



CHANGE YOUR VIBRATIONS **CHANGE YOUR LIFE**

YOUR MASTERCLASS WORKBOOK
WITH CHRISTIE MARIE SHELDON

WELCOME TO YOUR MASTERCLASS WORKBOOK

5 Tips to Get the Most Out of This Masterclass

1. Print this workbook before the Masterclass so you can take notes as you listen. You can also download and type directly in the workbook to save paper.
2. Review the contents of this workbook before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the secrets revealed in this session to increase abundance in your life.
5. During the Masterclass, use the dedicated space on the right column to write down ALL interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.

WHAT TO EXPECT

Table of Contents

1. PRE-MASTERCLASS EXERCISE

- Set your intentions before the Masterclass.

2. SELF-ASSESSMENT QUIZ

- Assess your current vibration levels with this self-assessment.

3. CHANGE YOUR VIBRATIONS, CHANGE YOUR LIFE

- Section 1: The Consciousness Scale
- Section 2: Clearing Low Vibration
- Section 3: The Two Parts of Yourself
- Section 4: Raising Your Energetic Frequencies
- Section 5: Blessing Ball of Light Guided Exercise

4. TEST YOUR KNOWLEDGE

- Solidify your learning after the Masterclass by completing a quiz.

5. REFLECTION

- The right question can spur your unconscious mind to feed you the right answers.

6. THE BUZZ

- Read what other people said about Christie Marie Sheldon.

1. PRE-MASTERCLASS EXERCISE

Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

2. SELF-ASSESSMENT QUIZ

Assess your where your current vibrational frequencies are with this self-assessment. How true are these statements to you?

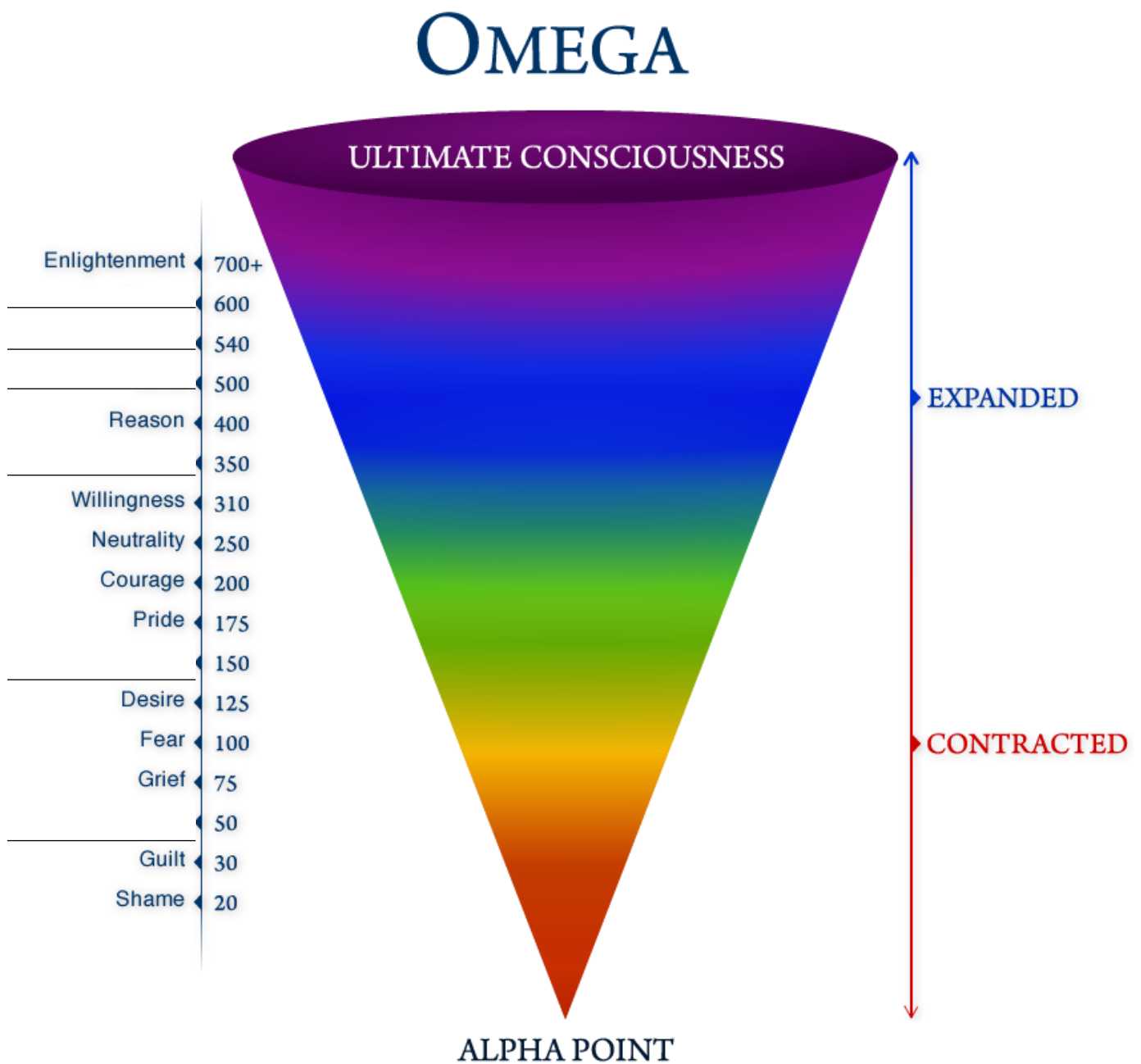
Rate yourself on these statements on a scale from 1 to 10. (1 - least true; 10 - most true)	Rate 1-10
1. I vibrate at a high energy frequency.	
2. I easily attract what I desire into my life.	
3. I feel at peace, full of joy and love.	
4. I am doing work I enjoy and would do even without pay.	
5. My relationships are full of unconditional love.	
6. Money comes into my life generously and is perfectly orchestrated for my benefit.	
7. I am easily from deep and meaning connections with others.	
8. My body heals rapidly, and I am often told I do not look my age.	

