



INSTAGRAM/EMAIL POST EXAMPLES

Below are a few of my own Instagram posts to show you how to write content that will resonate with your tribe. Don't forget; these posts can also double up as emails and can be used as scripts for video posts.

Not all your posts need to be this long but I promise you, the more value you can give and the more care you take over your posts, the more people will resonate with you. Always aim to give as much as possible. Long isn't always better but it's not easy to give value in a few short sentences, so even if you're not much of a writer, give it a go - you'll be amazed at how much people appreciate it when you try.

This first post is focused on manifesting and Law of Attraction which is obviously a major part of my brand, my coaching and a big interest of my tribe. Note the spacing, the question near the beginning and the call to action at the end.

Let's talk money! Have you ever been in a situation where you're trying to manifest money and then the following happens:

*An unexpected, huge bill appears in the mail
Something breaks down and needs repairing
You get a parking ticket or fine
Your rent or utilities go up in price*

There is a reason for this! And I see it with most of my clients.

The reason people struggle with money is usually down to a lack mentality. A fear that there is never enough.

So once you set your intention to manifest more money, what you must understand is that YOU need to shift your vibration of lack first.

The universe will at first, keep responding to your current vibration of anxiety, stress and lack around money. This is why it seems like things are getting worse! They aren't, they are exactly the same as before because you haven't changed yet.

What is actually happening is the universe is bringing you an opportunity to shift. Reframe that unexpected bill as a test: will you get anxious, stressed, frustrated, angry? Because those old patterns will only result in more of the same.

Or will you either pay the charge calmly or leave it till you can afford it, without wasting energy worrying about it? Because THAT is what will break the cycle, pass the test and shift your vibration - allowing the money you want to

eventually come in.

The universe doesn't distinguish between good and bad. It doesn't see that bill as negative. It only sees it as the quickest way to match what you asked for - more money!

But you can only have more money once you become a vibrational match to it. That only happens when you shift the way you react to money (or lack of it) as it shows up in your life.

Have you ever had this happen to you? Comment below if you struggle to manifest money consistently.

#lawofattraction #timothyphoenix #phoenixrising #universallawsoflife #manifestation #loa #highvibrations #moneymanifestation #lackmentality

This next post shows that you can post fun stuff that relates to your life every so often, that has nothing to do with your career. It is still showcasing your brand and still providing value if your tribe find it interesting. It also builds trust when you share personal pieces of information about yourself. Note how this post was actually too long to fit within the character limit, so I had to continue in the comments section, which is a handy tip for those of you who like to write longer content.

FUN FACT: I'm a Capricorn! A much maligned sign, it seems.....so thought I'd set a few things straight.

Capries are well known for being the hardest workers of the zodiac. I'm being 100% honest when I say I have yet to meet a person with a stronger work ethic than me. This can make us workaholics though.....

We are highly ambitious and see money as very important. However, we are wrongly perceived as being materialistic. The truth is, we are the opposite - requiring very little to make us happy! I do admit to placing high value on the security money brings.....but "things" mean nothing to me.

Of greater importance is success. Capricorns are DESTINED for success. It's part of our life path and DNA. And we expect to have a partner who matches our ambition, creating a "power couple"!

The down side to this is that Saturn is our ruling planet - and Saturn is a BITCH! So our whole lives, we get shit thrown at us constantly - more than other signs.

Our childhood is often unsettling which means we grow up with heavy burdens, making us quite serious. It's common for us to suffer from anxiety and depression. But if we overcome those tough tests, Saturn rewards us with MASSIVE success.

Outwardly we can appear serious, stubborn, cold, emotionless, due to being old souls carrying a heavy load - but we have another side.

We are not just goats - we are SEA-GOATS. This means we have a close relation to water signs, which are known for being emotional. Cappies are actually deeply sensitive, intuitive and caring - contrary to our reputation!

But you will never see this side unless we really love you. We are the bosses, leaders, independent types - we don't like to show "weakness" or ask for help.

