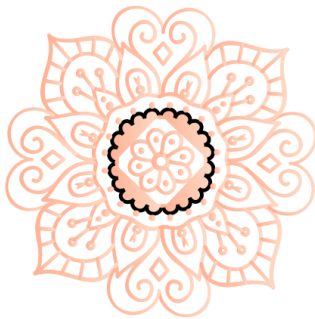


Goddess School



Written by Penelope Badger

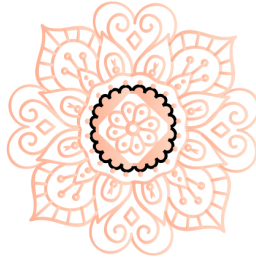
Goddess School



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First Edition

Written by Penelope Badger



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Why I wrote this book...

On my own personal journey of uncovering my most authentic self, I encountered a tremendous amount of trial, error, and frustration. There are so many teachings, teachers and traditions that attempt to guide one to their true self. I found so much in pieces, half truths, specialized areas of focus...etc. It was really challenging to first find the right information, then know with any certainty how to put it all together and make it work.

Catalyzed by a desperate determination to heal my pain, I tirelessly sifted through teachings, and supposed wisdom. I have tried and tested countless ways of being. I have failed many more times than I have succeeded. It's been a lonely, exhausting and often heartbreaking journey. The work is difficult enough once found. There is absolutely no reason anyone should also endure the struggle of finding the road.

This is why I wrote this. So that you can begin your journey right now. The path is often tough and long. Without a guide, the task can be insurmountable for many. Thankfully, I was born with an amount of emotional courage that perhaps borders on insanity. But the obsession to push through, no matter what, has served me greatly. I hope that what I have discovered will serve you as well.

Awakening is a destructive process. It will shake you to your core. Old versions of yourself will die countless times. It is not a journey for the weak of heart. The reward however, is an unimaginable state of peace, bliss, and joy that has always been your birthright. You will eventually learn to trust this process as you begin to reap the benefits of it.

This book will not make the work easier. I am sorry for that. The work is the work. Facing ourselves is daunting. It requires a persistence, dedication, and strength that could break the will of even the greatest of warriors. To succeed at finding our deeper selves, break we must. Open we must. Surrender we must. We have come here with a higher calling that is encoded within the most authentic version of ourselves. Who you are is your mission on this planet. This book will give you the tools to find your way back to the Goddess you were always meant to be.

I am in endless gratitude that you have trusted me to be your guide on this journey. I am honored beyond measure. I have braved the wild wilderness of the soul and returned victorious. Follow me as I light the path for you. Allow me to soften the harshness of the edges and give you what you need to fly higher and dive deeper. I cannot labor nor birth your Goddess Self for you, but I will be with you every step of the way.

xoxo

Penelope

What is Goddess School?

WHAT GODDESS SCHOOL IS...

Goddess School is a comprehensive ten module course that outlines a road map for discovering your most authentic self. As you come more and more into alignment with your Goddess Self, you will begin to watch the life of your dreams unfold. Each module focuses on one of the foundational components of walking the Goddess Path. The modules are sequential, and each builds upon the teachings of the previous one.

As you finally arrive at Module Ten - *Magical Manifestation*, you will have all the tools you need to troubleshoot anything that comes up in your manifestation journey. Many students learn the concepts of manifestation or the *Law of Attraction* teachings, but are often disappointed with the results. Modules One through Nine are the secret ingredients to manifesting your greatest desires.

WHAT GODDESS SCHOOL IS NOT...

Goddess School is not a magic button. It is an instruction manual for life. Goddess School offers you the tools you need to successfully navigate your own journey. The work is the work. It is a lifelong commitment to your soul's evolution. You will have to be diligent and dedicated to your awakening and growth for it to be of benefit to you.

You will have to learn and practice, test and experiment thoroughly. You will have to walk the walk, until you master each concept. As you do begin to master these concepts and see the tremendous benefits, the road will become more and more natural to you. The walk will become easier and perhaps even fun!

WHAT YOU WILL LEARN:

MODULE ONE - MEET YOUR GODDESS SELF

In Module One you will learn the basics of Goddess Life; qualities of a Goddess, the pros and cons of Goddess Life, Goddess Types, Paths of Expression, how to discover your Goddess Type, Feminism vs Empowering the Feminine...etc.

MODULE TWO - HARNESSING INTUITION & ENERGY

In Module Two you will learn about intuition and energy; what intuition is, what energy is, meditation basics, how to tune your energetic compass, how to clear stuck energy in the body, how to protect your energy...etc.

MODULE THREE - THE ART OF (S)ELFISH SELFISHNESS

In Module Three you will learn about The Art of (S)elfish Selfishness; how to love yourself, how to release judgements, how not to be an a@\$hole while honoring yourself, how to create sacred space, self-nurturing rituals...etc.

MODULE FOUR - INNER CHILD HEALING

In Module Four you will learn about healing the inner child; how we lose ourselves, why we fragment, understanding the different parts inside of us, how to talk to and heal those parts, how to reconnect with your inner child regularly...etc.

MODULE FIVE - THE DIVINITY OF DESIRE

In Module Five you will learn about the true purpose of desire; what desire is, why desire is crucial to life, how to know what you desire, how to resolve conflicting desires, how to let your desire flow...etc.

MODULE SIX - THE HOLY BODY

In Module Six you will learn about the true purpose of sensuality; what sensuality is and what it is not, how to awaken more fully to your sensual self, the holiness of pleasure, meet your animal self, learn how to clear blocks to sensuality...etc.

MODULE SEVEN - SACRED SEXUALITY

In Module Seven you will learn about the true purpose of sex; what sacred sex is and is not, why men need sex, types of orgasms, how to become more orgasmic, ecstatic breath, sexual healing...etc.

MODULE EIGHT - CONSCIOUS RELATIONSHIPS

In Module Eight you will learn how to have conscious relationships; what relationship is, relationship types, relationship styles, the sexual orientation spectrum, calling in the love you want, conscious breakups, cord-cutting, opening up to love again...etc.

MODULE NINE - ENLIGHTENMENT FUNDAMENTALS

In Module Nine you will learn the concepts of enlightenment; what God is, what creation is, the purpose of life, the end of suffering, finding inner peace, finding God, life after enlightenment...etc.

MODULE TEN - MAGICAL MANIFESTATION

In Module Ten you will learn the secrets of magical manifestation; why the law of attraction isn't working for you, universal laws of manifestation, manifestation techniques, what free will is and is not, feeling your home frequency...etc.

HOW TO USE THIS BOOK:

It is highly recommended that you do each module in sequential order, and that you are thorough in your studies. Read through the module, do the exercises and any meditations associated with it. Keep a journal of your experiences, thoughts, and questions that may arise. (*Blank pages and a [PDF workbook](#) have been provided to get you started.*) Spend a minimum of one week practicing the concepts outlined in each module. Once the concepts and/or techniques begin to feel more natural, move on to the next.

Once you have completed all ten modules in this manner, you can jump around as needed to further integrate certain concepts or techniques. This book outlines the moving parts of a greater, life-long and recurring process. These concepts and techniques will be as applicable to the beginning of your journey as they are to a more advanced practice. Therefore, it is recommended that you do not rush through the book, but rather take the time to truly master and integrate the concepts and techniques presented.

Supplemental Materials: This book includes a workbook, meditations and other resources for further study. Click any [BLUE](#) link text to access as you go. To download all to a computer, see the end of the book for instructions.

Module One

MEET YOUR GODDESS SELF



The Goddess Path

WHAT IS A GODDESS?

A goddess embodies the fullest expression of her innate higher power. A goddess honors and utilizes both her inner masculine and feminine in near perfect balance. A goddess is gentle in her authority and fierce in her softness. A goddess commands attention, she does not demand it. A goddess is whole and complete within herself, but embraces the need for co-creation and intimacy with others.

A goddess accepts herself as perfect imperfection. A goddess honors her strengths, yet continuously seeks to grow and evolve. A goddess understands the natural rhythms within herself, the planet, and the cosmos. A goddess is open to receive. A goddess is wild. A goddess is free. A goddess finds strength in vulnerability. A goddess is unapologetically authentic with herself and in her expression.

WHAT DOES IT MEAN TO LIVE THE GODDESS LIFE?

Living the goddess life is true freedom. However, goddess life is not freedom from responsibility. On the contrary, true freedom entails a vigilant and complete responsibility of the self. One has to completely own who they are to achieve the gift of freedom. What you do not own, owns you. Owning all of who you are,

both the light and the shadow, also allows you the freedom from conforming to what others want or prefer that you be.

This complete ownership of self leads to blissfully authentic personal expression. This authentic expression comes along with a delicious selfishness, that is in perfect alignment with being in service to others. Goddess life is being in perfect alignment with your inner essence and therefore accessing the source of true and unlimited power.

Though goddess life is not freedom from responsibility, it is a life free from the struggle of making choices. Connecting to the most authentic self in this way, eliminates the need for deciding what to choose, by making obvious a natural course of action that emanates from beingness. Living a goddess life transforms the mundane into the sacred, bringing heaven down to earth. This creates the experience of genuine joy, love, passion, and inner peace.

THE PROS & CONS OF GODDESS LIFE

THE PROS

Freedom, Real Love, Joy, Bliss, Empowerment, Abundance, True Beauty, Wholeness, Fulfillment, Real Intimacy, Inner Peace, and so much more!

The benefits of goddess life are absolutely endless. The life that you can experience is beyond your wildest imaginings. The perfection of the life that will begin to flow into your reality as you embody more and more of your own authentic essence is worth one hundred fold the price. But yes, there is a price...

THE CONS

It takes work, you have to face your fears, you will break down your identity over and over again, you have to completely own yourself, it is a life-long journey, you will never “arrive” at the end.

The part that scares most people is the destruction of who you have identified yourself to be. The good news is that the old version of life that must die, is only an illusion covering up your most divine, natural expression. Yes, it is incredibly uncomfortable to face yourself and your shadows. I can't sugar coat that. This discomfort however, is much better than the endless discomfort of a life half lived.

Expansion is the natural state of existence. We must continue to allow this growth no matter the growing pains. If we don't, we will eventually get dragged along regardless. When the soul decides it is ready, it will catalyze this expansion. Resisting the awakening process makes the discomfort much more painful. Surrendering into it will make the journey easier.

Unfortunately, growth can be uncomfortable no matter how you slice it. It takes vigilance, courage, and a certain amount of grit. You will have to push through stuck places, face old trauma and address negative emotions. If you can shift your perspective to one of neutrality of experience, and gratitude for the treasure that this process will reveal to you, it will greatly soften the trials you will encounter.

My intention here is not to scare you. I simply want to be honest and transparent about the road you are about to embark upon. To minimize the challenges would leave you unprepared for them, and I am unwilling to do that. The road will be hard sometimes, there is no way around that. The intention of this

book is to provide you with the tools you need to scale even the steepest cliffs along your path with relative ease.

Birthing our goddess selves takes work. From conception to gestation to the labor pains, there will be immense discomfort at times. The reward however, is immeasurable. The brilliant new life that you will awaken to will be so magnificent you will never again question whether or not the work was worth it. It absolutely is.

WHY EMBODY YOUR GODDESS SELF?

The future is already “female” right? The feminists have us covered right? Well, yes and no. Mostly no. The feminist movement’s goal has been to secure equal rights for women. In one sense, they have moved society towards this goal. However, the way in which they have executed their aims has not been to empower the inherent qualities of the feminine, but rather to empower masculinity in women.

That means that instead of valuing the qualities of the feminine principle, and working towards elevating those to their rightful place, they have insisted that women be allowed to be more like men. The movement has looked at the problem of men suppressing and controlling women, and has erroneously decided that if women were more like men, they could be powerful enough to counteract these controls.

The trouble with this ideology is that they have actually contributed to the real problem. That problem being the suppression of the feminine in all humans. For anyone to be controlling, cruel, and abusive, means that feminine qualities such as empathy, compassion, and nurturing have been suppressed. Therefore, to encourage women to be more

masculine, doesn't actually work. All it does is exacerbate the current issues.

This is evidenced by the growing number of violent acts committed, the disruption of intimate romantic relationships, and the disintegration of the family unit, that has already begun to happen. The rift between men and women is greater than ever. So too is the loneliness and isolation experienced because of it. If you are at all familiar with Teal Swan's work on loneliness, you will understand why continuing down this path is incredibly dangerous. (To learn more about this concept, read Teal Swan's Book entitled "*The Anatomy of Loneliness*").

The real cure then, is to embody more of the feminine energies inherent in all humans, not less. If you are a woman or identify as such, then to embody your goddess self is to assist all of humanity by restoring the balance of masculine and feminine energies within. It means that we acknowledge the true union of these seeming opposites, and that we no longer hold them as separate. They are in fact two parts of one whole. They are inseparable, and require each other to stand in full power for life to be what it was meant to be.

To empower the feminine, we must raise the feminine back to its rightful place beside the masculine. We must reprogram. We must remember that though the feminine is different, it is equal in power, value, and necessity. We must then merge these energies within ourselves, and become an embodied example for others. This looks like power tempered by kindness. It is vulnerability supported by strength. It is the blazing fire of masculine action balanced with the feminine qualities of softness and empathy. Water is in fact the most powerful element on the planet. So too are the qualities of the feminine within us all.

The ultimate goal of this book is to offer you tools and encouragement to witness your own inner separation so that you may find union and healing. Not only will you discover the true source of your power, but you will become a light in the world to empower others to heal and shine as well. As you get more in touch with your authentic self, your entire world will begin to unfold in ways you have only dreamed of. You will then become a perfect offering for your loved ones and the world at large.

(To learn more about the balance of masculine and feminine energy, listen to [“What is Masculine & Feminine Energy?”](#) and [“Masculine & Feminine Energy Cont.”](#))

THE DARK NIGHT OF THE SOUL

Contrast, or the “unwanted” experiences that happen in our lives are crucial for us to “wake up” and begin our spiritual journeys. Negative emotions are often the response to negative circumstances. These negative emotions are present to the degree that you are not in alignment with your true self. Most people need to experience a significant amount of pain before they begin to question what they are experiencing and begin their search.

It takes time for the soul to regain composure after the amnesia of coming into this dimension. Some people are literally heavy sleepers. Such individuals seem to need more negative experiences to shift them into awakening. This is why so many people have to “hit rock bottom”, before they will make a change. Rock bottom is what the “dark night of the soul” is in some cases.

Keep in mind that awakening is an ongoing process. It is possible to be awakened in one area of life and not in another. The more you awaken, the more light will shine on your inner and outer worlds. You may go through several miniature “dark nights” as the brighter your light grows, the more any darkness left within you becomes painfully obvious.

The dark night phase of this journey is your own emotional “rock bottom” that eventually leads to questioning your entire existence. You begin to look around you and realize that what used to feel good, doesn’t feel good anymore. Your circumstances and relationships become less and less in alignment with the higher soul that is now waking from its slumber. This feeling is likely what has lead you here to these teachings and others you have been studying.

The truth is that you were likely already out of alignment when you were completely identified with the ego mind or “asleep”, as they say. You simply may not have noticed or understood what you were feeling. As long as you were winning whatever game your ego personally plays with you, it was telling you you were doing everything right.

You probably got the “right” job, the “right” relationship, the “right” friends, hobbies, whatever it was. Yet something underneath it all felt unsatisfying somehow. You may have felt like you did everything technically right, but were still unhappy underneath it all. When enough was enough, the dark night phase began.

