

# Finding Me

'The Journey into You'



**CORINNA MCPHERSON**

# Welcome!

Here's to discovering the beautiful flower  
that you were always meant to be.

To the peace, joy, passion and purpose  
which were always meant to bloom.

And to unfurling your petals one by one  
that we may blossom - together.

*Corinna X*

**Founder — Mindjoga™**

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## Acknowledgements:

To being in the driving seat on the ever-winding path of life.

To finally looking through the windscreen; undistracted by the rear-view mirror; knowing that what's behind us is firmly, beautifully, behind us.

To knowing how to check our wing mirrors to see what's coming and respond early and wisely.

*'To finding our magic power.'*

*All of my work is dedicated to my little brother John, who gave this gift to me and to the World.*

# Words From the Author:

**Hello, I'm Corinna.**

If you've just finished reading *'Magical Electrical You'*, you already know something extraordinary: you are not just a person living a life. You are a living, breathing, electrical being; creator of your own life – a unique and irreplaceable frequency in the vast, intelligent tapestry of the Universe. If you haven't read it; I don't want you to miss a thing; you can find it [HERE](#). It's short and it's free and it's an important foundation.

**For now the real adventure begins...**

This book is about what happens next. It's about what you do with that knowledge. Because understanding that you are energy is one thing. Learning to work with that energy – to direct it, to clear it, to align it with the life your heart has always known was possible – that is the journey of this book; *'Finding Me'*.

I've been a Wellness Therapist/Educator since 1985. My own path to this work began not in a classroom but in the darkest chapter of my life: the suicide of my little brother John; the day the lights went out for me.

Anyone who has lost someone they love will understand the weight of that kind of pain. But because of the circumstances, and because John and I were so beautifully, painfully alike, I couldn't simply grieve and move on. I had to understand. I had to know how. And why. And what it all meant.

That question – that desperate, heartbroken need to understand – sent me on a decade long journey of reading, learning, growing and sharing; trying to find a way to turn the lights back on. It took me halfway around the world. And it led me, eventually, to create *Mindjoga™*; this simple set of disciplines for the mind to take you to where you need to be.

***'Mindjoga™ was John's Gift to me. And now I'm passing it to you.'***

No two life stories are the same. But the emotional havoc they wreak on our hearts, our nervous systems and our sense of self? That is universal. And so is the solution. We have to Change Our Minds to Change Our Lives.

This 6-Step Blossom System works regardless of what you've been through. Every single time. And I'm going to show you how.



## **My reason to be.**

**My purpose & passion behind *Mindjoga*.**  
John & I on his 18th birthday. I didn't know that within 10yrs he'd be gone and I often wonder if he knows what a crazy beautiful gift he left to the World.

# Preface:

## **You've already taken the first step.**

By reading *Magical Electrical You*, you've opened a door that cannot now be closed. You now know – not just intellectually, but in your bones – that you are an electrical being. That your thoughts, your emotions, your energy, they're not random. They are powerful. They are creative. And they are shaping your reality right now, in this very moment. And if that's true – which it is – then the most important question you could ever ask yourself is this:

### **'What AM I creating?'**

Perhaps life doesn't look quite the way you hoped it would. Perhaps you've been stuck, or flat, or feeling like something vital is missing – that knowing sense of something you were born with somehow got lost along the way. Perhaps that knowing crept in so quietly and gradually that you almost don't remember what peace of mind feels like anymore. The stress in our lives can cause misery; but that niggling knowing deep down in our subconscious that something is missing will double it.

Perhaps you've simply had enough. Enough of going through the motions. Enough of the gap between the life you're living and the one you can feel is waiting for you – but always just beyond the reach. How do you get there?

Take solace from this: wherever you are right now: you're exactly where you need to be. Your finding this book tells me you are ready. For when you are in tune and you are ready; exactly what you need appears. You are already tuned in to some extent. This will softly guide you onward.

Before we begin, I ask just one thing of you: Please keep an open mind. Not because what you'll read here is radical – it isn't. It will deeply, quietly resonate as true. But some of it may gently brush against things you've always believed. And that's okay. In fact, that's the whole point.

