

# ARE YOU **PLUGGED IN** TO



# YOUR DIVINE **GUIDANCE**

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*A Companion Assessment Guide for  
Stop Getting Sick—Start Living Well*

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**Jamie L. Saloff**

### Are You Fully Plugged In to Your Divine Guidance?

#### What If You Could Feel:

*More relaxed?*

*Less anxious?*

*Deeply joyful?*

*Connected to your surroundings?*

*Aware and in tune with your perfect work?*

*On track and in harmony with your sacred calling?*

These are just some of the effects of being fully plugged in to your Divine Guidance.

The pages in this booklet offer brief assessments for comparing where you are now in contrast to where you could be. Learn simple ways you can lift your Divine connection to the next level.

#### What's Included:

Herein are four assessment sheets based on Jamie's book *Stop Getting Sick—Start Living Well*. Each sheet explains the difference between being in a connected state and not and what to do if you find yourself lacking. The four sheets cover different types of connection asking, "Are You Fully Plugged In to . . ."

##### 1. Your Inner Guidance and Higher Self

This is your built-in spiritual guidance system for fulfilling your soul's sacred calling. Also included are eight specialized prayers for opening doors and receiving the divine answers you seek.

##### 2. Your Body's Inner Guidance System for Wellness

This is the guidance offered to you from your physical body. Learn how to recognize its messages and how they reveal your next life steps toward happiness and fulfillment.

##### 3. Your Heart's Deepest Desires

Discover why those constant nagging and seeming impossible desires keep welling up within your heart and mind. Also included are six ways to step forward into the fulfillment of those desires.

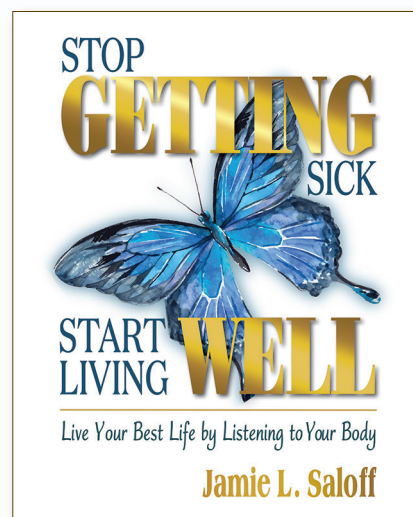
##### 4. Your Ancestry

Discover the connection between your life challenges and those of your ancestors. Learn why they keep occurring and the gifts you've been handed down to overcome them.

#### Also Included:

As a convenience for readers of *Stop Getting Sick—Start Living Well*, also enclosed are the following forms from the book:

- **Body Assessment Form.** This form helps you to see how your body is sending you Divine guidance.
- **Ancestral Research Form.** This form helps you to discover patterns within your ancestry.
- **Balloon Exercise Form.** This form teaches you how to discover new and shadow parts of yourself.





### Are You Fully Plugged In to Your Inner Guidance & Higher Self?

#### When Guidance Falters

When chaos reigns in your life (electronics break, work is crazy, kids are sick, everything in life is happening at once) there's a good chance you need to double down on your connection with your Inner Guidance. You may also notice how life grabs the reins (no time to make decisions, everything happens too fast) or find yourself in a void (nothing is happening, life feels bland or going nowhere). What to do?

- ☐ Connect every day
- ☐ Seek out relief (it's difficult to connect if in pain)
- ☐ Commit to change (resisting growth, blocks connection)
- ☐ Act on your desires (blocking them can stagnate connection)
- ☐ Be open to opportunities

#### When Guidance Is Fully Plugged In

How do you know when you're fully plugged in? The ironic thing about being "connected" is that you can become so caught up in what you are doing that you don't notice you are caught up in what you are doing. Betty Edwards (*Drawing on the Right Side of the Brain*) wrote:

*"... Artists speak of feeling transported, 'at one with the work,' able to grasp relationships that they ordinarily cannot grasp.*

*Awareness of the passage of time fades away and words recede from consciousness. Artists say that they feel alert and aware yet are relaxed and free of anxiety, experiencing a pleasurable, almost mystical activation of the mind."*

You don't need to be an artist to feel this way. Any of these aspects is a life enhancement, especially the feelings of being:

- ☐ Alert
- ☐ Aware
- ☐ Anxiety free
- ☐ Relaxed
- ☐ Joyful
- ☐ Intuitive
- ☐ At one with your work or purpose

Connecting can be as easy as picking up a pen, reading a book, listening to music, or simply taking a quiet walk through the park. Here are a few activities that could facilitate connection:

- ☐ Reading
- ☐ Exercising
- ☐ Meditating
- ☐ Creative Arts
- ☐ Music
- ☐ Dancing
- ☐ Writing
- ☐ Praying
- ☐ Monotonous Activities (washing dishes, mowing, driving, etc.)

