

A woman with short brown hair, wearing a light blue denim jacket and a red and white striped shirt, stands on a rocky beach. She is looking out at the ocean with her hand near her face, silhouetted against the bright, hazy sunset sky. The water is calm, and the rocks in the foreground are dark and jagged.

# *The Freedom Path™*

Know yourself.

See the patterns.

Love & liberate.

Everything is making its way home.

*by Carrie Arlah Burr*

# *The Freedom Path™*

Your personal relationship with the Divine is unique, just like you.

Your path is yours.

Your way home will be your own.

Work with the things that help you, release the things that don't.

Life is sacred.

Everything is interconnected, One, whole.

You are woven with the All of Life like a thread in a tapestry.

The life of the planet and the plants, animals, and trees, is sacred.

Walk as a benevolent steward on this Earth.

Spirit is within everything.

Great Spirit, Source, Life, is within everything.

Your relationship with the spirit within everything is primary.

Your relationship with your self is primary.

Your healthy spirit depends on you developing honorable relationship with everything.

YOUR PRIMARY  
RELATIONSHIP:

SOURCE + SELF

# SOURCE

You can call the Divine anything that works for you - Great Spirit, Universe, God, The All That Is, Love, Light, Life - the only thing that matters to me is that whatever name(s) you use helps you experience and develop relationship with the greater flow of this Universe. Try a bunch of different names and see which ones resonate the most with you and help you access this energy the best.

For our purposes here, I will refer to this beingness, this place, this Great Current, as Source or Source energy throughout this text, because I want us to keep remembering that this energy is our Home. It is our Source: the place from where all things come. Everything in the created Universe is only re-Source, and there is One and only One place that all things come from. We will keep coming back to this, over and over again, throughout this text and throughout our lives, because this is the primary relationship of our lives. The healthier our relationship is with Source, the healthier our entire lives are.

Remember: Source is everything.

It is where everything begins and everything ends. It is what everything is made of, and is the energy that flows through all of life.

We are still Source energy, even now, as is everything around us, and all of it is connected and interconnected as one big whole. We are still a oneness even if we appear right now to be separate.

Separateness is always an illusion.

## SOURCE IS THE OCEAN



## AND WE ARE RIVERS FLOWING OUT OF THAT OCEAN

Whenever we need more of anything, we draw it first and foremost from Source, the great ocean of Life itself, and this current moves through us, within us, as us, helping us make choices and take action, as well as attract required re-sources to us. We are the rivers that draw from the ocean, and this is where we always go first: through prayer, meditation, breath, presence, conscious connection and request, openness, willingness, and gratitude.

The more we generate whatever we want from Source within ourselves, the more we have what we need, always.



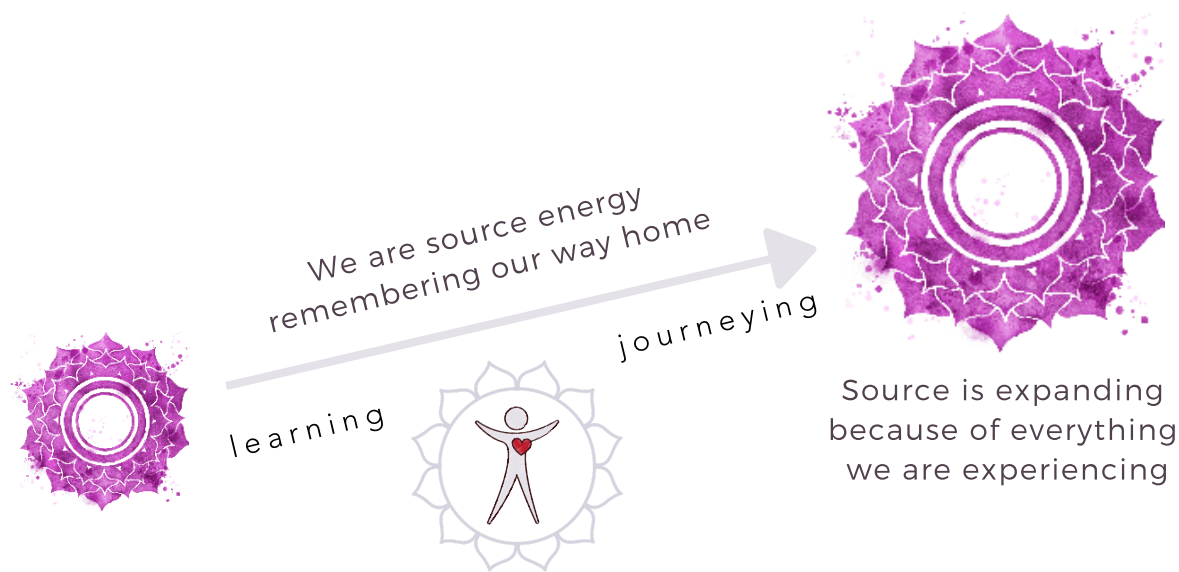
# SOURCE

We are love light beings because we are made of Source, we're just wrapped up with layers and layers of gunk: old heavy beliefs, past trauma and wounds, unhealthy patterns, and all sorts of maladapted defensive coping mechanisms. Like a star wrapped up in layers and layers of bandages, underneath it all there is still the pulsing, radiating light of the cosmos, we just have to work through all the layers of gauze to get to the Truth. As we unwind, layer by layer, and do our healing work, we experience ourselves and each other increasingly as the love light beings that we actually are. We just have to get through all the gobbeldy-gook in the meantime during the process of healing.

*heal = whole = holy*

Heal, whole, and holy are the same root word.

To heal, we remember more and more that we are whole and holy in all the places of our being. All that we are is sacred, and all that we are is still connected to the wholeness of Source and this Universe.



Everything that we are is Source energy remembering itself through us. We are Source, we came from Source, we're moving back to Source, and we are always Source even in the meantime, no matter how much we feel we've forgotten.

We will keep coming back to this section over and over again, because it is truly the most important, fundamental aspect of everything we will be working through. Spend time daily, hourly, even moment by moment, connecting to Source energy and feeling it flow freely through you. In any places you feel blocked or stuck, breathe, relax, and actively flow Source through you some more. This is, and always will be, our primary exercise.

## SOURCE QUALITIES

abundance	health
acceptance	intelligence
awareness	joy
balance	kindness
beauty	light
clarity	love
compassion	oneness
connection	order
consciousness	peace
creativity	possibility
ease	power
expansiveness	presence
flow	prosperity
freedom	purposeful
fullness	understanding
goodness	infinitely valuable
grace	wholeness
harmony	wisdom

And we are these things too,  
because we are Source energy.

# SELF

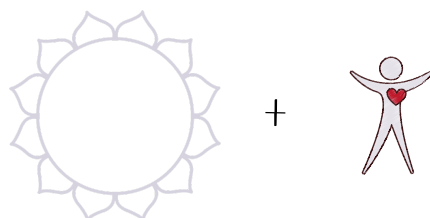
We are Source, and we are also individuated selves. This is a both/and, and we are meant to be practicing the both and the and of it at all times. We are a Oneness AND we are unique individuated beings having a personal experience of this Universe. We are BOTH the wholeness of Source AND the experience of the contrasting and different parts that make up that wholeness.



Just being a self and forgetting the oneness/interconnectedness of everything and everyone can get us into a lot of difficulty.

Conversely, forgetting that we are a self, and tending to others or the larger whole without tending to self, can also get us into a lot of difficulty.

*We are in the process of constantly weaving both harmoniously*



Our primary relationship is with ourselves and Source. When our relationship with our own self is healthy, loving, fulfilling, and deeply honoring, we have much more to give from. When our relationship to Source is rich, full, and deeply honoring as well, everything in our life becomes possible. Our path is to remember fullness within; to keep coming back inside our own hearts and bellies over and over again until living within our centers becomes the way we do everything.

## Remember:

The unhealthy and unhelpful parts inside you are the ones that have forgotten the Truth that everything is connected, interrelated, and whole. They create difficulty, conflict, and unrest in your life because they have forgotten their Oneness with the all of Life. They feel insecure, fearful, anxious, jealous, and alone, and will constantly pull your attention until they are fully healed. We can refer to this as ego or the disconnected self, which feels the need to prove something, defend something, compete, compare, exclude, or otherwise differentiate self from other.

The healthy and helpful parts inside you are individuated while also remembering that they are connected to everything and everyone else. They are creating beautiful and fulfilling experiences in your life because they still remember that they are One with the all of Life. They feel secure, confident, full, peaceful, and deeply connected, and they are a resource for you as you heal the other, more forgetful parts of yourself.

# SELF

Like a fingerprint or a snowflake, each of us is completely unique. It is very, very important that you learn your uniqueness well. You are not meant to be like everyone else, you are meant to think how you think, feel how you feel, and be exactly who you are while becoming who you truly want to be. Authenticity and deep personal integrity to yourself are cornerstones for your human practice.

Allow yourself to be exactly who are, all of you. Welcome all that lives within you home to the center of your belly, and warm yourself with the light and love that Source is as it radiates itself through the center of you.



Your epicenter is you. You are where your life begins and where it ends. You are very real and very important, and you are the one who must know you, love you, and take care of you best. You are at the heart of all matters in your life. Bring everything in your life back to where it all begins: the state and quality of how well and truly you are being you.

In the middle of your torso is your hara, or divine center. It can be seen and felt as a golden orb at your core. This orb is fully connected to the Universe, and it is where the Universe enters into you, flows through you, and expresses itself as the unique divine being that you are. This is your fill-up spot, your internal well, that you'll go back to over and over again until you naturally live all of the time from this deeply nourished place.



Allow your spirit, your soul, to drink deeply from this internal well. Go within to this center and draw from it nourishment, sustenance, and support. It is your personal, inexhaustible, ever available wellspring of comfort, support, peace, understanding, self-knowledge, strength, divine love, and everything else connected to your pure flow of self and Source. Continually fill your self with these things internally and then allow them to overflow into the world around you. This is your flow of self from inside out, arriving to everything in your life from a strong, full, focused, confident and radiant center.



NECESSARY  
UNDERSTANDINGS  
FOR PRACTICE

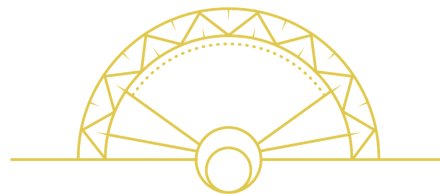
# UNDERSTANDINGS

## The Law of Free Will

The law of free will states that every being is sovereign - the supreme ruler of themselves - and is 100% at choice. This means that you are the supreme ruler over yourself and are completely at choice in your being and life. No one can force you to do anything. You cannot blame your choices, or your life, on anyone. You are powerful and are co-creating everything in your life. Fully own your power and the responsibility inherent in being able to make all of your own choices.

## Radical Self-Responsibility

When you take full responsibility for everything in your life, you step into the full power of sovereign creatorship in this Universe, which is one of the most important pieces of waking up fully and becoming the conscious creator that you are. Being a human being brings with it a legacy of externalizing blame and scapegoating. These patterns are ready to be fully released and transcended. Blaming others for circumstances and conditions in your life is like a slow leak in a tire: pretty soon the tire will be flat and you won't be able to go anywhere. Owning everything in your life as a co-creation and fully taking responsibility for your parts to play is like filling the tire back up again, putting a patch on the hole, and getting back on the road. Pretty soon you'll get to the place where you're owning every experience of your life, and there won't be anymore leaks or holes to fix, only resilience, determination, and a rugged adaptability you can take anywhere, doing well within any situation and with any person.



## LOVE AND LIGHT ARE PRIMARY

Love and Light are the core of what we are always making our way back to, and our aim is to stay in these places, flowing these qualities, at all times. We can declare ourselves of the Light, and for the Light, at any time, and this is a powerful affirmation of choice and intention.

### LOVE IS

acceptance, compassion, everything is ok, all things are lovable, kindness, inclusion,  
welcoming everything home, understanding, seeing the beauty within everything,  
Source energy

### LIGHT IS

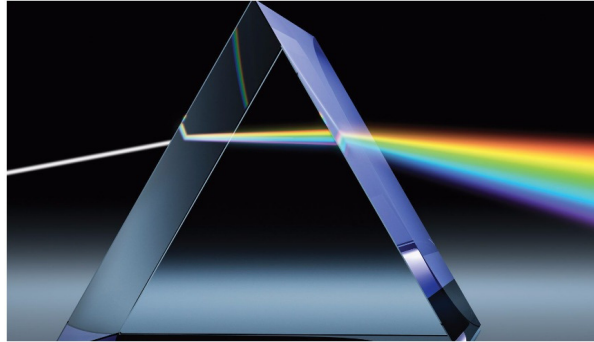
Love, goodness, consciousness, awareness, openness, curiosity, learning, clarity,  
understanding, inclusion, connection, seeing how all things fit as part of the whole,  
Source energy

# UNDERSTANDINGS

## Relativity and Absolutes

This created Universe experiences as relatives and contrast. In Truth, it is still all Source Light being refracted into prisms. At all times, both relatives and absolutes can be experienced based on what you focus your attention on. We learn through what feels like contrast, and contrast is perceived relativity.

Pure Source  
Light,  
The Absolute



Refracted light,  
color, contrast,  
this Universe,  
Relativity

### *Examples of relativity*

hot/cold, light/dark, happy/sad, fast/slow, up/down, spicy/bland, rich/poor, lucky/unlucky,  
good/bad, giving/selfish

- depends on the perspective -

### *The absolutes of Source are*

light, love, peace, goodness, kindness, joy, intelligence, power, freedom, compassion, ease,  
wisdom, order, beauty, creativity, abundance, grace, harmony, clarity

- it IS this, always -

How do we learn what love is, truly, and in increasingly expanded ways, without understanding and experiencing the things that don't experience like love? It's like trying to understand or describe the sensation of warm without ever having experienced the sensations of hot or cold. How do we know peace when we've never experienced conflict or unrest? We know love, and peace, and all the qualities of Source more and more, deeper and deeper, the greater practice we have with all the possible options. Contrast provides us the ability to practice, and the more we practice, the greater we know Source qualities within us intimately and thoroughly.

We are on a journey back towards Source within which we are cultivating understanding, greater awareness, and ways of practicing life that are in increasing alignment with the absolutes of this Universe.

# UNDERSTANDINGS

## Horizontal Axis - Balance



On Earth, there are many different qualities we are meant to work with towards balance. These qualities are neither good nor bad, right nor wrong, they are all necessary for happiness and wholeness. Our goal with these is harmony, through mastery with all of what feel like opposites.

pragmatism	↔	spirituality
strong	↔	soft
rigid	↔	flexible
external	↔	internal
self-full	↔	selfless
giving	↔	receiving

*Mastery with these is balance.  
Each is essential to experienced wholeness.*

Yin and yang, or masculine and feminine, can be a way in which we identify and then work with qualities that are often perceived as conflicting opposites. It is also very normal to think we have to pick one. This is not true, as both and all are necessary for wholeness, and all can be worked with synergistically.

In general, how are the male/female relationships in your life? How did your parents get along? Was one more masculine and the other more feminine? How have you witnessed male energy and female energy working together? Well? Not well? Has there been a lot of conflict and drama or loving and supportive synergy? What we are experiencing in our outer world points us to how these energies are working together (or not) within our own systems.

### YANG

active, alive brightness, outward, air,  
sunshine, fire, focused, linear, rational,  
hardness, male, dryness, day-time, restless,  
fast, producing, hot, assertive, dominant,  
independent

### YIN

passive, fertile darkness, inward, earth,  
water, diffuse, flowing, intuitive, softness,  
female, moisture, night-time, slowness,  
consuming, cold, sensitive, docile,  
interdependent



WE ARE MEANT TO WORK WITH ALL OF THESE, FINDING OUR OWN MASTERY  
WITHIN THE HARMONIOUS BALANCE OF WHAT FEEL LIKE OPPOSITES

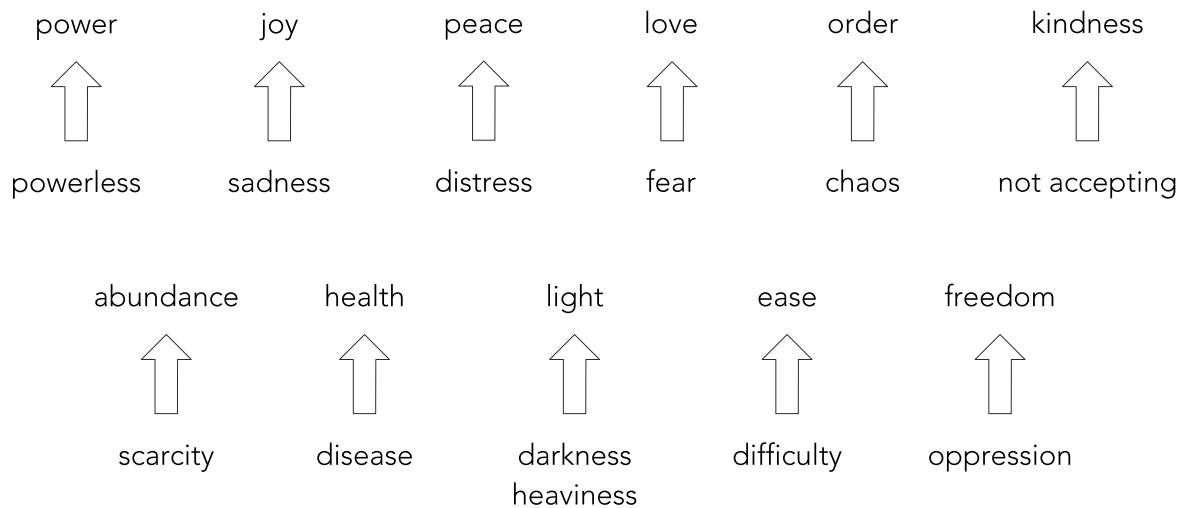


# UNDERSTANDINGS

## Vertical Axis - Ascension



As a spiritual being, there are many qualities we are lifting into. This work requires awareness, choice, letting go of what feels heavy, dark, unhealthy, and not serving, and giving more energy to what feels lighter, healthy, and truly serving.



*This is the work of release and healing.  
We are not meant to balance these energies, we are meant to become  
more and more of who we truly are: Source*

We are consistently moving towards the absolutes of Source, not balancing against them. As we lighten and lift, we experience our path of ascension.

This is not to say that anything feeling dark or heavy is bad. Nothing is bad; all of it is helping us remember our way home. All of it is helpful in growth. Everything is Source energy, all of it, especially the stuff that doesn't feel like it. This is part of our remembering, and part of making all of our choices conscious and truly chosen. Most of us won't consciously choose the things that don't feel good or aren't in alignment on our path of becoming. As we grow in consciousness, we also grow in our ability to make higher and lighter choices. This is the way of things, and we can relax and trust into this natural progression.

