

Becoming a *Power Source*

The Science and Spirit of Abundance,
Coherence, and Embodied Leadership

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You are an electromagnetic
being running a *business*.



What if you've been trying to **grow**
your business with the *wrong* part
of your system?

You're in business to make money.
(Otherwise it's a hobby.)

Our relationship with money is a *mirror* of
our relationship with power.



Bringing All of Ourselves **ONLINE**



Today you'll learn how to
*turn yourself into a
power conductor*, in your
body, in your
relationships, and in your
business.



Becoming a *Power Source*

Download the Notes!

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When the **receptive energies (feminine)** in us is open but the masculine is wounded, *we can't hold power.*

And when the **activating energies (masculine)** is strong but the feminine is closed, *we can't receive power.*

We short-circuit.

We burn out.

We hustle.

We overdo.

But when the two reconnect — the inner
masculine and the inner feminine —
something miraculous happens.

We become generators.

We become power sources,
not power seekers.

That's when *abundance* flows — not because we force it, but because we're finally conduits for it.

Electricity only becomes **power** when
two poles come together: **voltage**
and **current**.

Voltage alone isn't power. Current alone isn't power.

Only when the two connect through a coherent circuit do
you get **Watts**, the measure of real, usable power.

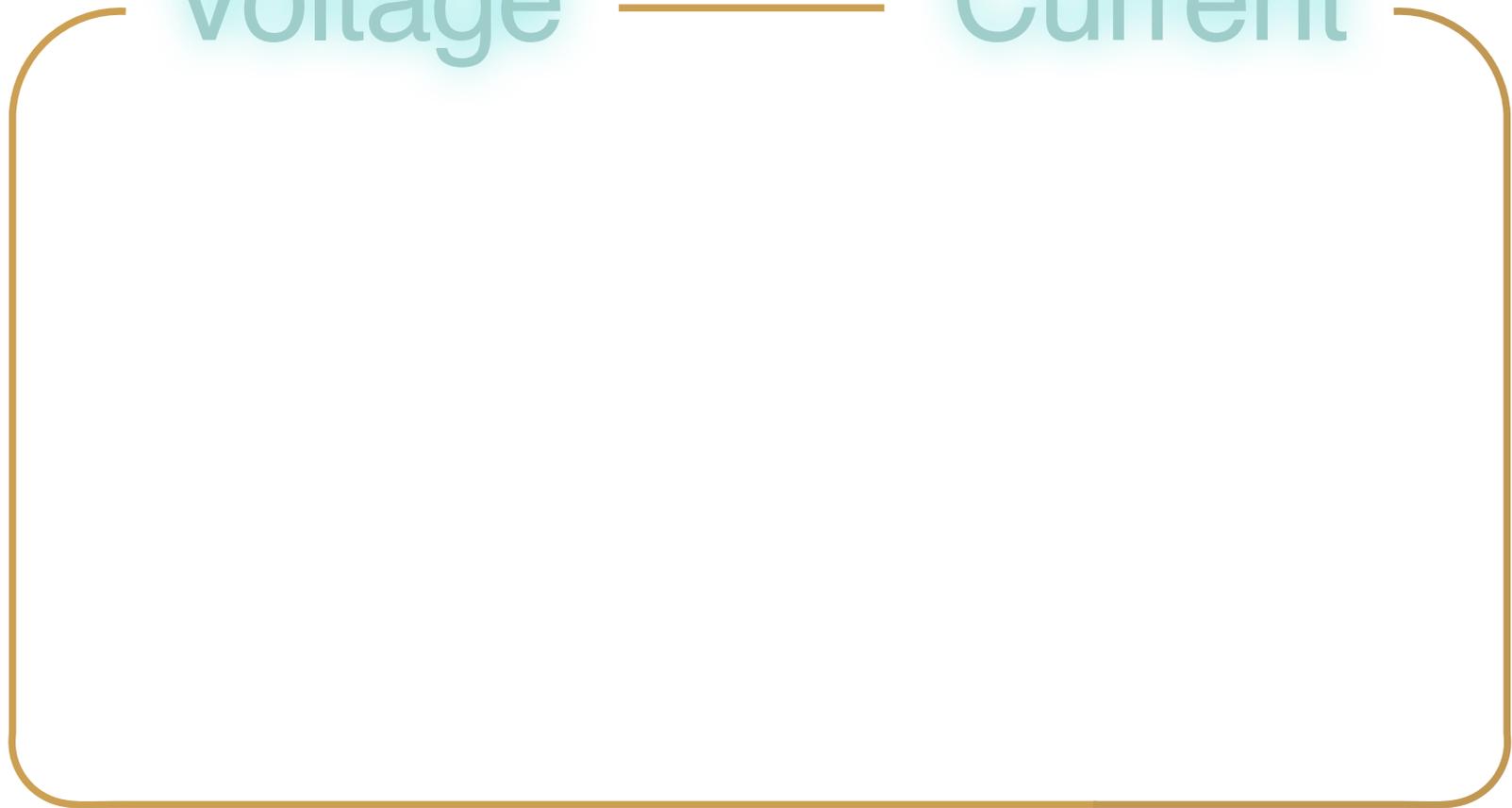
(My married name!)

