



*4 Essential Steps to
Attract the Perfect
Home-based Business
for YOU!*

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It's Time to Tune into YOUR Calling!

You are constantly approached with special offers and great opportunities, but they can all become noise these days. Among all of the noise, however, there is a perfect match for YOU!

So how do you tune in to that perfect match for you?

Well, you have already tuned in to this e-book so just keep fine-tuning your dial until the static goes away...

Like you, my husband, William, and I had to tune our dials through many other channels for our perfect match. We have also tried many other “channels,” and you may have already tried other “channels” as well, which is good because they are all steps along your path, but ultimately you will just know when you have found it...like **meeting the love of your life**...if you haven't met your soulmate yet, then don't worry, because these 4 essential steps can help with that too!

So, keep reading and you will learn 4 essential steps to unlocking your infinite potential to attract, or tune in to, the perfect home-based business for YOU...



Down the Rabbit Hole

My journey began when I was twelve years old, and my father was given six months to live.

Very quickly after he was diagnosed with lymphoma, I realized that Dad was no ordinary father! While he did go through chemotherapy, he also took fistfuls of vitamins, teas from Mexico, and most importantly he meditated daily and pictured his cells healthy. To his doctor's credit, within several months he told my father, "Dave, whatever you're doing, keep doing it...you're not going to die from this!"

Dad went into FULL remission and my teen years were filled with long talks as he taught me about metaphysics, psychic healing, and the power of the mind. I learned that there was much more to life than this 3D existence.

Happily, Dad was still with us when I turned eighteen! As his gift to me, he hired an astrologer to give me a reading, and my love affair with astrology began. I remember feeling as though I had met a new best friend...myself!



That was over 40 years ago, and my studies have evolved into a field that incorporates quantum physics and psychology into my astrology practice.

I love how astrology can be an avenue to greater understanding. I love helping my clients gain higher ground in their lives, especially when it seems as though life has sent them a few curve balls. I personally know very well how a transit can blindside us if we are unaware that it's happening.

Knowledge is power!



I see life much like a river. Sometimes the water is calm and the view is lovely, but sometimes there are “rapids” along our path. With foreknowledge of the rapids, we are empowered to partner with the quantum field...to make sure that we have our “life jacket on” and that we “shift our center of gravity” so that we can “enjoy the ride and gain a fantastic adventure in the process.”

I love to empower my clients into self-discovery into the limitless possibilities of their lives!

[Click here to see what we attracted!](#)

Introduction

The Law of Attraction

You have most likely heard of “The Law of Attraction.”

You have also probably heard of “The 3 Levels of Consciousness”: The Conscious Mind, The Subconscious Mind, and The Superconscious Mind.

What I will say about The Law of Attraction is that science is unclear about why it works and whether it works consistently. There are all kinds of theories out there, but there have just not been ample studies done to test this law and get duplicatable results because there are so many influences to factor in such as genetics and past and present environments.

Like many things, however, there are many anecdotal stories of its existence by people who have manifested amazing things, which absolutely seem to go way beyond mere random chance or coincidence. A large number of accounts definitely amounts to something!





The Law of Attraction - Continued

Two examples that stick out in my mind are the accounts given by Jack Canfield and John Assaraf in the documentary “The Secret.”

Jack Canfield, world-renowned success coach and author of the “Chicken Soup for the Soul” series and “The Success Principles,” shared his experience about writing \$100,000 on a one-dollar bill and posting it on the ceiling above his bed. He was only making \$8,000 per year at the time but he made \$92,000 that year, and when you add them together, he made exactly \$100,000 that year! He later used this same strategy for \$1,000,000, and he received his first check for \$1 million dollars for “Chicken Soup for the Soul.”

John Assaraf is also a successful author and speaker, who told about his experience of creating a dream board. From magazines, he cut out various pictures of things that he wanted to manifest and taped them to a piece of poster board. Some time later, after he moved his family to a new home that he bought in San Diego, he unpacked a box and found his dream board from years prior. One of the photos on it was of the exact house that he had just purchased!

There are many stories like this, and you likely have many cases of your own to share, but the question is: Why does it work for some people and not for others? We have all heard the success stories, but what about the failures? What’s going on there?

Science

What science does tell us is that the universe is holographic in nature. In other words, it is made up of fractals, whereby a small piece contains the whole: as above, so below; as within, so without.

We live in one, inter-connected universe, perhaps a multiverse, and our mind acts like some sort of radio dial, which tunes into the parallel universe that matches our frequency.

Everything is energy and frequency!