### **'Our beliefs are everything.' They are what's got you to where you are now.**

You've likely heard the saying 'what we believe, we conceive' – and there were never truer words. To find ourselves – the real, whole, luminous version of ourselves – some old beliefs need to gently dissolve, or merge, to make room for new ones. That's not weakness. It's evolution.

So make yourself a cuppa. Find your favourite chair. Let's begin!

*It's true!*

Our natural state is  
peace & joy.

It's only our conditioning  
that makes us miserable.

***'THE MINDJOGA TOOLS WILL  
TAKE YOU BACK TO PEACE'***

*So let's unfurl the petals!*

# Petal No.1 – Life really is a Journey

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... sometimes painful but all the same magnificent.

*'Where did you go oh fresh-faced, wild-haired young thing; eyes gleaming with excitement for life and brimming with anticipation; the girl with big plans? It started out so well. So where did things go wrong?'*

The journey of life. Open roads. Beautiful scenery. The crossroads. Sometimes the landscape was breathtaking. Sometimes we drove through fog. Sometimes we seemed to go in circles; or find ourselves on roads we never intended to take, wondering how on earth we got there.

And then there were the brick walls. Nobody warned us about those. Those sudden, full-speed collisions with events that seemed to wipe us out in every way – emotionally, physically, financially, spiritually. They hit us without warning and left us sitting in the wreckage wondering: 'WTF just happened? ... and how on earth do I come back from this?'

This book is here for exactly that moment; but also for the quieter moments of discontent; the Sunday-evening dread of having to go back to work. The exhaustion that isn't about sleep. The gentle but persistent whisper of your soul saying: 'the World's gone crazy' or 'there's more to life than this'.

You've heard the phrase 'everything happens for a reason' and probably found yourself rolling your eyes – especially when you couldn't begin to find a reason for what happened. But there's a profound truth hiding inside that cliché and by the time you finish this book you'll understand it better because;

***'The Universe is ALWAYS trying to get you back on track to a life you may not have consciously found yet.'***

And to answer that very first question we asked above? Where did things go wrong? Well, they didn't. Right now everything is exactly as it only can be. You just didn't have the map before; so stick with us & let us be your guide.

That uncomfortable, often unbearable stress & anxiety we have in our bodies – they're not illnesses. They are messages. Navigational alerts. It's the Universe's way of tapping you on the shoulder and saying: Adjust your sails. There's a better course. But we were never taught to listen and, so until we do, we're basically out there in the wilderness alone trying to work it all out. Confused. Frustrated. And just blindly doing our best.

*It's true!*

'The Universe has your back.

It seeks an energetic state

called EQUILIBRIUM and

is constantly trying to

move you into that.

**'A PLACE OF BALANCE  
WITHOUT EFFORT.'**

*How good would that be?!*

**If we had known before that stress was just a sign we would have taken a very different path. We'd be in a very different place.**

But to be hearing and responding positively to stress as a signal rather than reacting negatively as we have been conditioned to do – we would have needed to:

- Understand that stress is a sign something is wrong – *not that something is wrong with us.*
- Learn to stop our stress reactions in their tracks.
- Know how to balance our stress hormones & change our brainwave frequencies.
- Know how to align with the intelligent energy of the Universe – that energy we now know we're made of.

Once we learn to do these things we reconnect with our passion and authentic purpose and our lives are forever changed. And the collective energy of our planet – which depends on each of us individually finding our frequency – changes with us. And that's not a small thing. *That is everything.* Especially right now.

**Your life hasn't gone wrong.**

**You just didn't have the skills to make it go differently.**

But now you know from reading '*Magical Electrical You*' that we are electrical beings. That our frequency goes out into the Universe and returns to us – just like a boomerang. Only once we know we attract back the exact same energy we send out can we begin to adjust it.

**So what determines the frequency of the energy we emit?**

**It's a really simple formula:**

**'Belief = Thought = Emotion = Positive Response or Negative Reaction'**

Everything begins with belief. Our beliefs create our thoughts. Our thoughts create our emotions.

And our emotions (or energy-in-motion) determine the frequency we send out into the world – and in turn what comes back.

The Universe doesn't speak human language. It doesn't understand our wants and needs. It doesn't judge good or bad.

