

INSTANT IGNITION



**A WORKSHEET
FOR CREATING SUCCESS
FROM THE FUEL OF YOUR
SOUL-FIRE**

When in
your life
have you
felt the
most
alive?

alive = vibrant,
full of energy & spirit,
bristling with
excitement about the
possibilities

Ignition is not about sitting still.

So, neither is this worksheet.

You want to ignite your life?

The fire in your belly?

In other words, your **soul-fire**?

Then you have to *feel* it. And in order to feel it, you're gonna have to *move*.

The quickest way to move energy is through the breath.

Simple. But have you really given conscious thought to your breath & the power it has to change your feelings, thought patterns, energy, & circumstances?

Breath is the key that unlocks the door to feeling alive.

inspire *verb*

1. to fill with an animating, quickening influence
2. to fill or affect with a specified feeling or thought
3. to animate, as an influence, feeling, thought, or the like
4. to refresh the spirit

from the Latin *inspirāre*
to breathe upon or into

Breathing is a miraculous act that's easy to take for granted. Because it's a function of the autonomic (involuntary) nervous system, it operates largely below the level of consciousness to keep us alive.

Becoming conscious of breathing has the power to transform your life in a very short period of time. Plus, it requires no equipment & is cost-free!

Conscious Breathing

- reduces stress
- increases circulation & energy levels
- helps regulate sleep patterns
- creates a bridge between body, mind & spirit
- enhances sexual rhythm for a more connected experience & better orgasms
- promotes an overall sense of well-being & connection to Universal Life Force energy
- I could go on, but you're beginning to get the idea!

It's a good idea to work with a trained practitioner when beginning any type of breath work, but I'm going to give you some very gentle introductory guidance to create *movement* & get your creative juices flowing.

Find a comfortable space where you can be alone & *uninterrupted* for at least 15 minutes. 30 is even better.

Read through pages 6-7 completely before you begin.

- Sit or lie down
- Place your left hand at heart level, in the middle of your chest & your right hand on your belly
- Begin to breathe deeply through your nose, counting 4 on the *inspiration* (in-breath) & 4, again, on the *expiration* (out-breath) through your mouth.
- Pay attention to drawing your breath into your belly, not your chest.
- As you begin to relax, release all thoughts, including the question of whether you're doing this exercise right or not! If you're relaxing, let that be right enough for now.

Picture yourself when you have felt most

alive

Where are you?

What are you doing?

Why are you doing it?

How do you feel?

Notice the word “picture”.

This is a feeling, not a thinking, exercise.

Point loss for thinking!

By first connecting to your breath, you are tuning your body to feeling mode.

Drawing the energy away from mental processes & into the physical, you begin to move blocks that you hold in place through your thinking, reasoning mind.

Your body remembers the sensations associated with people, places, & events that have stirred your **soul-fire** & reminds you of your

wild, vibrant aliveness.

Hint: Success is really about feeling wildly, vibrantly alive, isn't it?

Our culture provides a great deal of mental overstimulation, dulling our ability to feel & to discern why we want what we want – what defines “success” for us.

Before starting the conscious breathing exercise, simply read the questions on page 6. The goal is not to answer them intellectually, but to allow the pictures to appear in your mind's eye & to experience the associated sensations.

- Allow the genius of your imagination to rise
- Forego judgment on what presents itself, as that will block the magic in store for you!

Want more Fuel for the Fire?

Break out the journal & get ready for some profound insights – straight from your own soul file cabinet.

To get you started:

- The most truthful longing within me is _____.
- I want ____ because it will make me feel _____.
- Regardless of what I've always been told about success, *my* dream of a successful life is _____.
- If there was no one to judge me, I would _____.
- The idea of my sexuality as a creative force makes me feel _____.
- The word (or idea of) God/Spirit makes me feel _____.
- Money conjures feelings of _____.
- Death makes me feel _____.
- The idea of love as the foundation of business feels _____.
- The idea of my mind & body as a channel for higher consciousness makes me feel _____.
- I feel comfortable in my own skin when _____.
- The true purpose of my life is _____.

Stream of consciousness writing, by hand, creates a mirror for you to see your Self. When you see your own words on the paper, they will either ring true for you or not. If not, you have the opportunity to elevate your awareness to better reflect who you truly are & what you're here to do in the world.

In order to be fully engaged with Life, you must *feel* your Truth.

That Truth is independent of what anyone else thinks it should be.

Note: When trying to access your *feelings* are you *thinking* instead?

Clue: If I ask how you *feel* about your new doctor & you say you *think* he's a nice guy & that he comes highly recommended, you could be overlooking some vital sensory information that will affect your treatment & healing.

Do you *think* he's nice because he didn't say anything rude? Or did you experience a warm *feeling* when you visited his office, giving you a sense of his caring nature?

Many people ignore their feelings & gut sensations – **intuition** – in favor of rational thinking. And worse – in favor of majority rule (mass thinking).

Honor your feelings. They are the language of your **soul-fire!** And the key that unlocks your **Creative Genius.**

Tune Your Intuitive Muscles

Start listening to music in a whole new way!

Pick out the rhythm patterns & frequencies created by each instrument. Determine where each one is resonating in your body.

You can use this exercise to clear redundant or negative thinking & reprogram your subconscious mind to take a back seat to your *intuition.*

intuition *noun*

1. direct perception of truth, fact, etc., independent of any reasoning process; immediate apprehension
2. a keen & quick insight
3. pure, untaught, noninferential knowledge

Our *thoughts* are often formed from *others'* ideas, agendas & life experience. Our *feelings* don't always agree.

Success is more about how we feel & *why* we want to feel that way than it is about our achievements.

The deeper you can drill down into your feelings about the truth of who you are, the closer you will come to realizing Success on your terms.

The terms of your unique **soul-fire**; the only terms that matter here!

The world will tell you otherwise.

The question is whether you are living for your **Highest, Most Excellent Self** or for the world.

Reading this worksheet
will create a *spark*.

It will take action, however,
to *ignite* your *soul-fire*
&
sustained right action
to get *lift-off*.

I hope you'll **BLAZE!**



Rhythmic Movement Meditations to stir your soul-fire!

Guided Movement Meditations are an amazingly simple way to relieve stress, gain greater clarity, feel deeply empowered, get your body moving to create a stronger sense of overall health & vitality, & connect to a higher source of energy that nourishes & enlivens your spirit.

8 MP3 Rhythm Tracks designed to take you on a journey that will calm your spirit, clarify your mind, & energize your body. Plus a bonus track to celebrate your amazing self! Download the files & get your groove on.

“I went to a job interview shortly after I did some exercises Kim gave me to find my energy source, to increase my clarity & ability to communicate - & I want to tell you how powerful it made me feel, how much clarity I had around the issues I'd be speaking about. I was able to express my experiences, training & expertise in a way that landed me a new position as VP & General Counsel. I can only highly recommend that you touch base with Kim, work with her, & open yourself up to a brand new experience.”

~**Todd Watson**, VP, General Counsel –
Marco's Franchising

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Kimberly Cain is a Certified
High Performance Coach®
& Remo Drums
HealthRHYTHMS®
Facilitator



“I love Kimberly’s movement meditations. They calm me every time I use them. I was struggling with some negative, bullying energy that was directed at me, so I decided to listen again to the movement meditations & they fed me exactly what I needed. I had such a breakthrough! So calming, yet empowering at the same time! Thank you for creating these!”

~**Cathy Phillips**,
Respiratory Therapist, Athlete