Albert Einstein's equation comes to mind: $E = mc^2$
(all mass is just energy and speed, or frequency)

Since nothing is solid, and the universe is the entangled substance we call space-time, then it is much easier to visualize how our minds can "attract" that which we focus on.





Consciousness

Rene Descartes, the famous philosopher wrote: “Cogito ergo sum (I think, therefore I am).”

We all know that we are conscious. We don't need anyone to prove this to us because it is our experience. So, if we are conscious, and everything is energy and frequency, and the universe is inter-connected, and The Law of Attraction apparently works, at least some of the time, then there must be a relationship between our consciousness and the universe.

Some scientists believe that our brains create consciousness, but more scientists are considering the fact that Consciousness created our brains, but not just our brains...the entire universe!

In other words, the universe is Consciousness experiencing itself at various levels of frequency, which leads you to the 4 steps and why not everyone has the same results. The more frequently you practice these 4 steps, the more quickly you will attract the perfect home-based business for YOU!

So let's step into them....

[Click here to see what we attracted!](#)

Step 1: Affirmations - The Tip of the Iceberg

The Conscious Mind

You have heard about the importance of affirmations, but affirmations are more than just looking into a mirror and stating, “I’m awesome!” repeatedly. This is fine and great, but affirmations include everything that you think with your conscious mind.

The average person has over 6,000 thoughts per day. That’s a lot of thoughts! The question is: What are you thinking about? What are you focusing on? What kind of influences surround you on a daily basis?

You must get crystal clear about what your affirmations are. They should accurately speak to your values, dreams, and goals. The clearer they are, the clearer the “marching orders” are for the universe!

As the saying goes, “Be careful what you ask for” because the universe does not “read between the lines”...it will deliver what you affirm.



Photo by Annie Spratt on Unsplash

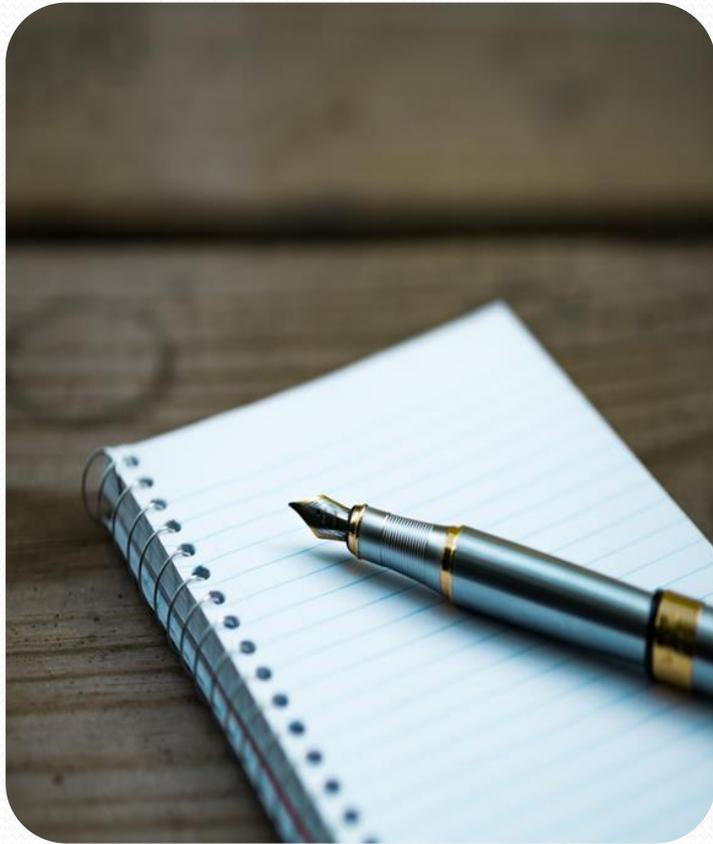


Photo by Aaron Burden on Unsplash

It is especially important to be aware of your thoughts because they offer you a clue as to what kinds of things you are attracting into your life.

You have also heard that your body is your temple, but your mind is the manager of that temple, so whatever it is thinking determines not only what you are attracting to you, but also your behaviors and what kind of actions you take.

So just like an athlete is extremely focused on every move that he or she makes, you need to be just as rigorous with your thoughts. This includes being aware of them, declaring your affirmations as often as you can and writing them down, because including muscle movements helps to anchor them into your psyche, as well as reading and surrounding yourself with ideas and thoughts that are going to empower you on a regular basis.

