

# LIVING IN HIGH VIBRATION ROADMAP



How to Access a  
Happy, Healthy,  
Enchanted Life .....  
and your  
SuperPowers



# Welcome

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elcome to the **Living  
in High Vibration Roadmap.**

You are here on earth to live a happy, healthy, enchanted life and you can access such a life when you Live in High Vibration.



The BIG question is: How do you Live in High Vibration?

- You acquire **Happiness as a SuperPower**. This superpower will make you masterful at generating and feeling high vibration, positive, emotions.
- You 'consume' high vibrations through your eyes, mouth, ears, nose and skin. The **ULA Methodology** helps you to do that.

This document has a diagram/roadmap to help you with both, plus there are links for videos which explain them in more detail. I suggest you print both out and put them somewhere where you will see them daily.

TESSA STOWE

**P.S.** My promise to you is that, if you acquire Happiness as a SuperPower, and you 'consume' high vibrations, you will be able to access living a happy, healthy, enchanted life, and your SuperPowers.

LIVING IN HIGH VIBRATION  
HAPPINESS SUPERPOWER ROADMAP



## Happiness in Relationships

Stage #3

Connection

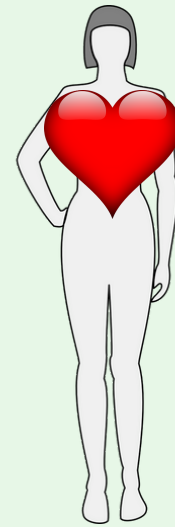
Connecting amazing you  
with others.

## Happiness in Self

Stage #2

Self Love

Loving you as is.  
Loving your amazingness.



## Happiness in the Moment

Stage #1

Present

Present to the wonders  
of this moment.



# LIVING IN HIGH VIBRATION

## THE ULA METHODOLOGY



### U-nderstand

Shine a light on what happened. Don't ignore it. Observe it versus be in it. Don't spend too long here as what you focus on expands.

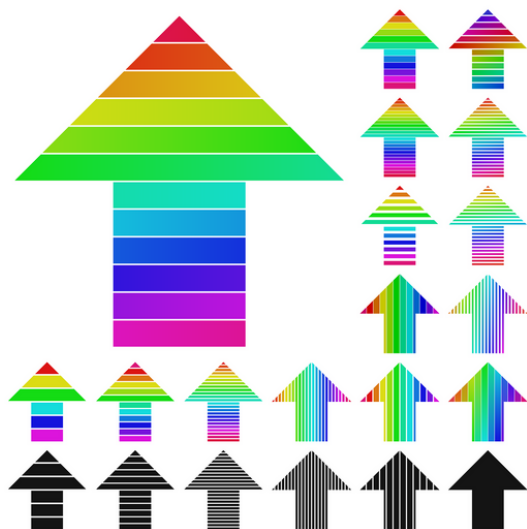
### L-et Go

Let go with love and gratitude. No need to analyse or forgive. Just let go. Let go. Let go.



### A-ction

Take **tiny** actions to raise your vibration in that area. Repeat over time. Where applicable, turn those actions into habits.





## *Next Steps ...*

I recommend you:

- watch the videos on the Happiness SuperPower Roadmap and the ULA Methodology.

- connect with me here.

I'm looking forward to helping you **Live in High Vibration** so you have access to living a happy, healthy, enchanted life ... and your SuperPowers.

Tessa Stowe



**P.S** You are more AMAZING and POWERFUL than you realize!