AFFILIATE SWIPE PACK

Supremely Limitless Swipe Pack

Ready-to-use emails, hooks, ads, posts and articles

Inside: 25 emails, 40 hooks across 15 angles, 35 text and newsletter ads, 24 social posts, 4 ready-made articles and a product review article.

For Supremely Limitless by Heather Christensen

Before you start

What's inside

In this pack: 25 emails, 40 hooks across 15 angles, 35 text and newsletter ads, 24 social posts, 4 ready-made articles and a product review article.

Put in your own link

Every link in this pack reads {HOPLINK}. Replace it with your own ClickBank hoplink, which you can make on the Promotion Links page of the affiliate area, for example https://hop.clickbank.net/?affiliate=YOURID&vendor=slimitless&tid=email1. That link opens Heather's video presentation at supremelylimitless.com. Add &type=written to the end to open the written version instead.

Links that skip the sales page and go straight to the order form aren't allowed.

The rules

- Keep the disclosure line in everything you publish or send: "This post contains affiliate links. I may earn a commission if you buy through them, at no extra cost to you."
- Only email people who opted in to your list.
- Heather's story is her own. Never add results, reviews, earnings or prices of your own, and never promise a reader more money, love or health.
- Never present yourself as Heather Christensen or the creator of the program.
- Don't bid on the brand name "Supremely Limitless" and don't use brand words in search ads.
- Ask the affiliate manager, Jeffrey Sandoval (jeffreys@unica.co.nz), to review your site before any Bing ads. Buying traffic on Google Search is not allowed.

Part 1: Email swipes

Five emails, one a day

Heather's story told in order, one email a day: the evening everything fell apart, the belief that kept her stuck, what she saw that evening, the second step, and how her life changed. Each one also works on its own.

Email 1: The evening she couldn't get up

Send: Day 1. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- She lay on her living room couch and couldn't move
- Her husband had left her, and her bank balance was very small
- A few minutes on her couch changed Heather's life

Preheader: Worn out and close to broke, she saw something one evening that she has never forgotten.

Hi [FIRSTNAME],

I want to tell you about a woman called Heather Christensen, because her story has stayed with me all week.

There was a time in Heather's life when her husband had left her, her bank balance was very small, and every hour at her office job felt like an eternity.

She was working hard at everything and trying to please everyone, and still nobody seemed to appreciate her, at work or anywhere else.

One evening she lay down on her living room couch and found she couldn't move. Instead of pushing her feelings away, as she usually did, she let them all come up: the anger, the betrayal, the sadness, and the awful feeling of having no power over her own life.

After a few minutes, something happened that she says she will never forget.

In a flash she saw what she later called the Universal Wave Principle, and it soon brought her more money, a career she loved, the freedom to travel and a wonderful, loving relationship.

She explains exactly what she saw that evening in her free presentation:

{HOPLINK}

Tomorrow I'll tell you about the belief her parents taught her, which kept her stuck. Plenty of us were raised on it too.

Talk tomorrow,
[Your name]

> *Tip: Send this one in the evening, when readers have a quiet half hour. If you have a true sentence about a hard*

> *time of your own, add it after the couch paragraph.*

Email 2: The myth her parents taught her

Send: Day 2. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- A belief most of us learned from our parents
- "Work harder and you'll get there"
- A quote about hard work and every woman in Africa

Preheader: She grew up believing it, like most of us, and it kept her stuck.

Yesterday I told you about the evening Heather lay on her couch, unable to move.

Before that evening, Heather believed a rule her parents taught her, one that most of us grew up with too: work hard enough and success has to come.

She was sure that all that effort meant success was owed to her.

So she worked hard at everything, and her life kept caving in on her anyway.

Then she looked around and saw huge numbers of people who work incredibly hard and still struggle and suffer, without getting any closer to what they want.

Heather quotes the writer George Monbiot on this: "If wealth was the inevitable result of hard work... every woman in Africa would be a Millionaire."

In Heather's words, the Universe doesn't give bonus points for making things more difficult than they need to be.

She came to see that getting what you want depends on finding the right path, and once she understood that, her life started to change.

She shows you what that right path looks like here:

{HOPLINK}

[Your line: something you once worked very hard for that didn't pay off the way you expected.]

Speak soon,
[Your name]

> *Tip: The bracketed line is optional, but one true sentence from your own life makes this email feel like it comes from you.*

Email 3: A surfboard on the ocean

Send: Day 3. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- What Heather saw that evening on the couch
- She saw herself sitting on a surfboard
- What a surfboard taught her about money and love

Preheader: She had been fighting the waves without knowing it.

Hello [FIRSTNAME],

In my first email I mentioned that Heather saw something on her couch that evening that she'll never forget, and today I want to tell you what it was.

As she lay there, she saw herself sitting on a surfboard out on the ocean. The waves lifted her up and brought her down again, and as she rode them she enjoyed the little tickle in her belly.

Then she realised that her life was like that ocean, and she had been fighting the waves all along.

Whichever way a wave moved her, she pushed the other way, and when the waves were clearly heading in one direction she swam hard against them. All that fighting is what made her feel she was at war with life itself.

This became the first of her three steps, which she calls See the Waves.

Your money, your relationships, the events in your life and even your moods all move like waves. Heather says that fighting those waves only makes everything harder for you, and once you see them for what they are, the hard spells stop dragging on the way they used to.

That's the first step, and Heather explains all three in her video:

{HOPLINK}

See you tomorrow,
[Your name]

> *Tip: This email gives away the surfboard picture but keeps the other two steps back, so the presentation still has plenty left to tell.*

Email 4: Captain of your own ship

Send: Day 4. Link goes to: Video sales page (recommended) (no type, or type=slimitless)
Subject lines:

- Seeing the waves is only the beginning
- Captain of your own ship
- Why picturing what you want isn't enough

Preheader: The second step is about deciding, and the third is saved for her presentation.

Seeing everything as a wave helped Heather cope with whatever life threw at her.

But she knew that coping, on its own, wasn't going to bring her more of what she wanted.

So her second step is called Set Your Intention.

If you want more money, a career that matters more to you, or a loving relationship with a real partner in life, Heather's answer is that you have to do something different, and it starts with deciding. You get completely clear on what you want and where you're going, so you become the captain of your own ship and can steer it wherever you choose.

Plenty of people will tell you that picturing what you want is all it takes to attract it.

Heather says they're missing a crucial third step, the one that turns the picture in your head into your new reality. She calls it Ride the Waves, and it's how she learned to work in harmony with the waves all around her.

She walks you through that third step in the presentation:

{HOPLINK}

Tomorrow, in the last email of this little series, I'll tell you what changed in Heather's life once she put all three steps together.

All the best,
[Your name]

> *Tip: This email works well on its own for readers who are into the Law of Attraction. Use the third subject line for them.*

Email 5: What changed for Heather

Send: Day 5. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- From office assistant to working with millionaires
- She met him a few months later
- How a few close friends led to a published program

Preheader: In the months after that evening on her couch, her work and her love life both changed.

Over the few months after that evening on her couch, Heather put the Universal Wave Principle to work in her life.

She left her office assistant job, where she'd felt so unappreciated, and became a writer. Within a few short months she was working with millionaires, motivational speakers and experts at the top of their fields, and because she could work from anywhere, she set her own hours and travelled when she wanted to.

A few months after that she met a wonderful man, someone she says she respects and admires as well as loves, and a great communicator she can lean on and trust.

Her friends had known the old Heather, who was always struggling, so of course they wanted to know her secret. She showed a few of her closest friends, and she says they found it just as easy as she did.

Then an online publisher who'd heard about her from one of her best girlfriends got in touch, and together they turned it into a program called Supremely Limitless, with simple exercises and step-by-step instructions anyone can follow.

It costs $39.95, comes with four bonus programs (Limitless Mind Reboot, Limitless Freedom, Limitless Love and Limitless Vitality), and is covered by a 60-day, no-questions-asked money-back guarantee.

Heather tells the whole story in her free presentation:

{HOPLINK}

Thanks for reading along this week,
[Your name]

P.S. If you'd rather read than watch, ask me for the text version and I'll send it over.

> *Tip: If you prefer, swap the P.S. for your written-page link (type=written) so readers can choose.*

Emails that stand alone

Each one takes a single idea or technique from Heather's presentation. Send them in any order, between other emails or after the series.

Email 6: Bell Laboratories, 1927

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)
Subject lines:

- What two physicists found in 1927
- Electrons behaved like waves
- The physics experiment behind Heather's big idea

Preheader: The Universal Wave, as Heather explains it, begins in a physics lab in New Jersey.

In 1927, at Bell Laboratories in New Jersey, two physicists called Clinton Davisson and Lester Germer were firing beams of electrons in an experiment.

They stumbled on something remarkable: the electrons behaved like tiny particles and like waves at the same time.

That discovery helped lead scientists into quantum mechanics, one of the most important branches of physics today.

Heather Christensen tells the story of this experiment early in her presentation, and then she asks a bigger question. If the smallest pieces of the world behave like waves, what about everything else in your life?

She means your money, your relationships, your moods and the things that happen to you, and she believes they all rise and fall in a way you can learn to work with.

Heather calls this the Universal Wave, and she says the way you deal with it shapes how much of your potential you ever get to live out.

Once she stopped fighting it, she says, everything from her daily work to her love life turned around.

She explains the whole idea in a way anybody can follow:

{HOPLINK}

Stay curious,
[Your name]

> *Tip: Good for readers who like a bit of science with their self-help. Keep it as Heather's view, and don't claim the experiment backs up the program.*

Email 7: Positive thinking that won't stick

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- Positive thinking wears off by lunchtime for most of us
- Pushing a thought away only makes it louder
- Good news for anyone who isn't a natural optimist

Preheader: Two of her techniques are built for the days when positive thinking won't come.

The usual advice about manifesting says to think positive thoughts, all day, every day.

Most of us can manage it for a morning. Then the bills arrive or someone snaps at us, and the old worries are back louder than ever.

Heather Christensen explains why that happens. When you try NOT to think about something, it forces its way to the front of your mind, because that's simply how the brain works.

So trying to hold back every negative thought only gives those thoughts more room.

Her program, Supremely Limitless, goes about it a different way. Her Word Replacement Technique takes away the power of negative self-talk, and her Universal Wave Sequence is built to make the Law of Attraction work for you no matter how you feel on a given day.

She also includes a bonus called Limitless Mind Reboot, with easy exercises that change the way you relate to your own thoughts, so the positive ones grow stronger without you having to force them.

She says the program is especially for people who find it hard to stay positive 24/7, and I love that.