Electricity and magnetism arise from movement between two opposite poles. Without polarity, there's no potential. Without flow, there's no useable power.

Voltage



Current



Voltage

Current



Coherence

Voltage — Current

Useable Power
(aka Watts)



Coherence

You are the universe



Wounded Masculine

- * Perpetrator
- * Abuse of power
- * Dominance
- * Agression
- * Controlling
- * Confrontational
- * Critical
- * Unsupportive
- * Unstable

Wounded Feminine

- * Victim
- * Powerless
- * Weak
- * Manipulative
- * Withholding
- * Needy
- * Codependent
- * Overal Emotional
- * Jealous

Healthy Masculine

- * Confidence
- * Inner Strength
- * Mastery
- * Focus
- * Logic
- * Support
- * Stability
- * Direction
- * Clarity
- * Boundaries
- * Courage
- * Discipline
- * Capability

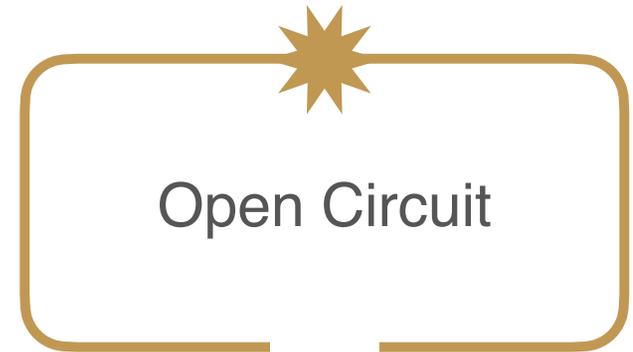
Healthy Feminine

- * Unconditional love
- * Nurturing
- * Mystery
- * Diffuse
- * Intuition
- * Creativity
- * Flow
- * Radiance
- * Surrender
- * Ease
- * Allowing
- * Vision

What does this mean for your business?

Your strategies aren't the problem.

Your **electromagnetic system** is.



The Digital CEO *Struggle*

- * Overwhelm
- * Procrastination
- * Foggy clarity
- * Low motivation
- * Pricing fear
- * Offers not converting
- * Doing all the right things but not getting results

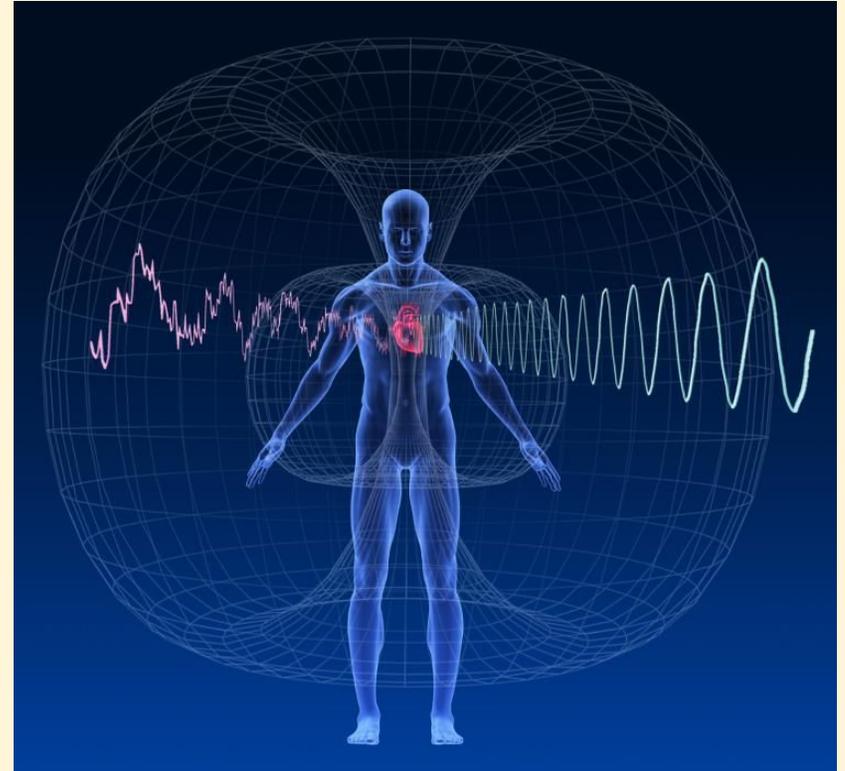
What if the problem isn't your
mindset or your level of discipline?

What if it's an electromagnetic issue?

