



HARVEST

- * completion
- * review
- * celebration

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Whoop! Whoop! & Thanks!

It's Harvest Time! At Year of YES! we learn to say YES! to our Soul's natural rhythm, nature's rhythm, lunar cycles and menstrual cycles. We flow with it because that's easier and more effective than fighting currents, tides, natural energy levels and night.

Autumn is the time during the natural cycle when we harvest what we planted in the spring and plow under the stuff that we don't want anymore. Trees release their leaves and go into hibernation. Animals of various hibernate in caves and underground tunnels and some even go into a death-like stasis. The moon gets more play in the Western hemisphere and our bodies and minds sloooooow doooooown. When we resist the natural flow of nature and try to keep up our summer pace and our spring enthusiasm we get frustrated and meet roadblocks.

Most of the "produce" of the year has been "produced." There's still a few more weeks to wrap up some unfinished business, but essentially, it's time to assess and reexamine our priorities, values and intentions.

Autumn time is about reflection, releasing, completion and celebration. In this course you will:

- Review your intentions
- Look at your experience
- Assess your year
- Re-assess your original intentions
- Release what's not serving you
- Complete what's nagging at you
- Train the Universe with gratitude and celebration

This course can be started and completed at your convenience. However the sequential order is important. The order in which we attract, release, complete and celebrate follows the natural cycles of life and will Maxcelerate your results.

Class 1: Reflecting on Intentions

It's time to look at your January intentions, goals, resolutions, and vows. Often when we make a resolution or intention we get mired in busyness and the minutia of life and we forget what we originally intended. Sometimes we get all pumped up about a whole new life change, or following that Soul Purpose or getting in shape (for good this time) ... and we lose enthusiasm by February.

I usually go astray from our intentions when "life" sets in. The bills need to be paid and there's not enough left to save or when you realize that a 5:30 pm workout isn't really reasonable considering your parenting duties or when shit just gets harder than you thought.

So let's go back and look at those goals and resolutions and intentions. Just to see where we are. This isn't judgment time. It's just reflection. No pressure.

It's critical to create a new pattern of trust between you and your Soul, so you must assess where you're hitting the mark and where you're missing it. Your Soul has to be able to count on you. You have to be able to count on your Soul.

Don't worry, the rest of the course will help you resolve some of the feelings that come up as a result of this assignment.

Assignment:

Look at your Dream Board, goal sheets, intentions, journal pages, and resolutions from January.

Worksheet 1

What were your intentions in January?

Did you keep your resolutions and accomplish your intentions?

Why do you think that is?

What has grown or born fruit in your life this year?

Are you happy with your harvest?

Which ones did you keep and which fell through the cracks?

Were these Soul-level intentions or external voice intentions?

How do you feel about your year? (guilty, frustrated, at peace, happy)

Would you make the same intentions again if you had a do-over?

Class 2: Reflect on Experience

Now that you've reviewed your intentions, let's look at the reality of your experience.

This is not the time to "judge" your year. We're only observing and reviewing the events that actually happened.

As you do the assignment, simply pay attention to your feelings, the tension in your body, your interpretation about the events.

Notice whether you experience happiness and gratitude, notice if you think thoughts such as, "oh that was such a beautiful moment / surprise / vacation," or "that never should have happened," or "this year was really rough."

Be gentle. You don't control the entire Universe, so many events are out of your control (but the reaction and interpretation is still in your control). Sometimes we don't meet our resolutions and intentions because unforeseeable events shake up our world; your mom dies or you're in an accident and spend the year rehabilitating.

Remember, we're not judging. It's observation only right this second.

Assignment:

Go through your photos, journals, budgets, bank statements and Facebook posts for this year. Observe your feelings.

Worksheet 2

What were three major events in your life?

Where did you spend your money?

Where did you spend your time?

Who were you hanging out with?

Does this reflect your values and priorities?

What is the predominant emotion when looking at your bank statements?

What is the predominant emotion when looking at your Facebook posts?

What is the predominant emotion when looking at your photos?

Class 3: Adjust Course

Now we're ready to make some judgments. Now, I don't mean "you suck," kind of judgments. I mean "hey, is this what I really want" or "I don't really want that," judgments.

There are many reasons why we don't follow through with our intentions and many reasons why the Universe doesn't manifest certain things for us. Let's look at a few of the most common ones.

1. You might not really want it.

There is a difference between a Soul-Level Intention and a surface intention. Now, I don't mean to imply that your surface intentions are always bad. I mean to suggest that sometimes you think you want something, maybe because you're "supposed" to want it or you've always wanted it or it sounds like something good, but your Soul doesn't really want it.

The Soul wants what the Soul wants. You can't make your Soul want what she doesn't want.

This can be confusing and annoying. Here's an example: On my dream board I put an image of the Tough Mudder and make this my fitness goal. I was all about being a "Fierce BadAss" that year. I also put "get softer and more feminine" images on my dream board the same year. Now these two things aren't diametrically opposed, and certainly you can be a feminine and badass—I totally am—but my Soul felt like investing more energy in soft and less energy in fierce. I was still into fitness and kickboxing became a passion, but a few months into the year I just didn't want to do the Tough Mudder anymore.