The Secret

As covered in “The Secret,” also do your best to incorporate feelings behind your words and actions because this extra emotional energy and frequency combined with your mental and physical energy and frequency will help your words and deeds have more power!

Three of the main reasons why some people succeed with The Law of Attraction while others fail is the number of positive thoughts per day out of the over 6,000, how often these positive thoughts are written down and given a physical expression, and how much emotion is brought into the affirmations.

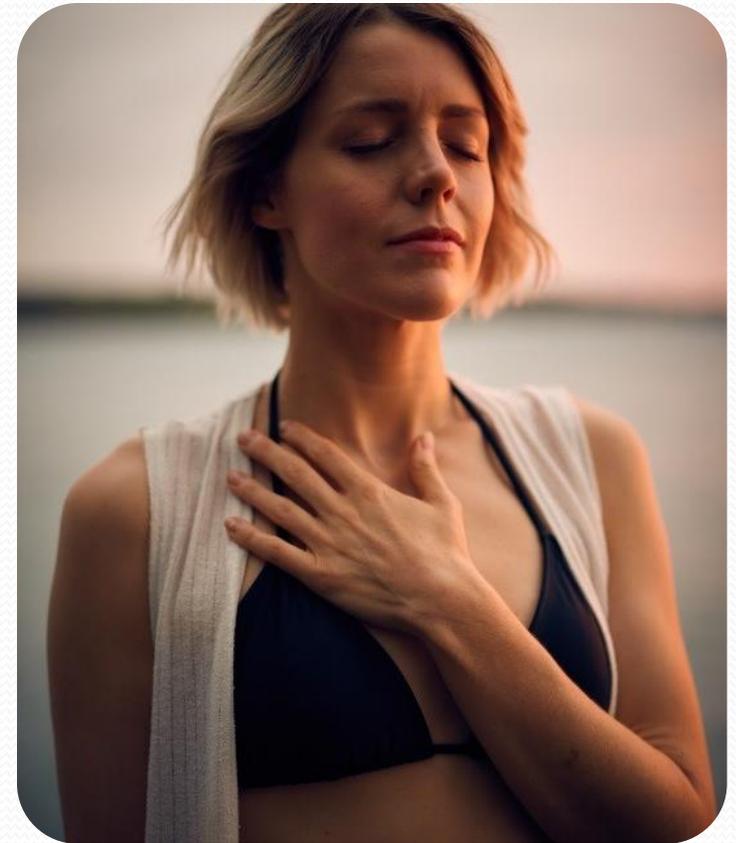


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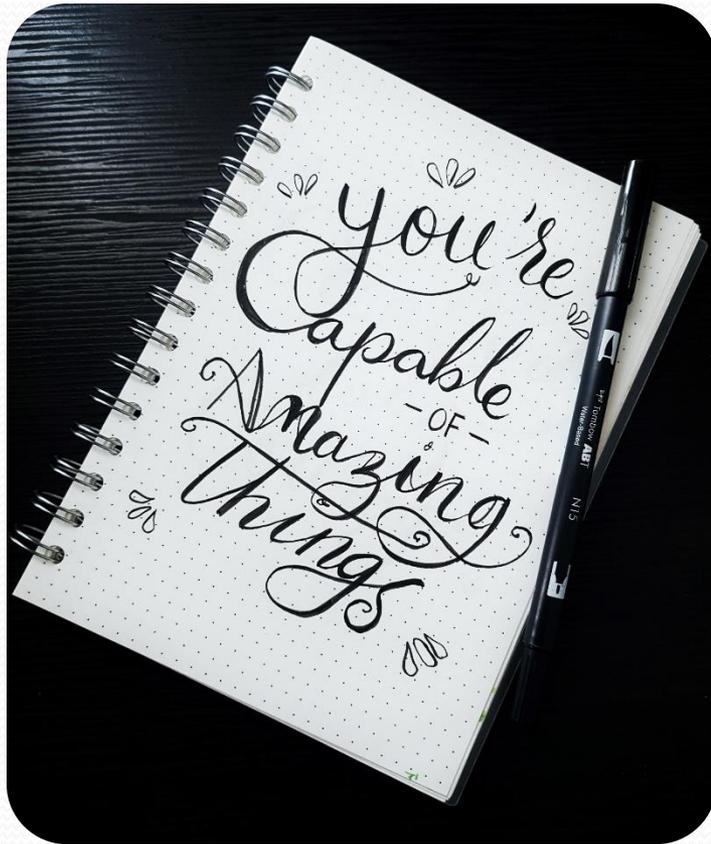


Photo by Alysha Rosly on Unsplash

This last reason is why successful actors succeed because they have mastered how to control their emotions to their advantage!

