



If Only I knew These Things Beforehand....I

May Have Been More Successful in Every

Area of My Life Sooner

By

Skye Fleming



Hi, my name is Skye Fleming & I'm a Master Certified Mindset Coach, American Board-Certified Hypnotist, & Speaker. I help businesswomen who struggle with racing thoughts, a positive mindset, & being in control. You need to be strong so you can bring yourself & your business to its fullest potential. The information here is gathered by research and I do NOT claim as my own. I used it to help you understand how and why I can help you. All knowledge and videos will enlighten your mind, body, & spirit. You have the power to be successful, but you must have faith, believe in yourself, & have an open mind. Even then there is so much more that you must understand.



Remember that this is just the beginning of opening your mind to understand why you are where you are today. You will learn about the following with excellent outside resources:

Being open minded

Meditation and why it's important

Vibrational Frequency & how it truly affects us

The real meaning of Buddha

Simple facts everyone should know

Yoga techniques for peace

Your time & programmed mind

Hypnotherapy & Coaching combined

Fear & Coincidences

Health

Animals

Cool stuff about our bodies



Don't believe that negative & positive things affect the mind?

Are you the person that does not believe we are all made up of energy and that everything is based off of a vibrational frequency? Maybe this video will be an eye opener for you to see the world in a different view. Enjoy the videos below, they are truly amazing. We all have the power to change our frequency!!!

<https://youtu.be/wvJAgUBF4w>

<https://youtu.be/hlgmiDnmVdU>



Benefits of Meditation

It is said that just 12 minutes a day of meditation can change your life physically, emotionally, spiritually, mentally, and well you understand what I'm getting at. I have provided a link to a short 3 minute video explaining just what some of those benefits are. I know we have extremely busy lives, but some things are worth taking a break just to breathe and figure things out.

Imagine being in balance whereby fixing just one area in your life everything else balances out. The end results? A healthier and happier you!

<https://www.youtube.com/watch?v=Aw71zanwMnY&feature=youtu.be>

<https://howtobehappy.guru/why-is-meditation-so-important-and-why-it-can-help-us-to-feel-happier/>



Things you possibly don't know

1. Buddha was not really his name, in fact it is Siddhartha Gautama. Bu-ddha means he transcended his intellect.

One who is above the mind is a Buddha.

One who is below the mind is a Buddho.

One who is in the mind is nonstop suffering.

2. If you haven't seen this yet, you should! Dr Emoto did a water experiment just to prove how our thoughts, emotions, and words are more important than you can imagine. <https://youtu.be/tAvzsjcBtx8>

3. Water has memory

4. Don't let others bother you. There are only joyful people and miserable people. You are master of your emotions. You do not allow anyone to change



your inner happiness because then they control you. Do not have high expectations of anyone for they will always disappoint you, for even you yourself are unable to fill such shoes.

5. If you become master of your mind, you can become master of 60%+ of your destiny

6. "For every action, there is an equal and opposite reaction." -Isaac Newton
There is something about giving that cannot be explained. Yet when you think of polarity it does explain this force that occurs. The pendulum must swing back so when you give, you open yourself up to receive.

7. We all vibrate at certain frequencies of energy with each individual being at a different one. One person alone at a high energy level can influence the frequency of others. Depending upon which level you are at you can affect



750,000 -70,000,000 people just by your positive energy. Take just one day, 2 days, or a week and no matter what happens be grateful, loving, appreciative, peaceful, kind, caring, and bless everyone that crosses your path. Do not allow negativity to enter your mind or body, and do not judge anyone. See how people react to you.

8. There are 72,000 nadis/energy pathways in the human body. This is where our pranic energy flows. Taken care of we can have a balanced system and psychological well-being. Nadi Shuddhi should be done for 4 minutes a day. I hope you find these things to be enlightening in the next 3 videos and to also be beneficial in your life in helping you to experience inner peace and happiness :) -Skye

<https://youtu.be/CuM678WXs0c>

<https://youtu.be/6C1p4HUHlfE>

<https://youtu.be/817fiBUDChg>



This is Why You Are Not Happy

This is an awesome video that I found on YouTube featuring Dr. Joe Dispenza and he is so right!

Now what is up with our mind?

Our mind, the one that keeps going even when we want it to stop. We have good days and bad days, yet every single day that we open our eyes is supposed to be a gift that we should cherish. A bad day should not even exist and they only do because of what we allow to influence us. It could be as simple as waking up, rolling out of bed, and you stubbing your toe that sets you off to put you in a bad mood.