***It simply responds to our frequency. And it responds without exception.***

# *It's true!*

The Universe is very precise.

It responds only

to the frequency you emit

\*Not your words.

\*Not your needs.

\*Not your wants.

*'Your frequency.'*

Which means if we're putting out the frequency of worry, it sends back more reason to worry. If we're putting out the frequency of lack, it sends back more experiences of lack. Not because it's unkind – but because it's precise. Like tuning a radio to a station or selecting a TV channel: it gives you exactly what you asked for. Can you understand?

**The beautiful flip side? When we shift our frequency – even slightly, even gradually – everything around us begins to shift too.**

And here's something we were never taught at school, and once you understand it, everything becomes clearer: Positive and negative are not enemies. *They are dance partners.*

The very atoms of our bodies – of everything in existence actually; contain both protons and electrons, positive and negative charges. *Progress is the dance between them.*

When negativity becomes overwhelming, it isn't illness; it isn't a punishment. It's information. A signal that re-balance is needed. That we've drifted from our authentic course toward equilibrium and the Universe is – kindly, persistently – trying to steer us home.

The trouble is, nobody taught us this. So when the little whispers come – the feather the Universe drops to get our attention – we don't notice. When the bricks follow, we complain about our bad luck. And when the metaphorical bus eventually arrives and runs us over, we sit in shock, wondering why life had turned on us.

**But life hadn't turned on us. It was screaming at us; 'STOP' you're going the wrong way. It was always on our side.**

And now you're here. Reading this. The feathers, bricks & the buses of your life; whatever brought you to this page – brought you here for a reason.

'The synchronicity of the Universe has brought this to you, very specifically, today. 'It offered it's help – and you took it!

*It knew you were ready!*

## *Petal No. 2 – Your Greatest Opportunity*

There is one thing that stops humans from evolving faster than almost anything else.

It isn't lack of intelligence. It isn't lack of resources. It isn't even fear – (though fear comes a close second). ***It's the need to be right.***

For if we're wrong about our core beliefs – really, fundamentally wrong – then who are we? Our beliefs are the scaffolding of our identity. Dismantling them, even gently, feels dangerous. So we cling. We dig in. We seek confirmation rather than truth. We make others wrong so we can stay right.

And we base our lives – collectively and individually – on beliefs written by less-evolved humans from the past and hold on tightly to them; when taking what we already know and adding to it is the very crux of evolution.

If evolution means taking what is and adding to it with new information then by that very definition, much of humanity is not yet evolving. Not because they're incapable – they're extraordinarily capable. But because a fearless open mind is the prerequisite for growth, and fearless open minds are rarer than they should be.

**'Closed minds don't evolve.**

**Closed minds block the very evolution we need.'**

So knowing humanity's greatest flaw is the need to be right is your greatest opportunity. To open your mind and to keep it open *no matter what*.

**And the new information that changes everything for all of us is:**

**Stress is not an illness. It's a signal.**

It is your body's ancient, intelligent, beautifully protective system doing exactly what it was designed to do: alerting you that something in your environment needs your attention. The fight-or-flight response is not broken. It's brilliant. What's broken is the World. And the fact we were never taught what to do with the signals it sends.

Instead, we were taught to suppress negativity. Push it down. Manage it. Keep it quiet so it doesn't make others uncomfortable; take a chill pill. And in doing so, we have accumulated a lifetime of unprocessed emotional pain triggered as fear, on auto-pilot in our bodies - colouring our every decision and dimming our lights.

*It's true!*

Stress is not an illness.

It's a signal for change.

**'AND THE MINDJOGA TOOLS  
HELP YOU READ THE SIGNALS'.**

*So let's move on!*

**Children come into this world knowing who they are.**

Watch a very young child: they are completely, unapologetically themselves. Creative. Curious. Emotionally honest. They feel and express everything — until the world teaches them not to.

**'Don't cry. Don't be angry. Don't make a fuss. Don't embarrass me.  
That's not how we behave.'**

The message a child receives — however lovingly it's delivered — is: your negative emotions are not welcome here. And so begins a lifetime of pushing down the very signals the Universe is sending to help us grow.

