

CHI-TO-BE!

ACHIEVING YOUR ULTIMATE *B-ALL*™

Fastest Attraction Mastery Self-Study Program

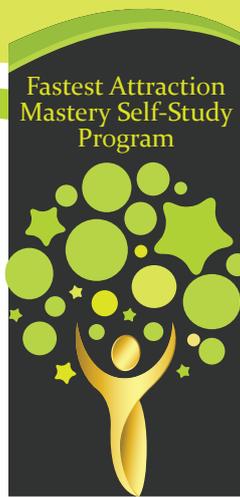


BE Energized — BE Powerful — Keep Your Eye on Your *B-All*!

©2014. Stacey Hall, L.S.H., C.N.T.C., C.R.T.S., CEO & Founder, The Hall Institute of Intuitive Wellness

All Rights Reserved.

www.chi-to-be.com



Dear Attraction Master,

I am so thrilled that you have chosen to 'Ride the Chi' with me by creating your own Strategic Attraction Plan™*! As you create your plan with the support of these 6 audio sessions, you will begin to attract more of what you intend to attract and less of what you do not want in your life.

To ensure your success, be sure to schedule a minimum of one hour to explore and create with each session episode.

Luxuriate in this powerful process and allow yourself a quiet space in which you can clearly envision what you will be attracting with velocity and ease.

And, be sure to expect that you will be seeing miracles each day... they will be happening all around you!

With Chi-Light,

Stacey Hall



P.S. You may find that reading Energy Surge #4 in 'Chi-To-Be! Achieving Your Ultimate B-All' will add more power to the creation and development of your Strategic Attraction Plan™. For more information about 'Chi-To-Be!' visit www.chi-to-be.com/chi-store/books

*The Strategic Attraction Planning Process™ was first introduced in the best-selling book I co-authored: 'Attracting Perfect Customers...The Power of Strategic Synchronicity.' Since the book was published in 2001, I have continued to develop this Process and am sharing with you my updated version of this Process in 'Chi-To-Be!' and in this self-study Program.





HOW YOU CAN RECEIVE THE FULL VALUE OF THIS PROGRAM

The Law of Attraction

The Law of Attraction has been proven to exist scientifically. There has been much research and hundreds of books written on this topic. This is a proven law of nature.

The Law of Attraction operates on the level of energetic vibration. Our thoughts and emotions affect the vibrations of our bodies.

Ever heard the phrase ‘*Opposites attract*’? It actually is not true.

Whatever it might look like on the surface, two or more humans will not stay connected unless they are energetically at the same vibration.

Two people might meet and appear to have an instant connection, yet that connection will not remain strong unless both people continue to stay on the same vibrational level.

If either of them is under stress for a long period of time and the other has a more positive outlook on life, their connection will be affected. Why? Because stress actually lowers the body’s energy. It is why it is the underlying cause and greatest contributing factor to disease.

So, if one person’s energy is low for a sustained period of time, while the other person’s energy is uplifted for a sustained period of time, those two people will gradually drift away from each other as they each easily attract other people who are more closely aligned with their vibration.

Our goals also generate at a specific vibration.

In order to manifest our goals, we must remain in relationship with our goals until they are fully fulfilled. We must lift our own energy up to their vibrational level.

By continuously creating and expanding your Strategic Attraction Plans™, you are keeping yourself uplifted to the vibrational energy of your goals.

Being in R.A.W.

When you start something new, I encourage you to incorporate this ‘Chi-Generating Ritual’: It is called being in “R.A.W.” and I learned this Ritual during my training as a Nia Technique® Instructor.



BE Energized — BE Powerful — Keep Your Eye on Your *B-All!*

©2014. Stacey Hall, L.S.H., C.N.T.C., C.R.T.S., CEO & Founder, The Hall Institute of Intuitive Wellness
All Rights Reserved.

www.chi-to-be.com

FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM



Begin by sitting in a chair or on the earth. Feel the crown of your head reaching up to the sky and your tailbone connected to the earth.

This Ritual will support you in being more open and present. You will not be meditating. Instead, you are clearing clutter in your mind and allowing your body to relax in order to be aware of and receive more of what's happening right now and what you intend to attract.

The First stage of R.A.W. is 'Relaxed'.

