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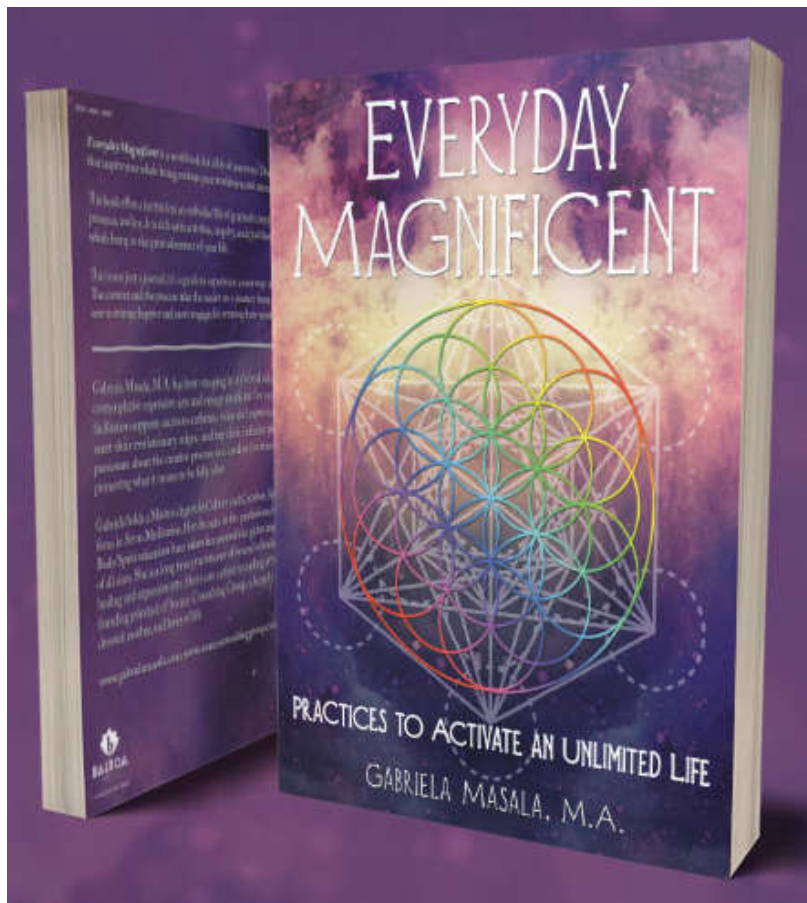
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Author	Gabriela Masala
Category	Self-Help / Transformation
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BOOK PROFILE

Everyday Magnificent: Practices to Activate an Unlimited Life offers a fast track to an embodied life of gratitude, creativity, presence, and joy. It's rich with activities, inquiry, and practices to light you up. This is not just a journal; it's an interactive immersion and incubator for your life creation. The content and the process playfully invite you on a journey to connect directly and creatively to whole brain, heart and body intelligence. The process was born as a practical application of her studies with mentor Dr. Joe Dispenza.

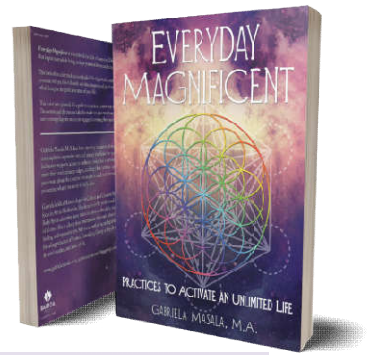
Just a few minutes a day will keep you on track with living a magnificent life by your own design.

The Everyday Magnificent Experience is an invitation to:

- Cultivate a life of living meditation
- Practice the art of intention and surrender
- Integrate and embody whole being (human/divine) intelligence
- Increase the energy of joy, creativity and gratitude in your life
- Refine your current heart/soul calling- and live it into action
- Activate your unlimited nature and contribute your unique gifts

Everyday Magnificent is a new playing field of interactive journals. It's a way of life. Explore the mystical experiment of consciously creating an embodied, unlimited life, of love and new possibilities.

PRAISES...



Through this book, Gabriela Masala is flooding the world with a purity of love and light that has not been known before. Her energy is strong, her wisdom is deep and her work/life/passion is ushering in a new reality that is bold, steady, colorful and limitless. She's inviting humanity to dance a whole new dance toward freedom, joy and love and I say, "Let's Go!" Thank you Gabriela for the brilliant work you are bringing forth.

