CONVERSATIONS ABOUT
co-creation
WITH THE MASTERS

REFLECTION JOURNAL
SERIES A
New York Times bestselling author Gregg Braden is internationally renowned as a pioneer in bridging science, spirituality and the real world! Since 1986 Gregg has explored high mountain villages, remote monasteries, and forgotten texts to merge their timeless secrets with the best science of today. His discoveries have led to 11 award-winning books published in 38 languages. Gregg has received numerous honors for his work including a 2015 nomination for the prestigious Templeton Award. He’s shared his presentations and trainings with The United Nations, Fortune 500 companies, the U.S. military and is now featured in media specials airing on major networks throughout North and South America, Mexico and Europe.
...with GREGG BRADEN

1) How can I ignite my partnership with Spirit?

2) Where have I observed evidence of synchronicity in my life?

3) How does a connected worldview change the way I see things?

4) What does Spirit reflect to me currently and where would I like to shift?

5) In understanding prayer as a communion and merging with Spirit rather than prayer being you on your knees begging for rescue, how does that alter your relationship to Spirit?
Joe Dispenza, D.C., first caught the public's eye as one of the scientists featured in the award-winning film What the BLEEP Do We Know!? Since that movie's release in 2004, his work has expanded, deepened, and spiraled in several key directions—all of which reflect his passion for exploring how people can use the latest findings from the fields of neuroscience and quantum physics to not only heal illness but also to enjoy a more fulfilled and happy life. Dr. Joe is driven by the conviction that each one of us has the potential for greatness and unlimited abilities.
...with DR. JOE DISPENZA

1) Where have you felt yourself really let go and enter into the co-creating state?

2) Have you ever witnessed a physical shift in yourself as you’ve opened up to new perspectives?

3) When has manifestation shown up for you easily and readily in your life? When have you not had to really “work” at it?

4) How can you invest in yourself on a day to day basis and connect with the quantum field through meditation?
Robert Holden Ph.D.’s innovative work on psychology and spirituality has been featured on The Oprah Winfrey Show, Good Morning America, a PBS show called Shift Happens!, and in two major BBC documentaries called The Happiness Formula and How to Be Happy, shown to over 30 million television viewers worldwide.

Robert is the author of Happiness NOW!, Shift Happens!, Authentic Success (formerly titled Success Intelligence), Be Happy, Loveability, Holy Shift! 365 Daily Meditations from A Course in Miracles and Life Loves You, co-written with Louise Hay.

Robert hosts a weekly show for Hay House Radio called Shift Happens! He contributes daily to his FB page at www.facebook.com/drrobertholden
1) How can I have more gratitude in my everyday? What do I notice when I add gratitude into my daily practice?

2) When I release the notion of competition and remember that there’s enough for everyone, how does my heart feel? How does my attitude towards others change?

3) Where can I add meditation into my day? What type of meditation practice is best for me?

4) What do I notice when my soul feels balanced (and ego isn’t running the show!)? What signs and hints from the Universe have shown up for me lately?
Nancy Levin is the author of Worthy: Boost Your Self-Worth to Grow Your Net Worth, Jump ... And Your Life Will Appear and Writing For My Life. She's a Master Integrative Coach and the creator of the Jump Coaching and Worthy Coaching Programs, working with clients—privately and in groups—to live in alignment with their own truth and desires. She was the Event Director at Hay House for 12 years and hosts her own weekly call-in show Jump Start Your Life on Hay House Radio. Nancy received her Masters in Creative Writing and Poetics from Naropa University in Boulder, Colorado and she continues to live in the Rocky Mountains. You can visit her online at www.nancylevin.com
...with NANCY LEVIN

1) Where can you learn to include self care in your daily life?

2) What are the ways you self protect when working with others?

3) How do feelings of unworthiness show up in your life?

4) When conflict arises in your life, how do you work with the feelings of anger?

5) When do you get caught up in feeling desperate to know that the next thing is?
Christy Whitman is a transformational leader, abundance coach and the New York Times bestselling author of The Art of Having It All. She has appeared on The Today Show and The Morning Show and her work has been featured in People Magazine, Seventeen, Woman’s Day, Hollywood Life, and Teen Vogue, among others. Christy is the CEO and founder of the Quantum Success Learning Academy & Quantum Success Coaching Academy, a 12-month Law of Attraction coaching certification program. Christy has helped thousands of people worldwide to achieve their goals through her empowerment seminars, speeches, and coaching sessions and products. Christy’s life-changing message reaches over 165,000 people a month and her work has been promoted by and featured with esteemed authors and luminaries such as Marianne Williamson, Dr. Wayne Dyer, Marci Shimoff, Brian Tracy, Neale Donald Walsch, Abraham-Hicks, and Louise Hay. She currently lives in Montreal with her husband, Frederic, and their two boys, Alexander and Maxim. Meet her at www.ChristyWhitman.com, www.TheArtofHavingItAll.com, www.QSLA.com
Where in my life experience have I tried to force outcomes? What were the results?

What does my definition of “wealth” look like?

What is currently working in my life and how was I an active participant in co-creating the result?

How do I currently feel empowered and how has that empowerment influenced my life for the positive?
If the doctors had been right, Anita Moorjani would not be alive today. Now an international speaker and New York Times best-selling author, Anita had been given mere hours to live by her doctors on the morning of February 2, 2006. Unable to move and in a deep coma caused by the cancer that had ravaged her body for nearly four years, Anita entered another realm where she experienced great clarity and understanding about her life and purpose here on earth. In that realm, she was given a choice of whether to return to life or continue on into death. Anita chose to return to this life when she realized that heaven is a state, not a place. In 2012 Moorjani wrote, Dying to Be Me (published by Hay House), which hit the New York Times bestseller list within two weeks of its release. Anita’s new book, What If This Is Heaven? (September 2016, Hay House), debunks 10 common cultural myths most of us have accepted without question that keep us from experiencing heaven on earth.
...with ANITA MOORJANI

1) Where in my life am I currently giving away my own power and not acknowledging my true self?

2) Where can I add in gratitude, love and compassion for myself as well as others?

3) How can I be in a state of allowing and be ok with the unknown of what the Universe will send my way?