flow and Fulfillment.](#)

Trust that the energy flow is going to do what it does automatically.

You don't have to consciously *make* the energy rejuvenate your system, any more than you have to consciously digest lunch after eating it. It happens because the system is built to do this.

Let it work in your favor so that you can start to feel the flow of energy through your body, rejuvenating you and providing you the energy that you deserve to have.

Because when you start to feel it through your body, you're going to start to translate that sensation into your life. Your life will start to reflect back to you in a sense of flow. You'll have a feeling of belongingness and a feeling of recognizing that, "This is not bigger than me. I've got this."

And soon you'll realize, it's actually quite fun...



Mistake #3:

NOT REALIZING HOW
BIG YOU TRULY ARE

Mistake #3: **NOT REALIZING HOW BIG YOUR TRULY ARE**

There's a question I'd like to ask.

Do you like movies?

This question may seem trivial, but I assure you by the end of this chapter, you will understand its significance and the role it plays in your life experience!

For many around the world, movies are a beloved form of entertainment. In fact, the global film industry estimates the global box office revenue will reach \$50 billion by 2020. Now that's a lot of people going to see a lot of movies!

But why?

We love movies because they allow us to watch the story of the main character overcome a particular task or trial in the name of reaching triumph.

For it to be a good movie, there must be a good story. And a good story usually involves conflict, tension, and all the obstacles that occur when the character is tasked with overcoming them.

I believe we love movies for another reason as well. As we watch the movie from a dark theatre (or from the comfort of our own couch), there's a part of us that knows, no matter what task or trial gets thrown at the character, in the end he or she will succeed.

Because we're watching a *movie*, we know the conflict and trial is there for a reason, and so we *enjoy* watching the character discover this bigger version of him or herself by living through the experience.

So, what do movies have to do with your real-life experience?

Quantum science and the science of consciousness is showing us that we are creating 100% of our reality.

***Your life is YOUR movie. You are writing the story,
playing the part of the main character, and have the
power to decide and direct how everything will go.***

And, what you may not realize is that, just as everything that takes place in the movie exists to help the character grow, everything that is happening in your life is actually in support of you waking up to a bigger *you* than you think you are.

As if the script has already been written and the outcome already determined, there is absolutely nothing that can possibly happen that is bigger than what you can handle.



Now that might be a lot to absorb, especially if you have some pretty stressful things going on in your life.

But I've worked with thousands of patient cases over the last three decades, and I've watched them put these pieces together and change their lives, and I can assure you, at the end of the day, what changed their experience was when they realized that there was only one thing happening all along. And, it is good and it ultimately had been in their favor. Once they embraced that, everything began to change and to heal and blossom new beginnings.

No matter what has been handed your way or crossed your path in some way, it is serving a purpose. There is actually an energetic foundation behind it that is serving your awakening – of you waking up to a bigger, better, more empowered version of who you are.

On the contrary, if we think that we are inadequate, we project that inadequacy out onto the world. When we do, what we get back is a reflection of the idea we're inadequate in some way.

For example, if we're afraid to speak up because we're scared no one cares to hear our opinion, we may choose to remain quiet. This may result in us being overlooked or dismissed in a situation, which only serves to strengthen our original feeling that no one cared to hear what we had to say.

The more that pattern takes place, we end up living in a world that validates our inadequacy and we begin to believe it is true.

That's why Mistake #3 is so significant. We can inject it into the mix any time and flip it over. In fact, I call it the Quantum Flip.

The Quantum Flip is a real term in quantum science meaning that an object can change direction *in an instant* without even having to slow down and turn around and move the other direction.

That translates inside our regular everyday world because in an instant, you could choose to be living in a different universe.

You could just decide, "Hey, whatever is going on in my world, it's in my favor and it's here to show me how "big" I truly am..."

- If I lose a job, maybe it's because that job was never going to allow me to express my fullness as a Soulful Self here in this life the way that I'm intended to.
- If I lose a relationship or it appears that I'm losing something, it is because the energetics of that dynamic are no longer serving me.
- If something is rejecting me, it is because the universe is intervening and saying, 'No thank you. That's not your path.'

You can start to claim this disposition of recognizing that every single thing that occurs in your life is in support of you. It is a change in your perspective that will change every single aspect of your day, your year, your decade, and your entire lifetime.