Use this space for additional notes.

3. CHANGE YOUR VIBRATIONS, CHANGE YOUR LIFE

Follow along the Masterclass and fill in the blanks. ***NOTE: For Masterclass replays, you can pause the video to write down your answers or take notes on the right. Click on the video to pause.**

1. The Consciousness Scale



The Scale of Consciousness is a hierarchal framework through which you can measure human _____.

The scale can serve as a _____ to your spiritual development.

One person operating at _____ (Love or Above) can positively impact over 750,000 other people.

2. Clearing Low Vibration

Most of our programming happens around the ages of _____.

If you want to change the planet, you have to change _____.

Programmed beliefs carry down into _____, and often hold us back.

Christie's technique is not about reprogramming your mind, but rather, healing your _____ and _____.

3. The Two Parts of Yourself

Your Lower Vibration Self operates from a place of: fear, anger, worry, shame, and _____.

Your Higher Vibration Self operates from a place of _____.

If you are not operating from a place of love, then you are likely to have baggage to _____.

Clearing your _____ -energetic selves is the best way to manifest what you deserve.

Lower vibrations can negatively impact your _____.

When living in higher vibrations, you can _____ with ease.

4. Raising Your Energetic Frequencies

To operate from Love of Above is to operate from our_____.

5. Blessing Ball of Light Guided Exercise

Preparation Tips: PAUSE the Masterclass by clicking on the video screen to prepare for Christie's energy clearing session.



- Make sure you are in a quiet place where nothing can distract you, and that you are not driving any vehicle. Be in a comfortable position so you can fully take part in the guided meditation.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of "going inward" and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during the guided meditation.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Use the space below for any additional notes

4. TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. What is the Scale of Consciousness? How does it relate to your energetic vibrations?
2. Where do our low vibrational programmings come from?
3. In the Masterclass, Christie talked about two parts of yourself. What are these two parts?
4. What does it mean to operate from a place of your High Vibration Self?

5. REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. Imagine – what would your life would be like if you were to live in the vibrational frequency level of 500+ (Love or Above)?
2. How can you contribute more to your family, relationships, yourself, and community if you operated in the place of your High Vibration Self?
3. How will your life change once you remove your low vibrational programmings?
4. What is the one thing you can do right now to demonstrate you are dedicated to raising your energetic frequencies?

THANK YOU for joining Christie Marie's Masterclass!

6. STUDENT STORIES

"Christie does a great job explaining the importance of raising our vibration to Love or Above"



I did have some positive changes in my life. I did not think I could afford to get a new car. A few weeks after listening to Christie I ended up leasing an electric car and saving enough gas money to easily afford the payments.