**This is the quiet downfall of human potential. And it must end with us.**

Here's what I know with absolute certainty, after decades of working with people in emotional pain:

**'We are only ever stressed at the level  
to which we feel out of control in our lives.'**

The moment we take back control, stress begins to dissolve. Anxiety softens. The heaviness lifts. And taking back control always begins in the same place — not in our circumstances, but in our breath; in our mind and in our thoughts. Because our thoughts are where our energy becomes polarised. Negative or positive.

We cannot control what others think or do. But we can learn to control ourselves. And once we learn. If we rinse and repeat the process; we transform. No further effort required. And that — that single, magnificent ability — changes everything. And you are about to claim that.

Now of course there is some wonderful support out there in the world. Coaches, guides, healing modalities of every kind. But the most important thing to understand is this:

**'The only person who can truly change your mind is you.  
Because you are the only one who can get inside of it.'**

Please memorise this and repeat it often.  
Your mind is as individual as your fingerprints.

**No-one else can truly see what's going on inside your mind.**

*It's true!*

The only person who can  
change your mind & therefore  
your frequency is you.

**'AND IT'S EASIER  
THAN YOU THINK!'**

*Let's take a look!*

*A great guide will give you the tools.*

**But the actual work – the beautiful, life-changing work – it must be done by you.**

**And you are more than capable.**

Especially as our 6-Step Blossom System puts those tools directly in your hands. It brings results in the time it takes the brain to form new habits – for most people around 21 to 28 days.

**Not twenty eight years on a mountain top like the Monks!**

**Not twenty eight months (and some) on a yoga mat!**

**Twenty-eight days!**

*Let's go!*

## Petal No. 3 – The 6 Step Blossom System

This is the heart of everything.

Six steps. Simple. Elegant. Portable. The kind of thing nobody would notice you doing – on a train, in a meeting, in the middle of a difficult conversation. The first 4 can be completed in the space of a single breath.

And yet, practiced consistently over 21 to 28 days, they will change the way your brain responds to life. Not metaphorically. Physiologically and permanently. The neural pathways that have been dragging you back to the same reactions – like an inner goat trotting dutifully down the same well-worn safe tracks – will begin to cut new paths. Brave, peaceful, empowered ones. And that niggly negative voice that gets in your head will cease.

### **Here are the six steps:**

1. Take a deep breath in through your nose and out through your mouth.
2. Relax all of your muscles as you exhale.
3. At the same time focus your mind on that warm area around your heart.
4. Place an 'elation thought' into your mind (explanation below).
5. Use your Blossom Journal to build awareness of your stress triggers.
6. Then use your Blossom Journal to reframe those triggers.

Steps 1-4 are done in the moment, at any moment, whenever you need them. Steps 5 & 6 are done later. Let's look at each one.

### **Step 1: Breathe (!)**

'Of course we breathe' I hear you say! 'Every moment of every day, without thinking'. But – and this is important. Most of us are not breathing at all well.

**Anxiety breath:** This is when we breathe in and forget to breathe out - like we're waiting for the next bad thing! We're breathing & talking from the top of our lungs; fast and furious; our stomachs tight; no oxygen circulating to help us think!

**Depressed breath:** This is when we breathe out, and forget to breathe in – like we can't be bothered. We're sitting at the bottom of our chest barely breathing and our talking is slow and monotone. We're in a place of 'deep rest' but not in a good way; sighing; fed up with no oxygen to help our mood rise again.

**Take a moment to think. Do you recognise either pattern?**

*It's true!*

We have just 16 seconds  
to change the frequency  
we're emitting or the  
Universe will begin locking  
you in for more of the same.

**'AT 68 SECONDS IT'S TOO LATE'.**

*You're about to get more of  
that misery (or happiness!)  
you sent out..*

Long-term stress changes our breathing habits in ways we don't notice — until we do. And one single conscious breath, taken at exactly the right moment, is more powerful than any power a super hero has.

The first step of the Blossom System is this: one beautiful, deep deliberate breath in for the count of 4. In through the nose, filling the belly first, then the chest and out for a count of 6 through the mouth - it's slow and complete.

