

# Key of Life



*Would you like to experience life as performance art  
—a dance, a dream, a grand adventure with YOU  
as the star? Maybe you can, by simply shifting your  
point of view.*



*Janus Blumē*  
Transformational  
Life Coach

➤ **Get in tune with the key of life.**

➤ **Harmonize with the Song of the Spheres.**

# Key of Life

## A Self-guided Course of Transformational Study

### Table of Contents

BE	POWER OF	THEME
<b>1.YOURSELF</b>	LIFE FORCE	Self Realization
BENEFIT—Source your life from your true nature		
<b>2. REAL</b>	CONNECTION	Integrity
BENEFIT—Improve your relationships, well-being, and happiness quotient		
<b>3. GRATEFUL</b>	APPRECIATION	Where Attention Goes
BENEFIT—Open the floodgates to abundant living		
<b>4. HAPPY</b>	MANIFESTATION	Law of Attraction
BENEFIT—Align your vibrational field with what you want		
<b>5. OF SERVICE</b>	ACTION	Unity
BENEFIT—Know joy for yourself and share your unique contribution with others		
<b>6. OPEN</b>	FLOW	Radical Acceptance
BENEFIT—Live the power of the present moment		
<b>7. INSPIRED</b>	DISCIPLINE	Carpe Diem (Seize the Day)
BENEFIT—Experience inner peace and freedom		
<b>8. POWERFUL</b>	ALIGNMENT	Strength
BENEFIT—Stop fighting with yourself		
<b>9. GUIDED</b>	FAITH BEYOND BELIEF	Trust
BENEFIT—Move Mountains		
<b>10. BEAUTIFUL</b>	ENJOYMENT	Comfort and Joy
BENEFIT—Magnetize YOUR people.		
<b>11. PROUD</b>	MASTERY	Self Actualization
BENEFIT—Rejoice in the opportunity to be you.		
<b>12. ROOTED</b>	ALIGNMENT	Earth Energy
BENEFIT—Harness the energy at the heart of Mother Earth		
<b>13. HERE NOW</b>	SILENCE	Presence
BENEFIT—Manifest the bliss which is your birthright		

# *Key of Life*

## **A Self-guided Course of Transformational Study** **HOW TO USE THE SESSIONS**



### **All sessions consist of**

- An introductory video
- A transcript with images for beauty and inspiration,
- A transcript in black and white to print without using colored toner—for marking up and journaling in the margins, (Optional)
- At least one thought/energy exercise.

### **BASIC INSTRUCTIONS**

#### **For each session**

1. Watch the video.
2. Skim the lesson. Notice what calls to you.
3. Read the lesson for comprehension of the words and the spirit behind them..
4. Repeat until you feel you have absorbed the value of the session. This is obviously subjective. Do your best to neither overthink the lessons nor to move on too quickly. Look for your place of balance, and know that you can't do it wrong.
5. Engage with the energy exercises and absorbed the value there for you.

### **DO I HAVE TO DO THEM IN ORDER?**

Please begin with Sessions 1-4, as they are foundational. The sessions are designed to take students through a natural sequence of growth from unconsciousness to mindfulness. If you're new to this, we recommend completing them in the order presented. We're all in different places on our journeys, and transformation is rarely linear, so after Session 4, you may choose to complete topics as they call to you. The Table of Contents allows you to see all topics, themes, and the benefits of each session. You may find yourself skipping back and forth and reviewing material as you grow.