In this phase, everything that is not in alignment with your higher self begins to feel unbearable. When the pain of change and the pain of staying the same becomes equal, that’s when most people are willing to actively step onto their spiritual path. For

others, the pain has to swell to an even higher intensity, or worse; something catastrophic needs to happen before they will listen.

When the soul is ready, the process begins. This is true whether you are personally ready or not. It's important to learn to surrender so that circumstances don't have to get so dire before you pay attention. Resistance is ultimately futile. The more you resist, the harder the soul work will be. Your soul has higher authority over your free will. We will discuss that concept more later on.

For now just know that your only choice is to resist or go with the flow. You can say no, or say yes to the process. The process will continue nevertheless. What you choose simply determines your experience of your awakening journey. You shall awaken regardless. Once the soul begins to wake up, it takes over.

Metaphorically, it's a lot like when small children wake up before their parents. The kids (ego) have made a whole entire mess of everything they've gotten their hands into. At first when the parents (soul) wake up, they are still sleepy and confused. Once they realize what has happened, they retake control of the situation. No matter what the kids want, or how much they resist, they will be made to bend to the will of the parents.

It is ultimately up to you how your awakening experience goes. It is going to be difficult at times whether you resist it or not. Your ego wants things that your soul knows are not good for you. Your ego self is the child self, your soul is the parent self. Resisting it, taking a negative perspective, or hating your soul for taking over, will only make your time worse than it has to be.

The dark nights we go through on this journey only seem to be dark because of our negative perceptions. If you can maintain a perspective of trust and faith in the process, it will be much easier to embrace the changes that your soul is initiating in your life. Focus on what you will gain in the rebirth part of the process. Focusing on what you are losing only makes you feel much worse than you would otherwise.

Dark nights of the soul happen. They can range from small annoyances to outright devastation. The important thing to remember is that “this too shall pass”. No matter what you are going through, it will not last forever. Slowing down, meditating, and extra self care will make these moments more bearable. You will without a doubt get through it.

I’ve included this section so that you understand it is both normal and common to experience more than one dark night phase. Just like the night sky, the dawn always comes. The darkest points in our lives offer the greatest opportunities for transformation and rebirth. Surrender into these times and use the tools you will learn in this book. No matter how long it takes, you will emerge victorious.

Meet Your Goddess Self

DISCOVERING YOUR GODDESS TYPE

In order to understand yourself better, it's important to know the various ways that goddess energy can be expressed and embodied. These goddess types are essentially archetypes. They are typical ways in which a particular energy can manifest. Though there are infinite nuances, there does seem to be broad categories that the archetypes of the goddesses fall into.

Before you dive into the various descriptions of these goddess types, take a moment and do the guided meditation, “**Meet Your Goddess Self**” included in the resources. It is a guided journey to your personal Goddess Temple to meet your Goddess form. Though you may be tempted to learn about the goddess types first, I think it best to do the journey before your ego has a chance to interfere. Be willing to hear, see, and feel whatever comes up for you. Note your experience in your journal.

After you've completed the following exercises and readings in this section, do the mediation once more. Notice if anything has changed. Notice if your goddess self was more clear for you the second time around. Notice where your ego may be resisting the

truth of your own resonance...etc. Note your findings in your journal.

JOURNAL/WORKBOOK EXERCISE:

This exercise will assist you in uncovering the themes that have been present in your life up until now. It will help to inform you of what goddess type you are most like once you encounter them later. Stay open. You may be surprised about the theme that emerges.

Do not think too long about these questions. Take a few deep breaths to center yourself. Then, simply read the question and answer with the first thing that comes to mind...

- ◆ *When you were a child, what was the first thing you remember being “in love with” or “obsessed” about?*
- ◆ *As a child, what kind of people, places, and/or things were you most drawn to? Which ones are you still magnetized to now?*
- ◆ *What is your favorite genre of movie?*
- ◆ *What is the first section you go to in a bookstore?*
- ◆ *What is the first thing you want to do on vacation?*
- ◆ *Make a list of your favorite Movies, TV Shows, Books, Music, Places, Countries, Cultures, Colors, Foods...etc.*

Now, look back at your list. Do you notice a common thread, mood, and/or theme? Whatever that mood or theme is will point you directly towards your goddess type. There may be several moods or themes. Make special note of the most often occurring or the most dominant ones.

COMMON GODDESS TYPES

Now that you have a better idea of the themes that you resonate with, let's look at the common goddess types. The list below is by no means exhaustive, but it will get you started thinking in the direction of the type of goddess you most likely are.

DOMESTIC GODDESS

Domestic Goddess types love to be around the home. They love to beautify their houses, care for children, and often love to cook and do home crafts. They rule hearth, home, and domestic life. Examples: *Hathor/Hestia/Vesta/Frigg*

EROS GODDESS

Eros Goddesses are magnetized to matters of the heart, and the creative arts. Love, sensuality, and sexuality excite them. They revel in the beauty of life and are the romantic lovers of the world. Eros goddesses often express themselves through poetry, art, music, dance, erotic arts, sex and sensuality. Examples: *Venus/Aphrodite/Bastet/Inanna*

MUSE GODDESS

Muse Goddesses delight in inspiring others to their greatness. These goddesses often have a wide range of interests and talents. This allows them to know enough about a subject in order to light the fire in others so they may discover their own passions. All goddesses eventually become Muse Goddesses to some degree. As you embody more of your authentic self, you

will naturally inspire others to do the same. Examples: *Calliope/Clio/Terpsichore*

EARTH GODDESS

Earth Goddesses are the protectors of nature. They love the outdoors and feel the most alive surrounded by nature and animals. Examples: *Demeter/Ceres/Gaia*

DARK GODDESS

Dark Goddesses are the queens of the underworld. They assist humanity in facing their shadow selves. Their power is transformation, death, birth, taboo and regeneration. Examples: *Kali/Persephone/Hecate*

ANGEL GODDESS

Angel Goddesses have a sweet, heavenly energy. They are often magnetized to the angelic realm. They help to anchor in the energy of unconditional love and soothing onto the planet. Examples: *Angels/Archangels*

SPIRITUAL GODDESS

A Spiritual Goddess is one that is drawn to the spirit world, occult studies, and all things associated with the spiritual side of life. They are often shamans, healers or teachers of spirituality. Examples: *Isis/Sophia/Freyja*

GODDESS OF SCIENCE

These goddesses are drawn to mathematics and science as a way to better humanity. They are the beloved “Geeky Goddesses” of the world. Examples: *Urania/Seshat/Marie Curie*

EXPLORER GODDESS

These goddesses are the adventurers of the planet. They love to travel and explore new worlds. They assist humanity by experiencing the unity that is inherent in all people regardless of nationality, race, or culture. Examples: *Artemis/Min/Abeona*

WARRIOR GODDESS

Warrior goddesses are the fierce fighters and protectors of the world. They are advocates and activists. They fight for what is right and just. Examples: *Sekhmet/The Amazons/Athena*

PRIESTESS

Priestesses are a combination of a Spiritual Goddess and any other goddess type. Once the spiritual elements of the chosen area of life are mastered, a Priestess often teaches, heals, and initiates others. Priestesses or Medicine Women are responsible for the spiritual wellbeing of their tribe and/or community.

QUEEN/EMPRESS

A Queen or Empress type is similar to the Priestess in that she has achieved an elevated status by mastering an area of life. She often has priestess like training, however is more responsible for governing the physical/material wellbeing of her tribe and/or community.

SUBTYPES/COMBO

There are many other goddess types available as you dissect the main goddess types. For example, a Nature Goddess can be further refined into a goddess of a specific element or specific types of nature or animals. One can also be a combination of any two or more goddess types or subtypes within those types.

For example: A Warrior Goddess may fight for the rights of sex workers. She would be a combination of a Warrior Goddess and an Eros Goddess respectively.

JOURNAL/WORKBOOK EXERCISE:

◆ Notice which goddess types you both resonate with and feel extreme resistance to. Choose one dominant type that you resonate with the most. Then list any others that you vibe with to a significant degree. Also list the one(s) that rub you the wrong way. Whichever one(s) incite you the most, be it in a good way or a bad way, write it down.

◆ Take the top three most provoking goddess types and do further research on each one. The purpose of looking at these is to find qualities you resonate most closely with. From there, begin to refine those general qualities with the subtle nuances and other elements that you uniquely possess.

◆ To understand more about archetypes and how they relate to your life's purpose read *Sacred Contracts by Carolyn Myss*.

Understanding the different goddess types/archetypes available will get you started thinking about what resonates with you the most. Feel free to narrow it down further and get more specific. For example: *You may know you are a Nature Goddess, but you are most attracted to the element of water. So perhaps you will resonate more with being a Water Goddess than with being a Nature Goddess in general.*

As you begin to examine and refine the specific qualities you vibe with most from your list, you will get closer and closer to your particular goddess signature. Knowing your individual goddess

signature will help you have more clarity about your life's purpose and what/whom truly belongs to you.

CONNECT WITH YOUR PATRON GODDESS

Now that you have an idea of all the different types of goddesses, you will most likely be gravitating towards one type over the others. As you conduct your research, notice if there is a particular goddess that you resonate with more than others. Perhaps there is a symbol, certain colors, or an animal that intrigues you. Research which goddess(es) are associated with those things.

It can be incredibly helpful to connect with a Patron Goddess during your Goddess School journey. It is my belief that the whole pantheon of Gods and Goddesses are representations of the many facets of the One. We too are each one such facet of the Divine. Therefore, connecting with the higher expression of a frequency you most resonate with, will help you embody your own goddess signature.

To prepare to invoke your Patron Goddess, learn what that goddess' temperament is and what she may like as an offering. Find out her favorite foods, drinks, colors, animals...etc. Find a photo or statue of her. Gather stones or crystals that represent her energy. Perhaps construct a small altar just for her, or add these items to an existing altar.

For those unfamiliar with altar construction, it is simply a dedicated area devoted to worship, praise, or meditation. It

should be clean and uncluttered, and contain only sacred objects and offerings to the deities and energies you would like to connect with.

Once you have chosen a goddess, you will invoke her guidance by doing the following ritual or creating a ritual of your own.

GODDESS INVOCATION RITUAL

- ◆ *Cleanse your physical and energetic bodies. Take a ritual bath or imagine the shower as a waterfall of light. Intend to cleanse and clear your body and energy of any and all lower frequencies.*
- ◆ *Create a sacred space. Choose a quiet place that is uncluttered, where you will not be disturbed. Imagine an orb of white light surrounding you as well as the area/room/place you have chosen.*
- ◆ *Create a temporary or permanent altar in honor of your chosen goddess.*
- ◆ *Take a few deep cleansing breaths. Close your eyes and bring the image of your goddess into your mind's eye. If you have a photo or statue, you can look upon that.*
- ◆ *Say aloud "Oh great goddess (say her name). I call upon you for protection and guidance on my journey to discovering my truest and highest form. I honor you and your essence. I humbly ask that you be my patron goddess on this journey. I ask for you to walk beside me and make your voice known whenever I need clarity, direction, or assistance along my path."*

- ◆ *Pick up the offering you have prepared for her. Continue speaking "I offer you this token of my gratitude, appreciation, and devotion. I ask for a sign if you accept my appeal to walk beside you and learn from your great wisdom."*
- ◆ *Close your eyes and wait for confirmation. You may hear a message in your mind, you may see a vision, you may simply feel that she has agreed as a lightness, a warmth in your heart, or an involuntary smile. If you are not sure, you can consult a pendulum if you have one. You may also ask to see a specific sign of your choosing over the next few days.*
- ◆ *Whatever her answer, bring your palms together at your heart, bow your head and say in closing "I thank you great goddess (say her name) for your attention and your presence. I welcome your protection and guidance at all times. I am honored and I am thankful. Amen/Aho/Ashe/And so it is...etc"*

DEVELOPING A RELATIONSHIP WITH YOUR PATRON GODDESS

Once you've made initial contact with your Patron Goddess, you will want to develop a personal relationship with her. Read up on her myths and legends. Search the internet for other people who have connected with her and learn about their experiences. Make some time daily to check in with her in meditation.

Each goddess communicates in a different way. Tuning in to her often will allow you to begin to understand her language. You can ask for signs as well as for her to show you ways to connect with her more deeply. Trust your inner guidance and follow your gut feelings. Anytime you wish to connect, center yourself, and ask for her presence. Quiet your mind and wait for her to speak or guide you in some way.

If you struggle to connect, ask to be guided through your dreams or in another way that is easier for you to understand. If you are new to things like meditation and speaking with your guides, don't fret. There are lots of books and resources on the internet that can help you. If you have asked for her, she is available and present. Even if you don't get a clear sign that she is there, you can trust that your request has been heard.

Make an effort to connect with her often. You may not hear or understand her right away, but keep at it. Eventually, you will begin to know how and when she speaks to you. Understanding higher guidance requires that we quiet our minds and raise our vibration. The next module will help you begin to understand how to get more in touch with this sixth sense. The more you practice quieting your mind and feeling subtle energy and vibrational frequencies, the clearer her messages will become.

Paths of Expression

If your *Goddess Type* is what you are, then your *Path of Expression* is how you most naturally express what you are in the world. Like the goddess types, this list is not exhaustive. However, these are the most common paths of expression that many people fall under. All paths have an ego-based or wounded expression, as well as a heart-centered or empowered expression.

HEALING

This path of expression focuses on assisting others on their journey to heal themselves. Those most drawn to this path of expression are people who have experienced trauma, hardship, or physical limitations that they have overcome. Having experienced freedom, they are most fulfilled sharing their healing path with others. Those on the path of healing are responsible for the evolution of the energetic body of humanity.

If you are drawn to this path, look to your greatest wounds to find the area(s) you can offer the most healing potential for others.

WOUNDED HEALER VS. EMPOWERED HEALER

A wounded healer needs to heal others and believes that they are saving people from what ails them. They believe that they are the ones doing the healing. The wounded healer's ego takes all the credit and feels superior to the one being healed.

A wounded healer can also take on other people's issues and energy in an attempt to heal them. This leaves both the healer and the one needing healing in a codependent situation. Sometimes a healer will derive so much ego identification with needing to heal others, that they can create a problem state in order to "rescue" or "heal" the other.

An empowered healer does not need to heal others, but is open and available for assisting others to heal. They offer tools that have helped them along their own healing journey, without becoming identified with the outcome. An empowered healer knows that the person accepting the healing is in fact the one healing themselves. An empowered healer simply holds space for clients to access their own healing power within.

TEACHING

This path of expression focuses on assisting others on their journey to greater knowledge and/or mastery of a particular skill set. Those who are drawn to this path are avid students and practitioners of a specialized area of study. Their enthusiasm for the subject matter compels them to want to share the joys of what they have learned with others. Those on the path of teaching are responsible for the evolution of the mental body of humanity.

If you are drawn to this path, look to the topics or skills that you are most obsessed with learning/mastering to guide you to the area of your greatest potential for teaching.

TEACHING FROM THE EGO VS. TEACHING FROM THE HEART

Ego-based teachers have an “I know it all and these students know nothing” sort of attitude. An ego-based teacher has long lost a connection with what it was like to be a beginner. Therefore they often lack compassion or patience for their students. Ego-based teachers demand blind faith and belief. Their teachings are often dogmatic and rarely change over time, even when presented with new discoveries or information about the subject matter.

A heart-centered teacher knows they are but a guide simply farther down the same road as their students. They do remember what it was like to be a beginner, and have tremendous patience and compassion for others. They remain a student of their chosen subject and so, their teachings remain alive and ever-evolving. They encourage students to test and experiment rather than accept their teachings as the only authority on the matter.

