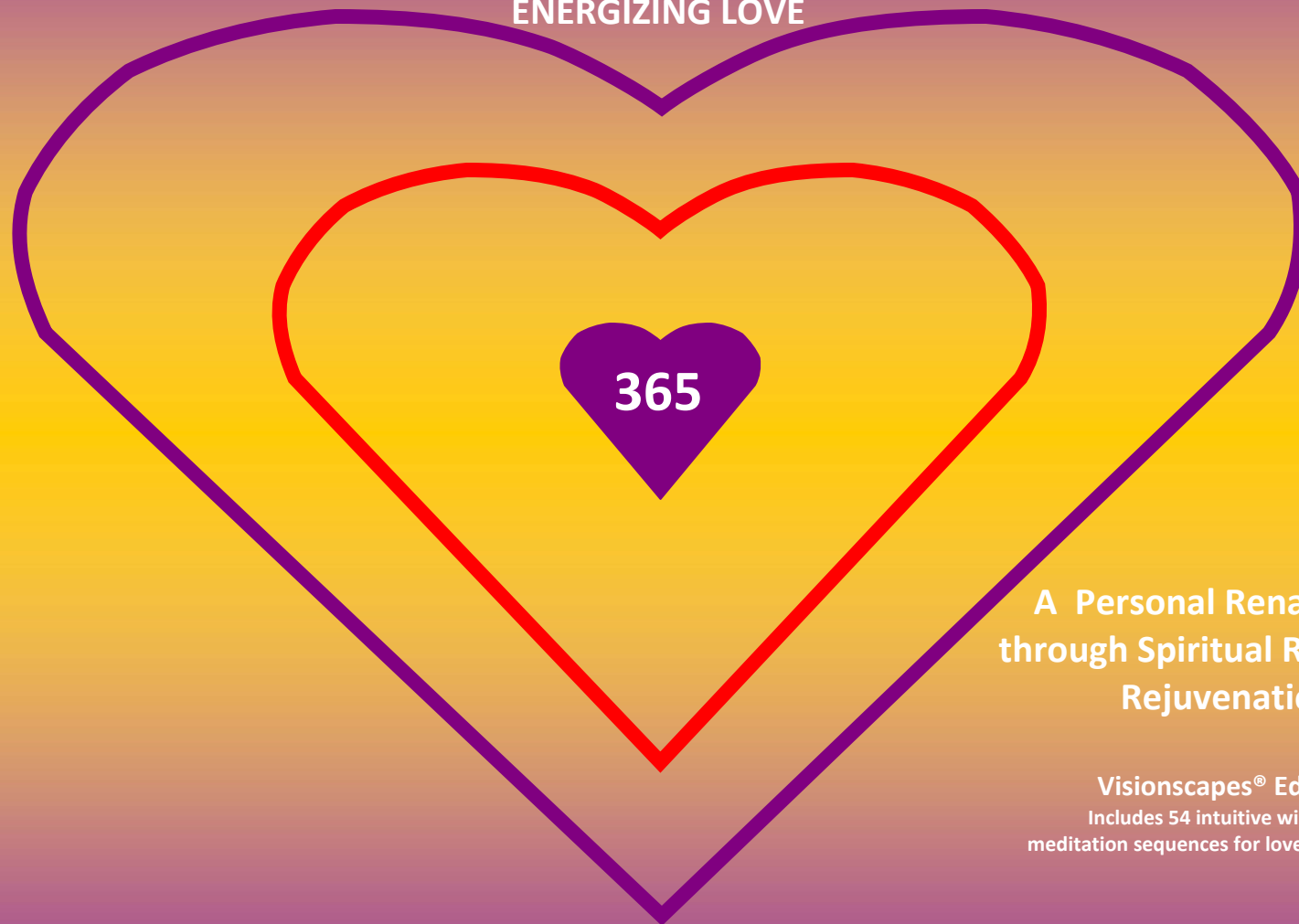


The Soul Inspired Tune Up®

ENERGIZING LOVE



**A Personal Renaissance
through Spiritual Renewal &
Rejuvenation**

Visionscapes® Edition
Includes 54 intuitive wisdom &
meditation sequences for love aligned living.

Mercedes Warrick

One Love

In the name of All that is Holy and Divine this moment is dedicated to One Love:

Inspired Love ONE that is All and Universal. Love is you and Love is me.

Love, the flowing energy that is; the Universe that is humanity and that is the Earth.

I AM Love devoted to creating Love everywhere in everything I do and with everyone.

I AM Love in connection with Divine Source always.

I give praise and gratitude to my Prophets, the Ancient Ones, the Wise Ones,

the Healing Ones, and the Ones of my ancestry,

to Divine Mother and Holy Father,

to Source, God, Creator, Great Spirit

I welcome your guidance as I live Love as my foundation everyday.

I AM LOVE I AM

And so it is

**Published by The Achievement Sanctuary
Copyright © 2012 Mercedes Warrick**

All rights reserved.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, mental, emotional or medical problems. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being as well as your overall personal success. In the event that you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

No part of this material may be reproduced by any mechanical, photographic, or electronic process or in the form of a phonographic recording, nor may it be stored in a retrieval system transmitted, or otherwise be copied for public or private use without prior written permission from the author and publisher.

Trademarks & Copyrights: All works listed as ™ or ® are registered trademarks of the Empowerment Zone®

Inc. and/or copyrighted material owned by Mercedes Warrick. All rights reserved. These trademarks and copyrights may not be used in any form or format without the expressed written consent of Mercedes Warrick and/or the Empowerment Zone® Inc. All Rights Reserved.

The Achievement Sanctuary® Visionscapes® The Intuitive CEO® The Success Trust®

Today I Celebrate™ The Soul Inspired Tune Up®, Breathe! Relax & Release © 2007

9 Breaths for Conscious Living ©2009 The Soul Inspired Business Network®

My Personal Achievement Plan® - A marketing Plan for a company called, YOU!

Business Energetics™

All definitions came from my old college dictionary. Webster's II New Riverside University Dictionary © 1984 by Houghton Mifflin Company.

