



THE POWER OF HARMONY:
INSIGHTS – SUMMARY & BULLET POINTS

1. HARMONY FEELS GOOD

...And is conducive to allowing a positive point of attraction

2. GET IN TUNE BEFORE JOINING THE BAND

Tune in to your core self *first* to create the best music with others

3. FOR THE MOST BEAUTIFUL SONG (EXPERIENCE), FOCUS ON POINTS OF HARMONY WITH OTHERS & LIFE

The sweetest song and ultimate point of harmony is *love*

4. HARMONIZE WITH THE PEEPS & BELIEFS THAT FEED YOUR FIRE

Playing your song is much more fun with others who already hear the music!

THE POWER OF HARMONY: TOOLS

TOOL #1: FINDS POINTS OF HARMONY

→ Do this when you already really feel good or can take the time to get into a feel-good state of mind

1. Think about someone (or something) in your life who matters to you (personal or professional)
2. Make a list/recording or gather a set of photos/images that are all about her/his positive aspects and the feel-good subjects you have in common
3. Focus on this list/recording/set of photos as it feels good and before connecting with this person/engaging in an experience
4. Set an intention before connecting with this person/experience

→ Try these sample intentions or create your own:

“I AM OPEN AND WILLING TO FOCUS ON THE POSITIVE ASPECTS OF THIS PERSON/EXPERIENCE AND THE FEEL-GOOD SUBJECTS WE HAVE IN COMMON.”

-OR-

“I AM OPEN AND WILLING TO ENTER (THIS EXPERIENCE) WITH LOVE, EXPRESS WITH LOVE, RECEIVE LOVE, AND LEAVE WITH LOVE.”

5. Do your best to focus on positive aspects and your points of harmony during your interaction, even if it is only 1 thing

6. Recap the good you experienced *only*, or at the very least, give the good *more* air time than the less-than fabulous stuff

TOOL #2: HARMONIOUS BELIEF UPGRADE

1. Choose a belief you'd like to transform

→ Here's an example:

“I BELIEVE THAT I HAVE TO WORK A GAZILLION HOURS AND DO A BUNCH OF THINGS I DON'T ENJOY IN ORDER TO REALIZE THE LEVEL OF WEATH & LIFESTYLE I TRULY DESIRE.”

2. “Soften” this idea by stating it in a way that is more general

→ Stop owning it – move from “my belief” or “I believe” to “a belief”

→ Adding the words “may be...” or “seems like...”

→ Being open and willing to change this belief

Fill in the blank with the above ideas in mind:

“A belief I am open and willing to transform is _____”

→Here’s that idea applied to the example above:

“IN ORDER TO HAVE THE KIND OF WEALTH & LIFESTYLE I DESIRE, IT SEEMS LIKE I MAY HAVE TO “PAY DUES” AND DO THINGS I DON’T ENJOY.”

3. State the new belief you’re open to embracing:

→Here’s that idea applied to the example above:

“I AM OPEN AND WILLING TO BELIEVE THAT I CAN DO WHAT I LOVE AND ALLOW THE KIND OF WEALTH & LIFESTYLE I TRULY DESIRE TO COME TO ME WITH JOY AND EASE.”

→Or if this feels even better:

“I AM ON THE PATH OF ABSOLUTELY KNOWING THAT I CAN DO WHAT I LOVE AND ALLOW THE KIND OF WEALTH & LIFESTYLE I TRULY DESIRE TO COME TO ME WITH JOY AND EASE.”

4. Answer this question:

“Why would embracing this new belief be a good thing?”

5. Harmonize with your new belief by staying open to seeing evidence that it can be true for you

6. Continue to honor your personal integrity and do what feels best to you in the moment

→ If you feel you are acting on old beliefs, soften resistance by saying something like this to yourself:

“I AM DOING WHAT FEELS BEST TO ME RIGHT NOW, AND THAT’S OKAY. I’M HONORING MY PERSONAL INTEGRITY AND THIS IS ALWAYS A GOOD THING. AT THE SAME TIME, I AM OPEN AND WILLING TO OWN AND EMBRACE THE NEW BELIEF THAT _____.”

HERE'S A BULLET LIST OF THE POWER OF HARMONY TOOLS:

TOOL #1: FIND POINTS OF HARMONY

TOOL #2: HARMONIOUS BELIEF UPGRADE

→ Choose the one that feels best to you and do it now.