### **What this does:**

It stops you for long enough to break the pattern of a stress reaction before it takes hold. It interrupts the thought that was creating the stress. It floods an almost certainly oxygen-deprived brain with oxygen and allows clear thinking. And by breathing deeply into the belly our diaphragm begins to sing; humming it's song to the brain; telling it 'I'm ok; hold the stress hormones. All is well.' *A few seconds is all we need to take back control.'*

### **Step 2: Exhale and Release tension in the muscles.**

'A whole step for the out-breath?' I hear you say! Yes. Because the out-breath is where the magic lives.

As you breathe out for the whole 6 seconds, feel it happen in sequence: belly softens, chest releases, shoulders drop. The whole body yields to the exhale — allow it.

### **What just happened?**

You just stopped the rush of adrenaline throughout the body which sends all of our energy and blood to our limbs - because the body at that point thinks we need to run like crazy or fight a sabre-tooth tiger to the death!

And you interrupted the cascade of cortisol — a feel-bad stress hormone that, left unchecked, puts us on a downward spiral of feeling bad. You just physiologically rebalanced your stress hormones. AND! 'There's more?!' Yes! By breathing out longer than you breathed in you just activated your Vagus Nerve which soothes the belly, and sends a short order of nutrients available for the processes needed to avoid a full-on panic attack, up to the brain.

*All in one breath!*

**Well done. Truly.**

*It's true!*

Our fight/flight/freeze  
response has not evolved  
to meet the crazy stressful  
lives we now have to live.

**'IT STILL THINKS OUR EMOTIONAL  
STRESS IS A SABRE-TOOTH  
TIGER'.**

### Step 3: Focus on Your Heart

This is done at the same time as you breathe out. Bring awareness to the area around your heart; close your eyes for just a second. Feel its warmth; its steady, faithful beat. **This step does something subtle and profound:**

It moves your attention away from the thought that was causing the stress and anchors it in the body's most powerful electromagnetic centre - the heart. The heart's field – as science now confirms – is far larger than the brain's. When we bring the mind in line with the beautiful beat of our heart we shift into a fundamentally different state: Peaceful. Present. Centered. Loving. And in that state, the stress hormones cannot surge.

### Step 4: Your Elation Thought

This is where we make our move! An elation thought is something – a memory, an image, a hope, a face, a place – that when you bring it to mind you automatically smile; or laugh; or just feel downright amazing. It must be something with no negative connotation for you. It flips your internal switch from negative to positive. **How magical is that?**

For some people it's the smell of the ocean. For others, the face of their sleeping child, their dog, a flower they love, or a place that makes their soul sing. Mine is a basket of kittens! It can be a hope or a dream – something that makes your heart lift. **Whatever it is for you, find it. And keep it in your pocket.**

Because when you drop that thought into a heart-centred, breath-calmed mind, something extraordinary happens: your body releases the feel-good hormone dehydroepiandrosterone; (or DHEA for short. Phew!).

DHEA not only lifts your mood but supports your immune system, your vitality, and yes, even slows the ageing process; not just stopping the clock; but turning it back. DHEA puts us on an upward spiral of feeling good and makes us smile. And that is exactly what we are seeking because:

*Have you ever noticed how you can't feel negative while you're smiling – even a fake smile? Go ahead. Try it. Right now. The cheeks rise, the eyes twinkle; and something in that movement makes us giggle! Again, MAGICAL!*

The cumulative effect of steps 1 to 4 is a calm brainwave frequency and balanced stress hormones. We have stopped a stress REACTION right in its tracks, leaving our minds clear to RESPOND positively. This is where your life begins to change. **And people will notice!**

*It's true!*

The *Mindjoga* tools  
teach you how to  
change your frequency

**IN JUST 10 SECONDS!**  
(before the Universe starts to lock it in)

**'AND KEEP IT THERE'.**

*Moving on!*

## Step 5: The Blossom Journal – Awareness

(You'll find your Blossom Journal Sheet at the end of this book).

With steps 1 to 4, you've stopped the negative stress reaction in the moment. Beautiful. Let's go a little deeper.

Most of our stress reactions are habits. Patterns we've been running – unconsciously, automatically – for years. It's as if we have a little mountain goat inside, and every time a certain word, situation or person appears, that goat trots faithfully down the same old path to the same old feeling – and reaction.