Carrie Contey, PhD | Author, Speaker, Consultant, Evolve founder

Gabriela Masala is truly a direct experience of passion, vision, creativity and grace. Her book "Everyday Magnificent" is an open invitation to imagine and create a future self, a future being in the eternal moment. Through prompts and open hearted suggestions she transforms the possibilities of a usual day into a day where miracles are invited to show up. Her writing is in deep alignment with the major players of this moment who wish to shift out of the dominant paradigm and into a new way of being and a new way of seeing. I have known and worked with Gabriela for over two decades and have been blessed to experience her magic many times. She is evidence of the leading edge of our species as we begin to peek into what might be possible if love was leading the way.

**Phillip Moore | Master Educator, Author *The Future of Children*,
Consultant, Founder Conscious Teachers International Training Program**

Everyday Magnificent has changed my life, by encouraging me--through art, play, and inner reflection--to actively choose what I'm focusing my attention on every single day. As my inner landscape has become clarified, joyful, and 'magnificentized,' my outer world is changing to match this new, elevated vibration. Gabriela has a way of using her inner sparkle to invite you--through the pages of her book--to step onto the playing field of life, drop your inhibitions and doubts about ability, and vibrationally move into the life of your dreams--now. This book is a gift that keeps on giving. I intend to share it with my family, my children, friends, and every person I meet.

Kat Lindsay | Facilitator, Song Carrier, Arise Video, Wild Family TV, Doula

This workbook is amazing! True Genius!

Dr. Joe Dispenza's, Encephalon Product Team

Everyday Magnificent is a manual to know my soul and guides my day to day life. It is a place where I can have an intimate relationship with my playful, creative spirit. The practices remind me of my essence and who I want to be and I am always excited to see what my daily time with Everyday Magnificent journal reveals!

**Maria Skinner | Starfish Yoga and Dance Owner, BeSoul Dance Founder
Ageless Grace Trainer**

I have been working with Gabriela for over a decade and most recently have begun a journal she put together called "Everyday Magnificent." It has become part of my morning routine and I am so grateful for it! It strengthens my life. I have gratitude for all that I see, live and hold. The journal is a venue where I honor my creative forces. With intention, here I take time to bow to all that is, creating unity and love within every page.

Victoria Reyes, Master Educator, Professor of Humanities

Everyday Magnificent is a holistic remedy to true integrated living and breathing. Gabriela entreats one to consciously pause and witness what is being offered and manifested in the moment. My spiritual practices have been enriched by the way we are guided into a deeper introspection of the enlivened spirit within us all. We are One.

Claudia Castro Levrett, Owner, Yogini, Yoga Teacher Trainer Del Sol Yoga

Everyday Magnificent is a step by step guide to truly becoming an alchemist in our own lives. It has inspired me to trust fully in myself and my intuition, unleashing the artist within and encouraging my souls dance to joyfully come alive.

Ileana Dominguez Walsh, The Kindness Project Facilitator

Everyday Magnificent is a guide into the heart of one's artistic and spiritual life. Gabriela's guided inquiries and suggested meditations support awakening, via art and writing, latent feelings and memories, flood into the Ever Magnificent Well of Life! Everyday Magnificent is so practical and inspiring. It has changed my priorities and supported me to be more engaged with my life.

**Nubia Teixeira, Author, Yogini, Teacher Trainer, Educator, Retreat Facilitator
Bhakti Nova Yoga**

Following the simple guidance of Everyday Magnificent has made the colors of my life brighter and richer. Highly recommended! Gabriela's always shares generously from her mine of inspiration, a deep well of practical daily keys to a more sublime life. GRATITUDE!

Jai Uttal World Spirit Musician, Bhakti Yoga Kirtan Legend

I Love, Everyday Magnificent. What a practical, playful workbook of self exploration and expression. Each day is an invitation to meet myself through creativity and honest inquiry. I have followed and benefited from Gabriela's work for many years and see her transcending the personal and carrying the overview of not just the global but the cosmic. Her compassion, clarity and intuitive seeing have graced my life and inspired me to step daily into a life of love, joy and expansive possibilities.

Yarrow King, Choreographer, Movement Therapist

This is more than a book. It is an interactive experience which stimulates self awareness and growth. It includes page after page of tools and reflective journaling prompts. I invite you to step into this journey to Everyday Magnificent.

