

Michelle Prohaska

Holy BLEEP!

That Was NOT a Coincidence



Book release date - April 26, 2021
Launch party - April 22, 2021

WHAT YOU NEED TO KNOW TO SOUND LIKE YOU'VE READ THE BOOK

ABOUT MICHELLE

Michelle Prohaska, author, coach, and speaker, is crazy passionate about connecting with the magic of everyday life and teaching others that we are not doing this thing called life alone. We are all connected. Once we figure out our connection, life can be crazy fun!



Michelle grew up in Waterloo, Iowa and returned to the Cedar Valley 20 years ago to raise her family. Her dad was a well know local real estate agent. It was his sudden death and some jaw droppping things that happened at that time that sparked the knowing she was to write the book, *Holy BLEEP! That was NOT a Coincidence*.

Michelle Prohaska is passionate about having fun in life. She loves laughing, dancing, boating, and quality time with friends and family. Referred to as positive, genuine, and living life to the fullest, she is passionate about teaching people about the magic of life. She lives in Iowa with her husband, Larry, and cat, Rudy. They have two grown daughters.

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BACK COVER COPY

Life is meant to be fun and the Universe is willing to play with us!

We are surrounded by so-called coincidences every day. These coincidences are meaningful nudges and can be life-changing. **We are not alone.** We are all connected to each other, nature, our loved ones that have passed, the supernatural. This connection is our soul's greatest desire. The thing that connects us is the **magical force** of love that some call God, the Universe, a Higher Power... Call it what you want, but it's real.

Michelle Moine Prohaska started seeing signs of this connection after the **unexpected death** of her dad with “**coincidences**” that were **too odd not to be God**. Some were jaw-dropping, some hilarious, and others caused a sense of peace. After experiencing repeated “Godincidences,” Michelle set out to explore and connect with the **supernatural force behind it all**.

See what the world can look like when we open our minds to the daily presence of the Universe's power and how each and every one of us can tap into this power and **experience life in an exciting way**.

In this book, you'll discover once we **free our mind and beliefs** we can:

- **feel** the nudges and connection
- **focus** on the possibilities
- **frolic** with the supernatural and create a magical life

No matter where your belief stands, Michelle hopes that you'll join her on this **sometimes-comical journey** of viewing the world in a whole new way. This is her story; she didn't write it, God did, and it's **AWESOME**.

Life is meant to be fun! Ready to be **wowed by life?**

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HARDCOVER JACKET COPY

**Our soul's greatest desire
is to
feel good
and
feel connected.**

Michelle Moine Prohaska discovered during a period of great grief that we are each personally connected to the greatest power of Love.

Once we become more aware of this connection and our emotions, we will know that we can shift our feelings from grief, loneliness, self-doubt, and fear to joy, peace, love, and connection.

God, the Universe, the Supernatural is communicating to each of us in a unique and personal language. Recognizing this is the first step to feeling good.

Holy Bleep! That Was NOT a Coincidence:

Part I- My Story- is Michelle's story of seeing signs of grace in a time of great grief.

Part II- God is... Michelle teaches us how to take our beliefs out of the box and **Believe BIG**.

Part III- How to... Michelle teaches us 10 techniques to connect with the supernatural and feel good, including the powerful #feelthesmile method.

Part IV- You. Are. Being. Nudged. Michelle teaches how to feel the nudges and **act** on them.

Join Michelle on this feel-good journey and discover that...

Life is meant to be FUN!

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INTRODUCTION FROM BOOK

This book is about my discovery of our connection to a magical, mysterious power. Some call this power God. Others call it The Universe, Higher Power, Spirit, The Law of Attraction. Call it what you want (I like to mix it up!); it's real, powerful, and just waiting for us to connect to it. Once we make this true connection, we will realize we are not going through this thing called life alone.

Many people are suffering from grief, loss, or lack (all of any kind). We feel all alone. Like it's us against the world. We feel deserted or abandoned.