Your Body is Electromagnetic

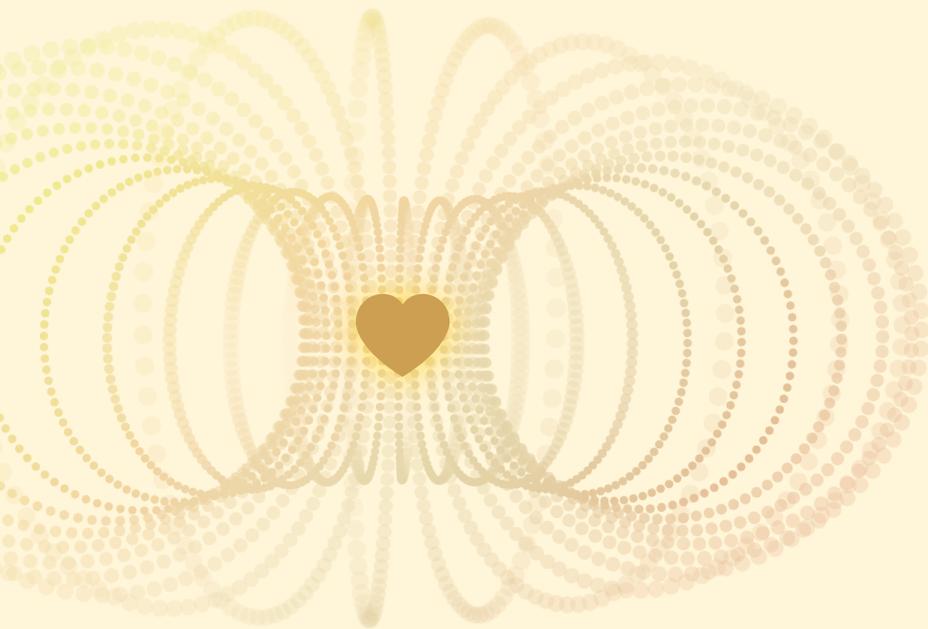
Your body is:

- * 70% structured water
- * A conductive field
- * Powered by voltage
- * Moved by current
- * Organized by your heart



Together, voltage and current form your *bio-battery*.

Mitochondria supply the charge, membranes hold it, nervous and connective tissue conduct it, and coherent rhythm (heartbeat, breath, brain waves) organizes it into a stable magnetic field.



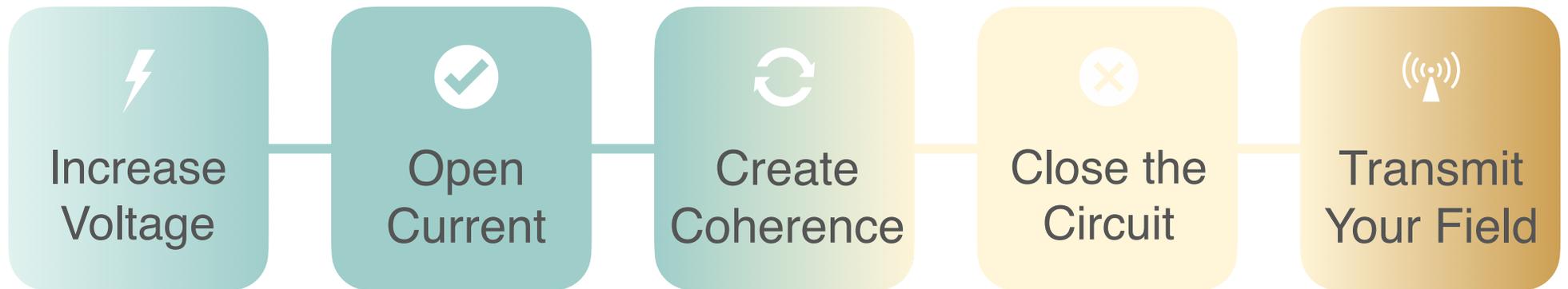
The Heart as a Conductor

The heart creates the strongest electromagnetic field in your body.

5,000x greater than the electromagnetic field of your brain

The *Power Source* Method

The *Power Source* Method



Step 1:

Increase Your Voltage

Activate the Masculine Within You and Your Business



Voltage
=
Your Available Power
+ Your Inner Direction

(The energy you can hold +
the clarity to channel it)

Voltage = How much charge you can hold

Voltage = Capacity, direction, consistency, clarity, boundaries, emotional honesty, and structural integrity.



Voltage is what determines whether your creative power has anywhere to go.

How to Know If You Have Low Voltage

- You feel overwhelmed by decisions you technically already know how to make
- You procrastinate on simple things
- Your body feels either anxious or numb
- You're tired but wired
- You have bursts of excitement followed by collapse
- You start 10 things and finish none
- You feel like you're "working" all day but not moving forward
- You forget the systems and strategies you already have access to (BBD Process Map "amnesia")
- You feel unclear or foggy even though you already have the clarity somewhere
- You keep seeking more input instead of implementation
- You're doing from a place of avoidance rather than desire

Low voltage makes simple things feel impossible — not because you lack skill, but because your system *can't hold the charge* needed to execute.

Diagnosing Low Voltage in Your Business

- Lack of clear SOPs
- No true container for your offers (scope creep, loose policies, unclear boundaries)
- Inconsistent delivery or inconsistent marketing
- Undefined customer journey
- Offers that feel “muddy” because you’re trying to please (or sell to) everyone
- You price based on fear or guilt rather than value + capacity
- You keep over-giving
- Your backend feels chaotic
- Your business depends on “mood-based” working instead of systems
- You redo the same type of task 30 times instead of systematizing or delegating it

Low voltage businesses create *burnout* for their owners because the structure cannot hold the current.