# UNDERSTANDINGS

## The Human Experience

Planet Earth is a much heavier, denser vibratory field than what we're used to in the spirit world and other places. It is slow and thick, like moving through molasses. Everything takes more time than we're used to, so we are forced to practice a lot of things that we don't typically experience as fun, such as:

*patience, steadiness, devotion, discipline, focus, timeliness, mindfulness, action, diligence, attention to detail, follow up, follow through, trust, faith, perseverance*



It can feel easy to get lost here, to dwell in the darkness, to believe fragments of the whole truth and get spun around, to lose hope, to get heavy.

*Yet this is not what we are here to do*

We are here to heal. We're here to rise up and out of the darkness, to learn, grow, and develop to the best of our abilities. Planet Earth is challenging, and yet with every challenge comes great opportunity for transcendence. We are here to stick with it, to persevere, and to keep coming back over and over again to what is really at hand within every moment of life: our spiritual practice and evolution.

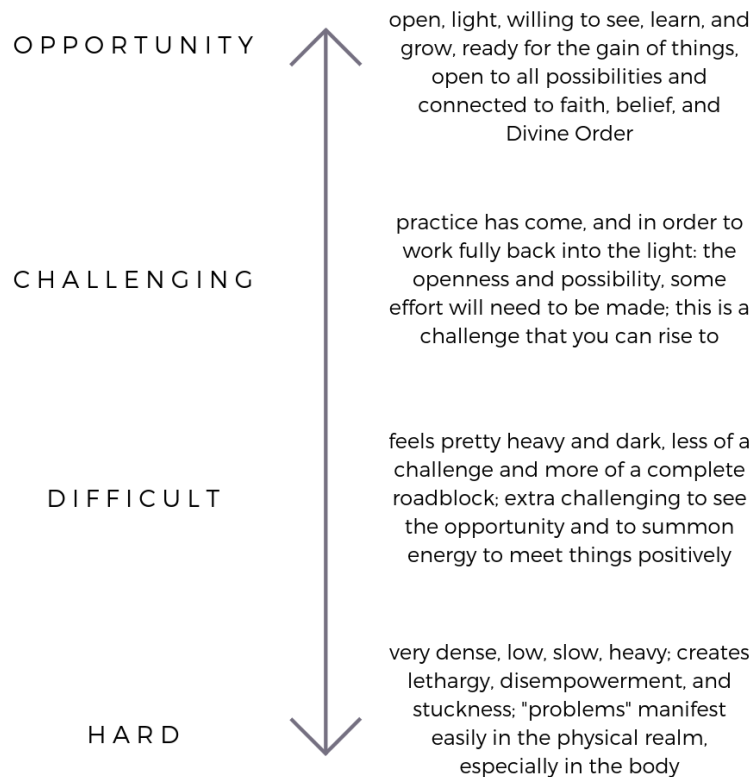
## HEALING IS REMEMBERED WHOLENESS

This path of healing can feel very difficult - if not impossible - at times, meandering around, very often leading us to what feels like backwards. There is much from our history that needs attention. Trust this process. It usually feels worse before it feels better, yet this path of healing always leads us even more to ourselves and Source, and what ultimately feels peaceful and whole. It leads us to the parts of us left scattered in the past: judged, confused, afraid, unloved, until now. Now you have the ability to bring peace and reassurance to these pieces. You're more and more able to help them make sense of things, and to come back home to greater understanding. Keep opening and learning. Keep trusting what comes, it is here for an important purpose. All of it makes perfect sense on your journey of reclamation.

As we develop increasing consciousness and choice, the stuff that has been left unhealed will come up for processing. Often you will feel better only to feel worse again, and typically question your progress or feel confused by this resurgence of the old heavy. Welcome it all, it is here because it finally feels safe to come forward. It is here because you have the wherewithal now to work with it in a way that will help it heal. All of you is coming home.

# UNDERSTANDINGS

## The Vibration of Things



### THE HARDEST STUFF IN LIFE IS ULTIMATELY THE GREATEST OPPORTUNITY FOR HEALING

How we approach everything in life is somewhere on this scale. The words we use are massively important. Moving from low, slow, and heavy vibrations "up the ladder" towards higher, lighter, and faster vibrations is always important and helpful. Useful tools in this effort are: breath, going outside and connecting to nature, exercise, journaling, naming and releasing, positive affirmations, doing anything on your self-care list, doing an activity that you love doing, connecting to and flowing with Source, doing something creative, and working with the energy of Love. Moving anything from "hard" to honestly experiencing it as opportunity is a massive win in your practice. Apply your effort.

## Words and Naming Things

*Every word out of your mouth is a prayer, it is a creational force. Use this power wisely.*

Make sure every word you speak is what you truly mean, and that it is pointing you and others to where you truly wish to go. Make every word out of your mouth support and affirm what you want to exist. Naming things is part of the creational power of this Universe, and as such, as you name things you help create or destroy. With your words, you have the very real power to build things greater and stronger, to tear them apart, or to initiate a next chapter and start something new.

# UNDERSTANDINGS

## *Important Words*

but	switching to	and
either/or	switching to	both/and
have to, need to, must	switching to	choose, don't choose
I should	switching to	choose, don't choose
hard	switching to	challenging or opportunity
can't	switching to	choose not to
bad, wrong	switching to	needs more love and growth
try	switching to	putting energy into something or not
always, never	switching to	sometimes
expect	switching to	intention, unattached desire
wish	switching to	moving towards
I am _____	switching to	in the past, I was _____
(something from the past)		

The words on the left of "switching to" are inherently limiting, and reinforce old patterns of disempowerment. They are signposts showing you where you are still holding something unhelpful. This is not a good or bad thing, the words on the left need not be shunned or made wrong, and when you use them do not make yourself bad or wrong. When you use them, try to catch yourself every time. Take a breath, acknowledge that you used the word, and then look to see what was under it. Is there a disempowering belief you can clear? Were you negating something you weren't truly meaning to negate? Were you needlessly giving yourself only one or two options when truly there are many? Where is the should coming from? Is any part of it helpful? What can be cleared? What can be brought forward more enlightened, more empowered, as something you truly align with and choose?

As we grow awareness about things we're ready to change, such as patterns, habits, perspectives, and beliefs, we identify and name them – even if they are still current – as of the past and who we have been up until now. This is what has been, and as we name it, it is already shifting. Then we name what we are ready to choose instead, and bring it into the now, inviting it into our being as we speak and affirm it.

Name things we no longer choose in the past tense, and speak of things we want for the future in the present tense. Example:

"I'm seeing that I used to \_\_\_\_\_ and I release it from my being, choosing more and more now to \_\_\_\_\_ and be more \_\_\_\_\_" "I am \_\_\_\_\_"



# UNDERSTANDINGS

## Directional Creation Using Your Words

Do your best to not use negatives in describing what you want. Positively describe what you want, with words that name what you're desiring:

non-judgmental —> compassionate, tolerant, understanding, open, loving

not afraid —> empowered, brave, peaceful, relaxed, confident

non-violent —> supportive, helpful, connective, resourced, peaceful

unstoppable —> limitless, boundless, expansive, passionate, determined

unconditional —> steadfast, wholehearted, ever present, ever available, complete

I don't want to be \_\_\_\_\_ i.e. anxious, angry, controlling —>

I want to be \_\_\_\_\_ i.e. calm, loving, helpful, relaxed

Talk about and name what you WANT instead of what you don't. Stop giving any energy to what you don't want, by talking about it, envisioning it, thinking about it, naming it. If you name what you don't want, do so with the intention of gaining more clarity on what you do want, and then give all of your thoughts, visioning, and words to affirm and reinforce your desire.

Over and over again, train your thoughts, your mental images, and your words from:

*what you don't want* —> *what you do want*

*scarcity, fear* —> *trust, abundance*

*anxiety, depression* —> *peace, joyfulness*

*anger* —> *helpfulness*

Give all of your energy to the insteads. Affirm them, and keep coming back to them.

Keep declaring even in the midst. When you are surrounded by or are still experiencing what you don't like or choose, keep affirming what you do want and what you are moving towards.

Keep a list of your "insteads" around you to remind you of your direction. These are "medicine words" that help you align more and more with where you are going instead of where you've been or currently are.

*focus, intention, desire*  
*you are a powerful creator*

THE FOUR DOMAINS OF  
PERSONAL BEING

# BODY

## *Practicing Daily Discipline and Diligence*

Your body is your house for this lifetime.  
In what kind of shape are you keeping this house?

The upkeep of your physical body is foundational to your success in all areas of life. When your house is well taken care of you will find it much easier to feel well in all the other aspects of your life.

Your body's basic needs are:

Breath  
Water  
Sunlight  
Food  
Movement  
Relaxation  
Sleep

*How well are you meeting these needs?*

Every body is unique. Your physical organism is the same as a snowflake or a fingerprint. Your body shares similar characteristics to other bodies, yet this particular physical house is new and special. You were blessed with this amazing body to be able to walk on, experience, and practice your work on planet Earth at this time. Have you taken the time to get to know this particular body and to learn what it truly needs to thrive?

As a regular practice, ask your body "what do you need right now to feel more relaxed, healthy, strong, taken care of, and nourished?" and then practice listening with your conscious mind to whatever answers your body gives you.

Things to practice: daily body care: regular meals, healthy food, nourishing sleep, clean water, right action, only following through with action when there is clear intention and right alignment

# BODY

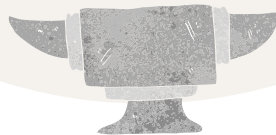
Key words: grounding, patience, persistence, dedication, nourishment, solid, stable, trustworthy, action, building

## *The Earth Element*

heavy, grounding, anchoring, slow, stable, solid, consistent, responsible, trustworthy, dedication to higher purpose through practical choices: food, exercise, rest, sleep, patience and persistence

For ungrounded people, and those of the air, fire, and water elements, taking care of bodies can feel like a chore; a boring, tedious, monotonous hassle. Most of us can have a real love/hate relationship with bodies, because in general they “ground” us and force us to work on the very Earth-based qualities that don’t feel very fun: practicality, order, discipline, self-regulation, pragmatism, slowness, dedication, patience, and lightness amidst and within the heaviness.

As young spirit beings we typically value freedom, lightness and quickness, instantaneous creation, joyfulness, being carefree, impetuous, and not responsible. As we grow up and mature, being housed in a body for periods of time forces us to develop greater capabilities in certain areas of responsibility and being accountable for our choices.



### Being overly Earth element:

the physical world is all there is, identified with the body, rigid, stuck, materialistic, stubborn, too heavy and grounded, covetous, possessive, disconnected from spirit, overly literal, unfeeling, controlling, overly practical or pragmatic, cynical, demanding, right here right now is all there is, afraid of change

The body does best with:

- consistency, regularity  
(this is where we are building TRUST with ourselves in a practical, grounded way)
- applied practice of self care
- nourishment, and practicing how to deeply receive
- practicing pace: when to be quick and energized and when to be slow and restful

# BODY

## Sensations

The body has a language of its own, and it is constantly talking to you. The more you get to know this language and really listen, the more your body can give you important information about what's going on and help you navigate through life. Often your mind will try to override this innate wisdom. More healthy would be to really listen to it and allow your body to inform you about what you're really feeling, how you're truly experiencing something, and help you make choices that are increasingly aligned with your whole self and not just what your mind wants.

Your spirit self often tries to talk to you through your body as well, like a knot in the pit of your stomach, or a queasy or sinking sensation, if something is not a good choice for you. In the positive, maybe your spirit self sends a jolt of electricity through your body and all of a sudden you feel tingly, electric, and bubbly, helping you know yes! move forward with this. This language of body sensation connects you to your own inner wisdom and provides you with information that is important and helpful about what is alive and true for you.

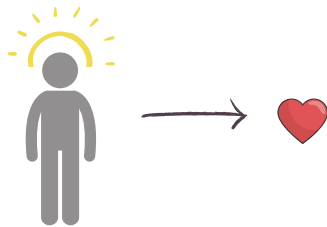
If you find yourself disconnected from your body throughout the day, practice continually coming back down and in to your body and feeling it from the inside. Inhabit your space within. Listen to what it is saying. Tend if there are sensations that don't feel good. More and more, live inside your body all the time and incorporate its language into your inner wisdom and knowledge of self. Allow body sensations to inform you constantly, helping you make truly good choices for yourself.

armored	cold	burning	achy	energized
blocked	clammy	throbbing	tender	open
clenched	sweaty	pounding	bruised	warm
closed	stuck	explosive	raw	buzzing
constricted	(like I'm)	fiery	sensitive	electric
contracted	suffocating	hot	sore	activated
knotted	congested	full	weak	bubbly
tense	frozen	flushed	empty	floating
tight	icy	rush	hollow	radiating
bloated	imploding	nauseous	wooden	shimmery
jumbled	closed	pit in stomach	numb	streaming
twisted	dark	searing	dull	airy
shaky	drained	frantic	frozen	alive
trembly	faint	prickly	lethargic	awake
throbbing	paralyzed	tingling	limp	expansive
pounding	wobbly	nervy	heavy	flowing
sharp	dizzy	twitchy	weighted	light
jittery	spacey	burning	sinking	relaxed
fluttery	breathless	radiating	burdened	smooth
shivery	fuzzy	buzzy	pressure	spacious
shuddery	spinning	itchy	thick	still
queasy	squirmy	antsy	jumpy	cool

# HEART

## *Learning Flow*

Your heart and all of its feelings are yours, and they are unique. One of your main jobs is to learn, get to know, and have deep compassion for your heart and all that lives within it, and to learn how to live well with every emotion that comes, remembering that your feelings are not the wholeness of you. They are a note in your symphony, a line in your story; they are a part of your whole yet there is much, much more to you. Your whole self is much bigger and greater than your body and your feelings, and yet both are very important for giving you feedback about your choices in life. Your conscious self is learning how to work well with feelings and sensitivity to the world around you, which helps you grow into your greater soul capacity.



Your heart is only one part of you,  
the rest of you is vast and capable of taking care.  
Come to your heart with your full being intact, and help  
guide it where your wholeness intends while also  
listening to and learning from your feelings.

Switch from the language of identifying with your feelings:

"I am angry, I am hurt, I am happy, etc"

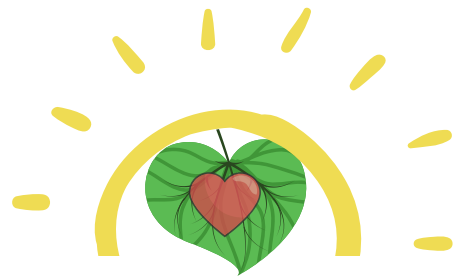
to the language of witnessing your feelings as a compassionate observer:

"Some anger is running in my system right now and I'm working with it" or

"A lot of hurt just came up for me and I'm getting curious and tending to my heart"

*Your conscious self is your steward  
overseeing and tending to your heart*

Both are currents running at the same time: your conscious observer and your feeling self. Neither dominate or "run the show". Your conscious self maintains oversight, asks helpful questions, and helps tend and listen compassionately to your heart. It also maintains a sense of direction, and no matter how big, confusing, or overwhelming your feelings get, your conscious self keeps you connected to greater Source, remembering who you really are and what your greater intentions are.



Feelings come up like bubbles, and the conscious self immediately begins tending, connecting to the breath and grounding in to an internal affirmation of safety, compassion, and okness. Once this is established, the greater self begins asking questions, like "What's coming up right now?" "Can I name the feelings and identify what parts of the body they feel connected to?" While the heart is busy exploring what just came up, the conscious self continues affirmations such as "everything is ok, even if it doesn't feel like it right now. You are loved. Keep breathing."

# HEART

Remember:

*Flow = Health*

*Stagnancy, Stuckness, and Holding = Disease*

Flow all of your feelings. All of them. Clear out shame, guilt, embarrassment, awkwardness, fear, or anything else holding you back. All holding leads to disease, so unless you want to be sick, let go, open up, and let all of your feelings flow through you *all the way up and all the way out.*



Like a bucket in a well, every feeling that comes has an end, you just have to allow yourself to get to the bottom of it and pour it all the way out. Most of us barely get started pulling the bucket out of the well and stop, because feelings can feel so difficult. Other times we get to the bottom but don't fully pour it out, because of fear, or shame, or because we've held on to it for so long we're afraid of letting go. Our intention is always to feel the feeling *all the way through* from the bottom to the top and then *let go of it completely.* With this practice we affirm health, learning, and evolution.

Practicing with water: flowing, feeling, revitalizing, clearing, cleansing, enlivening, refreshing, keeping us on path, moving things, clearing the way for Truth, a connector, deepener, growing sensitivity

All of your feelings want to be heard, seen, felt, Loved, and ultimately released. They are parts of you wanting to experience greater Love: compassion, kindness, understanding, validation, and more connection and integration with the rest of you. They want to be included. The more you resist them, the more they'll come out later in harmful and negative ways. It is much healthier to work with emotions when they come, in productive and conscious ways.

Allow your feelings to be nothing more and nothing less than the helpful guides that they are. They are going to help bring you home even more to yourself and Source. Continue releasing attachment to any feelings or confusing them for Truth. They are not Truth, they are slivers of information. The only way to get to Truth is to feel feelings all the way through, release them completely, then allow Source to live even more in the places you just emptied. Negative feelings are here to help you heal. Let them go, and allow for their lessons.

Key words: sensitivity, depth, flow, allowing, compassion, feeling, receptivity, ability to receive, developing awareness through feeling



# HEART

For unfeeling people, and those of the earth, air, and fire elements, taking care of the heart can feel scary, tedious, dramatic, like a nuisance, unnecessary, and chaotic.

Most of us can have a strange relationship with our hearts, because we're feeling constantly yet we usually have no idea what to do with these feelings and how to be in healthy relationship with our own emotions. We learn early on how to stuff, hide, cover, or compensate for feelings that feel bad to us and consequently are very often in deep denial of what our real experience of something is.

Being able to name our feelings and allow them to come while maintaining conscious oversight is our healthy path forward. It supports us in knowing our truth and in deeply understanding ourselves and others.