When you make this flip to a different perspective of looking at how things go, as if they are the friendliest, most benevolent expression from a benevolent universe that they could possibly be, you start feeling and thinking thoughts like:

"I know that something's got my back. I have a trusted relationship with the way things go that allows me to feel supported every time something unexpected occurs. Because what is occurring is greater than my own individual isolated thinking mind, and I'm breathing in such a manner that allows me to feel a sense of connectiveness and flow. And now I'm going to use my mind to become curious of a grand adventure unfolding before me as a projection of my own consciousness and subconsciousness."

I say "subconsciousness" as well, because this part of our mind also plays a part in the "movie," or reality, we are creating for ourselves.

As I said above, we are constantly projecting onto a movie screen and then we're walking up onto the stage, onto the movie screen, and participating in the movie.

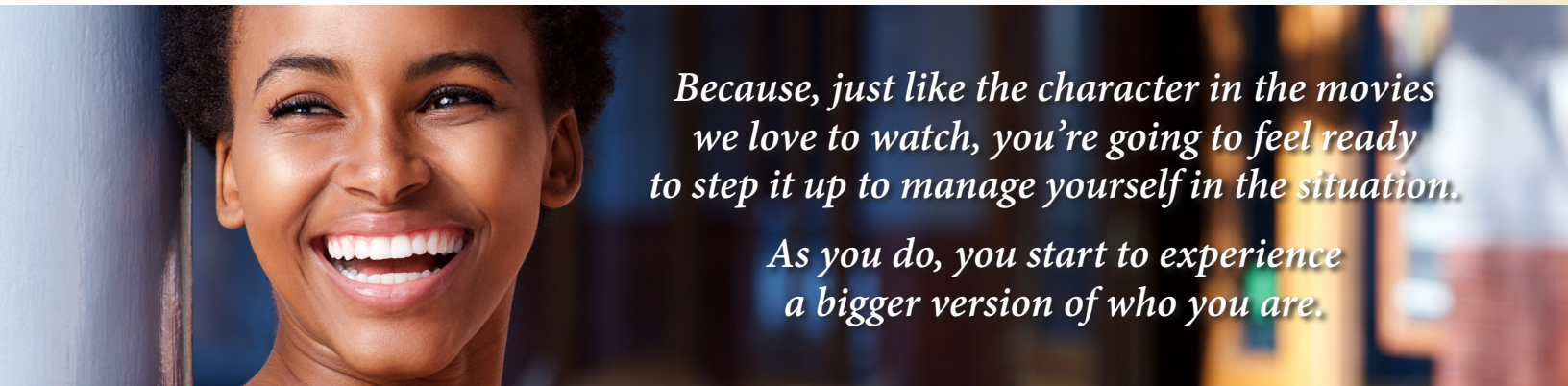
From a Quantum perspective, that's what is actually happening.

When we study the science of consciousness, scientists are not only equivocally telling us that we are creating 100% of our reality – we either choose that reality consciously, subconsciously, or super-consciously.

If it feels like something is happening that is not something you would *consciously* choose, it's time to make the radical Quantum Flip into recognizing that:

"If I didn't consciously choose it, then it's something coming from a superior level of consciousness, a super-consciousness. And that means there's a bigger choice that's happening for me... something greater that's trying to draw me into a recognition that I'm bigger than I thought I was! And my inability to recognize it as good and supportive, has been because parts of my amazing capacity have remained under developed and remain sub-conscious."

How do you know that's what's happening for you?



Because, just like the character in the movies we love to watch, you're going to feel ready to step it up to manage yourself in the situation.

As you do, you start to experience a bigger version of who you are.

It all begins with a trusted relationship with yourself, and with life. It begins with recognizing that no matter what occurs, the universe is always, with no exceptions, operating in your favor.

You begin to understand that the only thing that could possibly be happening here in your life movie, the one that you're both consciously and subconsciously projecting onto a movie screen and then participating in as if it's real, is that you've hired every actor and created every scene so that you can begin to know what your conscious and subconscious beliefs are.

You are so powerful that you are creating the movie you're living so that you can watch it and know yourself – and your "bigness" – even more.

So, if you're being handled or managed in a way that you don't like, I invite you to start to see it from a more empowered perspective!

For example, let's say you're left out of something that was important to you, or that you feel unsupported in some endeavor in your life. I promise you, if you feel abandoned and that support wasn't there when you thought you needed it, it was because you didn't need it at all.