So if you're lucky enough to see our deep, nurturing side, you can guarantee our support - because we are the most loyal sign of the zodiac. We aren't interested in meaningless relationships and only get involved if it is going somewhere.

Time is precious for us, so if you dare to be late or mess us about, you're in big trouble! We are punctual and organized and see it as a major sign of disrespect if you waste our time.

Continued in comments.....

And you do not want to fuck with us! We are blunt and will cut you out of our life in a flash if you do us wrong. As an Earth sign, we are traditional, grounded, reliable - the rock others go to for support. On the flip, we can struggle to let loose and have fun. But as our early life struggles become

*easier and our success comes closer to inevitable
manifestation, we let our goofy side and sarcastic humor
show more - and you'll find we are extremely loveable*

*#capricorn #zodiacsigns #zodiac #earthsigns #watersigns
#seagoat #tarot #starsigns #astrology #timothyphoenix
#phoenixrising*

This next post is an example of me showing some vulnerability, which is key when it comes to connecting with your tribe. This does also relate to what I do as a life coach.

A self-love letter.....feel free to use as inspiration for your own and read it every day whilst looking in the mirror.

Dear Tim,

I'm sorry for the way I've treated you. Throughout your life I've been way too hard on you. I expected so much of you, perhaps too much, but only because I know your potential.

This is not an excuse for hurting you. Physically hitting you was unacceptable. But it is the way I spoke to you and thought about you that was so awful. Constantly putting you down and wishing you were someone else. The negative talk has done more harm than anyone or anything. For that, I hope you can forgive me.

You deserve so much better. I want you to know I love you. I haven't always and I admit that. But my love for you today is unconditional. I understand you will still make errors in life because there's no way you or anyone can be perfect. I no longer blame you for the difficult life you've had. I no longer feel anger at you putting up with so much shit from other people. For feeling inferior to others because of the colour of your skin.

I see now that this is part of what makes you so incredible; your kindness, your gentleness. All you've ever wanted was to be loved and accepted by others but I now realize this

could never happen without me loving and accepting you first.

So I accept and love every inch of you now. You are a wonderful soul who has only ever done good in this world. You're a strong, talented, attractive leader, capable of achieving great things. You are worthy of all the abundance you desire, all the wealth you can imagine and of a partner who sees the same pure light that I now see and is unafraid to open their heart to express this.

I take full responsibility for you having to wait so long for what you truly deserve in life. But now I've come to this realization, please know the wait is over - because when I show my love for you, the whole world reflects it back.

All my love,

Tim

*#timothyphoenix #lawofattraction #thesecret #manifestation
#phoenixrising #selfworth #selfcare #selflove
#unconditionallove #selfloveletter*

This next post is a more obvious career related post but not selling anything, as it's for a free training, so providing a lot of value. Note the "click link in bio" at the end.

I have a little something for you if you fall into one of these 2 categories:

1. You feel stuck in a broken system, confused, overwhelmed and procrastinating because you have no idea what your purpose is or the steps to take to escape the Matrix and build a soul-business.

2. You're already moving towards creating that soul-business but you're struggling, burnt out or losing faith because it seems like such a huge mountain to climb to get it THRIVING.

I've created a NEW video training titled:

"4 Inspiring Stories to Help You Manifest Your Dream Soul-Business"

It's pretty straightforward. I invite you into my kitchen to listen to me chat about my soul-business journey.

The 4 stories are:

1. How I wasted 10 years and £20,000 on businesses that were not soul-aligned

2. How I went from being suicidal, to manifesting a year living and working on a yoga resort on a tropical island

3. How I went from being down to my last \$10 to my dream soul-business as a Manifestation Coach in Bali

4. How I lost EVERYTHING in 2020 (home, love, career) but turned it around from earning 10K a year, to 10K months

These stories will lift the lid on what it ACTUALLY takes to manifest a soul-business that doesn't just survive, but THRIVES.

I hope they give you the simple steps, belief and confidence you need to fast-track to becoming a #soulpreneur, simply by learning from my mistakes, successes and tapping into your authentic self.