BUILDING

This path of expression focuses on building or re-building systems, communities, structures, methods and material objects. Those drawn to this path are often community oriented, and desire to improve the lives of a group of people as a whole. Those on the path of building are responsible for the infrastructures and stages of the “play of human experience.”

If you are drawn to this path of expression, look to systems or structures you feel very strongly “should” be better. This will point to the area you can help build or re-build for the benefit of all.

EGO BUILDERS VS. SPIRIT BUILDERS

Ego-based builders break down, build and/or re-build for their own comfort or gain. They may also create systems to manipulate others in order to hoard resources because of lack or fear-based perspectives. Ego-based builders will tear something down they do not like, rather than build something they do.

Spirit lead builders’ personal mission includes the greater good of all. Spirit lead builders create systems and structures that can improve the lives of the greater whole. They are abundance based, and do not believe they need to take from others in order to build what they want. Whatever spirit lead builders create, enhances the experience of life not only for themselves, but for others as well.

CREATIVE

This path of expression focuses on reveling in the beauty of the world and sharing it with others. Those on this path make tangible the unseen world of energy, thoughts and emotions. The artists and creatives of all ages reflect the internal and immaterial experiences of humanity. Those on the creative path allow humanity to maintain connection to their deeper selves. Those on this path are responsible for the evolution of the emotional body of humanity.

If you are drawn to this path of expression, look for the way you find the most complete expression of your inner experience and emotions. Share that with the world.

DOING ART VS BEING ART

Ego-based artists learn skills in order to do art. They may choose a creative expression because it will improve their self-image by being “cool” or getting attention/energy from an audience. Ego-based artists nearly always create from a mental space, are often unoriginal, and their work may lack substance or feel “uninspired”.

A true creative does not “do” art but simply is art. They do not choose it, it chooses them. Some creatives are initially quite reluctant to do art for a living. There is often a feeling of it not being “enough” of a contribution to the world. Most true creatives are simply “being” themselves, feeling and looking for ways to express intangible experiences in tangible ways.

Creatives make the unseen world seen and heard, first for their own emotional wellbeing, and eventually for the emotional wellbeing of all of humanity. It is an incredibly feminine form of expression. Those who embrace this path of expression also help to bring more value to the qualities of the feminine.

SERVICE

This path of expression focuses on helping others. All paths of expression are essentially paths of service, however this particular path is more direct in nature. The Path of Service is about assisting others to meet basic needs. Their job is also to help others improve their experiences of life in general.

Those on the path of service find joy in helping others. Those on this path are responsible for the evolution of the physical/material expression of humanity.

If you are drawn to this path of expression, look to the resources or skills you have in abundance that can naturally overflow to help others.

EGO-BASED SERVICE VS. HEART-BASED SERVICE

Ego-based service is similar to ego-based healing. The person who is serving from ego, feels superior to those they are serving. They also require those they serve to remain in a weakened state. This provides them with the ego satisfaction of being needed or “rescuing” others.

Ego-based service can also lead to martyrdom and/or resentment. This is because there is an underlying lack or fear that the person is avoiding by being of service. The act of service in this sense, is a manipulation to attempt to get their own needs met. It can also be a way to avoid doing their own personal work to improve their own lives.

Where as ego-based service sees the other as separate and inferior, heart-based service is based on including others as self. Therefore, to improve the lives of others is to improve the life of the one serving. Heart-based service includes healthy boundaries and self-care, so that the one serving can continue to serve long-term without burn out, martyrdom, or resentment.

JOURNAL/WORKBOOK EXERCISE:

This exercise will help you uncover what Path of Expression may be most natural to you. Grab your journal or workbook. Center yourself by taking some deep breaths. Think back to when you were a young child. Answer the following questions.

◆ *What were your favorite role playing games?*

- ◆ *What professions were you most intrigued by? Why?*
- ◆ *What kinds of uniforms were you drawn to the most?*
- ◆ *What kinds of movie/tv characters were your favorite?*
- ◆ *Which celebrities/fictional characters did you, or do you still idolize?*
- ◆ *Think of your favorite relative. What did you love most about them?*
- ◆ *Think of your least favorite relative. What bothered you most about them?*

Look for common themes and write down your findings.

4 P'S EXERCISE:

This exercise will help you further define your purpose. Finish the following sentences.

- ◆ *"The kinds of **people** I care most about are..."*
- ◆ *"The **principles** I care most about are..."*
- ◆ *"What **pisses** me off most about the world is..."*
- ◆ *"My **purpose** is to..."*

To expand a little further on these...

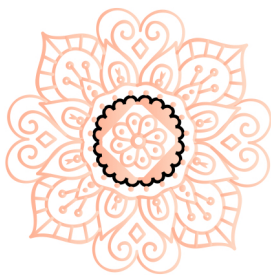
What *pisses* you off the most, is most likely what you have come here to change. The *principles* you care about the most, are how you would like to change it. The kinds of *people* you care the most about, are those that you want to change it for. Your *purpose* may very well be the combination of changing what

pisses you off, using the *principles* you most care about, for the kinds of *people* you most care for.

Ultimately, who you are will be the truest indicator of what is most natural for you to offer to the world. The rest of this book is going to assist you with discovering just who that is.

Module Two

HARNESSING INTUITION &
ENERGY



Intuition

WHAT IS INTUITION?

Florence Scovel Shinn, author of *The Game of Life and How to Play it*, says “Intuition is a spiritual faculty and does not explain, but simply points the way.” Intuition is ultimately unexplainable. It is considered a knowing that is beyond the five senses and is often referred to as our “sixth sense”. Our physical sense organs receive information from our environment and translate that into sensations that we can interpret as ‘good’ or ‘bad’. Typically, if something feels good to our senses we discern it as good for us. Conversely, if it feels bad to our senses, we discern it as bad for us. With that information, we can make decisions about actions we want to take given the sensory information we have received.

Intuition is a sense that receives information from the unseen world. That world being the world of energy and vibration. It is also the sense that is unbound by the physical body. Therefore, it has access to information beyond the present time-space reality. Intuition is the “knowing without knowing” part of us. Intuition gives us information that has nothing to do with the physical reality that our bodily senses can perceive. In fact, we often disregard this sixth sense precisely because we have learned that “reality” is defined only by what our physical senses can register.

WHAT IS THE UNSEEN WORLD?

To fully understand intuition, we first have to understand the unseen world. The unseen world is simply everything that exists out of range of our physical senses. The physical or seen world is what we typically consider to be reality. Reality is what can be seen, heard, smelled, felt, and tasted. If we can process something through our physical senses we will experience it as real.

The truth about our physical reality, is that our physical sensations are also vibrational in nature. Science has proven that the entire world is nothing more than energy vibrating at different frequencies. What we see is nothing more than a vibrational frequency received through our eyes and translated into information by the brain. The same goes for the rest of our physical senses.

These physical senses have a limited range of function with which to receive certain frequencies. Intuition is the sense, or the receptors that we have to interpret vibrational information about the world around us outside of those limits. It's a lot like how a radio is calibrated to receive a certain range of frequencies and channels. It doesn't mean that other frequencies or channels don't exist, it simply means that particular instrument was made only to receive a certain range of them. Such are our physical sense organs.

The unseen world includes subtler vibrations that are in fact quite real, but simply beyond the capacity of our physical senses to register. So to begin harnessing the power of your intuition, you first have to accept that these subtler energies do exist. The unseen frequencies and information your intuition receives are just as real as the energies your physical senses can perceive.

DEVELOPING INTUITION

Developing intuition is a skill that anyone can learn. In fact, you have already tapped into it to some degree throughout your life. We were all born with intuition, and use it consistently whether we are conscious of what it is or not. Intuition is that feeling of “just knowing” something without being able to explain how you know it. For example, almost everyone has had the experience of knowing who was calling before picking up the phone. There is no logical explanation for why you would know that. Yet you absolutely did know. Experiences like that are your sixth sense receptors at work.

It's possible to know who is calling before the phone rings because thoughts and intentions are also energy. When someone is thinking about calling you, that energy which is less dense than physical energy, travels much faster than the time it takes them to find their phone and dial the number. Their directed thoughts about wanting to connect with you, travel your way, and your sixth sense picks up that vibrational information. By the time the call comes through in your physical reality, you have already received the “call” in your vibrational reality.

The concept of developing your intuition is a bit of a misnomer. Your intuition is already fully developed. What needs to be learned is how to recognize its voice, and how to accurately interpret the messages so they can best serve you. Because the voice of the intuition is extremely soft and subtle, the best way to increase your sensitivity to your intuition is to focus away from the physical senses, and also the endless chattering of the mind. The best practice for that of course is *meditation*.

WHAT IS MEDITATION?

Meditation is any process that takes the focus off of the mind and physical senses, and places it onto the stillness within. You are always receiving information from your intuition and inner being. Your thoughts and physical senses are simply much louder and more recognizable. Learning to subdue these voices allows the quieter messages of your intuition to be heard. The more you get in touch with this aspect of yourself, the easier it will be to shift your focus to it, even when your mind and senses are fully activated.

Seated meditation is what is commonly thought of when someone says that they meditate. However, virtually anything that brings you into the present moment and quiets your mind can work. Washing the dishes can be meditative, so can gardening, surfing, and any number of activities that require focus on the present moment. There are moving meditations such as Tai Chi, Qi Gong, and Yoga. There are guided meditations and also silent meditation. Each method has its own strengths and weaknesses. I encourage you to try many forms and find which one is most effective for you.

MEDITATION 101

In this exercise, I will walk you through a basic meditative practice. I also recommend listening to the included audio file [“Quieting the Mind Chatter”](#).

To begin...

- ◆ Choose a quiet space where you will not be disturbed. Turn off any noise making devices.
- ◆ Find a comfortable seated pose.

- ◆ Keep a soft, unfocused gaze towards the tip of your nose. You can also close your eyes, rolling your eyeballs upwards, as if you were looking at the center of your forehead (third eye).
- ◆ Begin by noticing your breath. Don't do anything to change it, simply watch as your body breathes you.
- ◆ Allow your mind to go blank as you completely focus on observing your breath.
- ◆ Begin to notice the space in between breaths. There is a natural stillness at the top of each inhale and again at the bottom of each exhale.
- ◆ Begin to shift your focus to these spaces. Allow the actual breaths to pass in the background of your awareness.
- ◆ As thoughts arise, simply allow them to pass across the screen of your mind. No need to resist them. There is also no need to give them any attention or focus. Allow them to simply pass through.
- ◆ After a few moments, see if you can begin to focus on the space in between the passing thoughts. Rather than noticing each thought, notice the space before and after each thought. Rest your awareness on those spaces.
- ◆ Continue to focus on the space in between your thoughts and/or the space in between your breaths for several minutes.
- ◆ When you feel complete, open your eyes and note any experiences in your journal.

Again, you do not have to develop your intuition. Your intuition is already completely intact. The practice is to get quiet enough within yourself to begin to hear, sense, or feel it speaking to you.

Energetic Awareness

WHAT IS ENERGY?

The great physicist and engineer Nikola Tesla once said, “If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.” The concept of energy as it is used in the metaphysical world, is often used interchangeably with both frequency and vibration. We often talk about feeling someone’s “vibes” or energy. This comes from the fact that everything in existence is energy in motion.

That motion is vibration. The rate of vibration determines something’s frequency. Things that vibrate faster have shorter wavelengths and therefore a higher frequency. Conversely, slower vibrating objects have a lower frequency because the space between waves is longer. The greater amount of energy something has, the higher the frequency.

There is a tremendous amount of fascinating studies on energy, vibration and frequency. These studies can be found in the realms of physics and quantum physics, as well as sound and color theory. I encourage you to do your own research if you are interested. For our purposes here, we will use the term energy as the tangible or felt result of something’s vibrational frequency. The lower something’s vibrational frequency is, the denser or

more solid it feels. The higher the frequency, the more subtle. To better understand this concept as it relates to energetic awareness, it's important to understand the concept of "*States of Being*".

STATES OF BEING

You are likely already familiar with the concept of "*States of Matter*". For example, water can be either liquid, solid, or gas depending on the rate of vibration of the molecules. The faster the rate, the more subtle the state. The lower the rate, the more solid or material. We humans have four main bodies that we operate from. The physical body and its sense organs are the most dense. The emotional body and its emotions are more subtle than physical sensations, but more dense than thoughts. The mental body is made up of our thoughts and beliefs. Thoughts are more subtle than emotions but still more dense than spirit. The spiritual body is also called the 'light body'. It is the subtlest form of energy that we utilize here on planet earth.

The physical body can be likened to water in the form of ice. It is dense and solid and vibrating at a lower rate than liquid water. The emotional body can be likened to water in its liquid state. The emotional self is often represented by the element of water in disciplines such as astrology and tarot, for example. The mental body can be thought of as water in its vaporous state. It is much more subtle than liquid water and can be carried on the wind. The mental body is often represented by the air element in astrology and tarot. The spiritual body can be likened to water in its etheric state, or its pure potentiality to become water. The etheric state of all things is its pre-manifested state or its pure potential one could say.

Our spirit therefore is our pure potentiality as a human expression. Creation is the process of condensation of pure potentiality into a physical thing. The process moves from the pure potentiality into progressive levels of manifestation. The first manifestation is thought, idea, or inspiration in the mental body. The second manifestation is emotion in the emotional body. The third and final manifestation is the physical manifestation. This is the manifestation that appears in the physical body or can be interacted with, or perceived by the physical senses. Each of these levels can be felt and/or communicated through the specific language of each body.

Each one of our bodies has its own method of receiving and communicating stimulus from our surroundings to our conscious awareness. The language of the physical body is the information we receive from our five senses. The language of the emotional body is emotions. The language of the mental body is thought, and the spiritual body is intuition. The spiritual body's equivalent to the physical sense organs are the chakras. Each chakra, or energy center of the body, is tuned to a certain frequency. Each is responsive to the energetic world around us, and is a bridge and connection point between our spiritual and physical bodies. For an introduction to the chakras watch the included video lesson "[Intro to Chakras](#)".

ENERGETIC AWARENESS

To become more energetically aware, it's helpful to start with the most tangible forms and move towards the less tangible forms progressively. Physically we feel tactile energy that helps us navigate our physical world. The subtler form of this energy is Qi, or Life Force Energy. This is the kind of energy often used in healing modalities like Reiki. It is also the kind of energy that

flows through the energy meridians of the body, well known by Traditional Chinese Medicine. It is essentially the electrical current of life that flows through all living things.

The following exercise will help you begin to feel the less material energy or electricity of the body. As you become more familiar with this sensation, you can begin to feel this energetic current running inside your own body and other living things around you as well. To understand better how this life force energy flows, consider studying a bit about the meridian theory of Traditional Chinese Medicine.

EXERCISE: FEELING ENERGY

To feel the subtle movement of Qi...

- ◆ *Take a few deep breaths to calm your mind. Rub your hands together vigorously for several seconds. Now separate your palms slowly and notice what you feel. You should be able to notice a warmer and/or denser substance than the air around you between your palms.*
- ◆ *You can also run your hand just above the skin on other parts of your body. Notice the sensation that you feel in the space between your palm and your skin.*

All living things have this life force energy...

- ◆ *Try feeling the life force energy of a tree or your pet.*
- ◆ *Some substances such as stones and crystals hold vibrational energy as well.*
- ◆ *Practice with several different items. First feel the item with your physical sense of touch. Then shift your focus to feeling*

the more subtle energy by floating your hand just above the chosen object.

Try this for several days with several different subjects. Note your experiences in your journal.