We don't want to eliminate the goat. We want to teach him to take a new route.

Your Blossom Journal is how we do that. Each day, simply note the things that triggered a stress reaction. We don't judge them. We don't analyse them yet. We just notice.

***'Awareness is the first and most powerful act for change to occur.'***

Because what we can see; we can work with. And right now what we can't see - well that is running our lives and creating our futures.

## Step 6: The Blossom Journal – Reframing

Now for the beautiful work.

Most of our habitual stress reactions can be traced to one of three deeply conditioned patterns:

1. My life is going wrong because of xyz.
2. I am missing out on something because of xyz.
3. I; or someone else; should or could have done xyz differently.

With the Blossom Journal we can identify our dominant triggers and then ask one single, powerful question:

**'Would this belief ALWAYS be 100% true for EVERYONE ever faced with the same situation?'**

**If the answer is NO** – We know that stress is coming from a habitual, conditioned pattern. A limiting program that can be gently replaced with a new one. Your inner goat is about to learn a much better way!

**If the answer is YES** – There's something in your environment that genuinely needs your attention. Something that is, in reality, not okay. Action is needed – movement away from the source of harm and towards a solution.

**This distinction is what most healing systems miss entirely.  
And it's the distinction that determines everything.**

**'How we feel is 10% what happens in our lives & 90% how we respond to it.'**

This system gives you the tools to respond differently – and teaches how to avoid repeating the things that unconsciously trigger you in future.

## *Petal No. 4 – How Do I Practice?*

Consistency is everything. Not perfection. Consistency.

The Universe works on momentum. Which is created by consistent repetition – until the point of EQUILIBRIUM kicks in - that static point in a moving system where things *just happen*. That is called transformation. Where the change you worked consistently to make during your 21-28 days becomes effortless. That is like magic with sprinkles on! Your inner goat has taken a new path and now he is following it religiously every time you are triggered!

So every time you feel a stress reaction starting – the tightening, the rising anxiety, that familiar sinking feeling – bring in steps 1-4. Right there. Right then. Nobody needs to know. When you do you will keep your composure and take control of whatever life is throwing at you.

### **Here are the six steps once again:**

1. Breathe in through your nose, out through your mouth
2. Relax your muscles as you exhale
3. As you exhale focus your mind on your heart
4. Pop your elation thought into your mind – smile!
5. Journal your stress triggers as soon as you get the chance.
6. Reframe – or take action

Do this every time, for 21 to 28 days; assessing & reframing as you go and something remarkable will happen. The neural pathways; the old goat tricks & tracks; will gradually, measurably change. Positive responses will begin to feel natural. Peace will stop feeling like a visitor and start feeling like home. And your life will change.

*It's true!*

To change our neural pathways  
repetition is needed for the  
subconscious to absorb change.

It's how the Universe works.

**'AFTER THAT YOU'RE HAPPY  
ON AUTO-PILOT! '.**

**'Our thoughts (most especially our negative self-talk) are the most powerful things in our lives. They are creating our future right now.'**

Which means this practice – simple as it looks – is one of the most important things you will ever do.

During the 21-28 days use our EQUILIBRIUM audios daily. The first one 'About EQUILIBRIUM' is designed to help you understand the body's natural stress response – because what we understand, we can work with consciously - integrating the new information into the subconscious where our stress triggers live.

The second is the EQUILIBRIUM Relaxation & Visualisation audio, designed to bring the frequency of your mind in line with the beautiful beat of your heart. The best time to listen is as you fall asleep each night. You'll quickly begin to feel the difference. Listening to the 2nd audio is greatly enhanced by using headphones. [CLICK HERE to access you audios...](#) *You're welcome!*

## *Petal No. 5 – What If It Doesn't Work For Me?*

I get this question often. Here is my honest answer: It cannot not work.'

Your brain is a physical organ with plasticity. It changes in response to repeated input. This is neuroscience, not philosophy. If you follow the six steps consistently for 21 to 28 days, your neural processes WILL shift. It may take a little longer if your existing beliefs are very deeply embedded. But change will come when you persist.

Momentum is how the Universe works. A small thing done consistently becomes an unstoppable force. And you are part of that Universe – a beautiful, essential, irreplaceable piece of it.