Watch her presentation here:

{HOPLINK}

Have a good one,
[Your name]

> *Tip: This one suits readers who have tried positive thinking and given up. The subject line about pushing thoughts away gets curious clicks.*

Email 8: Hidden money blockers

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- Why some people stay broke however hard they work
- The hidden "money blockers" Heather's technique roots out
- An anti-virus for the way you think about money

Preheader: Finding the hidden blockers that keep money away.

Some people work long hours for decades and never seem to get ahead.

Heather Christensen has been there, working as an office assistant on a very small bank balance and watching the clock all day.

Today she has a career she loves as a writer, and the freedom to travel as she pleases.

One of the techniques she teaches is called the Money Mindset Anti-Virus Technique. She designed it to root out the hidden "money blockers" that keep people broke and struggling no matter what they do and how hard they work.

Most of us picked up a few of these blockers as children, without ever choosing them. Heather's parents taught her a belief about hard work that kept her stuck, and she talks about it in her presentation.

She also gives you a bonus called Limitless Freedom, about creating true wealth by making freedom one of your highest values.

You can watch her presentation here:

{HOPLINK}

Rooting for you,
[Your name]

> *Tip: Don't add any figures of your own about how much money readers will make. The technique names and Heather's own story are enough.*

Email 9: Putting things off

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- That thing you keep meaning to do
- A "Mental Gear Shift" for people who put things off
- Why another year can slip by before you start

Preheader: A technique for the habits that quietly hold you back.

Everybody has a list of things they keep meaning to do.

Maybe it's the course you were going to start, or the phone call you've put off for three weeks.

Heather Christensen blames most of it on three habits that work quietly in the background until another year has gone by: procrastination, perfectionism and self-sabotage.

To break them, Heather teaches what she calls the "Mental Gear Shift" Technique in her program, Supremely Limitless. It's built to get rid of those habits and turn you into the kind of person who always gets things done.

Heather knows what being stuck feels like. Before she found the Universal Wave Principle she was working hard at everything and getting nowhere, in an office job she didn't enjoy.

A few months after she began using it, she was earning her living as a writer alongside experts at the top of their fields.

The presentation tells her story and explains the idea behind all her techniques:

{HOPLINK}

Go and do that thing today,
[Your name]

> *Tip: Ask readers in a P.S. what they've been putting off. Replies help your deliverability, and they tell you what your list cares about.*

Email 10: Reverse Visualization

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- Visualising the things you want, but in reverse
- Heather's "Reverse Visualization"
- A twist on visualisation that draws people to you

Preheader: The usual way of visualising is missing a step, according to Heather.

[FIRSTNAME], you've probably been told to visualise the things you want.

Close your eyes, picture the house, the partner or the money in your account, and wait for it to turn up.

Heather Christensen says the people who teach it that way are missing a step, and that's why the Law of Attraction feels hit and miss for so many of us.

In her program she teaches something she calls "Reverse Visualization", which she says draws the specific people and things you desire to you.

I won't spoil how it works, because Heather explains it far better than I could, but the name gives you a clue that it turns the usual method around.

Heather came to all this from a very low point in her life, when her marriage had ended and money was tight, and within months she was writing for a living and travelling whenever she pleased.

Watch her presentation to see where Reverse Visualization fits in:

{HOPLINK}

More soon,
[Your name]

> *Tip: Readers who already practise visualisation are the ones who'll click. Keep the method itself a mystery, as Heather does.*

Email 11: Beyond affirmations

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- Why affirmations stop working for so many people
- Declarations go further than affirmations
- An answer to affirmations that feel untrue

Preheader: The step beyond the affirmations on your bathroom mirror.

Plenty of us have stuck an affirmation or two on the bathroom mirror at some point.

"I am wealthy." "I am loved." They feel good to say on a good morning, but a lot of the time part of you doesn't believe a word of it.

Heather Christensen goes further than affirmations. Inside Supremely Limitless she teaches what she calls powerful DECLARATIONS, which she says give you whatever you want in your life, whenever you want it.

Heather has lived both sides of this. After her marriage ended she was living on a small bank balance, and these days she works as a writer from wherever she likes and has a man in her life she trusts.

She'd tell you the difference came from understanding something she calls the Universal Wave, and learning to work with it in three steps.

You can hear her explain it here:

{HOPLINK}

[Your line: an affirmation you've tried, and how it went.]

Bye for now,
[Your name]

> *Tip: Readers who have tried affirmations without much luck are your best audience for this one.*

Email 12: A 5-minute exercise for your purpose

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- Heather's 5-minute exercise for finding your passionate purpose
- The exercise Heather calls Passion-Mapping
- A short exercise to find the work you'd love to do

Preheader: Knowing your purpose makes manifesting far more powerful, she says.

There was a time when Heather Christensen spent her days on work that didn't inspire her at all.

She was an office assistant who felt unappreciated, and she traded so much of her precious time just to make ends meet.

Today she earns her living as a writer, and she says she loves that her work finally inspires her.

One of the exercises in her program, Supremely Limitless, is the 5-minute Passion-Mapping Exercise, for connecting with what she calls your "passionate purpose" whenever you want to.

She gives a hint about why it matters so much: she says connecting with your passionate purpose makes you far better at manifesting what you want.

Anyone wondering what they really want to do with the years ahead will get a lot out of five quiet minutes with this exercise, and all it needs is a little time to yourself.

Heather explains the thinking behind it in her presentation:

{HOPLINK}

To doing what you love,
[Your name]

> *Tip: This suits readers in their 50s and 60s thinking about a second career or retirement plans.*

Email 13: When your partner won't open up

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- When your partner won't open up
- An exercise called the Can Opener
- For a partner who keeps everything inside

Preheader: One of the relationship exercises in Heather's program.

So many people live with a partner who keeps everything inside.

You ask how their day was and get "fine". You can tell something's bothering them, but they won't say what, and after a while you stop asking.

Heather Christensen understands how lonely that is. Her own marriage ended when her husband confessed to an affair, and for a while afterwards her home was a motel room while she decided what came next.

The man she met a few months after she discovered the Universal Wave Principle is different. She describes him as a great communicator, someone she trusts.

One of the exercises in Supremely Limitless is the Can Opener Exercise. Heather built it to help your partner open up, so you can enjoy real trust and loving intimacy with the soulmate of your dreams.

There's also a bonus program called Limitless Love, about creating a love for yourself that draws a devoted partner to you.

Her own story, and the idea behind the exercise, are in this video:

{HOPLINK}

With love,
[Your name]

> *Tip: It works for people in long relationships and for single readers. Choose the subject line that suits your list.*

Email 14: Why the rich get free things

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- Why wealthy people keep getting free things
- It's easier to attract what you already have
- Heather's technique for feeling rich before the money arrives

Preheader: Heather noticed something about people who already have plenty.

Wealthy people are always being given things for free.

Upgrades, gifts and invitations seem to follow them around, and they rarely seem to pay full price for anything.

Heather Christensen noticed the same thing about love. People who already have great relationships seem to be magnetic to everyone around them.

Heather's conclusion is that the things you want come to you more easily once you feel you already have them.

That's a hard thought when you're the one with the overdraft or the empty side of the bed, because it sounds as if only the people who already have plenty can ever get more.

So Heather created what she calls the Instant Abundance Technique. It makes you feel as though you already have whatever you want, so that it's naturally drawn to you through the Universal Wave.

It's one of a dozen techniques Heather names in her program, Supremely Limitless, and she explains the idea behind all of them in a video you can watch for free:

{HOPLINK}

Best wishes,
[Your name]

> *Tip: This is a short email that runs on curiosity, and the first subject line gets opens because almost everyone has noticed it happen.*

Email 15: Turning the stress down

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- A thermostat for your stress
- Where your attention goes when you're stressed
- Two quick exercises for busy minds

Preheader: The Mental Thermostat and Instant Presence exercises, and what each one is for.

Most of us spend a good part of the day thinking about things we don't want.

Maybe it's a bill we're dreading or a conversation we'd rather avoid, and before we know it, our whole attention is on the very things we're trying to keep away.

Heather Christensen built two exercises into her program for exactly this.

The first is the "Mental Thermostat" Technique, for turning your stress level down so you can put your attention on what you WANT.

The second is the "Instant Presence" Exercise, which brings you into the present moment whenever you like. Heather says the gratitude, peace, joy and focus you feel there are your birthright, and that they're the key to manifesting what you want.

Both come from a woman who once felt completely powerless over her own life and who now looks forward to every day.

See how she got there:

{HOPLINK}

Breathe easy,
[Your name]

> *Tip: Keep this about everyday stress. Don't describe the program as help for any medical or mental-health condition.*

Email 16: A decision will be made for you

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- Something Heather's aunt used to say
- The decision that gets made while you wait
- "And you may not like what it is"

Preheader: A saying from Heather's aunt that's worth reading twice.

Heather Christensen's aunt used to have a saying:

"If you don't make a decision, a decision will be made for you. And you may not like what it is."

When Heather looks back at her life, she says everything good that's happened to her came from making a clear, positive decision to change.

One of those decisions came after an evening when she lay on the sofa at home, unable to move, with her marriage over and very little money to her name.

What she saw that evening became the Universal Wave Principle. Over the next few months she left her office job and became a writer, and later she met a man she deeply admires.

Deciding is also part of her method. The second of her three steps is all about getting completely clear on what you want, so you can steer your own ship towards it.

She explains the three steps in her free presentation:

{HOPLINK}

[Your line: a decision that changed your life.]

Your friend,
[Your name]

> *Tip: A short personal line from you about a decision you made makes this email much stronger.*

Email 17: Freedom over zeroes

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- Working 14 hours a day for seven figures isn't true wealth
- Freedom matters more than the zeroes in your account
- What true wealth means to Heather

Preheader: Real wealth looks different from what most people picture.

Picture someone earning seven figures a year in a job that wears them down, working fourteen hours a day and answering to someone else for every one of those hours.

Heather Christensen wouldn't call that person wealthy.

To her, true wealth is the freedom to spend your time as you wish, waking up excited because the day is full of things YOU want to do, with enough security that bills, medical costs and retirement don't keep you awake.

Heather spent part of her life on the other side of that, struggling to make ends meet in an office job where she felt nobody valued her.

Now her work is writing, she travels when she likes, and she gets to spend more time with the people she loves.

Her program, Supremely Limitless, comes with a bonus called Limitless Freedom, which shows you how to make freedom one of your highest values so that more money comes into your life.

Hear her story in the presentation:

{HOPLINK}

Until next time,
[Your name]

> *Tip: It suits readers who are planning retirement or thinking hard about how they want to spend the next twenty years.*

Email 18: Bad luck with money or love

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- Bad luck that never seems to turn
- When bad luck follows you from money to love
- A program made for people who feel unlucky

Preheader: Her program was written for people who have never had luck on their side.