FEELING THE “VIBES”

Everything in existence, including matter, energy, thoughts, and emotions have a specific frequency. If you want to master the Law of Attraction and manifestation, it is crucial to learn this vibrational language. Being able to discern between vibrations also assists you in knowing how to choose between given options presented to you in life. Each choice available will be in the direction of or away from your soul's true essence. You will know the direction by feeling its “vibe”.

Each one of us carries a personal frequency cocktail at any given moment of time. This cocktail is made up of our original soul signature plus the sum frequency of all our beliefs about all subject matters in life. Our emotions do not contribute to this cocktail, but are rather indicators of our current thoughts and beliefs. Thoughts and beliefs that are closer to the truth of our soul signature are felt as better feeling emotions. Those that are not in alignment with our higher truth are felt as negative feeling emotions.

The frequency of what shows up in your world will always be a match to the frequencies of your belief(s) about that subject. The emotions your outer world brings up in you are an indicator of the belief that caused those same circumstances. The frequency of what shows up is what it is. You cannot change that. You can however change your own frequency and consequently what appears in your external reality.

Learning to “*feel the vibes*” will allow you to start identifying the frequencies of your outer world, so that you can begin to map your inner vibrational landscape. You will then begin to discover the matching frequencies inside yourself and be able to change your reality from the inside out.

EXERCISE: TRANSLATING VIBRATION

Learning a language by immersion is a process. At first it's one unified wall of sound. Then you begin to notice groups of sounds that are similar. Then you can distinguish the beginning and ending of what must be sentences, then the beginning and end of phrases and words. From there you begin learning the meaning of specific words. As you master those, you learn more and more specifics and nuances of the language.

The language of vibration is not much different. First you must identify and feel energy in general. Then you will be able to identify people, places, and things that feel similarly to one another. Once you learn to discern the broad strokes and general categories, you can further dissect them into more and more detailed groupings.

Like intuition, there is a part of you that already knows how to speak this vibrational language. Use the following exercise to help you remember.

EXERCISE: TUNING YOUR VIBRATIONAL COMPASS

◆ *Choose a familiar person, place, or thing to focus on.*

◆ *Soften your senses. Tune into the energy of your chosen subject. Feel your attention flow towards the subject. When*

you feel a connection, let the energy of the subject flow back towards you. Receive and “listen” to it.

- ◆ *Allow the thoughts and beliefs about the chosen subject to fall away. Don't think about how it feels in your mind. Allow how it feels to energetically fill your awareness.*
- ◆ *Continue to focus on the vibe until it intensifies. Now begin to notice the immediate impression from a general felt sense. Use as many descriptive adjectives as you can. Things like heavy/light/dark/bright/dense/sparse/warm/cold...etc.*
- ◆ *Refine the list of adjectives into more specific felt sense words. A thesaurus can come in handy with this step. Look up words you have already written down and find synonyms. Choose the ones that feel the most like the vibe you are feeling from your chosen subject.*
- ◆ *Scan your memory or surroundings for other people, places, situations, or emotions that feel similarly. Write them down. Compare and contrast each one to the original subject. Notice how they are alike and any subtleties that make them ultimately different.*

If this is difficult at first, don't be discouraged. It may be a completely new way of looking at the world for you. It's a lot like those *Magic Eye* pictures that were popular in the past. If you aren't familiar with them, I recommend checking them out. They are excellent practice to learn how to soften your focus in order to see the hidden gems of life. When you first look at a *Magic Eye* picture, it seems impossible that you will ever be able to see the hidden image. The more you practice releasing the focus on the foreground information of what you are looking at, the more the underlying vibrational reality will appear with more ease.

ENERGY & THE PHYSICAL BODY

Though it is important to distinguish between the four bodies individually, it is also important to be aware that they are all interconnected. You no doubt have heard the saying, “thoughts become things”, or some version thereof. You are probably also familiar with the concept that emotional energy can get stuck in our bodies and become aches and pains or lead to “dis-ease”. As mentioned before, the life force energy that animates the body runs in channels much like streams and tributaries branching off of a large river. (To learn more about Chinese Medicine theory I recommend the book *“The Web That Has No Weaver”* by Ted J. Kaptchuk).

Qi in the body circulates not unlike the way our blood travels through our circulatory system. In order to keep this energy free flowing we have to be mindful of stagnation and blockages. Physical causes of stagnation can occur from lack of exercise, unhealthy eating habits, repressed sexuality, and irregular sleep patterns. Anything we do that isn’t good for the body is like throwing a rock into the stream of our energy. Over time, the accumulation of these small rocks damn up or limit the flow of our personal river of life. If the energy is not freed again, the blocked energy further condenses and begins to manifest as physical symptoms and ailments.

Most people think that diseases are the enemy of health. In most cases, symptoms and diseases are actually messengers that alert you to blockages in your energy. The more severe the symptoms, the more severe the blockage. If you cut off your circulation, you would begin to feel symptoms of blood no longer reaching the area. The same thing happens with our energetic flow.

Thoughts are energy as well. Low vibrational thoughts are not typically a problem individually, however if a thought gets repeated many times over, it will eventually condense into a belief. That belief elicits an even stronger emotional reaction than the original thought. That emotional response adds even more focused energy to the low frequency vibe. The more energy it receives, the more it condenses. Eventually it becomes so dense that it clogs one or more of the highways life force energy needs to flow through.

Think of a low vibe thought like a speck of dust in a machine. One or two is not an issue. If the speck is allowed to attract more like it, eventually what was one spec is now a thin layer of dust. Allowed to accumulate even more, the layer of dust will grow thicker and thicker until eventually it clogs the gears of the machine, or covers up the metal connectors that allow electricity to run through it. Perhaps a paltry example, but you get the idea.

Once a thought condenses and manifests into an emotion we have the opportunity to express or repress it. For many of us, expressing negative emotions and even positive emotions was not allowed, ridiculed, or criticized when we were children. For some people, this unexpressed energy finds its way into creative pursuits or physical activity. For most, the energy finds itself stuck somewhere in the energetic channels of the body.

Think of a negative emotion such as anger or sadness. Notice how a part of your body responds instantly to that emotion. That place in your body is most likely the place that you store those unexpressed feelings. Energy can be used, stored, or transmuted. It doesn't however just vanish. So anytime you feel an emotion you do not allow yourself to express, it gets stuck somewhere in your body. The good and bad news is that

whatever emotions get repressed are still wherever you put them ready for you when you are ready to express them.

Many come to realize the fact that they are holding their “issues in their tissues” as is sometimes said. The problem is that even though we are aware of this fact, the thought of releasing stuck emotions comes with an inevitable amount of fear. After all, the reason we stuffed the emotions away in the first place was because we felt overwhelmed, or because we didn’t have the tools to process them. We fear that if we tap into that locked chest it will be like Pandora’s Box. We fear that it will unleash all of our inner tyrants and ultimately destroy us.

Depending on how long you have been repressing emotions and to what extent, deliberately opening the floodgates can be absolutely terrifying. Again, I’m not here to sugar coat anything for you. It isn’t easy to feel the things you’ve been repressing. If it was easy, you would have felt those feelings in the first place. You will have to be brave. You will have to have suffered enough to feel that the discomfort will be worth it. It is.

The comforting news is that you will survive feeling the feelings. Emotions simply want to convey messages and move through us. Stuck emotions are like an inbox full of unread work emails. You haven’t opened them because you are afraid of what the message says inside. But not opening them, doesn’t make those important messages go away. It does not cancel the work you need to do, just because you are avoiding them.

What you end up with is a backlog. It will feel daunting and overwhelming at first. You may feel like the sadness will drown you, or the anger will break you, or the grief will be too much. It will be a lot, but it won’t be more than you can handle. Your emotions are you. Therefore, they can never be bigger or

stronger than you. They cannot kill you and they cannot break you.

Yes, they may feel like they hurt you, wound you, or injure you. That's only because you have already been hurt, wounded, or injured. They are the messengers pointing you to these places so you can heal them. Negative emotions only exist to show you the parts and pieces of yourself that need more love, attention, and caring.

When you surrender to the process of releasing stuck emotions, you do not give up the control that has kept you safe. There is some misunderstanding surrounding this at times. You still have control. That power doesn't go away. At anytime you can choose not to feel what you are feeling. There is a tremendous positive aspect to this if it is used consciously. When this mechanism is triggered unconsciously, that's when the trouble arises.

The point I'm attempting to make is that you don't need to go from feeling zero negative emotions to feeling all of them all at once. Most people's lives do not allow for the time it would take to do that. You have to continue to work, care for your children, and keep your physical boats afloat in the world. Do not surrender your ability to choose what and when to feel. It will serve you. If you do find an emotion that is not convenient to address at a particular time, or feels overwhelming say to it "not right now", rather than "not ever".

Once you are in a more conducive time and place, take the time to do the work. Stuck emotions can and will demand your attention in louder and louder ways if you don't address them. When ignored for too long, catastrophic signs and symptoms can and do arise in people's lives. Terminal illness and accidents

are examples of this. The body will eventually force you to stop your life and do this work. It absolutely will. Because your body's only goal is to keep you alive.

Some may think it absurd that your body will develop a terminal illness to save your life. That's not exactly how it works. The terminal illness develops from too much stuck and stagnant energy. That stuck energy begins to cut off the life force that animates your body. Cells begin to die and mutate, creating all kinds of side effects, while the body attempts to adapt to the limited life force available.

Commit to your wholeness and wellness now. Commit to listening to the more subtle symptoms of imbalance in your body before they manifest as disease. Some people do like to learn the hard way, and if that's you, by all means postpone this work and do it when it suits you, or rather when your body forces you to. For the rest of you, begin now by scheduling time regularly to give this work the attention that it needs.

For some people it's a few minutes everyday. For others, they need to take a few consecutive days, or several weeks to focus on this work. Whatever you need and however it works best for your life, do that. But do it. Do it regularly. Do it consistently. It will feel unnatural at first. It will take a lot of attention and energy. It's like any other habit you want to develop. Eventually it will become second nature and you will be able to take a few minutes in the middle of a busy work day and do this process as the need arises.

You are constantly feeling. The more you become fully expressed, the less you will store emotions in your body. Remember to be gentle with yourself. Take a break if you need one and then come back to it. Feel the feelings. Cry the tears.

Purge the grief. Face the anger and find the hurt underneath. Learn to be present with these emotions. Learn to understand the messages. Then be dedicated to yourself enough to make any necessary changes to improve your life.

I wish I could tell you that there will be a point where you won't have to do this process anymore. I can't. Cleaning out your emotional body is like cleansing your physical home or your physical body. You will have to develop a routine that works for you. A daily practice is ideal, though weekly or even monthly can work.

Some people find it beneficial to follow the phases of the moon, the seasons, or astrological transits using them to support when and how they do this release work. It doesn't matter how you do it, it only matters that it gets done. Experiment and find what works best for you. Choose a method or several that are both sustainable and relatively enjoyable.

Releasing stuck emotions is a three-step process. The first step is to access the emotion. There are many ways to do this. Physically, one can quiet the mind and feel into the body for areas of tension, pain, or sensation of hindered flow. The exercise entitled "**Releasing Stuck Energy**", included with this book, will walk you through one version of this process.

Mentally, one can use the imagination to revisit past experiences and scan for unexpressed emotions in those situations. Situations that are clear will feel neutral or pleasant. Situations that are not clear may feel dense, negative, or may create tension or other physical sensations in the body. Notice your body language when you think of a past scenario. *Do you shoulder's hunch and get tense? Do you want to hide or cross your arms across your chest? Do you get a lump in your throat*

like you might cry? Notice any physical reactions you have to the memories that arise, and use the guided meditation above or a similar exercise to clear the energy from your body.

Any and all types of therapy work can access deeply stored emotions. This includes modalities like hypnosis, past life regression, and inner child healing to name a few. Music, movies, and stories about other people's circumstances can trigger latent emotions as well. Once the emotion is active or reactivated, the next step is to feel the emotion. What that means is that you have to accept that it exists, and allow it to be there. Do not try to analyze it or "figure it out". That is still not feeling it.

EXERCISE: RELEASING STUCK EMOTIONS

- ◆ *First access an emotion.*
- ◆ *Next, allow the feeling sensation to melt through you.*
- ◆ *Once you can sit with the presence of the feeling, without wanting it to change, ask for the message it is there to convey.*
- ◆ *Quiet and center yourself. "Listen" to it with genuine curiosity and gentleness.*
- ◆ *What is the emotion wanting you to know? What is the message?*
- ◆ *Often times feelings of anger have messages about things like boundaries being crossed or authenticity being suppressed.*
- ◆ *Sadness often has messages of needs not being met or missed opportunities.*

◆ *Feelings of fear are almost always about being afraid of some kind of loss.*

◆ *Make a note of the message, belief or thought associated with the emotion. Write it down somewhere to help you keep track of the messages. After a while you may begin to notice a pattern and/or better learn the language of your feelings.*

The third step is to “Emote” the feeling. Emoting allows the energy back into motion so it can complete its movement towards resolution.

◆ *Allow the energy to take its natural course. Emotions are like ocean waves. They will rise, grow, peak, then wane and subside.*

◆ *Let it wash over you. Do not attach to it. Simply watch it as it moves.*

◆ *Moving your body, crying, breathing, and vocalizing will help move the energy.*

◆ *The climax, or the most intense point of an emotion is usually right before release. If it gets overwhelming, take a couple deep cleansing breaths in through your nose and out of your mouth. As you breath out, imagine blowing out the emotion from your body.*

◆ *Continue to breathe as the emotion wanes and fades away.*

◆ *If it is still too intense and you feel like you can't handle it, it's okay to bail. Try again at a later time when you feel ready.*

You may have to experiment until you understand your emotional wave response. Feel to your limit, feel a little bit further, then back off and hold for a few breaths. You will start to acclimate to

new levels of emotional intensity and be able to feel more and more each time.

Unfortunately there isn't a work around here. Yes, you have to feel the feelings. Not only that, but you have to feel them and often express them all the way through the entire wave. That means cry all the tears, say all the things left unsaid, punch the pillow, go for a run, feel the shame, blame and pain...etc. I wish there was an alternative, but I have not found another way. Resisting it unconsciously is what got it stuck in the first place. Resisting it consciously will add more fuel to its fire, so to speak.

What you can do is neutralize your judgment of what those negative emotions mean. If you reframe your mindset about the experience, then you can put some space between you and them. It helps not to personalize the feelings during this process. Think of them simply as energy in different colors and shades. Some you prefer, some you don't. As long as you don't condemn the ones you don't like, you can endure whatever discomfort they bring and keep it moving.

We do this all the time in our daily lives. Driving in traffic is one example. People with road rage truly suffer in traffic, but only because they condemn the traffic in the first place. Acceptance that it's rush hour and it's "just what happens" is quite liberating in these kinds of situations. Knowing that emotional releases can be quite dramatic and unpleasant, but that it's "just what happens", can help you relax into the experience.

Sure the experience may not be preferred, but it also doesn't mean anything catastrophic is going on. On the contrary, it is true healing that will allow you to finally move towards the life you are wanting. If you don't push against your emotions, they won't push against you. Allow any and all that arise the space to exist

and teach you the wisdom that they hold. So long as they don't incite reactions that are harmful to yourself or others, let them flow.

If at any time you feel overwhelmed please consult a trusted friend, family member or professional. Never ever hesitate to reach out and ask for help. This kind of inner work can be phenomenally challenging. If it was easy, everyone would do it. Get help if you need it.

PROTECTING YOUR ENERGY

Everything in existence is like an energy field with different patterns and combinations of frequencies. Some of these frequencies are positive and some are negative, relative to your own being. Whether someone is focused on positive or negative aspects determines the direction they are heading. Remember that everyone has their own personal mix of frequencies comprised of their original soul essence and the frequency of their beliefs. The transient mood that someone is in also has a vibrational frequency. This is due to the frequency of their current thought stream in the given moment.