This is the first time I've spoken in detail about my entire 5 year soul-journey but I was strongly called to do so now.

My aim is to show I'm no different to you, that you CAN do something more alternative and build it into something successful and that you are ready NOW!!

There is actually only one thing holding you back from that soul-business: it's not confidence, qualifications, time, money or any of the usual excuses.....

.....I'll reveal what it REALLY is in the training 

Click the link in my bio. You will see a list of options. The top one is the training.

Click, register, and I'll see you on the inside 😊

#soulbusiness #lawofattraction #balilife

#soulpurpose #manifestation #manifestcareer #soulaligned

And here we have a more blatant post offering my services as a coach. I only do these ones rarely, as it's an obvious sell.

Do you feel trapped in a broken, matrix system?

Are you sick and tired of busting a gut in your J-O-B for little to no reward?

Are you burnt out, frustrated or overwhelmed from trying so hard to turn your gifts into a soul-business that thrives, not just survives?

Then you just might be in luck!

For the first time in 2021 I'm opening up TWO spots to work with me 1 to 1 and get your dream soul-business fully manifested.

This is a great opportunity to learn from someone who has been through the soul-business journey for 5 years, building from zero to 10K months, doing only what I love.

Together, we'll work through my Phoenix Lightworker Programme for 3 months, with full access to me daily via WhatsApp and weekly calls.

I will hold your hand right through the process from getting you unstuck to unfuckwithable, eventually waking up with a smile every morning because you'll only do what you love all day 😊

Even if you have no clue what your soul-purpose is, my programme is designed to help you manifest your soul-

business with my Triple Phoenix Method:

- 1. Rise from the Flames*
- 2. Soar like a Phoenix*
- 3. Fly from the Matrix*

Even after the 3 months, I'll be there to offer assistance, so you'll never feel alone or lost on this journey.

If you've ever resonated with me then this is meant for you!

This is your sign from the universe, so trust it, trust your intuition and click the link in my bio to book a Soul-Business call with me.

There's no obligation to work with me, I'll answer any questions you have and see if I can help you but no hard feelings if I can't ☹️

I'm looking for people ready to invest in themselves, who understand they need help to get where they want to be, know they are worth the best and are willing to put the work in to get it.

You should also not take yourself too seriously - this process should be exciting and we will have fun working together ☺️

Ready to escape the Matrix forever?

Then what are you waiting for? There's only TWO spots available so click the link in my bio, select "Book a Call" and let's have a chat ☺️

*#escapethematrix #timothyphoenix #lawofattraction #risefrom
theflames #soulbusiness #dreamcareer*

This next post is a good example of how to use story in your posts. For those who don't know me, I also make sure I slip into the post that I have clients, so they know I'm a coach. And don't forget to encourage interaction with your tribe by asking them to comment on something specific at the end.

You don't need to be fearless or have ton of confidence to manifest the life you desire.

This is a common misconception my clients have, where they see me or other people they look up to, or put on a pedestal, and think they don't have what it takes to do what we do.

The only difference between those people who seem to have it all and someone who doesn't, is they felt the fear and went for it anyway.

When I first moved out to South East Asia, I wasn't fearless, I was fucking terrified! I literally didn't sleep at all for the first 4 days because I was so wired with anxiety!

I almost came home during that first week. I didn't think I was strong enough. I felt like the odd one out, like everyone else had more confidence and was more likeable.

I felt like a failure, like I had once again fucked up, typical me, only this time, with the greatest opportunity that had ever come to my life.

Having been suicidal just a few years earlier, I will admit that dark thoughts began to plague me again. I felt like I was doomed to waste my life.

But I stayed. And two years later, I was still in Asia and was the happiest I had ever been.

What you do need is courage, the courage to follow your heart. I got on that plane to Thailand and stayed there through the tough times because I knew it was the right thing to do.

Because following your heart is the only thing to do.

To some, that sounds wishy-washy but it's fucking true!

Because I understand how this universe works and that when you align with your heart, the soul, you are now in tune with universal energy and that means you cannot fail!