#### Going Deeper

Another level of guidance is often referred to as "dark language" because messages occur more subliminally in and around your environment. These *signs* appear in a kind of code you must first interpret before its meaning can be understood. If you learn how to recognize and interpret these "secret" messages, you'll reap additional guidance.

Subliminal signs may reveal themselves through:

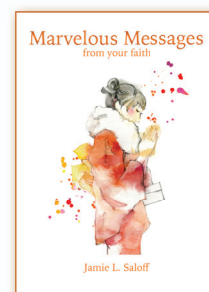
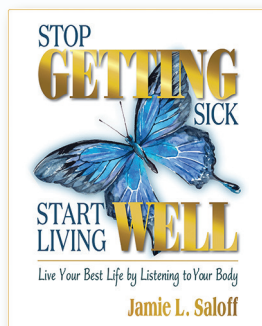
- ☐ Past Memories
- ☐ Intuition / Dreams / Visions
- ☐ Reflections (seeing ourselves in others and/or the world)
- ☐ The Voice Within (the still, small voice)
- ☐ Memorable Physical Manifestations (someone or something normal that stands out unusually to you evoking an emotional reaction)

#### When Seeking Inner Guidance

- Let God (the Divine) Provide the Answer—Your job is to request help for a specific problem. God's job is to provide the solution.
- Expect Your Prayers Will Be Answered —Praying isn't about God's ability. It's praying until *you* believe it can and will be done.
- Make a Way Where There Is No Way—For when you lack the recognition of any solution.
- Be Specific—I used to teach writing to elementary students. I would say, "There's a big difference between being cornered by Yorkie and a Rottweiler." When asking for something, be specific or be surprised.
- Remember What's Really Important—Keep your focus on what's most important. Pick your battles carefully.
- Nothing Is Ever Lost—God (the Divine) knows where it is. Ask Him to find whatever is missing and to return it home.
- Open Every Right Door; Close Every Wrong Door—When you are unsure about a choice you need to make.
- Always thank God (the Divine) for whatever you receive.

#### Want More?

Ready to go deeper? visit [www.MarvelousMessages.com](http://www.MarvelousMessages.com) or delve into my books *Stop Being Sick – Start Living Well* or *Marvelous Messages from Your Faith* at: <https://tinyurl.com/healing-books>.







## Are You Fully Plugged In to Your Body's Marvelous Messages?

*\*Marvelous Messages is not medical care. Always seek a medical professional practitioner for any serious ailment or symptom.*

### When Wellness Falters

Have you struggled with any of the following?

- ☐ Exhaustion ☐ Lack of downtime ☐ Sleepless nights?
- ☐ Unrest ☐ A feeling something is missing?
- ☐ Overwhelm? Hit from all sides by others' needs?
- ☐ Stress from mounting bills? ☐ Irritability, quick to snap?
- ☐ Doubting yourself when normally self-assured?
- ☐ Dissatisfaction ☐ Frustration and indifference?
- ☐ Depression ☐ Crying jags ☐ Lack of joy?
- ☐ Physical pain ☐ Chronic colds or flu?

Usually, when we are truly sick, we go to the doctor. Yet, for many of our minor ailments, we don't see a physician. Often, we don't even medicate them. *Why is that?* Could it be they are not all that important? They're important enough to notice, important enough to talk about, yet we seem to sense that, in the scope of things, they're not something we need to be too concerned about. Why not?

If they are not important enough for treatment, then why are they consuming our conversations and thoughts? Could it be they have a message for us if we would only listen? Could it be that we are receiving the message but are just not taking action on it?