There are other things that happen in our lives that we cannot control, but actually yes you can control them. Say for instance you are stuck in rush hour traffic and it will take you 90 minutes to get home. Some people get



mad, impatient, have road rage and zip in and out of traffic endangering their life and other people's lives just for the sake of getting a couple cars ahead. Most people don't realize that those 90 minutes are yours regardless of what is going on so why don't you make the most of it instead of making those 90 minutes a tragedy. You could jam to your favorite band, listen to a cd or audio book, call a loved one, think about things that make you happy, think about how you will make tomorrow better, think about what happened today and what you would have done differently, etc. The list of possibilities are endless as to how you decide to spend your 90 minutes.

Negative or positive attitude?

With every positive there is a negative and with every negative there is a positive that has not been manifested. Brought together there is unity and balance which acquires much practice and knowledge. You are in control of these feelings that you have and every feeling starts with a thought. If you think and feel positive you will attract positive into your life. If you think



negative and surround yourself with negative people then you are just asking for more negative things to appear in your life. It is the law of attraction.

I know things are much easier said than done and it is really hard in today's world surrounded by so many negative things to constantly stay positive. Sometimes I wish I could just go away for a few months to a cabin by the lake or a secluded house along the beach to practice controlling my thoughts, feelings, and meditations. Life, kids, and work sometimes take over. Be outside with nature as much as possible, take just 12 minutes a day to practice controlling your thoughts and feelings, and remember that when a negative thought comes into your mind instantly change it with a positive one. Practice every single day and through time it will get easier to master your life.

<https://youtu.be/zc-GvDLW6Ss>



Hypnotherapy & Coaching Together

Utilizing both of these at the same time will give you double the benefits! With my unique coaching technique, I work with your mindset to open a doorway that makes changes in your life. These changes allow you to reach the goal and intention you had when you came to me. Hypnotherapy allows me to go into your subconscious and move things along even quicker with positive suggestions and imagery. When you put these two together you get to do a 360 on your life and reach higher limits even faster!

Hypnosis was used thousands of years ago in ancient religious practices like the sleep temples of Egypt and in ancient tribal rituals. Hypnosis is an altered state of consciousness that falls between the waking state and sleep. It is the back door to the subconscious which is 90% of our mind. The subconscious is stronger than the conscious and this is where change



happens. During hypnosis positive suggestions are given to the subconscious to change habits and negative behavior patterns. The client must agree with the suggestions while being in correspondence with the client's belief system and desire or they will not work. During a counseling or psychotherapy session the therapist is talking to you while you are awake and conscious, whereas a hypnotherapist is able to talk to your subconscious mind in a relaxed state where change actually occurs.

Life Coaches being in demand is on the rise with so many people needing guidance and accountability. For example, you can take a visit to the doctor where he or she tells you to do something, but who is there to help you as soon as you walk out that door? Change is not easy and when you are programmed to do or act a certain way it can almost seem impossible at times to transform. This is where a life coach steps in and helps you reach your goals.



It doesn't matter where you are or where you came from because both of these have a tremendous positive impact! If you are serious about making changes in your life and want to make sure that you get there successfully, Hypnotherapy and Life Coaching are both life changing in so many ways. Just one of these can make a huge difference in your life so by combining both of them together they will make you unstoppable!



Health in America?

So we know that we are what we eat or do we? Americans pretty much eat like crap except for the select few and we have major health problems in this country. I've been doing some research and know that the Asian culture is one of the healthiest in the world. Here are some things to consider:

1. They choose tea instead of soft drinks
2. They enjoy broth based soups not cream based
3. They eat real food and not processed food
4. They eat more fermented vegetables and a lot of seafood especially fish with Omega 3's
5. They eat smaller portions but have a variety to choose from
6. They eat with chopsticks so it takes longer to eat and they feel fuller quicker because of it
7. Treats are served only on special occasions like at a wedding; dessert is fruit
8. Breakfast is very important to them



9. They eat only 3 times a day on time the same time every single day and do not snack

10. The following is served at most meals:

- green tea
- a bowl of rice or noodles
- vegetables
- mostly fish or some type of seafood
- miso soup or other broth based soup
- fruit for dessert



Fear & Coincidences

Whether an event is a positive or negative experience, there is always a lesson. Think about what just happened and what exactly you can take away from it so that you may move forward in a positive way. If it was a negative experience, you do not want it to happen again. You must find the blessing in every situation!