We are constantly coming into contact with these varying frequency cocktails throughout the day. For example, you are having a fantastic time at a party. You're feeling great. Your frequency is flying high. Then a friend comes over and starts complaining to you about how bored she is. If you allow her energy to distract you from your state of being, you will notice almost instantly that your vibration drops.

If on the other hand, you are committed to the way you are feeling and don't allow her mood to sway you, you will notice that she begins to feel better. This happens all the time.

Whoever or whatever carries the dominant frequency in the room, others will begin to *entrain* with that frequency. *Entrainment* is the process of natural synchronization of one thing to another. The direction of the synchronization always moves towards the dominant frequency. Unfortunately, negative moods and vibes are often the most dominant, because we have the most practice experiencing those states.

In the beginning of your awakening journey, you may find that you are able to fly pretty high on your own and with others on a similar journey. But as soon as you come into contact with others “less spiritual” or “less aware” than you, it’s much harder to hold your frequency. This isn’t a bad thing in and of itself. It is actually a way in which we attempt to connect with others. If it drags you down and you are unable to stabilize in their presence or in the situation, it is helpful to remove yourself.

As you learn more about who you are and become more stabilized in that reality, you will be able to hold your vibration no matter what is happening around you. Until then, here are some tips and tricks for protecting your energy.

REMOVE YOURSELF

If a person, place, thing or idea is messing with your vibe, leave it alone. Leave the party. Block the person on social media. Stop interacting with whatever it is. Remove yourself from the situation. Get to energetic safety. This is not meant as a long term solution. In the beginning however, it is crucial until you can hone in on your new sense of self.

Think of it as an addiction. If you were addicted to heroin and wanted to stop, would you continue to hang around people who were using? You wouldn’t. You would most likely relapse

immediately. Same with the addiction to negative vibes and states of being. If you find yourself unable to maintain feeling good in certain places or in the presence of certain people, abstain or limit the time you spend with them.

TAKE CARE OF YOUR BODY

Regular exercise, getting enough rest, drinking enough water, healthful meals...etc. Go to the salon, buy some new clothes. Do something that makes you feel your best. This will protect your energy by allowing you to feel confident about how you are presenting yourself into the world. Insecurity and self-doubt is the major reason we end up entraining with other's frequencies.

BE MINDFUL OF WHAT YOU INGEST

Whatever you ingest you will have to digest. This includes television, movies, music, books, food, ideas and beliefs. If they are low vibe or toxic, you will have to do extra work to clear and process those things. It takes energy to process. The harder something is to process, the more you will deplete your own energy.

You also "are what you you eat", so anything you ingest regularly becomes part of your vibrational cocktail. Be mindful of how you feel when you ingest things. It isn't so much about what the content is, as much as how it makes you feel that matters. In later modules you will get tools to clear your negative triggers. For now, just avoid things that feel bad.

SAY NO THANK YOU

If something doesn't feel right, say "no thank you". Only do what you want to do. Only do what feels good to you to do. If it's something you have to do and you don't want to, find a way to

want to do it. Perhaps it isn't the task you want to do, but you want the outcome of completing the task. Focus on that. Own the choice. If neither part is what you want, then don't do it. Take some time to re-evaluate your priorities and needs.

CLEANSE AND CLEAR

Do a juice fast. Clean your house. Clean out your closet. Wash your car. Clean out your inbox. Take a cleansing bath. Imagine the shower water is a waterfall of light, washing away any and all low vibrations. Do the "**Releasing Stuck Energy**" meditation again. Whatever you can do to get rid of unwanted or stagnant energies will prevent more of those low vibes from being attracted to you.

TAKE A NAP

If all else fails take a nap. Sleep resets our frequency. The trick is to not pick up where you left off once you wake up again. Be mindful as you wake, and immediately set an intention for how you want to feel. A great practice is to count your blessings the second you come back to consciousness. You can start by naming five or more things that you like or appreciate about your self, your room, or any other topic that comes to mind.

SPIRITUAL & PSYCHIC PROTECTION

I would love to say that the negative effect of outside influences is always inadvertent or accidental. The truth is that there are people and entities that intend harm purposefully. Even if they aren't purposeful in their attacks, if someone or something is low vibe enough, it can act in the same way. Anytime you are open energetically such as during meditation or channeling, it's incredibly important to protect yourself.

Unconscious fears or low frequency beliefs can potentially invite low vibe entities that match those energies. These opportunistic humans and other beings also look for those that are simply unaware and unprotected. Being intoxicated or under the influence of drugs can also leave you vulnerable to these energies. You know that certain parts of town are more dangerous than others and so you do your best to avoid them. Certain vibrations, moods, and physical states can also leave you more open to attack. Avoid those as well.

The easiest fix is to imagine yourself surrounded by a bubble of divine light. You can call upon your guardian angel, or other beings “from the highest realms” to be with you, and offer their protection. (*All beings adhere to the law of free will, so you must ask.*) Knowing at a deep core level that you are safe and always protected will eventually replace the need to consciously wrap yourself in protective energies.

For now, do it everyday. Upon waking take a few minutes to center yourself, breathe, set an intention for how you want to feel that day, and surround yourself in light. Ask any and all guides from the highest realms to be with you and assist you towards your greatest fulfillment of your desires and intentions for the day.

Sometimes, stronger protection is needed. Light Sealing is a technique that strengthens the chakra system and clears negative frequencies. It also repairs and strengthens your aura which is the natural energetic protection that surrounds you. If you are unfamiliar with the chakra system, watch the lecture entitled “[Intro to Chakras](#)” included in the resources.

This technique is best used before you engage in anything that may compromise your vibration. It is especially great for things like family gatherings, work meetings, or any situation that you

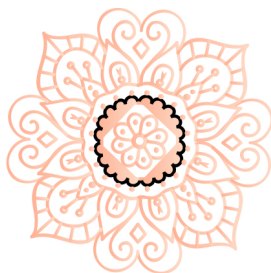
have been feeling swayed or overpowered by an energy outside of yourself. To learn the Light Sealing Technique, do the “**Light Sealing Guided Meditation**” included in the supplemental resources.

In general, a “keep what’s yours, I’ll keep what’s mine” mindset is all you need for everyday situations. You only absorb what you agree with or believe in. Keep in mind that if you are afraid of something or in resistance to it, you are also in agreement with it. Meaning, you agree that it exists and potentially has power to effect you. If it was not something you believed in, you would have no reason to fear or resist it.

We are ultimately one, and are ultimately all things, but in order to stay on your unique path, you must protect your energy at all costs, especially in the beginning. Being clear about what’s yours and what isn’t is essential to living a life that both honors yourself and your journey, while allowing you to enjoy the benefits of connection. In the next module, we will talk about how to achieve this delicate balance between honoring self and respecting others.

Module Three

THE ART OF (S)ELFISH
SELFISHNESS



The Art of (S)elfish Selfishness

THE ART OF (S)ELFISH SELFISHNESS

Everyone is selfish. Everyone. We are all different and unique individual expressions of the *One Infinite All*. As such, there is only one. There is no other in the grand scheme of things. Therefore it is impossible to be anything other than selfish. Within us however, we have two masters that we can serve. The ego self has no knowledge that we are one. Its only job is to maintain your individuality and your identity in tact.

Its job is to keep your body alive and keep you logged in to this 3D game of life. Keeping you safe and differentiated from the whole is required so you can accomplish your personal life's mission. Because the ego has no awareness that you are part of a whole, selfishness in service to this master is where the typical connotation of selfishness comes from. This is not the capital (S) form of selfishness we want to aspire to.

Ego based selfishness is detrimental, competitive, and believes in limited resources. Therefore, acting from this form of

selfishness creates a sort of desperation born from the belief in lack. Any action from this standpoint takes no consideration for the wellbeing of the whole. This can manifest in behaviors such as hoarding, lies, deceit, manipulation, theft...etc.

All sorts of low vibe beliefs and actions come from ego-based selfishness. You can think of the ego self as the small self. It is limited, based in lack, and manifests as the shadow side of (S)elfishness. This is not to condemn the ego. Simply to become aware of it's benefits and weaknesses as it pertains to your life.

Thankfully, we also have a higher Goddess Self perspective. This Self is connected to the whole. Therefore, whatever is done in the act of Selfishness with a capital (S), includes the wellbeing of all. As a child you were in complete alignment with your higher self. Grownups and societal programming trained you out of that alignment. This is because they were identified with their own small selves.

They erroneously believed that for you to get what you wanted, they could not get what they wanted also. You being completely dependent upon those around you, eventually adopted this idea that in order for you to win something, someone else had to lose. You learned that you had to give up what you wanted in the name of connection, or lose connection to be true to yourself.

From the ego perspective this may seem completely valid. After all, the ego views the world as having limited resources and options. From a higher self perspective, there is abundance enough for everyone to get what they want. Sometimes it takes time and dedication to figure out the option that everyone is happy with. If you are willing to do a little bit of work, it is absolutely possible for you to honor your desires while still honoring the desires of others as well.

PUTTING YOURSELF FIRST

As children we were taught that what others wanted was more important than what we wanted. We either compensated by acquiescing to that belief, or rebelling by not caring about others. Both choices destroy the possibility for connection. On the one hand, denying your own needs creates separation within yourself. On the other, it is impossible to create genuine intimacy with others if you have the inability to care about their needs.

If you are the kind of person who acquiesced to believing other people's needs were more important than yours, consider the following...

- ◆ *You cannot be good for anyone unless you are good to yourself.*
- ◆ *If you take care of others first, you will eventually burn out and have nothing left to give anyone.*
- ◆ *Honoring other people's needs above your own, leads to depletion and resentment.*
- ◆ *A happy, healthy, and wealthy you can do more for the world and those you love. You cannot help anyone if you are poor, unfulfilled, depressed, or physically unable.*
- ◆ *Everyone is looking out for themselves. If you are only interested in what others need and they are interested in what they need, who is interested in what you need?*
- ◆ *Your denial of self is a result of the fear of losing connection to others, and is in service of avoidance of pain and not true desire.*

If you are the kind of person who rebelled by not caring about others consider this..

- ◆ *The most important thing in life is connection.*
- ◆ *We are not meant to be islands unto ourselves or isolated from others.*
- ◆ *The universe is absolutely abundant. You can have what you want and need, and others can have what they want and need simultaneously.*
- ◆ *You do not have to give up what you want or need in order to have connection with or be loved by others.*
- ◆ *Your negative selfishness is a result of the fear of losing connection to yourself, and is in service of avoidance and not true desire.*

No matter which category you fall in, you have to first acknowledge and accept your need and desire for connection. There are two forms of connection; connection with self and connection with others. As children we understood that both were necessary, but we learned that it was impossible. As a result, each one of us chose the one that was most important to our own wellbeing at the time. For some that was connection with others and so they gave up honoring themselves. For the other group, it was most important to stay connected to self and so they gave up connection to others.

If you gave up connection to self, I want you to acknowledge that part of yourself. You may or may not be aware of it, but it has probably been trying to get your attention in a number of ways already. Symptoms like depression and angry outbursts, fatigue syndromes and other such ailments may have

manifested in your life. Invite this part of you for “*tea and conversation*”. I want you to listen to it, feel the emotions it’s been feeling. Validate its perspective and allow it to express itself to you. Write what comes up in your journal.

Same goes for those of you who have denied connection to others. Acknowledge your loneliness. Feel the longing for closeness. Feel the repulsion you may have at the thought of having to give of yourself to others. Find the underlying fear beneath that repulsion. Sit with those feelings. Accept that they exist. Honor their voices and what those parts of you want and need.

Address these parts as if they were dear friends who need comfort. Once you have heard what all these parts of you have to say, identify their wants and needs. Compare them to your conscious wants and needs. Then negotiate with them until you find a solution that allows all parts of yourself to feel good. We will go into more detail about how to speak to your inner parts in the next module, for now, simply get familiar with the fact that there are opposing desires within you.

Instead of choosing between “this part or that part”, begin to imagine scenarios where both parts can get their needs met at the same time. This may take time and creativity, but neither part should feel as though they have compromised their integrity to arrive at said solution. You can absolutely get what you need and still have connection. *Modules Four and Five* have techniques to further resolve these inner conflicts.

HOW TO LOVE YOURSELF

Loving yourself is a requirement for life. I’m sure you’ve heard the old adage that you must love yourself first before anyone else

can love you. The ultimate truth is there is only one Self. There is no love that isn't self love. Therefore, if you are only loving what you perceive to be "outside" of yourself, then you are in a state of separation. The Law of Attraction will then only bring you reflections of that separation by keeping love from you. This is what that saying means, in my opinion. The concept is not super clear for most. What does loving yourself mean exactly? It has been made bad to be arrogant, boastful, or full of oneself. Humility is a virtue most strive towards instead. To achieve self acceptance, you will need to reframe the following concepts in your mind.

ARROGANCE

Arrogance is indeed a sin and humility also a virtue, but what if I told you that denying that you were perfectly made by the creator is actually arrogance against God? In your attempt to not appear arrogant to other humans, you have shunned and shamed parts of yourself that were created by this divine higher power. To be humble before the all powerful source that made you, by not arguing with it about who you are, is true humility.

Society, your parents, and others categorized your qualities and attributes into "good" and "bad" boxes. The qualities accepted by those around you, you kept at the forefront and highlighted. While the characteristics others deemed unworthy or not wanted, you hid, minimized, or shamed yourself for. This judgment and categorization of your natural self became internalized. Which is why you now believe it would be arrogant to celebrate all parts of who you are.

Think about the inherent personality traits that you came into this world with. If you were quiet in a family that was loud and boisterous, that quietness would have been shamed. On the

other hand, a child who was loud in a quiet family would have been shamed and you celebrated. Do you see that what is good or bad about you is completely arbitrary and subjective to the beliefs of others?

To love oneself essentially means accepting the way God made you and trusting that all of your qualities are good for something. We were all made on purpose and with great attention to detail. Each one of your inherent personality traits is valid and needed for you to accomplish your life's purpose. I will say it again. To not love yourself as you were made, is arrogance against God. Humble yourself to that which made you by learning to honor instead of shame yourself.

Loving yourself requires that you accept all parts of who you are, both wanted and unwanted. It's a whole lot easier to own and embrace the qualities that were celebrated about you growing up. It is much more challenging to accept the parts of you that were less desirable to those around you. We have scars and bad memories of showing those parts of ourselves and getting a bad reaction from people we wanted acceptance from.

Our inner being desires wholeness and will always move us in the direction of it. The parts that we buried will inevitably be mirrored back to us through our relationships. This gives us the opportunity to learn to love our "negative" personality traits and move towards healing. It is a good idea to take conscious control of loving those parts of yourself, so that you can minimize negative mirrors in your life.

For example, it is much better to learn to love and accept the angry part of yourself than to continuously attract partners with anger issues. Here is an exercise that will help you to reframe qualities about yourself that you have learned to push away.

EXERCISE: REFRAMING

- ◆ *Grab your journal or a piece of paper*
- ◆ *Write a list of “negative” qualities about yourself others pointed out when you were growing up. ie. loud, emotional, dramatic, impulsive, lazy, selfish, shy...etc.*
- ◆ *Find at least one positive reason for that quality or an instance where it is beneficial.*

Here are some examples:

“LAZY”

People who are “lazy” find more efficient ways to do things that require less work. They can be incredibly innovative and resourceful. They also only do things that truly excite them.

“LOUD”

People who are “loud” have no problems expressing themselves. These kinds of people can be successful advocates for populations who do not have the means to speak for themselves.

