



# THE JOYFUL SPARK

## *Magnetizing Meditation*

HOW TO EASILY AND EFFORTLESSLY INCREASE YOUR VIBRATION AND ATTRACT ALL THAT YOU DESIRE

A SPECIAL REPORT



**Hey there!**

Are you ready to enjoy some of the rewards that life has promised?  
Are you ready to have more fun and success in your business and in your life?

Do you have a deep desire to connect with Spirit and bring more light, love, and flow into everything you do - without being flaky?

Have you been called to serve - but maybe you're not sure how, or you've been stuck in overwhelm and anxiety because your time and energy are being consumed by your business and there just seems to be something missing?

**If so, I'm thrilled that you're here.**

You're about to step into the fastest, easiest way to create breakthroughs in your life while being deeply rooted in your connection to Spirit - even if you're not sure what that means.

In the **Joyful Spark Magnetizing Meditation**, you're going to learn that working harder is not always the best way, that you can relax and practice deep self-care while relying on the love and support of the universe and light to carry you to your highest calling. You'll discover...

- **Where joy, passion, and desire live in your body and how it feels to channel this power into what you really, really, really want**
- **See the message that the universe has for you to keep you inspired and motivated**
- **How to improve your health, relationships, and money situations in less than 20 minutes per day**
- **Hear the love and support that is waiting for you when you take divinely inspired action**

I'm excited that you've made the decision to make your life easier by stepping into the abundant and prosperous flow of the universe.

**Let's get started!**



# SO IS IT REALLY POSSIBLE TO GET WHAT YOU WANT WITHOUT BURNING OUT? YES!

When you commit to doing the work required - and it isn't the deadening work you're familiar with! - and staying focused on your goals, then you can make it happen. I know because I've done it myself, and so have my clients.

For graceful success, you need to follow a model. Here's what we use:

## THE LIFE RENOVATION SYSTEM™

### *One - Learn the Rules*

Wrap your hands around THE UNIVERSAL LAWS OF SUCCESS and see how they can drive your success, or cause you heartache if they're ignored.

### *Two - Clear The Way*

Using powerful mind-body techniques you'll clear out old programs. It's what we call SPIRITUAL SPRING CLEANING! and it makes our programs unique.

### *Three - Blueprints*

If you don't know where you're going, you're headed straight toward overwhelm. That's why we GET YOUR MISSION CLEAR and GET IT ON PAPER!

### *Four - The Foundations*

BUILDING A LIFE BASED ON BELIEF means making choices about what you want and what you don't - and creating a clear Vision of why you're here.

### *Five - Framing*

Once you're clear on what is important to you then we can BUILD YOUR BOUNDARIES to keep you focused and energized.

### *Six - Finishing Touches*

DESIGN YOUR LIFE, have some fun and take powerful action.

### *Seven - Renovate*

EVALUATE AND ITERATE FOR CONTINUING SUCCESS. You can't just do this once - it's a lifetime project. As you continue to grow and expand what is possible for you, you'll re-use this process again and again.



I believe that you can renovate your life instead of burning it down. That way you make lasting change instead of chaos. Sound good? Great! **Let's keep going!**

## HERE'S WHY SUCCESSFUL WOMEN BUSINESS OWNERS NEED TO KNOW THE UNIVERSAL LAWS OF SUCCESS TO CREATE EXCEPTIONAL IMPACT AND INCOME *(Do this if you're serious about creating work-life balance and a life you love)*

Almost all of us have been taught a series of myths about life that keep us stressed out, over-worked, developing stress dis-eases like bloating, fatigue, anxiety, chronic pain, and wanting to curl up and wish it would all go away.

There is another way to live and the Universal Laws of Success walk us through how to do that. *The Joyful Spark Magnetizing Meditation* will help you tap into one of the most popular of these laws, the **Law of Attraction**.

The Law of Attraction teaches us that we attract what we **FOCUS** on. The clearer and more vividly you can imagine what you want and the more energy you put into that picture of what you want, the faster you can bring it into your life.

Many of the women business owners I work with have EADD - Entrepreneurial ADD. We are distracted by each shiny new thing that comes along and it keeps us running hard after the illusion of a magic bullet. Or we get so overwhelmed that we lose a whole day clicking back and forth between Facebook and email and hoping that something will happen that will move us forward that we don't have to control. I call it 'clickitis' and it sucks our life force and our time.

So it's vital that you get a clear goal in your mind - *that's what we do at the Laws of Success weekend!* - and stay focused on it, allowing all the distractions to fall away.