### When Wellness Is Fully Plugged In

Those who understand the underlying emotional connections of their ailments, often find their lives shift rapidly for the good. My readers and clients are able to obtain long-term results such as:

- ☐ Quitting their day job
- ☐ Leaving a bad relationship
- ☐ Finding the love of their life
- ☐ Sustaining better health
- ☐ Starting a new business
- ☐ Writing a book
- ☐ Buying their dream home
- ☐ Easily make decisions

### Going Deeper

How is this possible? Our annoying symptoms can offer solutions for overcoming the challenges we face in life. Sometimes we know we need to make changes in our life situations, but we put it off due to fear or the complexities involved. The more we put it off, the more stress we put on our bodies. Did you ever overwork, burning the candle at both ends, only to end up flat down in bed sick? You knew you needed to take time to rest, but didn't, so your body makes that decision for you.

The universe knows when life becomes uncomfortable, you will be spurred toward your next destined mission. (And it's already tried many other means to get your attention!) Now is a good time to ask yourself:

- *Just how uncomfortable will life get if I don't act now?*
- *Why am I really putting off what I've known I should be doing?*
- *What is it that I sense I really should be doing that I'm not?*

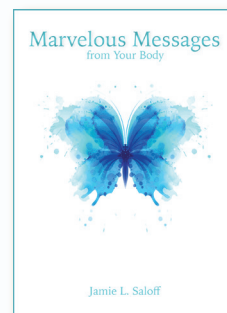
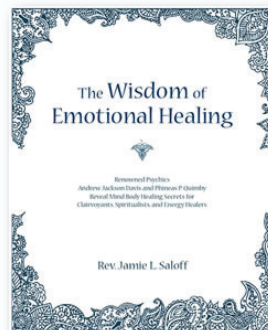
### Exploring the Messages of an Ailment

Unlike others who offer a generic, one-size-fits-all list of ailments with an affirmation to repeat, I believe in a personalized, unique-to-you method that guides you in creating take-action steps designed specifically for you. Here's the super-quickie how to:

- **Focus on one symptom at a time** (a symptom is an ache, pain, or visual clue, whereas doctors offer a diagnosis).
- **Write down where it hurts** and how it physically feels. (Writing it down is important. Don't skip this step.) The more description the better.
- **Circle keywords** (particularly action verbs and nouns). Also, look for "sound-alike" words (weight/wait etc.).
- **Find a dictionary.** (This part is key to everything!) Look up your circled words. Look beyond the actual meaning to others that seem to have a tie-in to your life's situations. When you get that "ah-ha" feeling, you know you're on the right track.
- **Visualize healing** in the area of the ailment.
- **Don't over-focus on the process** or the ailment.
- **Imagine a make-believe "fix"** for the ailment. (It's okay to be wild and crazy in doing this, it's just pretend.)
- **Transform your imaginary fix into a life strategy.** (How can you bring this "fix" into your physical life in a positive way?)

### Want More?

Ready to go deeper? Delve into my quick-help book, *Marvelous Messages* or *The Wisdom of Emotional Healing*: <https://tinyurl.com/healing-books> or schedule a chat with me at [www.MarvelousMessages.com](http://www.MarvelousMessages.com).





## Are You Fully Plugged In to Fulfilling Your Dynamic Desires?

*"A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself. What a man can be, he must be. This need we may call self-actualization ... It refers to the desire for self-fulfillment, namely... to become everything that one is capable of becoming."*

Abraham H. Maslow, 'Motivation and Personality'

### When You Ignore Your Heart's Desires

When you feel the call from your heart, you choose one of several routes:

- You hear it. You move toward it, synchronicities occur. Doors open. Amazing things happen. You're on the right track! Keep going!
- You hear it, but ignore it. Soon, you start experiencing discomfort, irritability, discontentment. Machinery breaks. Technology goes haywire. Work gets hectic. Life moves too fast.

If this is what you're experiencing, you'll soon learn you can't push your heart's calling away. The noise and confusion will keep getting worse until you begin to step toward what your heart is being called to do.

Only you can answer this call—but you haven't. You're stuck, frozen in this cycle of events, until you can find a way to break out.