The Most Common Voltage Drains

01 – Emotional Avoidance / Unmetabolized Feelings

- * Unfelt resentment
- * Unspoken boundaries
- * Unprocessed disappointment
- * Fear of raising prices
- * Fear of being judged
- * Shame around desire

MASSIVE charge leaks

Unprocessed emotions LOWER
your voltage by causing leaks,
static, and collapsed capacity.

02 - Overwhelm + Too Many Ideas

- * No direction = no voltage

03 - Chronic Overgiving & Lack of Boundaries

- * Feminine flow with no masculine container
- * Current with no voltage = short circuit

04 - Lack of clear systems

- * Drains energy because your brain becomes the system
- * Decision fatigue skyrockets

05 - Not honoring cycle-based needs

- * Pushes the body into static
- * Reduces capacity to hold charge

The Expensive Decision I Made Because of Low System Voltage



How to Increase Your *Voltage*

01 - Physiological Voltage

- * Electrolytes
- * Salt + minerals
- * Sunlight first thing in the morning
(and on your belly during the day)
- * Grounding
- * Hydration
- * Sleep
- * Cold* or heat exposure

**be mindful of the timing with your cycle for women*

Your mitochondria are tiny power plants. *If you don't feed your power plants, you can't expect power.*

02 - Emotional Voltage

- * Emotional honesty
- * Naming resentment, fear, etc.
- * Digesting your experiences
- * Feeling the feeling all the way through
- * Letting yourself cry, rage, tremor, write it out
- * Telling the truth in relational repair
 - *Reduces charge leaks*
 - *Massively increases capacity*

Emotional honesty is the masculine container inside your body.

03 - Business Voltage

- * Clear boundaries
- * Clear offer scope
- * Clear SOPs
- * Policies in writing
- * Systems for delivery
- * Systems for content
- * Systems for operation
- * Clear pricing linked to value, capacity, and transformations
- * Clear customer journey
- * One project at a time
- * Weekly CEO time
- * Defined roles in the business (even if it's just you)
- * De-cluttering the backend
- * Automate anything repetitive
- * Stop crossing your own boundaries around client delivery

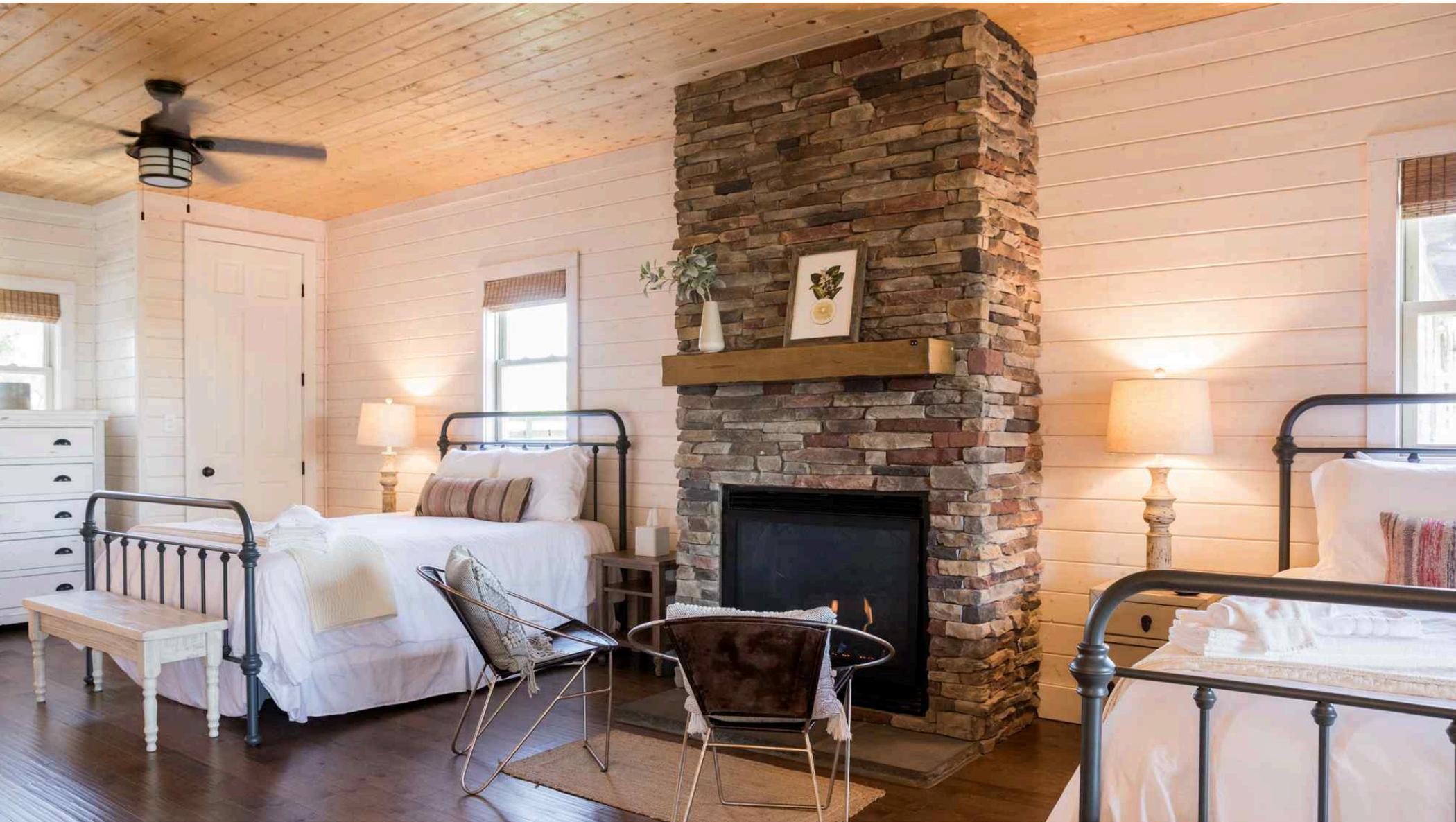
Voltage in your business is simply the presence of *clear structure*.