Bible References from the bible that my mother gifted me. The King James Study Bible. Thomas Nelson Publishers ©1988

The Soul Inspired Tune Up is a personal renaissance ~ an intuition based spiritual journey for renewal and rejuvenation. This Visionscapes Edition of The Soul Inspired Tune Up enhances your commitment to living a Love Aligned Lifestyle. It is inspiring, imaginative, transforming living. Everyday in Every Way Love Energizing Love 365.

TABLE OF CONTENTS

Loving Me When...Success is My Sacred Right!

Cards 1 & 22 I am a victim / I AM Whole 25
 Cards 2 & 23 I am hurt / I AM Healthy. 27
 Cards 3 & 24 I am scared / I Walk in Courage. 29
 Cards 4 & 25 I am lonely / I AM Content. 31
 Cards 5 & 26 I am grieving / I AM My Peace.. . . . 33
 Cards 6 & 27 I am afraid / I AM Strength & Courage 35
 Cards 7 & 28 I am depressed / I AM Blessed.... 37
 Cards 8 & 29 I think poor / I AM Resources Filled & Prosperous 39
 Cards 9 & 30 I am worried / I AM My Peace 41
 Cards 10 & 31 I am in lack / I AM Abundant 43
 Cards 11 & 32 I am not enough / I AM Purpose Filled 45
 Cards 12 & 33 I am limited / I AM Infinite Energy 47
 Cards 13 & 34 I am in despair / I AM Infinite Light 49
 Cards 14 & 35 I am vulnerable / I AM Spirit... 51
 Cards 15 & 36 I am intolerant / I AM Grace. 53
 Cards 16 & 37 I am faithless / I Walk My Path. I Accept My Journey 55

Quick Reference

The Loving Me When card series begins on page: 25
 I AM Divine Magnificence card series begins on page: 67
 The Achievement Sanctuary card series begins on page: 83
 Fertilizing Your Lotus Blossom is on page: 87
 The Chakra Chart is on page: 90
 I AM Divine Magnificence Meditation is on page: 91

Cards 17 & 38 I can't forgive / I AM That I Am57
 Cards 18 & 39 I can't move / I Move Mountains. 59
 Cards 19 & 40 I am jealous / I AM Love..... .61
 Cards 20 & 41 I am unfocused / I AM A Scared Point of Light.63
 Cards 21 & 42 I Live My High Purpose.65

I AM Divine Magnificence!

Card 43 I AM Divine Flow & 1st Chakra..... .67
 Card 44 I AM Divine Grace & 2nd Chakra..... .69
 Card 45 I AM Divine Force & 3rd Chakra..... .71
 Card 46 I AM Divine Love & 4th Chakra73
 Card 47 I AM Divine Purpose & 5th Chakra..... .75
 Card 48 I AM Divine Inspiration & 6th Chakra.77
 Card 49 I AM Divine Choice & 7th Chakra.79
 Card 50 I AM Divine Light & Universal Consciousness.....81

The Achievement Sanctuary®

Card 51 When I Do Not Know I Pray..... 83
 Card 52 My Achievement Sanctuary..... 85
 Card 53 I AM Grateful..... .87
 Card 54 Breathe!..... .89

Contact Information

Mercedes Warrick
 The Intuitive CEO®
 Mercedes@TheAchievementSanctuary.com
 (702) 348-8800

Blog: www.LoveAlignedLiving.com

To Order The Soul Inspired Tune Up and related products visit:

www.TheSoulInspiredTuneUp.com

Today I Celebrate®...Mother's Womb Wisdom!

Connected throughout time navel to universe

The voice of God speaks through my mother's womb wisdom.

Nurture filled messages delivered at the exact moment of need.

Knowing interlaced with umbilical.

Loved blessedly a child hears grace.

Today, attuned by Mother's

Intuition, I AM sacred.

I AM Success. Success is My Sacred Right!

Mom,

I will trust and obey always. There's no other way.

I Love You.

The Soul Inspired Tune Up

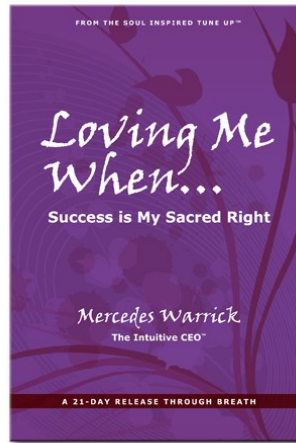
THE HISTORY

The first time I entered my sacred inner space was on April 22, 2005 at 10:00 a.m. Two men had entered my home and as I laid facedown with a knee in my back and a gun to my head I totally surrendered to God. Although I had not been in church much my mother had armed me with two prayers, so I began the 23rd Psalm; “The Lord is my Shepherd...” I always had a deep belief that when it was your turn to go, it was time to go and I wanted to go with God. I remember taking three deep breaths and as I surrendered completely and totally inwardly into me I felt the energy shift in the room and a very profound and deep sense of peace as two “presences” came forward. One of the Angels touched my shoulder. The robber asked me if I could breathe under the towel that he had covered my head with and he asked if I was comfortable. After gathering all that they wanted he left a pair of scissors next to me so that I could cut myself loose. Terrified and afraid this was the best moment of my life.

As the next few years progressed I was in search of that peace. When I rose from the floor that day I believed I heard, “this is

yours to teach” Yoga classes began. Tai Chi classes flowed and I became a Usui Reiki Master. All of this opened my intuition and I began to have conversations with Spirit.

On April 16, 2010 in just three hours Loving Me When...Success is My Sacred Right flowed from Spirit through me. It began the journey that is now The Soul Inspired Tune Up. There have been learning, stories and challenges along the way. I did this first set of meditation three times and then the knowing of the Prelude to Mindfulness edition came through. In April of 2011 the grace of I AM Divine Magnificence came through and I wrote the prayers and revised The Soul Inspired Tune Up. In January 2012 Spirit said, “You are done.” Energizing Love 365 has been the journey of the past 12 months. So in the seven years since the catalyst, “robbery at gunpoint” occurred I have learned that we all can go into that inward place of supreme peace that connects you to the Infinite. You do not have to have a big life event for you to have access. You can choose to walk in the Essence of Love everyday with every action, thought and intention you take. Love is our foundation to universal truth, our high Self our ONENess with God and humanity. Love is a lifestyle.



