

Unblock Me!

UNCOVER WHAT IS BLOCKING YOU
FROM LIVING YOUR BEST LIFE.

TALIA JOY, MANIFESTATION MENTOR

THE WAY IT WORKS

There is a never ending stream of wellness, happiness, abundance and joy available to you right now. It comes from the Universe and is flowing through us at alltimes. It is the same force that grows an embryo into a baby and a seed into a 300ft cedar tree. Within this energy is everything that you need to flourish with ease.

This abundant energy is available to you in every moment.

THE PROBLEM IS

We get in our own way and end up unknowingly blocking our success. Each day our blocks and resistance show up and sabotage our good efforts. We fall into beliefs, patterns and thoughts that block our light, abundance and joy.

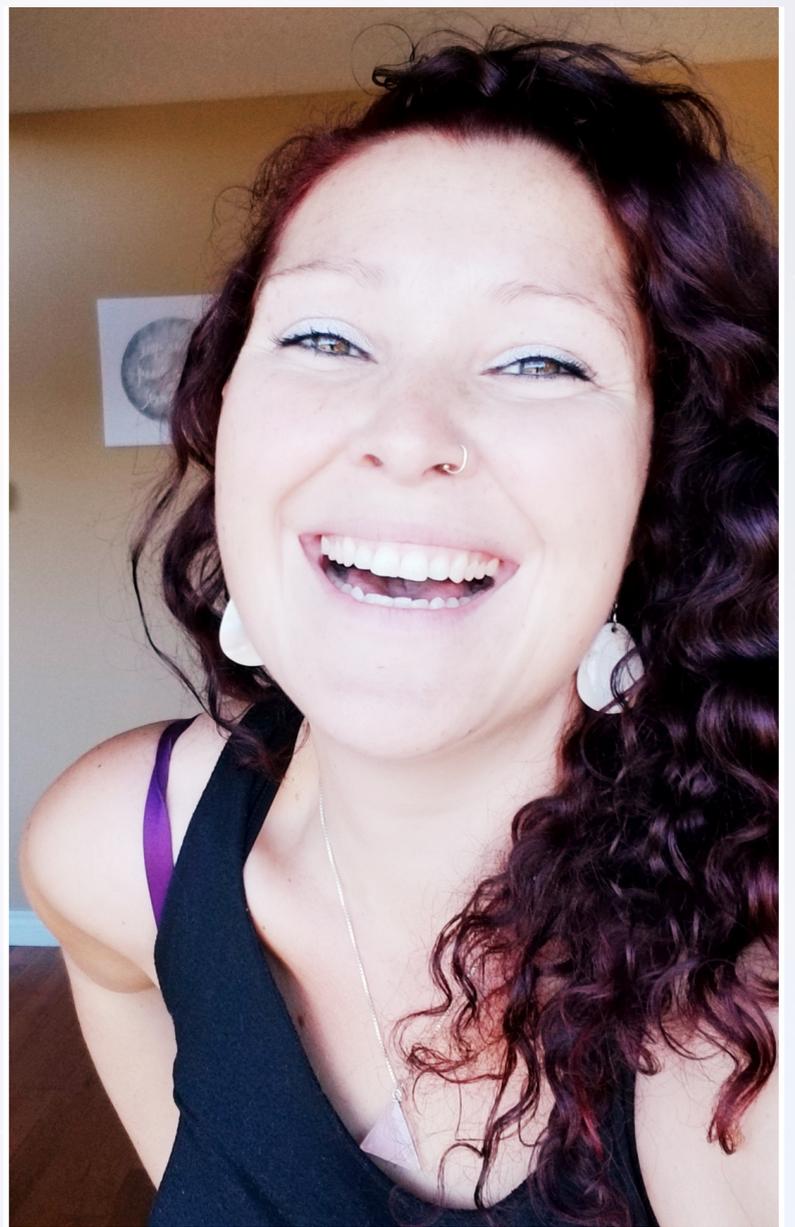
IT'S NATURAL TO BE HAPPY

Manifestation occurs naturally when we sink into the flow of life but when we block ourselves to this flow, life feels hard, manifestations take forever and you feel frustrated being feeling stagnant or falling into the same unwanted habits & patterns over and over.

IT'S YOUR TIME

Seeker, you are rising! The fact that you attracted this material says something huge about where you are! Good job for never giving up - you are SO CLOSE to all you've been going for. My intention with this guide is to show you the Unblock Me Method so you can dissolve what seperates you from all that you want to live your dream life.

Never give up the persuit of happiness.



In love & light, Talia

UNBLOCK ME *method*

1 *See it*

UNCOVER SUBCONSCIOUS BLOCKS

2 *Process it*

REFLECT THROUGH JOURNAL PROMPTS & THOUGHT

3 *Release it*

USE SPECIFIC MANTRA(S) REPETITIVELY & SPECIFIC CRYSTALS TO ENHANCE RELEASE & KEEP GROUNDED.