But I'm here to tell you...We are not alone! There's a force of love so powerful and strong, with such a synchronized connection to all of creation, that once we learn to see it, we'll never feel alone again.

This book is not about religion. It's about God. There's a difference.

In this book, I'll ask you to be open. Be open to this Higher Love. Be open to its existence. Be open to connecting with it. Be open to laughing until you cry with it.

Really! This is crazy fun stuff, and I think life can be crazy fun if we let it.

We've all heard it.

Life can change in the blink of an eye.

You may experience an unexpected loss of a job, a financial hardship, a disheartening medical diagnosis, or the loss of a loved one.

Has this ever happened to you?

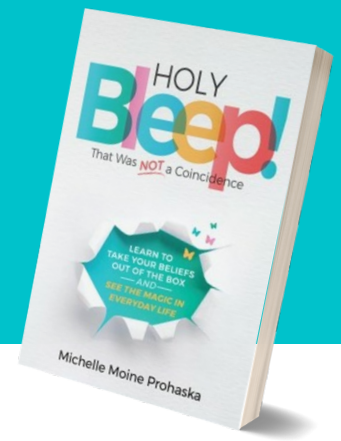
How did it affect you? What did you take away from it? Were you able to see the good in it? Were you able to see things to be grateful for? Were you able to see the many gifts in it?

In June 2008, my life changed forever, in one really bad way but also in many, many good ways. What happened at that time was just the beginning of my journey of viewing the world in a whole new, magical way.

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What are the 10 techniques taught in Part III?

PART III – How to...

Chapter 1 – How to... Seek and Be Open

We need to seek God without seeking “Him” in any certain way. Let the Universe surprise us. It can come up with even better ways than we can in how to appear. It is like focusing without focusing. Expecting it to happen without expecting how it will happen. Be aware. Hold on loosely and enjoy every second of it.

Chapter 2 – How to... Pray

How do we talk with God? Is it a two-way conversation or are we doing all the talking? Prayer is the perfect way to initiate conversation, but we mustn't stop there. This chapter does not tell people the proper way to pray and what to pray for, but rather points out that prayer is only a small piece of the pie of communication with God. It is the invitation to invite God into conversation.

Chapter 3 - How to... Meditate

Many people view meditation as a foreign thing. It is something that other people do. It is not what they do or were ever taught to do, so they feel it is wrong. In this chapter, I teach people how to practice quieting the continuous chatter that is always running in our heads. Often times, this chatter is negative self-talk and it is most likely drowning out any possibility of hearing God. Meditation has many benefits, the greatest of these is being able to tell when it is God that is speaking to us.

Chapter 4 - How to... Free Write

Free Writing may be an even more foreign concept to many than meditation. Because it is so unknown, I've had my doubts about including it in this book, but it is during free writing that I have experienced some of my greatest messages from the Universe. God can and will speak to us if we let go of our doubts and just let “Him” be God. We need to be willing to let the messages through in any of a myriad of ways. What is free writing and how do you do it?

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10 Techniques Continued

Chapter 5 - How to... Be Grateful (or...Yell Woo Hoo!)

The message that I should keep a gratitude journal has come up in my life repeatedly. However, I've consistently discovered that I suck at keeping a gratitude journal. I'm just not wired to write in a journal and list five things that I'm grateful for every night before I go to bed. So, does that mean I'm destined to just not express my gratitude? No! There are other ways, my friend. This chapter goes into how to be grateful in a way that works for you.

Chapter 6 - How to... Record

A key to seeing the Magic is to record in some way when you do. There are many ways that this can be done. I describe some of the ways that you can document your Godincidences. It can be a lot of fun. Once you get better at spotting the Magic, seeing it will become such a common occurrence that you have to document the sightings just so you can remember them all. God delights in our delight of seeing "Him". When we show the Universe that we are excited to see these miracles, it simply wants to show us more. The reward of recording your God sightings is revisiting them. I highly encourage you to frequently and regularly go back and revisit your Godincidences. Remember the feeling you had when they occurred. I have found that they happen so often, that I don't even always remember them. The key is to remember how you felt in the moment that it happened. That warm, fuzzy feeling that we get is where God resides. Remember and be grateful.

