



# “Live a Life You Love!”

## A Few Quick Wellness Tips to Help You on Your Way



by Carol Lovelee, MA

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

---

---

## Tip #1 What Would You Be Doing Right Now if You Were Following Your Passion?

---

There are no rules that say you can't tap into your strengths, and pursue what you love, while being of service in the world. Somehow we have learned that the only way to be successful is to work hard, suffer while we are doing it, or somehow it just doesn't count. If this sounds like you, trust me you were not born to suffer. New born babies come out full of unconditional love and joy.

Really early on the joy starts to diminish and we start to live life according to societies rules. For some the last time they really felt happy was in their childhood. That is why we often need to go back in time to rediscover what we love to do.



Lets start right now by closing our eyes, taking a few deep breaths, relaxing our body, and start connecting with yourself as a child. Just ask to remember those happy moments.



What where you doing? Can you remember what you felt like?

If nothing comes to mind, try asking what did I dream about as a child? When did I last feel excited about something? Is there something about you that most people don't know? If you played hooky, what would you do?

This isn't a time to judge or criticize, just let your thoughts flow. When you are done quickly write down everything you discovered. Keep your list with you. Take it out once a day for 3 days and add anything else that comes to mind. Don't remove anything, just keep adding. This isn't a time to censor or respond in ways that you think you should.



After the three days sit with your list, close your eyes, take some deep cleansing breaths, and envision a life in which your first activity or thing on your list played a major role. Take your time. Do this all the items on your list. Play close attention to how you feel, and what you envision. You might want to keep notes after each item. You may need to do this process several times, each time making note of what really excites you. In the end several activities will win out. You feel passionate and excited just thinking about them.

If you are having trouble with this exercise you can sit down with a close and trusted friend and share ideas about how they see you. Once again it is not a time to judge or criticize yourself. Just be open to your friend's ideas about you. What are the strengths they see in you, or when do they see you excited about something in your life.

Now that you have discovered what excites you and makes your heart sing you can now focus your thoughts and energies toward

bringing them into reality. Now lets move on to Tip #2 of  
“Live a Life You Love”.



---

## Tip #2 How to Stop Your Kids, Your Spouse, Friends & Boss from Zapping Your Energy

---

Can you imagine what happens after a whole day at a very stressful job, or even during the hour at the supermarket to your energy field. On a very unconscious level every day we can inadvertently take on other people’s stress energetically.

There are two very easy energy techniques: the Zip Up, which helps us with our inner protection of the sub-conscious mind, and the Celtic Weave which helps us with our outer protective system our Aura. You may be wondering, “How do I even know if I need to do these techniques?” Here is where you need to trust a little and try it out. You might have someone in your life that just leaves you drained. Do these techniques before the next visit and see for yourself if you feel better. I tell everyone, “Why would I go out the door in the morning without my energy field protecting me?” It would be like going out without clothes.”



**The Zip Up** is really easy and works with the central meridian. Central median starts at the base of the pubic bone and travel straight up the body to just under the lower lip. You simply take your hand and starting in front of the pubic bone move it up to the bottom of the lower lip.



Here is a little extra tip. Central meridian is open to hypnotic suggestion, and it is known to channel



other people's thoughts and energies into you. So while just zipping up is great, adding this next step give you an added bonus. When you get to the top of the meridian, just under the lower lip, take an imaginary key (remember it is suggestible), turn the key and lock it in. Then take the key and put it somewhere know one else knows about.

That takes care of your inner protection, now we move on to your outer protection.

The outer energy protection that helps you to keep other people's thoughts and energies from affecting you is your aura. You need your aura to be strong and attached right up tight to your body. Again, how do you know if your aura is detached or weak without having someone energy test you? If you feel overwhelmed by other people or feel like you are taking on other people's stuff, chances are your field isn't as strong as it could be.



Also feeling intimidated or scared of people is another good indication.



**The Celtic Weave** is a great way to strengthen and repair your aura. To do a celtic weave first you put your hands on your thighs and breathe slowly while sending your energy deep into the earth. Then hold your hands so



your palms face your ears, a few inches away and take a several more deep breaths.



Next take a deep breath and while you are holding it put your elbows together, cross your arms and then blow your breath out into your aura while swinging your arms out to the side. Take another breath and repeat the same arm motions at your waist level and then again near the ankles. Then scoop that energy up with your hands and toss it over your head and down your back. Doing this strengthens your aura which is your outer protective system.



Try it, you have nothing to lose and everything to gain.

There are many easy energy techniques that are very useful in your daily life that will be covered in the e-zine and classes.

For now we will move on to Step Three of  
“Live a Life You Love”.

---

## Tip #3 Using Tapping, EFT, to Help You Become the Best Version of You

---

It does not matter what you do as a career or mission, there are actually many different rewards most of us would like. You may



want to be seen, acknowledged, honored, and respected for your brilliance. You may choose to receive financial abundance doing what makes your heart sing.