About 2 months after that I got a new job and received the salary that I wanted. Then two weeks later I received an email that they were going to increase my salary by \$7000 a year.

Christie does a great job explaining the importance of raising our vibration to love or above. I love her positive energy!

~ Sadie

"The way I see and approach life now is drastically different from the way I used to do it before"



The way I see and approach life now is drastically different from the way I used to do it before. Almost a year after, the connecting-to-Universal-Energy and the Blessing-Ball-of-Light exercises are part of my daily routine. As a result, I have gone from a barely-avoiding depression woman with tons of personal and professional uncertainties to a genuinely happy human-being that decided to become a single mum and well on my way to a new career as a REIKI/ Energy healer, lighting the world from within!

~ Dr. Yasmitde Rodriguez Gonzalez

*Ph.D. in Neuroscience Research Associate to Dr. David Park
Cellular and Molecular Medicine, Canada.*

"I have learned to make choosing words like love, peace and joy a part of my life"



I now give myself more time to decide things and really try to feel what my body is telling me. For me a yes feels like my heart is filled with joy and enthusiasm. So far, doing this has helped me to choose more wisely and I've experienced good results.

I have learned to make choosing words like love, peace and joy a part of my life. Once when my boyfriend and I had had an argument and the atmosphere was really bad, I decided to repeat such positive words silently to raise my energy level. The effect surprised me because shortly afterwards my boyfriend, who was nearby spoke to me in a kind and loving way. This was an amazing experience because I then realized that I was not only calming myself but influencing another person.

I'm so happy that this course has been helping me to change negative thinking patterns such as self-criticism and judgment into a more confident and loving attitude toward myself, others and life in general.

~ Mary, Germany

"With my life completely turned upside down"



With my life completely turned upside down, I needed a different thought process and I needed to redefine myself. With this course I'm doing just that. I am meditating, reading, applying the tools, creating, redefining who I am, and reflecting love in my thoughts, words, and actions.

Thank you from the bottom of my heart!

~ Maureen Swearingen

"Christie Sheldon is a gifted healer"



Christie Sheldon is a gifted healer. I love her focus on children and families and she can really get to the core of issues with her questions.

Her Unlimited Abundance course helped me identify some outdated thoughts and feelings about money and all kinds of abundance that I have been working to release throughout all time, dimension, space, and reality.

~ Adrienne Doughty

"These are such helpful & powerful tools to navigate through life."



I was fortunate to take Christie-Marie Sheldon's Love or Above program on Mindvalley and was truly inspired. I was looking forward from day to day to listen to yet another wonderful chapter, as it always managed to give me a sense of deep support, lightness and inner peace.

Christie-Marie explains in such an approachable, easy to understand and friendly way how the Universe works for you, how you can raise your vibration to experience abundance, love, and fulfillment by doing simple things and having a positive impact on your environment (immediate family, a larger community, the world) by making small changes.

These are such helpful and powerful tools to navigate through life and lead an existence in alignment with who you really are as part of a Whole, i.e. the Creation. Thanks!

~ Diana Firican

"The whole program is filled with so much joy, love and clearing energy. It is filled with lots of wonderful and amazing tools and energy to let go and fill up with"



I went through the "Love or Above" so easily. I was so drawn to keep listening and learning all the techniques and statements and tools. I listened to the whole thing in a couple of days. It's filled with visualizations, tools, action items, key points, exercises.

The whole program is filled with so much joy, love and clearing energy. It is filled with lots of wonderful and amazing tools and energy to let go and fill up with. It has helped me to let go of thoughts, energies I am blocked in.

~ Csilla Sebestyen

"It is helping me to dust off my intuition and follow it"



I bought the Love or Above course a few months back. I have to say I noticed a difference about a week or so after. It is helping me to live more at the Love frequency. I love that I got to meet my guides finally. That is one of the meditations she teaches is connecting to your guides and angels. It is helping me to dust off my intuition and follow it.

I love the muscle testing it has helped me so much in letting go of blocks and negative emotions.

The Blessing Ball of Light works. I did it one day and had an awesome day, my drive to work was smooth, my interactions with my coworkers was happy and light and positive. I felt amazing that day.

I bought both the Unlimited Abundance and Love or Above for my sister. I wish I had the money to buy for everyone because the stuff really works. If you have no money and want to try this I know Christie has a free sample Get it and do those few free things it will change your life.

~ Dawn McGroarty