



# HEALTH & WELL-BEING



MANIFESTING  
**COACH**  
BLONDIE

# Welcome to Reality 2

Everything affects our vibration and therefore our alignment.

Things in our day to day reality ruin our vibration/energy/alignment on a deep cellular level.

This masterclass lifts the lid so you can have the **BEST** experience possible living within alignment, growth, passions, love and abundance.

## The Magic Eye Picture

The world I see is completely different to what most of my friends and family see. I see a world of wonder with endless opportunities, full of magic, growth and love.

I'm not in denial though, I know the alternative, in fact I lived in the alternative for 33 years until I was lucky enough to find The Secret and my life changed. Now I am lucky enough to be part of Leading Edge High Level Manifesting Mastery.

The world in society dulls your alignment so much we must address it so you can see the **BIGGER PICTURE** and **TUNE INTO** the **MAGIC** and **OPPORTUNITY** under your nose.

## Word of warning

Deep breathe into this and do your own research. Everyone has their own way of hearing this, receiving this and everyone's opinions are valid, avoid temptation to force your opinions as fact and instead share from love and don't get hung up on what people do with what you tell them, the focus must always be love.

You-do-you-boo and focus on your own path.

When I first watched The Secret and applied things I felt instantly better, then my life drastically changed and that's the proof to me this is real.

If you feel overtired, stressed, sick, overeating, injured, sluggish, hormonal, sleep deprived, lack focus and continual alignment this will really benefit you.



# THINGS THAT LOWER YOUR VIBRATION

## Food

Our body plays a huge part in our vibrational tuning. We want to be in Physical Alignment with **OUR BODY** as our cells hold and store vibrations. To feel aligned we need our body to be as **POSITIVELY** charged as possible. Plus, how happy can you really be when you're poorly or not functioning properly?

Bad foods and drinks **CREATE** low stored vibrations at a cellular level. Not to mention the toxic shit these bastards are allowed to put in our food that are making us sick. Low stored vibes in your cells show themselves as disease (a body in dis-ease), illness, stress etc. You are making your body in dis-ease but it's not your fault as you won't have noticed.....until now.

- Fruit & Veg (unless organic) is genetically modified and pumped up with toxic chemicals so it looks good. WTF. Ever noticed how much tastier and juicer organic food is?
- They are also sprayed with pesticides and toxic chemicals.
- These get into our body and make us **TOXIC** at a cellular level that causes dis-ease of the body.

Ask yourself;

- If bad food is so dangerous, and we know that it is, why is advertising for them allowed?
- Why are sweets always by the tills?
- Why is organic so expensive?
- Why are companies allowed to market artificial sweeteners as healthy?.
- Why do they re-name toxic ingredients on packages so we have no idea what they are?
- Why are meats wrapped in toxic plastics that we eat which make you toxic?
- Why are most farmed animals fed harmful growth hormones which we end up also eating?
- How do we know how safe our meat and fish is?

The good news is you are able to work with your body to positively influence its efficiency at a deep cellular level to remove low vibrations that hold you back. Yep, a healthy nutritious body is an aligned body with less toxins. Shit food is ruining your dreams, literally. A healthier body leads to a deeper connection to your inner being, higher self, body systems and your cells.





It's **NOT** about going on a diet, that's bullshit, this is about having a healthy respect for your body, not putting toxins in it that make you so sick (and dare I say it overweight) that you don't enjoy your life and need medication for life. Rome wasn't built in a day,

I still have pizza, chocolate and wine but **NOT OFTEN** and I'm working on gradually fading it out without feeling lack. Is a treat of toxins really a treat? Or is that what the media like you to think? See more below.

## **MENTALLY**

### **The Media, TV, Radio, Mags & Papers**

Depression, anxiety, mental breakdowns, fear, racism, body image, poverty, illness are the result of what we consume and what we talk about **OVER AND OVER AND OVER** generated by the media. We become what we think and we believe what is repeated all the time.

These are **NOT** funnels to 'know what's going on in the world' it's **BAD NEWS MEDIA**. By continuously showing **ALL THE BAD** things in the world creates fear, worry, stress and more.