I AM JUST GOD’S INK PEN
April 22, 2012 – My 7th year
of Soul Inspired Living.

For those of you who are new to The Soul Inspired Tune Up please be assured that I have lived each and every word that is written here. When I received these life lessons from God through spiritual

meditation and prayer (also known as, “The Download”) I had no idea what to do. The first 20 verses of *Loving Me When Success is My Sacred Right* came in just three hours on April 16, 2010. When I was finished I looked at the words, hurt, scared, victim, and thought, “Who is ever going to do this?” Well I did, three times. It was a spiritual cleansing that I would have never faced if it had not come directly from God.

Because I am only God’s Ink Pen I have to live and learn The Soul Inspired Tune up in the same ways that you will discover. Each day I took time to align with my inner Source and while in this quiet, consciously exploring my inner Self and my motivations. These ideas, insights and reflections came through adversity. I was pushed here. After a home invasion and a divorce that in some

ways was worst than the robbery. Alone, hurt, scared and victimized not knowing how to live from this place of the unbelievable. Downloads did not come with instructions and even if each did I would still have to piece it together somehow. So this has been the perfect study in the beauty of imperfection. The little purple book that was the product from the first writing session had up at the top, “from The Soul Inspired Tune Up.” I did not even know what that was. By October 2010 The Soul Inspired Tune Up came through. It was subtitled, “A Prelude to Mindfulness” because as I did each meditation the Spirit that was within me became closer and closer. I began to have inner musings a knowingness from God. The Inner Guidance system activated and a profound sense of peace became a way of life. The book was not perfect. Typos and Spirit – talk made for some interesting grammar. I published it anyway. Using the wisdom and sharing it with those people who came along. It was not a time of clarity. Often as I would want to move forward into what I would call the logical and the path of the Divine Illogical would become present and I would walk along with confusion and some chaos. Spirit would be with me making it clear that this cauldron of confusion was my choice. What other choice did I have?

Then the phrase, “Energized Love,” came to weigh into my heart. I went on a 90 day celebration exploration and began to write, Today I Celebrate the musings that would appear every morning as

I woke. My everyday financial and life circumstances were not improving however, the clarity of the moment did. My heart began to open up and Spirit said, “This is not the Law of Attraction. This is a lesson that is along your path.”

The original 20 verses had new meaning. Release – what I did not want in my life! Align – with the frequency and intention of love! Energize – the positive and shift into the “I AM” positive action, thought and love! Elevate – define what success looked like and elevate to it in syncopation with Creative Wisdom and Divine Intelligence! These words played consistently in my psyche. Love transforms, transcends and transmutes everything. Love became my lifestyle. Clearly in every situation I have choice whether to

react or respond. Reaction activated emotions were not always in my best interest. Responding meant considering what would keep me in the state of mind called, “Peace.” Be assured that this does not mean that I folded in any way into things that I did not want. Be clear that personal integrity and boundaries must always be present. However, I was able to consider what the other person may be meaning, what they were wanting, how it was affecting me and what my desired preferences were. Two important and dear friendships were saved! I learned that love is not a state-of-mind, love is a state of Being. The Soul Inspired Tune Up is love style transformation. Everyday as I moved through the meditations I was aligning my mind-set, my physical body and my spiritual fortitude with love.

My Angel

Little One you are here in a state of chaos and confusion AND you are standing here in judgment of God. This is your choice. Your Guidance has not chosen this for you. You have choice. You are free to live this way or that way. You have chosen this path and now it is time for you to choose again. This is a cross in the path you can choose to be on this path in Love and Peace... Choose God or you can choose chaos and confusion. For this is what you have been doing. You give freely. You have given freely.

This choice of chaos and confusion is a choice of being in judgment of GOD.

Spirit Wisdom, December 2011

Energizing Love 365.

I do “The Work” and I go as guided by Spirit always. It has been a path full of amazement. So after a year of being in the Inner Light, journaling and recording the lessons, showing people The Soul Inspired Tune Up process and with funds dwindling it was time to, “Take Care of Me!”

Then along came an Earth Angel to teach me that The Soul Inspired Tune Up was a lifestyle not just a 21-day journey. This Earth Angel, a young person, a parent, a gift was extremely angry. The anger was pouring out of every pore. Extremely spiritually gifted our Earth Angel had been following its inner guidance moving its family from one coast to another, becoming homeless and then experiencing the miracles of strangers and getting to the next day. Survival in its purest and barest form breeds either faith or fear and our Earth Angel was once again living each day breath-by-breath in faith filled anger.

We ended up in spiritual agreement to do the Tune Up. Each day my Earth Angel was diligent in doing the meditation. I was in chaos. Spirit was giving me instructions every day and I was not taking care of my visceral needs. After our conversation I was exhausted and basically done for the day. When the Earth Angel would come we would not even make it back into my inner meditation space where I do most of my work. However, everyday I would follow the Guidance and lead us through what was being

presented. This Earth Angel was extremely gifted and as the days passed the transformation was so visible and clear.

At the end of our 21-days together Spirit said basically, “Here’s what’s next.” I lost it. When the Earth Angel chose to go on their way and not do what’s next. I really lost it. The feeling of incompleteness was in every pore. I felt like we were only half done. I was spinning because I did not know how to proceed to get me on track. I called a couple of ladies from my Trust it was time to “Go In.”

Fully expecting an apology from God I presented my Self to Spirit. The Guides were not in nurturing mood. “You stand in judgment of God and this is your choice.” For the next three hours I was taken through a ritual of choice that firmly and without any doubt put me on the path of Love Aligned Living for the rest of my Life.

As the tears streamed down my cheeks, “Little One what do you choose.”
“I Choose God. I Choose Love. I Choose God.”

