



# CHAPTER ONE



The g word





# Chapter Summary

In this chapter, Jen Sincero explores the significance of energy, frequency, and vibration in our lives. She reflects on her journey from skepticism to embracing spirituality, emphasizing the transformative power of connecting with Source Energy. By raising our frequency, we align ourselves with the world we desire, attracting positive experiences. Sincero encourages readers to take decisive action alongside maintaining high energy. Ultimately, the chapter underscores the importance of faith and belief in creating a joyful, abundant life.

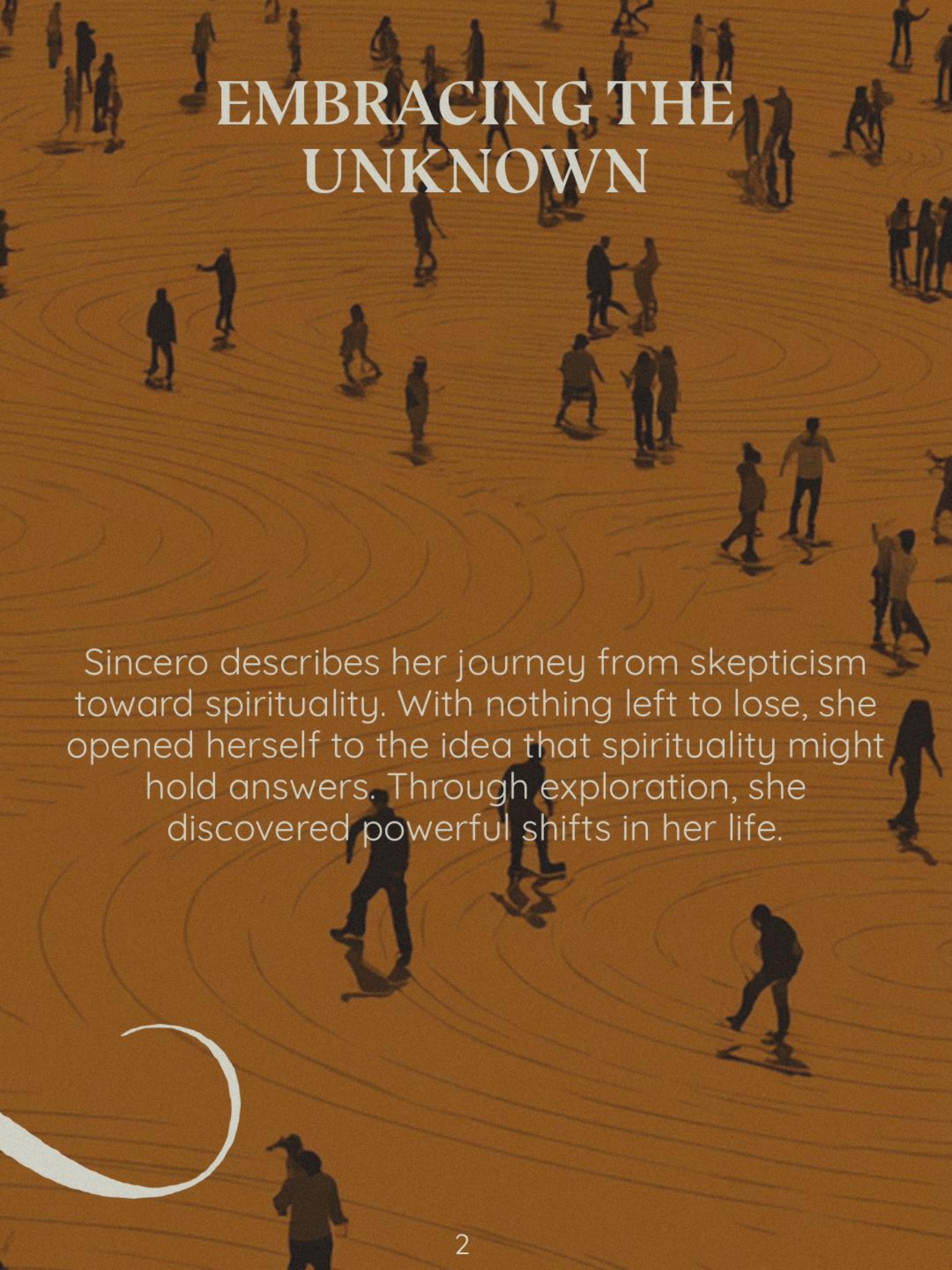




# THE POWER OF ENERGY, FREQUENCY, AND VIBRATION

Understanding how energy, frequency, and vibration shape our universe is vital. This knowledge opens doors to embracing the unseen forces that guide our lives. By recognizing our connection to this energy, we begin our transformational journey.





# EMBRACING THE UNKNOWN

Sincero describes her journey from skepticism toward spirituality. With nothing left to lose, she opened herself to the idea that spirituality might hold answers. Through exploration, she discovered powerful shifts in her life.



# THE IMPORTANCE OF CONNECTION

The relationship we cultivate with Source Energy can drastically improve our experiences. Recognizing this energy within and around us can be a game-changer. It becomes a trusted ally in our pursuit of a fulfilling life.

"All of us are connected to this limitless power and most of us aren't using but a fraction of it."



# LAW OF ATTRACTION

The Law of Attraction states that like attracts like. Your vibrational frequency influences the people, experiences, and opportunities that come into your life. Raising your frequency allows you to connect with better vibes.

"Focus on that which makes you feel good and ye shall find (attract) that which makes you feel good."



# MATCHING YOUR VIBRATION



To attract what you desire, your frequency must align with it. Just like tuning into a radio station, you can't access what you want without setting yourself to the right frequency. Stay in the flow to experience abundance.



# TAKING DECISIVE ACTION



While maintaining high energy is crucial, so is taking action toward your goals. You cannot expect to attract success by being passive. Align your energy with determined actions to achieve your dreams.



# THE POWER OF BELIEF



Belief acts as a driving force in manifesting your desires. It is essential to maintain faith in your potential, even in uncertain times. When belief outweighs fear, anything is possible.





# ABUNDANCE IS WITHIN REACH

Life is filled with endless potentials and experiences. Aligning your energy with what you desire enables you to access this abundance. Recognizing it is the first step toward transforming your life.



# JOINING ENERGY WITH ACTION

Achieving success requires both energy and action working together. Clarity on what you want and staying connected to Source Energy leads to effortless progress. Trust the process and take action.





# THE UNIVERSE IS LOVING



Believing in a loving universe makes it easier to navigate life's challenges. Recognize the positivity around you, and stay hopeful even in tough times. Your outlook shapes your reality.





# Recap

- "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."
- "I decided to give good old God a chance because I had nothing to lose."
- "You need to raise your frequency to match the vibration of the one you want to tune into."
- "We can't just float around... sipping cocktails and being all high frequency."
- "This is about your faith being greater than your fear."





# Thank You

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