Hearing how many people have been stabbed, shot, suicides, died of cancer, murdered and economy crashes promotes hate and fear.

Ask yourself if you feel happy, safe, positive, optimistic and full of love after reading papers and watching the news? I think not.

Does the media reflect the principles of the Law of Attraction & alignment?

### **Mixed messaging**

The news will highlight debts and economy crashes and next show an advert for payday loans.

The news will highlight cancer death rates and then display an array of ads on junk food.

I hear of people curing terminal illnesses almost daily in my line of work, I know 3 people who have cured themselves or halted cancer using cannabis oil and lifestyle change, they don't report that.

I am surrounded by women running hugely successful 6 and 7 figure businesses from scratch without **ANY** education yet that isn't shown.

I **PERSONALLY** help women relieve depression, create huge abundance and freedom lifestyles **DAILY** yet where are teachings like this shown in education and the work place let alone the media?

The world is an incredible place with miracles, healing and community happening daily, hourly and by the minute, turn off the news and focus on people who are living spiritually connected.



Become Less Physically & Mentally Toxic release low stored vibration to boost your vibrations.

What you watch affects your vibration **HUGELY**. It removes trust and your inner connection to follow your dreams.

### **Cooking Equipment**

Non stick ceramic pans are toxic when they get hot which goes into your food. Switch to copper or other alternatives.

### **Cosmetics and perfumes**

Perfumes, candles, air fresheners, deodorants, shower gels, body lotions and creams, all have chemicals in them that you either inhale or put onto your skin.

### **Water**

Tap water contains chemicals and fluoride which are toxic to our system. As is plastic bottled water as the plastics get into the water, especially if warm.

### **The Pharmaceutical Industry / Medication**

If you eat nourishing food and look after yourself it will function perfectly and remove the need to medicate most things. Our bodies are designed to fully live unaided, until, we put toxins in them mentally and physically which makes us sick.

Generally long term medications typically don't **CURE** illnesses they treat symptoms and sometimes put more harmful chemicals in you causing you more long term illness.

The food we eat and what we watch is the cause of most illnesses creating the need to be medicated.

(FYI - some illnesses aren't created by toxins and some medications are life saving and/or can get you through tough times, thank God for them, just be mindful and perhaps go on a journey to discover natural healing, safely. Antibiotics have helped me greatly over the years as have anti-depressants but now thankfully I don't have to rely on them as I used to - **PLEASE BE SAFE & DON'T MAKE SERIOUS MEDICAL CHANGES WITHOUT HELP**).

When you understand how powerful fruit and veg are and how bad toxins are you can go on an incredible healing journey.



## Vaccines

This is a loaded topic. **BE KIND, DO NOT JUDGE**. Just get **ALL** the information and I mean **ALL** the information before you shrug this off.

There is a very valid reason why people are refusing to vaccinate these days, it's not because we just read an article and recklessly decided to potentially endanger our children and encourage the rise of disease again!

It's likely because we had a ginormous resistance to give them vaccines and then went on a path in search of facts and answers. We probably spent countless hours, with perhaps tears and frustration to find sources and factual scientific information on them.

We are lucky that social media also enables people to speak out and share life-saving information with factual scientific evidence and studies that aren't shown to even the medical profession.

So, no judgement on either side, just do your own research, we all love our friends and families, I will leave it there but feel free to ask me if you want to know more.

## 5G

This is used as a weapon in fighting wars and countries as it emits a frequency that isn't just great for **WIFI**, it can also be quickly increased to **GENERATE FEAR, ANGER, RAGE AND ANXIETY** in people.

This is an advanced powerful frequency that will be in our atmosphere and shooting in our minds and seeing that our mind, brains and bodies are energetic and cellular all these invisible frequencies can affect it. It's well known behind the media that 5G also dulls your spiritual connection and pineal gland.

Be aware of the invisible frequencies in your home and around you, we want good vibes only!