The Soul Inspired Tune Up gives us a way to choose Love everyday, in every situation and with every relationship. It takes practice. While you will not be in the 21-day meditations every day you may find your Self moving out of alignment with Love. I believe that you have to fall out of Love alignment, at least when you first become aware of this lifestyle, to

know that you were in alignment. This simply amplifies that by being aware you have choice.

Hopefully as you move from tuning up to loving consciously this becomes easier and fun. This mind-style becomes a lifestyle and in doing so it does not feel like work so much. Sometimes it is still work honestly as you move through times that require really standing in the Love vibration. You will fall out of alignment. No judgment. Move back into alignment. It is as simple as deciding too. When you have a difficult time consult with friends, your Trust, read a day or two from the Soul Inspired Tune Up, pull a card or two or three and then go into your Achievement Sanctuary and just be in the space.

The most important aspect is being aware of where you are at, accepting where you are at and then moving to what will bring you peace, love and happiness. This sounds like we are always adjusting from unhappiness-to-happiness. It is not my intention to imply this. When you are blessed with joy be grateful for it! This is staying in Love Alignment. When something wonderful happens or you see the smallest of miracles unfolding be In Love, be grateful for it.

The message here is that life is ebbs and flows. The choice is to flow in the LOVE vibration. This choice has saved me two very important relationships. People have “done” something that I did not want in my life. I took some space and I did not react in the moment. That was hard! So

say, I need to walk away from this for a moment. Then when I returned I said, “I Love You” that was the starting point. In one case I just simply said I do not want that behavior in my presence. If it is not adjusted in some way I can’t be here. I still love you. In the other case we had a really good robust discussion with some give and take. In the end where maybe five years ago I would have excommunicated both of these people from my life both are still here; valuable people, in my Trust who I love and admire.

The Soul Inspired Tune Up with release, align, energize and elevate gives you a tool to move into love alignment. From this point forward as you chose Love you are in sync with your Higher Source, Infinite Love, God, Allah, Buddha, Krishna, Christ, Spirit. It is All that is Divine and Holy. Being in Love Alignment is being in alignment with your highest Self. I Choose Love.

My Personal Renaissance through Spiritual Rejuvenation and Renewal

I am asked for examples of the transition from chaos and confusion to Love Aligned Living. As God’s Ink pen I am learning too. Here are a few of my big discoveries.

- Energize love in everything that I do consciously and with definite purpose.

- Love aligned lifestyle is a chosen path. I treat this choice with sanctity.
- Sacred action happens through this connection to God for God is love. God is source. Through this sacred space I learned courage, creativity, and a new view of the whole wide world.
- Patience becomes a way of life. I have learned that once energized wait and watch the wonders of love emerge.
- Accepting my choices energized release and activated love in any situation in my life.
- Risk everything. I learned how to lose everything and dare to dream. My mother calls this, “The Courage to Think Success.” It keeps you focused on the outcomes not the fear.
- Imperfection is perfection. I learned release the ego and give myself a gift of inquiry. I know that it is okay to present to the world something that is a work-in-progress and perfect it along the way.
- Love is a state-of-Being in alignment with Source, God and my inner Spirit Self. I will fall out of alignment. This is called “Living.” How

long I choose to stay in this space of discomfort, confusion and unhappiness is my choice.

- God expects you to desire. I have learned to activate my hopes, dreams and desires through the frequency of love.
- There are energy pathways and channels to be cleared, aligned with and maintained. I learned that these frequencies can get cluttered and blocked so daily attention is required. Falling out of alignment is natural.
- God expects you to ask questions. I learned that the answers come through blinks, glints and glimmers of insight and inspiration. Through my INquiries God speaks to me, God teaches me and God LOVES me to action and living.

I AM an author, an intuitive daydreamer, a spiritual conduit... this is what I do. I AM Love and this is who I AM! Now I energize love everyday, 365 days a year.

I AM LOVE I AM!

Intentions

As I held the printout of the original download for these cards the pages were vibrating, literally vibrating in my hands. The Energy

was so real and vibrant. I began to read through what had arrived and tears flowed. I heard my inner voice, “These cards will allow your intention to shine through.”

You can heal with dignity and grace. You can move forward supported. You can dream and dare to dream stimulated through your inner voice. You can feel connected to your Higher Source.

My dream is that you have a way to find a way. To feel solid on your feet and when you don’t, have a way to connect into Divine Source and feel the strength of God that is within you.

My dream is that you have a way to view your relationships through a lens that is filled with hope, love and optimism.

My dream is that you heal from the inside-out and that this healing gives you a voice to share your love and strength from.

My dream is as my mother use to tell me, is that you have the, “courage to think success.” And then you act on it, whatever your “IT” is.

My intention is to be a clear channel for these Divine Conversations, to act and be Love to the very best of my ability everyday and everyway.

My intention is that when your family and friends are voicing every fear that they have, you have a place to rejuvenate, transform and say, "I AM" and stand in the urgent urging of your heart.

My intention is that we flourish from our hearts, living in full techno color.

In Joy!

Today I Celebrate... My Personal Renaissance

In Every Moment of
Every Day

I Align with Love
with Every One,
In Every Thing,
Every Where

I AM Love I AM

Today I Celebrate my personal renaissance by activating Love into my life!

Bless Your Sacred Trust

You are entering a sacred Trust: the trust of Spirit, wisdom, knowledge, grace and the trust of Self through belief, discernment, vision and expansion. Take a moment to bless this deck and the collaboration it represents. Lay your hands on your cards and close your eyes. Connect, pray and give thanks!

I am and I AM

The words, “I AM” are charged with spiritual vibration. When I first received, Loving Me When...Success is My Sacred Right from Spirit I wondered who was ever going to say the words I am..... even if it was to release. The INsight that has been received is this. It is all One, the same vibrations at different elevations and frequencies. The I am with the lowercase; “am” is the projection of our ego. It is our perceived or perception of the very real now time happening. One of the jobs of the ego or the subconscious is to protect us and to make whatever is in front of us tolerable. Any resistance that is felt is the ego saying, “I really don’t want to go there.” The Soul Inspired Tune Up is guiding you through the ego level, shedding it to gain access to the super conscious or Soul level, your Inner Being. Here the connection is plugging into the God Self and into the total consciousness of the universe. Here the I AM with the capitalized “AM” brings us into the Divine and overlays our Light and Love into the

Oneness. Harmony and Balance. Yin and Yang. Male and Female. Black and White. I am and I AM.