Electricity always chooses the path of least resistance.
Simplicity minimizes resistance.

Voltage begets voltage.

Voltage compounds.

When voltage rises, the feminine
current finally feels **safe to flow.**



Step 2:

Open Your Current

Cultivate the Feminine Within You and Your Business



Current = Flow, Creativity,
Desire, Expression

(Your feminine life-force)

Current = Energy in Motion

Momentum. Creativity. Expression. Life Force.



The *(Healthy)* Feminine Current

Healthy Current Requires:

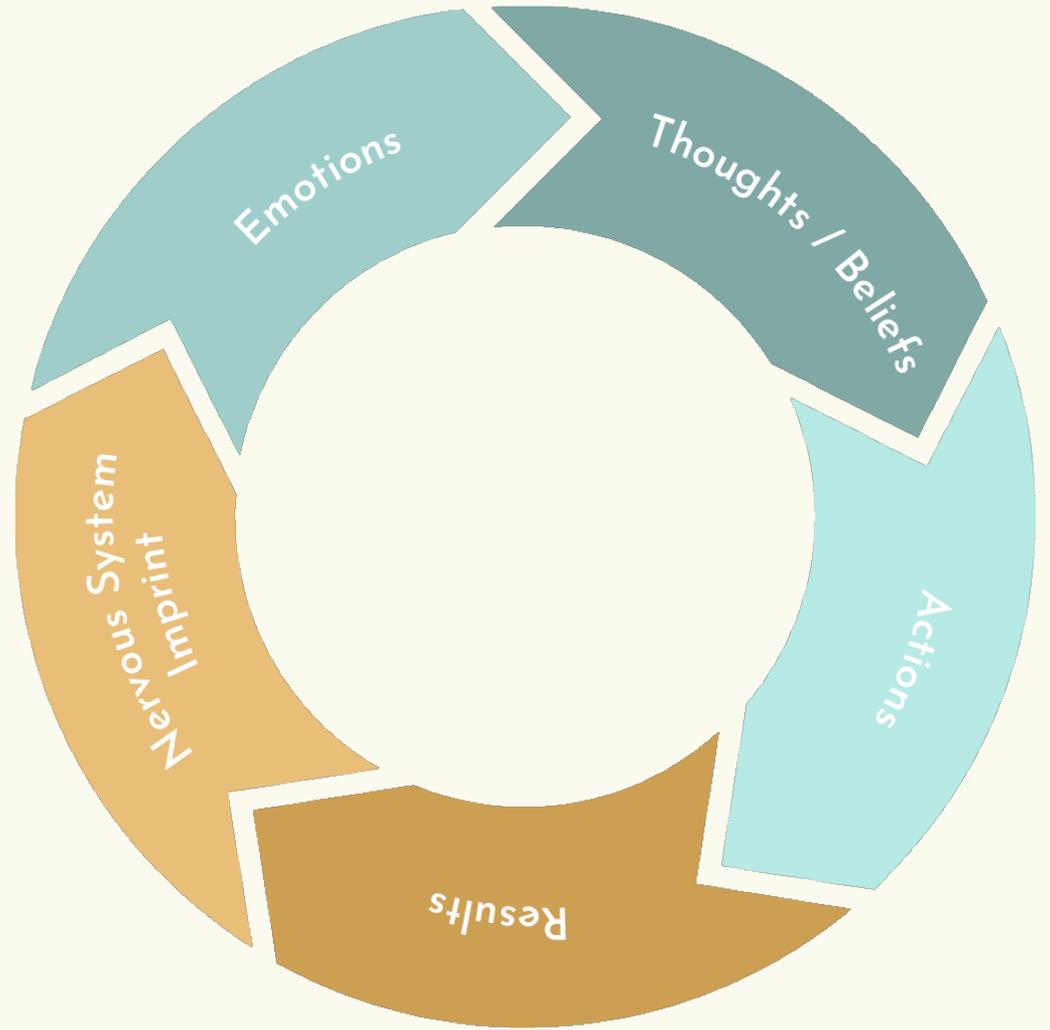
- * Desire
- * Safety
- * Expression
- * Permission
- * Trust in your Structure