There are **four parts** to the first stage:

Allow your **physical body to sit still**—no fidgeting. The idea is that you could sit this way for an hour. Make any adjustments necessary to be relaxed.

Allow all of your **emotions to be present**, yet bring them to neutral.

Allow your **thoughts to float** around your mind like quiet butterflies.

Sense your **spirit is calm**.

The Second stage of R.A.W. is 'Alert'.

Sense how you are sitting in your chair.

Hear the sounds around you.

Feel the temperature of your skin.

Feel your clothes against your body.

And yet, you are not engaging with any of it. Just be aware of it.

The Third stage of R.A.W. is 'Waiting'.

In this stage, you are simply waiting for life to come to you. There is nothing to push. There is nothing to pull. There is nothing to be anxious about.

In fact this stage is very similar to driving a car. Consider you are driving appropriately and in a safe manner. You are allowing yourself to be in a calm, relaxed state. You are aware of all the scenery, cars and pedestrians around you. You are waiting for the light to turn green so you can proceed towards your destination.

The same is true of being in R.A.W. before you begin to listen to each session episode.



FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM



DECLARE A GOAL

I am going to be guiding you in completing ‘*intentional activities*’ in the creation of your Strategic Attraction Plan™. These activities will support you in achieving your intentions so you can achieve your goals with greater velocity and ease. I invite you to play, experiment, explore, discover, and joyfully uplift yourself to envision and experience what you intend to attract.

Next, identify one goal that you intend to achieve. Here are a few examples:

I AM financially prosperous and I pay my bills fully and with ease every month.

I AM a best-selling author.

I AM the founder of a global non-profit organization that serves humanity.

I AM spending more time with my family.

If you have more than one goal in mind, simply choose the one that you would enjoy achieving first. After you have created your first Strategic Attraction Plan™, you can create additional ones for each of your goals.

THE IMPORTANCE OF HAVING AN ACCOUNTABILITY PARTNER

As I share in Chapter 11 of ‘*Chi-To-Be! Achieving Your Ultimate B-All!*’, everyone can be more successful with the support of an ‘Accountability Partner’ – someone who understands and encourages us to achieve our goals.

I invite you to consider who in your life would make the best ‘Accountability Partner’ for you as you create your Strategic Attraction Plan™. Who is the person who will keep encouraging you in loving and kind ways to keep expanding your Plan?

Whoever that person is for you, be sure to contact them now and let them know you are starting to create your Strategic Attraction Plan™. I also encourage you to set a regular time to check in with your Partner to share the progress you are making on expanding your Plan and to share the miracles you will be experiencing.

WHEN YOU WAKE UP EVERY MORNING

As soon as possible, be sure to get a pad of sticky notes— **and write “I AM an Attraction Master”** on each one of the sheets in the pad. Next, stick them in various place all over your house, your office, your appointment book, your car, etc. If you have children, invite them to help you put those sticky notes in places for you to find it—this is a fun way to have a constant reminder all around you.

Every morning, as you wake up and before your eyes are open, be sure to say to yourself **“I AM an Attraction Master.”**



FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM



Next, I encourage you to state your goal. *For example,*

“I AM an Attraction Master and I AM financially independent!”

“I AM” is a quick and effective way for connecting to your soul, your Divine spirit, where all is perfect already.

EXPECT TO SEE MIRACLES EVERY DAY

As I mentioned earlier, I encourage you to expect miracles to show up every day once you begin to create your Strategic Attraction Plan™. Both small and large miracles have been reported by everyone who creates their Strategic Attraction Plan™.

In the beginning, they can appear and disappear quickly...so be sure to be watching for them. You will know they are miracles for you because they have not ever happened in your life before.

What fun it will be to celebrate these miracles with your Accountability Partner!

WHAT YOU CAN EXPECT FROM THIS PROGRAM

If you follow and practice the guidance I provided above, it is reasonable to expect to receive similar breakthroughs and benefits experienced by those who have completed the Program, such as...

“

"My goal is to attract a new website. During a web search I came across a design firm that matches all of my criteria on my Strategic Attraction Plan™ (SAP). I have an interview scheduled Monday. The small amount of time invested into my SAP has made this process easy and fast!" — Lisa S.

“As a result of this Program, I have greater clarity over why I am doing what I am doing, and what I can bring into my life and what I can release from my life to more closely align with my *B-All*. Being in my power more and more!” — Mark W.