*"... we cannot drift aimlessly—hoping to keep every option open—because we will wind up doing nothing in the name of 'being open.' ... without some kind of focus, you will not be able to engage your life deeply enough to let the synchronicities take you where you need to go."*

Carol Adrienne, 'The Purpose of Your Life'

### Unlocking Your Full Potential

Do you recognize the opportunities waiting for you? Are you ready to tap into greater potential?

Once upon a time, there lived an Ugly Duck. Everywhere he went, he struggled against abuse, dislike, misunderstanding, and discrimination. He became so accustomed to his lot in life as an ugly duck that he had no idea he might have any possibility of living as otherwise.

However, in Hans Christian Andersen's tale, something unexpected happens. Despite having faced tremendous hardships, he one day looks into the reflective water and realizes that he is a beautiful swan. And the most amazing thing about this beloved story is that *no magic occurs*. There are no magic beans, no fairy godmothers, no wizards because this story is about the hidden potential within us all—including you.

### Are You Unknowingly A Swan?

Like the unaware Ugly Duck, many people have yet untapped swan potential. Swans have overcome the odds to become celebrities, sports heroes, masters of their industry, or achieve other notable accomplishments. Think Steve Jobs, Robin Williams, Babe Ruth, Elvis...

Swans often carry many of the following common traits. How many have you experienced?

- ☐ Is your heart calling you to action? ☐ Have you cheated death?
- ☐ Did you have an unusual childhood? ☐ Ever want to run away?
- ☐ Not afraid to go your own way? ☐ Difficulty making decisions?
- ☐ Ever wonder if you were adopted? ☐ Suffer recurring ailments?
- ☐ Driven to keep moving or busy? ☐ Entertain suicidal thoughts?

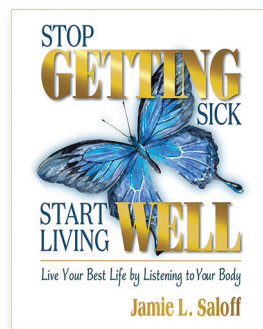
### To Engage Fulfillment

When you are fully plugged in to your heart's greatest desires, you open the door to your highest potential and deeper life fulfillment. Here's how to begin:

- Clearly identify and clarify your desire (write it down, create images of it, keep its idea in the forefront of your mind. )
- Break your desire into easily achievable steps and focus on one step at a time. With each step forward, the universe provides resources and further guidance.
- Be open to opportunities and walk through the available doors
- Let God (the Divine) worry about the how. Focus on the what.
- Acknowledge your skills. Take time to document what you have learned and are capable of whether through study or experience.
- Explore your ancestry. Discover the entwined, connections created through your upbringing and DNA.

### Want More?

I explain these concepts fully in my book *Stop Being Sick – Start Living Well: Live Your Best Life by Listening to Your Body* which is available from Amazon and other fine retailers in print and ebook or visit: <https://tinyurl.com/healing-books>





## Are You Fully Plugged In to Your Ancestry?

The concept of “finding and fulfilling your purpose” has often been explained, if not overdone. Yet, the one part of this search that is usually overlooked is the role your ancestry plays in that purpose. I believe the true key to optimizing our lives and creating a fulfilling purpose is:

### **Desires + Skill + Ancestry = Purpose**

Desires bubble up from your heart pulling you forward as you acquire skills. Your Ancestry forms the framework from which stems your inborn gifts and challenges. All these combined lead you to a purposeful life.

### What We're Told About Our Ancestry

- Provides the **genetics** that determine your predisposition for certain health conditions as well as your general physical characteristics—race, body build, eye/hair color, etc. (This is only partly true).
- Is the source of your **historic past** and the family stories you hear growing up, the traditions that you follow, the early beliefs you are taught by your family.

### What We're Not Told About Our Ancestry

- How to access the dynamic gifts your ancestral DNA provides
- Why some life challenges occur repetitively
- How to utilize your ancestry as a tool for greater self-potential

*“You can't change your DNA,” ... “but if you can change the way your DNA functions, that's sort of the same thing.”*

~ Mark Wolynn, *It Didn't Start with You*

### How to Identify the Gifts of Your Ancestry

Begin by writing down a list of your main ancestry line. You may want to explore up to four generations. For each person, list the following: general characteristics, personality traits, work skills, hobbies and passionate interests, life challenges, and major health issues (also the cause of death, if deceased). Leave any unknown information blank, however, feel free to utilize information from family stories and hearsay. Look for patterns and recognize that many of these gifts are available within you.