This aspect of The Soul Inspired Tune Up is like a spiritual fast and as with any fast there is elimination. If you are experiencing more than you can handle consult with a trusted professional and talk any issues through.

Purpose: To Innovate Your Personal Renaissance.

The Soul Inspired Tune Up is a spiritual journey that guides you to be in peace, love and happiness in all aspects of your life every day, in all things, in every way. It is a spiritual walk making Love a lifestyle choice. When you get your car “tuned up” you are preparing it for maximum performance. So the same is true for this “tune up” of your inner Self. These intuitive daydreaming sequences and card deck is designed to support your holistic Being. In your Spirit if you are yearning to be in connection with your High Source and are seeking collaboration with your Inner Guidance in all things through Love then this intuitive tool will help you.

The Soul Inspired Tune Up - Energizing Love 365 sequences provide several ways to connect with your Inner Guidance to transform and inspire.

Card 6**THE SOUL INSPIRED TUNE UP****Loving me when I am afraid....****Afraid:** Filled with fear or regret

RELEASE:

Right here! Right NOW! I choose to release from being afraid

Breathe - 3 Sighs of Release!

ALIGN:

LOVE is my foundation**Fear is a moment in the past.**

ENERGIZE:

Love is Abundance.**Success is my sacred right.**

ELEVATE:

I AM Strength & Courage

9 Times Remembering Breath

Breathe! In / Out through the nose

I AM Success!**Success is My Sacred Right****Love Frequency Alignment.**

The Loving ME When. **sequence cards 1 through 21** are the direct verse meditations from the Soul Inspired Tune Up. These cards are supporting your desire for change or transformation. The release, align, energize and elevate sequence is designed to reconfigure any negative energy or thoughts that are not serving you well. Cards 1 through 21 will guide you to delve into your situation and/or what you are striving to accomplish and provide a way to look in the mirror to seek clarity and, where needed, acceptance. From this communion with the smaller I am you can do your Inner work to release the ego. Sometimes this can push you into your dis-comfort zone. Other times your exploration may reveal what may be stopping you from taking a big step forward. Either way it is time to breathe! Cards 1 to 21 help you to move into soul level. Love alignment. Life happens and when you are feeling stressed or a bit persnickety pull a card from this section of the deck and the meditation will help you re-align your perspective, thoughts, emotional and feeling frequencies to stay in Love Aligned Living.

Love Frequency Alignment: Methods

- A.** Separate the first 21 cards out of the deck. To do a “traditional” Soul Inspired Tune Up, the way it was first downloaded through

me from Spirit, arrange the cards in sequential order **card 1 through card 21**. Pull a card a day for 21 days.

NOTE: Do not give things any more importance than what each deserves. Look at the sample verse Day 6 the negative emotion word has a capital letter only when it is appropriate at the start of the sentence. How often have you looked, back and thought, “that really wasn’t so bad?” Things happen that required immediate attention. However, challenge yourself a bit and question whether it is as BIG or as BAD as you really think. What new opportunities may be aligning for you? Give “things” the attention each deserves, no more and no less!

B. A second way to practice love frequency alignment is to separate cards 1 through 21 out of the deck, then intuitively select a card and do the meditation. You can go to Making Shifts and design the shift you want to make. Activate it through Visionscaping. Read the corresponding section in the guidebook and Visionscape to imagine, daydream and activate the change and success you desire.

Energize Your I! Success is My Sacred Right.

The series of I AM affirmations on **sequence cards 22 through 42** support alignment into the success frequency. The I AM energizes the

connection between your High Source and your High Self. It activates the God Source within you. It is like plugging a power cord into a power socket. When you have pulled one of these cards the I AM statement on the card is in the highest alignment with the subtle energy connected to the answer of your question or the achievement of your success. Reconnecting and overlaying into the ONE. These cards represent the energy that strengthens you and your desire. Love Aligned Living is Loving Self

Card

27

SUCCESS IS MY SACRED RIGHT

I AM STRENGTH & COURAGE

STRENGTH ~

The power to withstand strain, force or stress. Source of power.

COURAGE ~

The quality or state of mind or spirit enabling one to face danger or hardship with confidence and resolution.

9 times Remembering Breath while saying...

(Breathe in through the nose / Breathe out through the nose)

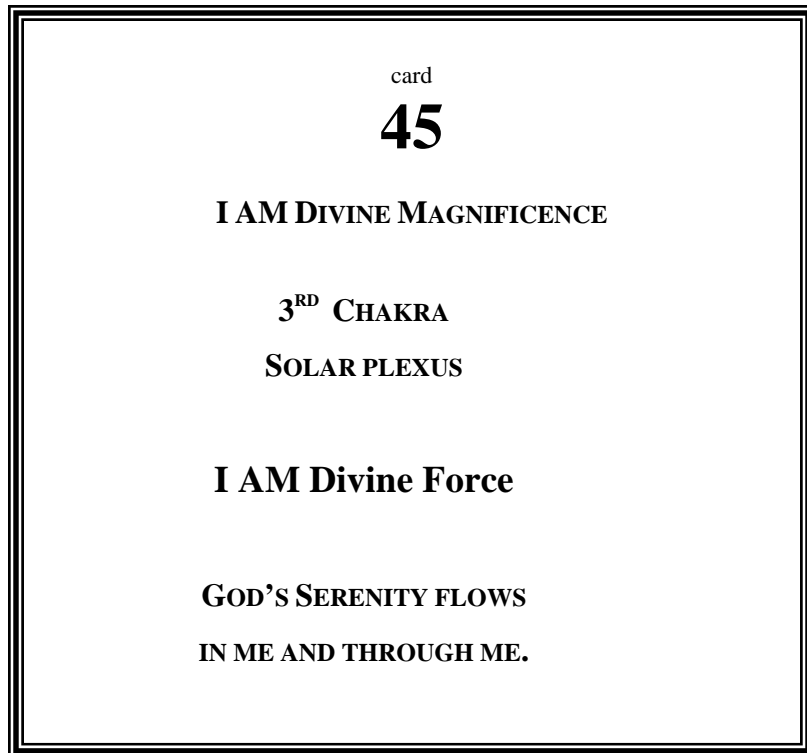
I AM SUCCESS (Inhale)

SUCCESS IS MY SACRED RIGHT. (Exhale)

totally, completely, and holistically. Everyday in everything and in Every way.