”



BE Energized — BE Powerful — Keep Your Eye on Your *B-All*!

©2014. Stacey Hall, L.S.H., C.N.T.C., C.R.T.S., CEO & Founder, The Hall Institute of Intuitive Wellness
All Rights Reserved.

www.chi-to-be.com

FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM



“

"I had a plane full of great passengers yesterday and we couldn't land in our destination. We had to divert and more than half got off and rented cars to drive the rest of the way. (The breakthrough I noticed was) it was great having people not yell at the flight crew. They knew it was beyond our control as the airport was shut down. People were giving us compliments saying we were very professional. Another miracle -- I stopped at the store on the way home, went to pull a cart out. A lady was coming in behind me. I pulled a cart out and let her have it, then grabbed another one. When I looked in it, there was a coupon in it to use off my total purchase! Score!"
— Shannon B.

“Before the Fastest Attraction Mastery Program, my life was full of overwhelm... definitely out of balance and living a life of pleasing others at the cost of my own health, happiness and goals. Taking on another class didn't seem like a good idea on paper – I couldn't keep up with anything else in my life – it was terrifying at times, but the breakthroughs I made were profound and life changing. After the Program, I am now a believer in the power of intention! I'm a better health coach and accountability partner/peer coach; I now attract clients in the time and place I need them to fulfill financial and personal development goals; people come in to my life when I need them, supporting me in my journey and setting me up for success. I am growing into, and owning my power. It sounds crazy, but I've always known I had a power inside me; I didn't know how to use it, and it terrified me. Now I am coming to understand it and my potential” — Shanna W.

”

Let's Begin....



FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM



HOMEPLAY - SESSION 1

At the top of a sheet of paper, write your “*B-All*” – this is the ‘be-all, end-all’ goal you have identified you intend to achieve.

Under that *B-All* goal, think about what group or types of groups of people that will be of the greatest help to you to achieve your goal.

Perhaps this is a group of potential clients or customers, perhaps an investor, perhaps a romantic mate, or perhaps a business networking group.

List all the different types of groups you are intending to attract to support you in achieving your goals:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Of all of the groups above, select the #1 group that will be the most important one to support you in achieving your first goal and write it here:

Next, on a separate sheet of paper, you will create Side #1 of your Strategic Attraction Plan™ by listing the qualities, characteristics and personality traits of the people in this type of group. For example:

They do all they can to support me in achieving my goal.

They are honest.

They are positive-thinking.

They refer me to others who pay full price for my services.

They are compassionate.

They inspire me.

Keep expanding your list as you think of additional qualities, characteristics, and personality traits.





HOMEPLAY - SESSION 2

Expanding Side #1 of Your Strategic Attraction Plan™

Side #1 of your Strategic Attraction Plan™ is going to become a long list of qualities, attributes and personality traits. At some point, you will probably want to transfer your Plan onto your computer to make it easier to edit it.

Your Strategic Attraction Plan™ will never be complete—until your goal is achieved, the list on Side 1 will continue to be expanded to become ever more attractive.

Every day -- on Side 1 of your Strategic Attraction Plan™ (Chi-To-Be! Energy Surge #4) – continue to add 5 qualities, characteristics and/or attributes which describe the group of people you are intending to attract.

One way to identify more qualities to list is to notice the people you encounter in your life who are not perfect for you because of their actions. Consider what actions you would prefer for them to be doing instead. Write those preferred qualities and actions on Side 1 on your Strategic Attraction Plan™.

Developing Side 2 of Your Strategic Attraction Plan™

Title of Side #2: *What makes me tick?*

As important as Side #1 is, it pales in comparison to Side #2. On this Side, you will write only 1 statement.

What you will write is the one most important thing in the world to you. Without this statement, your Strategic Attraction Plan™ has no power.

Side #1 of your Strategic Attraction Plan™ gives your mind a list of qualities and characteristics that you want others to have, be and/or do.

Side #2 of your Strategic Attraction Plan™ is written from your spirit.

The answer to this question – **What Makes Me Tick?** — is the answer that gets you out of bed in the morning.

What is so important to you that you must get out of bed each day to do it or experience it?





To get to the deepest answer to this question, use this process...

Step 1:

What's the most important thing in the world to you?