THE 5 BLOCKS

Take a deep breath and create the space to get honest with yourself. Feel into each block and see if it resonates with you.

1

STORIES OF LACK

2

SPIRITUAL GO GETTER

3

SUBTLE NEGATIVITY

4

PUSHING

5

FUTURE TRIPPING

BLOCK #1

STORIES OF LACK

WHAT IT LOOKS LIKE

You have a lack of time, money and/or resources to do the things you want. You feel constantly blocked and stopped by "not enough" in some form or another.

WHAT IT FEELS LIKE

Stuck, blocked, powerless, frustrated, anger, at a deficit.

WHAT TO DO

Focus on the simple abundance around you. The trees, rain, flowers, houses, cars, stores, pets, restaurants, your clothing etc. There is so much abundance around you. Focus on this as much as possible to create an abundance story. Tune into your intuition and be reassured that there IS enough. Intuitive guidance will show you how to create anything you need.

NEW MANTRA

"There is always enough"

CRYSTALS

Citrine, Green Jade, Green Aventurine, Clear Quartz

BLOCK #2

SPIRITUAL GO GETTER

WHAT IT LOOKS LIKE

You have read tons of books, done workshops or programs. You have endless mantras and journals. You practice gratitude, affirmations, positive thought and still -- you feel stuck!

WHAT IT FEELS LIKE

frustrated, confused, powerless, stuck, doubt, second guessing it all, comparison.

WHAT TO DO

Practice being in the moment - right now. Tap into the joy right now and breathe it in. Ask yourself "how is life right now, in the present moment?". Come back into your body and practice the NOW. Intuitively ask "what do I need?" instead of "what should I do?"

NEW MANTRA

"I have everything I need right here, right now"

CRYSTALS

Charoite, Turquoise, Agate

BLOCK #3

SUBTLE NEGATIVITY

WHAT IT LOOKS LIKE

Although you consider yourself a positive person - you have a negative and sometimes sarcastic energy running through you. You may observe yourself making a negative comment about work, the weather or life in general. You aren't surprised when things fall through or opportunities crumble.

WHAT IT FEELS LIKE

things dont work out despite a positive outlook, the cards are stacked against you, people let you down, life is hard

WHAT TO DO

Become hyper aware of your language and don't allow subtle negativity to be given attention. Spin it into understanding, faith, trust and compassion. Your language creates your life - be careful what you say and focus on. Ask *"How would my highest self think about and handle this?"*

NEW MANTRA

"Things are working out for me "

CRYSTALS

Rose Quartz, Turquoise, Amethyst, Flourite

BLOCK #4

PUSHING

WHAT IT LOOKS LIKE

It's all you, figuring it all out, doing it on your own. You're always wondering how you're going to do it. You're stressing about the outcome and focusing on the "HOW" it's all going to happen. When things don't work out you can get devastated, stressed and worried.

WHAT IT FEELS LIKE

a lot of pressure, worry, control, stress, micro-managing, anxiety, immense effort, "if I don't do it none will"

WHAT TO DO

Relax. Practice small acts of faith by delegation and asking for help from family, friends or a coach. Practice taking time off to relax and be without a plan. Request help to release control from your guides and angels daily and tune into what guidance they give through your intuition.

NEW MANTRA

"I surrender control and trust that the Universe has my back"

CRYSTALS

Blue Aventurine, Selenite, Smokey Quartz

BLOCK #5

FUTURE TRIPPING

WHAT IT LOOKS LIKE

Worry consumes you about what is going to happen in the future. What if this happens? What if it all crumbles? They're never going to like it. It's not going to work. I'll get rejected. You worry and project a negative outcome on to the future and feel it as if it's happened.

WHAT IT FEELS LIKE

Anxiety, worry, suffering, can't make a decision easily, changing your mind, things don't go smoothly.

WHAT TO DO

Relax into the present moment. Notice how life always works out somehow. Tap into the part of you that knows you are doing a great job and trust in how things are. Hear your intuition telling you to be here now, show up and trust in what is to come.

NEW MANTRA

"I relax into the flow and trust in what is"

CRYSTALS

Lapis lazuli, Blue Apatite, Obsidian

PROCESS IT

FOR MAXIMUM RESULTS JOURNAL THESE INQUIRIES IN
A CALM, SAFE SPACE.

WHICH BLOCKS RESONATE WITH ME?

HOW DO THESE BLOCKS SHOW UP IN MY LIFE?

WHO WOULD I BE WITHOUT THESE BLOCKS?

AM I WILLING TO LET THEM GO SO THAT I CAN
STEP INTO MORE FLOW, EASE + HAPPINESS?

THE MANTRAS THAT FELT REALLY GOOD TO ME
WERE....

RELEASE IT

WORK YOUR MANTRA

BUILDING NEW BELIEFS, CREATING NEW RESULTS

Mantras work to repeatedly send a message to every cell in your body which creates new belief - negative and unwanted blocks will dissolve with a new positive belief. The power of a mantra that JAZZES you up is immense!