## *The Water Element*

relatively heavy, fluid, emotional, caring, sensitive, receptive, compassionate, feeling deeply, understanding, supportive, endless possibility, rich connection, slow, swirling, flowing, perceptive, magical, dreamy, intuitive, nurturing

### We are remembering:

- That we can feel multiple, contrasting feelings all at the same time and this doesn't make us crazy or signify that something is wrong with us, it is part of our normal capacity
- That feelings "flow" and they can go up and down and all around within seconds, or quickly change, or be confusing because there are so many different feelings all at once
- To take breaks from feeling; just like doing (body) and thinking (mind), feeling (heart) is an activity and our spirit self - breath, presence, and observation - wants to be where we hang out
- The goal isn't to feel "good" feelings all the time, like happiness. Feeling happy all the time would actually be exhausting, like playing an instrument all day long. The goal is to be experiencing connection to Source all the time, in our breath, within the experience of deep connection, and not be emotionally feeling much of anything.

## *All feelings are helpful*

They help show us what we value, who we want to be, and how we want others - which always means ourselves - to show up in life. All feelings, when allowed to flow freely, are revitalizing, clearing, and clarity-supporting. Emotions give us depth and they support our spiritual guidance and feedback system. When we feel things that don't feel good to us, we are being asked to learn and grow, make adjustments, try new things, develop greater and sometimes different capacities, and to stay on track towards Love.

# HEART

A vast majority of the time, all your heart will need in order to release heavy stuff is validation. Validation says "I see you. I hear you. I feel what you are feeling. Everything you are feeling makes perfect sense. I love you. You are ok, exactly as you are."

*Validation is not the same as endorsement.*

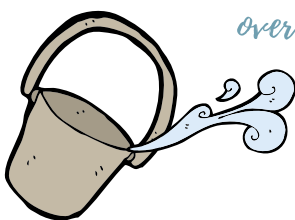
You are not supporting the feelings to hang around or to keep telling the same old unhelpful stories. You are validating their existence so that they can be freed and something truly helpful can come. Sometimes negative feelings are telling you action is needed, and validation won't be enough to fully release them. Really listen to what actions might be needed at this time to bring you more fully into alignment with yourself.

## Working With the Heart

The heart does best with:

- care, nurturance, and tending
  - full acceptance
  - safety, for self and others
- not getting lost or stuck in any feeling
  - staying on track
- breath (the lungs are behind the heart, supporting and nourishing it with their space, fullness, and connection to Life)
- kindness, compassion, and allowing for all that is
- every feeling to be felt in a way that is safe, helpful, and healing for everyone
  - grounding presence, to feel safe with and supported by
  - staying in the body, feeling and tending to all the sensations
    - feeling everything
    - learning from everything
    - healthy communication
- healthy outlets for feelings that don't feel good, moving everything through

Being overly Water element:

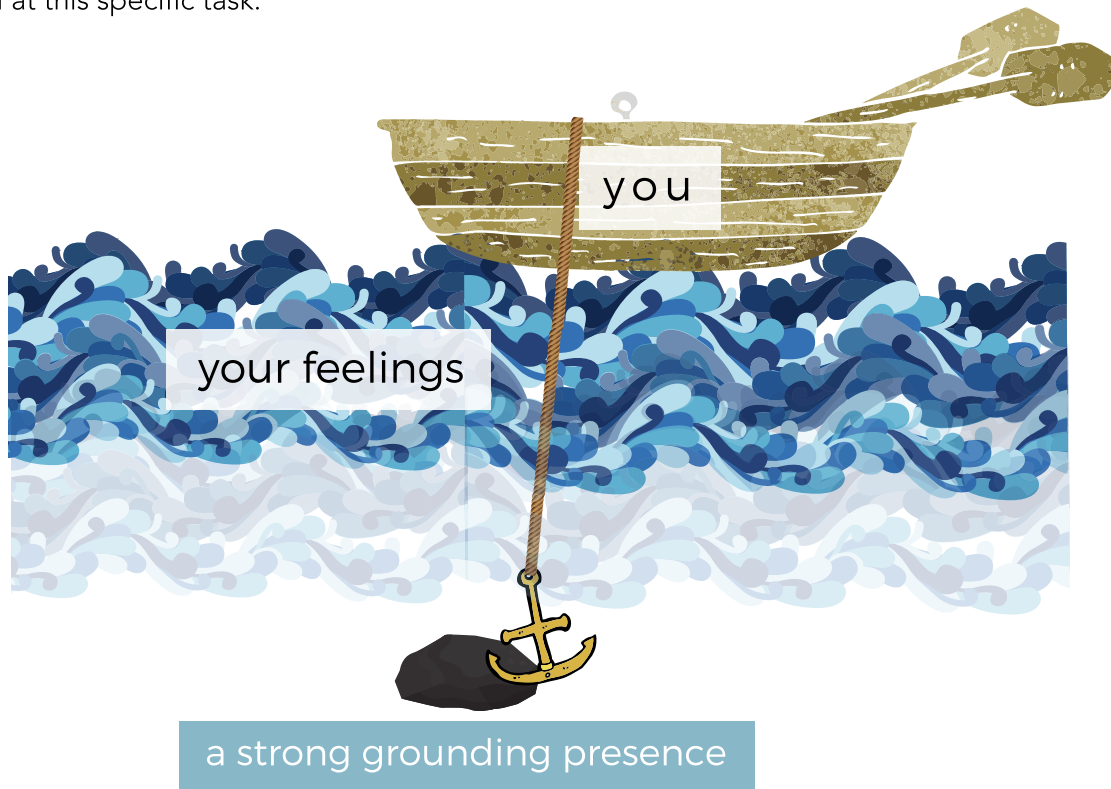


*overly emotional, moody, suffering, unstable, dramatic, tumultuous,  
needy, clingy, manipulative, drowning,  
overly sensitive, fragile, spinning in circles, directionless,  
self-indulgent, controlling, lost in fantasy*

# HEART

## GROUNDING

Because the heart is so flowy, it is helpful to have a grounding rod to anchor into. Sometimes feelings get really big, overwhelming, and you can feel lost at sea. Utilize a strong, grounded presence to anchor into, such as the presence of Earth below you, a tree, a chair, or a person who is especially helpful at this specific task.



Grounding is the ability to stay in the present moment, in your body, at all times, and especially in moments of intense emotionality, stress, or anxiety. Being able to stay grounded helps you experience empowerment, consciousness, and being at choice. The more present you are in your body, the calmer and safer you will feel.

To ground, focus on some aspect of the physical world, rather than on your internal thoughts and feelings. Focus on the present instead of on the past or future. Use one or many of your five physical senses: taste, touch, sight, sound, hearing and allow this to keep you connected to the present moment. Allow the physical world to tether you in a way that feels comforting and soothing. Breathe, as deeply and as much as you can.

Also helpful is a steward that can help keep you on track. You are not meant to get lost in your feelings, or let them take over you. As much as possible, maintain loving stewardship with yourself, yet if you cannot, get help from someone else. Stay on path towards Love and understanding.



# FEELINGS

## OPEN

understanding  
confident  
easy  
connected  
free  
sympathetic  
interested  
receptive  
accepting  
kind  
harmonious  
empathetic  
tolerant  
friendly  
approachable  
outgoing  
flowing  
flexible  
present  
listening  
welcoming  
embracing  
safe

## RELAXED

glowing  
radiant  
grounded  
unhurried  
efficient  
trusting  
supported  
fluid  
light  
aware  
healthy  
meditative  
still  
rested  
graceful  
mellow  
natural  
steady  
centered

## HAPPY

joyous  
delighted  
thankful  
festive  
satisfied  
glad  
cheerful  
sunny  
elated  
jubilant  
jovial  
fun-loving  
lighthearted  
easygoing  
euphoric

## PEACEFUL

calm  
good  
at ease  
comfortable  
pleased  
content  
quiet  
certain  
relaxed  
serene  
assured  
blessed  
clear  
balanced  
grateful  
full  
authentic  
forgiving  
confident  
self-sufficient  
tranquil  
trusting

## LOVING

considerate  
affectionate  
open hearted  
empathetic  
warm  
sensitive  
tender  
devoted  
attracted  
passionate  
admiring  
warm  
touched  
close  
loved  
sweet  
gentle  
compassionate  
caring  
allowing  
appreciative  
respectful  
humble  
gracious  
patient  
honoring  
expansive  
grateful

## EXHILIRATED

blissful  
ecstatic  
elated  
enthralled  
exuberant  
radiant  
rapturous  
thrilled

## INTERESTED

engaged  
fascinated  
intrigued  
inquisitive  
engrossed  
curious  
amazed  
involved  
attentive  
absorbed  
observant  
amused  
thoughtful  
courteous  
intent  
focused

## STRONG

confident  
empowered  
reliable  
sure  
secure  
stable  
honest  
composed  
self-affirming  
truthful  
supportive  
perseverant  
responsible  
energized  
complete  
mature  
solid

## FREE

light  
open  
expansive  
alive

## ALIVE

energized  
animated  
spirited  
excited  
vibrant  
active  
spunky  
youthful  
vigorous  
enthusiastic

## POSITIVE

optimistic  
eager  
keen  
earnest  
inspired  
enthusiastic  
encouraged  
bold  
brave  
hopeful  
upbeat  
beautiful  
creative  
constructive  
helpful  
resourceful  
motivated  
cooperative  
productive  
responsive  
conscientious  
adaptable

## EXCITED

amazed  
ardent  
aroused  
eager  
passionate

# FEELINGS

## ANGRY

irritated  
enraged  
hostile  
annoyed  
upset  
hateful  
unpleasant  
offensive  
aggressive  
bitter  
frustrated  
resentful  
critical  
violent  
vindictive  
mean  
spiteful  
agitated  
antagonistic  
reactive  
short-tempered  
impatient  
contrary

## HURT

crushed  
tormented  
pained  
rejected  
injured  
offended  
afflicted  
aching  
heartbroken  
agonized  
wronged  
humiliated  
insulted  
suffering  
invaded  
slighted  
bellited  
betrayed

## DEPRESSED

disappointed  
discouraged  
ashamed  
powerless  
dissatisfied  
miserable  
low  
terrible  
lousy  
desperate  
self-critical  
gloomy  
disheartened  
down  
stuck  
contracted  
tight  
blocked  
despairing  
hopeless  
negative  
closed

## SAD

tearful  
heavy  
anguished  
dejected  
unhappy  
mournful  
grieving  
sensitive  
fragile  
hopeless  
melancholy

## YEARNING

envious  
jealous  
longing  
nostalgic  
pining  
wistful

## CONFUSED

doubtful  
uncertain  
indecisive  
perplexed  
embarrassed  
hesitant  
lost  
unsure  
uneasy  
distrustful  
cloudy  
unsettled  
puzzled  
torn

## JUDGMENTAL

aversion  
animosity  
appalled  
contempt  
disgust  
stern  
frowning  
recoiling  
glaring  
dislike  
hard  
hostile  
repulsed

## DISCONNECTED

lonely  
alienated  
aloof  
apathetic  
cold  
detached  
distant  
indifferent  
numb  
removed  
withdrawn

## HELPLESS

incapable  
overwhelmed  
alone  
paralyzed  
useless  
inferior  
incompetent  
inept  
weak  
sick  
nauseated  
trembling  
craving

## TENSE

anxious  
agitated  
disturbed  
rattled  
edgy  
fidgety  
nervous  
restless  
stressed out  
troubled  
uncomfortable  
uneasy  
upset

## EMBARRASSED

ashamed  
guilty  
uncomfortable  
mortified  
self-conscious  
contracted

## FATIGUE

beat  
burnt out  
depleted  
exhausted  
lethargic  
weary  
worn out

## INDIFFERENT

insensitive  
dull  
bored  
preoccupied  
cold  
uncaring  
uninterested  
unresponsive  
tired  
robotic

## AFRAID

terrified  
suspicious  
anxious  
alarmed  
dread  
foreboding  
mistrustful  
panicked  
nervous  
wary  
worried  
shaky  
restless  
insecure  
apprehensive  
troubled  
disturbed  
paralyzed  
attached

## PAIN

agony  
anguish  
bereaved  
devastated  
grief  
heartbroken  
miserable  
regretful  
remorseful  
dark  
lost  
alone

# HEART

Utilize feelings lists to identify the charge running through you. Maintain conscious awareness while your emotional body is flowing. As you name a feeling, allow yourself to feel it fully in a safe, supported way. Move the feeling all the way through. Release it into the Earth to allow it to be cleansed, or vibrate it out to Source so the ocean can wash it clean. Allow whatever feelings are moving through you to help you learn what's important for you, and to help you see what actions you may want to welcome in for refinement or correction.

*Every feeling has a piece of wisdom within it.  
Feel it all the way through and invite the learning to come.*

Remember, there are no good feelings or bad feelings. All feelings are helpful. All are helping you learn. Your optimal state isn't all "good" feelings all the time. It is presence, breath, and feeling fully connected to your self and Source at all times. Then, what feelings come are simply part of your journey home. Love the feelings that don't feel as good as much as you do the one's that do.

Commit to taking care of your emotional body every day, and when something comes up for you, to tend to it. Commit to no longer stuffing or hiding your feelings and instead working with them exactly as they are, with courage and care. Ask your heart how it is feeling and give it some time and space to feel. Listen to what comes. Practice.

All of this requires a steady dedication to honesty, authenticity, vulnerability, and a deep allowing for the all of it, and all of this will bring you increasingly home to your own center and Source, with the growing sensation of wholeness and peace.

## Needs

Feelings and needs are entirely connected. When needs are met, feelings that experience as positive come naturally. When needs aren't met, negative currents more naturally flow. Positive feelings are feedback saying "yes, this is in alignment!" while negative feelings are telling you something is off, needing support, love, and tending.

### Marshall Rosenbergs Suggested 9 Need Categories

- |                                      |                    |
|--------------------------------------|--------------------|
| 1. Sustenance (basic physical needs) | 6. Community       |
| 2. Safety                            | 7. Creativity      |
| 3. Love                              | 8. Autonomy        |
| 4. Empathy                           | 9. Meaning/purpose |
| 5. Rest/recreation/play              |                    |

# NEEDS

TO BE PRIMARILY MET THROUGH SELF AND SOURCE

## SUBSISTENCE

physical sustenance  
air  
food  
health  
movement  
physical safety  
rest/sleep  
shelter  
touch  
water

## SECURITY

consistency  
order, structure  
peace (outer)  
peace (inner)  
safety (including emotional)  
stability

## NURTURANCE

care  
compassion  
consideration  
empathy  
kindness

## ACTION

directness  
follow through

## POWER

with oneself and ones  
life  
choice  
self determination

## FREEDOM

autonomy  
choice  
independence  
self-responsibility  
space  
spontaneity

## LEISURE/RELAXATION

humor  
joy  
play  
pleasure  
rejuvenation

## TRANSCENDENCE

beauty  
celebrations of life  
communion  
ease  
faith  
trust  
mourning  
peace (internal)  
presence  
integration

## LOVE

acceptance  
recognition  
respect  
to be heard  
to be seen  
to be felt  
to be known  
to be understood  
understanding

## SENSE OF SELF

authenticity  
competence  
creativity  
dignity  
honesty  
integrity  
introspection  
self-acceptance  
self-care  
self-connection  
self-knowledge  
self-realization  
self-love

## COMMUNITY

belonging  
communication  
cooperation  
to give  
to share  
equality  
mutuality  
harmony  
inclusion  
participation

## CONSCIOUSNESS

awareness  
clarity  
discovery

## ENERGY

aliveness  
interest  
enthusiasm  
passion

## MEANING

purpose  
significance  
worth  
contribution

## CREATIVITY

expression  
imagination  
inspiration  
flow

## CONNECTION

affection  
appreciation  
attention  
closeness  
companionship  
harmony  
intimacy  
sexual expression  
support  
tenderness  
warmth

## GROWTH

exploration  
journeying  
learning  
evolution  
expansion

## OPENNESS

curiosity  
imagination  
adaptability  
flexibility

Your needs are your responsibility, and they are to be met primarily through Self and Source. Trying to fill your internal cup with outside things is impossible. Outside things can add to and support your own journey of self-completion, yet they can never take the place of your own fullness.



# HEART

When you are working with feelings and needs, do your best to allow them to have their own unique voice and perspective. Keep allowing any judgment or impulse to edit or change them to wash away. Things will be easiest and clearest when every part of you gets to be heard and loved exactly as they are. Remember, validation is not endorsement. You are letting these parts of you be what they are so that they can release and grow.

Here are three tools for working with the heart:

## Spiritual Barf Bag

1. When something is bothering you, go to a safe space where you can say anything.
2. Tell Source you need to get something out and ask it to hold a sealed container for you so that whatever comes out can be cleansed into love and light.
3. Once you feel the container is in place, verbalize anything and everything that's moving inside you: bad feelings, yucky thoughts, your most immature voices, judgment, ill wishes, anger, despair, absolutely everything. Let it be exactly what it is. Let it have it's own unique voice. Give it the floor for as long as it needs to feel well and fully expressed. Get it all out of you, as fully as possible. It can experience like vomiting up all the worst and grossest stuff inside you.
4. Know that these feelings and perspectives are not who you truly are, they are pieces of your growing self that need expression in order to grow. Source knows this, and this spiritual barf bag is the safest, most loving space ever to support these parts of you in feeling included and whole again.
5. Once you feel fully expressed, thank Source and ask it to take all of this energy and transform it back into love and light, cleansing it and you at the same time.

## THE TOOL OF NEUTRAL

- If big feelings are coming up for you and you aren't in a good place to work with them, take some deep breaths and invoke the tool of neutral
- Neutral is a pause button; it puts things on hold until you can bring in something better
- It feels like putting your car in neutral - not going forward or backward - just idling in the meantime
- Breath is your greatest ally here, as well as allowing for more time and patience to work through whatever has come up
- As soon as possible get it all out of your system - neutral is a bandaid for the true healing process - and allow yourself to heal, grow, and bring in something new

# HEART

## The Heart Process

1. Create a safe space: inside self, outside self, whatever is available.
2. Invoke Love – get compassion, empathy, and kindness flowing, with a big dollop of complete acceptance and full willingness to understand.
3. Feel through everything; speak or write everything out.
4. Let it come out exactly as it is - no formatting, editing, or judging – it gets to be exactly what it is.
5. As it comes through, let go of it, remembering that none of it needs to be held onto: we name it so that greater understanding and new choices can come. If we hold onto it, nothing truly new can come, and this disruption is asking for a new choice.
6. Ask “What can be learned here?” “What can be freed?” “How can Love live more fully in this place?”
7. Allow yourself to be transformed, to release, to lighten. Allow fresh thoughts to come in. Allow deeper Love to live inside you.

All feelings have a beginning, middle, and end.

Often there is a crescendo that scares us so we back off and try to stop feeling. This isn't healthy because then the feelings gets stuck somewhere in the body.