Energize Your I! Success I My Sacred Right - Method

- A.** Separate **cards 22 through 42** from the deck with the intention of energizing a Holistic Love Lifestyle. Intuitively select a card. Read the card. Breathe with the card. Be still.



Allow your intuition to flow. If you would like a deeper contemplation Visionscape with it imagining and daydreaming your strengthened love, relationships, harmony and success through this energized Inner view.

Elevate to The Power of Love. I AM Divine Magnificence.

Think about the subtle spiritual energy like electrical circuits that are running through a system. There is an illustration of the chakra location with its areas of influence we use in The Soul Inspired Tune Up on the corresponding page in the Guidebook. This system is the communication channel between your Self and God. Imagine a constant flow of information moving from the Creative Intelligence deep in the core of Mother Earth and the Divine Intelligence of the collective wisdom of the ages, our God Source. While there are other energetic influences like your aura and the meridian channels, The Soul Inspired Tune Up focuses on the chakras system. The chakras are energy vortexes that connect to all levels of our being – physical, emotional, and spiritual. It is critical that we keep these areas clear because each has a function and each stores the information, attitudes and emotions we put there. We feel this through intuitive “hits” and we feel it in our bodies. I AM Divine Magnificence is a meditation that brings attention to the relay channel.

The I AM Divine Magnificence **cards, numbered 43 through 50** interconnects your most precious inner I, with a chakra, its Divine Action and the Universal High Consciousness. Focusing positive spiritual energy to each chakra uplifts and supports your holistic well being. Through I AM Divine Magnificence you are elevating your daily living to a consciousness of the highest source. You are elevating to a love aligned lifestyle.

Elevate to THE Power of Love: Methods

A. Using **cards 43 through 50** provides a wonderful daily meditation to sit with High Consciousness and explore. You may separate these cards from the rest of the deck and design shifts and Visionscapes. There are two additional tools. The first is the I AM Divine Magnificence meditation that you can read and reflect on. Imagine you are running Universal Light and Love from the Divine Mother Earth through each chakra and then out into the Divine Intelligence of Universal Consciousness and God. Then run the Light and Love back through the chakras to Divine Mother. This is a very anchoring meditation relaying Light, Love and High Intellect through your Inner Self.

B. The second tool is the Indwelling of IN-powerment chart. This chart details the Release, Align, Energize and Elevate frequencies for The Soul Inspired Tune Up. Here you will see how each meditation corresponds to a chakra (or several chakras) the energizing I AM with the elevating Divine Action and Spiritual

Flow. Love aligned living is keeping your spiritual receptors clear and charged so that you can have an interchange, a discussion, and an intimate relationship with the most profound power of Love... God.

Energizing Love 365 – Using the Whole Deck for Intuitive Design

Intuitive design using the whole deck of cards can be fun and profound so have a journal handy to write down any WOW's. Selecting one card or several is a unique way to create a dialogue with your Inner Guidance. The best type of question is one where you will eventually be able to build a story or vision around. Yes or no questions really stifle creativity because the answers are definitive so these types of questions are not the most beneficial. Your question can deal with a challenge. Your question can be to support your desire for success in any area. Your question can be for daily maintenance supporting your desire to walk in Love everyday. Your question is uniquely yours! Play with it. Be Inquisitive. Enjoy the, "What if I..." Here are some examples of questions:

- What if I wanted to...
- What emotion or feeling is affecting this situation?
- What do I need to Tune Up to be in alignment with love?
 - Today?

- In this meeting?
- With this person?
- Who do I have to talk with to influence change?
- What is influencing the achievement of...?
- Where do I have to be to influence change?

Using the Whole Deck for Intuitive Guidance: Methods

A. Intuitive Reading. Connect to the Inner Peace within you. This can be done by closing your eyes. Ask that this time be guided by your Higher Source. Take a few inhalations through the nose, exhaling through the mouth (Sign of Release). Calmly return to normal breathing, inhaling through the nose and exhaling through the nose (Remembering Breath).

1. Spread the card deck. Ask your question. Guide your hands over the deck. Select your card.
2. Shuffle the cards. Ask your question as you are shuffling. Stop and then select the card that is at the top of the deck.
3. Shuffle the cards. Ask your question as you are shuffling. Stop and cut the deck into three piles. Turn over.

B. Intentional Intuitive Design. You can use these cards to stimulate ideas and action plans. In a sense, pointing your Self in a direction that you may not have thought about. Sit quietly and wait for a question to come forward. Follow the details in the Intuitive Reading pull and select a card. Reflect on the card and journal any thoughts that arise. Try to stay present and not analyze, evaluate or judge the card that you have selected. Sit quietly and see if another question comes forward, if a question surfaces pull another card. It is not recommended that you pull more than three cards – it gets too confusing. An important note, how you ask a question affects the energy of the pull. An example: if you ask, “What energy is blocking the success of my ____.” You may pull a card in the 1 through 21 range. If you ask, “What energy is the most supportive of my success in this area?” You may receive a card in the 22 or above range. In either case whatever card you pull, sit with it for a moment. Sometimes the card may not have any logical sense; intuitively there is insight so rest with it for a moment. From here you have several options.