So pin up some affirmations around the house to remind you who you are and who you want to be. Perhaps even set the alarm on your phone to go off at certain times during the day. Do whatever works for you to keep your mind present and focused on what you want.

Your conscious thoughts and actions, however, important as they are, are just the tip of the proverbial iceberg, which leads you to the next step...

[Click here to see what we attracted!](#)

Step 2: Hypnosis – There’s More Than Meets the Eye

The Subconscious Mind

No matter how rigorous you may be with your conscious mind, the seeds that you plant with it will land on infertile soil if you don’t also work on your subconscious mind. Your subconscious mind also has an extremely powerful influence over your conscious thoughts and behaviors. This is another main reason why some people fail because their subconscious mind conflicts with their conscious mind.

Your subconscious mind is all of the thoughts and beliefs that you have accumulated since the day that you were born. Many people even believe that our Soul also brings its own thoughts and beliefs to our current incarnation! Be that as it may, they would still need to filter or bubble up through and reside in our subconscious.



Photo by Martin Sattler on Unsplash

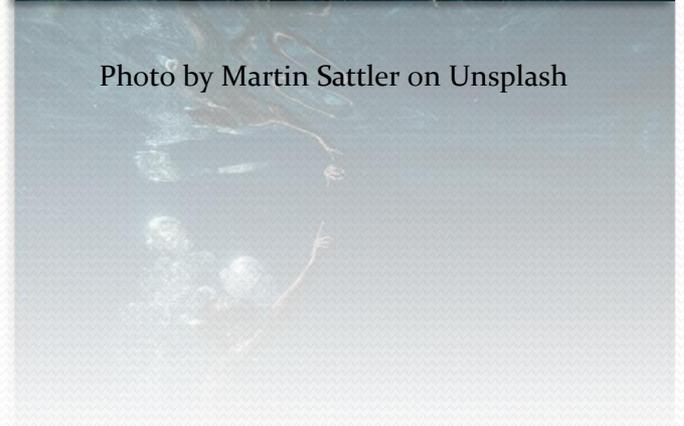




Photo by Martin Sattler on Unsplash

So here we have an exceptionally large reservoir of thoughts, ideas, and beliefs that run our lives...and they may not even be our own! Much of our subconscious conditioning happened during our pre-verbal stage...what did your infant self hear your parents & others say?

Throughout your life, your subconscious mind has taken in about 2 million bits of information every second from your environment, but your conscious mind can only manage around 5 to 7 thoughts per second.

Your own body sends 11 million bits of information per second to your brain for processing, but your conscious mind can only process about 50-120 bits per second.

This can be a good thing or a bad thing depending on what you want. If your subconscious thoughts and beliefs support what you want, then this is a good thing, but if they don't, well this isn't so good! All you have to do is look at your life to see what your subconscious mind believes.

This is where hypnosis comes in. Now I don't mean that you must hire a trained hypnotist to reprogram your subconscious mind, although that is surely an option.

You Tube

My suggestion is quite simple and free. Thanks to smartphones and YouTube, you can reprogram your own subconscious!

Just pull up YouTube on your smartphone and type in “affirmations.” You will see all kinds of videos come up of various lengths and topics. I recommend choosing the ones that are about 8 hours long because you will be playing them softly right before you go to bed at night.

On a side note: It is better to sleep in 1.5-hour increments because your brain releases melatonin every 1.5 hours, therefore sleep 6 hours, 7.5 hours, or 9 hours, not 7 or 8.