Keep flowing and get all the way to the end, so that you can truly let go of  
whatever feelings have come.

Learn from your feelings, and do not confuse them for Truth.

# MIND

## *Honing clarity and focus*

Your mind is a vast, creative, and powerful tool that wants to be utilized in intentional and focused ways. It is the epicenter of your higher creational abilities, and as such, it wants to be utilized well when needed and put down to rest when not. Over and over again you will practice directing your thoughts, and over and over again you will practice silencing your mind completely.

When your mind is in rest, you will be in breath and presence, enjoying each moment as an unfolding. This is your Spirit state, which is awareness and observation.

*Remember that your resting state is presence and one of your “doing” states is thinking, envisioning, planning, or any of the various capabilities of your powerful mind.*

Your brain is the physical epicenter of your mind in this human lifetime, yet it is not your mind. Your brain is analogous to a computer, a storage and computing device, while your mind is analogous to the internet, a connective and expansive interplay of energy. Your mind is vast and virtually unlimited; your brain is finite and quite limited.

The brain wants to “figure everything out.” It approaches everything in life like a math problem, with the premise that if it has all the right data and the right equations, it will be able to figure out the “right answer.” So it goes about collecting and trying to figure out the right data, collecting and trying to figure out the right equations, and working perpetually at “solving the problem” correctly. Your mind will spin perpetually, and in loops, when left in this mode of operation. This feels exhausting and deeply unfulfilling to the rest of your being.

Life is non-linear; it is fluid, multi-level, and multi-dimensional, and trying to understand this vastness from the perspective of your computational brain is 100% impossible. Your greater, more expansive, more connective, vast, creative, and powerful being is required for all of what life is asking from you, and for what you are asking from yourself.

Things to practice: meditation, quieting the mind, directing thought, stillness, focus, openness, bringing awareness to thoughts and thought patterns, mental sharpness and clarity

Key words: thinking, understanding, communicating, ideas, logic, planning, vision, directing action, higher and lower thought, thought as a tool of creation

## MIND

Do your best to not think so much. Live more in your body. Live more in your breath. Give yourself to intuition, deeper sensation, and the resonance of truth. If you don't know what these things are, get curious and explore. Allow your body and your heart to guide you. Allow your greater spirit self to call you towards something higher. Open up.

For most people, thinking is an unhealthy distraction, spending an over abundance of time in their heads. Thought isn't chosen, directed, or conscious. It is patterned, repetitive, and habitual, mostly going over and over the same things. Patterned thought tends to be negative, limited, and limiting. It obsesses. This culture prizes intellect, logic, linearity, thinking and talking, at the sake of feeling, deeper knowing, wisdom, learning from cycles and flows, being, and listening.

### *The Air Element*

fast, light, quick, mental, thoughtful, alert, curious,  
perceptive, inventive, freedom loving, clever, loves  
information, ideas, intelligence, analysis, knowledge,  
sociable, likable, communication

The mind does best with:

- conscious direction, i.e. chosen thought
- stillness, and then finite periods of activity
- stopping all thought-loops with love and breath; conscious redirection to Truth
  - presence and embodiment
- spending time every day dreaming and imagining
- spending time every day seeing the picture of your life the way you want it
  - positive, affirmative thought
- a daily meditation practice that reinforces mental stillness, presence, and breath

Your mind is where the image of your life is formed. It is where the energy of life becomes directed. What you are building and creating in life is a direct expression of what is going on in your mind. Bring greater awareness to your thoughts and other mental activity. Focus and hone this activity to line up with what you truly desire. Direct your thoughts to become affirmations of your intentions. Shift your mental images to become visualizations of your desired experience. Get simple, direct, and clear.

Being overly Air element:



*overly talkative, impractical, ungrounded, disembodied,  
unstable, too focused on pleasing others and others opinions,  
overly logical and rational, not allowing for feelings, depth,  
or non-linear flow*

# SPIRIT

## *Staying Connected to the Vastness*

Your body is oriented towards doing, your heart towards feeling, your mind towards thinking, and your spirit towards being. You will naturally be living within all of these domains throughout your lifetimes here on this planet, yet the one that is most healthful for you to live in primarily is your spirit, or being state. You will be most happy when your foundational mode isn't doing, feeling, or thinking, but is instead breath, presence, curiosity, observation, awakesness, and aliveness.

Your spirit is the lightest and most expansive portion of your being. When you live within spirit you naturally feel lighter, have higher perspective, and feel more connected to everything. This is your state when you aren't inhabiting a body. When you are inhabiting a body, it is natural to identify with the body and think the body is you, but it is not. Bodies are functional houses for you when you come here to learn on this planet. You are spirit (which is higher vibration energy) that enters into and bonds with a specific body (which is denser, lower vibration energy) for a period of time so that you can have all of the experiences, growth, and learning of a lifetime.

*Being in your spirit state requires you to actively focus your attention on your breath, breathing, being present to what you are currently experiencing right here right now, and bringing awareness, curiosity, and observation to what is at hand.*

Your spirit's natural state is consciousness, which is presence, awakesness, aliveness, and awareness. While you are here on this planet this is what you will want to cultivate until it becomes your resting state again. You do not want your resting state to be thinking thinking thinking, or feeling feeling feeling, or doing doing doing, or some combination of these three things. This will be very exhausting and limiting. Presence, breath, and awareness require very little energy, and focusing your energy on these things will support vitality and healthfulness throughout your life.

Things to practice: breath, presence, inner connection to yourself, higher connection to yourself, listening to deeper wisdom, developing intuition, doing what you love, being adventurous and excited

Key words: energy, connection, beingness, wisdom, inspiration, passion, intuition, excitement, adventure, expression, warmth, enthusiasm

# SPIRIT

It can feel difficult to access your spirit state if you have never been taught how, and you spend your waking hours thinking, doing, feeling, and then thinking, doing, feeling some more. Staying in a state of presence, awareness, breath, and beingness requires practice for most of us, until this state becomes our new normal. In our spirit space, there is openness and space for intuition and wisdom to come through. Our higher selves are connected to us in this place, so we more readily feel deeper truths, soul intentions, and higher guidance.

## *The Fire Element*

fast, light, quick, hot, energetic, full of life, excitable,  
spontaneous, initiating, expressive, passionate, impulsive, bold,  
courageous, inspired, warms things up, brings life to everything

### Working with Spirit:

- practice being in your breath and cultivating pure awareness and observation  
(this is different from thought; don't think about things, just watch them)
- learn how to just "be" and spend time every day just being (not doing, thinking, or feeling; be in the present moment, inhabiting the moment)
  - practice listening inside yourself, to your deeper truth and wisdom
  - if nature helps you connect to your spirit, spend time regularly in nature
  - do what you love doing, what you feel passionate about and inspired by
- remember that you are interconnected with everything; practice feeling this connection

Your spirit is still connected to the All, so it naturally connects things, brings awareness and insight, and has a greater experience of being guided and knowing the path. Your spirit remembers the spirit world and its team of friends and helpers that are always around. It remembers the infinite nature of life, how things change and yet remain the same, and how you fit into and are a part of the bigger current. Your spirit remembers what you are working on as a soul, what your current growth lessons are, what you need to practice, and how best to grow and expand. Greater connection to and presence within your spirit self naturally brings more of all of these things to your life.



### Being overly Fire element:

*forceful, zealous, selfish, domineering, bossy, unrealistic,  
grandiose, impulsive, careless, blunt, insensitive, burnt out, brash,  
hot tempered, destructive*

## SELF-CARE



# SELF-CARE

Every moment of life wants to be filled with your practice of self-care; every choice and action wants to be an affirmation that you are important, valuable, cherished, and worthy of being well taken care of. This self-care affirms and uplifts all other beings, and supports others in taking good care of themselves as well. Life affirms that all beings can have their needs met, and that what is truly good for one being is also good for the all. In our practice of healthy self-care we affirm the Oneness of all of Life, and live both the individuality and the interconnectedness of true prosperity.

Let us name:

*selfish* as the disconnected self that feels lonely, competitive, and greedy  
*self-full* as the connected self that feels inclusive, helpful, generous, and supportive

When we are trying to fill our own cup from an empty, hungry place of disconnection, with no care of cost or harm for others, we are acting from what we can call a selfish place. This place is not healthy for anyone, because it is fundamentally forgetting the Truths of Life: that we are all connected, we can all have what we need, life is abundant, generosity is good for everyone, and that when someone is hurting we are all hurting because of the inherent Oneness of life. When someone is acting from a selfish place, they are fundamentally harming themselves. This awakening is part of our path of healing.

In contrast, when we are taking care of ourselves from a place of kindness while also making sure that others have what they need, this is an act of goodness that supports every being. Self-fullness is helpful for all of life. When we are full with prosperity and abundance, we can help take care of others.



When our internal cup is empty,  
what do we have to give?



When our internal cup is full,  
what do we have to give?

How do we fill our internal cup? By taking good care of ourselves. By having a comprehensive self-care list that meets our needs wherever we're currently at. By making self-care a priority. By doing activities that we love, being in environments that help us remember our fullness, and by spending time daily connecting to Source and the abundance that we innately are. Being of service. Acting within our purpose for being here. Growing, learning, Loving, and evolving. All of these things and more help us experience ourselves as self-full.

## Enoughness

There is enough for everybody to have what they truly need. Raised within a culture of external gratification, material greed, constant messaging that we are not enough, that we need to get more, and living in a world where some people have exorbitantly more than what they need while others go without basic necessities, the Truth of enoughness can feel difficult to remember at times. Yet remember it we must. Self-full means that we have what we truly need and everyone else does too.

# SELF-CARE

*Healthy self-care is always mindful of the both of individuality and interconnection.  
We are upholding the care of all through our care of self.*

Absolutely necessary is a self-care list that is utilized and updated regularly. What helps you feel taken care of? What helps you feel internally abundant and alive? This is about self-reliance and self-fullness most of all, naming ways in which you and Source can meet your needs well. There can be an add-on list of support you find helpful from other beings, remembering that this list is purely supplementary to the primary list provided by you and Source.

This self-care list wants to meet you in all of your places, i.e. lowest to highest and actions taken only in extreme situations all the way to every day practices. It wants to be flexible, adaptable, able to meet you wherever you are currently at, and also allowing for you to change and grow by adding new choices and taking old ones off. As you heal and get healthier, the entire list will probably evolve: your every-day self-care practices will strengthen, and how you take care of yourself in your lowest moments will lighten. Allow for how you take care of yourself to grow and lighten over time. Here is an example of a self-care list:

## WHEN I'M AT MY HIGHEST



- do something creative: paint, make jewelry, draw
- learn something new, explore one of my hobbies
- do something that feels like play: volleyball, listen to music, dance, go to a concert
- go for a walk in the forest or on the beach
- get a massage
- go to the sauna, spa
- write a story
- make a special meal
- sit in the forest and meditate, connect with the trees, deeply connect with life
- breathe deeply
- take care of anything that needs to get done
- organize my stuff, clean things out
- dry brush my body then take a sea salt lavender bath

## WHEN I'M SOMEWHERE IN BETWEEN



- color in a coloring book that I like
- play with my children
- pet my cat
- help someone else with something
- make a fresh juice
- go for a walk
- nestle into my bed and do some journaling
- take a nap if I feel tired
- read something that is helpful, like a self-help book or affirmations
- breathe deeply
- journal, pray, do some understanding and clearing work
- sit outside in the sunshine, and/or get some fresh air
- do something that distracts me for a little while: tv, reading

## WHEN I'M AT MY LOWEST

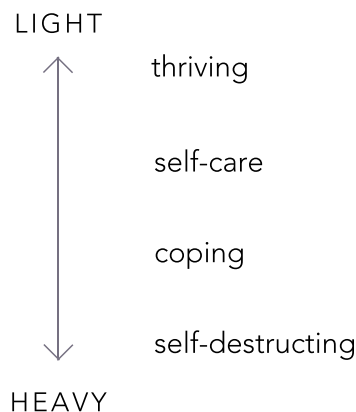
# SELF-CARE

## Coping Mechanisms

When we're not feeling great, it can be easy to engage in behaviors that aren't good for us. We all have coping mechanisms that help us get through things. Some of these mechanisms are truly harmful while others are so minor it can be easy to overlook them. In self-care, the goal will be to release all coping behaviors and replace them with choices that are truly healthful, nurturing, growth supporting, and honest, and that move us towards the experience of thriving.

The word cope comes from a history of words that mean "to meet in battle, or to come to blows" and whose synonym's are: to survive, get through, get by, muddle through, scrape by, keep one's head above water, deal with, confront, struggle with, weather. It can be your choice if you want to meet life like this. Coping mechanisms support this type of existence.

Instead, why not lift up? Why not do better than scraping by or muddling through? Life does not need to be this way, it is all your choice. Make a commitment to replacing coping mechanisms with healthy self-care. Actually take care of yourself, so that instead of barely keeping your head above water, you're in a durable boat on top of the water you can go anywhere in. Choose to treat yourself well.



In finding your coping mechanisms, catch yourself doing certain behaviors or in the thought process before actually doing them, and ask yourself if this is truly healthy for you? If it isn't, see if you can get yourself to do one of the activities on your self care list instead. If it is an old pattern, put energy into doing something new that actually feels good to you. Work with loving yourself. Affirm that you are worthy of care. Declare that you can do better than scraping by; you can actually thrive. Affirm that you want to thrive.

Thriving is alive, it is light and able. You feel energized, confident, and capable of making the best choices in any situation. When difficulty arrives, you see where the opportunity lives and you head fully toward it. You give your whole being to showing up in your best self, including the messy parts you're still working through, and you bring Love to everything. You choose to thrive instead of cope, and you take care of yourself well in order to do so.

# SELF-CARE

There are choices you will make every day that are part of your regular commitment to self-care. These choices create your foundation for health and well-being. Here are examples:

Daily Commitments to my self-care practice:

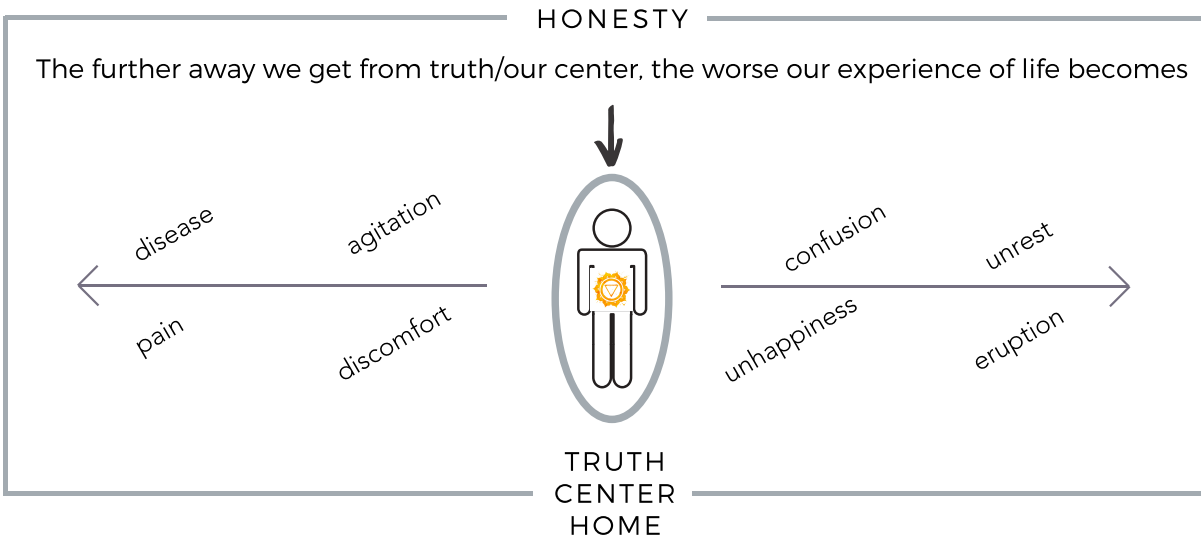
1. **Always be true to myself.** Take time to really listen to myself, feel myself, and have as comprehensive an understanding as possible as to what choices are most aligned for me. Speak up for myself. Always see myself, hear myself, and make my whole self important. Only do things that honestly feel good and right to my whole being. Be honest to myself and others.
2. **Take really great care of my body.** Eat clean, healthy food. Drink lots of fresh clean water. Do some form of exercise daily. Rest when my body needs rest. Don't push. Have regular sleeping hours and make my bedroom as supportive as possible for experiencing deep, restful sleep.
3. **Practice being my best self.** Remember that every experience is an opportunity for me to be my best self: helpful, loving, kind, intelligent, clear, intentional, creative, supportive, compassionate, and positive. I am here to be my best self and to help others as best I can. Anything else that comes up for me is here for healing, and I commit to doing my healing work.
4. **Slow down.** Do everything with care and intention. Take the time that is truly needed to do things intentionally and well. Be present for life in every moment. Practice diligence and being mindful within every action. Enjoy every moment for what it is.
5. **Release anger and frustration immediately.** Otherwise they live in my body as resentment and that makes me sick. Figure out what I care about so deeply and give those things more love. Breathe in more patience. Connect to understanding and forgiveness if needed. Switch to positive thinking and constructive, creative solutions. Utilize anger energy to build something healthy and positive.
6. **Get what needs to be done, done.** Fill my daily life with intentional, focused action. Be productive in ways that align with my soul's mission. Be light and nimble with all of the tasks at hand and don't get bogged down by anything. Get it all done, there is enough time. Stay focused, energized, and on point. Let distractions go. Let negative thoughts go. Keep focusing and acting with precision towards intended aims. Be organized and clear.
7. **Honor others.** Really listen to them, and do my best to understand them as fully as possible. Always include them in decisions that affect them. Let them be who they are. Allow their voice and point of view to be as important as my own. Find fairness and inclusion in every situation.

Write out what your daily practices are, and revisit them daily. Once you get really practiced at some of them, you might not need daily reminders because they've become so entrained into your life. Add more when new practices come. This is how you stay clear and focused on self-full behaviors that add to the richness of your life's experience.

# SELF-CARE

## Honesty

Honesty is foundational self-care that sets the stage for healthy relationships with everyone and everything. You cannot have truly healthy relationships with anyone or anything while being dishonest because dishonesty takes you away from your own center.



Start by being fully honest with yourself. Own all of your truths, even if they feel difficult. Different parts of you might have different truths too, and that's ok. Your work is to listen to all of you and to allow for all of you to be heard. Keep sitting in your center, and breathing with all of it. This is the work of coming home, and welcoming everything. Honesty frees everything so that it can move again, and flow supports health and healing. When we hold on to anything, no movement can happen, and this is where disease grows. Free everything with honesty so that all can move in the direction of love, compassion, understanding, forgiveness, release, and peace.