1. You can go to the Making Shifts instructions and answer the question(s) that resonate. When you do this it can stimulate ideas, more questions, highlight things to do, priorities or pitfalls.
2. You can use the Visionscapes questions – who, what, where, why, when and how to stimulate ideas, visions, ah ha’s and wow’s. You can turn the three cards that you have selected over, face down. Mix them up and then ask which one of these cards has the most

influence on my _____? Select your card and make this card your priority as you plan your next meditation or next steps.

Jumping Cards

As you are shuffling the cards, if one just jumps out, pay attention; smile, your Angels are working!

Quick Reference

The Loving Me When card series begins on page: 25

I AM Divine Magnificence card series begins on page: 67

The Achievement Sanctuary card series begins on page. 83

Fertilizing Your Lotus Blossom is on page: 87

The Chakra Chart is on page: 90

I AM Divine Magnificence Meditation is on page: 91

Visionscapes®

A 5° degree Shift in Perspective that Ignites Your Power to Change.

It only takes small shifts to ignite a new point-of-view. This deck of cards is designed to stimulate those small shifts. If we are to begin with where we want to be, our Spiritual Desire, then we have to be able to dream, imagine and infuse emotion into your vision to get there. It just seems so impossible you say. “Dare to Think Success!” So with a little modification... Dare to Dream Success. Plant the seeds of a visual landscape into your Soul. Visionscape!

The reason why there is not artwork on the back of these meditation cards is that there is really no more powerful tool than the ones we create from within.

Visionscapes: Method

Make this book and these cards your own. Number these cards from one (1) to fifty-four (54), in taking this action, with purpose, prayerfully and with intent, you will create a card deck for inspired, intuitive seeking that is in tune with your Inner Self. (Note: You received sixty (60) cards. The extra six are for your Oops! Ahs! & Time to change now!)

Draw on the cards and create images that inspire you and stimulate your imagination. You can write each Soul Inspired meditation on the corresponding card. Glue favorite pictures to use each like a mini vision board. Add a treasured quote from a poet, a leader or your wise one. We all have ancestors with wisdom. Our family rituals and traditions may bring smiles, for others it may be time to let our memories fade into acceptance. You can do this in one sitting or as you feel inspired take more time with an individual card and create in that unique space and moment. Another alternative is to do a Soul Inspired Tune Up retreat over 21-days, select a card and create the art to go with it as you take time within your sacred space each day.

This card deck is also a call for personal action and reflection. If a card does not make sense view it from the perspective of the Divine Illogic.... “This does not make ‘sense’ in the natural world. Please give me the INsight to understand this reflection from the Spiritual plane, in God’s Dimension.”

Visionscape! Plant the seeds of your Spiritual Desire into the landscape of your Soul all you need is that 5° shift to ignite your power to change!

In Joy!

Energizing Love 365

State of Consciousness

Living as Love is my state of Being.

I AM LOVE I AM.

Mind-Set

Love Aligned Living is my lifestyle choice.

Everyday in everyway I AM energizing Love.

Practice Purpose

I AM Love is a way of living.

I cherish and respect my Self by intentionally engaging in activities that tune up and align with this intuitive way of Being.

card

1

Loving me when I am a victim....

Victim

One harmed by or made to suffer from an act, circumstance, agency or condition.

Release

Right Here. Right NOW I choose to release from being a victim!

(3 Sighs of Release: Inhale through the nose/ Exhale through the mouth.)

Align

**Loving me when I am a victim....
LOVE is my foundation
Being a victim is a moment in the past.**

Energize

**Love is Abundance.
Success is my sacred right.**

Elevate

I AM WHOLE.

9 times Remembering Breath

(Breathe in through the nose / Breathe out through the nose)

**I AM SUCCESS (Inhale)
SUCCESS IS MY SACRED RIGHT. (Exhale)**

card

22

I AM WHOLE

WHOLE ~

Containing all components or constituents. Sound. Healthy.

9 times Remembering Breath while saying...

(Breathe in through the nose / Breathe out through the nose)

**I AM SUCCESS (Inhale)
SUCCESS IS MY SACRED RIGHT. (Exhale)**

**THE SOUL INSPIRED TUNE UP
ENERGIZING LOVE 365**

1 & 22

THE SOUL INSPIRED TUNE UP

I AM WHOLE

As the sacred gateway of Divine Wholeness opens you bring an aspect of wealth, wisdom and holistic continuity into every aspect of your life. Think and act consciously through the filter of discernment. This filtering is aligning love with your highest good for the highest purposeful outcome.

Divine Wholeness is healthy loved aligned living in all aspects of your life.

I AM SUCCESS (Inhale)
SUCCESS IS MY SACRED RIGHT. (Exhale)

1 & 22

ENERGIZING LOVE 365
Create your intuitive daydream

Are you energizing Divine Wholeness as a pathway to love aligned living?

Visionscape & Dream!

Who:

What:

Where:

Why:

When:

How: God ~ Source ~ Spirit ~ Love

I AM WHOLE

Energizing Love 365

My Inspired Action is:

1 & 22

card

2

Loving me when I am hurt....

Hurt ~

To be in physical pain or damage. To have mental or emotional anguish

Release

Right Here. Right NOW I choose to release from being hurt!

(3 Sighs of Release: Inhale through the nose/ Exhale through the mouth.)

Align

Loving me when I am hurt....

LOVE is my foundation

Hurt is a moment in the past.

Energize

Love is Abundance.

Success is my sacred right.

Release

I AM HEALTHY

9 times Remembering Breath

(Breathe in through the nose / Breathe out through the nose)

I AM SUCCESS (Inhale)

SUCCESS IS MY SACRED RIGHT. (Exhale)

card

23

I AM HEALTHY

HEALTHY ~

A condition of optimal well being.

9 times Remembering Breath while saying...