*If you would have actually needed the support,
it absolutely would have been there for you.*

And because it wasn't, it created a moment that you could recognize that, "Wow, I'm a lot bigger being than I thought I was."

I find that when my students and clients begin to adopt this disposition, their lives change dramatically, especially if they're willing to radically draw the line and say, "There are no exceptions to this...ever. Not even when I want this to be the *one time* that I get to be victimized by my circumstances and go commiserate with someone else about how hard it is."

It's okay if you do that commiserating, but while you do it, recognize, "The days of this victim mentality are numbered! Because now that I'm un-attaching from my thoughts and I'm watching myself stop writing scripts about how bad it was, there's a bigger picture moving into my life."

You will say to yourself, "I'm learning to breathe in my body and get energy flowing again in my system the way it was originally designed to. And that is allowing me to trust the relationship that I have with the universe."

You may even realize that, in fact, you are the universe! You are a cosmic being made of universal energy - as everything is - and as you start to tap that and own it, you're going to make it work in your favor. That's how BIG you truly are!"

One of the most beneficial aspects of this shift in perspective is that it generates the greatest sense of belonging, which allows you to stop wasting so much energy trying to connect or trying to control your circumstances so that you feel that you do belong.

When that energy stops being wasted, you end up with more vital force throughout your day. You sleep better. You wake up excited about the next adventure and how the universe is going to show you, and reveal to you, that love is here.

And that all you have to do is learn to participate and interpret life from that perspective.

Because the greatest power you could possibly ever discover or rediscover, is the power of love.



Have a loving relationship with the universe and trust that the way things go is a loving support for you to awaken to your greatness.

And as that happens, we set this cycle in motion, and flow returns to our lives in a most magnificent way.

It is unwavering; it is rejuvenating; it is meant to be. It's what you're made of and it's what you're here for. You're here to experience another way to love – and realize you are loved - every single day.

And as you develop this trusted relationship with the universe, by breathing your way into this body and into your life with peace and harmony, you're able to un-attach from that survival-based thinking mind – the one that's always writing stories that are exhausting you.

And as this system starts to work collaboratively, you start to recognize that life is an amazing, joyful adventure that is set into motion by you, for you to have the most abundantly vital life experience that flows with grace and ease.

*You'll realize that your life is the greatest movie
ever created, and you are it's starring role.
That's how BIG you truly are.*



Conclusion:

I hope that these tips have been helpful for you. I know that they have helped many, many people that I've worked with over the last 30 years.

What I know is that your life will turn around as you begin to empower yourself by no longer making these three major mistakes that people make that take them out of the game and keep them from feeling fulfilled and out of flow.

I'm so passionate about helping people discover a different kind of life and master their life experience, I've also created a [free webinar](#) to go into greater depth and give you more powerful tools to access the Truth of you and the "super powers" (as I call them) from your super-consciousness that are hidden within.

As you begin to integrate this work, there maybe some questions that will come up. You definitely will start to feel some shifts in your energy, and I'd love to help you further your understanding about what all of this can do for you. I'd like to invite you to my free upcoming webinar that will allow you to master more insights on how to live a more masterful life experience overall.

*I want you to live the life of your dreams,
and I know it's possible for you. A life that is happy,
blessed, completely free and absolutely fulfilled.*

That is how life is meant to be flowing for you.

I invite you to take what you've learned in this e-book to the next level, and join me on my live webinar, [The 3 Secrets to Syncing Up Your Super Powers for Freedom, Flow & Fulfillment](#).

I know you're busy and I also know there's nothing more important, or life-changing, than discovering the truth of You to begin living the life you dream of right now. It can happen in an instant and because you've come this far, I know you're ready to take the next step.

*This is the first time I'm teaching and sharing
these secrets and they are there to change your life.*

The webinar is approximately an hour long, but I suggest leaving more time if you want me to personally coach you or hear me coach others who "raise their hands" when I open up the communication lines.

**IT DOESN'T MATTER WHERE YOU FEEL STUCK OR OUT OF
FLOW IN YOUR LIFE, MY 3 SECRETS CAN START YOUR ENERGY
MOVING ONCE AGAIN, AND AN ENTIRELY NEW LIFE WILL
OPEN UP FOR YOU.**

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