Every situation, every interaction, every decision, every moment is an opportunity to practice living from your truth, and this is exactly what your highest self is most deeply desirous of. Commit yourself to 100% honesty inside yourself, in your life, and with others. This will keep you fully aligned with your own heart, your own truth, and every quality connected to your highest self, such as beauty, peace, love, goodness, joy, and more. Honesty keeps us connected within the whole.

In finding your truth, practice journaling or speaking out loud to yourself or Source, and write or talk it all through with the intention of getting to your fullest, most honest expression. Flow it all out and don't hold anything back. Censoring yourself is part of dishonesty. Your honesty is alive and vibrant and your truth is your most resonant voice within. Allow this voice to fill you and guide you.

RELATIONSHIPS  
AS  
PRACTICE

# RELATIONSHIPS

You are in relationship with everything, both inside of you and outside of you. How do you show up? What parts of you show up where? What kinds of relationship do you have with different parts of yourself and different people? What are your relationships like?

*Relationships are all mirrors showing us ourselves.*



*What are your relationships showing you about you?*

All relationships are here to reflect us back to ourselves; for us to see ourselves even more clearly. All by ourselves we have nothing to bounce ourselves off of and experience who and what we are being. In relationship, we get to experience everything that is inside of us outside of us, sometimes pleasant and sometimes not, and make adjustments. This is practice ground for you to exercise yourself and grow in awareness and understanding. The more you can focus on yourself and see how YOU are showing up within all of your relationships the better practice it will be for you. Utilize all of your relationships to exercise what you are choosing to develop.

Ultimately, how we are in relationship with everything and everyone wants to reflect to us our highest selves. All Source qualities want to be present. Wherever we aren't experiencing ourselves as our best self is where we need tending, healing, and growth.

Relationships with:

- other people
- all of our own self
- money, abundance
- work
- fear, worry, doubt, anger, criticism



Reflecting back to us:

- unconditional love and acceptance
- peacefulness, ease, and gratitude
- health and wealth
- joy, creativity, excitement and expansion
- understanding, faith, belief, positive affirmation, deep care

Ask yourself: What am I seeing here, in this situation, about myself? What can I see even more clearly? How can I show up even more as the me that I truly am? Am I showing up as my fully connected Source-self, or am I showing up as my smaller, limited, wounded self? What wounds are here for me to tend? What Source qualities can I allow to flow more freely and fully through me?

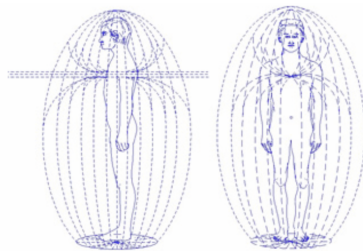
Good relationships are built on good self-care. Self and Source remain primary. Your connection to your center remains primary. Your ability to give anything is based on the amount of fullness you are experiencing within yourself. Fill yourself first, then give – freely, without condition – to others.



# RELATIONSHIPS

## Boundaries

You have a one to two foot energy orb around your physical body that is your space. You are sovereign in this domain. No one can make you do, feel, or experience anything you don't want to. You are powerful and at choice. Part of what we exercise in relationships is always maintaining healthy self, coming from our center, being an individualized sovereign being, and having healthy boundaries with others. We are not meant to enmesh with others or become less distinct as an individuated being because we've gotten into relationship with another. Healthy boundaries uphold everyone as sovereign beings, responsible for themselves.



Old ways of love had us thinking we were supposed to carry stuff for others, help support them in debilitating or crutching ways, enmesh or be codependent, or otherwise lose self in other or have them lose themselves in us. This is the old way, and none of it is in our highest or is truly Love.



*We become like a leaky bucket when we don't have clear boundaries with others. Love wants us to have strong, clear, empowering boundaries with everyone we're in relationship with.*

Universal Love is the core and seed of all love, yet it is also much more than human emotion, which tends to be attached, conditional, vacillating, confusing, demanding, and all sorts of other qualities that make it heavy, sticky, and narrowing. Universal Love is absolute, certain, steadfast, omnipresent, open, light, clean, clear, unattached, expansive, has no expectation and is freely given, and this is what we are wanting to practice in relationships as autonomous beings.

Every external relationship is showing us something about ourselves and our relationship to Source. Allow everything that feels "outside" of you to show you something "inside" of you. Difficulty outside shows difficulty inside. Pain and heartache with something outside points you to where within you you're still experiencing separation from the All That Is. When you experience yourself as whole again inside, everything outside of you will feel workable, acceptable, and like something you can arrive to within your peace, beauty, and Love.

# RELATIONSHIPS

## Boundaries

The story of romantic love, where someone completes you, saves you, makes life more whole or meaningful for you, fixes your life, fills in the holes, or otherwise makes everything make sense in a way that you can't do for yourself, is a trap. It is untrue, and it will keep you searching for things elsewhere that are not outside of you. The only things another person can do are additive to your own completeness. Other people can only help you come to your own inner experience of wholeness.

99.9% of the energy that is not you wants to stay outside of you, even if it feels good. If it isn't yours, don't absorb it. Practice choosing and generating your own energy from within your center, your connection to Source. Everything that is not you wants to stay outside of you, so that your energy space is for you. Take all that space up with your own energy and have clear boundaries with others so they don't confuse their space with your space, their choice with your choice, their energy with your energy. You always get to choose for you.

Be very clear with your yeses and your nos. They are the basis for your boundaries. Own them fully, and uphold them as your truth. Speak clearly. Be a model for others to take care of themselves.

### In relationships we practice:

- embodying all Source qualities
- boundaries
- communication
- compassionate reflection to others
- seeing ourselves clearly and getting to know ourselves deeply and well
- seeing others clearly and getting to know others deeply and well
- fairness, respect, mutuality, refinement, equality
- being autonomous, empowered, and fully at choice + allowing others to be fully the same
- owning ourselves – our choices, actions, and words - completely
- developing deeper understanding
- sharing, collaboration, interdependence
- listening, learning, and sensitivity to others
- seeing old unhealthy patterns and healing them

# EARTH LESSONS

# LESSONS

On planet Earth there are some particularly prevalent lessons that our souls are working through. These come up lifetime after lifetime, asking us to clear and release old heavy beliefs and perspectives and bring in increasingly more Source qualities for healing.

**Judgment.** One of the heaviest and thickest to clear is the consistent practice of seeing things as good or bad, right or wrong, better or worse, and the subsequent experience of guilt, shame, and wrongness that this perspective creates. It keeps growth on lockdown until compassion, acceptance, and the other qualities of unconditional love can get things moving again. Judgment creates separation, and separation is the foundation of all wounds. Judgment naturally limits. Instead of judgment we move towards: wisdom, discernment, peace, forgiveness, understanding, being allowed to become more than what we've been before, healing old cycles, and rising up and out of old patterns to create something entirely new. We affirm what we are moving toward. We move from judgment to life as learning, growing, expanding, and moving back towards Love. If we're wanting to express something less desired, we utilize words such as "not my preference" "needing healing" and "opportunity for greater understanding and growth".

**Doubt. Fear. Mistrust.** Each of these is connected to the other and all of them help create what you don't want to happen. Doubt closes you down, faith opens you up. Fear paralyzes, Love mobilizes. Mistrust keeps everything at arms distance, trust allows what you want to come to you. Faith, Love, and trust all begin within your primary relationships: between you and yourself and you and Source. At some point you will want to choose to trust yourself and Source completely. You'll want to learn faith and belief in the power of Light and Love so completely that any other belief vanishes. You will choose to stay positive, and direct and redirect your energy towards loving affirmations such as: "In my own heart I am safe. Within the embrace of Source I can have all that I need. Everything is working it's way through perfectly. My perfect growth is here and unfolding." If you are utilizing doubt, fear, or mistrust to create safety or to practice caution, utilize awareness, intelligence, power, applied wisdom, and discernment instead.

**Scarcity.** Planet Earth and human beings are famous for this one. With a planet so rich with natural resource - providing more than enough for every being to have what they need - and the belief still fervently held among humans that there isn't enough, it shows the level of difficulty there has been with this untruth. The belief of scarcity creates the experience of lack. The belief of abundance creates the experience of enoughness. Feast or famine does not have to occur if resources are used wisely and with consideration for the cyclical nature of life. There are naturally periods of more and periods of less. Utilizing only what you truly need in periods of abundance and storing the extra away for the lean times keeps you living well throughout every cycle. The healthy belief of abundance combined with wisdom, prudence, resourcefulness, and positive action help create all that you need. One of the partnered lessons to scarcity is enoughness, which helps you remember there is always enough, and helps you release greed, hoarding, or wanting more than what you truly need. Getting out of balance towards hoarding will always create cycles of balancing the other way towards lack. Our work is staying healthfully within the center of enoughness.

## LESSONS

**Attachment.** When we are experiencing things we like, or want things to be a specific way, it can feel difficult to let go and stay in the flow. Connected to enoughness, attachment's opposite Perfect Flow remembers that we always have what we need and that life is flowing perfectly within divine order. We keep coming back inside ourselves over and over again and Source within whatever we are truly wanting: unconditional love, lasting peace, deep reassurance, the full experience of beauty and perfection, or maybe the deep understanding that all is well, everyone is on their perfect path, and all of us are still one big connected whole. There is only so much each of us can do, and the rest is up to the Universe. We each own our part of creation, in a relaxed, powerful, and ease-filled way, and give the rest over to Source. The symphony of Life, when we truly release into it, is so much more beautiful, satisfying, and awe-inspiring than anything we could create just by ourselves anyway. Instead of attachment we practice surrender, Love, deep peace and expansion, breath, faith and trust, and the growing wisdom in knowing what is in our hands and what is not. Let go to lift up.

**Control.** Control is often a reaction to feeling powerless. Instead of control, point yourself towards breath and love, safety and reassurance within your own body and being, and healthy expressions of power within yourself and in your life. Control has a quality of power over something, and this dynamic creates much disturbance. The primary intention of all things in this Universe is Harmony and Love, which cannot exist with domination, subjugation, or other forms of unhealthy power dynamics. We are clearing these out on planet Earth, and each one of us has a part to play in releasing grasping forms of power in our lives. Release control and say yes to healthy power in your whole body, being, and life. Let go of power dynamics and give yourself wholly to Source and every Source quality, all of which far surpass the clenching scarcity of force and domination. Say yes to healthy discipline, focused thought and action, and compassionate and loving oversight and direction within yourself and all the choices of your life. Have faith and trust in the great intelligence of divine order and allow what is not yours to work it's way through. Most of what you are trying to control is not yours to direct anyway. Surrender to Source and let the Universe figure it out.

**Power. Powerless. Perpetrator, Victim, Hero.** Another seemingly tireless pattern on planet Earth is the age-old story of villain, victim, and hero. There is so much energy lost in acting this story out over and over again; energy that could be used for so many more fulfilling and wondrous creations. No one is powerless. No one. You have never been powerless and neither has anyone else. In every moment you are to remember your power, and wield it with love and wisdom. Each of us has more power than we honestly know what to do with, and yet the first step is to release the belief or story that we are weak or powerless in any place of our being or life. See that there are no perpetrators and only other love-beings learning, just like you. Some of us are in deeper places of forgetfulness and stuck in heavier places of old pattern, and this does not make any of us wrong or bad. It means we could use even more light, love, and remembering to help lift us up out of our deep illusion of pain and separation. There is no hero to come rescue us. Each of us are our own heroes. We are the empowered creators of our life experience, and we choose to practice this with every breath.

## LESSONS

**Blame.** When we blame others for experiences in our own lives, we are shirking the very important lesson of self-responsibility. Everything in your life is your empowered co-creation. Maybe you forgot you were powerful at the time, and that doesn't take your responsibility away. Humans have lived eons trying to blame everyone and everything else for their own creations, and now is the perfect time to heal this pattern and step fully into self-ownership and healthier, lighter ways of learning from choices and being lovable while growing. Blame and judgment are closely related; both are constricting, heavy, and make it almost impossible to heal and grow. Instead of blame we shift to full ownership of our entire lives, seeing everything as a co-creation of the patterns we are here to heal as well as an invitation for the uplift we are here to embody. Everything in our lives becomes our own and we do the work of Loving and learning, releasing what no longer serves, affirming what we truly want, and evolving into greater Source. Instead of attack, accuse, and condemn, we bring compassion, understanding, honest and vulnerable feedback, possible restorative action, and greater inclusion, collaboration, and healthy contribution.

**Guilt. Shame. Punishment.** Again closely linked with judgment, guilt, shame, and punishment are the experiences of being bad or wrong and underserving of Source qualities such as love and peace, until we redeem ourselves somehow and become worthy again. This is an old and heavy way of trying to learn some important lessons. Ultimately we are trying to stop ourselves or others from unhealthy or harmful behaviors by making them bad, wrong, and undeserving, hoping this will motivate them into healthier and helpful actions. This negative mechanism hardly ever works well, most often backfiring into more negative actions because of the affirmation of badness, wrongness, and separation. Instead, we are learning all together how to live healthfully and well together, and are at different places of remembering ourselves as Source. With learning there wants to be grace, and when putting energy into stopping harmful actions there wants to be equal or more energy put into affirming helpful actions and supporting the process of healing and transformation, which always comes from remembered connection and wholeness. We heal with inclusion and positive affirmation. Learning comes from peace and acceptance, and the affirmation that we are still one and whole with Source. Separation creates more harmful behavior; connection and inclusion support healthful, supportive, and positive behavior.

**Loss.** Whenever we feel we have lost something we have forgotten some of the fundamental truths of this Universe: 1) energy is neither created or destroyed, it only changes form 2) this Universe is in a state of expansion, which means everything is growing and becoming even more than what it was before, including us, our loved ones, the love we have created and shared, and everything else we've been developing and working on 3) there is no such thing as loss, only gain: gain of experience, gain of love, gain of understanding, gain of greater experienced wholeness, gain of growth and evolution, gain of flexibility, adaptation, and greater mastery within all circumstance 4) if you haven't gotten to the gain of something yet there is more to be released, opened, explored, Loved, and integrated. The experience of loss challenges us to release whatever has been limiting us and adventure into new, more open areas of understanding. Healing, i.e. wholeness, remembers that nothing has ever been lost; everything always has been and always will be, whole.

## LESSONS

**Abandonment. Aloneness.** Another big one for planet Earth, most humans share the core wound/illusion that they've been abandoned, they are deeply unwanted and unlovable, and they've been left all alone to fend for themselves in this big, scary, threatening place. All of this stems from the lie of separation, and the perpetuated affirmation of abandonment and aloneness, none of which are true. Mother/Father God, the Great Universe, Infinite Source, the peace, love, and oneness we call Home, never abandoned you, it never left you alone. You have always been connected and will always be connected, whether you choose to remember this Truth or not. The more you release the untruth of aloneness completely and allow Source to flow fully back into you, the greater peace, love, and home-coming you will experience. This is where most of our pain still comes from: the belief that we're all alone, we're unwanted, and we've been cut-off from everything we want most. Instead, it's time to remember that none of this has ever been true, to step fully into being wanted, loved, and fully accepted by ourselves and the great ocean of Source, and surrender deeply into vast interconnection, support, and the feeling of being deeply cherished.

**Pain. Sadness. Grief.** None of these are necessarily unhealthy; all can lead you even more fully into your self and Source. A good first step is to release any judgment that pain, sadness, or grief are bad and allow them to be an honored part of your journey home. As long as these energies aren't held in your system as truth, they can be colors of your wholeness painting, notes to the symphony of your life, and parts of the flow of everything moving home. As with every feeling, they want to be acknowledged, heard, seen, felt, understood, and allowed to flow all the way through. Don't let them get stuck; keep supporting them in moving through. Remember, all pain is an invitation to open. Keep opening. Pain can help you learn about yourself and discover what you deeply care about and value. Keep bringing in your conscious self and full connection to Source, which affirm that all is well even if it doesn't feel like it, Love is present through everything, and all is in a state of growth, learning, and expansion. Surrender over to Love. Keep surrendering everything over to Love.

**Life is hard.** Is it? Does it have to be? This might be the motto of planet Earth, where beings keep choosing to live a hard life because they believe that life is hard. Remember, everything other than Source absolutes are an opinion, a perspective, a chosen way to see something and interact with it. Hardness and difficulty are actually choices, as are ease and gracefulness. Heaviness is a choice, as is lightness. Sometimes it doesn't feel like we have a choice, yet our work is to always remember that we do. Life can be beautiful, flowing, abundant, peaceful, and easy if we choose. Or it can be full of hardship, conflict, scarcity, stress, and struggle. All of it is a choice of perception, how we choose to show up, and what energies we bring with us as we move through life. Sometimes we confuse effort with hard work. Effort does not ever need to be hard. We can apply ourselves diligently and well, with determination, strength, and endurance and never experience it as hard. Many things in our lives will take work, yet how we come to that work is our most basic choice. Does it need to be hard work or can it be joyful work? Ease-filled work? Playful work? Does life have to be hard, or in the healing of things, can it transform into something that feels much lighter, happier, healthier, exciting, amazing, love-filled, and generous? Ultimately it is our choice, and our affirmations about what life is become the experience of what our lives become.

# LESSONS

All lessons are ultimately pointing us back towards Source and the Oneness we are. How we treat ourselves and each other wants to be more and more in alignment with all that Source is.

