

Your Guide to Success:
How to Maximize Your
Energetic IQ™
Reading

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Energetic IQ™

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*Powerful tips to help you prepare so you can become
lighter, clearer & freer on your Soul's Path forward.*



Congratulations on enrolling in your

Energetic IQ™

Introductory Reading!

You've heard the call and have said "Yes!" to learn more about how to elevate your Energetic IQ™ and to connect more deeply with your Soul and its yearnings. There is deeper wisdom and guidance uniquely available to you. That is why you resonated with having an

Energetic IQ™

Reading

In this guide, I will answer some of the most common questions I have received about Energetic IQ™ Readings and Coaching to help you understand, prepare for and maximize your experience and results.

What is Energetic IQ™?

Your Energetic IQ™ is the level of ease and flow with which you are a conscious creator and receiver of your Soul-lead life.

Increasing your Energetic IQ™ allows you to live in your center, mastering the energy you send out and create with. It helps you lead your life in the present moment from a state of being rooted in self-trust and trust in the Universe's support. Living from a higher level of Energetic IQ™ is where you are at choice, rather than on autopilot; unconsciously run by your ego, habits and patterns. Having this level of conscious awareness allows you take aligned actions from an empowered state, so you can create your Soul's desires and allow yourself to receive and enjoy them fully. This is your highest soul-aligned potential, path and fulfillment available.

How Do We Increase Your Energetic IQ™?

How Does This Benefit You?

One way we begin to adjust your Energetic IQ™ is to tap into your Soul's Record through an Energetic IQ™ Reading and Coaching.

Receiving Soul Guidance through an Energetic IQ™ Reading can help you to overcome feeling overwhelmed, stressed and scattered. It can help you to restore feelings of being solidly grounded, peaceful, focused, purposeful and supported. An Energetic IQ™ Reading and Coaching can also help illuminate your path, heal patterns that no longer serve you and assist you in navigating new terrain or challenges. The reading will help create clarity, so you can take congruent action. Communing with your Soul through an Energetic IQ™ Reading increases your Soul's Expression, creates higher contribution and a deeper sense of fulfillment and joy. In addition, the session can validate thoughts or ideas you've had or insight you've received, which you may have questioned or discounted.

How Do Energetic IQ™ Misalignments Show Up?

Sometimes we have a difficult time maintaining or elevating our Energetic IQ™. We can get caught in resistance, stagnation, limited thinking and lower energy patterns including things, such as:

- *stress
- *distractions in our outer environment
- *making other's realities more important than our own
- *misaligned choices, thoughts, behaviors
- *difficult emotions
- *blind spots (we all have them!)
- *our ego
- *old beliefs that no longer serve us
- *attachment to certain outcomes
- *fear of what our Soul wants us to do
- *and more

Don't worry. If this is the case for you, that's totally normal and part of being human. We are growing in each moment.

Even if you feel a little nervous, anxious or even unsure before having your Energetic IQ™ Reading, know that's natural and normal, too. After all, this is a new experience.

What is an Energetic IQ™ Reading?

An Energetic IQ™ Reading is an opportunity to begin to put yourself more in sync with your Soul. With additional readings and coaching, it is a recalibration of your energy. Like taking piano lessons, you don't learn how to play the piano proficiently in one session. The same is true with elevating and maintaining a higher level of your Energetic IQ™. This is an ongoing process and requires learning, support and integration of new skills.

Your Soul is at the helm of your life. The more you uplift your energy, increase your awareness and embody BEing the conscious creator of your life, the more you elevate your Energetic IQ™. This allows you to create and experience more of what you truly want.

Your Energetic IQ™ is about allowing more support and synchronicity, instead of having to push or force things to happen. Increasing your Energetic IQ™ helps you to naturally align to what you desire and receive it. Your raised Energetic IQ™ also allows you to perceive your highest truth more clearly. It also helps you feel more connected within and to something greater than you. You will be able to own your life and personal power in a new way, taking a stronger stand for what you desire and showing up as an even more conscious leader in your life.

Energetic IQ™ is less about a number and more about your level of awareness of conscious creation in any moment. It is an internal state of ease with which your ability to resource, create and receive from your Soul and the Universal support available to you. Energetic IQ™ represents the state of BEing in expanded energy. Having advanced Energetic IQ™ skills help you understand how to come back to your Present Creative Power™ at any moment, no matter your external environment.

One way we begin to elevate your Energetic IQ™ is by tapping into the energy of your Soul. When you begin to understand, work with and elevate your Energetic IQ™, this helps you create more of what you want and less of what you don't want.

An important part of your Energetic IQ™ Reading is about accessing your Soul's Record and updating your energetic operating systems (i.e. the energy and awareness you're operating with on every level – mentally, emotionally, spiritually and physically).

The energy of your Soul can be referred to as your Soul's Record. Think of your Soul's Record as a library for all your Soul has experienced and learned. When you are ready to live more in alignment with your Soul; embracing, walking and expressing your Soul's Path, you are often called to your Soul's Record for the wisdom it holds.

Your Soul's Record is the truth and love of your Soul and unique creation story - what it has created and experienced through all dimensions, times and planes of existence. The Collective Soul Record (or Akashic Record) is considered the 'book of life.' It contains information collected and categorized into themes and lessons. Sacred Record Keepers (Spiritual Guides at the highest level of light) store your Soul information. Through your reading they help you align to your unique creation story. Your energy or vibration acts as a combination lock to your records. No one can just access your records, unless your consent is given.

