

TALKING POINTS

Areas of Expertise:

- Meditation & Guided Imagery
- Intuition Development
- Developing a Spiritual Practice
- Leadership Development from Spirit
- How to Find Your Vision
- How to Discover Your Purpose
- How to Use Intention
- Personal Integrity & Why It Matters
- Abundance Consciousness
- How to Raise Your Vibration
- Eliminating Limiting Beliefs
- Deepening Your Connection to Creator
- Improving Relationship to Self
- Improving Relationship to Others
- Ability to Be vs. Do
- Ability to Live in the Present
- Coaching Others to Their Highest & Best Lives
- Training Coaches in the Spirit Coach Method

Why do I feel as though something is missing even when others view me as successful?

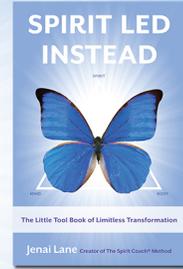
My fifteen minutes of fame lasted for a couple of years. I had what I always thought I wanted: a wildly successful business, appearances on national TV, magazine articles written about me, woman entrepreneur of the year. My business success was my dream. Here I was living it, and yet I didn't feel fulfilled. This book is for those of us who, despite succeeding in some areas of our lives, still feel that something is missing. I searched for many years trying to find what was missing; the problem was I was looking outside of myself to do this. The truth is that no one can tell you your truth. It has to come from within. The good news is that your truth is accessible to you once you connect to your spirit. It may be buried, but with the right tools, your spirit will emerge. When it does, you gain access to a part of you that is limitless. From here, nothing is impossible. When you are spirit led, what you're looking for is found, life unfolds at an aligned pace, and your manifested creations follow your true path. It is so simple. After a while, your spirit becomes the loud and predominant voice, no longer so easy to ignore. Then life becomes the one you were meant to live—yours.

This is the gift I have been sharing with others for over a decade so they can have a more direct route to their spirit than I did. Now, with the release of the book, people from all walks of life can really benefit from these transformational tools by applying them in their own lives.



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How does this work help people who aren't necessarily on a conscious spiritual path but need tools to feel more centered and aligned with their authentic selves?

The tools introduced in this book, when applied, will have a remarkable impact on your life, from having more peace and experiencing less stress to finding clarity when confronted with difficult choices. These tools bring more freedom to your self and thus, to your life. My clients and I are practical, and we want to see results from the tools we employ. Without tools, I have found that it can seem impossible to transform. Even with the best intentions, we may not know how to get from Point A to Point B on the spiritual path. Tools are the way that I know to get us there.

What if someone is not spiritual? How could they, too, be spirit led?

The transformational tools in this book will give you a way to live from your own spirit. This path is what I would call "Practical Spirituality." There is no dogma—only tools that anyone can use to improve their life. Because it is non-dogmatic, this process has nothing to do with a particular religion. Spirit is the essence of every human being. You might find spirituality in religion, but you won't find religion in spirituality. All paths, ultimately, lead to spirit. Whatever path you are on, though different for each of us, these tools can be used to enhance your life. The beauty of being spirit led is that you are able to determine what is true for you through your own experience of spirit. There is no longer a need for a priest, guru, teacher, or anyone outside of you in order for you to access your Divinity. Everything you have been searching for is within.

Why would I want to be out of my mind?

"Are you out of your mind?" I often say this at the beginning of my seminars. Most people laugh because they think of this as a "bad" thing; no one wants to appear crazy. Yet, exiting the mind is a prerequisite to being spirit led. This can be a difficult task without the right tools. How often do you experience monkey-mind—where you can't stop your thoughts, they just keep spinning around and around in your head? Well, for most of us, this is a common daily occurrence. If you have driven your car from one place to another and can't remember the journey, you have experienced monkey-mind. Imagine what you may be missing while driving to your destination, not to mention your entire life's journey. Learning to still your mind leads to a more focused, productive, and joyous day, but most importantly, it leads to spirit.

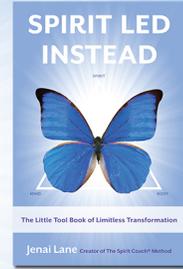
Why take the time to do a spiritual practice?

In one word: transformation. What I am about to show you changes lives—not because it is so revolutionary or a quick fix, but because, over time, you become more aligned with your spirit, your true self, and infinite source of power. Nothing can take the place of the fulfillment and peace you will gain by being spirit led.



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What if you don't have time for a spiritual practice?

Everyone can take five minutes to make their day better. Cumulatively, this creates a better life. Don't take my word for it; try it for yourself. I firmly believe in practical spirituality, meaning it has to work and be beneficial. Otherwise, why do it? You will never know if something works until you try it. Give it 100% of your energy for a short period of time, let's say a couple of weeks, and then decide if it is for you. With all the transformational tools I share with you in this book, I encourage you to be a scientist in your own life by experimenting and observing the results. If you see positive results, keep doing it. You will receive even more benefits. If you don't see results, then stop and try something else.

What do I do if I can't meditate? Why is the meditation you teach different?

Meditation can be easy with the Three Cs. The Three Cs: Centering, Clearing, and Connecting is an meditation solution for both people who have a hard time meditating and experienced meditators alike because it engages the mind through active imagination, which ultimately allows you to be out of your mind. Many people have practiced passive meditation and have been unsuccessful, so they believe meditating isn't for them. The tools I teach are active meditations. They give the mind something to do so it does not get in the way. Being out of the mind is where your spirit and, subsequently, everything you want is.

How can I learn how to alter my vibration so I can feel better now?

When we feel good, it is an indicator that we are vibrating at a higher vibration. We do not have to wait for something external to make us feel better; we can consciously choose our vibration now by applying the tools in this book. You can learn to let go of negative energy that does not allow you to be free, not only allowing you to feel better, but also allowing you to put your energy into more positive endeavors. These transformational tools give you the ability to choose what energy you want to experience (and what you don't). Your energy begins to vibrate at higher frequencies, attracting in more aligned experiences and deflecting what is not aligned for your highest good.

How do I access my vision?

What if we could reclaim our greatness at any point and take it back from the hard knocks of life that leave us stuck in a comfortable mediocrity at best and a mere struggle for survival at worst? The truth is, no one or nothing can ever take away our greatness because it is our spirit. It may become buried with layers of illusion that we have come to believe is us, but at any time we can drop the illusion and acknowledge our spirit. We can then access our own vision by being spirit led and becoming the visionaries we were meant to be. There is an entire chapter dedicated to accessing our deepest vision. Through practical tools and techniques, anyone can discover their vision.



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SPIRIT LED INSTEAD
by Jenai Lane
The Little Tool Book of Limitless Transformation
Jenai Lane, Creator of The Spirit Coach® Method

How do I stop searching and start finding?

Are you asking those deeper questions of yourself: Who am I? Why am I here? How can I contribute? Your mind may have answers, but not the ones you are seeking. These answers come when you learn to be spirit led. This is the path to stop searching for and start finding the truth that lives within you. Your ability to discern your truth and follow it will increase as you use these tools. Before long, you will trust yourself more and more. When you believe in you (your spirit), nothing is impossible.