Choices that help lead us back towards Source:

**Gratitude, Appreciation** Allow your heart to be filled with gratitude and appreciation.

**Discernment** Utilize intelligence and wisdom to be in alignment with the highest path forward.

**Generosity, Helpfulness** Be generous and helpful in every situation, starting towards yourself.

**Honesty, Integrity, Authenticity** Stay in your center of truth and share it with the world.

**Patience** Allow things to take time and unfold in perfect order; be graceful in waiting.

**Trust, Surrender** Fully let go into the allness of Source and affirm everything is taken care of perfectly.

**Willingness, Openness, Availability** Choose to be available always for Source energy.

**Devotion, Steadfastness** Give yourself fully to light and love and remain true within all circumstance.

**Forgiveness** Let Love wash through everything, allowing learning, growth, and evolution to occur.

**Respect** Everything is valuable in this Universe. Everything. Treat all things with respect and honor.

**Humility** Be open to what is greater than you. Confidence and humility always work well together.

Spiritual Allies:

**Breath** Breath is your number one spiritual ally. Breathe through and with everything deeply and fully.

**Vulnerability** Open into and share the truth of your heart, it is what always brings us Home.

**Relaxation** Tension restricts flow, relaxation supports it. Stay relaxed to be in the flow of Source.

**Positive Affirmations** Naming your intentions positively, with conviction, helps keep you on track.

**Discipline** Stay focused, keeping on track, making learnings your daily practice.

**Focus** Keep directing towards where you truly want to go, and when you're there, stay there.

**Meditation** Practice stilling, especially the mind, and opening to the greater current of Source.



KNOW THYSELF

# KNOW THYSELF

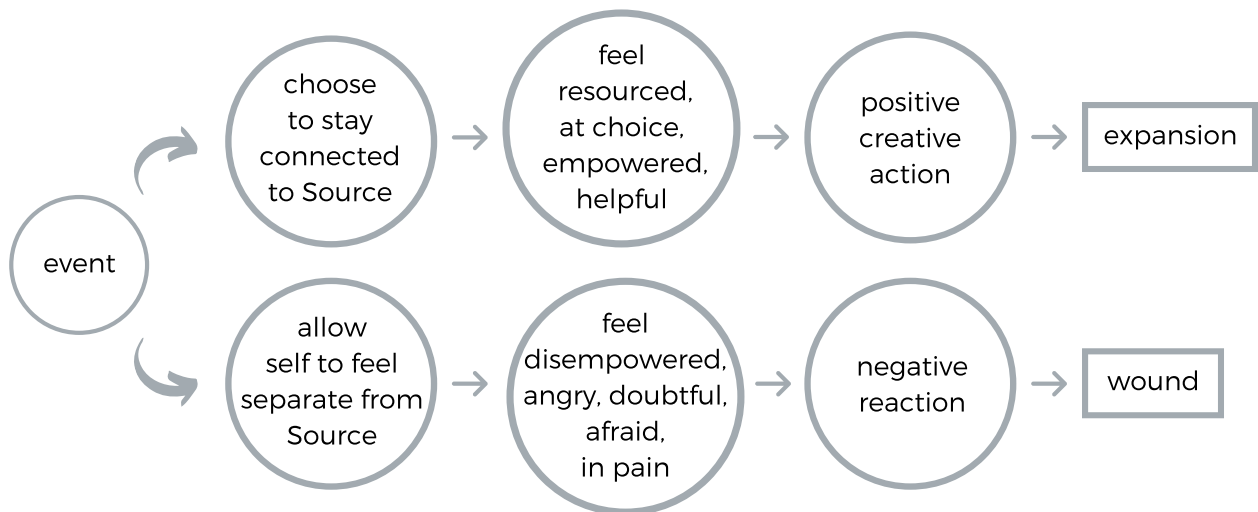
## Wounds

All of what feel like wounds within us are parts of us still feeling separated from Source. All of them. Whether it feels like they're about our parents, our childhood, some other person, a terrible experience, loss, something that feels unfathomable or unforgivable, or anything else, all of what feel like wounds are fundamentally about our relationship with self and Source: places we feel we've gotten away from our own light and truth and from the Light and Truth of the Universe. Every experience can be worked with as a bridge to go Home, even the ones that begin by feeling awful. It is within our choice work to arrive to everything with the intention of bringing ourselves closer to self and Source. We do this through releasing the holds of trauma, opening up to allow for greater understanding and perspective, not believing any story that comes up, allowing Source to flow into and through us, and being willing to see things with new eyes, greater Love, and even more surrender. The biggest learnings come from freeing the deepest places of pain.

*All pain is an invitation to open.*

What we do with any event is up to us. Do we remember ourselves as Source and arrive powerfully, at choice, Loving, constructive, creative, compassionate, and helpful, or do we arrive afraid, defensive, protective, combative, disempowered, and believing some old story of pain and separation? How much are we remembering ourselves as Source energy and how much are we forgetting, acting out an older much heavier version of life?

All wounds want you to come home to your self and Source. They want you to remember that you are lovable, forgivable, beautiful, whole, valued, special, powerful, capable, and every other Source quality there is, and then help others remember it too.



*Every event is a teacher we either utilize to move us closer to self and Source,  
with greater practice and understanding,  
or farther away within the illusion of separation to some experience of wounding.*

# KNOW THYSELF

## Wounds

Every experience of your life thus far is a recreation of your past karma. You are not a victim to anything. You are a powerful creator and you are here learning what choices resonate with you and which do not. Your childhood was a perfect recreation of your past karma, with things that felt good and things that did not, experiences that reflect back to you where you still feel connected to Source and places where you do not, and making cycles of experience whole so that you can learn them fully and transcend them completely. What feel like wounds are showing you where there is work to do. Own your creation. All of it. Own your childhood and the perfectness of it. It is your creation. What patterns can you see and free yourself from with the energy of Source remembered? What cycles of action, reaction, and interaction can you understand completely, from all sides, and release forevermore from your way of being? You are whole, and you are learning from the wholeness of everything.

### SOURCE QUALITIES - possible wounds

abundance	I'm not enough, there isn't enough, I can't have my needs met
acceptance	feeling excluded, like something is wrong with me; I don't belong, I'm unacceptable
beauty	I am or things are ugly, disgusting
clarity	confused, unsure, lost, directionless; nothing makes sense
compassion	hateful, judging, condemning; unforgivable; cannot understand; unlovable
consciousness	sleepwalking, out of control, a slave to habit, want one thing but do another
creativity	a copy cat, unoriginal, not special
ease	everything is hard, difficult, a struggle; lots of problems; have to fight for everything
expansive	limited, small, contracting; I'm not learning, growing, or progressing
flow	rigid, stuck, disconnected, strict, not allowing
freedom	imprisoned, controlled, disempowered,
fullness	emptiness, lack, loss
goodness	badness: I'm bad, people are bad; selfishness, greed, acting from a place of pain
harmony	conflict, argument, battle, war, protect and defend, dissonance
health	sickness, dysfunction
intelligence	not smart, making poor choices, idiocy, dumb mistakes, not thinking through
joy	heaviness, difficulty, depression, suffering
kindness	harshness, criticism, being cut down, roughness, without care or consideration
light	darkness, heaviness, confusion, lack of clarity, lost, difficult, fear of the dark
love	feeling unlovable, unloved, unloving; lack of forgiveness, understanding, compassion
oneness	scattered, shattered, isolated, jealousy, fear, abandonment, I'm all alone
order	everything is messed up, chaotic, nothing makes sense, there's no purpose or order
peace	tumult, craziness, instability, lack of safety, restlessness, anxiety
possibility	hopeless, limited
power	I'm powerless, weak, unable, it's not my fault; I have to be stronger; I have to control
purpose	everything is meaningless, pointless; I am meaningless, I have no purpose
understanding	forgetfulness, disconnection, only bits and pieces, nothing makes sense
valuable, worthy	worthlessness, not valuable, I am unworthy
wholeness	broken, pieces, missing, less, something needs to be fixed, things are unfixable

# KNOW THYSELF

## Wounds

If something has become a wound for you, it's showing you a place inside you where you've not remembered your Light yet. If you're feeling chaotic, powerless, and lost in a situation, it is probably calling for you to remember your order, power, clarity, and purpose. If you've gotten defensive, angry, and justified, most likely you are asking yourself even more to remember compassion, peace, and goodness towards all. Make sure you are in your own center, breathing and in your body, and tend to whatever has come for you.

Wounds are of the past. In every present moment you are at choice as an empowered sovereign being. Carrying wounds into the present moment creates either the opportunity for healing or the recreation of old storylines. Will you allow the wounds to heal or just keep acting out the same old stories?

## When Wounds Get Triggered

1. Remind myself that this is an old story inside me coming up for healing.
2. Breathe. Work with myself to breathe deeply and fully.
3. Stay in my body and in the present moment. Put my hands on my belly and breathe into my belly. Feel my center, strong and full of light.
4. Feel my feet and my pelvis connected with the Earth below, and allow this presence to help me feel stable and supported.
5. Affirm "This is about me and my connection to Source. It's here to help me heal my relationship with myself and the All That Is. It will point me to the places inside me that feel like they've forgotten. This experience will help me remember."
6. Keep breathing, feeling my center, and relax my body and heart.
7. Affirm "In this moment I choose to feel strong and safe, in my own center, relaxed and powerful. I am here to do the work of healing."
8. Ask myself "what Source qualities do I feel most cut off from right now?"
9. In my mind or out loud, tell Source that I'm ready to feel more \_\_\_\_\_ and open up and let the Ocean of Life flow into me with more of that quality.
10. If I have time right now or sometime soon, journal or speak out loud about what came up for me here. Allow the story of it to help me get to the wound.
11. Once I have the wound identified, such as "I feel unwanted and disrespected" I go within to allow myself and Source to heal it. I am fully willing and open to heal this. I remember that only Source and I can do this healing work. Once this part of me experiences as healthy and whole the experience of my life will change.

This work requires an active relationship with Source. If you don't have much of one, put time into building a relationship. Find ways that work for you to connect, like spending time in nature, meditating, being creative, prayer, or anything else that works for you to feel a strong presence of Great Spirit in your life.

# KNOW THYSELF

## Wounds

The condensed version:

1. This is an old story.
2. Breathe.
3. In my body, hands on heart, feel my center.
4. Ground.
5. Healing my relationship to self and Source.
6. Breathe and relax.
7. I choose to feel safe and powerful.
8. What Source qualities do I feel cut off from?
9. Invite Source in.
10. Move from story to wound.
11. Let myself and Source heal the wound.

Once a wound is healed it doesn't come up as a trigger anymore. You feel relaxed, powerful, and at choice in every moment. This allows you to be creative, spend time doing what you really want to be doing, be in healthy relationships, learn new things, explore and discover, create and build, and act in alignment with your higher purpose and intention.



*At the center of each of us is our Source light, beaming and shining.*

Each of us has layers of wounding built up around our Source light, and often it takes many rounds of unwinding to fully release a wound. Stay with it. Every layer deeper you get to is a celebration and accomplishment. With consistent effort, one day soon an old wound will be completely released from your being and true liberation will be experienced. For instance, to fully get to I am worthy, it might take many, many rounds of practice and healing. It can be easy to get discouraged after the fifth experience that brings up unworthiness for you, yet if you are doing your work, it means you are getting closer and closer to the Truth that you are perfectly and completely worthy. Again, keep at it. Instead of losing track and believing that you are unworthy, bring more Source flow of worthiness into your being every time this wound comes up for you. Over and over again, affirm the Truth and help the old wound take its time and heal. Affirm that everything is in perfect flow, and trust this process of healing. The tenth time, the twentieth time, the fiftieth time a particular wound comes up for you, Love it and Love it some more, until all there is is Love and the wound has been entirely unwound.

# KNOW THYSELF

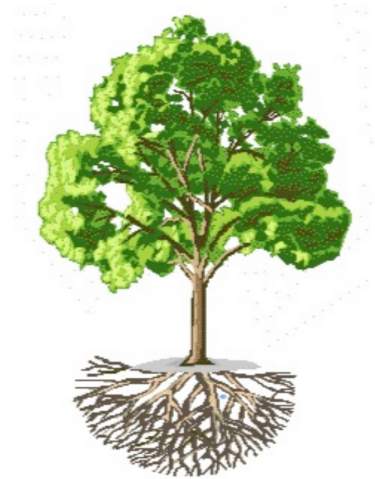
## Beliefs

The beliefs you hold create your life. They've come from your parents, ancestors, environment, culture, and soul history. Most beliefs are unconscious and it takes effort to make them conscious, which is necessary in being able to create a life you truly love. Beliefs are either beneficial or not, and our work is to release false, limiting, and disempowering beliefs and replace them with positive, empowering beliefs that are aligned with Source Truth.

Beliefs often begin with: I am... The world is... People are... I should... I must... Life is... God is...

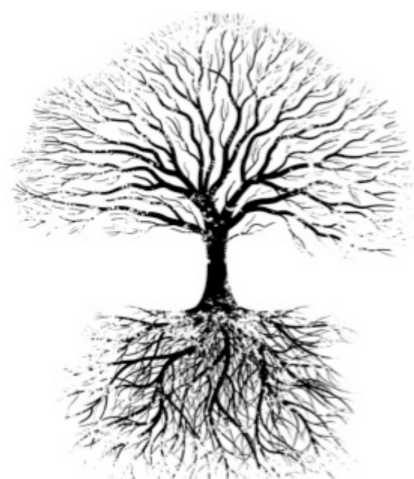
All of our life experiences stem from our beliefs, like trunks and branches from a root ball. Beneficial beliefs create healthy life and non-beneficial beliefs create unhealthy life.

Wealth, Health, Love, Joy, Peace, Prosperity



Life is good, I am safe, I trust the Universe

Lack, Disease, Pain, Difficulty, Struggle



Life is hard, Everything's a struggle, I can't trust

## The Universe says Yes

Whatever beliefs you are affirming, the Universe supports you in that affirmation and sends you more of the same. Whether it is positive or negative, healthy or unhealthy, what you truly want or not, the Universe says yes and brings you that experience. You are constantly attracting that which you are vibrating as, due to the Law of Attraction and Like Attracts Like. Utilize the mirror of whatever you are experiencing to uncover and discover what beliefs you are affirming.

When you discover an unhealthy belief, be ready to let go of it completely. Ask if there was anything positive you were trying to support with this belief, and invite in how to support that thing in a way that is truly aligned with your highest self. Once that is shifted, let go of the negative belief fully, and invite in a positive affirmation that feels like the right medicine.

# KNOW THYSELF

## Beliefs

Examples of non-beneficial core beliefs - which affirm separation and disconnection from Source - are: I can't, I'm not worthy, Something's wrong with me, I'm not safe, I can't trust, I'm all alone, I'm unlovable, I'm powerless.

Examples of beneficial core beliefs - affirming oneness and connection with Source - are: I can, I am worthy, Everything is right with me, I am safe, I can trust, I am connected and supported, I am love, loving, and lovable, I am powerful.

### Non-Beneficial -

1. I am struggling
2. Life is hard
3. I am a failure
4. I am worthless
5. I can't have what I really want in life
6. The Universe does not support me
7. God is punishing me
8. I can't make a living doing what I love
9. I do not have time to invest in myself
10. Something is wrong with me
11. People always take advantage of me
12. Wealthy people are not spiritual
13. Rich people go to hell, being poor is a virtue
14. I am powerless
15. In order to succeed in life I have to pretend to be someone that I am not
16. My family and friends always abandon me
17. I am not lovable
18. My body does not cooperate with me
19. The world is not a safe place
20. I am not capable of achieving my goals in life

### Beneficial -

1. I am peaceful and purposeful
2. Life is ease and joy
3. I am a success as I grow, learn, and expand more into my fullness every day
4. I am infinitely valuable
5. I am fully deserving and say yes to everything I want in life
6. The Universe supports me
7. God loves me, accepts me as I am, and supports me in my learning and growth
8. I say yes to having my needs met while doing what I love
9. I create time to invest in myself because it is essential to my well-being
10. I am perfect, whole, and complete
11. I surround myself with people who are honest, respectful, and have integrity
12. Wealth can facilitate great contributions for the good of humanity and the planet
13. Rich people can reach high consciousness; wealth and love can work together
14. I am powerful
15. I am successful while expressing freely who I am
16. I choose relationships with unconditional, steadfast, and committed loving presence
17. I am wholly lovable
18. My body is my friend
19. I am safe wherever I go, connected always to Source
20. I am able and choose to achieve my goals in life with ease and joy

# KNOW THYSELF

## Beliefs

Fundamental Beliefs about this Universe, how it operates, and who you are within it are also essential to look at and work with:

- Goodness (Source is everything and Source is good, therefore this is a good and loving Universe)
- Oneness (everything is made of Source energy and is one big whole; I am One with all of life)
- Wholeness (separation is only an illusion, everything is still whole, I am part of that wholeness)
- Safety (the Universe is on my side, rooting for me and supporting me; I choose to be safe)
- Love (everything is Love, loved, and lovable)
- Connectedness (I am connected to everything and am therefore whole and complete)
- Acceptance, inclusion, belonging (I am Home wherever I go and always belong in Love)
- Meaning, Order, Purpose (everything is flowing in divine order and has divine purpose, I trust that everything is on path)

I am... Life is... Universe is... We are all...

Abundant	Creative	on Path	Good	Wise	Compassionate
Beautiful	Intelligent	Connected	Helpful	in Order	Worthy
Expansive	Love	Ease-filled	Kind	Purposeful	Growing
Limitless	Peaceful	in the Flow	Powerful	Valuable	One

*Like a splinter, non-beneficial beliefs want to be rooted fully out.*

Utilize experiences you are not enjoying in your life to uncover what non-beneficial beliefs you are still carrying about yourself, other people, life, the world, the Universe, and God. When you find one, acknowledge it and understand that it came from some past negative experience and is probably related to some wounds still in your system. Roll up your sleeves and do some good healing work with it all. Bring Love in, let Source connect into all the places, surrender the difficulty and heaviness over, and allow any lessons and learnings to come through.

Story → Wounds and Beliefs → Love → Learning → Release → Freedom → Expansion → New Creation

Allow the story of something to take you to your wounds and non-beneficial beliefs. Once you've found them, allow them to speak all the way up and all the way out. Hear them fully, they are a part of your growing wisdom. As their perspective is named, let them go, as they are not Truth. Love all of it. It is worthy and deserving of compassion and inclusion. With this Love, allow any learning and growth needed to occur. With learning comes expansion and with true release comes even greater freedom to choose new possibilities. Bring new affirmations into your system that feel aligned with higher Truth.



# KNOW THYSELF

## Who Are You and Who Are You Becoming?

Each of us was made differently. You are unique, like a fingerprint or a snowflake. The basic structure of you is its own combination of lots of different elements and qualities. These can be experienced as natural aptitudes and proclivities. Then we add on top of that everything you as a soul have already experienced, chosen, and developed. These can be experienced as talents and skills, preferences and aversions, character assets as well as character challenges. You are somewhere in the middle of becoming who you are ultimately going to be when you experience yourself completely as Source again. Do not assume anything. Get to know yourself every moment of every day and be curious. You are in a continual state of evolution and who you are tomorrow is hopefully not the exact same person that you were yesterday. You are here to grow.

This journey of you becoming fully and completely yourself is, in some ways, what this entire experience is about. The more you lean in and fully get to know yourself the better. The more you show up in life with full authenticity and transparency the better. Hiding only forestalls the inevitable.