“IMPULSIVE”

People that are impulsive are courageous and follow their intuition without question. They are risk takers and never shy away from challenges. These qualities are essential for moving humanity forward and getting things done.

“SHY”

People that are “shy” are cautious about how and with whom they share themselves. They are often deep thinkers and incredible artists.

If you struggle to find a better connotation for a quality, grab a thesaurus and see if you can find a word similar to the one you wrote. Consider the qualities that are associated with that word and find a way to describe it positively. Simply asking the question “*How can this quality be used in a positive way?*” will be enough to brainstorm and get the ball rolling.

Get creative. It doesn’t even have to be commonly accepted as true. The point of this exercise is simply to loosen the chokehold you have on that part of yourself. Finding a more positive perspective will help you to have acceptance for it. If you believe it’s bad or destructive, you will push it away. If you can find any way that it might be a beneficial force in you, you will bring it in closer. You may even find reasons to truly love and/or celebrate a previously shunned part of yourself.

Once you are willing to interact and find ways to accept these previously negative parts of you, you can come to terms with them. Coming to terms and acceptance benefits both the authentic part, and the goals you have set for your life they may have been resisting. I will go into further detail in the next section about how to fully heal and integrate these parts. For now, work with the premise that there is nothing wrong or broken about you. There are just parts of yourself that you haven’t learned to utilize properly.

As Einstein is credited with saying, “Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.” Consider that there are parts of yourself you simply don’t know well enough to make good use

of yet. When applied in the right way, in the right circumstance, all parts of you are inherently valid, valuable, and beneficial to you and the world.

MORE WAYS TO LOVE YOURSELF

Reintegrating your fragmented parts is the most definitive way to get to self-love. It is however, quite an in-depth process and can take some time to work through. You will learn the exact steps on how to accomplish this in the next module. In the meantime, here are some things you can begin doing right now to bring more self-love into your life.

TREAT YOURSELF THE WAY YOU TREAT OTHERS

Are you giving towards others but not towards yourself? Are you forgiving with others but not with yourself? Do you allow others to make mistakes, but hold yourself to impossible standards of perfection? Notice how you treat the people you love. Notice how giving and forgiving you are. Notice how nurturing and thoughtful you are. Whatever things you do for your beloveds, do for yourself as well. It will feel strange at first, but do it anyway.

The greatest benefit of loving yourself tangibly and in actions, is that you can fill your own cup enough to not run at a deficit. Operating from a place of lack is the quickest way to continue to experience lack in your life. It isn't reasonable or possible to be completely filled up without connection with others. However, filling yourself up as much as possible, prevents the state of lack that is so detrimental to yourself and your relationships.

CELEBRATE YOURSELF

Acknowledge your greatness. Acknowledge your accomplishments. Speak positively about yourself to others, and in your own mind as well. Begin to focus on the positive aspects of your life, not just what needs improvement. We can get so caught up in what could be better about ourselves that we forget to celebrate what is already great. Celebrate what is good about your life. Reward and praise yourself for your accomplishments.

It's great to be conscious and aware of how you can improve yourself and your life. It's equally important to treat yourself with the same enthusiasm you would for others you support. Learn to be your own cheerleader. Count your blessings and revel in how far you've come. Every journey is unique. What may seem like a trivial step to some, may be a remarkable forward leap for you. Relish and savor your accomplishments, no matter how small they may appear to the outside world.

BE GENTLE WITH YOUR WEAKNESSES

Perfection is an absolute illusion. What is perfect for one is chaos for another. Avoid the temptation to live your life by other people's standards. Honestly assess your goals and your abilities. Take notes of where you can improve and simply move in that direction. There is absolutely no need to berate yourself for not being where you want to be yet.

Accept where you are right now and start there. It's okay to make mistakes. The consequences of those mistakes are enough. There is no need to further abuse yourself if and when you make a wrong move. Be conscious and aware of what went wrong. Make amends if necessary. Then simply correct your course.

Life is ultimately experiential and most of the magic lies outside of your comfort zone. There are going to be things you want to accomplish that you are terrible at at first. Rome was not built in a day. The bigger the dream, the more consistent effort it will take to achieve. There are things you have already mastered and there are other things that you are only beginning to understand.

Try to remember the process of how you learned to master what you are already good at. Most likely, you improved little by little over time. You most likely did not get there by being upset with yourself for not being where you wanted to be. Rather, you likely accepted and supported yourself through the process every step of the way.

LOVE YOUR BODY

Too often in the spiritual community there is a tendency to negate the body and the animal self. The truth is that the body is just as much God given as anything else. To say and do things that elevate our spiritual nature but demeans the physical is an ego-trap. The ego mind makes you believe that to be a “better person” you have to transcend the physical plane and deny the body. The truth is that the body is just as important as the spirit. In fact, they are intricately connected and equally important to your journey here on the planet.

Your body is not just the temple for your soul, it is the vehicle by which you accomplish literally everything in life. Its sole purpose is to allow you to do what your soul came here to do. Honor and adore your body for offering you this gift. Take time daily to feel gratitude for how truly amazing it is.

Feed it well and hydrate adequately. Minimize toxic substances. Allow it to rest when it is tired. Exercise regularly. Take the time to

groom and beautify yourself. Honor its need for sensual pleasures and to express itself sexually. Speak kindly of it to yourself and others. Be gentle with its weaknesses and celebrate its strengths.

TRUST YOURSELF

One of the most overlooked ways to love yourself is trust. Trust your feelings. Trust your intuition. Trust your instincts. If something doesn't feel good, trust that there is a reason it doesn't feel good. Something not feeling good to you may be enough to say no to it. If it's something that must be done, don't ignore the bad feelings. Instead, take a moment to acknowledge and understand what about the person, place or situation doesn't feel right. Renegotiate if possible so that you are not compromising your integrity.

This goes for things that feel good to you as well. Don't allow other people's opinions to sway you from experiences that truly feel beneficial for you. Care more about how you feel than what others think about you. Trust that you know what is best for you. Most people's opinions, even if well meaning, are based on what they would want or what they believe will make you happy. No one knows better than you what is truly in alignment with your soul.

Allow your emotions to be what they are. Trust that you are feeling what you are feeling for a reason. Don't be so quick to sweep emotions under the rug in order to be more digestible or acceptable to others. Learn to acknowledge how and why you are feeling what you are feeling. Be willing to ask for what you need. Whatever you are feeling, express it. If you are feeling scared, say so. If you need some affection or nurturing, ask for it. If those around you cannot handle when you are having

emotions that are uncomfortable for them, find people willing to support you through your tougher times.

RELEASE SELF-JUDGEMENT

To truly love yourself fully means accepting yourself unconditionally. A lot of people believe that accepting yourself completely means ignoring or completely eliminating your faults. This is not true. To accept all of you means that you allow what you are to exist without judgement. Judgement is not the same as discernment. To acknowledge that something is less than ideal and needs improvement is discernment. To condemn yourself for not achieving that ideal or standard is judgement. Discernment allows us to grow. Judgement is paralyzing.

Releasing self-judgement can be challenging because it is often difficult to know when we are judging ourselves. The quickest way to uncover self-judgement is to examine where and how you judge others. The truth is that judgment of others is impossible without first having some standard or ideal that we are judging ourselves about also. Again, statements or observations of facts is not judgment. Condemning, shaming, or guiltting yourself or others for those facts is. Attaching a positive meaning to a fact is also judgement, though positive judgments are rarely as problematic. When positive judgements become a problem is when they are based in illusion and not reality.

The exercise below will help you begin uncovering your own set of judgements. As you become more conscious of the ways you guilt, shame, or condemn yourself and others, you can learn to address the underlying beliefs and ultimately free yourself from the paralysis caused by the judgement trap.

EXERCISE: "WHAT DO YOU JUDGE?"

Begin to notice the things you observe in others that make you feel negatively. In your journal or notepad, fill in the blanks to the following statements.

- ◆ *I really hate it when people...*
- ◆ *I really wish people wouldn't...*
- ◆ *Why can't people stop...*
- ◆ *I can't believe he/she would...*
- ◆ *They should really...*
- ◆ *It's so stupid that...*
- ◆ *I can't stand it when...*
- ◆ *It pisses me off that...*

Review what you have written. Then ask yourself why those things bother you. The answer to why they bother you will usually reveal the meaning that you have assigned to those actions or behaviors. *What do those things mean to you? What do they mean about that person? Why is it so bad?*

Now notice where in your life you mirror this list of qualities. *Where are you behaving the same or similar ways in your life? What do you believe those behaviors mean about yourself? Why are they so bad?*

Keep in mind that the mirror reflection is often magnified. You may not immediately see where you are behaving in the same ways. This can be because you do not do it to the same degree or you apply the behavior in a different aspect of life. If you have

judgement of others however, it is almost guaranteed that you judge yourself similarly.

LOVE YOURSELF UNCONDITIONALLY

Be courageous and willing to face whatever “flaw” or “fault” you observe. Rather than condemn yourself for it, see if you can accept that it’s simply your level of knowledge, skill, or evolution at the moment. Unconditional love is not blind to faults, it simply does not stop loving in the face of them. Unconditional love does not push away, shame or condemn. It continues to include those less than ideal parts, and loves them towards improvement.

Allowing your less than ideal parts to exist without judgement may be enough to soften the shame and guilt you may be feeling in regard to them. Perhaps a certain quality is something inherent about you that cannot be changed. Perhaps then only your perspective of that quality needs to change. Find positive reasons for it by utilizing the reframing exercise earlier in this chapter.

If it is something you do not like and wish to change, decide on action steps you can take to improve or move closer to the preferred state. Again, do this from a place of acceptance and inclusion, not repulsion. Remember that the facts are the facts. Negative beliefs about the facts is what constitutes judgment. Be gentle with your weaknesses just as you would a child who was beginning to learn something new.

HOW NOT TO BE AN ASSHOLE

When people are first learning to love themselves and practice The Art of (S)elfish Selfishness, there is some danger of becoming a total asshole in the process. (Excuse my French) The reason is that most people haven’t been taking care of

themselves because they have been afraid of being perceived as selfish to those around them. Rather than being thought of as inconsiderate, they decided they would put everyone else's needs first. When they've had enough of their own needs not being met, they can become destructively selfish. The irony is that they become the very thing they have been avoiding.

Neither extreme is beneficial. When you are learning to put yourself first, there are three main components to ensure that you are including those around you in your newfound sense of self-care. These components will allow you to find a healthy balance between what you need and what others need from you. These three things are *Responsibility, Integrity, and Communication*.

RESPONSIBILITY

Having a clear understanding of what is your responsibility and what is not your responsibility is crucial. It is of utmost importance to own what is yours and also not take responsibility for what is not yours. Selfish, immature people don't own their own stuff, and those who are detrimentally giving, take too much responsibility for what isn't theirs. When you are clear about what is what and whose is whose, you can handle what belongs to you and allow others to handle what belongs to them.

An excellent rule of thumb to know if something is your responsibility is to ask yourself "*Did this originate from me or did I create it?*" Basically, if you said it, did it, or made it, you are responsible for it. Unless you are under duress, anything that results from things you say, do, or create, you have a responsibility to handle. The only way out of this responsibility is to make an agreement with someone else to handle it. If

however, they do not take care of the situation, then you are still responsible for whether it gets handled or not.

The most obvious example of this is having a child. If you have a child, it is your responsibility to care for that child. If you have to work and you make an agreement for someone else to care for the child, then it becomes a shared responsibility. However, if that person cannot fulfill their agreement to care for the child, the responsibility reverts back to you since the child originated from you.

This brings me to shared responsibility. Children are technically a shared responsibility. So are projects and other things created by more than one person. All parties involved are responsible to handle anything that arises from what was created. If one or more parties does not handle their responsibilities, the other parties must handle the extra load. If you continuously find yourself in situations where shared responsibility gets placed upon you, then you may have to examine the choices you are making in your partnerships.

You have the responsibility to honor the agreements that you make or to renegotiate said agreements if and when you change your mind about them. You are responsible for doing the best that you can at all times. Ultimately, you are not responsible for the feelings of others, however, you are responsible for being as honest, kind, and considerate as you would want others to be to you.

If something involves you in any kind of way, there is some level of responsibility you have regarding the situation. Understanding what is your responsibility and what is not has a lot to do with ethics. If you are unfamiliar with the study of ethics, I highly recommend reading more about the branch specifically called

The Ethics of Care. These elements of care can be applied not only to the care of others, but to the care of self as well.

INTEGRITY

Integrity means being honest and having strong moral principles. It also means being whole and undivided. So living in integrity means that you honestly adhere to that which keeps you whole and undivided. Essentially that means what you say, think, feel, and do are congruent. If you make an agreement to do one thing, doing something else is out of integrity. If you know something is in alignment with your soul and you act against that, you are out of integrity with yourself. If you make agreements that are not in alignment with your true self, you are unlikely to fulfill them. You would be out of integrity twice.

Compromising your own integrity is one of the worst offenses to the self. It is self-betrayal, and the consequences can be extremely devastating. If somewhere you have made agreements from “high places” as they say, and later realize the agreement is out of integrity with your truth, you have the responsibility to yourself and the other party to communicate and revise that agreement. This is not always comfortable, but doing something out of integrity is much more damaging to the self. The feelings of discomfort or embarrassment from admitting you’ve changed your mind won’t actually hurt you.

If you do find yourself having agreed to something you later realize is out of your integrity, do not ignore it. You must address it with the other person(s) as swiftly, honestly, and kindly as possible. If you have been in the habit of compromising your integrity often, it will take a few tries before you can stop yourself before you end up in a compromising situation. If it takes you a few tries to get it right that's okay. Life is art. Therefore it is a

practice. Be gentle with yourself. At first you will only recognize when you have agreed to something out of your integrity after you've done so. You will eventually be able to catch yourself before you make these kinds of agreements. Until then, you must re-negotiate terms that are out of alignment after the fact.

COMMUNICATION

Good communication is the lifeblood of any great relationship. This is true whether its the relationship with yourself or with another. There should be no topic that is off limits. Ideally, you will feel as though your thoughts, feelings, and ideas are valued at all times. Whoever you are dealing with, in order to come to clear terms of engagement, you will need to discuss things like goals, rules, boundaries, and any concerns for what you are negotiating.

If for some reason whomever you are dealing with finds this excessive, explain that you are learning to be more in integrity with your truth and it would benefit you both greatly to discuss these matters. Too often, not enough is said or discussed. Too much is assumed. Then if problems arise later, it is unclear who is responsible for what or there is confusion about what was actually agreed upon.

It may seem like a lot upfront to discuss in detail your agreements, but I promise you that the game is more fun to play when everyone is clear about what is happening. Things you will want to put on the table when negotiating are *goals, rules, boundaries, and preferences*.

GOALS

What are your goals for the relationship, interaction or situation? Know what you are wanting and be honest. If you're not sure about what you want yet, be honest about that. Focus on what you do know and not what you don't. There is no room at all for embarrassment about what you are looking for. Being completely honest at this stage will ensure that you get what you want out of the experience without causing any undue emotional pain for yourself or anyone involved.

RULES

Rules are requirements. These are your absolutes. They are non-negotiable core beliefs and hard lines. These are the things that keep you in integrity with yourself. If someone cannot agree to your rules or they seem hesitant or insincere, it is unadvisable that you engage in any agreements with that person. Honestly, run. Run for your life!

When rules get broken...