Chapter 7 - How to... Do it the "Right" Way

The right way? There is no right way. Find what works for you and do that. There are so many shoulds and shouldn'ts in this world. All that really matters is what works for you. Experiment joyfully and see what works best for you. Mix it up a little. If something stops working, try something else. There are no set rules.

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10 Techniques Continued

Chapter 8 - How to... Practice

As in most things, to do something well, we must practice. There is no perfection to be expected out of our practicing though. These practices can be difficult. Don't expect perfection, just expect that with consistency there will be results. The more you do these things, the more you will see. We cannot beat ourselves up when we think we are doing poorly. That takes us out of the space of joy, which takes us out of the space of seeing. We need to practice holding on to the feeling of God, of joy, of gratitude. Success lies in the feeling of joy and love.

Chapter 9 - How to... Hold on to the Feeling

The number one most important thing in this process is to notice how you are feeling. It can be hard to control our emotions, but once again, with practice, it will become easier to assess our feelings and to continually return to the space of joy and love. Everything in life is related to feelings. It is in our best interest to tap into this awareness of our feelings and move into the space of love.

Chapter 10 - How to... Fill Your Bag of Tricks

By focusing on doing things that raises our mood, energy, and vibration, we bring ourselves into the space of seeing the magic in the Universe. We get to choose how we feel. Life is not all sunshine lollipops, and rainbows, but when we raise our energy we are able to see more of the positive. When we feel a little off, we can practice the O.M.G. (being open, meditation, gratitude) and the #feelthesmile methods.

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Courses or Opportunities to Dive Deeper

Once the book releases, there will be multiple opportunities to dig in a little deeper and to learn how to connect to this higher power, feel more confidence, feel more peace, and to enjoy life a little (or a LOT) more.

To stay informed of all the learning opportunities subscribe to Michelle's newsletter at www.michelleprohaska.com/newsletter

Discussion Questions

There are some discussion questions in the book at the end of each part, but this is only a partial list of questions.

The full list of questions can be found at www.michelleprohaska.com/free-resources

Video Discussion Questions

It's like having Michelle in the room with you leading your book club or self study!

This fun experience can be found at www.michelleprohaska.com/courses

LIVE Book Club with Michelle

Have Michelle ACTUALLY lead your book club!

In person or on Zoom.

Learn more at www.michelleprohaska.com/courses

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MORE LEARNING OPPORTUNITES

FREE Challenges on Facebook

We'll be having some challenges on Facebook to learn about and practice:

- The **#feelthesmile** Method
- Being More **Open** Minded
- The Basics of **Meditation**
- **Gratitude**

The O.M.G. Mini Course

If after the challenges, people want to dive deeper...

This Mini Course will go further in depth on:

- The **#feelthesmile** Method
- Being More **Open** Minded
- The Basics of **Meditation**
- **Gratitude**

www.michelleprohaska.com

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SUGGESTED INTERVIEW QUESTIONS

1. Many of us have or will experience the loss of a parent. Tell us a little bit about your experience of losing your dad.
2. What made you consider writing a book?
3. Your book has four parts to it. Tell us what we will learn in each part.
4. Butterflies are one of your "Godincidence" signs. What are some other ways that people might see signs?
5. You say Part III, the How to... section, is where we can really learn and dig in deeper. Tell us a little more about some of the 10 techniques you talk about in Part III.
6. Deepening your spirituality is quite popular right now. What sets you aside from the rest?
7. How can people get your book in their hands?
8. If people want to learn more or get in touch with you, how can they best do that?