HOW TO WORK YOUR MANTRA

1) Choose the blocks that resonate with you and write down the corresponding mantra.

2) If this mantra doesn't totally feel right, make it right. Change the wording until it is a powerful statement that you BELIEVE.

Example...

If you see yourself in block 4, *pushing* but the mantra *"I surrender control and trust that the universe has my back"* feels far fetched and scary - change it to something like...

"I am willing to surrender and trust"

"I am moving toward surrender"

"Surrender feels good"

"Thank you for helping me surrender"

Or maybe you see yourself in block #1, *stories of lack* but the mantra *"There is always enough"* does not feel real. Change it up to something like...

"I always find a way"

"It always somehow works out"

"I am open to abundance and prosperity"

"I am made for greatness"

3) Repeat the final version to yourself as much as humanly possible. Post it, alarms on your phone, journal entries about it - the more the better.

ACTION STEPS

- SEE IT :: FEEL INTO WHICH BLOCKS RESONATE, WRITE THEM DOWN
- PROCESS IT :: WORK THROUGH JOURNAL PROMPTS
- RELEASE IT :: WORK YOUR MANTRA(S) & JOURNAL THROUGHOUT THE DAY
- USE CRYSTALS TO ENHANCE RELEASE & KEEP GROUNDED

Happy Clearing!

Hey seeker, I'm Talia

I'm grateful you've been led here and I hope you found some insight into what is blocking you from living your best life & manifesting greatness.

I know what it's like to work so hard and still feel like something is blocking your flow - it's really frustrating.

The sparkly good news is that you attracted this gift so good job receiving this type of guidance! You are farther along than you know - you are doing great.

If we haven't met - I'm Talia Joy! I'm a manifestation mentor helping women to elevate their consciousness, intuition + manifestations so that they can create a life of purpose, abundance and joy.

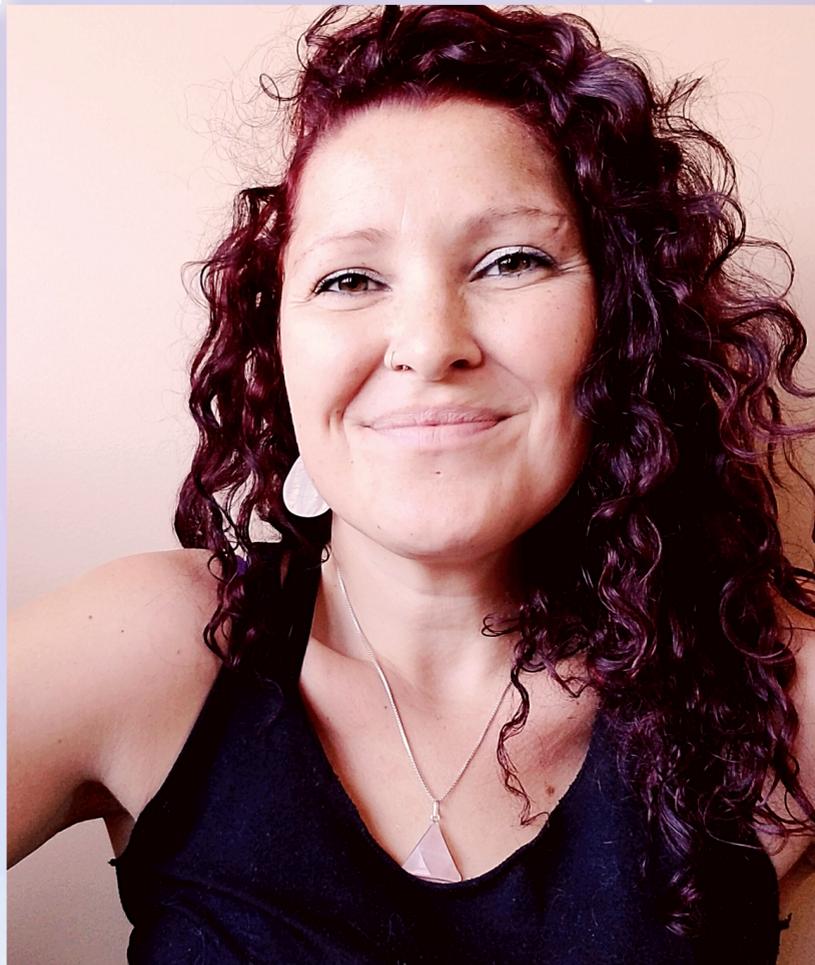
I have been studying the law of attraction and manifestation for over a decade. I became obsessed with "cracking the code" when I was at a rock bottom in my life and chose another way. I went on to heal an eating disorder, addiction, low self confidence and depression. On top of that I have created more purpose, happiness, abundance, success, ease and joy than I ever thought possible.

Turns out you CAN create a life that sets your soul on fire!

It's your turn now. It's time to create the life you are meant for. I am in your corner.

In love & light,

Talia



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