The car breaks down the very week you finally get a little ahead, and the relationship that looked so promising quietly falls apart.

After enough years of that, you start to believe it's just the way things are for you.

Heather Christensen felt that way once. After her husband left, every battle in her life seemed to be one she was losing.

Then she found the idea she named the Universal Wave Principle, and over the following months her work, her money and her love life all changed for the better.

She wrote her program, Supremely Limitless, for people in that same spot. She says it works even if you've struggled to get the Law of Attraction to work in the past, and even if you've always had bad luck with money or in love.

Watch her explain what she found and how it turned things around for her:

{HOPLINK}

Wishing you well,
[Your name]

> *Tip: Use the subject line that matches your list: the first one for any list, the second for a relationships list.*

Email 19: Worrying when life is good

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- Feeling nervous when everything is going right
- The worry that creeps in when life is going well
- Why the good times slip away

Preheader: Her first step is for anyone who can't relax when life is going well.

Something strange happens to a lot of people when life is going well.

They start to worry that it won't last, and before long the worry spoils the very days they spent so long hoping for.

Heather Christensen says that's what happens when you work against the Universal Wave.

Everything in your life moves like a wave, including your money, your relationships and even your moods, and she says clinging on to the good stretches only makes life harder.

Once you clearly see everything as a wave, she says, the lows don't last as long and the highs don't slip away so quickly.

That's the first of her three steps, and it's the one she saw in a flash one evening while lying on her couch after her husband had left.

She explains all three steps, and what they went on to do for her life, in her presentation:

{HOPLINK}

Enjoy the good days,
[Your name]

> *Tip: This is a gentle, thoughtful email that suits a Sunday send.*

Email 20: Drained by the end of the day

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- The kind of tired that sleep doesn't fix
- Heather once watched every hour at work crawl by
- Waking up excited about the day

Preheader: How Heather went from dreading every working hour to waking up excited.

There's a particular kind of tired that has nothing to do with sleep.

It's the tired you feel after a day spent doing work that doesn't mean anything to you, for people who don't notice how hard you try. You get home, you sit down, and there's nothing left for the things you actually care about.

Heather Christensen has felt exactly that. She was an office assistant who felt unappreciated, and she says every hour at her day job felt like an eternity.

These days she wakes up each morning full of energy and looking forward to the day ahead, and she goes to bed feeling fulfilled and grateful.

What changed was the way she dealt with what she calls the Universal Wave. She had been pushing against it, and once she learned to work with it, she says, it was like the force of the Universe itself was carrying her along.

She explains her three steps in a free video:

{HOPLINK}

[Your line: what you'd do with your days if work didn't drain you.]

Here's to better mornings,
[Your name]

> *Tip: A good one for readers still in jobs they don't enjoy. Send it early in the week.*

Email 21: For readers who'd rather read

Send: Any time. Link goes to: Written sales page (text version of the presentation) (type=written)

Subject lines:

- The whole letter, ready to read
- For when you can't play a video at work
- Heather's story in writing

Preheader: The text version of Heather's presentation, for reading on your phone or at work.

Not everyone likes watching videos, especially at work, on a train or in a house where somebody's asleep.

So here is the written version of Heather Christensen's presentation, which you can read at your own pace:

{HOPLINK}

It tells how Heather went from a motel room after her husband left to writing for a living, travelling when she likes and meeting a man she trusts.

Along the way it explains the Universal Wave, starting with an experiment two physicists ran at Bell Laboratories in 1927, and the three steps she uses to work with it.

You'll also see the techniques in her program, Supremely Limitless, such as the Word Replacement Technique, the Money Mindset Anti-Virus and the Can Opener Exercise, plus her four bonus programs and the details of her 60-day money-back guarantee.

Take your time with it. I'd love to hear which part speaks to you most.

Happy reading,
[Your name]

> *Tip: This one uses the written-page link (type=written). Good for lists that read on their phones during the working day.*

Email 22: How the program got made

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- A publisher got in touch out of the blue
- Then the coincidences started
- It came flying out of her

Preheader: How Heather's three steps became a program.

Once Heather Christensen decided to share the Universal Wave with more people, she says all sorts of crazy coincidences started happening around her.

She suddenly had the time and the money to take a few months off to write the whole system down in detail.

Then an online publisher contacted her out of the blue. A close friend of Heather's had told him about her, and he was so impressed by the changes he saw in that friend that he wanted to help Heather get the program out to the world.

When she sat down to create it, she says, it came flying out of her. She put in detailed explanations, easy exercises and instructions laid out one step at a time, so that anyone could understand it and use it in their own life.

That program is Supremely Limitless.

Not long before all this, she had been living in a motel after her marriage ended, wondering what to do next, and she tells that part of the story in her presentation too:

{HOPLINK}

Cheers,
[Your name]

> *Tip: Readers who believe in signs and synchronicity love this part of Heather's story.*

Email 23: Love starts with you

Send: Any time. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- A bonus about loving yourself first
- A partner you admire as well as love
- The man Heather met after the motel

Preheader: The Limitless Love bonus, and the man she met.

Not long after her husband left her, Heather Christensen was living in a motel and trying to work out what to do next.

A few months after she found the Universal Wave Principle, she met a man she was attracted to, and also respected and admired. She says he's a great communicator she can count on.

If you're lucky, as Heather puts it, you know a handful of couples who have that kind of relationship. They love and respect each other, they actually admire each other, and they lift each other up to greater and greater success.

Limitless Love, one of the four bonus programs that come with Supremely Limitless, shows you how to change your thinking so you create a love for yourself that draws your soulmate to you, a partner who is devoted to loving only you.

She tells her own love story, from the motel to the man she met, in her presentation:

{HOPLINK}

With warm wishes,
[Your name]

> *Tip: This one suits single readers and people who want more from the relationship they have. For a mixed list, pick the second subject line.*

Reminder and last call

Send these to readers who haven't watched yet, a few days after the series or a single mailer. Neither one has a closing date: the last call is simply the last time you'll mention it.

Email 24: A quick reminder

Send: 2 to 3 days after your last email. Link goes to: Video sales page (recommended) (no type, or type=slimitless)
Subject lines:

- The presentation I mentioned, one more time
- In case it got buried in your inbox
- Quick reminder about the Universal Wave

Preheader: Her three steps, her four bonuses and a 60-day guarantee, in one place.

Just a quick note in case my last email got lost among everything else in your inbox.

I've been telling you about Heather Christensen, who went from a small bank balance and a broken marriage to a life she describes as fulfilling, with work she enjoys and a partner she can rely on.

She did it with what she calls the Universal Wave Principle, and she has put the whole thing into a program called Supremely Limitless.

Inside you'll find her three steps, See the Waves, Set Your Intention and Ride the Waves, along with techniques like the Money Mindset Anti-Virus, Reverse Visualization and the Can Opener Exercise.

You also get four bonus programs: Limitless Mind Reboot, Limitless Freedom, Limitless Love and Limitless Vitality.

The program costs $39.95, and Heather backs it with a 60-day, no-questions-asked, 100% money-back guarantee, so you can go through all of it before you decide.

You can still watch her presentation for free:

{HOPLINK}

Take care,
[Your name]

> *Tip: Send only to readers who didn't click the earlier emails, if your autoresponder can do that.*

Email 25: The last time I'll mention it

Send: After the reminder. Link goes to: Video sales page (recommended) (no type, or type=slimitless)

Subject lines:

- The last time I'll mention Heather's story
- Heather's question for you before I move on
- One last thing about the Universal Wave

Preheader: This is my last email about Heather's program, and I wanted to leave you with her question.

This is the last time I'll write to you about Supremely Limitless, so I'll keep it simple.

Heather Christensen ends her presentation with a question: are you ready to let go and allow the Universal Wave to bring you what your heart desires?

I think it's a fair question for all of us.

Heather's own answer came on an evening when she lay on her couch, exhausted, after her marriage ended. What she saw that night led her, over the next few months, to work she loves and a man she admires.

She has put everything she learned into her program, with simple exercises and step-by-step instructions. It costs $39.95, comes with four bonus programs and a 60-day money-back guarantee, and you can watch her free presentation first to see how it all works:

{HOPLINK}

Whatever you decide, thank you for reading these emails.

Warmly,
[Your name]

P.S. If you do try it, you can still ask for a full refund at any point in the 60 days, no questions asked.

> *Tip: There's no closing date here, and there shouldn't be. It's simply the last email in this run, so promise only that you'll move on to other things.*

Part 2: Hooks and angles

The evening on the couch

Who it's for: Any self-help or manifestation list, especially readers 45 and over. Email subject lines, Facebook and video openings.

The idea: One evening Heather lay on her couch, unable to move, and a few minutes later she saw the picture that became the turning point of her life.

- One evening, with her husband gone and very little money to her name, Heather found herself on the couch at home, unable to get up.
- A few minutes after Heather let herself feel everything she'd been pushing away, she saw an image she has never forgotten.
- Everything in Heather Christensen's life turned around after a few minutes she spent on her living room couch one evening.

Link to: Video sales page (recommended) (no type, or type=slimitless). Heather tells the story of that evening and what she saw in her free presentation.

The hard-work myth

Who it's for: Readers who have worked hard all their lives and feel they have little to show for it. Email and Facebook.

The idea: Heather's parents taught her that hard work guarantees success, and believing it kept her stuck.

- A belief about hard work that Heather's parents taught her kept her stuck, and most of us grew up hearing it too.
- One line from the author George Monbiot sums up why hard work alone never got Heather the life she wanted.
- Working hard at everything and trying to please everyone had worn Heather out, and her life was still caving in on her.

Link to: Video sales page (recommended) (no type, or type=slimitless). The presentation explains the path Heather took instead of the hardest one.

The surfboard

Who it's for: Readers who like a striking picture or idea. Instagram, TikTok and YouTube.

The idea: Heather saw herself on a surfboard and realised she'd been fighting the waves of her life. This is her first step, See the Waves.

- A picture of herself on a surfboard in the ocean showed Heather what she'd been doing wrong all along.
- Money and relationships rise and fall like waves, Heather says, and most of us wear ourselves out fighting them.
- The moment money or love finally starts going well, many of us brace for it all to fall apart, and Heather Christensen knows why.

Link to: Video sales page (recommended) (no type, or type=slimitless). Heather explains the first of her three steps and what the waves are in her free presentation.

The missing third step

Who it's for: Law of Attraction fans who have tried visualising and been disappointed. Email and YouTube.