## THE #1 MYTH THAT KEEPS WOMEN BUSINESS OWNERS STUCK, OVERWHELMED AND NOT MAKING THE MONEY THEY DESIRE

But it isn't enough just to focus on it - though that is key! - **YOU ALSO HAVE TO TAKE ACTION**. And here's where a lot of us miss out on the beautiful gifts of the Law of Attraction - we have the Vision and we raise our vibration but we don't trust the inspired action steps that are given to us.

Here's the thing: quite often, divine action doesn't look like what we think it should. We've been taught that hard work is the only way and that it's nose to the grindstone and blood, sweat and tears to make it happen. So when we are divinely guided to clean out a drawer, or take a nap, or go for a walk, or go to the spa we tend to ignore it as a whim or a waste of time.

**YET THAT IS EXACTLY WHERE THE DIVINE WANTS TO MEET YOU.** In rest, in peace, in joy. The perfect client may be waiting for you at the coffee shop. Your next great idea may be at the bottom of that cluttered drawer. Learning to trust our guidance is the key to success and a divine work-life balance.

# THE KEY TO ATTRACTING WHAT YOU WANT WITHOUT BURNING OUT

The Joyful Spark Magnetizing Meditation has been carefully designed to take you on a journey to unlock your powerful desires, connect you to the resources you need to succeed, and then show you the divine action you need to take to get started.

For the greatest success, follow these steps for manifesting what you really, really, really want with the meditation.

## **STEP 1** CREATE YOUR BOUNDARIES FOR SOLITUDE AND PEACE

Set aside time when you will have quiet. Turn off your phone and email and hang a sign on the door letting the kids know that you'll be available in 40 minutes. (Can't create 40 minutes of peace? Then we really need to talk.)

## **STEP 2** SET A SACRED SPACE

Call in your angels, guides, and the Light. Say a prayer. Ask for guidance and inspiration and trust that all that happens is in your best interest. Set and clear your energetic space. (Want to know more about this? Let's talk.)

## **STEP 3** GET CLEAR ON WHAT YOU WANT

What is it you want to attract? What area of your life needs focus right now? If you need more money, or more love, or more peace then choose that as your focus. If you need a new car, what do you need it for? Then focus on that. Imagine what it is you really, really, really want and write it down here. Keep it nice and short so your Unconscious Mind can hear you.

**My heart's desire today is:**

**Date:** *(format 2-SEP-2016)*



## STEP 4

### MAKE YOURSELF COMFORTABLE

We often don't take the time to get truly comfortable. Put on comfy clothes, get into a relaxed position with lots of pillows and blankets and really treat yourself to a peaceful moment.

## STEP 5

### LISTEN TO THE MEDITATION

It is best to listen to the meditation through headphones and just allow the journey to take you where you need to go. Remember that how you imagine is perfect. You may not see pictures and that's okay. Allow yourself to relax and rest during this time and you'll emerge more focused and more at peace.

## STEP 6

### RECORD YOUR DIVINE ACTION STEPS

During the meditation you'll receive inspired Action Steps that you can take now to start to change your life in the direction you want. These will not be ego steps or based in fear. You'll know that they're inspired and divine because they will make your heart expand. They may be tough and even a little scary but they will also be positive. Negative steps based in fear will always cause contraction. (If you're not sure what this feels like in your body, let's talk.)

Write these steps down on paper so that you have a record of your divine guidance. Don't try to remember them, get them written down. If you came back without any steps (it happens sometimes!) then just make them up. It sounds crazy but it totally works since this is an unconscious mind\* process.

**Divine Action Step #1:**

**Divine Action Step #2:**

**Divine Action Step #3:**

## STEP 7

### RELEASE THE SPACE

Thank your angels and guides and release the space, knowing that it will be there the next time you need sacred guidance.

## STEP 8

### TAKE THE ACTION STEPS

Implement! I can't stress this enough. It's not enough to meditate, you need to take action in the real world. Call someone. Do something. Then trust that you're headed in the right direction to accomplish your goals.

## STEP 9

### EVALUATE AND REPEAT

Examine the results that you achieved and then decide what direction you want to head in next. Is it the same? Or different? What needs to shift to keep you on track toward success? Then listen to the meditation again.

It may be a day later or a week later, but with continued divine action, you will make progress toward your goals!

Enjoy!