You'll be posting loads of engaging content, so be sure to keep your blog organized with Categories that also allow visitors to explore more of what interests them.

Nothing is by Coincidence

If you have changes in your life that are occurring with no explanation it's okay, because nothing is by coincidence, so you are aware. Things happen in our life for a reason, so it is up to you and you only to figure out what the lesson is that you are supposed to learn. Events can also occur where you



need to connect the dots to continue onto the right path. These sequences are known as synchronicity. I have had quite a few of these and some of them will amaze you when you put it all together. It's like having puzzle pieces of your life and one by one you put the pieces together. Eventually it will be complete and you will understand why everything else happened.

Fear is something we live in and it doesn't take much to set it off. When you live in fear, it hinders your capabilities of whatever is possible. If you think about your car breaking down every single day and are in fear that something could go wrong, eventually it will happen because you created it and drew that event to you. Like attracts like in the law of attraction so stop living in fear. With energy frequencies we attract the same frequency back to us that we are sending out. Talk to your car and tell it how grateful you are for it and how it gets you to where you need to go. Most importantly, take care of it and it will take care of you. Only living beings have a spirit, but everything has a conscious including your car.



Everything happens for a reason!

You must also be careful in how you judge others. Life is karmatic so if you choose to make fun of people that are in a wheelchair, I guarantee you that at some point you will be in one as well whether it is in this lifetime or another. Every single time you point a finger at someone, you have your own fingers pointing back at you and more of them. Go ahead and try pointing at someone and you will understand what I mean. The lesson here today is to pay attention to your thoughts, your words, your choices, and to choose the right path wisely.



Video About Egypt That Will Leave You Speechless

Since I was a child I have been intrigued by the Egyptian and Roman era. Today I have come to realize why I was so intrigued because of what my master teacher opened me up to and because of the many books I have read. I have gone through synchronicity a few times now and each time it has led me to the these eras. Why? That is a question I do know the answer to, but for some I do not believe that you are ready to hear such an answer. I am awakened to the the theory and belief of the unknown and what we as humans are capable of. I have watched this documentary twice now that I am going to share with you below. The facts are mind blowing. You cannot deny facts and nothing is by coincidence. The last 45 minutes become so unreal that you will be speechless and question everything you once knew about our history.

https://youtu.be/2fS9ixfQ_no



Cool Stuff!

This week I am bringing up a very deep but intriguing topic here. This will open your eyes up to the reality of that there really is something more to life as we know it. This is why I was so intrigued with energy, who we are, the power of our minds, and how we are capable of so much more than we know or care to believe. Have you ever seen the movie Lucy with Morgan Freeman?

So Lucy...they do throw in some factual statements while he is giving a speech. Some of these facts are as follows:

- 100 billion neurons per human of which only 15% are activated.
- There are more connections in the human body than there are stars in the galaxy. We possess a gigantic network of information to which we almost have no access.
- The Greeks & Egyptians had notion of cells centuries before the invention of the microscope.



-Cerebral capacity: humans on top of the chain use only 10% but look at what we've accomplished. The only living being that uses its brain better than us is the dolphin which uses 20%. This allows it to have an echo location system that is more efficient than any sonar invented by mankind. The dolphin did not invent the sonar, it developed it naturally.

Seriously think about this for a moment!

I already knew that we only use a % of our brain and the thought of what we could do if we learned how to use most of it leads to endless possibilities. When I heard that we have more cells and connections in our body than stars in the galaxy, this really intrigued my curiosity and imagination. We actually have 37.2 trillion cells in the human body and even using the highest estimate for galaxies is only 200 billion. This really makes you wonder doesn't it?



Here is something else for your mind to ponder on; humans really are made of stardust. "A new study has mapped the abundance of elements found in the human body, the building blocks of life, in the stars of the Milky Way."

<https://www.space.com/35276-humans-made-of-stardust-galaxy-life-elements.html>

<https://www.nytimes.com/2015/06/23/science/37-2-trillion-galaxies-or-human-cells.html>



Heart or Mind?

We think we are caught up in our minds but the truth is our heart is actually much more powerful than our mind. It isn't our mind signaling our bodies, it is actually our heart that is in control. I highly recommend watching this documentary showing scientific proof of many things. Even with everything I know, I was very intrigued by this. Hollywood film director Tom Shadyac, (Ace Ventura) made this. <https://www.gaia.com/video/i-am>

You may have to pay 99 cents to sign up and watch it, but it is worth so much more than that. This documentary is a huge eye opener that everyone on this planet needs to watch!!! No, I'm not an affiliate and I have no clue if they even do that. I am just trying to send the message.