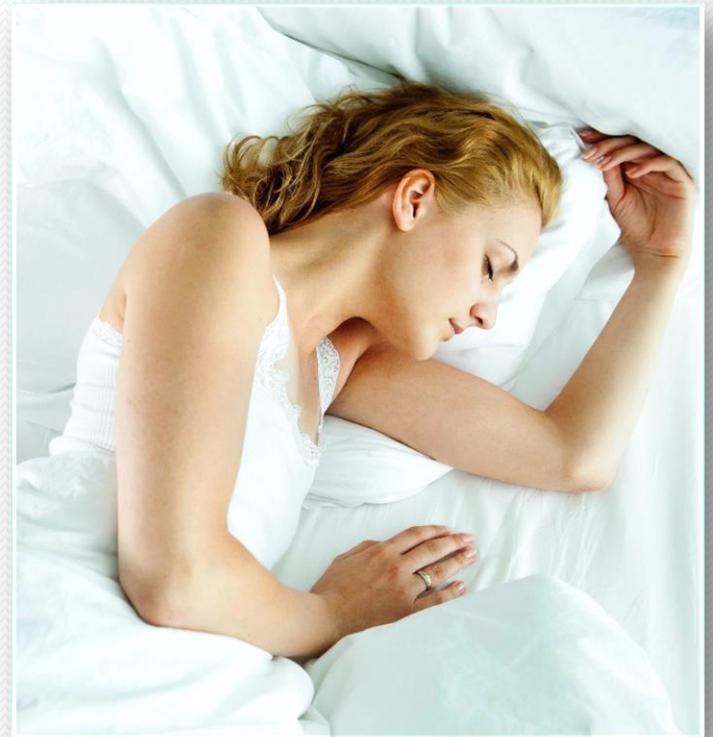


Photo by Damir Spanic on Unsplash



Photo by Shutterstock

There are affirmation videos on love, abundance, peace, career, etc., with both male and female voices, in both the first and second person. Choose the ones you like, but I recommend toggling between the first and second person from one night to the next because we are wired to not only declare who we are, but also to listen to others and take their words to heart, which goes all the way back to our childhood because of our parents, teachers, and so on.

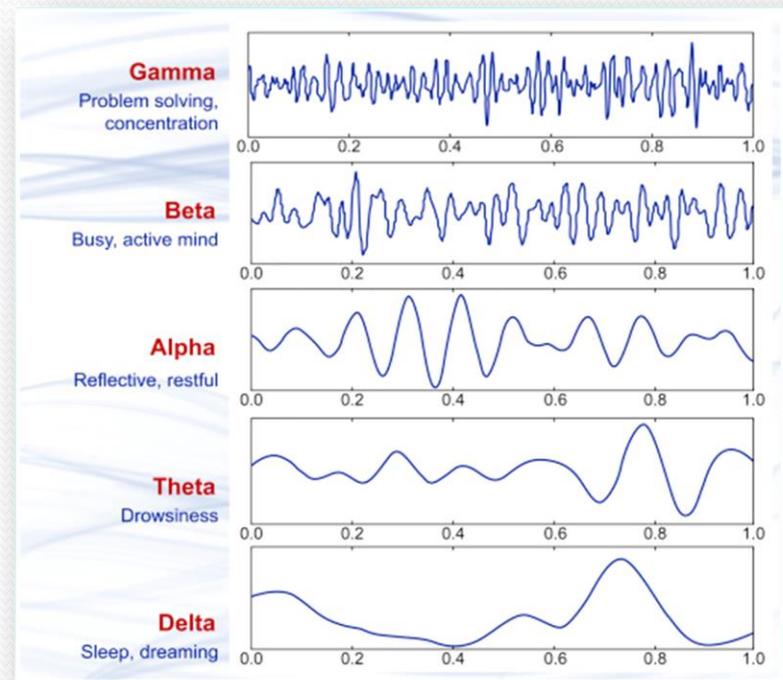
Since we spend between one-quarter to one-third of our lives sleeping, doesn't it make sense to use this time to program or re-program our subconscious mind into what we want it to think and therefore attract? It's like installing a new operating system onto your computer!

Brain Waves

When you are dozing off at night, sleeping during the night, and awakening in the morning, your conscious mind goes through various levels of brain waves from faster to slower: Gamma, Beta, Alpha, Theta, and Delta Waves.

- You are using Gamma Waves when you are problem solving and during deep concentration.
- You use Beta Waves during your normal waking hours when your mind is busy and active.

These 2 above are the ones that you often use during your conscious affirmations, and the ones that hypnosis bypasses to reach your subconscious mind. Your conscious mind is like the gatekeeper, it is your ego, and it can actually “negatively tag” the positive affirmations you want to reach your subconscious to change your life!



EEG Brain Wave Patterns



Photo by Nijwam Swargiary on Unsplash

- You are using Alpha waves when you are reflective and restful.
- You use Theta Waves during drowsiness, light sleep, and deep meditation.
- You are using Delta Waves during deep sleep, dreaming, and transcendental meditation.

These 3 above are the best times to speak, write, and play affirmations because your mind is more receptive when you are relaxed and asleep. You can visualize throwing a pebble in a pond—the ripples travel farther over a calm surface than a rough one!

So at least do this every night before you fall asleep but as often as you can.

This brings you to your next step...