## Character Strength and Challenges

It can be helpful having guideposts to direct choices and behavior. Back in the day, sins and virtues were meant to help people make choices that were more aligned with higher purpose. As laden as these words are with judgment and religious connotation, we're going to release them to Source to be healed, and work with the guideposts of character strengths and challenges. They're basically the same thing, although sins and virtues usually meant condemnation and salvation, which in remembering we are already One with Source, doesn't mean much anymore. Let's remember it like this: character strengths help us feel even more One with Source, while character challenges usually feel even more separated from Source. Strengths = feeling closer to Source; challenges = feeling farther from Source. As we refine our character, we will develop more strengths and work through our challenges, becoming more and more in our light and fullness.

### STRENGTHS

loving	flexible	compassionate	steady	spontaneous
joyful	insightful	care-full	humble	good at learning
allowing	clear	balanced	purposeful	sincere
relaxed	respectful	positive	practical	gentle
playful	passionate	resourceful	deliberate	direct
kind	disciplined	patient	enthusiastic	bold
faithful	good listener	sensual	powerful	actualization of ideas
confident	focused	discerning	self-loving	generous
peaceful	observant	having foresight	good	perseverant
industrious	adventurous	responsible	perseverant	fun loving

# KNOW THYSELF

## STRENGTHS

sensitive	honest	warm	considerate	curious
charming	intelligent	courageous	carefree	energetic
clean	precise	wise	easygoing	dependable
thankful	moderate	courteous	free-spirited	healthy
exuberant	supportive	willing	caring	devoted
leader	strong	diligent	intuitive	creative
sociable	open	thoughtful	optimistic	adaptable
helpful	orderly	assertive	imaginative	versatile
organized	loyal	friendly	nurturing	witty
independent	workable	fun	stable	good communicator

## CHALLENGES

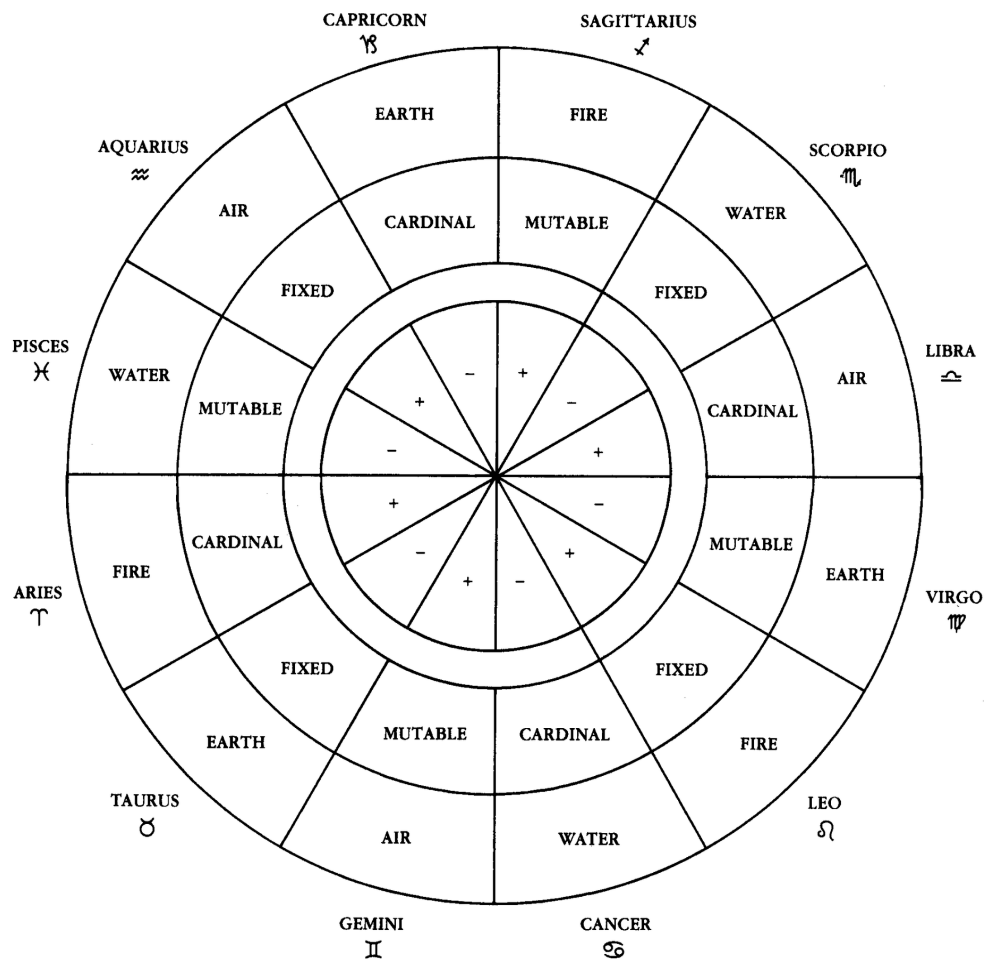
controlling	stubborn	impatient	unreasonable	distrusting
selfish	unforgiving	irresponsible	indulgent	inconsistent
critical	judgmental	opinionated	lazy	manipulative
rigid	rash	head strong	materialistic	irritable
overthinking	competitive	anxious	fearful	inhibited
defensive	jealous	reckless	weak	unemotional
argumentative	possessive	restless	indecisive	evasive
unhelpful	bossy	brash	unclear	quick-tempered
impetuous	blunt	apathetic	tense	lack of confidence
careless	detached	distant	messy	overly sentimental
turbulent	rebellious	dogmatic	unreliable	don't know self
uncontrolled	cranky	insensitive	narrow minded	disorganized
stressed out	suspicious	aggressive	self-absorbed	superficial
dishonest	insecure	angry	greedy	arrogant
naive	immature	confused	melodramatic	skeptical
domineering	negative	pessimistic	temperamental	uncompromising
clingy	gluttonous	frivolous	touch	obsessive
passive	moody	mousy	invisible	resentful
wimpy	chaotic	pushover	compulsive	tactless
brooding	forceful	forgetful	over-confident	overly emotional

How do you feel about these words? Which feel better and healthier to you? Which feel heavier and worse? Remember, none of these are bad. From Source perspective there is no such thing as bad, it is only how we work with things. Love all of these energies well, they are here to teach us where our growth spaces are.

# KNOW THYSELF

## When Strengths Become Liabilities + Bringing In Balance

Often we have character strengths that when gone too far - without balancing in the opposite direction - they experience as difficulties. A helpful tool to use in this discussion is the language of astrology, which describes character development and the balancing of what feel like opposites in a practical way. You don't have to believe in astrology to get benefit out of this. Anything that helps you understand 'opposites' and how to bring balance to certain characteristics is helpful.



### Balancing:

aries	←→	libra
taurus	←→	scorpio
gemini	←→	sagittarius
cancer	←→	capricorn
leo	←→	aquarius
virgo	←→	pisces

# KNOW THYSELF

## When Strengths Become Liabilities + Bringing In Balance

### ARIES the bold self

#### STRENGTHS

focused on self  
independent  
assertive  
bold  
spontaneous  
strong  
leadership  
fearless  
energized  
direct  
self-confident  
passionate  
comfortable being alone

#### GONE TOO FAR

selfish  
isolated  
aggressive  
careless  
brazen  
dominating  
bulldozing  
destructive  
rushing, impatient  
bossy  
self-centered  
hot-headed  
overly self-reliant

#### THE BALANCE OF LIBRA

thinking of others  
strong interpersonal skills  
careful, cooperative  
poise, awareness of relationships  
thoughtful  
sensitive, compassionate  
desire for peace, balance, and equality  
upholding beauty  
patience  
eloquence, diplomacy  
carefulness, compromise, inclusion of others  
adhering to reason  
good at sharing, offering and receiving support

### TAURUS the solid doer

#### STRENGTHS

hard working  
good with the material world  
practical  
sensible  
stable, steady  
grounded  
earthy sensuality  
follow through  
dependable  
focused on what is  
simple

#### GONE TOO FAR

bulldozing, exhausting  
materialistic  
narrow-minded  
limiting  
rigid  
afraid of change  
over-indulgence  
demanding  
stubborn  
no openness for growth  
limited

#### THE BALANCE OF SCORPIO

sensitivity, greater meaning  
connection to the Universe  
mystical, deeper understandings  
spiritual  
dynamic  
fluid, trusting life  
non-material  
intuitive, allowing others to help you  
flows and cycles, able to let go  
focused on what could be, exploration  
complex

# KNOW THYSELF

## When Strengths Become Liabilities + Bringing In Balance

### GEMINI

the thinking and talking self

#### STRENGTHS

thinking  
verbal prowess  
intelligence, facts  
quickness  
interest  
variety  
adaptability  
immediacy  
adept with what's at hand  
disseminating information  
close comfortable circle  
of friends and life  
understanding multiple  
perspectives

#### GONE TOO FAR

over-thinking  
over-talking, lying, manipulation  
overly intellectual, not present  
restless  
over stimulation  
indecisive  
nothing stable  
no planning, fixating on details  
no long-term vision  
gossip  
only going for what you know  
  
multiple selves; talking out of  
both sides of mouth

#### THE BALANCE OF SAGITTARIUS

presence  
silence, honesty, truth  
philosophy, wisdom  
stillness  
focus  
higher thought, morality  
centered within ideals  
big-picture perspective  
connected to higher purpose, faith  
ideals and morals  
expansion, travel, greater learning  
  
one clear point of view

### CANCER

the feeling self

#### STRENGTHS

emotional sensitivity  
inner world  
creativity  
personal endeavors  
family life  
sentimental  
nurturing  
the past  
heartfelt connections  
compassion  
intuition  
care for others  
relational sensitivity  
deep relationships

#### GONE TOO FAR

overly emotional or sensitive  
lost inside self  
lack of practicality  
self-centered  
insular, limiting  
fearful of change  
coddling  
regretful  
clingy  
enabling  
lack of practicality  
codependent, hiding in caretaking  
passivity, shyness  
fear of abandonment

#### THE BALANCE OF CAPRICORN

pragmatism  
the outer world  
realism and the material world  
professional endeavors  
career  
oriented towards the future and success  
driven, providing  
the future  
worldly accomplishment  
empowering  
practicality, solid action  
personal responsibility and worldly action  
goes for what is wanted  
autonomous and empowered

# KNOW THYSELF

## When Strengths Become Liabilities + Bringing In Balance

### LEO the expressed self

STRENGTHS	GONE TOO FAR	THE BALANCE OF AQUARIUS
self expression	attention seeking	aware of the larger group and other people
charm	narcissism, vanity	greater good, humanitarianism
leadership	making it all about self	part of organizations, big on cooperation
flair	focused too much on the external	thoughtful and focused on greater concerns
giving	exaggeration	precise
generous	for ego's sake	team spirit and collaboration
courageous	prideful	self as part of the whole
outspoken	callous	larger awareness and sensitivity
self-confident	hubris, entitled	humility and greater service
luxurious	materialistic, hedonistic	deeper purpose, fine doing without
artistic and expressive	desire for drama	non-dramatic
affectionate	overly protective, loyal to a fault	objective and rational
full expression	over the top emotional responses	logical and able to observe feelings

### VIRGO the service self

STRENGTHS	GONE TOO FAR	THE BALANCE OF PISCES
facts and data	overly analytical	imagination, intuition, dreams, and creativity
structure	overly literal	creative freedom
details	perfectionism	big picture
hard work	exhaustion	surrender and relaxation
reading the fine print	get lost in the fine print	larger opportunity, being able to move forward
applying self	overly physical	transcendence into the spiritual
giving of self	lose self	self sourced through higher power
service through action	always doing	soul time
personal responsibility	taking too much responsibility	faith in the universe - self doesn't have to do all
organization	controlling	release and trust
thoughtfulness	over thinking	healthful feeling, being connected to the heart
grounding routines	heavy, grounded, stuck	flexible, open, accepting, graceful
developing skills	overly technical	staying connected to the bigger why's

# KNOW THYSELF

## When Strengths Become Liabilities + Bringing In Balance

### LIBRA the relational self

#### STRENGTHS

relationships  
sensitive to needs of others  
strong interpersonal skills  
thoughtful  
partnerships  
cooperation  
commitment  
generosity  
patience  
refinement  
careful  
peace-keeper  
compromise

#### GONE TOO FAR

codependence  
lack of self-care  
focused solely on external  
over thinking  
hiding in relationship  
passive-aggressive  
lack of commitment to self  
needing to look good  
avoiding conflict  
vanity  
avoiding challenge  
not allowed to voice dissent  
resentment, feeling taken  
advantage of

#### THE BALANCE OF ARIES

individuality  
knows and meets needs of self well  
focused on self  
not afraid to act  
confidence in self  
directness, honesty  
autonomy  
doesn't care  
expresses self healthfully  
true to self  
the rewards of risks and bold action  
able to speak up, voice self, including anger  
ownership of self; only saying yes to things  
that are self-aligned

### SCORPIO the deep and intense self

#### STRENGTHS

inquiry  
depth  
exploration  
connection to the universe  
spiritual fulfillment  
fluidity  
non-materiality  
intuition  
dynamism  
intensity  
comfort with the unknown  
mystery  
allowing others to help

#### GONE TOO FAR

only questions  
getting lost in the depths  
always searching  
loss of self  
disconnected from material  
overly emotional  
no grounding  
non-practical  
chaotic  
unsustainable  
too big, too much  
secrecy and lies  
relying on others to help

#### THE BALANCE OF TAURUS

application of knowledge through action  
simplicity, living in the present moment  
healthful daily habits and routines  
embodied, practical  
comfortable and happy with material world  
grounded  
focused on applied action, in the body, sensual  
what makes sense and is actionable  
stable  
reliable, sustainable  
living in the moment  
simplicity and truth  
relying on self, making one's own living

# KNOW THYSELF

## When Strengths Become Liabilities + Bringing In Balance

### SAGITTARIUS

the philosophical and idealistic self

#### STRENGTHS

wisdom  
philosophy  
higher thought  
travel  
higher learning  
idealism  
vision  
purpose  
big picture  
honesty  
adventure  
autonomy

#### GONE TOO FAR

opinionated, arrogant  
overly philosophical  
lost in theory  
ungrounded wanderlust  
unrelatable extrapolations  
righteous zealotry  
fixating on the future  
dogmatism  
boredom in daily life  
bluntness  
always off somewhere else  
overly independent

#### THE BALANCE OF GEMINI

open to more information  
what makes sense and is relatable  
practicality of information  
happy with what is local and known  
simple and easy to understand  
common-sense  
the here and now  
playful exploration  
doing one thing at a time  
dialogue and active listening  
local activities and hobbies  
partnerships and dynamic duos

### CAPRICORN

the career self

#### STRENGTHS

pragmatism  
driven  
leadership  
professional acumen  
proactive  
empowering  
cool-headed  
structure  
single-focused  
captain of industry  
success-oriented

#### GONE TOO FAR

dry, cold  
elitist, ruthless  
power-hungry  
workaholism  
bossy  
exacting  
detachment, unfeeling  
controlling  
"lonely at the top"  
driven by materialism and status  
defined by accomplishment or failure

#### THE BALANCE OF CANCER

intuitive, connected  
emotional sensitivity  
family time  
home life  
nurturing  
compassionate  
being inclusive  
flowing, relaxed  
lots of heart-centered connections  
self-care  
connecting from the heart



# KNOW THYSELF

## When Strengths Become Liabilities + Bringing In Balance

### AQUARIUS

the unconventional self

#### STRENGTHS

humanitarianism  
greater good  
organizations  
causes  
evolution  
free thinking  
team player  
communal spirit  
bohemian  
unconventional  
innovation  
objective, rational

#### GONE TOO FAR

distant  
disconnected from daily life  
lost in the crowd  
personally unemotional  
no pleasure in the now  
overly intellectual  
need to be liked  
hiding in a group  
no roots  
radical, unrelatable  
rejection of what's good now  
detached, aloof

#### THE BALANCE OF LEO

present and available  
expressing self through daily life  
unbridled self-expression  
warm, wanting to connect  
tuning into desires and sensuality  
inner fire  
courage, leading by example  
enjoying the spotlight  
embodied, sensual  
attractive and charming  
happy with what works  
following your heart

### PISCES

the connected self

#### STRENGTHS

creative freedom  
artistic abilities  
intuition  
great sensitivity  
imagination  
divine connection  
big picture understanding  
surrender  
flexibility  
healthy emotionality  
inspirational  
connected  
dreamy  
fluidity

#### GONE TOO FAR

lack of grounding  
overly right-brained  
no interest in facts or details  
no sense of self  
lost in daydreams and fantasies  
lack of self  
inability to act now, scattered  
passivity, lack of responsibility  
playing the victim, self-pity  
emotional manipulation, chaos  
always rose-colored glasses  
lack of boundaries  
denial, deception  
chaos

#### THE BALANCE OF VIRGO

ordered logic  
left-brained rationality  
thoughtfulness and planning  
personal responsibility  
paying attention to details  
developing skills and mastery  
structure, grounded routines  
solving problems with facts and data  
standing up for yourself  
focused on what makes sense  
practical  
setting clear boundaries  
accountability and leadership  
organization, cleanliness

# KNOW THYSELF

## When Strengths Become Liabilities + Bringing In Balance

We all have every one of these dynamics within us. Some are more pronounced than others in certain lifetimes. Our intention, as a self-realized being, is to come into harmony with all of these aspects present, available, and working well together. We are not picking one or three or a handful. ALL are needed to experience wholeness as well as mastery and adaptability within any situation. Every one balances and complements the rest. Identify which you are already proficient in, as well as the ones you have more difficulty with. More and more, consciously work with all of them, utilizing the best tools for what is currently at hand. Try not to over-emphasize anything, and instead be adaptable and healthfully responsive. Ask yourself a question such as "Is this a good situation for me to practice my Capricorn self, or would it be better practice to allow for my Cancer self? Can both be here actively participating?" and listen in to what resonates highest. Have them all available: your bold Aries self, your intelligent and quick Gemini self, your deep feeling and exploratory Scorpio self, etc. and play with what parts of you can show up within any moment. If you feel like you're not very practiced or skilled with any in particular, focus on them for a period of time and get to know those parts of you better. Develop them intentionally. Once you are more skilled in those qualities they will be in your toolbox for future use.