The reason things aren't working out for you is because you are out of alignment. It's that simple.

But you don't need confidence to move forwards, you just need to take some action. That fear will always be there, just as a seasoned musician always gets nervous before they play. But they feel the fear and do it anyway.

What do you feel fearful of moving towards in life? Let me know in the comments!

In the next post, I used the benefits I created for the Phoenix Lightworker Programme and used them to market some 1 to 1 coaching. Fairly simple, I just copied and pasted relevant sections from those benefits and this is something you can do with any of your pains, pleasures or benefits.

Do you often think life would be easier if you WERE NOT spiritual?

If you were still fast asleep instead of wide awake?

If you didn't care so much about the planet, if you didn't FEEL so much, and want to help others so deeply?

But what if you could remove all those negativity energies you absorb from the people in your life,

So you no longer have to shut yourself away from the world to recover.

Because you've built a solid foundation where you are unfuckwithable - nothing and no one can hold you back from doing what you love?

What if there was a way to put an end to those wasted hours spent binge-watching Netflix, tarot and Instagram Stories.

Or staring at the laptop screen, head in hands with brain fog, rather than doing the things you know you should be doing to transform your life.

Because you have found your purpose and know exactly how

to move towards it unapologetically, with inspired action?

What if you no longer felt envious of all those spiritual people on social media who seem to have it all:

The conscious lover, the thriving business, the exotic location, the abundant lifestyle.

Because you've become a master manifester and understand exactly how to use the Law of Attraction for whatever you desire?

What if you could leave behind those thoughts that you don't have what it takes to build a business.

That you aren't confident enough, not a leader, that it's an impossible mountain to climb.

As you learn how to tap into your authentic self and gain the self-belief to become your greatest version?

What if I told you that all you needed to have ALL of the above (and so much more!), was 90 days, enough self worth to invest in yourself, and some English bloke by your side to show you what to do?

For the first time in 2021, I am opening up TWO spots for people to work with me 1 to 1 to help them manifest their dream soul-business.

Together, we will work through my Phoenix Lightworker Programme for 3 months, with full access to me daily via Whatsapp and weekly calls. Link in bio to book a call and see if I can help you.

I added this post just because I like this one! It has a bit of story, a bit of inspiration, a bit of humour and I think it shows off my personality well.

Some people have a misconception about my time spent living in South East Asia.

I wasn't out there lying around on beaches, hanging out with yogis, exploring nature and eating at beautiful restaurants.

OK I was, but not all day!!

Most of my days were actually spent building a business based around me and what I love.

My time spent living in Bali, one of the things that always made me smile was seeing how many people were out there trying to create their own business.

You might associate Bali with partying or yoga retreats or spirituality but maybe you don't realise how many are out there as digital nomads.

What always grabbed me was how many were out there building soul-aligned businesses.

And when I say building, I mean many were just starting out.

We learn by DOING. Yeah, I did all the manifesting, the 5D stuff, but I was also working my ass off, experimenting, researching, learning.

When you sit around waiting for shit to happen, you tell the universe you don't really want it.

Building a business didn't come naturally to me, I'm not an entrepreneur by any means!

But I now understand what it takes to build a successful, small business and honestly, it's not easy but it's also not as hard as most people think.

You've just got to go for it and trust the universe has your back - because it does, as long as you're aligned!

Are you looking to leave the matrix and discover your dream career helping others? Click link in bio and come find out more about how I can help you achieve that dream.

When writing content to people who you want to motivate and inspire, always try to use this rule: write to your tribe as if you were writing to a past version of you. This example of how to do this was actually an email originally, which is why it's a bit longer than could fit on Instagram. This allows us to really take the reader on a journey through their emotions and this is something you want to do as often as possible. Don't feel like you're writing something too long: the right people WILL read it all because they feel like you are speaking to them, that you understand them and feel them.

Also note the P.S. section at the end. This section is used to allay any fears your tribe might have. So anything not covered in the main body of the email, you can go over here, if you know there is something specific your tribe might have a worry over. Let them know this worry is not an issue!