Step 3: Meditation - Still Waters Run Deep



Photo by Kalen Emsley on Unsplash

Consciousness

If you are rigorously monitoring your thoughts, you are repeatedly stating and writing your conscious affirmations with positive emotions, and you are playing the affirmations every night while you sleep, you will begin to experience positive effects...this is cause and effect!



Photo by Tony Ross on Unsplash

Keep in mind, however, that these positive thoughts and emotions are the sum of all the ideas and experiences that have entered your mind. Now that is a lot of information and emotions and they can bring you incredibly positive results and much progress, but they are still a fraction of all the possibilities out there.

As stated above, the universe came out of Consciousness, and this Consciousness is infinite, while the universe is finite, but it has access to this infinity. This infinity is from where inspiration and the great masterpieces and innovations come!

The Superconscious Mind

Our superconscious connects us to everyone and all things via the collective subconscious and is therefore our interface with Infinite Consciousness. So accessing our superconscious not only gives you access to everyone else's thoughts, often called telepathy or remote viewing, but you also have access to Infinite Consciousness!

This Infinite Consciousness has been called God or The Holy Spirit by religions, and The Creative Source or Quantum Field by New Thought and Science. Whatever you call it, it is best accessed via meditation.

Many people claim that they cannot meditate. This is because they have not calmed their overactive mind enough using the first 2 steps. There are some great guided meditations on YouTube, but they don't have to be 6, 7.5, or 9 hours long! They can just be 5, 10 or 20 minutes, once, twice, or three times per day.



Photo by Shazmyn Ali on Unsplash



Photo by Jared Rice on Unsplash

It has been said that just a few minutes of meditation can equal hours of action, because the results will be better from a calm place. When you relax and calm your brainwaves to the Alpha, Theta, and Delta states, then you can consciously access this Creative Field and download profound ideas, upon which you can then act. A life driven by inspiration is a lot more joyous and fulfilling than one driven by stress & desperation !

One of my past teachers, Harvey Cohen, taught me a great affirmation, which I will share here with you: “There is no place where God ends and I begin.”

When we choose from this place, then there is no belief in separation and therefore nothing to fear, so everything that results will happen very serendipitously. When all three conscious minds are in sync, this is when magic and miracles can happen!

So mark daily times for meditation on your calendar, turn off your phone, tune out all distractions, and plug into that deep ocean of infinite possibilities!

This leads you to your last and final step...

[Click here to see what we attracted!](#)

Step 4: Act on Your Inspirations – Strike While the Iron is Hot!

Resonance

When you follow the above steps, you will definitely attract people, situations, opportunities, and inspirations to you, but of course none of these matter if you do not act.

The question is: Which actions do you take?



Photo by sporlab on Unsplash

When you get clear about your affirmations, values, dreams, and goals, and you are cultivating your conscious and subconscious minds, and tapping the well of Infinite Consciousness via the superconscious mind, then you will be at an extremely high frequency. At this frequency, you will be attracted to like frequencies. Those people, situations, opportunities, and inspirations will feel good and resonate with you, so act on them!

If you feel a resonance, but you are still hesitant, then that could be your conscious mind, your gatekeeper, or ego trying to “protect you from change,” but change is what you want. Change is everything outside of your conscious and subconscious mind, so the only way to get what you want, which is basically everything that you don’t already have in your life, is to step into the unknown!

[Click here to see what we attracted!](#)