### Innate Challenges

To access your greatest potential, you must first override your *innate challenges*. An *innate challenge* is an inborn struggle you face—often times repeatedly. I see this as a type of spiritual evolution from our ancestral past. Clues to resolving innate challenges are often discerned by looking at the health challenges faced by your ancestors, the messages reflected in them, along with their gifts and talents. (Ex. *My dad lost a leg—He didn't always 'stand up for himself.'*)

*“I feel very strongly that I am under the influence of things or questions which were left incomplete and unanswered by my parents and grandparents and more distant ancestors. It often seems as if there were an impersonal karma within a family, which is passed on from parents to children. It has always seemed to me that I had to . . . complete, or perhaps continue, things which previous ages had left unfinished.*

~ Carl Jung, *Memories, Dreams, Reflections*

### Walk in Their Shoes

*“Pain does not always dissolve on its own or diminish with time. Even if the person who suffered the original trauma has died, even if his or her story lies submerged in years of silence, fragments of life experience, memory, and body sensation can live on, as if reaching out from the past to find resolution in the minds and bodies of those living in the present.”*

~ Mark Wolynn, *It Didn't Start with You*

Mark Wolynn asks his clients who in their ancestry, ‘...died early; suffered in war; committed a serious crime, lost a child;’ or experienced other, highly emotional events?

Identifying these situations, their associated emotions, typical reactions, and outcomes, can help you understand your own feelings and automated subconscious reactions. Once you identify the ancestral connections, you're more able to resolve similar reactions within yourself.

### When Your Ancestry Is Fully Plugged In

When you “Look Back to Leap Forward,” you're more able to access your fullest potential. You're no longer hindered by past emotions and fears.

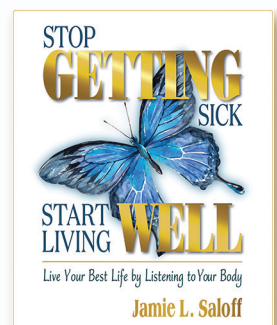
*“Then I began to piece together the scraps of stories my parents had told me of their own childhoods. I started to see a larger picture of their lives. With my growing understanding, and from an adult viewpoint, I began to have compassion for their pain; and the blame slowly began to dissolve.”*

~ Louise L. Hay, *You Can Heal Your Life*

### Want More?

I explain these concepts fully in my book *Stop Being Sick – Start Living Well: Live Your Best Life by Listening to Your Body* which is available from Amazon and other fine retailers in print and ebook or visit:

<https://tinyurl.com/healing-books>

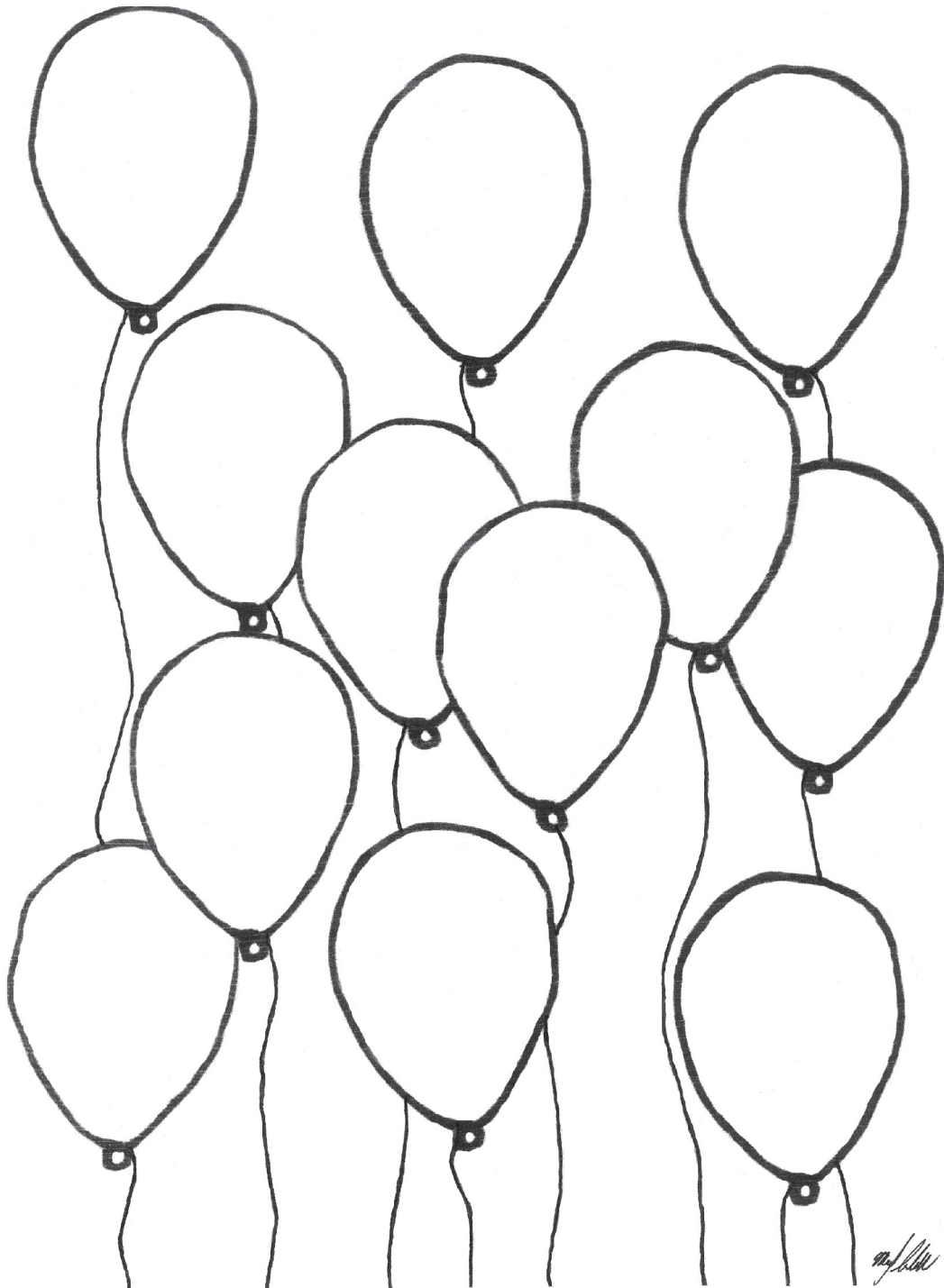


# *Stop Getting Sick — Start Living Well* Heritage Worksheet

*Jamie L. Saloff, ©2021*

	JOB SKILLS:	HOBBIES/INTERESTS:	PERSONALITY TRAITS:	LIFE CHALLENGES:	HEALTH CHALLENGES:
Self:					
Mother:					
Father:					
P. Grd-Mother:					
P. Grd-Father:					
M. Grd-Mother:					
M. Grd-Father:					