Step 2:

What does that represent to you? (You may need to repeat question 2 a few times before going to Step 3)

Step 3:

Next, imagine yourself waking up tomorrow morning and saying, ***I AM an Attraction Master and I AM attracting all that I desire to achieve my goals.***

Then, imagine that standing next to your bed are God's messengers and they say to you, "Before you get out of bed, we want to be sure you know that the world changed last night and we want to be sure you know that whatever has been the most important thing in the world to you does not exist any longer. You will never again experience it. Will you still get out of bed?"

If your answer is "No," you now know the answer to the question: **"What makes you tick?"**

If, however, you say "Yes, I would get out of bed" then ask yourself why you would still get out of bed. The answer to that question will be the real answer to what makes you tick!

Preparing for Session 3

- ★ Continue to expect to see signs of land and to experience miracles daily.
- ★ Look at Side #1 and Side #2 of your Strategic Attraction Plan™ every day for 5 minutes.
- ★ Each day, take one item from Side #1 and continue to describe it in more detail. Add your additional descriptions to Side #1 and delete those that are no longer perfect for you.





HOMEPLAY - SESSION 3

- ★ Engage in conversations with your friends – especially with your Personal Accountability Partner — to ask what’s most important to them and to share what’s most important to you to find your point of connection.
- ★ Continue to add an item each day to Side 1 of your Strategic Attraction Plan™.
- ★ Wake up every morning and say aloud your statement of what is most important to you. And, then say, "I AM A Master Attractor!"
- ★ Keep watching for miracles each day.
- ★ **Optional:** Read Chapter 4 in 'Chi-To-Be! Achieving Your Ultimate B-All'

HOMEPLAY - SESSION 4

Replacing “I would like to” with “I intend to.”

Using “I would like to” puts distance between you and that which you desire. “Would like to” is in the mindset of ‘hope.’

“**I intend to**” will feel more powerful to you. Intentions are within our power to create.

Take a moment to consider the difference between these two statements:

“I would like to go to New York from San Diego” versus “I intend to go to New York from San Diego.”

When you say both statements aloud, which one feels more powerful to you? Why?

Connecting with your Accountability Partner

Have you been connecting with your Accountability Partner? How has that been going for you? If you have been having difficulty connecting with your Partner, what changes in the Partnership do you intend to make to improve the Partnership?

Have you shared what is most important to you in the world with your Accountability Partner? Do you know what is most important in the world to your Partner? What is the point of connection between you and your Partner?



BE Energized — BE Powerful — Keep Your Eye on Your B-All!

©2014. Stacey Hall, L.S.H., C.N.T.C., C.R.T.S., CEO & Founder, The Hall Institute of Intuitive Wellness
All Rights Reserved.

www.chi-to-be.com



Developing Side #3 Of Your Strategic Attraction Plan™

Side #3 is all about YOU and it will be divided in 3 parts:

Part 1: List your qualities, characteristics, and personality traits (for inspiration, you may want to review Side #1 and take some of those qualities to add to Side #3). Be sure to write your list beginning with 'I AM'. Here are some examples:

I AM creative.

I AM kind and considerate.

I AM an effective communicator.

I AM someone who attracts many friends.



Part 2: List all of your goals—consider what goals you have set for yourself, including your *B-All* goal.

Part 3: Under each goal, list each of the intentional activities you are doing or will plan to do for that goal. Intentional activities are activities that will be done today or 5 years from now. For example, if you are intending to take a trip to New York by car, you might write these intentional activities:

Get a map.

Get the car checked out.

Attract a driving partner to travel on the trip.





HOMEPLAY - SESSION 5

Expanding Part 1 of Side #3 of your Strategic Attraction Plan™

As you review Part 1 of Side #3 on your Strategic Attraction Plan™, consider what are you willing to be and what are you not willing to be?

Consider these sample “I AM” statements and add to your list any of these that you feel are true – or that you intend to be true – about you:

I AM powerful.

I AM successful.

I AM joyful.

I AM gentle.

I AM honoring myself.

I AM believing in myself.

I AM achieving my *B-All* with velocity and ease.

I AM prosperous.

I AM productive.

I AM honoring others.

I AM focused.

I AM present.

I AM healthy in mind, body and spirit.

I AM spending money in a way that makes me feel good and takes care of my long-range goals.

I AM surrounding myself with people who speak to me respectfully.

I AM respectful.



