



Getting Out of SCARCITY and Tapping Into Source's Frequency of Flow & Abundance.



Soul Aligned
RESULTS

with Jason Parks & Emma Romano



Transforming your soul purpose into tangible results

www.soulalignedresults.com

Welcome to the "Getting Out of SCARCITY and Tapping Into Source's Frequency of Flow & Abundance" workshop!

We are absolutely thrilled to have you here for this transformational journey!

Today's focus is all about **resolving and dissolving the LACK/SCARCITY mindset** and stepping boldly into **wholeness and abundance**.

Jason and Emma are honoured to guide you through this life-changing experience. Their advice? **Play full out!**

Engage with every part of this masterclass, take notes, reflect deeply, and most importantly, give the recording a few listens—because trust us, there's pure **GOLD** waiting to be uncovered.

If today resonates with you and you're ready to dive even deeper, Jason and Emma invite you to explore two incredible opportunities to work with them:

1. **Personal Mentoring**

A customised journey of growth and transformation.

Learn more: <https://www.soulalignedresults.com/about>

2. **Live Retreat in Victoria (February 2025)**

A magical, immersive experience to reset, recharge, and realign.

Learn More: <https://www.soulalignedresults.com/retreats>

Get ready to laugh, learn, and heal in ways you never imagined. This isn't just another webinar—it's a **fun, inspiring, and deeply healing adventure** toward the life you've been dreaming of.

Let's step into abundance together. You've got this!

Jason Parks



Jason Parks had spent most of his life feeling as if success was just beyond his reach, while others around him seemed to effortlessly thrive. Despite his studies in spirituality and energy work, he struggled with feelings of insecurity and incapability, his life a constant battle without any visible rewards. This perplexing state of affairs persisted for years.

At 40, a diagnosis of complex PTSD shed light on his struggles, tracing back to experiences that began even before his birth. The impact of glandular fever at age 5 and ongoing burnout from age 12 had entrapped him in a relentless cycle. When his business failed and his relationship faltered, he hit rock bottom and realized the need for change. He took proactive steps, securing a new job and mending his relationship, gradually cultivating happiness.

However, life soon presented new challenges. Jason's physical and mental health declined sharply, coinciding with the loss of his father and his resignation from his job. His family moved to a new city for his wife's job, and doctors informed him he could never work again.

A decade ago, amidst these struggles, Jason's true recovery began with the guidance of an extraordinary mentor. This mentor exemplified ethical spiritual work and aided Jason in integrating his past experiences, launching him on a transformative journey. He gained new perspectives on reality creation, altering his life's trajectory.

From there, Jason's life transformed remarkably. He understood that life was not about chance or luck but about comprehending universal laws and having the tools to apply this knowledge. Today, he enjoys a loving marriage, two daughters, excellent physical and mental health, and runs a successful business mentoring people worldwide. His client sessions have increased from a few every few months to 500-800 annually, and his income has consistently doubled each year. Jason believes he's only beginning to tap into what's possible.

This journey led Jason to realize that transformation is achievable for anyone willing to align with the universe's fundamental principles. He now invites others to join him in this journey of self-discovery and empowerment, assuring them that their potential is limitless. Jason's story is an invitation to embark on a transformative voyage, unlocking the secrets of the universe together.

www.thelifepinciple.com.au

Emma Romano



Prepare to be inspired as we introduce you to Emma, a truly extraordinary soul whose life has been a testament to the power of miracles. From overcoming debilitating diagnoses to manifesting pure love and creating a globally recognized business, Emma's journey is as remarkable as it is empowering.

Diagnosed with multiple sclerosis, celiac disease, and chronic fatigue at 44 years old, Emma could have succumbed to despair. But instead, she chose to embrace the miracles that awaited her. Armed with an unwavering belief in her own self-healing abilities, Emma embarked on a transformational path that led to the complete liberation from her diagnoses. Her journey of self-healing serves as a testament to the incredible power that resides within us all.

But that was just the beginning. Emma's unwavering dedication to manifesting her dreams extended to her personal life as well. Despite a challenging first marriage, she decided to manifest the love of her life. In an astonishing twist of fate, within a mere three weeks, she found her soulmate - a partner who loves and supports her unconditionally. This extraordinary love story shows that miracles are not only possible but within our reach.

In her relentless pursuit of making a difference, Emma founded a globally recognized business that empowers individuals around the world. Her transformative trainings and guidance have touched the lives of countless dream-chasers, propelling them towards their own miracles. With unwavering determination, Emma fearlessly leads by example, dismantling limiting beliefs and inspiring others to embrace their own greatness.

Since 2016, Emma has joined forces with her son, Jack, further expanding the impact of their work. Together, they have positively influenced the lives of many, providing a catalyst for deep transformations and empowerment.