## WHAT CAN YOU DO?

- Make small steps and be kind to yourself. Any tiny effort, trial, change is a step ahead. Know that! Take your time and gradually set a desire to learn. You can trust the universe to send you what and who you need. What can you do to live a high vibrational life and truly let yourself **GROW**? Focus on creating your own high vibe life and lead by example.
- Learn how to cook and eat fresh food deliciously. Don't feel a lack, see it as an abundance of high vibe, healing and alignment food. Eat fresh, where possible organic (away from pesticides and chemicals) fruit, veg, nuts, beans etc. Fall in love with eating to nourish your body and align faster. You can moan about not having so much pizza in your lovely new home while you're healthy, energetic, strong and aligned each day full of passion, enthusiasm and excitement. Do this with ease, remember you've eaten a certain way for years, take your time and do it gradually.
- Learn about natural healing and the power of the body, we rely so much on chemical medicine but nature has a cure for everything and remember, the human body, mind and energy is the most powerful medicine there is. Look for holistic healing and therapies, see the Medical Medium, energy work, reflexology, Chinese medicine, Cannabis oil and understand your body.
- Switch out deodorants, perfumes, candles, air fresheners with natural, non toxics.
- Replace ceramic cookware with copper or other non toxics.
- Understand your body, you are a woman and have energy flows that will empower and nurture you.
- Filter your tap water. You can get a cheap jug right up to a more expensive one in your mains supply.
- Spend time in nature, this energetically charges you and genuinely gives you so much power.
- Start identifying areas of your life that cause you worry and stress and start getting rid of them and replacing them with things that empower you and make you feel amazing. Systematically your life will begin to change.
- Turn **OFF** the news. Instead read, watch and listen to LOA, manifesting and spiritual based teachings to fill your mind with optimism, positivity and excitement. Follow coaches and people of influence so daily you have hope and inspiration.
- Carry on growing yourself spiritually, gradually, with ease, flow & love.
- Maybe add some crystals around your house, black tourmaline is good for protecting against wifi.



## SUMMARY

So now you hate me, lol. Tell me about it, I have a full bottle of Chanel on my dresser lol. Look, I hope that this information brings awareness, so you have a **CHOICE** but please don't do anything drastic, just take it on board and make changes gradually.

My life has changed dramatically since I stepped out of 'the norm' and that's all the proof I need. My depression has gone, my anxiety, my constant tonsillitis, bladder and illnesses that I had for **YEARS**, I have complete **FREEDOM** of my life, I don't feel a lack of money, worrying about the economic climate, the government and troubles of the world. I focus on what I want, I stay grateful, I make new choices, less toxic choices that feel right intuitively to me and I see the world as being amazing and full of healing, community, love and opportunity.

The proof is right here for those of us stepping out to show everyone.

Final note!! **LIVE**.

Balance, take your time. We are in a generation of change, so we have old habits and conditioning, it's our children that will benefit from growing up with these incredible new insights as habits. For us, we have to find a way that feels good, in ease and flow and no punishment to introduce these new things and **ALWAYS REMEMBER**, be kind and do what makes you happy as ultimately that's alignment. I still have milk in my coffee despite hating dairy but am tasting alternatives, I love salami and spag- bol but am working on reducing meats, I will have a piece of cake but am working towards natural sweetness, I will have Botox but will look for less evasive treatments, I am replacing my deodorants and air fresheners with natural non- toxic ones.. see what I mean?

**BE KIND - HAVE FUN - TAKE YOUR TIME - DO IT WITH LOVE.**





Illness caused by low vibe  
food, drinks & lifestyle  
choices

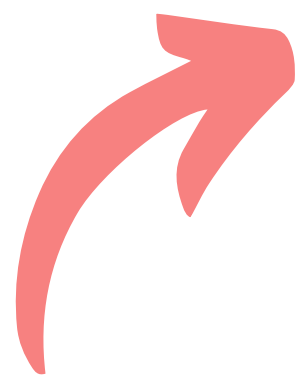


Pharmaceutical  
medicine for  
'symptoms'

Mental illnesses &  
negative outlook  
caused by tv & media  
and stressful lifestyle



Eat & drink high vibe  
food to heal &  
nourish your body



Live a lifestyle of abundance,  
health, confidence, passion,  
manifesting your desires &  
living in ease & flow.

Focus on a Positive outlook,  
spiritual growth, manifesting,  
purpose & fulfilment. Follow  
inspiring people on social media