The idea: Heather says people who tell you visualising is all you need are missing a crucial third step, which she calls Ride the Waves.

- People who tell you that picturing what you want is enough leave out the part that actually brings it into your life, Heather says.
- Plenty of manifesting advice gets you as far as seeing what you want and deciding on it, then stops before the part Heather calls Ride the Waves.
- Picturing what you want is only two-thirds of the method Heather Christensen teaches.

Link to: Video sales page (recommended) (no type, or type=slimitless). The presentation explains all three steps, including the third.

The 1927 experiment

Who it's for: Curious readers who enjoy a bit of science. Email and YouTube.

The idea: In 1927 two physicists at Bell Laboratories found that electrons behave like waves as well as particles. Heather starts her explanation of the Universal Wave there.

- In 1927, two physicists in New Jersey were running experiments on electron beams when the electrons started behaving like something else entirely.
- What does an experiment at Bell Laboratories in 1927 have to do with your bank balance?

Link to: Video sales page (recommended) (no type, or type=slimitless). Heather walks through the experiment and what she believes it means for everyday life.

When you can't stay positive

Who it's for: People who have tried positive thinking and found it impossible to keep up. Email, Facebook and Instagram.

The idea: Heather's program says it works even if you find it hard to have only positive thoughts all day, and her Limitless Mind Reboot bonus changes how you relate to your thoughts.

- The more you try not to think about something, the more it pushes its way to the front of your mind.
- Staying positive all day long feels impossible to most people, and that's exactly who Heather Christensen wrote her program for.
- The Word Replacement Technique takes the sting out of the things you say to yourself when nobody's listening.

Link to: Video sales page (recommended) (no type, or type=slimitless). Heather explains why forcing positive thoughts backfires and what she does instead.

Hidden money blockers

Who it's for: Readers who want more money and feel something keeps holding them back. Email and newsletter ads.

The idea: Heather's Money Mindset Anti-Virus Technique is for rooting out the hidden money blockers that keep people broke however hard they work.

- Some of the beliefs that stop people ever having enough money are so well hidden that working harder never gets near them.

- Heather calls it the Money Mindset Anti-Virus, and it goes looking for the beliefs that keep your bank balance low.
- Two neighbours can earn exactly the same wage, and one of them still ends up with far more money saved every year.

Link to: Video sales page (recommended) (no type, or type=slimitless). The presentation tells how Heather went from a tiny bank balance to a career she loves.

Freedom first

Who it's for: Readers in their 50s and 60s thinking about how they want to spend the coming years. Email and Facebook.

The idea: Heather's bonus Limitless Freedom says freedom to call the shots matters more than the number of zeroes in your account.

- Seven figures a year wouldn't make someone wealthy in Heather Christensen's eyes if it meant fourteen-hour days in a job that drained them.
- The kind of wealth Heather Christensen goes after never shows up in a bank account.

Link to: Video sales page (recommended) (no type, or type=slimitless). Heather's presentation explains how she found the freedom to work from anywhere and travel when she likes.

Love and a partner who talks

Who it's for: Single readers and people whose relationship has gone quiet. Email, Facebook and Instagram.

The idea: A few months after Heather found the Universal Wave she met a man she admires and trusts. Her program includes the Can Opener Exercise and the Limitless Love bonus.

- After her husband confessed to an affair, Heather ended up living in a motel, and a few months after she found the Universal Wave she met a wonderful man.
- The Can Opener Exercise is Heather's answer to a partner who keeps everything inside.
- According to Heather, a devoted partner is drawn to you by something you build inside yourself first.

Link to: Video sales page (recommended) (no type, or type=slimitless). Heather tells her own love story in the presentation.

Getting things done

Who it's for: Readers who keep putting off the things that matter to them. Email and TikTok.

The idea: Heather's "Mental Gear Shift" Technique is for getting rid of procrastination, perfectionism and self-sabotage.

- Nearly everyone has one thing they keep meaning to start, and it sits on the list month after month.
- Waiting until everything is perfect before you start is one of the habits Heather's Mental Gear Shift Technique goes after.

Link to: Video sales page (recommended) (no type, or type=slimitless). The presentation shows how Heather went from stuck to writing for a living.

Feeling it before you have it

Who it's for: Manifestation lists. Email and Instagram.

The idea: Heather noticed that people find it easier to attract what they already have, and her Instant Abundance Technique works on that idea.

- Why do wealthy people keep getting things for free?
- It's easier to attract something you already have, Heather noticed, which is why her Instant Abundance Technique starts with how you feel.

Link to: Video sales page (recommended) (no type, or type=slimitless). Heather explains the thinking behind the Instant Abundance Technique in the presentation.

Visualising and affirmations, done differently

Who it's for: People who already visualise or use affirmations. Email, YouTube and Instagram.

The idea: Heather teaches "Reverse Visualization" and powerful DECLARATIONS, which she says go beyond affirmations.

- Heather Christensen visualises backwards, and she says it draws specific people and things to her.
- Affirmations said to the bathroom mirror can start to sound like wishful thinking, so Heather uses something she says is far stronger.
- Declarations are what Heather Christensen teaches to people who have outgrown affirmations.

Link to: Video sales page (recommended) (no type, or type=slimitless). The presentation explains where Reverse Visualization and declarations fit into Heather's method.

A decision will be made for you

Who it's for: Readers at a crossroads in life. Email and Facebook.

The idea: Heather's aunt used to say that if you don't make a decision, a decision will be made for you. Deciding is also Heather's second step.

- Her aunt used to have a saying about decisions, and when Heather looks back at her life, she can see her aunt was right.
- "If you don't make a decision, a decision will be made for you. And you may not like what it is."

Link to: Video sales page (recommended) (no type, or type=slimitless). Heather explains her three steps, including the decision that starts step two.

Work you love, at any age

Who it's for: Readers over 50 thinking about a second career or a change. Email and Facebook.

The idea: Heather went from an office assistant job to writing for a living, and her 5-minute Passion-Mapping Exercise is for finding your passionate purpose.

- Within a few months of leaving an office assistant job where nobody appreciated her, Heather was working with millionaires and motivational speakers.
- The Passion-Mapping Exercise takes just 5 minutes, and Heather promises it makes your manifesting far more powerful.
- Her friends had known Heather as the woman who was always struggling, so they couldn't wait to hear what had changed.

Link to: Video sales page (recommended) (no type, or type=slimitless). The presentation tells how Heather's career changed and what she used to change it.

Highs and lows

Who it's for: Readers who swing between hope and worry. Email, Instagram and TikTok.

The idea: Heather says that when you see everything as a wave, the lows don't last as long and the highs don't slip away so quickly.

- Heather believes there's a reason the bad patches in life drag on so long, and it has to do with what we do when they start.
- Trying to stay up when life pulled her down only made things worse for Heather Christensen, until she saw what she was doing.
- These days Heather Christensen wakes up excited about what the day holds, and she gives the credit to three steps that started on her living room couch.

Link to: Video sales page (recommended) (no type, or type=slimitless). Heather explains how she learned to work with the highs and lows in her video.

Part 3: Text and newsletter ads

Newsletter and solo ads

Short ads for a sponsor slot in someone else's newsletter or a solo-ad mailing. Use the headline as the subject line or the bold first line, then the ad and your link.

The couch

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

She lay on her couch, too exhausted to move, and then she saw it

Ad:

One evening, after her husband had left and her money had run very low, Heather lay on the sofa at home and saw something that marked the turning point of her life.

She tells what it was in a free presentation:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Hard-work myth

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

The money belief most of us learned from our parents

Ad:

Heather was raised to believe that hard work guarantees success, so she worked hard at everything while her life kept caving in, until she found an easier way to get where she wanted to go.

Hear Heather tell it in her own words:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Surfboard

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

What a surfboard showed one woman about her life

Ad:

Picturing herself on a surfboard, Heather realised she'd been fighting the waves of her own life. Once she stopped, things began to move for her, in her work and in love.

She explains what changed in her video:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Third step

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

The third step that turns a picture in your head into real life

Ad:

Heather Christensen says picturing what you want isn't enough on its own, and she calls the missing step Ride the Waves.

Learn about it here:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

1927

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

What two physicists found at Bell Laboratories in 1927

Ad:

At Bell Laboratories in 1927, electrons behaved like waves as well as particles. Heather Christensen starts her explanation there and goes on to three steps for working with the waves in your own life.

See where the experiment leads:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Positive thoughts

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

For anyone who finds it hard to stay positive all day

Ad:

Negative self-talk loses its power with Heather's Word Replacement Technique, and she built her whole program for people who can't keep up positive thinking 24/7.

See how it works:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Money blockers

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

The hidden money blockers Heather Christensen goes looking for

Ad:

Some hidden beliefs keep people struggling with money no matter how hard they work, and Heather's Money Mindset Anti-Virus Technique is built to root them out.

Heather explains it in a free presentation:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Mental Gear Shift

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

Stop putting off the things that matter to you

Ad:

Procrastination, perfectionism and self-sabotage keep the things you care about waiting, and Heather Christensen's "Mental Gear Shift" Technique goes after them.

Watch her free presentation:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Reverse Visualization

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

How Heather Christensen visualises backwards

Ad:

The usual visualising advice gets turned around in Heather's "Reverse Visualization", which she says draws specific people and things to you.

Heather shows where it fits here:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Declarations

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

Heather Christensen uses something stronger than affirmations

Ad:

Most of us have heard of affirmations, but Heather Christensen teaches powerful DECLARATIONS that go further, and she says they bring what you want into your life.

Find out what declarations are and how she uses them:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Passion-Mapping

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

A 5-minute exercise to find your passionate purpose

Ad:

Heather's 5-minute Passion-Mapping Exercise puts you back in touch with your passionate purpose whenever you want, and she says that makes your power to manifest far greater.

See where it fits in her method:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Can Opener

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

An exercise to help a quiet partner open up

Ad:

A partner who keeps everything inside can be hard to feel close to, and Heather's Can Opener Exercise is built to help them open up so the two of you can enjoy real trust and closeness.

Heather tells her own love story here:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Instant Abundance

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

The reason wealthy people keep getting free things

Ad:

Wealthy people are given free things all the time, and Heather noticed that what you already have is the easiest thing to attract. Her Instant Abundance Technique makes you feel as if you already have what you want, and she says that is what draws it to you.

Hear the idea in Heather's own words:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Mental Thermostat

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

Turn the stress down and focus on what you want

Ad:

Turning your stress level down frees your attention for the things you want, and that is the job of Heather's "Mental Thermostat" Technique.

Hear Heather explain her method:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Decision

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

The decision that turned Heather's life around

Ad:

Every good thing in Heather's life, she says, came from a clear decision to change. Deciding is the second of her three steps, and she explains the third, Ride the Waves, in her presentation.