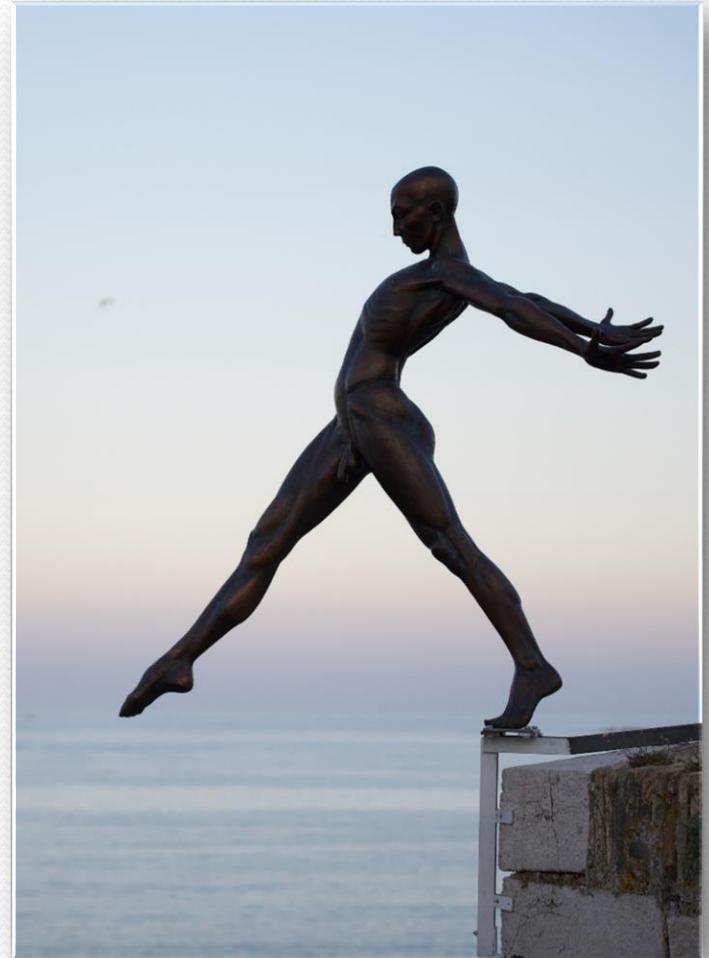


Photo by Tim Wilson on Unsplash



Photo by Ralph (Ravi) Kayden on Unsplash

Muscle Testing

There are times when you may have a difficult decision to make. You can “muscle test” it by standing with your hands on your heart. You ask the superconscious which way is ‘yes’ and which way is ‘no.’ You will lean one of 4 directions: forward, backward, left, or right. After you have your ‘yes,’ then with your eyes closed, you can ask the superconscious whether something is right for you. Muscle testing is very accurate!

You can also use a pendulum by asking the superconscious which way is ‘yes’ and which way is ‘no,’ and it will spin either clockwise, counterclockwise, forward and back, or left and right. After you have your ‘yes,’ then ask your superconscious whether something is right for you.

You may want to test this several times on things that you know are 'yes' or 'no,' like your name, gender, age, etc., before muscle testing for those answers that you don't know. You may want to do the best out of 3 or so until you feel comfortable with its reliability for you.

You can ask whether something is best for the highest good of all, but whatever you do, make sure that it feels good and that you are ready. If it feels right, but you don't feel ready, then go back and practice the first 3 steps before you act because otherwise your ego could sabotage your efforts!



Photo by Deniz Altindas on Unsplash

I have taken many actions throughout my life, which didn't necessarily turn out the way that I wanted, but they were steps along my path, which led me to where I am now...happily married to my husband, William, and in my dream career.

So, write down your goals and divide them up into daily action steps, which you can check off throughout the day.

If you do all 4 steps above on a daily basis, then you will find yourself in the place where you are currently wanting to be!