*Stop Getting Sick—Start Living Well*  
Balloon Exercise—Jamie L. Saloff

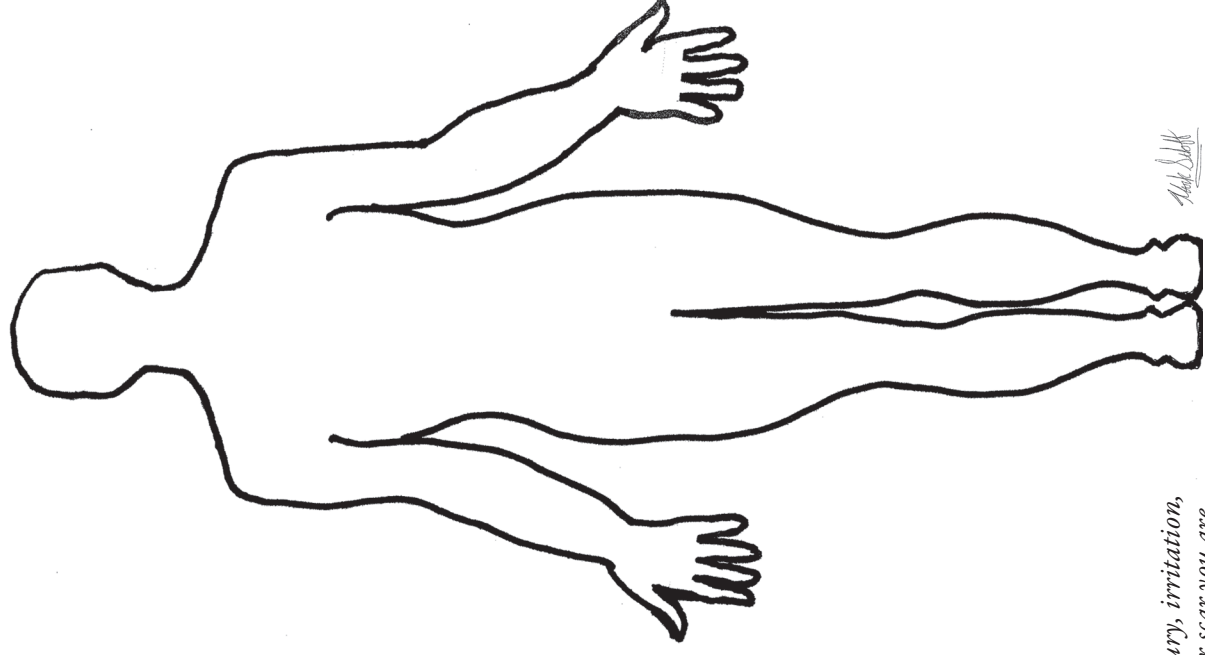
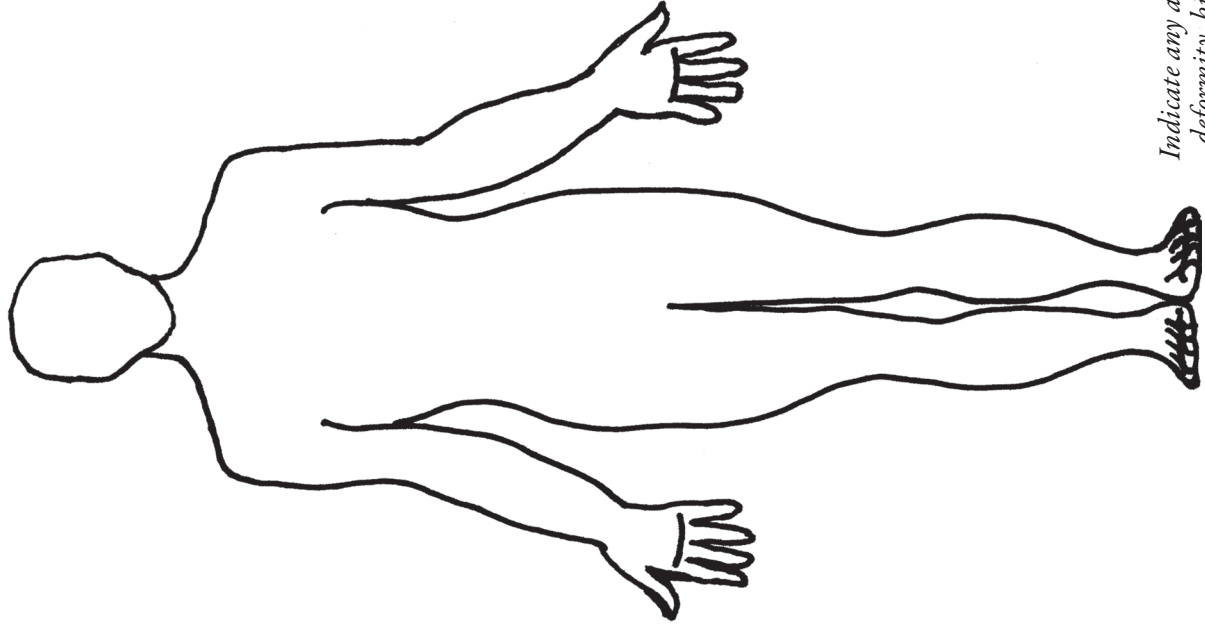


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*ms/llw*



*Stop Getting Sick—Start Living Well*  
How Healthy Are You?



*Indicate any ailment, injury, irritation,  
deformity, birthmark, or scar you are  
experiencing right now.*

*Adapted from Saloff*



### Why Marvelous Messages?

Lying within the chamber of the CT scanner, I was acutely aware of everything happening around me. I could hear a nurse across the hall on the telephone, telling my husband to come to the hospital immediately. I was dying. An operation gone wrong, I was bleeding internally and, unknown to anyone, had been for hours.