Safety First



The Cycle of Reality Creation

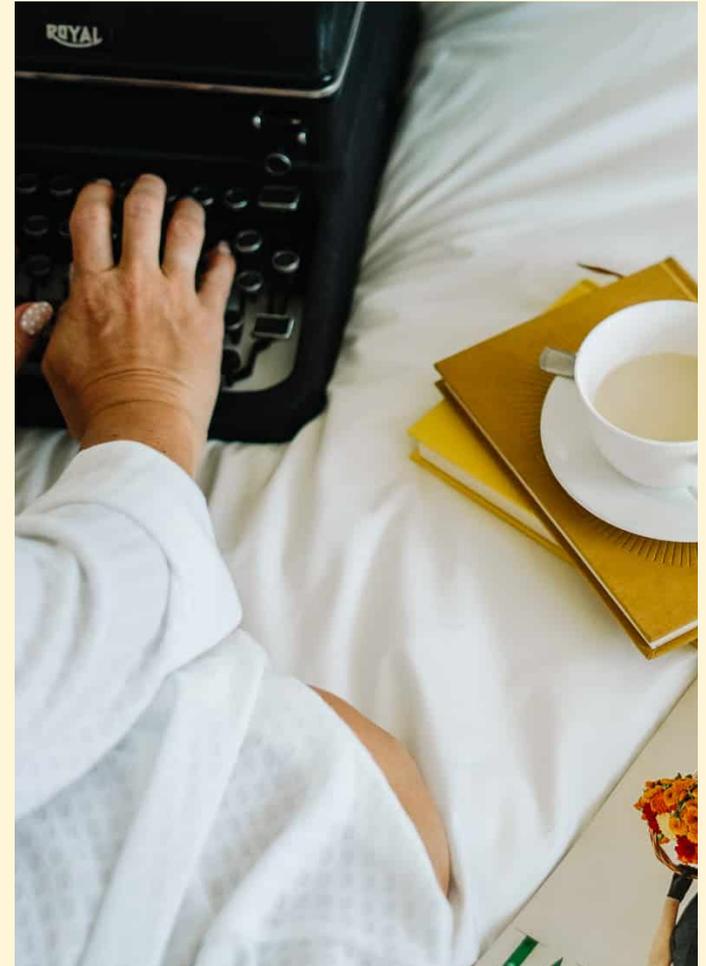


Survival Patterning = *More Density*

Thriving Patterning = *More Energy*

Common Current Blocks

- * Inconsistent follow-through
- * Emotional surges or blowouts
- * Overwhelm from too much moving at once
- * Pushing energy
- * Freeze/collapse (flow stops)
- * Energy loss into side-channels (comparison, perfectionism, overthinking)
- * Diverted energy (tending to other's needs over your own)
- * Scattered attention/lack of focus



Why Big Hearted Business Owners Struggle



Flow without
structure
→ burnout



Structure
without flow
→ stagnation



Flow inside
structure
→ **power**

You can't receive masculine
voltage if your feminine current
doesn't feel safe.

Current Activation



Safety in our feminine/current
unlocks the next layer:

Integration

Step 3:

Create Coherence

From scattered to synchronized.



Coherence = All Parts of You
Vibrating at the Same Frequency

Body + mind + heart + energy + actions



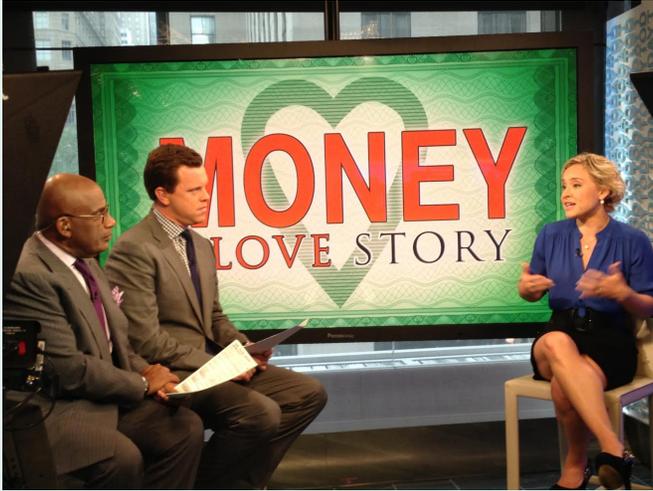
Coherence = *Magnetism*

You become a tuning
fork, not a searchlight.

