



# The Connection Catalyst

*Overcoming disconnection from self  
and nature to receive more flow.*

*Activate a vibration of abundance and  
creative potential.*

# Hello,

WELCOME!

## THE CONNECTION CATALYST

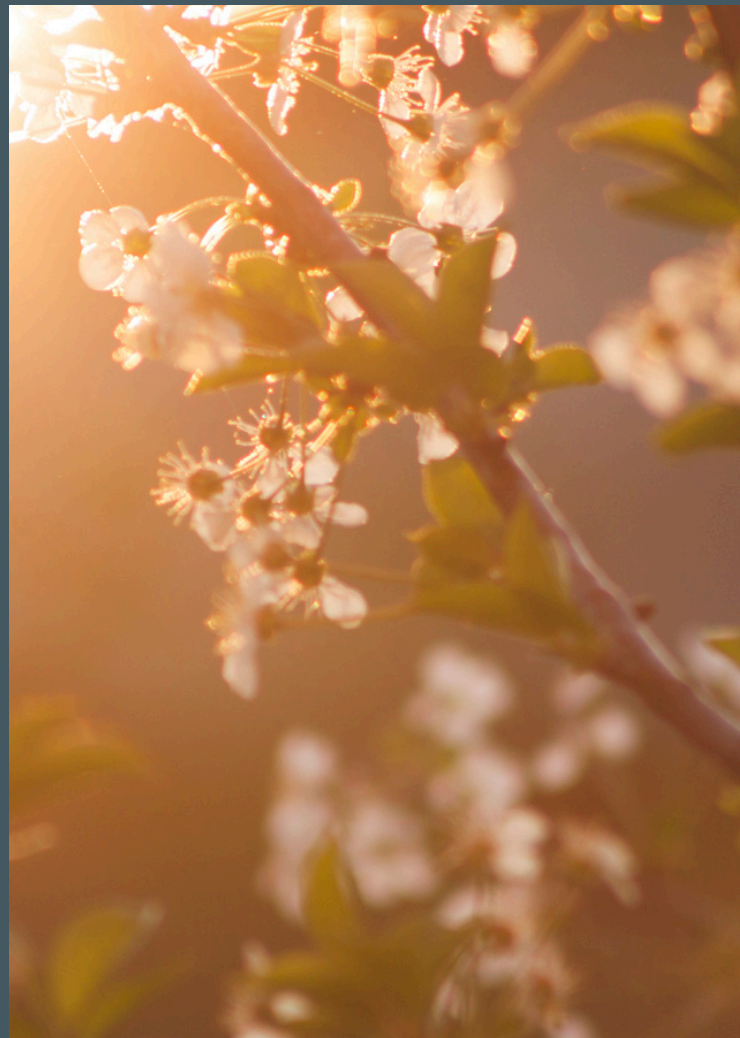


*I'm so excited that you are engaging with this opportunity! I believe it's going to be transformational for you.*

*I'm Virginia, the founder of Life-Envisioned, and I help people to manifest their desires through energetic healing journeys, supporting their deep connection to their higher guidance, and through intentional home and space design.*

*I've created this challenge for those wishing to harness the power of flow and connection to magnetize money (and all forms of abundance) with intention.*

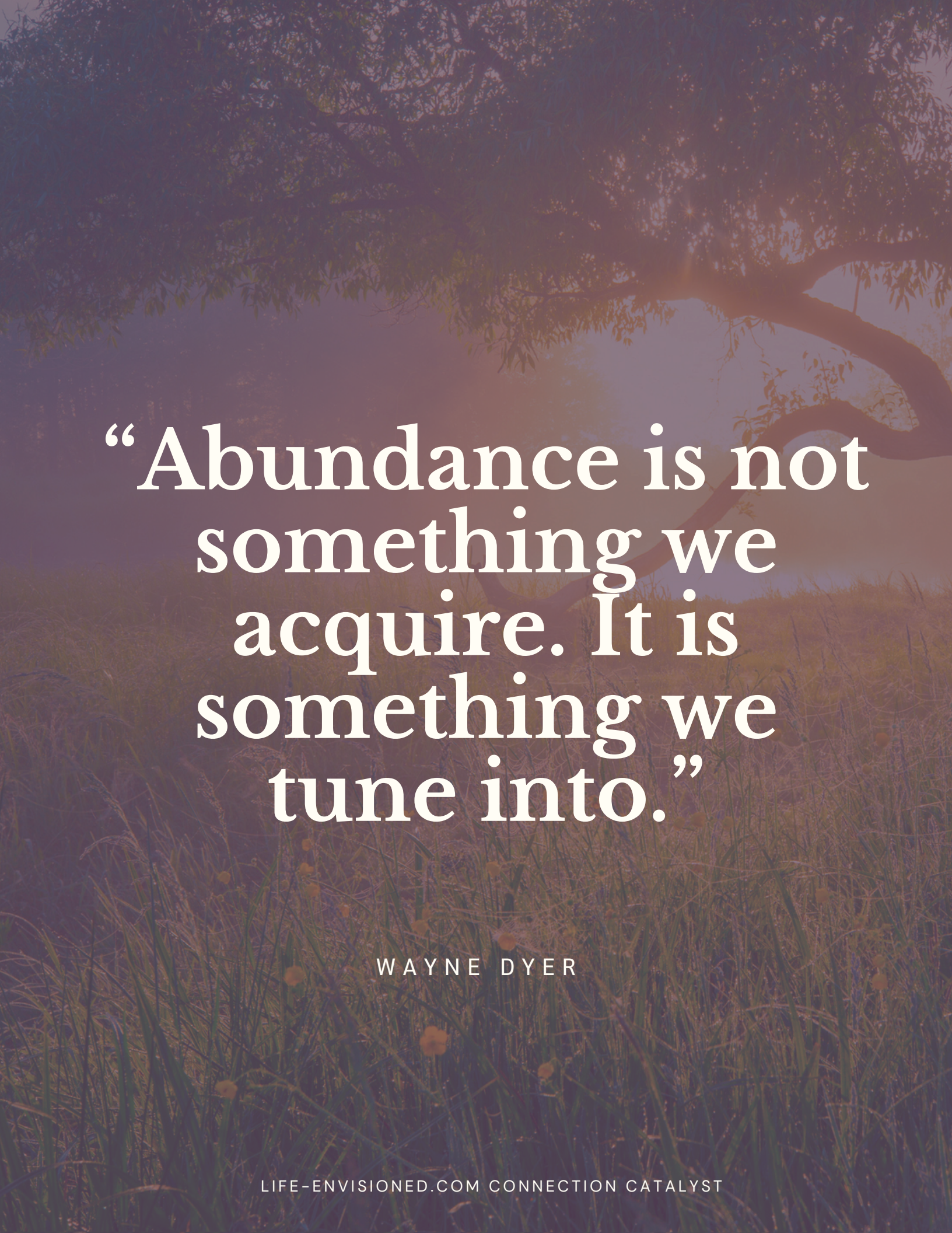
*I know you found your way here for a reason! If you are feeling a call for more -this is for you.*