I know what it's like to feel totally and utterly lost.

Like you don't belong on this planet.

Like the entire system is broken, yet your only way of survival is to go along with it all as if it's just peachy.

Like you know it's all back-to-front and upside down, but everyone else in your environment seems blind to it, which makes you question your own sanity.

I know what it's like to feel like you are wasting your life, panic rising as another birthday rolls by yet nothing changes in your outer world, even though you are gaining knowledge.

I know what it's like when those bursts of anxiety hit you out of nowhere, when the panic attack begins or the deep dark clouds gather over your head and you wonder if you will survive this time.

I know what it's like to believe in the same breath that you are meant for something greater but that you don't have what it takes to get there.

But most importantly, I know what it's like to feel so totally sure of myself, who I am, what I want and how to get it, that I might just burst with positive energy!

I know how it feels to be so grateful for a life filled with freedom of choice and time, full independence and total sovereignty of body and mind, that I literally cry tears of joy.

And I know how it feels to be unfuckwithable, to not care one iota what any other human being thinks about me, to do what I want, when I want, to create every aspect of my life unapologetically and outside of the societal norms which strangle the life out of us.

And that's because I've been to the very depths that life can bring you. More than once.

But I never gave up.

I felt many times like throwing away the gift of life I'd been given.

But I never did.

And I realised I'm not crazy, I'm not alone, and many others have been down the same scary path and come out the other side THRIVING.

They were the lightworkers with their books and their YT channels, who motivated and inspired me.

But you know what? That may have kept me alive, but it didn't move the needle.

It wasn't enough. I would have stayed stagnant for who knows how long, years for sure, if I hadn't started to invest in myself and get the help I needed to MOVE.

Reading endless self-help books and watching endless YT content is not gonna be the thing that changes your life.

You are stuck and lost because you are not investing in things designed to get you taking ACTION.

All you need is help to get you MOVING, not just thinking, in the right direction.

And I have something which will help with that!

For the first time in 2021, I am opening up TWO spots for people to work with me 1 to 1 to help them manifest their dream soul-business.

This is a great opportunity to learn from someone who has been through the soul-business journey for 5 years, building from nothing to 10K months, doing only what I love.

Together, we will work through my Phoenix Lightworker

Programme for 3 months, with full access to me daily via Whatsapp and weekly calls.

I will hold your hand right through the process from getting you unstuck, to unstoppable and unfuckwithable, eventually waking up with a smile on your face every morning because you know you will only do what you love ALL DAY.

Even if you have no clue what your soul-purpose is, my training is designed to help you manifest your soul-business with my Triple Phoenix Method:

- 1. Rise from the Flames!*
- 2. Soar Like a Phoenix!*
- 3. Fly from the Matrix!*

Even after the 3 months, I'll be there to offer assistance, so you'll never feel alone or lost on this journey.

If you have ever resonated with me, then this is meant for you.

This is your sign from the universe, so trust it, trust your intuition and book a Soul Business Call with me by clicking the button below:

There's no obligation to work with me, it's just an informal chat and I'll answer any questions you have and see if I can help you but no hard feelings if I can't.

I'm looking for people who are ready to invest in themselves, understand they need help to get where they want to be, know they are worth the best in life and are ready to put the

work in to get it.

You also need to not take yourself too seriously - this process should be exciting and enjoyable, and we will have fun working together!

<LINK GOES HERE>

Ready to escape the matrix forever?

Then what are you waiting for?

My free training could be the thing you've been asking the universe for to shift your life.

Hasta luego!

Tim

P.S. I often get asked "Can anyone have success with "The Phoenix Lightworker Programme" and here's the truth.

If you consider yourself spiritual, a conscious person, an empath, an awake soul, then this course was made for you.

And no matter how much of an introvert you are, how little you know about business and how lost you may feel in this moment, you have what it takes inside to do this.

So no more excuses! Click the link above to book your Soul-Business Call now.