2. You got hung up on the why and how of it.

You know how spiritual people are saying "know your why," these days? It's all very trendy. But, I think it's the wrong way to go.

When you start living from your Soul's Purpose you stop demanding to know why and how and when you're going to get "it" and you trust your Soul to guide you where you need to go.

Now, when you're intention-setting and dream boarding you put the end result. You don't put the "this is how it's going to happen." You have an image of the perfect man, but not necessarily how you're going to meet him and what company he works for. If you get hung up on the how and why you might get yourself stuck, disallowing the Universe from giving you what you really want.

I knew I was going to publish *The Year of YES!* I didn't know how. I just knew that one way or another the Universe was going to present me with an opportunity or I was going to create one for myself and it would happen.

In March at a Hay House conference I doodled something I didn't want to forget on the palm of my hand. I laughed at what the doodle said—Tracee Books—because I hadn't intended to write it and it's funny to write your own name on your own hand. My Soul was trying to get my attention and my focus on the book. Later in the conference after a meditation, I wrote: I'm going to launch a publishing company.

Guess what? I created my own publishing company—Sioux Ink—to publish my book. It was the best business decision and it just fell into place.

I didn't know how. I just knew that if I said YES! along the way, my Soul would get what she wanted.

And she did.

3. *You have stuff to work out*

One January Anna created an intention to get married. By September. She didn't have a boyfriend. By November, she wasn't married, though she had three relatively good prospects she was dating.

So what gives?

Well, she did a bunch of releasing work of old ancestral patterns and discarded some limiting beliefs and that changed everything she wanted and thought she wanted. It also changed the type of men that began coming into her life and she has some new exploring to do before she can settle on exactly the right mate for her.

Does she still want to get married? Of course she does. Will she get it? Of course.

Is she disappointed that she didn't get married in September, which was her original intention? Actually, I think that deadline made her feel rushed and anxious because she wasn't really ready for that big life commitment while she was changing her fundamental relationship pattern. So, she's grateful that her Soul held it off.

Now that she's not running the pattern she's sure to attract a much better man!

4. You got it, but the package is different than you thought

On my dream board I intended to attract a boyfriend. So I put a bunch of pictures of couples and men doing different things: cooking, yoga, praying, laughing and symbolic things like the man lifting the woman up and elevating her. I also have symbolic images of spiritual embraces, love making and grounding and growing. Looking at the dream board I notice that there are different men in every picture ... so I got most of those experiences, just not with one man. It doesn't mean that it didn't/hasn't manifested for me. It just means that it came in a different package than I expected.

Assignment:

Look at your dream board, intentions and resolutions again. Really look at what you did manifest and what didn't/hasn't manifested yet.

Worksheet 3

What did you want that you didn't get?

What hasn't happened?

Do you still want it?

Did you get something better?

Did you allow yourself to settle or chicken out? (took the second rate job and settled for the blue car or allowed the lesser-lover to move into your life)

Is it possible that you got it, but you haven't noticed?

Did it come in a different package than expected?

What do you want now?

Do you want what you thought you wanted?

Do you want a different package (would it be okay if he were a blond instead of dark haired or if he were a mechanic instead of an accountant)?

Do you recognize the "how" and "why" that you were holding on to? Can you let go of the "why" and "how" you have to get it and let the Universe do its thing?

Class 4: Free Pass

You can't make the soul want what she doesn't want. Look at those intentions, goals, Dream Boards and resolutions. Is there stuff that you don't even want anymore? Stuff you thought you wanted but you didn't spend any time or money on? Stuff that nags at you and hangs on you and feels burdensome?

I'm giving you a Free Pass. You can just let it go. Get rid of it. Not do it. It's not flaking out or not following through—it's making a choice. When you say No to this thing that's sucking your energy, you have that much energy to spend on something you really want to say YES! to.

I have a manuscript on my computer titled *The Girl Revolution*. It was my Soul Purpose. That book had to be written by me. It could not live in me anymore, my Soul just couldn't bare it. Aannndd... that fucking book hung on me unpublished for four years as something I should be doing.

I just couldn't make myself publish the book and I couldn't figure out why. Finally, in 2013 I gave myself a Free Pass. "This year I'm not publishing that book," I told myself.

And it felt amazing. It was freeing and liberating and the weight of "shoulds" fell off my shoulders and freed me to start another manuscript, *The Year of YES!*

Assignment:

Go through that pile of crap ... you know the pile I'm talking about. And ask your Soul if you can let some unfinished, burdensome "stuff" go. These things are usually connected with words like: I really should, one day I'm going to, I really need to finish that, I wish I had time for, why can't I ever get that done?

Worksheet 3

What has died on the vine for you this year? Is there something you now need to release?

When thinking about what you didn't finish, accomplish or experience this year, were there things you really want on a Soul Level?

How has this element of your life served you? Even bad habits and soul sucking relationships or jobs serve you. To give them up will cost you something.

What will you have to give up if you release it?