Laurraine Rizer | Horse Whisperer, City Planning Consultant

Everyday Magnificent is a beautiful gem filled with tools, reflections, inquiries and wisdom that has helped catapult my creativity, self awareness and inner knowing in rich and deep ways. The guidance and framework is simple and powerfully effective. It often times only minutes in my day to feel a complete transformation, and I always feel re-oriented towards joy, gratitude, beauty, peace and harmony. My 6 year old daughter and I love diving into this creative journey together, and I am so grateful she too can access these beautiful tools and be steeped in practices that she will benefit from the rest of her life. Everyday Magnificent is a beautiful journey of self inquiry that continues to lead me back to wholeness each time I revisit it. Thank you Gabriela for sharing your gifts and wisdom with us, for your passion for inspiring individual and collective healing and transformation for all.

Elissa Shapiro, LCSW Licensed Clinical Social Worker and owner, Body Vida Movement & Expressive Arts

Much thanks to Gabriela for bringing me back HOME to what's important in life. The book reminds you of how magnificent we are and how magnificent everything and everybody is around us. Starting the day using these practices is totally inspiring and transformational.

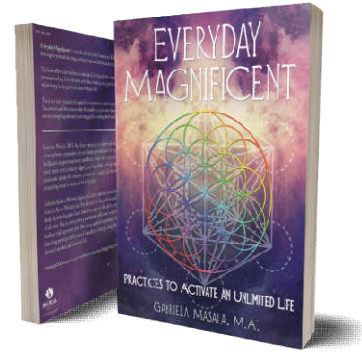
Theresa Chai, Entrepreneur, Energy Medicine Practitioner

Gabriela is a breath of spring all year long. Her enthusiasm and creativity are quite contagious. I recommend exposing one's self with the caveat that your life as you knew it will transform and evolve swiftly and in gracefully unexpected ways.

Michael Becherer, Zen Teacher, Energy worker



BOOK EXCERPT



INTRODUCTION

Welcome! This journal is a portal. Step through and enjoy the mystical, practical journey into your unlimited nature and into an unlimited life.

We'll be playing in the Quantum, the mysterious Unified Field of information and energy, where all potentials exist in the present moment. We are going beyond predictable definitions of ourselves and reality. We will be practicing to empty out conditioned programs, clear out old habituated ways of feeling, being and doing. We will step out of our own way, allowing our unlimited nature to activate and drive our lives.

The words Quantum, Unified Field, Creator, Source, The Divine, The Unknown and Mystery are used interchangeably. Replace them with God, Goddess, Great Spirit or any devotional or scientific name that resonates more for you. Cultivating deeper intimacy with this unified force, as our creative source and unlimited nature, is what we are up to in this journal. Give this force attention, expression, love and gratitude (inside and out).

Make a practice of offering yourself to the Unknown, for the duration of this journey. Experiment with surrendering into this current and letting it carry you. Befriend it. Trust it. Let it steer and guide your life. Let's allow the Quantum to help us remember who we really are. What we really are... Vast, unlimited energy. Miraculous. Magnificent.

This workbook is for those curious to dive into an adventure of creativity, deep play, freedom and communion with the Divine. Your willing effort, presence and surrender is essential.

This journal is an incubator and pollinator for all that expresses, creates and lives through you. Give yourself a season and use your journal daily. Engage earnestly with the activities, practices and touchstones. Let the process light you up from the inside out.

Living magnificently is not a predictable science. It is an art. Explore the art of your life design, and enjoy the mystical experiment of conscious co-creation with your unlimited nature, as it gives rise to an embodied, unlimited life of love.

The Everyday Magnificent Journey utilizes:

- *Foundational Activities:* Journaling and Mandala Drawings
- *Meditation Practices:* Variations of Seated, Moving and Reclining
- *Touchstones:* Bite size exercises to practice upon waking, at bedtime and as inspired through your day

AUTHOR BIO

Gabriela's been steeping in universal wisdom teachings, contemplative expressive arts and energy medicine for over 20 years. Her guidance is infused with pure love and sober clarity. Her skills dive into the heart of matters, using the creative process as a catalyst for transformation. She is passionate about pioneering what it means to be fully alive.

As a facilitator and consultant, her approach is holistic, compassionate and integrative. Her programs catalyze breakthroughs and maximize emergent intelligence. Her approach helps guide clients to their body wisdom, inner genius and deepest heart, where their expression is a revelation, an immediate path home.