Always try to tell THEIR story, through YOU. So in other words, pick out parts of your story that you know will resonate with them because they have had similar experiences or felt similar emotions. Your tribe work will help here. Once you understand their pains and pleasures, you can write about your own past pains and the pleasures you achieved, which match them.

Unlike an Instagram post, I will nearly always try to get my tribe to take an action, check out an offer etc, because these people have chosen to be on my email list and I know they are looking for help.

This photo is me over a decade ago in India!

It was taken just a few months before I was violently assaulted, wrecking the next 10 years of my life as I struggled with post-traumatic anxiety.

But I have no regrets.

You see, the boy in this photo was already struggling with anxiety.

My self-worth was low. I didn't know my place in the world, I had no purpose and I was deeply unhappy.

I lost count of the number of times I'd cried alone in my room, curled up in a ball, sobbing uncontrollably.

Banging my head against a brick-wall trying to get any real, impactful work done due to all the bureaucracy in my teaching J-O-B.

Desperate to get to the weekend so I could get wrecked on drugs or alcohol and convince myself that life was great because isn't this what everyone does?

I was going down a road to nowhere and when I returned from India and the rest of my RTW trip, I was miserable.

Not because India and South East Asia and the Pacific wasn't incredible, but because it was just a brief interlude in a life I was running away or numbing out from.

Without the huge jolt of that assault, I would never have eventually woken up to my true power - I wouldn't have discovered the truth of this existence.

And that truth is we can manifest ANYTHING we desire, if we just believe it enough to take the right steps towards it.

And yes, the assault was painful, both physically and mentally.

A fractured eye bone left me in excruciating discomfort for weeks and it was YEARS before I was able to go out in public without fear.

But it was all worth it.

Because a decade on and I'm a totally different person - no longer a timid boy but a confident man with a mission.

That mission is to help other people find their personal power, to lead them to their truth so they create a happy,

abundant life and raise the consciousness of the planet in doing so.

Alchemise your pain into your passion.

If you are unsure how to do this, I will help you.

I am very proud to announce the launch of my latest online course "The Phoenix Lightworker Programme"!!

This course will enable you to manifest your dream career, a business built around you, in as little as 90 days.

Click the button below for more details including a FREE SAMPLE of the content.

<LINK GOES HERE>

I am missing travelling so much but I plan to be on the move again very soon.

When I return to India, it will be without two things: all that anxiety, hidden trauma, low self esteem.....

....and that goddamn bandana!!

Note the 2 part structure to my emails. The first half tells the story or message - no selling, no mention of any offer I have. The second half should blend into the first easily by relating the offer to the story/message - providing a solution to the problem/pain or a way to get the pleasure. Note there are plenty of strong, clear calls to action and links to the offer. This second part can be re-used for several emails, perhaps just changing the first few lines so it blends into the first part more easily. I very rarely use the second part once.

A great tip for email headlines/titles: just copy a standout, short line from your email content. Something that grabs the attention, creates curiosity, strong emotion or is key to the message you are trying to convey. Quite often, my headline is the same as the first line because the first line also needs to be the most attention grabbing of all the lines. In this email, I chose the first line (***You are NOT a nurse, a lawyer, a careworker, a teacher, a doctor, an administrator.***) as my email headline that all recipients will see in their inbox.

You are NOT a nurse, a lawyer, a careworker, a teacher, a doctor, an administrator.

FUCK those titles.

You are here to help others. PERIOD.

There are many ways to do that without sticking a label on yourself and sliding into some bullshit uniform to allow the suits to control and strangle the life out of you for 8 hours a

day, 5 days a week, 50 weeks a year.

You're worth more than that.

Don't fall for the lie that you are your job, that you are your profession, that this is it FOR LIFE.

Don't cheat yourself of the lifestyle you dream about just because you have the "security" and "comfort" of a regular wage and pension.

You are a lightworker. What does that mean?

It means simply that you came to this life to lead others to the light.

To be that lighthouse for others who are stuck out at sea, close to being smashed against the rocks in the storm of their life.