Are you ready to embark on your own journey of miracles? Join Emma and her global community of change-makers as they guide you towards unlocking your true potential. Embrace the power within you and watch as miracles unfold in your own life.

Remember, you have the ability to create the extraordinary. With Emma's guidance and support, you can tap into the hidden miracles that are rightfully yours. Get ready to step into a life of limitless possibilities.

Believe in miracles, because they are waiting for you.

www.emmaromano.com.au

The Obsession on LACK

Fill in what you have been obsessing over

Is it...

- Money?
- A baby?
- Being slim?
- Married?
- Successful?

Your fear around not being _____ isn't really about that specific thing – it's rooted in the belief that being _____ will make you enough.

At some point in your life, you accepted the idea that being _____ would make you feel valued, worthy, or more accepted.

This belief allowed your ego to create an identity based on "lack" whenever your reality didn't fit that ideal.

As a result, being _____ becomes the solution to feeling whole. But here's the catch: if you're chasing a solution, you're also agreeing there's a problem.

The more you cling to needing a solution, the bigger and more insurmountable the problem will seem. It's an endless loop of dissatisfaction.

But when you let go of these limiting beliefs and reconnect to the truth of who you are – a perfectly created, inherently beautiful being – you no longer rely on _____ to validate your worth. You shift from self-criticism and "fixing" to self-love and inspired well-being.

And here's the paradox: The moment you release the need to be _____ to feel good enough, you'll radiate a confidence and joy so magnetic that your life will naturally align with wealth, health, vitality, and balance—and you'll feel amazing without obsessing over what you think you're lacking.

So how??

Hold the desire that you are already complete and whole.

Now...

- THINK
- FEEL
- SPEAK
- DO

A great suggestion could be to print this up and you can always fill it out when you feel the urge to obsess over something again.

LACK Mentality and its Effects on Hormones and Your Body:

Beliefs in lack or scarcity activate stress responses in the body, leading to the release of specific hormones:

1. Cortisol (The Stress Hormone):

What it does: Cortisol is released during stress and signals the body to prioritize survival. It increases blood sugar levels, suppresses the immune system, and directs energy to immediate tasks.

Effects:

- Heightened alertness and focus on the perceived threat.
- Long-term elevation leads to chronic stress, anxiety, inflammation, and difficulty making rational decisions.
- Can cause the body to store fat, especially in the abdominal area, as a survival response.

2. Adrenaline:

What it does:

Released during fight-or-flight responses, adrenaline heightens awareness and energy levels.

Effects:

- Short-term boosts of energy but can lead to burnout if triggered repeatedly.
- Encourages impulsive decisions aimed at resolving the perceived scarcity.

3. Dopamine (In Anticipation):

Scarcity can trigger dopamine through the promise of "getting something" or resolving lack.

What it does:

Dopamine creates a cycle of seeking, as the brain anticipates the reward of overcoming scarcity.

Effects:

- Fuels obsession and focus on achieving or acquiring, creating addictive behaviours.
- The temporary nature of the dopamine reward perpetuates the cycle of seeking.

Impact on the Body and Mind

- **Cognitive Effects:**
Chronic scarcity thinking narrows focus, making it harder to think creatively or consider long-term solutions.
- **Behavioural Effects:**
Leads to risk-aversion, over-consumption, hoarding behaviours, and difficulty with generosity.
- **Emotional Effects:**
Promotes feelings of anxiety, inadequacy, and fear.

Breaking the Addiction

To shift out of a scarcity mindset, practices like mindfulness, gratitude, and reframing can help rewire the brain. These create more balanced hormonal responses, such as increased serotonin (well-being) and oxytocin (connection), fostering a sense of abundance and safety.



Thank you for sharing your time and energy today

Remember, every word you speak and every action you take has the power to create change—not only in your life but in the lives of those around you.

Keep moving forward, stay aligned with your truth, and trust in your ability to grow and thrive.

The journey begins with a single step, and you've already taken it.

Here's to your continued success and transformation!

If you feel drawn to the serene **immersive retreat** in Eildon or the transformative potential of **personal coaching**, Jason and Emma are here to support your journey towards greater joy, purpose, and fulfillment.

Embrace this opportunity to deepen your connection with yourself and the universe and continue your journey of awakening with us.

Also, don't forget also to check out our Soul Aligned Results **podcast**.

There's over 20 episodes already available to stream free online

Thank you once again for being a part of our online community. Your light and presence have made this journey all the more meaningful. We look forward to welcoming you to our retreat in Bali or connecting with you through one-to-one coaching. Here's to continuing our journey of growth and discovery together!

Jason and Emma

To find out more about Jason & Emma and their upcoming workshops & retreats, please visit their website

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