Having read quite a few near-death experience (NDE) books (I'd already had a few), I expected the commonly reported "life review." I decided I'd get a head start. I asked myself if I had any regrets. I suppose we all have a few. I decided my two sons, now past their formative years, would be fine. Perhaps my husband would remarry. I had little doubt they would all get along without me. As my thoughts extended out to other aspects of my life, I came to one sticking point—I'd never written *that* book. Oh, I'd written two previous books, but the one always nagging my heart never got written. I deeply regretted that. It's funny what we think of in such situations.

After three days in a coma, I suddenly awoke in a small ICU room silenced by a tube down my throat. I couldn't speak, so I furiously began drawing letters and words into my husband's palm. No one had expected me to ever wake up except him. Prior to leaving for the hospital, I'd mentioned visions I'd recently seen of "phoenix birds rising from the ashes." I told him, "If anything happens to me, don't worry, I'll be fine." "Stop," he said. Everything will be fine. It's just routine surgery."

Six weeks later, I found myself at a writer's retreat and, not for the first time, with the opportunity to finally answer the calling of my heart. It would take me another five years to finish and publish the book, but, at last, *Transformational Healing* had been born.

I've often thought that book saved my life. Answering the desires of our heart leads us along the path of our sacred calling—our reason for being. When we ignore our inner nudges, those deep-seated longings that relentlessly well up within our hearts and minds, it opens the door to illness, resentment, and pain as our body speaks to us and tries to deliver what I now call *Marvelous Messages*.

In the years that followed, I rarely faced any illness. As long as I continued to listen to my body and my inner guidance, my life stayed on an even keel. But even the best of us can lose our way. I avoided my own best advice. I knew I needed to make some life shifts and didn't. Then after being diagnosed with breast cancer, I could no longer ignore the guidance speaking to me from within.

Nowadays, I continue to write about listening to the body's inner guidance, following your intuition, and stepping into your sacred calling.



### A Few More Interesting Facts

Here's a little more about me: I am an author and the founder of the *Marvelous Messages*™ process. I am also a Lily Dale trained spiritual counselor. Lily Dale, for those who don't know, is a 19th century, gated community tucked on a hillside in western New York. (Southerners may be familiar with its sister site in Cassadaga, Florida.) Created as a home for spiritualists and 'free thinkers' in the late 1800s, Lily Dale opens its gates each season to some 30,000 visitors where they attend lectures, workshops, public healing and message services, as well as private sessions with over fifty registered mediums and healers who live on the grounds.

Certified by Lily Dale's Fellowships of the Spirit School of Healing and Prophecy, my two-year training was led by Rev. Elaine Thomas. Elaine received her training from Rev. Edith Sandy Wendling, a renowned medium in her day. Wendling trained under Sir Arthur Conan Doyle and his wife Lady Doyle. Our intensive training was steeped in integrity and in bringing forth evidential results. I furthered my learning under many others including Lisa Williams, Donna Eden, Bill Collier, Daniel Hardt, Tom Cratsley, Shirley Caulkins Smith, Joey Korn, and more.

A long-time author's advocate, I have helped countless authors achieve their dreams of writing and publishing a book. For a time, I headed a local elementary writing center, helping nearly 250 students annually write and 'publish' their own books. For that, I won a Pepper Award for community service in education. I am a Meritorious Service Award winner of Penn-writers, Inc., a writer's organization where I held a variety of positions over the past thirty years as a board member, conference organizer, webmaster, workshop speaker, and more.

I've been fortunate to speak many times in front of a variety of audiences and organizations and have appeared on many webinars, teleseminars, and PODcasts. I've had countless articles published. My homeschooling story appears in Carol Adrienne's book *When Life Changes or You Wish it Would*.

In my free time, I love making jewelry, reading, golfing, and all types of needlecrafts. I also enjoy sitting on our front deck watching people go by. I have two grown sons and have been married for over forty years to my husband, Tim. We live in Edinboro, PA, and Oakfield, NY, with our very spoiled cat.

You can learn more about my books, programs, and events or schedule a private session at [www.MarvelousMessages.com](http://www.MarvelousMessages.com).