Photo by Deniz Altindas on Unsplash

Conclusion: You Have Reached Your Destination

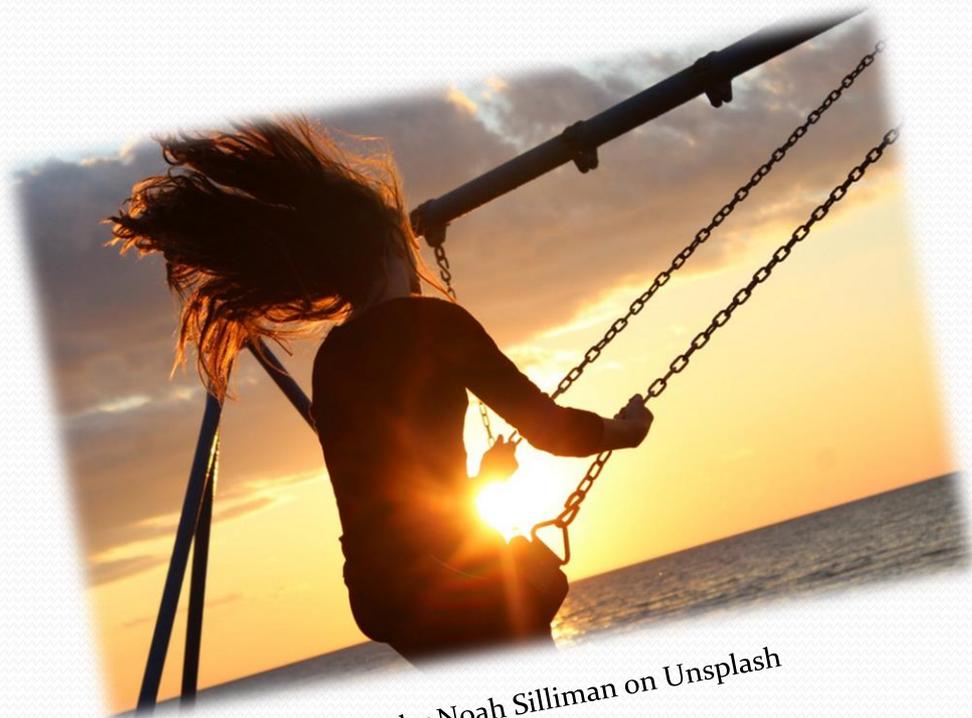


Photo by Noah Silliman on Unsplash

You are right where you are supposed to be. The universe does not make mistakes. It follows specific rules and laws created by a highly intelligent and creative Conscious Mind with the goal to evolve and experience peace, joy, and love in a myriad of different ways!

As my husband and I wrote in our book “Wings: The Journey Home”: Why do we forget? So we can remember.

[Click here to see what we attracted!](#)

I trust that you will implement these 4 simple steps into your daily life. They may be simple, but they are essential, and most people do not do them on a regular basis because of past ingrained habits and their ego's resistance.

The question is: How much do you want change?

What I do know is that we are all unique and have something to express and contribute.

Your dreams and goals matter, so I want you to fulfill them!

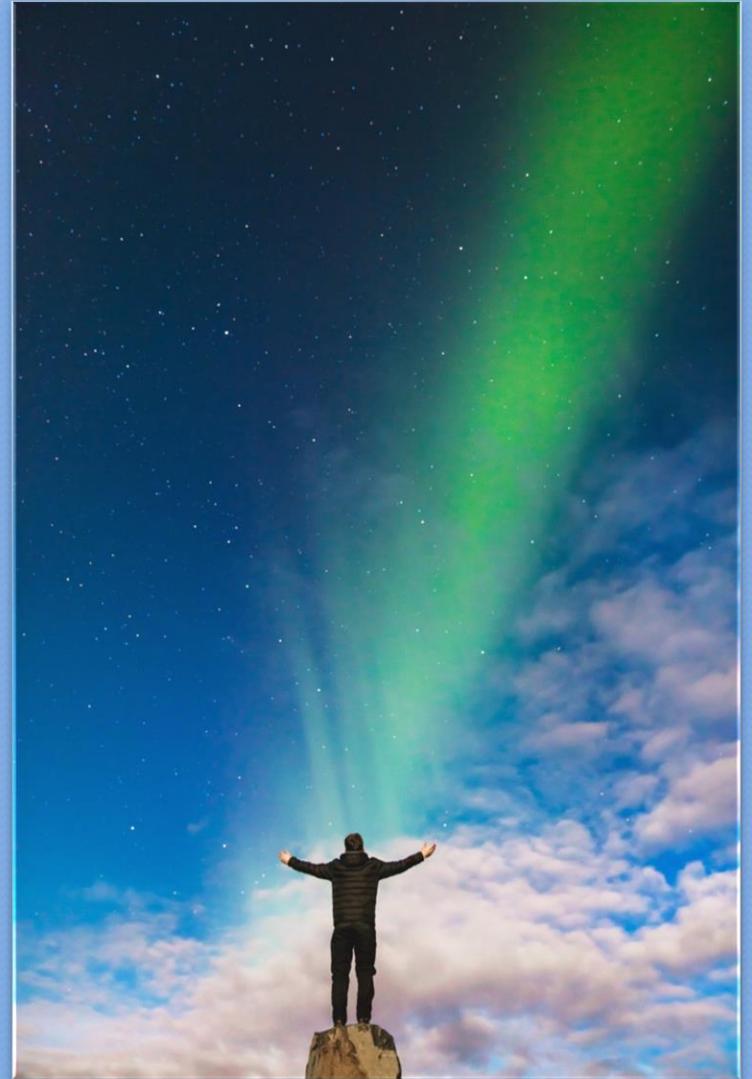


Photo by Joshua Earle on Unsplash

If you resonated with this booklet, and you are looking for a great home-based business where you can feel guided and connected, all I can tell you is that I am incredibly happy with how mine aligns with my values!

Along with working in our Astrology practice, William and I are working with **Jack Canfield in Young Living**, and we are building a **Conscious Team of Entrepreneurs** who are committed to their healthy lifestyles and to bringing more synchronicity and abundance into all areas of our lives. We are also contributing to **humanitarian and environmental efforts around the world**.

If this feels right for you, then I would love to connect with you to see if we are a good match.

For more information, [VISIT HERE](#) to learn more and take your steps...wherever they lead you...

May all your dreams come true!

With warmest regards,

Elise Hicks