*\*Want to know more about your unconscious mind? I'll steer you to the resources you need to learn about the powerful part of you that determines whether you succeed or not.*

# YOUR NEXT STEP IS SIMPLE...





## *Congratulations!*

Think back to the **BIG** questions you answered earlier:

1. WHAT DO YOU REALLY, REALLY, REALLY WANT?
2. WHAT ARE THE DIVINE ACTION STEPS THAT ARE GOING TO GET YOU THERE?

Think about your Vision for what you want and what a difference it would make in your life. Let your body feel the hope and excitement of creating this life.

Now that you're clear on where you want to go, the next step is to decide how you're going to make it happen:

When you're starting something new, you always have TWO choices...

You can try to figure it out on your own, or you can choose to get the support and information you need to make it happen faster, more easily, and with far more joy.

It's tempting to do it on your own. I know that. I did it on my own for 15 years before I got serious about creating a divine work-life balance and making sure I had a life that I loved.

When you do it on your own, you have to make every expensive mistake - in time and money and energy! - by yourself. That slows you down and is depressing. Trust me, I've been there! I get it. It can be scary to reach out for assistance - and I've learned it is the fastest way to success.

The real question is: How much longer are you prepared to struggle?

That's why I created Discovering Your Passionate Purpose™ with 1:1 VIP Coaching Support.

You may not have seen this yet, but the Joyful Spark Magnetizing Meditation is part of a larger program called Discovering Your Passionate Purpose™ (DYPP) and, of course, DYPP is Step 3 of the divinely inspired Life Renovation System™ that I showed you earlier.

I've organized DYPP as a digital program that you can work through at your own pace and it takes you into your past to find the gifts of your soul contracts, deep inside your own Unconscious Mind to tap in to the Desires of your soul, and then out into the future to meet with your successful Future Self to get the low-down on how to get to where you want to be with as much joy and ease as possible.

There is no life purpose program like Discovering Your Passionate Purpose™ and it has been one of my most popular teachings for the last several years. It will walk you through the steps needed to claim your passionate purpose and get your Mission Statement down on paper.





If you want to learn more about DYPP, just click the link below, and because you have already journeyed with me this far, you can use coupon code DYPPWOW to save over 80% on your investment.

[www.discoveringyourpassionatepurpose.com](http://www.discoveringyourpassionatepurpose.com)

If you have been feeling stuck and you just know that knowing your Life Purpose would make all the difference (and I've seen over and over that it really does!), I hope that you will take this exciting step and I look forward to working with you during the Intuitive Mission Tuning Session, a Bonus in your DYPP package.

*Isn't your life worth it?* To finally know that you know that you have, not just a purpose, but a Passionate Purpose and that it is written down in a simple Mission Statement you will use to guide you every step of the way to the life you can feel you were meant to have?!

Today, I'm asking you to leave behind the fight and struggle and the belief that you have to do it alone. You can save yourself years of tears and tens of thousands of dollars with this one investment in **YOU**. You are so worth it and you deserve to be excited about your business and your life.

So go back to what you really, really, really wanted. It would be my honour to help you achieve that goal and the goals after that that you can't even imagine are possible for you right now.

To get started, just click the link above and remember to use the coupon code DYPPWOW to save over 80% on *Discovering Your Passionate Purpose™* - it'll bring clarity and power to your life.

I wish you inspired success and peace as you invoke the Law of Attraction to create something beautiful.

*Vanessa*

Vanessa Long

Founder, Sacred Physicality



# ABOUT VANESSA LONG

*Vanessa Long* shows women business owners how to build a business and a life that they love - without burning out.

Her clients learn how to make more money in their businesses - and how to create truly exceptional impact and service - while strengthening their relationships and staying true to their soul's purpose.

Vanessa works with established business owners to liberate themselves from their work - a form of secession planning - so that they can live their Mission with a strong source of income.

Known for her focus on Divine Work-Life Balance, Vanessa is the creator of several programs including:

- **Discovering Your Passionate Purpose™**
- **The PARTY Goal Getting System™**
- **Relationships 101**
- **The PowerHouse Coaching Skills Toolkit**
- **The Business Building Foundations for Coaches, Healers and 1-1 Service Providers**
- **Divine Alignment**

*As a Coach and Trainer,* Vanessa hosts weekend events, luxury retreats, as well as training new and experienced Coaches in the powerful techniques of NLP and Hypnotherapy so that they can take their own coaching practices to a new level.

Above all, Vanessa is passionate about supporting women business owners who want to create a life that they love. Women who want to make big-time profit in their business and create truly exceptional impact without burning out and destroying the rest of their life to do it. Women who want to have a real business, not just an exhausting job. Vanessa and her clients are proof that you can have a successful business and successful relationships, inner peace and profits.