After a while, you'll notice synchronicities beginning to appear. Doors opening. The right person arriving at the right time. Your energy boomerang returning to you gently carrying the new peaceful, positive energy you put out – instead of knocking you sideways - *BOOM! SPLAT!*

*This is what it feels like to be in flow with planetary energy.*

*This is what it feels like to be finding you.*

*'Wonderful out. Wonderful in. Transformed You!'*

**You owe this to yourself. Not one day. You owe it to yourself today.**

## Prologue:

Thank you, from the bottom of my heart, for reading  
'Finding Me'.

Like a caterpillar; you have eaten the flower. Every  
petal, every truth, every beautiful unfolding – it is  
inside you now.

This is what the caterpillar does. Not to destroy the  
flower; but in readiness to cocoon and become  
something the flower could only dream of meeting –  
the butterfly.

*Now comes your cocoon.*

You can do it alone or step inside my 28 Day Online  
Journey where I will help you cement your beliefs –

Because as we already know;

*belief is everything.*

And to believe we must understand. That is where our 'Change Your Mind' 28 Day Online Journey comes in. Because it must be an understanding so personal & complete your soul knows it to be true.

And for that there is much more knowledge to impart that would fit in this small book!

But however you choose to cocoon know the world is waiting for you so;

*We can all be beautiful butterflies.*

*Leaving our cocoons.*

*Having been deeply asleep –*

*Absorbing deep peace;*

*dreaming about what might be 'one day.'*

*Well, 'one day' is here, precious one.*

*Prepare to spread your wings.*

And here is the most beautiful truth of all – the one that makes this so much bigger than just your story so far:

'The butterfly's purpose is to go back out into the world and pollinate other flowers.'

# *We Are Infinity.*

Infinite energy. Infinite forms.

## Prepare To Morph!

Like the butterfly; we don't transform for ourselves alone.

Your transformation — your emergence, your wings, your light — touches every life you encounter from that point on.

It sows seeds & opens flowers in others who don't even know they're waiting to bloom.

Your new demeanor sparks awakenings in people you haven't even met yet. It's how energy works & this is the full arc of what awaits you.

Every butterfly pollinates & creates more flowers. And every flower becomes a butterfly.

Just like the butterfly; we *also are part of an infinite, self-sustaining, unstoppable system just as the Universe intended.*

*So go forth and radiate!*

**WITH BLESSINGS & GRATITUDE**

# Well! That's the end of this book & the beginning of the rest of your life!

Should you choose to journey on with us; our 'Change Your Mind' 28-day Online Journey is waiting for you here:

**[CLICK TO LEARN MORE](#)**

Inside we'll cocoon & support you as you evolve.  
'Together our potential is limitless'

**'See you there!**

With love,  
*Corinna*



**Founder - Mindjoga™**

*Don't forget your Blossom Journal sheet on the next page!*

## Blossom Journal Sheet dated: \_\_\_\_\_

Follow the steps to log the event which triggered your negative reaction

1. **What event triggered today's reaction?**
2. **What emotion did you feel? anger/frustration/sadness/fear/other**
3. **What thought did you have immediately before your the reaction?**
4. **Ask yourself what beliefs must I have to have this thought?**

### **Do you also believe:**

- a) Your life is going wrong? Y/N
- b) This event will cause you to miss out? Y/N
- c) You/someone else could/should've done something differently? Y/N

**Affirm: It's not the event but my resistance to it that caused the reaction.**

**If you answered YES to 4 a), b) or c) above affirm for the matching letter:**

- a) Life is a journey and it cannot go wrong.
- b) We never miss out because we are always learning & growing
- c) We react to a situation with the information we have at that moment. To respond differently needs different information which I now learning. And I can only control myself; not the actions of others.

***These are your new affirmations for your Mindjoga practice.***

Think again about your original belief. ***Would it always be 100% true for everyone ever faced with the same situation?*** (think & be honest here) Y/N

**If YES:** You need to take action to change your life so it can't happen again. Write the action needed below:

**If NO:** Re-write your original belief below in a positive way:

***Well done! These are also your new affirmations for your Mindjoga practice!***