What Creates Coherence

- * Alignment between truth + action
- * Being in integrity
- * Authenticity
- * Emotional honesty
- * Nervous-system congruence/resonance
- * Voltage (structure) + current (flow) working together
- * Heart as a conductor

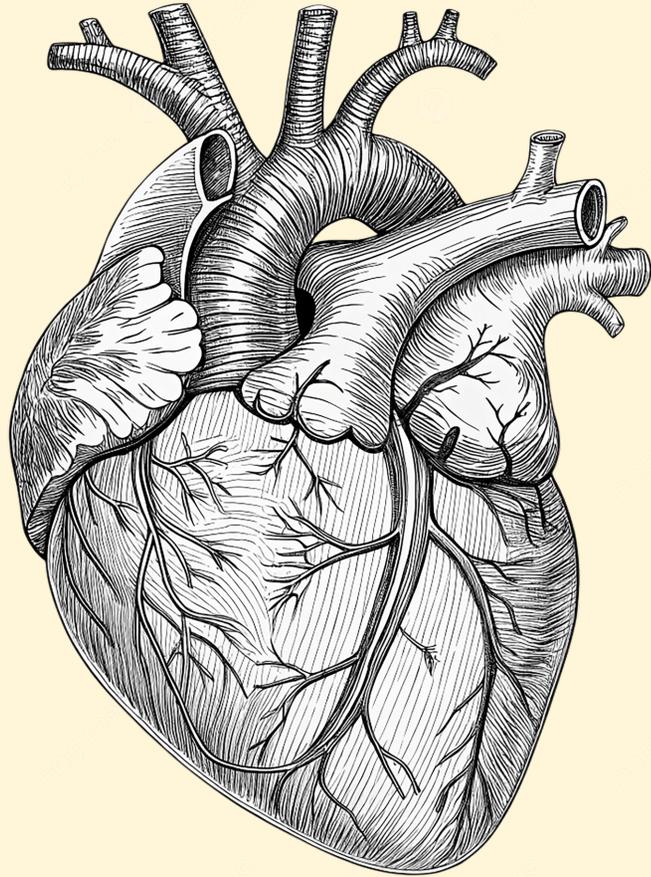




Create Coherence



Are you running your business out
of love or fear?



The Currency of Love

Love is a measurable electromagnetic frequency.

- * Your field influences other fields
- * Money is relational
- * Value is relational
- * Love is relational electricity

Love is **coherence**.
Coherence increases **magnetism**.

Leadership of the Heart



*Your heartbeat changes before your
brain registers an event.*

Studies show the heart responds to future stimuli seconds before they occur — even when the stimuli are randomly generated.

Source: McCraty, Atkinson, Bradley.
Electrophysiological Evidence of Intuition, JACM, 2004.



*The heart and brain are in constant dialogue
—but most of the messages travel from the
heart to the brain, not the other way around.*

Most of the communication between heart and brain flows *upward*—from the body to the mind. The heart leads the conversation more than we realize.

Source: Armour, J. Andrew. *Neurocardiology*,
Oxford University Press.



Positive emotions create a smooth, sine-wave heart rhythm — boosting cognition, intuition, and performance.

This is why you get your best ideas when you feel safe and open.

Source: McCraty, R., & Zayas, M. *Cardiac Coherence, Self-Regulation, and Behaviour*, *Frontiers in Psychology*, 2014.



Your heart's field entrains other hearts around you.

When you enter coherence, people near you begin to sync to *your* rhythm. Literal physiological leadership.

Source: Morris, Keimig, McCraty. *Social Coherence: Connecting with Others*, HeartMath Research Center.

Step 4:

Complete the Circuit

Where voltage + current meet.

The heart = the conductor
that closes the loop.

Not just poetic — literally.

What a Circuit Is

Voltage + Current + Conductor = Power

Why Closing the Circuit Matters

- * Voltage is potential
- * Current is motion
- * Only a closed circuit creates power
- * This is why masculine + feminine must integrate
- * This is why emotional flow + structural clarity matter



The heart is a semiconductor that completes the loop and turns charge and flow into power.

This is why heart coherence matters.

Closing Your Circuit

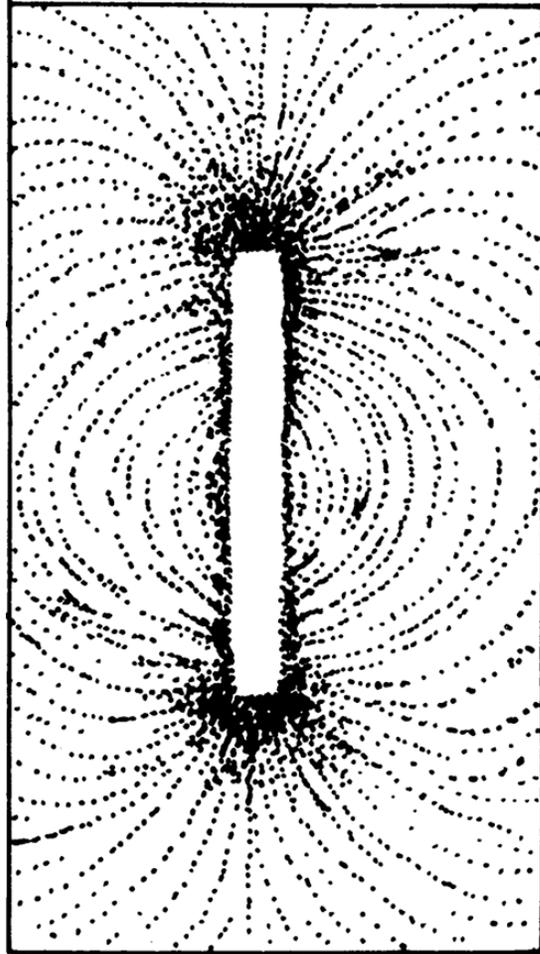
Step 5:

Transmit Your Field

Where manifestation becomes method, not magic.