She tells the story in her video:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Freedom

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

Freedom matters more than the zeroes in your bank account

Ad:

Making freedom one of your highest values is how Heather's bonus program, Limitless Freedom, sets out to bring more money into your life.

See how she found her own freedom:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Bad luck

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

Years of bad luck with money or love don't rule you out

Ad:

Supremely Limitless is for anyone who has struggled to make the Law of Attraction work, and Heather Christensen says that includes people who think they're just unlucky.

Her story starts here:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Love

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

Meet a partner you admire as well as love

Ad:

A few months after Heather found the Universal Wave, she met a man she admires and can lean on. Her bonus program, Limitless Love, is about the love that draws a devoted partner to you.

Watch Heather's story:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Career change

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

She went from office assistant to working with millionaires

Ad:

Heather felt unappreciated in her day job. Within a few months of finding the Universal Wave Principle, she was writing for a living and working with experts at the top of their fields.

Find out how she did it:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Highs and lows

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

Why the good times slip away so fast

Ad:

Heather Christensen found the reason on the evening she pictured herself on a surfboard, and it changed how she handles every high and low in her life.

See what she saw that evening:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Mind Reboot

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

The more you push a thought away, the stronger it gets

Ad:

Easy exercises in Heather's bonus Limitless Mind Reboot change the way you relate to your own thoughts, so that, as she puts it, the positive ones grow by themselves.

Find out more:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Drained

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

Wake up excited about the day ahead

Ad:

Heather used to dread every hour at work, and these days she gets up full of energy. She explains the three steps that changed it.

Hear how in her free video:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Publisher

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

The online publisher who came looking for Heather

Ad:

An online publisher heard about Heather through a close friend of hers and was so impressed by the change in that friend that he got in touch with Heather out of the blue.

Hear the whole story:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Guarantee

Link to: Video sales page (recommended) (no type, or type=slimitless)

Headline:

Try every exercise for 60 days before you decide

Ad:

Supremely Limitless costs $39.95 as one payment, includes four bonus programs and comes with a 60-day, no-questions-asked money-back guarantee.

Start with Heather's free presentation:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Written version

Link to: Written sales page (text version of the presentation) (type=written)

Headline:

Prefer to read? Here's Heather's whole story in writing

Ad:

This is the text version of Heather Christensen's presentation, where she tells the story of her evening on the couch and the three steps she uses to work with the Universal Wave.

Read it at your own pace:

{HOPLINK}

I may earn a commission if you buy through my link, at no extra cost to you.

Short classified ads

For classified sections in newsletters and ezines that take short ads. The link line doesn't count towards the words in most publications.

Couch

Link to: Video sales page (recommended) (no type, or type=slimitless)

Ad (29 words):

One evening on her couch, with her marriage over and very little money, Heather saw the picture that set her life on a new course. Watch her free presentation.

Link line:

{HOPLINK} (affiliate link)

Third step

Link to: Video sales page (recommended) (no type, or type=slimitless)

Ad (20 words):

Heather Christensen says picturing what you want gets you two steps of the way, and her video explains the third.

Link line:

{HOPLINK} (affiliate link)

Hard work

Link to: Video sales page (recommended) (no type, or type=slimitless)

Ad (25 words):

Heather grew up believing hard work guarantees success, and her life only changed when she let that belief go. She explains it in her presentation.

Link line:

{HOPLINK} (affiliate link)

Money

Link to: Video sales page (recommended) (no type, or type=slimitless)

Ad (27 words):

Hidden beliefs can keep people short of money however hard they work, and Heather's Money Mindset Anti-Virus Technique roots them out. She explains it in her video.

Link line:

{HOPLINK} (affiliate link)

Surfboard

Link to: Video sales page (recommended) (no type, or type=slimitless)

Ad (18 words):

One picture of a surfboard in the ocean turned a struggling woman's life around. Watch Heather's story free.

Link line:

{HOPLINK} (affiliate link)

Positive

Link to: Video sales page (recommended) (no type, or type=slimitless)

Ad (23 words):

Staying positive 24/7 is hard for most people, and Heather wrote her program with that in mind. See it in her free presentation.

Link line:

{HOPLINK} (affiliate link)

Love

Link to: Video sales page (recommended) (no type, or type=slimitless)

Ad (25 words):

A few months after finding the Universal Wave, Heather met a man she could trust and lean on. Hear her love story in her video.

Link line:

{HOPLINK} (affiliate link)

Freedom

Link to: Video sales page (recommended) (no type, or type=slimitless)

Ad (24 words):

True wealth is freedom, says Heather Christensen. See how she went from office assistant to working from anywhere. Her story is free to watch.

Link line:

{HOPLINK} (affiliate link)

1927

Link to: Video sales page (recommended) (no type, or type=slimitless)

Ad (23 words):

In 1927, electrons were seen behaving like waves. Heather Christensen explains what she believes that means for your everyday life. Watch it free.

Link line:

{HOPLINK} (affiliate link)

Guarantee

Link to: Video sales page (recommended) (no type, or type=slimitless)

Ad (22 words):

Supremely Limitless comes with a 60-day money-back guarantee, so you can try Heather's three steps risk free. Start with her free presentation.

Link line:

{HOPLINK} (affiliate link)

Part 4: Social media posts

Facebook posts

Post on your page or profile, or in groups whose rules allow promotions. Add the suggested picture and keep the #ad line.

The couch

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A woman in her fifties resting on a sofa in the evening with her eyes closed and a peaceful half smile (aff-kit/img/pics/couch-listen.webp)

Post:

Heather's husband had left her. There was very little money in her account, and every hour at her office job felt like an eternity.

One evening she lay down on the couch at home and couldn't get up again. Instead of fighting it, she stopped pushing her feelings away and let the anger and the sadness come up, along with the awful sense that she had no power over her own life.

A few minutes later, a picture came into her head that she has never forgotten.

She describes that picture, and what it led to, in her own presentation:
{HOPLINK}

#ad I earn a commission if you buy through this link.

Monbiot quote

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A man in his fifties writing in a paper journal at the kitchen table at sunrise, a mug of coffee beside him (aff-kit/img/pics/journal-morning.webp)

Post:

"If wealth was the inevitable result of hard work... every woman in Africa would be a Millionaire." (George Monbiot)

Growing up, Heather Christensen was taught that working hard guarantees success. She worked hard at everything, and her life kept falling apart anyway.

What she found instead is in her free presentation:
{HOPLINK}

#ad I earn a commission if you buy through this link.

Third step

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: Fine glowing waves and ripples of light in violet, cyan and gold flowing through dark space (aff-kit/img/pics/wave-abstract.webp)

Post:

Lots of law of attraction teachers say that picturing what you want is all it takes to get it.

The method Heather Christensen teaches has three steps, called See the Waves, Set Your Intention and Ride the Waves, and she believes that picturing it only gets you as far as the second one. The third is what makes the picture in your head turn up in your real life.

Her free presentation goes through all three:
{HOPLINK}

#ad I earn a commission if you buy through this link.

Her love story

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A couple in their fifties walking arm in arm at golden hour, laughing together (aff-kit/img/pics/couple-evening.webp)

Post:

For a while after her husband confessed to an affair, Heather Christensen lived in a motel and didn't know where her life was heading.

Later she met a man she respects and admires, who is also a great communicator she can lean on and trust.

What she learned between the motel and meeting him is in her presentation:
{HOPLINK}

#ad I earn a commission if you buy through this link.

Her aunt's saying

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A dark indigo starfield with faint violet haze (aff-kit/img/pics/stars-band.webp)

Post:

Heather Christensen's aunt used to say: "If you don't make a decision, a decision will be made for you. And you may not like what it is."

When Heather looks back, every good thing in her life came from making a clear decision to change.

She tells how her own life turned around, starting with one evening on her living room couch, in her free video:
{HOPLINK}

#ad I earn a commission if you buy through this link.

Freedom

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A man in his fifties writing in a paper journal at the kitchen table at sunrise, a mug of coffee beside him (aff-kit/img/pics/journal-morning.webp)

Post:

Would you call someone wealthy if they earned seven figures but worked fourteen hours a day in a job they hated?

Heather Christensen wouldn't. To her, true wealth means the freedom to spend your time however you wish, without having to answer to anyone.

She left an office job where she felt unappreciated, and today she writes for a living and travels when she likes. Her presentation tells how that change came about:
{HOPLINK}

#ad I earn a commission if you buy through this link.

1927

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A deep indigo night sky with a soft ribbon of light flowing across it like a wave (aff-kit/img/pics/hero-cosmos.webp)

Post:

In 1927, at Bell Laboratories in New Jersey, two physicists found that electrons behave like waves as well as particles.

That discovery is where Heather Christensen starts her presentation, and then she asks what it could mean for your money and your relationships.

Watch it with a cup of tea:
{HOPLINK}

#ad I earn a commission if you buy through this link.

Instagram captions

Post the picture, paste the caption and add the hashtags as the last line or the first comment. Instagram doesn't make links in captions clickable, so put your hoplink, or a presell page on your own site, in your bio.

Surfboard

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: Fine glowing waves and ripples of light in violet, cyan and gold flowing through dark space (aff-kit/img/pics/wave-abstract.webp)

Caption:

She saw herself sitting on a surfboard in the ocean.

The waves lifted her up and brought her down again, and Heather realised she had been fighting them all along, trying to stay up when they pulled her down and swimming against them when they were going the other way.

That picture became the first of her three steps, and you'll find all three in the presentation linked in my bio.

Hashtags:

#ad #manifestation #lawofattraction #manifestyourdreams #mindset #personalgrowth #over50

Positive 24/7

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A woman in her fifties resting on a sofa in the evening with her eyes closed and a peaceful half smile (aff-kit/img/pics/couch-listen.webp)

Caption:

Tell yourself not to think about something, and it's usually the first thing that pops into your head.

So Heather Christensen wrote her program with people in mind who find it hard to stay positive all day. Her Word Replacement Technique takes the power out of negative self-talk, and her Limitless Mind Reboot bonus is designed so the good thoughts grow stronger on their own.

You can watch her free presentation from the link in my bio.

Hashtags:

#ad #manifestation #lawofattraction #manifestyourdreams #mindset #personalgrowth #over50

Feel it first

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A deep indigo night sky with a soft ribbon of light flowing across it like a wave (aff-kit/img/pics/hero-cosmos.webp)

Caption:

Have a look at who gets given free things all the time. It's nearly always people who are already wealthy.

It's easier to attract something you already have, according to Heather Christensen, so she created the Instant Abundance Technique to make you feel that what you want is already yours.