BE Energized — BE Powerful — Keep Your Eye on Your *B-All*!

©2014. Stacey Hall, L.S.H., C.N.T.C., C.R.T.S., CEO & Founder, The Hall Institute of Intuitive Wellness
All Rights Reserved.

www.chi-to-be.com

FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM



You will find an extensive list of “I AM” statements in the sample Strategic Attraction Plan™ I created to support you in my book, ‘Chi-To-Be! Achieving Your Ultimate B-All.’

Expanding Part 2 of Side #3 of your Strategic Attraction Plan™

Consider all the categories of goals that are possible to have in your life. A few categories are:

- Career
- Family
- Personal Care
- Travel
- Friends
- Charitable Activities

Next, under each category that you intend to have in your life, list 3 goals you intend to achieve within that category.

Bonus HomePlay Intentional Activities:

- ★ Continue to ask people you meet as to what is the most important thing in the world to them.
- ★ Listen again to Session 5
- ★ Continue to look for miracles every day.
- ★ Continue to add items to Side 1 and Side 3 every day.
- ★ Have a conversation with your Personal Accountability Partner this week to share your Strategic Attraction Plan™ with them and vice versa.





HOMEPLAY - SESSION 6

Expanding Part 3 of Side #3 of your Strategic Attraction Plan™

Under each of the 3 goals you have listed under each of the categories on Side #3 of your Strategic Attraction Plan™ – be sure to list 2 Intentional Activities.

As a reminder....

Intentional Activities are specific activities that will be accomplished or achieved in order to attain the goal.

A goal is a big intention: others may call it a wish, desire or a dream.

An intentional activity is an activity you schedule on your calendar that will move you closer to achieve your goals.

As I share in Chapter 1 of 'Chi-To-Be! Achieving Your Ultimate B-All', scheduling these intentional activities on your calendar will make a HUGE difference between hoping they will be accomplished...and actually accomplishing them!

Of course, not all goals are able to be accomplished at the same time. This is another reason why scheduling activities on the calendar can support you in being realistic about what can be done and by when...and will also assist you in prioritizing which of your goals and which intentional activities are the most important to you to accomplish.

You will find an extensive list of possible goals and intentional activities in the sample Strategic Attraction Plan™ I created to support you in my book, 'Chi-To-Be! Achieving Your Ultimate B-All'

Developing Side #4 Of Your Strategic Attraction Plan™

There will **only** be 2 statements that you will write on Side #4:

Title: What AM I in the process of improving to be more attractive?

Answer: Anything and everything I have written on Side #3.



FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM



Return back to Side #3 of your Strategic Attraction Plan™. Anything and everything you have written in each of the 3 sections is what you have already decided is important to you to keep improving.

From this point forward, any time in your life when you are considering something you want to do, be sure to ask yourself – *‘Will accomplishing this goal move me closer to the fulfillment of my B-All goal in some way?’*

If the answer is **‘Yes,’** be sure to write the goal under one of the categories on Side #3 of your Strategic Attraction Plan™ and then plan intentional activities to accomplish the goal.

However, if the answer is **‘No!’**, then release yourself from the ‘should’ of doing whatever it is and focus only on accomplishing the goals that will help you fulfill your *B-All* with velocity and ease!

Yes, it really is as simple as this to manage ever-greater amounts of abundance.

In fact, I spoke about the importance of releasing ourselves from 'shoulds' and how to do it with ease at TEDxFremontEast. To watch my 13-minute video on "How To Stop 'Shoulding' on Yourself," click here or paste this link into your browser: <http://bit.ly/ikobLM9>



FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM



HOW TO POWERFULLY COMPLETE 'THE FASTEST ATTRACTION MASTERY' SELF-STUDY PROGRAM



Dear Attraction Masters,

I have found that the most empowering and energizing way to bring completion to what has been -- in order to start something new powerfully -- is with acknowledgment.

Here is my favorite completion exercise. I invite you to complete all 4 questions below and then copy, paste, and send them to my email (stacey@staceyhallonline.com) so that I may celebrate with you. Feel free to include any additional questions or comments you would like me to consider and answer.