**Are you ready?**

**LET'S BEGIN!**

*Virginia*



“Abundance is not  
something we  
acquire. It is  
something we  
tune into.”

WAYNE DYER

# Getting Started

STEP ONE

1

## COMMIT TO THE CHALLENGE

I believe in synchronicity. You are here for a reason and ready for more. So commit to yourself. Make the decision to be consistent and to act with intention. This is for YOU!

STEP TWO

2

## TAKE ACTION

It goes without saying, this is where the transformation happens. Following the recommendations will support you as you are creating your life. Your energy, vibration and connection are all important.

STEP THREE

3

## BE CURIOUS AND HAVE FUN

This challenge is your unique experience. Pay attention to what is working and what to tweak. It is helpful when this is undertaken with joy and discovery. Be present. Notice if you are guided to one option over another (taking a walk vs. sitting under a tree, for example). Yay! Let's get started.

*Becoming a creator of your life*

# Daily Dose of Connection

Desire Change? You will want to think and feel differently. Creating new routines can start with simple practices. Here are some everyday steps you can use to help you become more magnetic to your desires. Remember we are the creator of our experience. Let's create with intention!!

## 1 • CREATE A PLAYLIST WITH INTENTION

Create a short playlist that creates the feeling and energy of the outcome you seek. For example, I have a playlist that has Diana Ross's, "I am Coming Out", Bon Jovi's "It's My Life", and Pink's "Get the Party Started."

\*IMPORTANT- Pay attention to the lyrics, make sure all language is consistent with what you would like to attract.



## 2 • LISTEN TO THE PLAYLIST DAILY

Whether you chose one song or five, play it at least every day. Allow your self to dance, move, sing and really feel the music. Doing so allows you to bring your affirmations to life in a way that embodies them in your system.

### 3 • CLEAN YOUR FRONT DOOR AND PORCH/ENTRY

Your front door and entryway is the place from which you welcome gifts, resources, and special surprises. Try dusting, sweeping and/or clearing clutter daily. Make sure the energy is welcoming and inviting. Cleaning with intention says, “I welcome gifts to arrive.”



### 4 • GET OUTSIDE/ CONNECT WITH NATURE



Each day take time to get outside, and if possible, go for a walk. You can also sit under a tree, listen to a nearby creek, go for a hike, sit on a bench at the park, tend to your plants, or in any other way be in connection with nature.

### 5 • GRATITUDE

We attract from the place of our vibration. Being in gratitude is high vibration. It also allows for us to see all the ways our life is flowing and to invite more. Find a pretty but simple collection container. Every day find gratitude, but at least weekly, drop a note of gratitude in your jar. \*Bonus- read them for a New Year’s tradition annually!



# A little more...



## **FEELING IS BEST**

It is one thing to logically tell yourself you are abundant, capable, or a new you. It is another to feel it. Music is a way to feel yourself becoming who you want to be, who you are under all the layers of programming.



## **CONNECTION IS EVERYTHING**

Connect with yourself and your desires. Be sure to connect to the natural way of it all- you cannot have too much connection. Feel who your are and tap into what is possible. By grounding and being in nature, you are enabling yourself to feel all that is possible and create from this place.



## **VIBRATION- KEEP IT HIGH MORE OFTEN**

Transporting yourself through a daily music and dance journey and keeping track of all the things you are grateful for, helps you keep your energy and point of attraction high more often. You want to attract from a place of your true desires!

**Everything is possible!**

3 Steps to deep connection,  
unstoppable creative energy,  
and flowing abundance.



# You've made it!

This challenge is just the beginning!

Enjoy Aquamarine Activation™

Consider joining the Hidden Element  
Code™ and Abundance Alchemy™

*Let's stay  
connected!*



FIND ME AT:

- Website: [www.life-envisioned.com](http://www.life-envisioned.com)
- Facebook: [Life-Envisioned](#)
- LinkedIn: [Virginia Watahomigie](#)
- Instagram: [Life-Envisioned](#)