Her presentation explains the idea, and it's linked in my bio.

Hashtags:

#ad #manifestation #lawofattraction #manifestyourdreams #mindset #personalgrowth #over50

Mornings

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A man in his fifties writing in a paper journal at the kitchen table at sunrise, a mug of coffee beside him (aff-kit/img/pics/journal-morning.webp)

Caption:

Heather used to dread every hour at her office job.

These days she gets up full of energy and looks forward to whatever the day will bring.

She puts the change down to three steps for working with the Universal Wave. Tap the link in my bio to watch her explain them.

Hashtags:

#ad #manifestation #lawofattraction #manifestyourdreams #mindset #personalgrowth #over50

Love starts with you

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A couple in their fifties walking arm in arm at golden hour, laughing together (aff-kit/img/pics/couple-evening.webp)

Caption:

Most of us know only a handful of couples who really admire each other and lift each other up.

Heather Christensen found that kind of love with a man she met a few months after she discovered the Universal Wave. Her bonus program, Limitless Love, is about creating a love for yourself that draws in a partner who is devoted to you.

You can hear her tell it through the link in my bio.

Hashtags:

#ad #manifestation #lawofattraction #manifestyourdreams #mindset #personalgrowth #over50

Captain

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A dark indigo starfield with faint violet haze (aff-kit/img/pics/stars-band.webp)

Caption:

The second of Heather's three steps is about becoming the captain of your own ship.

You decide exactly what you want and where you're going, so you can steer towards it. Heather adds a third step after that, which she says is the one that brings what you have decided into your life.

The link in my bio takes you to her free presentation.

Hashtags:

#ad #manifestation #lawofattraction #manifestyourdreams #mindset #personalgrowth #over50

TikTok videos

Each idea is a short video you can make with the suggested picture as the background, or by talking to camera. Say the first line in the first two seconds, keep #ad in the caption, and put your hoplink, or a presell page on your own site, in your bio.

The couch

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A woman in her fifties resting on a sofa in the evening with her eyes closed and a peaceful half smile (aff-kit/img/pics/couch-listen.webp)

Video idea:

Talk to camera: "Her husband had left, she had almost no money, and one evening she lay on her couch and couldn't get up." Then tell what she did next (let every feeling come up instead of pushing it away) and stop at "a few minutes later she saw something that became the turning point of her life." Point to the link in your bio.

Caption:

What Heather saw one evening on her couch is the reason her life looks so different today. Link in bio.

Hashtags:

#ad #manifestation #lawofattraction #mindset #personalgrowth #over40

Hard work

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A man in his fifties writing in a paper journal at the kitchen table at sunrise, a mug of coffee beside him (aff-kit/img/pics/journal-morning.webp)

Video idea:

Hold up a finger: "Heather's parents taught her one rule about money, and plenty of us were raised on the same one." Say the rule (work hard and success has to come), then read the George Monbiot quote from Heather's presentation and say that she found another way to get what she wanted. Point to the link in your bio.

Caption:

Heather grew up on the same money rule as most of us, and she says it kept her stuck. Link in bio.

Hashtags:

#ad #manifestation #lawofattraction #mindset #personalgrowth #over40

Surfboard

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: Fine glowing waves and ripples of light in violet, cyan and gold flowing through dark space (aff-kit/img/pics/wave-abstract.webp)

Video idea:

Start with: "Picture yourself on a surfboard out in the ocean." Describe the waves lifting you and dropping you, then say Heather realised she'd been fighting waves like these in her own life. End on: "She calls it step one, and the other two steps are in her presentation."

Caption:

Heather's first step came to her as a picture of a surfboard, and she explains the other two in the video linked in my bio.

Hashtags:

#ad #manifestation #lawofattraction #mindset #personalgrowth #over40

Third step

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A deep indigo night sky with a soft ribbon of light flowing across it like a wave (aff-kit/img/pics/hero-cosmos.webp)

Video idea:

On screen: "Step 1: See the Waves. Step 2: Set Your Intention. Step 3: ?" Say: "Heather Christensen says most visualising advice never gets as far as this third step, and without it the first two don't work." Don't guess what it is. Point to the link in your bio.

Caption:

Most people stop at step two, according to Heather. Find step three through the link in my bio.

Hashtags:

#ad #manifestation #lawofattraction #mindset #personalgrowth #over40

Freebies

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A dark indigo starfield with faint violet haze (aff-kit/img/pics/stars-band.webp)

Video idea:

Ask: "Why do rich people keep getting free stuff?" Pause, then say Heather Christensen noticed that people attract more of what they already have, and she built a technique around that feeling. Leave the technique itself for the presentation.

Caption:

Rich people keep getting free things, and Heather built a whole technique around the reason. The video is in my bio.

Hashtags:

#ad #manifestation #lawofattraction #mindset #personalgrowth #over40

Can Opener

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A couple in their fifties walking arm in arm at golden hour, laughing together (aff-kit/img/pics/couple-evening.webp)

Video idea:

Open with: "Ask a quiet partner how their day was, and you'll usually get one word back: 'fine'." Then say Heather designed an exercise called the Can Opener for exactly that, and that she met a great communicator herself a few months after finding the Universal Wave. Keep the exercise a mystery.

Caption:

Heather designed an exercise for partners who keep everything bottled up. Her video is linked in my bio.

Hashtags:

#ad #manifestation #lawofattraction #mindset #personalgrowth #over40

YouTube Shorts and Community posts

Shorts: use the title, make the video from the idea, and paste the description. YouTube doesn't make links in Shorts descriptions clickable, so put your hoplink, or a presell page on your own site, in your channel's links. Community posts: add the picture and paste the post; links in Community posts can be clicked.

Short: Surfboard

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: Fine glowing waves and ripples of light in violet, cyan and gold flowing through dark space (aff-kit/img/pics/wave-abstract.webp)

Title:

The Surfboard Picture That Came to Heather on Her Couch

Video idea:

Tell how Heather lay on her couch on the evening her life felt as if it was caving in, and pictured herself on a surfboard, fighting the waves. Explain that this became her first step, See the Waves, and that the other two steps are in her presentation.

Description:

Heather Christensen walks through all three steps of the Universal Wave in her video presentation, and you will find it through the link on my channel page. #ad I earn a commission if you buy through my link.

Short: 1927

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A deep indigo night sky with a soft ribbon of light flowing across it like a wave (aff-kit/img/pics/hero-cosmos.webp)

Title:

The 1927 Experiment Heather Christensen Uses to Explain the Universal Wave

Video idea:

Tell the Bell Laboratories story in a few sentences (electrons behaved like waves and particles), then say Heather Christensen uses it as the starting point for her idea that money, relationships and moods move like waves too. Keep it as her view.

Description:

Watch Heather explain the Universal Wave in her own words from the link on my channel page. #ad I earn a commission if you buy through my link.

Short: Third step

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A dark indigo starfield with faint violet haze (aff-kit/img/pics/stars-band.webp)

Title:

Why Picturing What You Want Gets You Only Two-Thirds of the Way

Video idea:

Show the three step names on screen and say Heather treats picturing what you want as step two of three. Say the third step is called Ride the Waves and that she explains it in her presentation.

Description:

Find Heather Christensen's free presentation through the link on my channel page. #ad I earn a commission if you buy through my link.

Community post: Highs and lows

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A dark indigo starfield with faint violet haze (aff-kit/img/pics/stars-band.webp)

Post:

Hard times last longer when we struggle to climb out of them, Heather Christensen believes, because the struggle itself keeps us down there.

In her video she explains what she does when a hard stretch comes along:
{HOPLINK}

#ad I earn a commission if you buy through this link.

Community post: Drained or excited

Link to: Video sales page (recommended) (no type, or type=slimitless)

Picture: A man in his fifties writing in a paper journal at the kitchen table at sunrise, a mug of coffee beside him (aff-kit/img/pics/journal-morning.webp)

Post:

Every hour at Heather Christensen's old office job felt like an eternity.

Today she starts most mornings excited about what the day holds, and she tells how that happened in her free presentation:
{HOPLINK}

#ad I earn a commission if you buy through this link.

Part 5: Ready-made articles

Publish them on your blog, site or newsletter. Each is also in the articles download as a Word file, text file and web page. Links are shown as: label (hoplink).

Why Working Harder Never Seems to Bring the Money and Freedom It Promised

Meta description: Heather Christensen was raised to believe hard work guarantees success, until one evening on her sofa showed her what effort alone could never do.

Summary: For readers who have worked hard for years and are still waiting for the money, security and free time. It tells how Heather Christensen was raised to believe hard work guarantees success, the George Monbiot line she quotes, the surfboard picture that changed her mind, and the first two of her three steps, leaving the third for the free presentation.

Disclosure at the top: This post contains affiliate links. I may earn a commission if you buy through them, at no extra cost to you.

Most of us grew up with the same piece of advice. Keep your head down, work hard, and one day the money, the security and the free time will come.

Heather Christensen's parents taught her exactly that, and she used to believe it too.

She believed that the harder she worked, the more success she was owed. So she worked hard at everything, from her office job to keeping the people around her happy.

And yet her life kept caving in on her.

Working hard at everything, and still falling behind

There came a point when Heather's husband left her and there was hardly any money in her account.

She was working as an office assistant at the time, and every hour of the working day felt like an eternity to her. She was exhausted from trying to please everyone, and she felt that nobody appreciated any of it.

It felt to her like a losing battle, and she couldn't see any way out of it until one particular evening, which she describes in her presentation.

When she looked around, she saw the same thing in a great many other lives. People work hard for decades, and they struggle and suffer without getting any closer to the things they were working for.

The writer George Monbiot summed it up in one sharp line, and Heather quotes him in her presentation:

> "If wealth was the inevitable result of hard work... every woman in Africa would be a Millionaire"
> - George Monbiot, as quoted in the Supremely Limitless presentation

Effort still matters, of course, but Heather came to believe that effort on its own was never what decided who got ahead.

As she puts it, the Universe doesn't give bonus points for making things more difficult than they need to be.

What a surfboard taught Heather about effort

Her answer came to her one evening as a picture in her mind. In it she was out on the ocean on a surfboard, with the waves lifting her up and bringing her down again, and she enjoyed the tickle of pleasure in her belly as she rode them.

It struck her that life was like that ocean, and that she had been fighting its waves all along.

She had kept swimming against the waves when they were clearly going the other way, and all that fighting was the hard work that wore her out. It made her feel at war with life itself, and it multiplied her suffering.

Heather came to call this idea the Universal Wave Principle. She believes everything in life moves in waves, including your money, your relationships, the events of your week and even your moods.