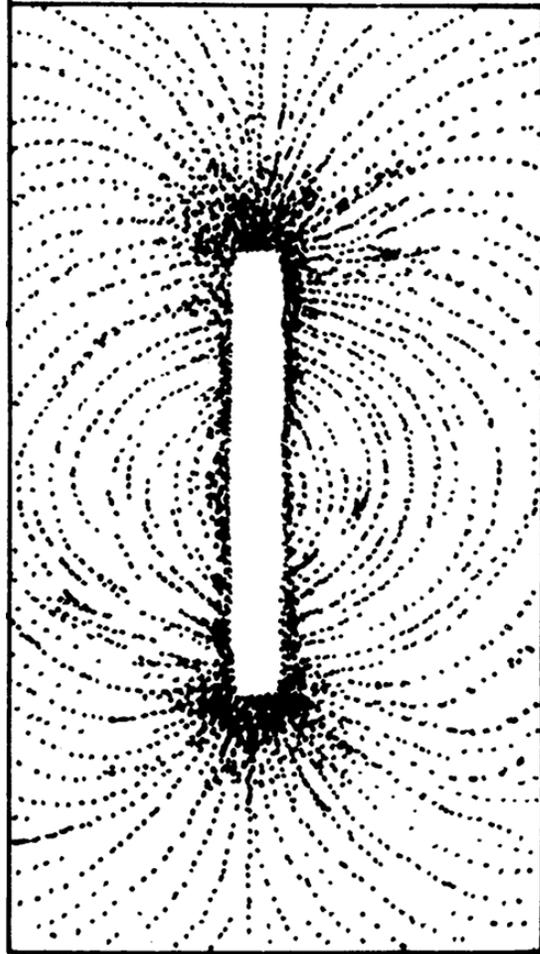
Coherence changes you.

Transmitting your field changes
everything around you.



Transmitting Your Field as a Digital CEO

- * Content that acts like a tuning fork rather than a megaphone
- * Offers converting at a higher rate
- * Making strategic decisions from resonance, not reactivity
- * You attract the right people at the right time without trying (customers, team members)



Transmitting Your Field as a Digital CEO

- * Synchronicity increases
- * Launches feel less like pushing and more like receiving
- * Receiving creative downloads
- * Your business becomes a power source for others

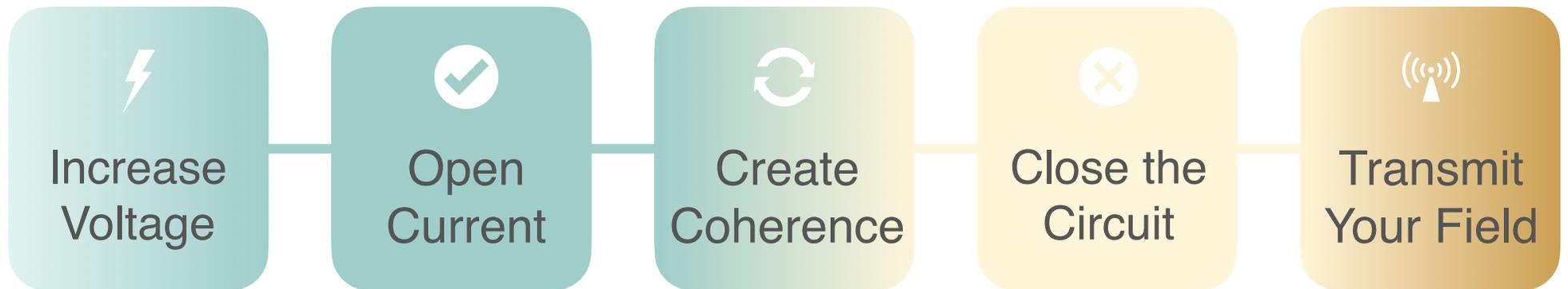




Instructions From My Future Self



The *Power Source* Method



You were never meant to *be* the Source.

You were always meant
to **plug back in.**

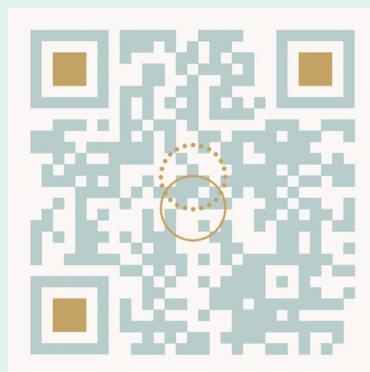
Ask Me *Anything*

“You've always had the power my dear, you just had to learn it for yourself.”

– Glinda the Good Witch



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