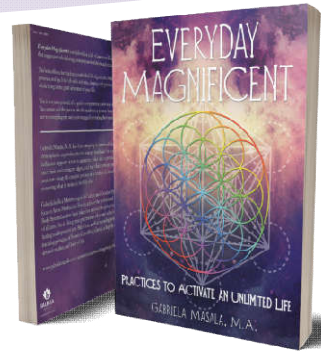
She is a lover of art, movement, music, nature, humanity and cosmology. The Universe and natural world are among her greatest teachers. She holds a Masters degree in Culture and Creation Spirituality, with a concentration in Art as Meditation. Her decades in the professional world of Mind/Body/Spirit education have taken her across the globe into diverse teaching environments. Her studies with various mentors and teachers in a wide spectrum of foci, inspire her unique masteries. She is a long time facilitator of several yoga, dance, healing and expressive arts modalities. She's an author, recording artist, song carrier, entrepreneur and founding principal of Source Consulting Group.



GABRIELA MASALA

**Consultant | Facilitator
Song Carrier**

ON AIR INTRO



Gabriela has been steeping in universal wisdom teachings, expressive arts and energy medicine for over 20 years. She is a lover of the creative process as a catalyst for evolution. She is passionate about pioneering what it means to be fully alive and serving as 'soul midwife' for the birth of new paradigms.

The mystical and natural worlds are among her greatest teachers. Her decades as a consultant in the world of Mind/Body/Spirit education and facilitation have taken her around the globe. She's an author, Song Carrier, and principal of Source Consulting Group.

Gabriela's evolutionary practices have accelerated her own soul-driven, unlimited life. When clients and colleagues began asking her to share them, her latest book *Everyday Magnificent: Practices to Activate an Unlimited Life* - was born.

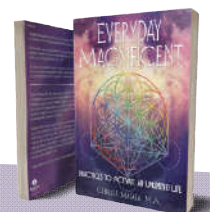
Gabriela masterfully facilitates groups and individuals to:

- Tap their innate wisdom, intuition, and direct knowing
- Refine their heart/soul calling - *and live it into action*
- Deepen their Source relationship

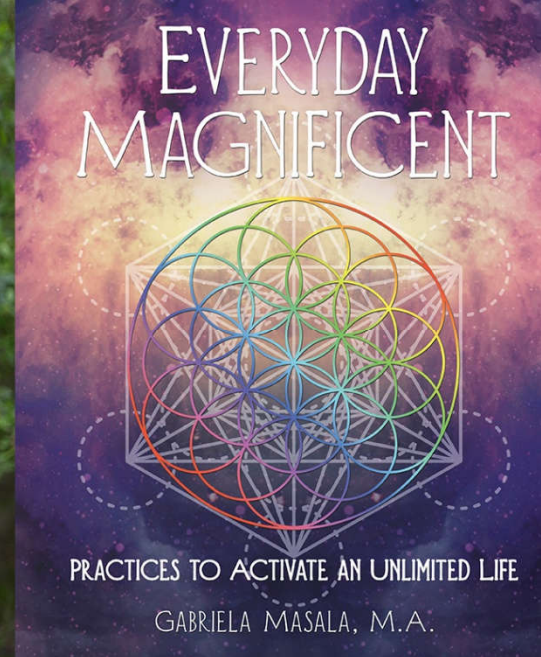


INTERVIEW QUESTIONS

1	What was your inspiration to create this book?	11	What is the role of gratitude (and other elevated states) in creating our Everyday Magnificent lives?
2	Why is this a journal instead of a book you just read?	12	Why are the 'touchstones' in the book useful in daily life?
3	How can a journal such as this transform daily life?	13	Give us some examples of 'touchstones.'
4	How does this journal process tap into whole-being intelligence?	14	Why are there mandala templates in the book – how do they work?
5	In the introduction, you refer to Source, The Mystery, God and the Unified Field as interchangeable. Can you explain this?	15	What is the art of intention and surrender?
6	You invite being playful, curious and childlike in the process, why?	16	What if you don't consider yourself an artist or writer?
7	You talk about "having a direct line to Source," why is that important?	17	What if you don't meditate or already have a meditation practice?
8	How does this journal/process help people fall in love with their lives?	18	How does the journal's process help cultivate self-regulation and energy management?
9	What do you mean by "unlimited nature" or "living an unlimited life?"	19	How have you seen your clients transform through integrating Everyday Magnificent?
10	How does creativity connect us to our unlimited nature?	20	What are the key takeaways you hope readers will experience from your journal's process?



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Offerings

- Retreat Design and Delivery
- Consultation and Facilitation
- Transformational Coaching
- Everyday Magnificent Special Events and Facilitator Training
- Song Carrier Circles and Immersions