Why the hardest road is so rarely the quickest

Heather asks you to consider a possibility that goes against everything her parents taught her: that getting what you want in life has more to do with getting in tune with the Universal Wave and walking the right path towards success than with picking the hardest path you can find.

She calls it one simple shift in your thinking, and she says it makes it so much easier to tap into the power of the Universal Wave and bring more wealth, success and happiness into your life.

Heather's own life changed quickly once she made that shift. In the months after that evening, she left her office assistant job and became a writer, and soon she was working alongside millionaires and motivational speakers.

Since she could work remotely, she set her own schedule and travelled as she pleased, and a few months later she met a wonderful man.

She says she loves no longer having to do work that doesn't inspire her, and having the time to go wherever she wants and be with the people who matter to her.

That is a long way from the days when she traded so much of her precious time just to make ends meet.

The three steps Heather uses, starting with the waves

Over those few months, Heather worked out three steps for putting the Universal Wave Principle to work in your own life.

The first step is See the Waves. You learn to look at your bank balance, your love life and even your state of mind as things that rise and fall, so a bad month stops feeling like the end of the world.

The second step is Set your Intention. Heather says you have to decide clearly what you want and where you want to go, so that you become the captain of your own ship and can steer towards whatever you desire.

A lot of people stop at that point. They have been told that visualising what they want is all they need to do, so they picture it every day and wonder why so little changes.

Heather says they are missing the crucial third step. Its name is Ride the Waves, and she says it is the step that finally makes what you have pictured real.

How you actually ride the waves is something Heather explains herself, in a free presentation that tells her whole story and shows what she decided to do differently after all that hard work. Watch the presentation here ({HOPLINK}).

If you'd rather read than watch, the same presentation is also available as text ({HOPLINK}).

All the hard work you have already put in deserves to start paying off, and Heather's three steps are a good place to begin. Start with her presentation ({HOPLINK}).

How One Evening on Her Sofa Led Heather Christensen to a Career She Loves, the Freedom to Travel and a Man She Admires

Meta description: Heather Christensen's husband had left and money was short when, one evening on her sofa, she pictured herself on a surfboard and saw why life had felt like a losing battle.

Summary: Heather's own story for readers who love a turnaround: her husband's affair, the motel, the office job, the evening she lay on her sofa and saw herself on a surfboard, and what happened in the months that followed. It ends by inviting readers to the free presentation where she tells the rest.

Disclosure at the top: This post contains affiliate links. I may earn a commission if you buy through them, at no extra cost to you.

Heather Christensen remembers lying on her living room sofa one evening, unable to move.

Her husband had confessed to an affair, and for a while afterwards she was living in a motel, trying to work out what to do next.

She had a very small bank balance. Her job as an office assistant left her feeling unappreciated, and every hour she spent there felt like an eternity.

She felt unappreciated in every other part of her life too. She was working hard at all of it and wearing herself out trying to please everyone, and still her life seemed to be caving in on her from every side.

That evening, her emotions finally got the better of her.

The feelings she had been pushing away

Heather didn't fight what she was feeling that night. She let it all come: the anger, the betrayal, the frustration, the sadness, and a feeling of utter powerlessness about her own life.

She had been pushing those feelings away, and she says she needed to let herself feel them.

After a few minutes, something happened that she says she will never forget, because it marked the turning point of her life.

In a flash of insight, she saw what she would later call the Universal Wave Principle.

Out on the ocean on a surfboard

In her mind, Heather was suddenly out on the ocean on a surfboard.

Waves came and lifted her up and brought her down again, and she enjoyed the tickle of pleasure in her belly as she felt herself ride them.

She realised that life was like that ocean, and that she had been fighting it.

She had struggled to stay high when the waves brought her down and held herself low when they wanted to lift her up, and she had kept swimming against them when they were plainly going in the opposite direction.

That fighting, she saw, was what made her feel in conflict with life itself, and it had multiplied her suffering.

Once she could see that everything in life was a wave, she felt she could work with that power and let it take her where she wanted to go. She describes it as hopping up on the surfboard and riding it for as long as she wanted, with the force of the Universe itself carrying her along.

What changed in the months that followed

Over the next few months, Heather applied the Universal Wave Principle to her own life, and she says the results were better than she could have imagined.

She traded her unappreciated office assistant job for a career as a writer. Before long she was working with millionaires, motivational speakers and leading experts in many fields.

Because she could work remotely, she was able to set her own schedule and travel as she pleased.

A few months after that, she met a wonderful man. She was attracted to him, and she also respected and admired him, and he was a great communicator she could lean on and trust.

> "I feel safe and sure of myself... Because I know no matter what happens... The Universal Wave is always there for me..."
> - Heather Christensen, in the Supremely Limitless presentation

Why her friends started asking questions

Heather's friends had known the old Heather, the one who was always struggling, always frustrated and always settling for a mediocre life.

So when they saw her new career and the man who loved and cherished her, they wanted to know what had happened.

She told a few of her closest friends about the Universal Wave and the steps they could use to apply it to their own lives.

That was when she decided to share the Universal Wave with as many people as she could.

As soon as she set that intention, she says, all sorts of crazy coincidences started happening. Suddenly she had the time and the financial freedom to take a few months off to set the whole system down in detail.

Then an online publisher contacted her out of the blue. He had heard about her from one of her best girlfriends, and he wanted to help Heather get the program out to the world.

When Heather sat down to write it, she says it came flying out of her.

The program that came out of that evening

That program is Supremely Limitless. Heather filled it with detailed explanations and easy exercises you follow one step at a time, so that anyone can understand the Universal Wave and apply it to their own life.

It is built around three steps: See the Waves, Set your Intention and Ride the Waves. See the Waves is about noticing that your money, your relationships and even your moods rise and fall, and Set your Intention is about deciding clearly where you want to go. Heather talks through those two in her presentation, and the third is where she shows how to make the waves work for you.

She tells the full story herself in a free presentation, including the moment on the surfboard and what she believes it means for anyone who feels tossed about by life. Watch Heather's free presentation here ({HOPLINK}).

In the presentation Heather shares a saying of her aunt's, about what happens to people who keep putting a decision off.

Heather believes everything good in her life came from making a clear decision to change. Her presentation is free to watch ({HOPLINK}), and it's the best place to see what she decided and why.

Why Positive Thinking Leaves So Many People Stuck, and the Step That Gets Things Moving Again

Meta description: Staying positive 24/7 so the Law of Attraction will work is exhausting. Heather Christensen explains why forcing good thoughts backfires, and how her method works however you happen to feel.

Summary: For readers who have tried the Law of Attraction, vision boards and affirmations and are still waiting. It explains Heather Christensen's view of why forcing positive thoughts backfires, names the techniques from Supremely Limitless that deal with negative self-talk and stress, and leaves the third step for the free presentation.

Disclosure at the top: This post contains affiliate links. I may earn a commission if you buy through them, at no extra cost to you.

A lot of people discover the Law of Attraction and feel a rush of hope.

They read the books and make the vision board. They write out their affirmations every morning and work hard at thinking only good thoughts about money and love.

For a while it feels wonderful, and then the bills still arrive, the right partner still hasn't appeared, and the same old worries keep creeping back in.

Before long, many of them start to blame themselves for not being positive enough.

Heather Christensen understands that feeling well, because she lived it. She remembers struggling to get the Law of Attraction working in her own life and wondering which of her thoughts would manifest into reality.

Why trying not to think a thought makes it louder

Many people have learned to push away negative thoughts and feelings to try to make manifesting work.

Heather points out that the harder you push a thought away, the more it forces its way to the front of your mind, because that is simply the way your brain is designed.

Fight a worried thought about money all morning, and by lunchtime it has taken over your whole day.

Heather's answer is to stop judging those so-called negative thoughts and to see them as simply a part of the Universal Wave. Once you stop fearing them, she says, they lose their power over you and wilt like a plant that isn't watered.

This is the idea behind Limitless Mind Reboot, one of the four Premium Bonuses that come with her program, Supremely Limitless. Its quick exercises are designed to reframe your relationship with your own thoughts, so your positive thoughts grow stronger without you having to force them.

Three things Heather says should never stop you

Heather wrote Supremely Limitless for people who have tried before and felt let down. She says it was created for you even if:

- you've struggled in the past to get the Law of Attraction to work for you,
- you've always had 'bad luck' with money or in love,
- and especially if you find it hard to only have 'positive thoughts' 24/7.

Nobody stays cheerful all day long, and a method that depends on it lets you down on your hardest days, just when you need it most.

Heather's Universal Wave Sequence is about tapping into the power of the Universe however you happen to feel.

A worried morning or a bill you weren't expecting no longer has to undo all your good work, because the method was never built on you feeling wonderful every minute.

This matters to Heather because she found her own answer on an evening when her life seemed to be caving in, lying on her sofa and feeling anything but positive.

Techniques for the days your mind won't co-operate

Supremely Limitless gives each of these problems its own named technique. Heather describes them like this:

- The Word Replacement Technique takes away the power of your negative self-talk to affect you, leaving you with a positive mindset that attracts the abundance you want.
- The 'Mental Thermostat' Technique is for turning your stress level down, so you can put your attention on the things you want.

- Powerful Declarations go further than affirmations, and Heather says they give you whatever you want in your life, whenever you want it.
- The Instant Abundance Technique makes you feel as if you already have the thing you desire, so it is naturally drawn to you.

Heather explains the thinking behind that last one with something most of us have noticed: wealthy people are forever being given free things.

It is easier to attract something you already have, she says, and the technique is built around that.

The 'Instant Presence' Exercise works alongside it, bringing you into the now whenever you want, with the gratitude, peace and focus that Heather believes are key to manifesting what you want.

Why picturing what you want is only part of it

The Universal Wave Principle has three steps. The first is See the Waves, which means noticing that your income, your relationships and your feelings all come and go in a natural rhythm, so a dip in any of them no longer sends you into a panic.

The second is Set your Intention. You choose exactly what you are aiming for, whether that is more money, a loving partner or better health, and you commit to it.

This is where most Law of Attraction advice ends. Heather has heard plenty of people say that visualising what you want is all it takes, and she believes those people never get as far as the third step.

She calls it Ride the Waves, and she credits all three steps together for turning her own life around.

Within a few months, Heather had swapped an office job where nobody appreciated her for remote work as a writer, and she had met the man of her dreams.

She explains how the third step works in a free presentation. You can watch it here ({HOPLINK}), and it's worth setting aside the time to see it through to the end.

Before you write another affirmation

Staying positive day after day and still waiting is tiring, and there's nothing wrong with you for feeling that. Most people have simply been given two steps out of three.