Can you become one? Marrying your heart and mind may sound a little out there for some but it is what other ancient civilizations have known to be the



secret for thousands of years. If you can meditate for just 10 minutes a day you will notice a small improvement happening in how you think and how your stress levels go down. This enables you to connect to the universe. Taking a moment to connect your heart and mind for 5 minutes every 6 hours will also enable you to feel as one.

Whether you believe or do not believe, there is scientific evidence proving that we are all connected, we are one with the universe and all living things, and the energy of our emotions sends out a wave around us and attracts that same wave back to us. One by one if people would awaken to who we really are, why we are here, and what we are supposed to be doing, we would be more powerful than one can even begin to imagine. This could be dangerous in some hands, so it is necessary to make peace with one another. It is a difficult thing to do today when there is so much hate and greed in the world. One person can affect at least 5,000 people, so if we can spread this to



10,000 people then 50 million people would become aware and so on. It is possible to change and if we don't, we may not survive.

Negativity & Secrets of Our Bible

Why so serious?

Negative people come into our life on a daily basis. You can be in the best of moods and it takes just one person to throw you off. I can do my morning breathing exercises, my meditation, and feel wonderful after 40 minutes, but in an instant it can feel like I went backwards.

Remember you are one with the universe and all living beings. Instead I pray for that person and put myself back to my happy place. If needed put your hand over your heart and breathe in for 5 seconds through your nose and



then breath out through your nose for another 5 seconds. Connect your heart with your mind and after just 3 minutes you will feel so much better.

I have emotions that I can control?

We are all spirit beings living a human life and we are all one and the same. Let yourself be on a higher vibration and walk away from those that irritate you or mentally abuse you. Do not allow their energy to bring yours down. Nobody has the right to judge anyone and true inner happiness comes from within. Next time you want to blame someone else for your own anger, depression, or failure remember that it is you who you are not happy with. Keep this in mind and think before you speak. Become aware of your thoughts and feelings and ask yourself, "why am I feeling this way?" When you become aware, you become master of your thoughts and emotions. When you do this you will stop yourself from reacting immediately. So let yourself process these emotions first. You will be amazed at how differently you will react.



Secret passages in the Bible? Some are missing too?

THE TRUTH?YOU DECIDE!!!

https://youtu.be/_ZQ03ki7-UU

Living in the Present Moment

Do you treasure every second that you are alive?

It's been a very exciting month for me while learning so much more about the mind and life. We take too many things for granted and should appreciate what we have and what we have been given. To do this we need to let go of the past because it is no more, it does not exist, it is nothing more than a past experience that is gone. We need to stop thinking about the future and



worrying so much. Nobody can really predict the future and it does not exist because it has not happened yet.

Are you?

We need to focus on the present moment for the present moment is all we have. The present moment is here right now. Now is when we choose to make a new decision, take a new path, and enjoy every second that goes by. What are you doing right now? Are you enjoying this moment? Are you grateful for what you have and for who is in your life? Are you giving the people important to you the love and attention they deserve? Are you making your significant other feel special where they know and feel your love? Are you spending time with your kids? Are you outside enjoying nature and the beauty that this earth has given to you? OR are you sitting around feeling depressed, angry, hopeless, lost, and frustrated?



I said what! *Yes, I am saying this! Wouldn't you live your life differently knowing?*

Let's say that you have 15 minutes to live. Are you going to spend that time feeling and being miserable or are you going to make the most of that 15 minutes? Will you feel regret because it wasn't until you knew that you were going to die within a matter of minutes that you actually put effort into enjoying life and the people around you? What if you lived your life every second knowing that you are going to die? Well you are, in fact we all are but we just don't know when our time is up. So, please think again and ask yourself this question, "if I could die now, tonight, tomorrow, next week, next year or in 5 years and knowing that my time will come but I do not know when, why am I not living in the present moment to its fullest?"



Not only will I coach you on how to think differently, but also through hypnotherapy we're able to go into your subconscious where change actually takes place. Based on the principles here, through coaching and hypnotherapy combined, I would like to help you to live your best life successfully & to become a universal powerhouse.