COMPLETION ACKNOWLEDGMENT EXPERIENCE

- ★ Why did I choose to participate in the Fastest Attraction Mastery Self-Study Program?
- ★ What was my life like before the Fastest Attraction Mastery Self-Study Program?
- ★ What was the most valuable information I learned through the Fastest Attraction Mastery Self-Study Program?
- ★ How has my life changed as a result of using the information I received through the Fastest Attraction Mastery Self-Study Program?

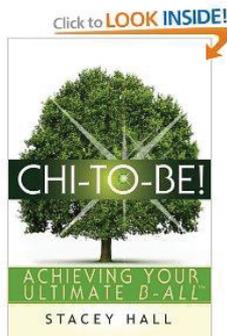


FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM

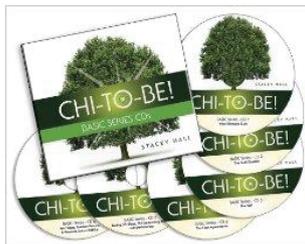


During the Fastest Attraction Self-Study Program, we delved deeply into Chi-To-Be! **Energy Surge #4 -- Focusing For Leverage** – which I share in my book, 'Chi-To-Be! Achieving Your Ultimate B-All.'

To achieve a greater level of attraction mastery, I invite you to read 'Chi-To-Be!' to learn how the additional 10 Chi-To-Be! Energy Surges add even more power to your Strategic Attraction Plans™.



To read sample chapters and to order through Amazon, [click here](#)



'Chi-To-Be!' is also available in a 6-CD set. www.chi-to-be.com/chi-store/audios

Every day is an opportunity to achieve your goals with velocity and ease. The most successful people have proven time and time again that energy and passion are the strongest driving forces in achieving one's ultimate, life-long goals.

From the very first episode of these recorded coaching sessions with best-selling author and globally-recognized success expert Stacey Hall, you'll experience what it's like to generate abundant energy by practicing and mastering each of the 11 Chi-To-Be! Energy Surges.

Moving at your own pace in your own way – you will boost your energy and take action on your passions using the powerful tips and techniques which Stacey—and the Chi-To-Be! Experience Masters – have identified for increasing your success, attracting more financial abundance, managing your growth, improving relationships, clearing clutter, busting through your blocks, and uplifting your spirit to full-life fulfillment.

This CD series is a perfect companion to the 'Chi-To-Be!' book.



FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM



You may also be interested in exploring these 'Chi-To-Be!' success-boosting, money-attracting, energy-expanding and spirit-lifting products and coaching programs:



Personal Success-Boosting Oils & Affirmations card deck - each card in this Personal Success-Boosting 52-card deck combines the power of essential oils with prayerful inspirations to keep spirits high and provides an abundance of ideas for how your loved ones can achieve their goals quickly and easily. To see more details, click here: www.chi-to-be.com/chi-store/personal-success-boosting-cards



Chi-Generating Oil Anointing Technique Kit - For the oil-lovers in your life – a loving facilitation kit for the Chi-Generating Oil Anointing Technique which combines the uplifting power of essential oils with the Chi-To-Be! Energy Surges for an even more-powerful boost forward towards the fulfillment of your goals. The Chi-Generating Oil Anointing Technique Kit contains a Facilitation booklet & 2 training audio CDs to quickly learn how to use essential oils to tap into your own deep well of energy whenever you feel overwhelmed and out-of-balance. Use this Technique for yourself -- or facilitate a session for others -- for sustained ability to self-generate your own personal power on your way to achieving a harmonized and successful life! This new Oil-Anointing Technique is approved by the Natural Therapies Certification Board. More details at: www.lifesciencepublishers.com/index.php?route=product/product&filter_name=Chi&page=2&product_id=1035



FASTEST ATTRACTION MASTERY SELF-STUDY PROGRAM



Chi-To-Be! Coaching Programs – to watch videos and for full details about all group and private coaching options with Stacey Hall to support you in achieving your goals faster than you can ever imagine with more ease than you thought possible, click here: www.chi-to-be.com/chi-store/chi-to-be-coaching-programs

Thanks for Riding the Chi with Me,
Stacey Hall, L.S.H., C.N.T.C. C.A.C., C.R.T.S.
Founder, The Hall Institute of Intuitive Wellness
Saving The Lives of People Stressed to the Snapping Point!
www.chi-to-be.com



www.twitter.com/ChiToBeMovement



www.facebook.com/ChiToBe



www.linkedin.com/in/staceyhallchitobe