The missing one is in Heather's presentation. Watch her explain it ({HOPLINK}), or read the text version ({HOPLINK}) if that suits you better.

What a 1927 Discovery About Electrons Has to Do With the Ups and Downs in Your Money, Your Love Life and Your Moods

Meta description: In 1927, two physicists found that electrons behave like waves. Heather Christensen believes your money, relationships and moods do too, and that seeing it is the first step to changing your life.

Summary: A curiosity-led article for readers who like big ideas. It starts with the 1927 Bell Laboratories experiment that showed electrons behaving as waves, explains how Heather Christensen came to see everything in life as a

wave, walks through her first step, See the Waves, with everyday examples, and points to the free presentation for the rest.

Disclosure at the top: This post contains affiliate links. I may earn a commission if you buy through them, at no extra cost to you.

In 1927, at Bell Laboratories in New Jersey, two physicists called Clinton Davisson and Lester Germer were running experiments on beams of electrons.

Electrons are the tiny particles that move around inside every atom. Most people pictured them as very small balls, and a ball goes where it is thrown, so it was hard to picture something so small spreading out and rippling like a wave.

What Davisson and Germer found was that electrons could also behave like waves, much like ripples on water.

Their result became one of the best-known experiments in quantum mechanics, which is still one of the most important parts of physics today.

Heather Christensen tells this story in her presentation, and it leads her to a much bigger idea about the way your life works.

The invisible forces you already know about

We live surrounded by forces we can't see. Some of them are familiar, like the pull of gravity and the earth's magnetic field.

Sound reaches you as waves through the air, and light reaches your eyes as waves too, which is how you see the world around you.

Heather believes these are just the tip of the iceberg. She describes an invisible field of energy made up of powerful waves that is always interacting with your thoughts, your emotions and your actions.

In her view, how well you are in tune with these waves affects how you get on with other people, the places you go, the decisions you make and how much of your true potential you get to experience in your lifetime.

She calls this connection of waves the Universal Wave, and she says that, depending on how you choose to work with it, it has the power to shape your reality for the better and bring more wealth and success into your life.

She believes this field is working on your life every day, whether you notice it or not.

This is Heather's own belief, and she builds her whole program on it. You don't need a physics degree to try it, because everything she teaches starts with the life you're living now.

Seeing your own life as a wave

The first of Heather's three steps is called See the Waves, and it is the easiest one to start thinking about today, because all it asks is that you look at your life in a new way.

She asks you to look at everything in your life as a wave: the things that happen to you, your money, the people you love and how you feel from one day to the next.

Think about how most of us treat a good spell. When money is coming in nicely, a lot of people feel a quiet worry that it is all about to slip away, and they cling to a happy relationship in case it ends.

A quiet month for your income or an argument with someone you love can feel as if it will last forever, and people scramble desperately to get out of it.

Heather says both habits work against the Universal Wave, because all that clinging and scrambling is a way of resisting what is, and it makes everything much harder for you.

What changes once you see the pattern

According to Heather, once you clearly see everything as a wave, the hard stretches don't last as long.

Picture that quiet month for your income again. If you see it as the low point of a wave, you stop panicking, you keep your head clear and you are ready when things lift again.

All you need to do, she says, is stop struggling against the current. She believes that frees up a boundless source of energy that has always been available to you, so you can draw what you want into your life naturally.

Heather learned this the hard way, at a time when her husband had left her, she was short of money and her job as an office assistant felt endless. She was fighting every wave in her life, and she was so exhausted that she ended up on her sofa one evening, unable to move.

That evening she saw herself on a surfboard out at sea, and she realised that all her fighting was what had multiplied her suffering. Within a few months of living by the Universal Wave Principle, she had a new career as a writer, she was travelling as she pleased, and she had met a wonderful man.

The two steps that come after seeing the waves

Seeing the waves helps you cope with whatever life throws at you, yet Heather is clear that on its own it won't bring more of what you want into your life.

Her second step, Set your Intention, is about deciding clearly what you want, whether that's more money, a career with more meaning or a loving relationship with a true partner in life. Heather says that once you've made that decision, life stops simply happening to you.

Her third step, Ride the Waves, is about learning to work in harmony with the waves all around you, and Heather explains how she does it in her free presentation.

The presentation picks up exactly where this article stops, with Heather explaining the third step in her own words. See it here ({HOPLINK}).

You can also read the presentation as text ({HOPLINK}) if you'd like to take it in at your own pace, and then watch the video ({HOPLINK}) when you have a quiet moment.

Part 6: Product review article

Fill every highlighted [YOUR EXPERIENCE: ...] line with your own true words, or delete it, before you publish.

Supremely Limitless Review: What's Inside Heather Christensen's Universal Wave Program, and Who It Suits

Meta description: A close look at Supremely Limitless by Heather Christensen: the Universal Wave, the three steps, the techniques, the four Premium Bonuses, the price and the guarantee.

Summary: A review an affiliate can adapt after going through the program: what Supremely Limitless is and where it came from, the Universal Wave and its three steps, the named techniques, the four Premium Bonuses, who it suits and what it works on, the $39.95 price and the 60-day guarantee, and a verdict. The highlighted [YOUR EXPERIENCE] boxes are for the affiliate's own true words.

Disclosure at the top: This post contains affiliate links. I may earn a commission if you buy through them, at no extra cost to you.

Supremely Limitless sets out to show you how to attract more money, love, health and freedom into your life by working with what its creator, Heather Christensen, calls the Universal Wave.

[YOUR EXPERIENCE: one or two sentences on why you picked it up. For example, what was going on with your money, your work or your love life, or what made you curious about it.]

I've been through the whole program myself, and I came away with a clear idea of who will get the most from it.

The evening Heather Christensen stopped fighting the waves

Heather built the program out of her own life. There was a time when her husband had left her after an affair, she had very little money, and she was working as an office assistant in a job where she felt unappreciated.

One evening, lying on her sofa, she pictured herself on a surfboard, rising and falling with the sea, and realised she had been fighting the waves of her life.

She calls what she saw that night the Universal Wave Principle. Over the next few months she became a writer who could work from anywhere and travel as she pleased, and before long she had met a man who loved and cherished her.

Her closest friends saw the change and asked what had happened, and an online publisher later helped her turn her method into this program.

The Universal Wave and the three steps

Everything in Supremely Limitless rests on Heather's belief that life moves in waves, and that you get much further once you learn to work with them. She breaks it into three steps.

- See the Waves: learning to see your money, your love life and your moods as a rising and falling pattern, so the hard patches pass sooner.
- Set your Intention: deciding clearly what you want and where you want to go, so you're the one steering your life.
- Ride the Waves: the final step, which Heather says turns your dream into your new reality.

It comes as a manual with quick exercises and short proclamations to say each morning, and you get a login to the members area as soon as you join. Each idea comes with a detailed explanation and step-by-step instructions, so you don't need any background in manifesting to follow it.

The techniques you'll learn, by name

The program is built around named techniques, which makes them easy to remember and come back to. These are the ones Heather lists:

- The Universal Wave Sequence, for tapping into the power of the Universe and making the Law of Attraction work for you no matter how you feel.
- The Word Replacement Technique, which takes away the power of your negative self-talk to affect you.
- The 'Mental Gear Shift' Technique, which deals with procrastination, perfectionism and self-sabotage, and turns you into the kind of person who always gets things done.
- "Reverse Visualization", to draw specific people and things you desire to you.
- The 5-minute Passion-Mapping Exercise, for connecting with your passionate purpose whenever you want to.
- The Money Mindset Anti-Virus Technique, for finding and clearing the hidden money blockers that hold people back no matter how hard they work.
- Powerful Declarations, which go beyond affirmations.
- The Meal Mindfulness Technique, which changes your relationship with food.
- The Can Opener Exercise, for partners who keep things bottled up, so you can experience real trust and loving intimacy.
- The Instant Abundance Technique, which makes you feel as if you already have what you desire.
- The 'Instant Presence' Exercise, which brings you into the now whenever you want, with the gratitude, peace and focus that come with it.
- The 'Mental Thermostat' Technique, for turning your stress level down so your mind stays on what you're aiming for.

[YOUR EXPERIENCE: which technique stood out most to you, and why. If you tried one, say what you did and what you noticed, in your own words. Don't give away how the third step or any technique works.]

The four Premium Bonuses

Four bonus programs come with Supremely Limitless at no extra charge:

- Limitless Mind Reboot: easy exercises that reframe your relationship with your own thoughts, so your positive thoughts grow stronger without you having to force them.
- Limitless Freedom: Heather's take on true wealth, built on putting freedom near the top of what you value, so you can spend your time as you wish.
- Limitless Love: how to change your thinking so you create a love for yourself that attracts your soul mate.
- Limitless Vitality: Heather's steps for more energy and feeling good in your own body.

[YOUR EXPERIENCE: optional. Which bonus you'd start with, or which one surprised you.]

Who will get the most from Supremely Limitless

Supremely Limitless is a great fit for anyone who has worked hard for years and still feels they're swimming against the current with money, work or love.

It's also written for people who have struggled to get the Law of Attraction to work for them, who feel luck has never been on their side with money or love, and who find it hard to keep only positive thoughts all day long.

It suits women and men alike, and it gives you one method for every big area of life: money, career, love and health.

A program for your mindset and your everyday choices

Supremely Limitless works on the way you think and decide, and you'll see it in the choices you make every day about work, money and love.

Heather writes about the Universe and manifesting with real conviction, and you can feel how much she believes in what she teaches from the first page.

If you're dealing with a health problem or your mental health, keep seeing your doctor alongside it, because Supremely Limitless works on mindset and manifesting and isn't medical care.

The price and the 60-day guarantee

Supremely Limitless costs $39.95 as one payment, and that covers the program and all four Premium Bonuses. You can start as soon as your order goes through.

It's sold through ClickBank, and it's backed by a 60-day money-back guarantee, with no questions asked. If you're not happy with it, you email support@supremelylimitless.com within 60 days for a full refund.

Is Supremely Limitless worth $39.95?

For anyone who is tired of trying harder and getting nowhere, yes, it is. The three steps change how you look at every high and low in your life, and there's a named technique to use on each one, starting today.

What I like most is how it handles negative thoughts: instead of asking you to stay positive all day, it shows you how to stop fighting them, and I haven't seen another manifesting program put that so clearly.

[YOUR EXPERIENCE: your own verdict in one or two sentences. What you'd tell a friend about it.]

Heather tells her own story and explains the first two steps in a free presentation, with the order button right underneath it when you're ready. Watch Heather's presentation ({HOPLINK}), or go straight to Supremely Limitless here ({HOPLINK}).

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