*Often in a lifetime we are specifically focused on developing and balancing certain qualities of our character, yet this doesn't limit us to working on only those. Get comfortable with all the various aspects of yourself so you can feel more and more balanced and whole.*

Remember, you don't have to pick between one or the other, or limit yourself to only two or three. Ideally you will be working with all of them at the same time. To name qualities from all twelve, in any given moment you will be feeling self-confident, grounded, thoughtful, sensitive, expressive, helpful, cooperative, spiritually connected, purposeful, empowered, free-thinking, and fully connected to the bigger picture of things. They all work together. What feel like balance points direct us towards optimal synergy. It's not Aries OR Libra, it's Aries AND Libra, Taurus AND Scorpio. How can they work best together, complimenting each other and bringing a masterful approach to life? Practice weaving the balance points more and more together, working with both at the same time. Pragmatism AND spirituality, fullness of self AND sensitivity of others, etc. This is where our path leads.

cardinal = initiating      fixed = sustaining      mutable = transitioning

Another dynamic worthy of note is the creational triad of create, maintain, transform, or otherwise named life, birth, death (which allows for the creation of new life). These three energies are within all of us and also want to be balanced. See which you naturally lean toward, celebrate your aptitude, and also work with developing the others. Prosperous life is upheld within a healthful flow of all three.

# KNOW THYSELF

## The Masculine And Feminine Principles

One of the most important balances of all can be worked with through the lens of the masculine and feminine principles. We have both within us and can express both at any time. Women are not necessarily feminine as men are not necessarily masculine. We are developing both of these principles equally within us, and again, mastery is harmonious balance with and between both.

Our relationship with these qualities is often represented by our mother and father of this lifetime. Which are we more comfortable with? Which do we have strained relationship with? Which qualities feel awkward or uncomfortable, or bring up a powerful negative reaction? All of this shows us things about ourselves and our own progress towards wholeness. Where we have strain is where we are healing things within us. Where we experience ease is where we've remembered wholeness again.

EXTREME	MASCULINE	FEMININE	EXTREME
piercing, destructive	direct, strong	diffuse, soft	non-existent
dominating	bold	receptive	hungry, consuming
aggressive, harsh	assertive	sensitive	fragile
disconnected	logical	creative	unrelatable to linear world
limiting	linear, fixed	fluid, flexible	chaotic
desensitized, cut off	practical	intuitive	feeling everything
exhausting, never home	active	passive	disempowered, stuck
can't see big picture	narrow and focused	spacious and connected	lost in wholeness
lack of self-reflection	outer world	inner world	paralyzed within self
not allowing, unfeeling	rational	feeling	out of control, unstable
always fixing	problem solving	nurturing	coddling
dividing	differentiating	including	no discernment
no enjoyment	practical	sensual	hedonistic
disembodied	mental	embodied	lost in the senses
overly rigid	structure	emergence	not doing your part
disallowing Universe	planning	allowing	no forethought
isolated, distant, aloof	individuated	relationship	attached, overbearing



Your relationship with your father in this lifetime gives us helpful information about your own masculine principle as well as your relationship with Source in those capacities. Same with your mother. On your wholeness journey, it has way less to do with these people in particular than it does with your overarching ease or discomfort with masculine and feminine qualities. As a soul, have you been comfortable or uncomfortable with receiving nurturance from yourself and Source (i.e. your relationship with the feminine aspect)? Have you worked well with directness and practicality or shunned it for softness and intuition? Where in your life could you benefit from more masculine principle within you and in your connection to Source? Where could you benefit from more feminine principle? What can you heal so that you are completely comfortable and work well with both?

# KNOW THYSELF

## Values

Another tool that can help you get to know yourself is identifying what you already deeply value as well as what you are learning to value. Values are what drive us, whether we are conscious of them or not, and they are important for us to identify so that we know what is driving us within any situation.

### Possible Values

respect	freedom	autonomy	cooperation	peace
responsibility	action	practicality	love	loyalty
dependability	commitment	openness	honesty	boldness
creativity	expression	empowerment	beauty	efficiency
environmentalism	innovation	compassion	adventure	service
comfort	leadership	vision	information	excellence
physical activity	fun	play	activism	equality
fairness	sensitivity	exploration	productivity	helping others
individuality	philosophy	learning	sensuality	thoughtfulness
education	travel	family	history	home
art	the details	organization	groundedness	spontaneity
flexibility	planning	balance	peace	depth
partnership	understanding	spirituality	teaching	sharing
success	progress	recognition	wealth	popularity
power	justice	uniqueness	unconventionality	connection
dreams	growth	community	evolution	nature
self-development	stability	order	harmony	philosophy

Which of these are you aware of driving your decisions? Which have you not been aware of, but after reading through, you can see that they've been affecting your choices? Which do you feel you are learning to value in this lifetime? Which have you been actively developing?

# PRACTICE

# PRACTICE

## Choices

Who you are being in any given moment is your choice. How you are showing up to any situation is your choice. This is your practice here on planet Earth.

Whenever something happens, you can choose to unconsciously react, consciously respond, or pick a Source absolute to embody and bring to the situation. Ultimately, the embodied absolute feels the best for everybody, including you.

Reaction → Conscious Response → Embodied Absolute

Anger → Curiosity and Openness → Understanding and Love

As an example, something happens in your family that would normally trigger a reaction from you. Usually you would get frustrated, angry, and dismissive. Instead, this time, you take a big breath and you move through the list of "What To Do When A Would Gets Triggered" and you feel more conscious and at choice. Maybe you've been working on your sensitivity, inclusion, and staying positive, so you consciously respond to the situation with compassionate inquiry and creative problem solving. Without a doubt this will feel better to everyone.

Even stronger as a choice, you could pick a Source absolute, like compassion, and open up to receive it fully from the greater universe, taking some time to soak it in and get your whole being vibrating as compassion. This can take some practice, yet the more you practice it the easier it becomes. When you feel ready, you will come to the situation vibrating as the Source quality pure compassion, and you will bestow that gift upon everyone including yourself. This will feel like medicine to your whole system as well as everyone else's. If you're not ready for this level of practice, stay with conscious response, yet keep being open to greater Source energy as it will help with your healthy responses as well.



Remember, in your belly is your strong center of Light. It is what is at the center and heart of all things. Keep breathing and making space for this light. Keep giving it permission to shine. Keep relaxing all of your stomach muscles so it has more room to radiate into and pulsate from. This is your connection to Source and it is your ever-available place of light.

# PRACTICE

## Your Column of Light

Up and down, paralleling your spinal cord, streams your own personal column of Light. It is your umbilical cord to the Universe, your river of light always connected to the great Ocean of Light, Source. Through your crown, or top of head, is where you connect with the higher and lighter energies of creation. This energy center opens up towards the heavens. Through your root, or bottom of torso, is where you connect with the life-sustaining, earthly energies of creation. This energy center points down towards the core of the Earth. Both your crown and your root want to be relaxed, open, and flowing, connected with the heavens above and Earth below in full, rich connection.



## Grounding

While we are here on planet Earth, it's imperative we know how to ground and stay grounded as long as we're here. Grounding helps us be embodied and powerful. It helps us release charge - just like a ground in an electrical system or with a lightening bolt - down into the earth, so that it doesn't fry our system. Ground represents the Earth element, which brings stability, surety, slowness, diligence, and healthy interface with the physical world. It represents action, so that we can follow through with our dreams and inspirations. Having a strong, felt relationship with the Earth element and with the ground beneath us is imperative in our most healthy functioning on planet Earth.

### Choices that help ground:

- allow some of your energy to flow down into the Earth below you, like roots of a tree, down and in, and leave it there, grounding, rooting, and stabilizing you
- take your shoes off and put your feet in the earth; allow yourself to feel connection
- eat some grounding foods, like root vegetables and mineral-rich greens and legumes; be in conscious relationship with your food; make time to mindfully receive it into your body, feeling gratitude, and thanking the food and Earth
- sit in nature, on the earth or grass or sand, and feel direct connection with the planet below you; feel its density like a loving anchor keeping you physically strong and able
- really feel your body and consciously inhabit it; stomp your feet, be in your legs and hips, feel the gravity of Earth gently pulling you down and in to lovingly inhabit your body
- relax the bottom of your torso physically and energetically so that more energy can flow

# PRACTICE

Remember, everything is energy. Where your thoughts go, your energy goes. Practicing these things might at first feel weird, yet the more you do it the less weird it gets and the more conscious and powerful you become. Remember that most of what this Universe is you cannot see with your physical eyes, and instead you'll need to utilize and develop other capacities.

## Receptivity

Being at choice with what and when you are receiving anything from the world around you is very important. The two extremes of 1) having no boundaries and taking everything in, and 2) being totally closed off and not allowing anything in, are both unhelpful. You will be increasingly cultivating choice around what you let into your energy field and what you do not.

Many of us need practice in receiving, as we are more comfortable and practiced in acting, doing, and giving to others, and less comfortable with allowing others to act and do on our behalf or give to us. Being able to graciously receive is as important as graciously giving, and both are necessary for health as they balance each other. All healthy relationship is mutual, with healthy inflow and outflow.

Being able to receive from Source and from Earth is of paramount importance. Developing receptivity through your crown and root centers sets the foundation of healthy flow through all the rest of you. Receptivity feels like openness, willingness to receive, invitation, allowing something in, and deep internal listening. It requires softness and relaxation.

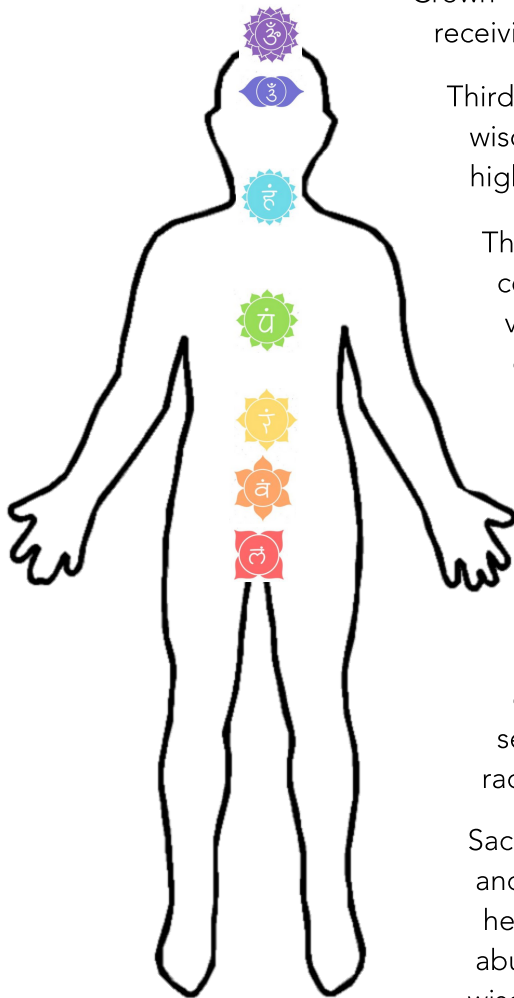
If receptivity feels like a challenge for you, the best places to begin practicing can be with opening to your divine helpers above you, through your crown center, and to the strong Earth below you, through your root center. From your crown center you can practice receiving guidance, wisdom, clarity, peace, reassurance, and other high and light energies. From your root center you can practice receiving deep, embodied sensations of stability, sureness, abundance, fertile life, nourishment, strength, and other rich and filling energies. Being able to receive from the Earth through your root center is necessary for you to feel strong, capable, nourished, and safe. It begins the experience of solid connection to life as a healthy, embodied earth being.

Practice receiving from your column of light at all times; from Source light above coming down and into you, filling you with divine radiant light, and from Earth solidness below you coming up and into you, filling you with stability and sureness. Allow these connections to support and add to your own light center in the middle of your belly.



# PRACTICE

## Energy Centers



Crown - connecting to Source, allowing light to fill your being, receiving Universal remembering, opening up to greater consciousness

Third Eye - knowing without having to think, receiving guidance and wisdom from higher sources, flowing vision, allowing for clarity and higher sight, seeing what truly is while also opening to what can be

Throat - speaking your truth, communicating what needs to be communicated, expressing your creative and authentic self, voicing your experience, singing, making authentic sound, connecting through voice

Heart - interacting with the world in an authentic and Loving way, feeling all of your feelings within consciousness and grounding and allowing them to inform your choices, integrating your humanity and spirituality harmoniously, coming from a place of feeling and Heart in all that you do

Solar Plexus - being fully yourself, authentic in your own being, direct action coming from your healthy connected self, self confidence and knowledge, healthy desire and willpower, radiating from your own center point of strength and wisdom

Sacral - allowing for full creativity, feeling the depth of your emotions and allowing them to heal and integrate into your being, healthy expressive sexuality, aliveness, feeling inner fertility and abundance, unpacking anything stored from the past for energy and wisdom in the now

Root - connecting to the Earth, feeling comfortable and happy in your body, receiving nourishment, allowing for nurturance, the sensation of stability and rootedness wherever you go, connecting to and receiving earthly abundance, the affirmation of safety and belonging, physical strength

*All of these centers want to be in healthy expression and balance.*

They all work together. When one isn't flowing well, the others are impacted. Be increasingly conscious of how each of your energy centers are working and if any need special attention. When you have a bellyache or throat tightness it is connected to that area of practice. Physical sensations let you know how your spiritual practice is or isn't going. Let the wisdom of your body give you helpful feedback.

# PRACTICE

## Building Relationship With Source

It is good to name Source - God, Great Spirit, Universe - anything that helps you understand and feel closer to this All That Is, although understanding this presence only in vague, amorphous terms isn't totally helpful. Great Spirit has a focal point of kindness, presence, intelligence, and all Source qualities that experiences fully like a being made out of pure Love and Light. You can connect to this being; the greatest factor in you being able to do so is your desire and willingness. The next factors might be how open you are, what practice time you are willing to devote, how receptive and available you can become, and how much you are able to let go so that you can open even more up. This relationship, along with your relationship with yourself, is the most important of your lifetimes. If you have resistance, it is crucially important you get to know why and begin or continue the process of healing. Your soul progress can only go so far without it.

### Connecting Practice:

- get clear that you want direct relationship with Source, God, the All That Is
- devote time every day to practice connecting
- be still and connect with your breath, preferably in a place that helps you feel connected - in nature, a temple or church, the beach, a beautiful place, in front of your altar
- name your intention: to connect to Source, the intelligent creator of the Universe
- practice being open, breathing, relaxing and allowing, opening your heart and mind
- let any of your own thoughts pass through your mind like clouds in the sky
- be present and available
- speak directly to Source and allow time to listen and receive

#### What Great Spirit Is:

loving, compassionate, kind  
honoring of free will  
intelligent, creative, resourceful  
wise, knowing  
accepting, understanding  
helpful  
supportive  
clear and light  
the best teacher  
possibility affirming  
gentle at times, direct at times -  
based on what is most helpful

#### What Great Spirit Is Not:

judgmental, critical, unaccepting  
controlling, forcing  
limiting, lacking  
foolish, a know-it-all, condescending  
condemning, unforgiving  
punishing  
belittling, undermining  
confused, dark, and heavy  
a tyrannical overlord  
impossibility affirming  
bossy, demanding, coddling -  
or other unhelpful qualities

*Why would you NOT want to have relationship with this amazing, benevolent presence?*

# PRACTICE

## Pace

This modern culture is very practiced at rushing and going fast. It is very difficult to be present and to feel truly connected when we are rushing. The organic pace of Earth is much slower than we are used to running, and part of our practice is to slow back down and be more in the natural rhythm of life. Rushing, and going fast, can be a choice if we ever need it for some reason, yet it does not want to be our standard mode of operation. Connecting to Source above and Earth below, as well as to our own center of light, becomes more and more challenged the faster and more wound up we become. The quality of our presence, connectedness, and work diminishes. We think we're getting more done, yet in the long run our creativity and productivity suffer. It is the wiser and more healthful choice to slow down, and practice slowing down and unwinding, until a deeper, fuller, slower, and more connected pace to your being becomes normal. This slowness allows for richer and fuller experiences, as well as for you to more consciously inhabit your body and all of your choices.

THE PACE OF EARTH AND THE HUMAN BODY IS MUCH SLOWER THAN WE ARE USED TO GOING, AND AS SUCH, WE RUSH OURSELVES RIGHT OUT OF OUR BODY AND PRESENCE. OUR PRACTICE IS TO SLOW DOWN, ALLOWING OURSELVES TO SINK BACK DOWN INTO OUR BODIES AND THE DEEPER, FULLER, RICHER RHYTHMS OF LIFE ON PLANET EARTH.

## Trusting In Divine Order While Owning Your Part

The dance of this life is entirely co-creative. You are in constant flow with the Universe; Source is doing it's part and you are doing yours. To over-balance in either direction is error; to think that everything is up to you and there is nothing greater guiding things along is error, as is thinking the Universe will do it all without your effort. Divine order is perfect and you can always trust it. Whether you understand the bigger picture or not, everything is working perfectly. To get clear on your part of things, take creative ownership for everything in your life: Universe is just saying yes to what you are consciously and unconsciously choosing. Karma, as a law of this Universe, is also working perfectly, so get humble and curious if undesirable experiences are showing up in your life. They are a product of some part of your past or present self's choice. Take complete ownership of yourself and all of your choices, and understand that within divine order, everything is working perfectly. You are learning and growing, exactly as planned. You are discovering and becoming more than who you've been before, also as planned. The structure and framework of this Universe, and how it works, is flawless, and you can relax into and trust the perfection of the design. This framework is supporting you and helping you along on your path of learning from choices and refining your ways of being.

# PRACTICE

## Fully Releasing To Make Room For What You Truly Choose



Letting go of what no longer serves you, like limiting beliefs and negative perspectives, is a necessary part of your growth, and when you release something you want to release it fully. Get very practiced with letting things go completely, in total release and surrender. Visualize it being washed out of you and flowing fully back into Source to be cleansed, or give it over to the flame of transformation and allow it to be burned away so that something new can emerge.

Sometimes, no matter how sincere you are with letting go, certain things linger. Very often this is because there are still lessons to be learned. If you haven't learned what you are meant to learn from a situation, it will typically persist. If this seems to be happening to you, sit in meditation and ask Source if there are lessons that need to be learned. Ask for higher perspective on the situation, as well as what you are needing to practice. Ask if there are any benefits from what you are trying to release, and consciously take those with you as you move forward.

Releasing that which no longer serves you is half the work. The other half is choosing something to live in the places you've cleared. *Utilize naming what you don't want to lead you fully to knowing what you do want.* Staying focused on what you don't want keeps it around. Shifting your focus to what you do want allows whatever this is to move toward you. Be clear with what you want to invite in, naming it cleanly, and keep your attention focused on this.

## Putting Your Learning To Use

Allow your self-realization to lead you to your life's work. From your own knowingness of self comes your greatest understanding of what you have to offer the world. Allow your work to be meaningful and full of integrity with the rest of your being. Let it be an extension of your own deep inner authenticity. Knowing yourself, how can you help others? Learning yourself, what service can you offer those around you? The work of you becoming your greatest self wants to be expressed through your actions and offerings to the world around you.

*Always come from your center and offer your deepest authenticity.*