BONUS: ANIMALS & UNDERSTANDING OUR PLANET

Animals Are More Than You May Think

I would like to be the voice for animals on this planet. The other day I heard someone talking about how they just visited their sister and her new dog. I did not like the way he referenced it as being just a "f" animal!"

Albert Einstein discovered that everything is made up of the same thing known as energy or $E=mc^2$ where E represents units of energy, m represents units of mass, and c^2 is the speed of light squared. Although we are all made up of the same thing, we are all on different vibration frequencies. *Yes, animals are loving creatures!*



The next time you see any animal, remember that it is **only one** octave of vibration lower than humans; that's it, just one!!! We both seek food, eat, digest, have emotions, instincts, urges, feelings, sympathy, antipathy, and desires. What humans have that they don't, is intellect and we think consciously. This allows us to share experiences with words and to express ourselves through, art, poetry, music, dancing, and so forth. So, the next time you see someone hitting an animal, chaining it outside to be alone, leaving it in a car to die from the heat, abandoning it to starve to death, yelling at it, torturing it, and things that we all know are wrong, **please be the voice for that poor soul and take action immediately since they cannot speak!!!**

They all feel pain, love, hunger, loneliness, and everything you would feel if treated horribly. I hate hearing stories of animals being abused, in fact it breaks my heart! How can someone duct tape a dog's mouth shut, put it into a garbage bag and throw it into the dumpster to die a slow and miserable death. If you would not do this to your wife, husband, son, daughter, mother, father, brother, sister, grandmother, or grandfather, then don't do it to any



animal on this planet!!! I wish people could understand just how closely related we all are not just here on earth but also throughout the entire universe.

We are not human beings living a spiritual life, we are spiritual beings living a human life and God is in all of us. In order for us to have divine unity we must have universal love for **everything**. One must always be aware and in control of their thoughts and emotions. An animal can sense if you are aware of their spiritual being. This is how they know if one is on a low (bad) or high (good) vibration. We all know that we should treat others the way we would want to be treated. If only people knew just how powerful those words really are!!! When you look into the eyes of a human being or any animal, you are looking into their soul. Remember this, for you are not just looking at an animal!!!



Please stop buying animals at pet stores! Thousands are being euthanized every single day and the sad part is that a lot of them were abused and now we are killing them. That is not the life I would want to live. Please rescue and adopt those who need homes! Please let them have a chance to live a happy life and to know what real love feels like before their last breath exhales from their body so their souls may go peacefully.

Food, Our Earth, & Livestock

How we live is not exactly something on the mind of every human being. We constantly hear about how we should eat this food or that food and to follow that diet or this diet. Even at one point we were told eggs and coffee were bad for us when actually they have health benefits and anyone can look this stuff up. A lot of people are confused, but is that where we are supposed to be, in a state of confusion?



I am not a doctor or specialist so everything that I say here is my opinion and nothing more, but anyone can look up the facts that I have searched and read for quite some time now. Gaia (mother earth) gave us everything that we need to survive including healing ourselves. From food, water, plants, and crystals we have all that we need and so much more. Do you know anyone that wants to eat fake meat made from a science lab? It's happening and soon heading our way! If you had an apple that was naturally grown from a tree or an apple that was sprayed with 47 pesticides, which one would you want to put into your body or your child's mouth?

It has been known for thousands of years that we are supposed to live a plant-based diet. I like my tacos and burgers, but I am going to bring up some valid points here. Right now there is roughly 7 billion people on this planet and by 2050 there will be 9.7 billion. Obviously more people and less land equals less food on earth and food being grown by man in a lab to accommodate. Let's not forget that we also have a water problem between



contamination and we are just running out of it! Disease is on the rise along with obesity. Hmmm.....I wonder why? Could it be what is being put into our food and into our bodies? These are going to be some pretty sad statistics, but here we go. There is roughly 805 million people in the world suffering from hunger. Now think about the following: 70% of our food goes to feed livestock which requires 56 million acres of land for them to live (we need only 4 million for produce), and 70% of our fresh water supports animal agriculture. So, let me get this straight... We are running out of food, water, and land of which we are giving to support livestock just so we can kill them and eat them yet still have over 805 million people starving. Did you know that if we stopped this cycle, we could feed roughly 800 million people? Wow, isn't that pretty close to the number of people starving? We would have more fresh water, more land to grow our produce, and we would not run out of food. On top of this we could have better food that is organically grown like it should be and the cost would go way down. Aside from this we would have healthier people. Whether you agree or not, it is something for humanity to think about.