Well, what is stopping YOU from owning your inner brilliance? I believe it's not something we are just born with or not. I believe it's there in all of us and has a uniquely personal quality.

I believe your inner spark has to be released from programming and vows against it. Some of these vows we took on in childhood and they continue to unconsciously affect all of decisions. For some the programming actually sets them up to even forget that they have choices. Once your inner spark is released and encouraged it ignites our passion.

You must decide consciously that you actually want this and then decide to actually take the steps toward 'Your' choices. Your personal power and your money and success are intimately connected and totally reflect one another. This means...if you want to take a huge step up in one area, you have to take an equally huge step up in your personal power too. You need to step into your vibrant self! Scary and thrilling!

So I ask you, if you have an inner spark locked in you...and you could let a little bit of that shine today...what would you be called to do, be, or want? How bad does that part of you want to be alive and on fire doing your excellent thing and receiving all of the awesome rewards?

New simple to learn energy techniques have been created that allow you to use them yourself and they can have a profound lasting effect on your belief system. They are proving to be more effective than traditional methods to help such as affirmations and counseling, and considerably faster and easier.



In Tip #3 we will use one of these techniques called Meridian Tapping or EFT (Emotional Freedom Technique). EFT uses tapping on specific acupuncture points, while repeating statements. This very simple procedure has been found to remove negative emotions and limiting beliefs.

If you are familiar with EFT here is a tapping series too get you started.



Let's do some tapping to help you connect with your inner spark, so you can begin to claim your Vibrant Passionate Life.

First you need to break some of the vows and resistances that are keeping you stuck . Next you will need tap in your new awarenesses, or what some refer too as a positive round. The following tapping sequence is generic enough for everyone to use. Certainly feel free to change any of the words to make it more

specific for you.

Tapping on the Karate Chop point:

Even though the truth is I haven't been living a  
passionate fun filled life, I honor all of me  
Even though I haven't been connected with my mojo,  
fire, personnel power, I honor me any way  
Even though living a passionate amazing life would  
break so many vows for me, I honor all of my programmed resistance  
and fears.



Tapping through the points

- (eyebrow) I am kind of afraid.
- (outside eye) I can't put myself out there like that.
- (under eye) I have all these vows to be invisible, to suffer, to struggle and work hard.
- (top lip) Life is suppose to be hard, your not suppose to love your work.
- (under lip) I know I feel stuck, but everyone is depending on me.
- (collar bone) What will happen to my partner, family, friends, & co-workers if I follow my passion
- (under the arm) If I change I will be more vulnerable too judgment, criticism, never mind failure
- (top head) I might start living my passion and then fail
- (EB) No way, no how, I'd rather just stay stuck and miserable and stay under the radar
- (OE) Same old, same old
- (UE) But, at least I'll be safe, no risks.
- (TL) I can't risk everything just for my happiness.
- (UL) Who cares if I'm happy anyways.
- (CB) It feels like my own life and death are at stake.
- (UA) I can't let that energy up and out, I refuse to shine
- (TH) I am closing the lid, locking that box, putting that spark out

If different aspects or emotions come up during that round, you need to tap on those before moving on to the positive round.

Now a positive round.

Tapping on the Karate Chop point:

Even though this is scary, part of me knows I have something huge to give!

Even though I get insecure, part of me is exploding...I'm meant to do something different

Even though I have so many vows that stop me from being my passionate powerful the me, dang it, I am sick of being stuck, sick of being locked in a box. I want out!



Tapping through the points

(EB) Yes, I am kind of afraid, but I really want this

(OE) Yes, it's scary but I am done waiting

(UE) I have a different mission and it's calling me

(TL) I have wanted something different, more rewarding for a long time

(UL) I have been trying to ignore those inner nudges

(CB) I have some gifts that inspire me

(UA) I am meant to do something with them

(TH) I really do want my dreams

(EB) I am not perfect and I might fail, so what I am doing it anyway

(OE) I am nervous and worried about judgment, so what, I am doing it anyway

(UE) I am going for it with all my brilliance, desire and power

(TH) I am going for it with the absolute LOVE in my heart

(UL) This is my time now

(CB) I deserve this now, and I do have what it takes

(UA) I'll figure it out

(TH) I am taking the 1st steps and it's awesome, It's my time to shine!

**Don't you owe it to yourself to create a life that supports your heart's desires full of passion and joy, doing what makes your Heart sing?**

Now that you have a few new tools to help you discover and Live the Life you Love. here is your final Tip. Take an action today and email me to schedule your first Energy Session. We will explore your hidden passions and dreams, what has been holding you back, and help you get started toward your new life.

I hope you have enjoyed this e-course and are ready to spread your wings! Let me know how I can be of service to you. Join my Facebook Community at [facebook.com/carollovelee](https://facebook.com/carollovelee) or post your comments at [CarolLovelee.com](http://CarolLovelee.com).