Are you ready to do that now?

Now go do it! Send the email saying No, throw the pile of craft supplies into the trash, put the document in the folder you use to store old stuff, close the account, make the phone call, tear up the to-do list. Be done with it.
I'm giving you a Free Pass.

No Expiration

FREE PASS

Good for releasing all of the unfinished, burdensome "stuff" your Soul says can go. Anything connected to "I really should" or "One day I'm going to" or "I really need to finish that" or "I wish I had time for" or "Why can't I ever get that done?"

Class 5: Releasing Ceremony

How can you pick flowers if your hands are full of rocks?

There are things in your life that you just don't want to bring into 2015. They might be energy, thoughts, practical items, jobs, habits, emotions, objects, relationships. It can be anything and everything that's driving you bonkers.

They just aren't working for you. You're just so sick of it.

For everything that you release you create White Space, a void and empty space. The Universe loves to fill your empty spaces with better more awesome stuff. If your life is so full of stuff you don't want, you have no space for what you're trying to attract.

Assignment:

Get ready to burn paper. You'll need a lighter, a pen, and some paper. You'll need something to burn paper in. Make sure it's safe. A toilet or a metal trash can.

Worksheet 5

Write down all the things you don't want to bring into 2015.

What energy do you not want?

What thoughts are you so totally over thinking?

What objects are you sick of looking at and don't want anymore?

What work (clients, jobs, chores) are you done doing?

What habits are you finished with?

What feelings are you ready to be done with?

Write each answer on a piece of paper and then tear each one up and make a declaration as you do so.

I'm done believing I'm unworthy. I'm totally over this job! I'm not going to smoke anymore, I quit!

Burn it, flush it or throw it in the trash.

Class 6: Completion

There's still time. You can do it, don't quit before the finish line. What are you just NOT taking into the next year, but you just can't let it go?

Assignment:

Look at your intentions, dream boards, goals and resolutions again.

Worksheet 6

You must either follow through on your intentions and resolutions or release your obligation to them by giving yourself a Free Pass.

Close your eyes and ask your Soul, *"What must be completed before Dec. 31?"*

This might include: complete unfinished projects, release old beliefs and habits, be finished with a goal, relationship, project or habit that's nagging at you.

What three tangible actions can you take over the remaining weeks to complete your harvest for this year?

How will doing these three tangible actions make you feel?

Go do them now. **Right now.**

Class 7: 100 Things!

You're always manifesting, every hour of every day, but often you're not paying attention.

I guarantee that you did more than you think you did. You accomplished more of your intentions than you remember. Often you've forgotten how much you wanted that patio set, because you got it in March and that particular yearning vanished. But, it's important to remember and celebrate even our smallest manifestations.

When we acknowledge our wins, we're training the universe to give us more amazing things. It's critical to focus our attention on what we did manifest and then shout YESTHANKYOU MOREPLEASE!!! to the Universe. Otherwise, the Universe believes you're underwhelmed and keeps trying to adjust. Don't be so stingy with your re-joying. Joy brings more Joy!

Assignment:

Go back to those photos, posts and bank statements. Now write down 100 things you did, accomplished, got over, released, learned, manifested, and enjoyed

OMG! How did you buy all that cool stuff? How did you have all of those awesome experiences? How did you find time to hang out with all those cool people? You're so freaking amazing! What a phenomenal year you've had!?

Celebrate it – without celebration the Universe doesn't know that this is what you want. More of this! More of this! More of this!!! YES!

Relook at photos, bank statements, FB posts and Instagram for your year's highlights.

Worksheet 7

List 100 accomplishments or experiences of your year in the space below the brainstorm questions. Here are some topics and questions to jog your memory.

Brainstorm Questions

- What have you manifested this year?
- What did you fear—but you did it anyway?
- What stressed you out in January that doesn't stress you out now?
- How have you gotten more organized and effective?
- What Intentions did you set in January that you have fulfilled?
- What are you really proud of about this year?
- What significant goal did you achieve this year?
- What unexpected gifts did the Universe send your way?
- Who have you loved?
- Who has loved you?
- What have you healed?
- How did you Rest?
- How did you Play?
- Where did God show up in your life?
- What have you released?

- When did you feel joy?
- What part of your life is completely content?
- Where did you spend your money?

100 Things I Experienced This Year!

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Class 8 : YOU'RE THE WINNER!

You're #1. You're the winner of your own life! No one does You like you do! It's amazing, what you've accomplished! I mean, LOOK at the 100 things you've done and all the experiences you've had and all the ways you've blessed other people and the many ways you've contributed and shined light into the world. I mean, EPIC year, really! If you think this was amazing – just wait 'til next year!

It's critical that you take notice and really celebrate this year. When you celebrate what you want then the Universe gives you more of that.

Assignment:

Celebrate! Dress fancy. Take yourself out to dinner. Toast how freaking awesome you are.

Worksheet 8

Write a letter to the Universe saying thank you!

Broadcast it on the Maxcelerators Facebook page as a public proclamation and as a gratitude letter to the peeps who helped you along the way!

Dear Universe,

Love,