There are some broken rules that should and will be a one and done offense. Depending on the context, and the feelings of everyone involved, some rule breakers may deserve one more chance. Breaking the same rule again or breaking another more serious rule should be the end of the relationship and/or the agreement immediately. Though humans are imperfect, abuse of trust, physical, emotional, verbal, and/or sexual abuse is not a part of a healthy relationship of any kind and should never, ever be tolerated.

BOUNDARIES

Boundaries are needs and strong preferences. They are semi-negotiable, strong beliefs/desires/opinions, and “comfort zones”. It is also incredibly important that boundaries are respected and agreed upon. Some may be negotiable, but you must be careful not to fall out of integrity.

It can be a very thin line between boundaries, rules, and preferences. When someone wants you to push your boundaries, it can feel like you are the one choosing it. When really what you want is to avoid disapproval or missing out on whatever is being offered if you don't. This is especially true for those that have a habit of compromising their integrity to please others.

Remember that a boundary must always be your choice to move. It is never okay for someone else to move or cross one of your boundaries. Nor is it okay for them to coerce or pressure you to move past a comfort zone. That is for you to choose at your own time and pace. Encouragement or inspiration can be fine, as long as they are genuinely interested in your well being and it is not for their own selfish benefit. You must trust your intuition and instincts about this.

When boundaries are crossed...

Boundaries are things we need to feel safe, and secure in a situation. Boundaries are trust zones. They are on the edges of ourselves where we feel the most vulnerable. When boundaries are crossed, it diminishes trust and requires a seriously honest conversation to remedy. Too many crossed boundaries will lead a relationship or situation to a place where the trust is irreparable.

Pushing boundaries is crucial to personal development and growth. However, when and how to push those boundaries is something that must be agreed upon by the person who has the boundary. It should never be pushed on purpose or without their permission. You will know when you or someone else has reached a boundary by the amount of resistance you feel at the suggestion of moving it. Rules do not budge. Boundaries have strong resistance. Preferences, unlike the others, have much more wiggle room.

PREFERENCES

Preferences are likes and dislikes. They are highly negotiable. They are not required, but greatly appreciated. This is the level where you can have more leeway to negotiate terms and conditions of whatever you are negotiating. Do make sure that you are including things that you prefer. Don't let the other(s) involved get everything they like, simply because it isn't a hard line for you. Though they may seem small and trivial, it's the little things that add up over time. Include as many of your likes and preferences as possible in your agreements.

When preferences are not honored...

Since preferences aren't required, they shouldn't cause more than some annoyance if not adhered to. With that being said, if they are rarely or never honored, it would be a good idea to have a chat with whomever is consistently choosing not to acknowledge them. Small annoyances can build up into full blown resentments over time. It is always best to address ignored preferences as soon as it seems like it's becoming a pattern.

MAKING THE TRANSITION

If you have not been taking care of yourself or properly negotiating your life experiences, the transition can be a bit strenuous at first. There are likely people in your life who have been benefiting from your lack of boundaries. No matter how kindly and clearly you communicate the new protocols, you may encounter resistance. Do not allow this resistance to make you back down and continue being out of integrity with yourself.

Initial resistance is natural. Especially if the new way you'd like to negotiate your life is very different from how things have been. It may take some time to hash out the new agreements with those close to you. You may at times encounter staunch or persistent resistance to the ways you are attempting to care for yourself now. This can happen for three reasons. One, you are not wanting to do something that is actually your responsibility to do. Two, you are being completely inconsiderate or uncooperative about the other party's needs. Three, the person being resistant was benefiting from your lack of integrity and wants to keep it that way.

If you have been kind as well as considerate of the other person(s)' rules, boundaries, and preferences, then it should be no problem to come to new agreements that support everyone's desires. If after careful examination, you are confident that your requests are reasonable, but you are still experiencing strong opposition, you may need to consider leaving those relationships. Anyone who truly loves you will not want you to dishonor yourself in order to give them what they want from you.

WHAT IS SELF CARE?

The idea of self care has flooded the internet through memes and viral posts in recent times. Unfortunately, there seems to be a marked misconception about what self-care actually is. Self care means taking care of yourself before you take care of others. It does not mean ignoring or refusing to attend to what others need. Self care is about giving yourself whatever you need to run at your most optimal levels for the task at hand.

Anything can be used in service of self-care. Those same things can be used under the guise of self-care, in an unbalanced or unhealthy way. Avoidance of or "ghosting" someone is an excellent example. If you have been dealing with someone that continually crosses boundaries or is abusive in some way, then yes. Cutting off all contact without explanation is absolutely an act of self-care.

If you have simply changed your mind about some agreement you've made, and don't feel like communicating the shift, then no. In this case, you are succumbing to cowardice. Ghosting is emotionally immature and terribly rude. Ignoring someone who deserves an honest response because you don't want to feel embarrassment or guilt is not self-care. Sure, if you need a minute, take a minute. Then put your big girl panties on and communicate with honesty, integrity, and kindness.

True self-care is not of the small ego self. It is a product of seeing everyone as part of you. Therefore, you include the wellbeing of others as part of your wellbeing. In order for you to be available for others without burnout or depletion, self care is a necessity. You cannot share of your cup if your cup is empty. Learn to fill up your own cup as much as possible. You will feel better and have more to give others. Furthermore, you will be coming from a

place of fulfillment and not of lack. When we fall into lack, our interactions with others can become manipulative, needy, or destructively selfish. Destructive selfishness leads to further separation. (S)elfish selfishness is in service of deeper connection.

SELF NURTURING RITUALS

Anything you do in service of taking care of yourself will contribute to your overall wellbeing. Rituals take any of those acts and infuses them with more potency. Rituals are deliberate acts with focused intentions. Performing your self-care activities from a ritual standpoint brings more of your energy to the present moment. Anything done from the present moment yields more power than if it were done from an absent minded, or unfocused place.

Remember that you are mental, emotional, physical, and spiritual. Make sure that your rituals are inclusive of all parts of yourself. Acknowledge what makes you feel good in each of these areas, and choose activities that rejuvenate and replenish each one. Some examples of self-nurturing rituals are:

- ◆ *Candle-lit baths*
- ◆ *Listening to music*
- ◆ *Sports or other favorite activities*
- ◆ *Cooking*
- ◆ *Loose Leaf Tea Rituals*
- ◆ *Making Art*
- ◆ *Journaling*

◆ *Walking in nature*

Anything that you would consider romantic if someone did for you, do it for yourself. A self-nurturing ritual is anything that makes you feel seen, heard, and fulfilled. Don't feel like you have to limit yourself to spa like or spiritually based activities either. If you feel recharged going to heavy metal concerts for example, do that.

A ritual can be as simple as a daily cup of coffee, or as complex as an annual week-long retreat. The only requirement for something to become a ritual is presence and conscious intention. The best way to create an atmosphere of presence and intention is to create sacred space before your chosen activity. This can be done as simply as saying a prayer before hand. It can also be more in-depth such as the method described below.

CREATING SACRED SPACE

- ◆ *Schedule or set aside time where you won't be disturbed.*
- ◆ *Turn of and/or put away electronic devices.*
- ◆ *Tidy the space and cleanse your body, as well as any tools you will be using.*
- ◆ *Choose music and a lighting scheme that matches the theme of what your ritual will be. Perhaps light some candles or have a special lamp used only for your rituals.*
- ◆ *Light some sage or incense if you wish. (Please use responsibly sourced products. Palo Santo is extremely endangered. Do not use it.)*

- ◆ *Once the room is set up, sit or stand still with your eyes closed and take several deep cleansing breaths.*
- ◆ *Fill yourself with white light and imagine it expanding to fill the room, the objects, and/or the place your activity will happen if you are not yet there.*
- ◆ *Set an intention for the activity. What would you like to let go of learn, or experience?*
- ◆ *Your intention can also be a dedication or offering to another such as a loved one, your ancestors, or your Parton Goddess.*
- ◆ *Once your intention is clearly stated, perform the activity in honor of that intention.*
- ◆ *If at anytime your mind wanders, take a deep breath and remind yourself of why you are doing what you're doing.*
- ◆ *When you are done with your ritual, close the sacred space by resetting the room. Take a moment to give thanks and set the intention that the ritual is now complete.*

EXERCISE: WRITE YOURSELF A LOVE LETTER

It is all too easy to get inundated with the struggles of life and lose sight of our greatness. When we forget how amazing we are, we seek validation from outside sources. Depending on external validation is a potentially destructive habit that can lead to co-dependency, and abusive relationship patterns.

An excellent way to counteract this issue is to write yourself a love letter. Write it from the perspective of someone who loves you more than anything in the world. List all of the things that

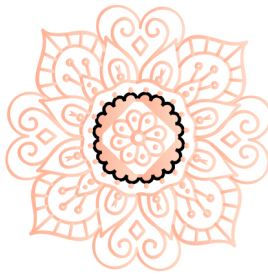
make you unique and wonderful. List your accomplishments. Gush and celebrate your strengths and what makes you beautiful.

If you find that you struggle to celebrate yourself in this way, revisit the reframing exercise. Take the negative things that come into your mind and find positive attributes or reasons for those qualities. Write yourself a love letter based on those. You may be tempted to ask other people what they think. Don't. This exercise is about what you find great about yourself. No one else has to agree. I want you to begin thinking in terms of who you truly are and why you love yourself, not the opinions of others.

After you've completed your letter, put it somewhere easily accessible. Anytime you're feeling down about yourself, read it. Remind yourself about what makes you unique and amazing. This can come in super handy after negative experiences that make you question your worthiness. Things like break-ups, losing a job or failing a test are good examples. For deeper feelings of unworthiness, the next module offers ways to address and heal those wounds.

Module Four

INNER CHILD HEALING



Inner Child

Healing

HOW WE LOSE OURSELVES

When we were born, we were fully connected to our natural essence and our desires. Until much later, we did not learn to differentiate self from other. In that initial state of complete dependence, we took on beliefs about ourselves that matched the beliefs of those around us. In whatever way the adults in our lives reacted to how we expressed ourselves, we began to revise our sense of self based on those reactions. To disagree with these ideas felt like separating from those we depended on the most. Therefore, our ability to conform to those ideas and ways of being was crucial to our survival.

The trouble is that most adults are imperfect and often wounded themselves. They are inept or inadequate at providing the proper landscape for babies and children to maintain their original sense of self. Any negative reaction or belief about the child, is perceived by the child as a rejection of that part of themselves. If a parent is upset because a child cries when they miss their other parent for example, the child gets the message that what they are feeling is somehow wrong. If the parent does not acknowledge the hurt feelings of the child, the child will believe that how they feel is “bad”, and push away that part of themselves, or they will rebel.

If the child agrees to remain in connection with the upset parent, they will shut off connection with the “unacceptable” part of themselves. If they are unable to conform, they will continue to exhibit the behavior, but feel guilty or hate that part of themselves instead. Because we can’t help but be exactly who we are when we are young, nearly every part of our personality gets categorized as acceptable or unacceptable to varying degrees. The qualities that garner approval we tend to magnify and highlight. The qualities deemed unacceptable, we silence, repress, or bury.

When someone wants a child’s behavior to change because they find it unacceptable, the child doesn’t know that it’s the behavior that is “bad”. They think that they are bad. No one wants to be judged as bad. Being bad means punishment and separation from the group. Separation from the group in such a dependent state is a threat to our very survival. The desperation to conform is a matter of life and death for the young person. There really is not a choice for the child but to fall in line with what the adults around them want them to be.

In order to maintain connection to the tribe, we unknowingly agreed to lose ourselves in order to have the opportunity to survive long enough to live fully. While that agreement was made under a state of duress, embracing that the agreement was still an act of free will, will give you a tremendous amount of power. At the time, the choice was life or death. You chose life and were willing to pay the cost. The cost was losing your sense of self. Your soul knew, even if you did not, that you would be able to find yourself again one day. That is precisely what you are doing now.

WHY WE FRAGMENT

A child who was experiencing a situation that they were unable to handle, develops various coping mechanisms to lessen the emotional pain they were feeling. This is true no matter if the trauma was perceived or actual, or if it was the result of a careless parenting moment, or ongoing abuse. Parents and caregivers are not the only cause of emotional trauma. Any situation that a child was ill equipped to manage and did not receive proper assistance for, can cause fragmentation.

Anytime a child can't resolve an experience, is disapproved of, pushed away, shamed or abused, a few things happen. First, in order to remain in connection with the other person, the child also pushes away, shames or abuses the "bad" part. They may also create a "reason" for why it is true that they deserve such treatment in order to be in agreement with the obvious disapproval. Then because it feels so terrible, they reach for whatever coping mechanism they have access to, to ease the pain of the event, as well as the disconnection with that part of themselves.

The wounded child often felt emotions such as helpless, hopeless, unseen, useless, forgotten, dirty, bad, ashamed, humiliated, broken...etc. Coping mechanisms can include virtually anything used in avoidance of those painful feelings. Some common coping mechanisms include combativeness, shutting down, dissociation, distraction, blame, lying, tantrums, self-harm, delusion...etc. In many cases, a combination of several coping mechanisms are used. The ways in which a child coped with traumatic events, often become destructive patterns in adulthood.

The good news is that the psyche, the body and the soul are always reaching for alignment and wholeness. This may not always be a comfortable thing, such as a fever to combat an illness or repressed memories resurfacing. However, the fragmented pieces will always find a way to present themselves for healing and reintegration. This more often than not begins with becoming aware of these fragmented selves through observing detrimental or negative patterns in your life.

(To learn more about fragmentation watch Teal Swan's video entitled [Fragmentation, the Worldwide Disease](#))

RE-TRIGGERING WOUNDS

We can't actually cut parts of ourselves out or make them disappear for good. Therefore, they will eventually resurface in one way or another to attempt to express themselves. Reactivation occurs when a wounded child part of our personality resurfaces in reaction to a situation that looks or feels like the original trauma. A person who becomes 'triggered' is often not immediately conscious of what is happening.

When an original wound gets triggered, the child part goes into fight or flight, and the assigned coping mechanism rushes to protect them. There are natural and reasonable emotional reactions to all situations. However, when an old wound gets triggered, the protective behavior is almost always an inflated and exaggerated reaction to the actual stimulus. That's because the reaction not only includes the natural response to the present situation, but also the unresolved emotional energy of the original incident.

For example, Sarah's mother despised anger. Sarah was never allowed to express her discontent without punishment and

shame. Sarah comes home upset after work. Her loving partner asks her why she is angry. Sarah is triggered by the question and immediately begins to feel all the ways she felt as a child. Sarah shuts down and gives him the silent treatment. Her partner is confused because he genuinely wanted to know what she was upset about. Her ignoring him leads to a huge fight and she ends up exploding in rage. This pattern has been a source of endless tension and conflict in their relationship.

RECLAIMING YOURSELF

Discovering your lost parts involves becoming conscious of the ways in which you become triggered into overactive responses. These responses are often beyond your understanding or control even though it is clear that they have become detrimental to your life. Unconscious aspects can also turn up in the form of attracting others who are overly expressive of the quality you have hidden away. For example, Sarah in her previous relationships often attracted men who had anger problems. This is because her own suppressed anger was being mirrored to her by her partners in order for her to become aware of it.

Due to the Law of Attraction, we attract what and who we are. It doesn't matter if what and who we are is expressed or not. If the vibrational frequency exists in the subconscious mind, you are broadcasting that frequency into the universe. People, places, and situations will ultimately reflect whatever is in your unconscious mind. This is why it is so extremely important to become aware of the hidden parts of ourselves so that we can deliberately create our experiences in life.

Your emotional responses to recurring situations are the number one tool to access and heal your rejected selves. Emotional energy requires movement. When we freeze, are disallowed, or

avoid feeling, the energy remains stuck and unexpressed. It does not however go away. The only way to resolve unexpressed emotions is to feel them fully. We must gain access to the original trauma and reparent ourselves towards the resolution we needed but didn't get at the time.