By receiving an Energetic IQ™ Reading, together, we can access your Soul's Record and the deepest healing available to you. By aligning to your Soul, you are freeing yourself to be all you are here to be and stand in the power of your true potential. That is the highest level of Energetic IQ™.

In your reading, you may learn things such as: who you are, why you are here, why events and patterns occur in your life, how to heal them, how to complete soul contracts and much more.

During our session, and with your expressed permission, I will access your Soul's Record and connect with your Sacred Record Keepers for information, to answer your questions, for your healing and guidance, all in highest service to you.

Prior to the reading, you will prepare questions you would like me to present to your Sacred Record Keepers as we access your Soul's Record. This is your time to ask any specific questions you have. You can receive guidance for your life, gain clarity on your life purpose, receive ideas on how to navigate challenges you may be facing and any other insight or healing you wish to have in any area of your life.

During our reading, I will be sharing the information I receive in real time while connecting with your Sacred Record Keepers and in your Soul's Record. You will also be able to ask follow-up questions.

How Does an Energetic IQ™ Reading Work?

I serve as a conduit between you and your Sacred Record Keepers and your Soul's Record. You can think of my role as being as a telephone operator between you and your Soul. Your desire to receive answers from your Soul, Soul's Record and Sacred Record Keepers opens the line of communication during the reading. With your questions and openness to hear and receive, you are activating the energy to know the answers. I receive information and pass along the information to you.

I will share with you the information I am given as purely as possible. But because I am human and have my own filters, I will never be 100% accurate. That is why it is essential for you to take in the information you are given into your heart and discern for yourself what is true and resonates for you. I invite you to use your own intuition, or other truth testing techniques such as dowsing or muscle testing to help you clarify the information that most resonates for you.

One of the quickest ways for you to discern your truth is to feel inside whether something feels light or heavy. If it feels light . . . lights you up, lifts you up or feels expansive that is an indication of something that resonates. If, on the other hand, when you tune in internally, it feels heavy, thick like molasses, or constrictive that is an indication of something that is not in alignment or doesn't resonate.

It is up to you to translate the information and impressions you receive as these are different for each person. I want to be clear, I am not a guru.

You are your own guru. I am a facilitator to help you more easily access your truth, guidance and healing so you can elevate your Energetic IQ™ and live your Soul-Aligned Potential and Path with even more joy, ease and grace.

Over time, as you learn how to enhance your Energetic IQ™ skills even more profound shifts and changes occur. Depending on your goals, you may wish to consider the option of a mini-, medium- or longer-term Energetic IQ™ package/s or additional training for this powerful support to help you reach your goals and sustain a heightened state of being.

Who Receives an Energetic IQ™ Reading?

Leaders, business owners, professionals and goal-oriented women and men from all walks of life, different cultures and different ages receive Energetic IQ™ Readings. They are most profoundly impactful for those seeking and ready to more fully step into their Soul's Purpose, highest gifts, contribution and have greater ease and fulfillment in their life.

How do I Prepare for My Energetic IQ™ Reading?

To make the most of your reading, there are several things you can do to prepare.

1. Set an intention. What would you like to experience during and after an Energetic IQ™ Reading? How would you like to feel? Specifically, how would you like to benefit from the session? Energy follows intention, and this is an essential first step for you to open to receive powerful guidance and healing.
2. Approach the experience with an open heart, an open mind and willingness to hear new insights and gain new information. Your enthusiasm and desire to connect with the wisdom of your Soul and partner with your Sacred Record Keepers will attract an experience that matches it! The intention and energy you bring to the session

will affect your experience. The more open you are to receive, the more wisdom, clarity and healing you are likely to receive.

3. Write down all the questions you have that you would like to ask in your Soul's Record. Think of the different areas of your life. Where would you like additional guidance or clarity? Then bring your questions to the session (coupled with your desire to receive) to help bring the information through.
4. Utilize your own discernment on any information that is provided to you so that you remain in a state of personal empowerment and clarity.
5. Please call at the designated time for your Energetic IQ™ Reading. Thank you, in advance, for respecting the timeframe of the reading as likely there are other people scheduled right after your reading.

Important Things to Keep in Mind

Because you are given free will to co-create your life, I am not someone who predicts the future. I will give you the insights and impressions I receive, but because there are so many variables at work *and* we operate under free will, understand that future experiences can change. In addition, if people are given predictions about the future, they can become self-fulfilling prophecies. The purpose of an Energetic IQ™ Reading is to empower you to step fully into becoming the creator of your life in every area. The best way to predict the future is to create it.

Additionally, the Energetic IQ™ Reading is not medical, business, financial or legal advice. Please enlist the help of licensed professionals in those areas. Any steps you do or don't take are entirely your responsibility, as are the results.

Your Spirit Guides want to reassure you that they will be present and are here to love and support you during your reading.* They do not want you to feel frightened or nervous, but instead empowered and excited about your reading. After all, at the highest level your Soul is driving the session.

[*If you want to meet your Spiritual Guide Team by name, learn how they can support you, your goals, dive more deeply into your purpose and

receive specific messages they have for you, send an email to Tami@TamiGulland.com with *Spiritual Guide Team Reading* in the subject line. To be clear, an Energetic IQ™ Reading is not that type of reading.]

Please let me know if you have any questions regarding the information in this guide.

I look forward to contributing to you through your own personal Energetic IQ™ Reading. Thank you for the honor of working with you!

Rich Blessings, Tami

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