You might feel as though you are the one who needs the guidance of a lighthouse right now, but don't let that stop you.

You DO NOT have to be "healed" or in some perfect place (which doesn't exist by the way) in your life, before helping others.

As long as you are working on yourself and getting the help we ALL need in our life to achieve our dreams, you will be fine. The universe has your back.

So why not allow me to be your lighthouse? :)

For the first time in 2021, I am opening up TWO spots for people to work with me 1 to 1 to help them manifest their dream soul-business.

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I'm looking for people who are ready to invest in themselves, understand they need help to get where they want to be, know they are worth the best in life and are ready to put the work in to get it.

You also need to not take yourself too seriously - this process should be exciting and enjoyable, and we will have fun working together!

Ready to escape the matrix forever?

Then what are you waiting for, there's only TWO spots available!?

Click the button above, book that call - let's go, lightworker!

Hasta luego!

Tim

This email uses lines from my pleasure and pain tribe work and mixes them up, reshapes them and edits them to create a story. This could be your own story but also you can use a client or as I have done here, a combination of several clients together to appear as one (who I've named Shannon). Again, the idea is to take the reader on a journey of emotions, telling their story through you (or a client), so they resonate and feel understood.

All the usual elements are here: attention grabbing opening line (which I also used as an inbox headline). Short sentences, moving through some day to day pains (related to loneliness this time). Then finding the solution and the results (pleasures) which came from that - showing the huge contrast with her previous life, now full of positive people and experiences.

I would now attach a final part to this email detailing a little bit about The Phoenix Lightworker Programme and providing a call to action. I could either create something new or copy and paste one I've used previously, though in this case, because I've already written a lot about the results Shannon got, I don't need to add too much and can just do a simple call to action.

Shannon felt like screaming till her lungs burst.

Even in a room full of people, she felt so alone, so different, so wrong, it was all she could do to stop herself.

This urge to let it all out could last her entire shift and would leave her tired to the bone

She couldn't deal with all the negative people in her life.

When she did try to open up a little, to speak her truth, she would get laughed at, ridiculed or misunderstood.

She would dream of floating away to another planet, where people think the way she did.

Shannon felt like she didn't belong anywhere, an outsider.

All she could do when she finally arrived home after another long, draining day, was shut herself away from the world.

Then she would be left with just her thoughts for company, ruminating over what her life had become.

She wanted to find love too but kept thinking:

"How can I attract the perfect partner if I don't have my shit together? I don't want someone to take care of me, I want to be fully independent and not rely on anyone else. But I also don't want to be by myself on this journey. It's so tough when there are so few people I can truly be myself with."

One day, Shannon finally decided "enough is enough."

Waiting and hoping and praying just wasn't working.

No matter how nice she was to others, she realised she needed to be kinder to herself if her outer world was to shift.

That started with reaching out for help.

It was her turn to receive some care and attention for once.

So she invested her precious time, energy and money which she normally reserved for others (with little in return) into her own dreams.

She came onto my Phoenix Lightworker Programme

<LINK GOES HERE>

And discovered she didn't need to float to another planet to find her paradise.

To dance barefoot through lush tropical ricefields and across silky smooth white-sand beaches.

To dive naked into crystal clear waterfalls, sipping on ice-cold mango smoothies in far off lands.

Places that she now gets to visit regularly as part of her thriving new soul-business lifestyle that she created.

Using conscious strategies that don't require her to be a fake-spiritual "influencer" or sleazy marketer

To read messages of gratitude from happy clients.

To hear family congratulating her on the phone

To relax with new friends who encourage her with her business ventures as you chat and laugh together over tea and cake.

Because her new vibration which she lifted to towering levels, manifests her lightworker tribe who finally get her and support her.

To walk around with a skip in her step, skin shining, eyes sparkling, health vibrant, energy rejuvenated.

Looking in the mirror and smiling at what she sees looking back.

Because she no longer carries the heaviness of working in a J-O-B.

Banging her head against a brick wall because of the endless drama and bureaucracy of a stifling, hamster-wheel existence

She calls the shots now!