(Breathe in through the nose / Breathe out through the nose)

I AM SUCCESS (Inhale)

SUCCESS IS MY SACRED RIGHT. (Exhale)

THE SOUL INSPIRED TUNE UP

ENERGIZING LOVE 365

2 & 23

2 & 23

THE SOUL INSPIRED TUNE UP**I AM HEALTHY**

What is Spiritual Alignment? Alignment is the master switch. As you think about alignment imagine that you are looking at a circuit board. If a breaker is triggered you have no power. The alignment that flows energy through the circuit is off or broken. When the alignment is broken between your Inner Self and your physical body there is no intuition circuit. If the circuit is broken between any individual link in the mind-body-spirit circuits then the Knowing of the Universe has static and sounds unclear to you. Tune Up! Be in optimum health which means that you are in optimum love and optimum peace. Good food, rest, emotional stability, healthy safe environments, cleanliness and more contribute to keeping the spiritual frequencies clear so that you can hear on God's frequency.

I AM SUCCESS (Inhale)**SUCCESS IS MY SACRED RIGHT.** (Exhale)

2 & 23

ENERGIZING LOVE 365
Create your intuitive daydream

Are you energizing the pathway of Spiritual Alignment by taking care of your total well being and healthiness?

Visionscape & Dream!

Who:

What:

Where:

Why:

When:

How: God ~ Source ~ Spirit ~ Love

I AM HEALTHY

Energizing Love 365

My Inspired Action is:

2 & 23

card

3

Loving me when I am scared....

Scared ~

To be frightened or alarmed

Release

Right Here. Right NOW I choose to release from being scared!

(3 Sighs of Release: Inhale through the nose/ Exhale through the mouth.)

Align

Loving me when I am scared....

LOVE is my foundation

Scared is a moment in the past.

Energize

Love is Abundance.

Success is my sacred right.

Elevate

I WALK IN COURAGE.

9 times Remembering Breath

(Breathe in through the nose / Breathe out through the nose)

I AM SUCCESS (Inhale)

SUCCESS IS MY SACRED RIGHT (Exhale)

card

24

SUCCESS IS MY SACRED RIGHT

I WALK IN COURAGE

COURAGE ~

The quality or state of mind or spirit enabling one to face danger or hardship with confidence and resolution.

9 times Remembering Breath while saying...

(Breathe in through the nose / Breathe out through the nose)

I AM SUCCESS (Inhale)

SUCCESS IS MY SACRED RIGHT. (Exhale)

THE SOUL INSPIRED TUNE UP

ENERGIZING LOVE 365

3 & 24

3 & 24

THE SOUL INSPIRED TUNE UP

I WALK IN COURAGE

Courageous action takes many forms: staying the course, insistence, taking continuous action, persistence. Sitting quietly and releasing resistance as you walk away from the norm and into the calling of your heart. Spiritual Courage is loving your Self enough to accept that you are doing the best you can, then releasing and letting God do what God does best.

I AM SUCCESS (Inhale)
SUCCESS IS MY SACRED RIGHT. (Exhale)

3 & 24

ENERGIZING LOVE 365
Create your intuitive daydream

As an aspect of love aligned living, are you energizing the pathway of Spiritual Courage by consistently taking action and persistently pursuing your dream?

Visionscape & Dream!

Who:
What:
Where:
Why:
When:
How: God ~ Source ~ Spirit ~ Love

I WALK IN COURAGE

Energizing Love 365
My Inspired Action is:

3 & 24

card
4

Loving me when I am lonely....

Lonely ~
Dejected by being without friends, family.

Release

Right Here. Right NOW I choose to release from being lonely!

(3 Sighs of Release: Inhale through the nose/ Exhale through the mouth.)

Align

**Loving me when I am lonely....
LOVE is my foundation
Lonely is a moment in the past.**

Energize

**Love is Abundance.
Success is my sacred right.**

Elevate

I AM CONTENT.

9 times Remembering Breath
(Breathe in through the nose / Breathe out through the nose)

**I AM SUCCESS (Inhale)
SUCCESS IS MY SACRED RIGHT (Exhale)**

card
25

SUCCESS IS MY SACRED RIGHT

I AM CONTENT

CONTENT ~
To be satisfied

9 times Remembering Breath while saying...
(Breathe in through the nose / Breathe out through the nose)

**I AM SUCCESS (Inhale)
SUCCESS IS MY SACRED RIGHT. (Exhale)**

**THE SOUL INSPIRED TUNE UP
ENERGIZING LOVE 365**

4 & 25

4 &25

THE SOUL INSPIRED TUNE UP

I AM CONTENT

Have you ever decided to simply be satisfied? Inner peace and Source Knowing are not dependent on outer surroundings, things or people. This is Spiritual Contentment. There is a communion with Self and a confidence that all things required and all things desired are present. God satisfaction is guaranteed.

I AM SUCCESS (Inhale)
SUCCESS IS MY SACRED RIGHT. (Exhale)

4 &25

ENERGIZING LOVE 365
Create your intuitive daydream

Are you energizing Spiritual Contentment as a pathway to love aligned living by simply being content through collaboration with Spirit?

Visionscape & Dream!

Who:
What:
Where:
Why:
When:
How: God ~ Source ~ Spirit ~ Love

I AM CONTENT

Energizing Love 365
My Inspired Action is:

4 & 25

About the Author



Mercedes Warrick is a spiritual intuitive, author and entrepreneur. Over the past two years The Soul Inspired Tune Up®, her book and energy practice, has evolved through Spirit to become a guiding pathway to love aligned living for spiritual professionals, entrepreneurs and leaders. The practice enhances a deep inner connection igniting a personal renaissance of spiritual rejuvenation and renewal.

As she sat down to write what she thought was going to be a book on using spiritual principles for business marketing. Spirit directed her to, “Teach this first.” The former corporate executive experienced an initiation; this evolution in mind-set and heart-set has brought Mercedes into new ways to align with and attune to Love. The Soul Inspired Tune Up is allowing leaders, healing artists and spiritual professionals as well as people experiencing transforming life change to stand with conviction and live the passion in their heart.

Sessions available in person or via telephone. Weekend Personal Retreats available.

Contact Information

Mercedes Warrick
The Intuitive CEO®
Mercedes@TheAchievementSanctuary.com
(702) 348-8800

Blog: www.LoveAlignedLiving.com

To Order The Soul Inspired Tune Up and related products visit:

www.TheSoulInspiredTuneUp.com

