



# *Welcome to 30 Days of Real Magic!*

## TABLE OF CONTENTS

[Introduction to Week 3](#)

[Weekly Prompt](#)

[Awaken Your Magic: Schedule your free call!](#)

\* Note: If you miss any interviews or prompts you can access them at:

[www.lynseylandry.com/realmagic](http://www.lynseylandry.com/realmagic)





## *Week 3: All about the Heart!*

**Did last week's interview + prompts get your innovation juices flowing?**

Something that I have seen for myself and my clients, over and over again, is that when you start to get energy flowing in your biz then you can hit a upper-limit and the energy can start contracting and pulling back in. It might show up in your mindset "Am I doing this right?" or "Will people want this". Or "Can I charge this price?" When we go into these stories/ thought patterns it takes us OUT of our heart space...

**This week I have a SPECIAL treat for you!**

**I asked one of my Soul Sisters Nicole Casteel to have an interview/chat with me ALL ABOUT THE HEART!** Nicole is a vibrational healer, sound shaman, and heart & soul alignment coach. She is AMAZING.

**In our conversation we dove in deep and talked about...**

- Titles, labels, and what to call yourself.
- How to get out of your head and into your heart.
- The struggle of wanting to do things "right".
- Why being "high vibe" isn't the thing.
- Steps to get into your heart space.
- PLUS at the end Nicole brings us through a sound healing meditation.

**>>> You can watch this week's interview [here](#) <<<**

**Once you tune into our chat come join Soul Inspired Success and tell us what your take away is.**





## *Weekly Prompt*

**This week we don't have daily prompts. Instead each day...**

I want you to take 5-10 minutes to sit quiet, breathe, and settle into your heart space. There is a meditation the last 10 minutes on the YouTube video if you need support with this.

You can think about your dream client or simply sit with your mind blank. Ask your heart to show you, guide you, and inspire the message you need to share for that day.

The message may come to you - right then, in that moment - or you may get up and go about your day and notice the message comes to you at a later time.

**Allow the energy to flow and do its thing and whenever the message arises share it.**

**Looking forward to seeing what your heart has to say <3**

*What message is coming forward for me each day:*

*Monday:*

---

---

---

---

---

---

---

---

---

---





**Thursday:**

---

---

---

---

---

---

---

---

---

---

**Friday:**

---

---

---

---

---

---

---

---

---

---



**Ready to bring more heart & soul into  
your biz so you can deepen your  
success with more ease?**

Schedule an *Awaken Your Magic* call and let's chat!

[>> Schedule your FREE chat <<](#)



  
*Lynsey Landry*  
SPIRITUAL BUSINESS MENTOR