There are two processes that I highly recommend for healing the fragmented self. The first is *Self-Therapy: A Step-By-Step Guide to Creating Wholeness and Healing Your Inner Child Using IFS* by Jay Earley, PhD. The second is Teal Swan's *The Completion Process*. I found that the *IFS* method is a bit more mental and allows for more space between you and your parts. *The Completion Process* is emotionally based and requires that you get more up and personal with yourself. There are several similarities between the two however, and they are both equally effective.

If you do not do anything else on your path of healing, get one or both of these books and learn the process. I discovered the *IFS* method in a particularly dark time in my life several years ago. Of all the things I've done on my own healing path, these methods have offered the most amazing and lasting transformations. Learning how to do this work can save your life, your relationships, and free you from the bondage of recurring negative patterns that are making you miserable. I cannot stress this enough. If you learn nothing else from this book, learn these processes.

In the next section, I will offer you a basic version of working with your parts as well as my own process to get you started. However, these are not meant as a complete tutorial. You must read either the *IFS Self-Therapy* book or *The Completion Process* for holistic and complete instruction. It is also highly

recommended that you have a trusted counselor you can call to assist you while you do this kind of healing work. It can be extremely triggering and possibly bring up traumatic memories that are difficult to process alone. If at anytime you feel overwhelmed seek professional help immediately!

INTRO TO PARTS WORK

Each time trauma happened in childhood where the child was not able to cope, the child part breaks away from the whole and remains stuck inside the scene. A normal function of the psyche becomes assigned to that child in order to protect it from the experience. The perpetrator can and often does become internalized as a separate part as well. A normally helpful part of the psyche becomes distorted to take on this role.

The wounded child part is a version of you at whatever age the trauma happened. The coping mechanism is a normal part of the psyche reassigned to provide protection to the child. The perpetrator is often a normal part of the psyche, assigned to perpetuate the negative belief created during the traumatic event.

Before we become conscious of having these parts, when one gets activated, it takes over the seat of our consciousness. In other words, it takes over and begins running your life from your seat of power. That means that you either are not aware of how you are behaving, or you can observe your behavior but cannot control it.

Coping mechanisms become personified as body guards or guardians. Their behaviors look like, shutting down, becoming hostile, pushing others away, self-sabotage, addictions, rage, depression...etc. Wounded children being activated make you

feel like you are whatever age the child was when the event happened. Intense fear, helplessness, grief, loneliness, and other painful emotions, are also ways that child fragments show themselves.

The way to know if you are having a natural reaction to current reality or have triggered a fragment, is that a triggered part arrives suddenly and in an exaggerated form. The reaction will not match the situation in front of you. The response will be extreme and often seemingly out of your control. These triggers happen so quickly, that you may not feel the child at all. It is more likely that you will first notice the protective part. They are designed to hide the wounded child and perform a certain role in order to keep them safe.

To begin the process of reintegration, you must understand that these are very real parts within you. They are traumatized and wounded. They want healing, but are often scared and confused. You must approach your parts as a loving, curious friend who wants to get to know them and help. If you approach them as wanting to get rid of or “fix” them, they may not trust your intentions and choose not to cooperate.

This process can be challenging at first because it feels a bit like you are dealing with a split personality. In actuality, your personality is split into parts. The difference between most people and a clinically diagnosed split personality, is that the real you remains conscious during these shifts. Those with a diagnosed disorder typically black out, and their different personalities are unaware of each other.

Those types of split personality disorders are often caused by severe dissociation due to extreme abuse, entity possession, or other unknown factors. The vast majority of you are not dealing

with these kinds of extremes, and it is perfectly safe to do this kind of work. If however, you experience any symptoms that worry you, please contact a professional mental health practitioner immediately.

MAKING CONTACT

For this part, you will need a journal or piece of paper. Blank index cards are ideal for working with your parts. If you don't have access to index cards, make your own, or divide your paper down the middle into two columns.

You will need to be in a place you can be undisturbed. Make sure to sit calmly and take some deep breaths. Do try to suspend any judgments you may have about talking to yourself. It may feel strange at first, but imagine there is an entire kingdom of parts living inside of you.

This part of the process requires that you conjure up old feelings and begin to identify and personify each part that is activated by those memories. It is an initial interview phase. You are simply getting to know more about these parts within yourself so you can have a meaningful dialog with them.

- ◆ *Think of a pattern that is preventing you from moving forward in your life. When you are in that pattern, how do you feel? Do you blow up in anger? Do you shut down? Do you feel like running away, using substances, crying...etc?*
- ◆ *Notice any ways that you avoid feeling the pain of the situation. Notice how you immediately turn away from the feeling of pain, helplessness, worthlessness, or whatever it is, towards some kind of coping mechanism.*

- ◆ *If you are unsure of a particular scenario, think of that thing that you “always do” or that “always happens”, that you can’t seem to control. What is that thing? We all have one. Focus on it for a couple of minutes. Notice how you are feeling.*
- ◆ *Make a list of the parts of you that are activated by this scenario. We often say things like “a part of me feels this way, and another part of me feels that way...etc” For every “part” that feels some kind of way about the situation, make a new column on your page or use a new notecard for each one.*
- ◆ *Begin to identify as many qualities about it as you can. What does it feel like? What color is it? What texture? Does an image come to mind? What does it look like? What is it made of? Does it have a name that comes to mind? What does it say? What does it need or want?*

Don't worry if you don't know all the answers. This step is simply so that you can begin to differentiate and identify which part you will be accessing at any given time. You will have the opportunity when you speak to your parts to ask them directly some of these questions. Once you can clearly identify some it's time to get to know them better.

ACCESSING YOUR PARTS

- ◆ *Get quiet. Take some deep breaths. Ask Source or your guides for clarity, compassion, and loving curiosity. Ask for protection from any energies that are not you or that are not beneficial to this process.*
- ◆ *Create a place in your imagination that is a healing sanctuary. When you are rescuing wounded children, you may need to take them to a safe place. Make sure that it is a place that only you can enter. Perhaps it has a magic door or entrance. Make*

this place protected, magical and special. (This piece is borrowed from The Completion Process. It is one of the few differences between that process and the IFS method. I feel it is an extremely important part to include in this work.) Once you have established your healing sanctuary, move on to the next step.

◆ *If you are currently feeling an intense emotion due to a current situation, that's perfect, use that. If not, choose a recurring pattern or theme that affects your life negatively. Imagine it as best you can until you begin to feel a strong emotion arise.*

Once a part is activated...

◆ *Once you feel a clear presence, ask it to speak with you. Again, you must come from a place of love and curiosity. You just want to understand who it is, and what it needs.*

◆ *Introduce yourself. Ask the part its name. Ask it what its job is and what it wants. Ask it what it is afraid will happen if it doesn't do its job. The answers to these questions will give you a clue about the wounded child that this part is protecting.*

◆ *Ask it anything else you are curious about or would like to understand better. If you begin to feel like the part ask it to step back a bit so you can better assist it. Tell this part that you are grown up now and in a position to help it and the wounded child.*

◆ *At this point, you can ask permission to speak to the wounded child directly. If the protective part gives you permission, proceed to the next section. If they do not give you permission, continue to talk with them and understand why they are hesitant to let you speak to the child. Continue to negotiate terms by which they will allow you to speak to the child part.*

◆ *If they still do not give you permission, you will have to try again at another time. Never force the connection, this will only make them more protective. Sometimes there is more than one guard for a child. Ask the current part if there is another part you need to speak with in order to get permission to speak to the child. If so, repeat the steps with the new part until you are allowed access to the child.*

WORKING WITH A CHILD PART

- ◆ *Soften your energy and introduce yourself to the child. Remember that they are often wounded and scared. Speak to them gently and lovingly.*
- ◆ *Tell the child that you are them all grown up. That you are here to help them with whatever it is they need. You may have memories, visions, or felt senses of what situation the child is frozen in.*
- ◆ *Ask them what they are wanting or needing. If the child is in a particularly terrible situation, is too terrified, or is in immediate danger, ask the child if it would like you to take them to a safe place. If so, take the child out of the situation and take them with you into the healing sanctuary. Explain to them that you are safe there, and that anything they want and need to comfort them can be brought for them. Whatever they ask for, simply imagine that it is there with you. If you begin to feel like the child, ask the child to step back from you so that you can better assist them.*
- ◆ *Once the child feels safe and calm, it will be easier to have a conversation. Ask the child what it is feeling. It is incredibly important to validate their emotions. If they say something like, "My mother hates me." You don't validate that her mother*

hates her, but you would say something like “I understand why you feel terrible.” Allow the child to fully express and vent their feelings.

- ◆ *Once you have validated the child’s emotions, ask the child what they would like to make them feel better. Sometimes just expressing themselves is enough. More often, they want to be held, or they want to play. Whatever it is they ask for, imagine that you are providing it for them. Do it for as long as they want. You will notice a shift in their energy to a lighter and more positive state when they have had enough.*
- ◆ *Ask them if there is anything else they are wanting or needing. Provide that for them. Continue this step until they say they are satisfied.*
- ◆ *Now ask them how they would like to clear the bad memory or situation you found them in. Offer all the elements, fire, water, air, or earth. They can blow it up, bury it, sink it in the ocean, whatever they’d like. Children are very creative, so whatever way they suggest just go with it. Assist them to destroy the memory. Once it feels clear, you will often feel an involuntary smile come across your face and feel a light giddiness in your heart.*
- ◆ *Ask them if they feel complete or if there is anything else they want or need. Provide whatever they ask for. Continue this step until they are satisfied.*
- ◆ *Now ask them if they would like to grow up and integrate with you, or if there is another role they would like to play in your life. For example, a child who was humiliated for wanting to be beautiful, may now want to play the role as your fashion designer or shopping partner. Allow them to choose whatever*

they like. If they choose to stay and take another role, promise them that you will check in with them from time to time, and to always try and listen when they are guiding you. They will remain part of your psyche that you can access when required by circumstances in your life. Thank them, love on them, and say goodbye for now.

◆ *If they choose to merge and integrate, close your eyes and take some deep breaths. You will usually experience a fast motion picture of them growing up. When they reach the age that you are in now, you will feel them merge with your being. When it feels complete, take another deep breath and open your eyes.*

RELEASING THE GUARD(S):

◆ *Once you have released the child part, the guard(s) no longer have to serve the role they were playing. Often times, the guardian is a natural part of your psyche that has been exaggerated and working overtime. They are typically exhausted and happy to hear that the child is now under your protection or that they have healed and grown up.*

◆ *Explain to the guard(s) that you understand that they must be tired and that you are so grateful for their service while you were unable to protect the child yourself. Now that the child is safe, ask if there is another role they would like to play. Whatever they choose, go with it. Thank them again. Take some deep breaths and return your awareness to the present moment.*

Helpful Tips:

◆ *Some patterns or issues have many layers.*

- ◆ *You may have to address several guards or guardians before you can speak with the wounded child.*
- ◆ *Using notecards to keep track of the parts you have worked with is helpful. On one side have the original name and all of its characteristics. On the other, have the new role, new name, and new characteristics. If it was a child who has now merged with you, make a note of that.*
- ◆ *You may have parts that feel similarly but are different. For example, Rage and Anger or Despair and Hopelessness.*
- ◆ *Be gentle with yourself as you learn these processes and as you learn new ways of being once they are cleared.*

For a light version of this process, listen to the “**Inner Child Meditation**” that accompanies this book.

For more information about IFS or to find a certified practitioner visit <https://selfleadership.org>

For more information about The Completion Process or to find a certified practitioner visit <https://thecompletionprocess.com>

RESTORING YOUR INNER KINGDOM

Another more creative version of this process I call *Restoring Your Inner Kingdom*. I can't remember how exactly I ended up creating this method, but as a writer I really enjoyed it. For this method it is helpful to have a computer with a word processing document. You can also type on your phone or simply write by hand.

This method is super great for anyone who really struggles with the idea that there are different parts of your personality and that

you have to talk to yourself to access them. This method utilizes the concept of storytelling and creative writing. Each character in your story is one of your parts. You will get to know them through writing dialogue between each one and yourself, and their interaction with other characters as well.

I found this method to be really fun. It was a whole lot like having my own version of *Winnie the Pooh and the Hundred Acre Wood*. It also puts more distance between yourself and the parts within you, so you can suspend any disbelief you may have about whether or not you can actually speak them. It's a whole lot of fun for your inner child(ren) as well. Most kids love story time.

THE SET-UP

You have an entire world that exists inside of you. It is perfectly designed to run smoothly and flawlessly. Each character in your kingdom has an assigned role with which to execute your life's plan. You of course are the ruler of this kingdom. Just like any kingdom, if the ruler of the land is absent or ineffective, toxic or predatory energies can devastate the land.

You are the ruler of this wonderful kingdom, but you have been away for a very long time. Why you've been gone or where you have been doesn't matter. The point is that you are back now and you notice that things are in a bit of disarray. You will want to begin by looking around. Imagine that you can see all of the places far and wide of your kingdom, no matter where you are. You live in a land where teleportation and remote viewing are easy and natural gifts.

Look around. Who or what do you see? You may see a lot of people and creatures milling about. Maybe there are only a few.

Maybe everyone is hiding or off somewhere else. Whomever you encounter, each will have different reactions to your presence. I find the village square near a fountain or something like that is an excellent place to begin. Find your way there. Then announce your return. Say something like *“Greetings my beloveds. I have returned to you. I am here to reconcile all the wrongs that were committed in my unfortunate absence.”*

You will want to now call for your assistant, and a scribe or a record keeper to come to your side. If they are hesitant, you will want to find someone who will perform these roles temporarily. You can find out why the other’s are unwilling later. They may have been traumatized or are protecting a wounded child part, so they cannot or will not join you.

Announce to those that are near that you will be setting up shop here to assist any and all parts that have been hurt in your absence. Send the assistant, messenger or any others who wish to help, to inform the rest of the kingdom. Tell them to inform the others to journey here to have their turn.

I set up my system a bit like an emergency room. Those that were in more danger or eminent crisis got higher priority and would be able to skip to the front of the line as necessary. Some of the characters may protest this, but explain to them the necessity and that you will get to everyone.

THE PROCESS

Now that you’ve established your return and announced your intentions, its time to get out your writing device. I highly recommend a word processor so that you can type as fast as the dialogue is happening. However, whatever you have available is fine. Call for the first subject to step forward. Ask your scribe

or assistant to also keep records of everything that is said during your sessions.

- ◆ *Ask the first character to step forward. You should feel some kind of emotion, mood, or ambiance that accompanies whomever comes forth.*
- ◆ *Welcome them. Ask them their name and how it is you can help them, or what is it that they need. Let them know that you are fully grown up now and have the power to provide them with any and all things.*
- ◆ *Write down everything that comes to you without judgment. Use different lines or some other designation to distinguish between who is speaking.*
- ◆ *You will want to ask them questions and get to know them. Follow a similar line of questioning as the previous process. You want to know things like, their name, their job, what they are afraid of will happen if they don't do their jobs, what they need to transform, what new role they want to play instead... etc.*
- ◆ *No two characters will be exactly alike. They will each fall into one of four categories; exaggerated guardians or guards, wounded children, re-created perpetrators, and healthy/normal helper parts.*
- ◆ *Characters may show up as people, animals, mythical creatures, or nebulous clouds or blobs...etc. There is no limit to the imagination. They may also change shape or form as you speak to them. However they present themselves, just go with it.*

There are some things you want to keep in mind while working the dialog with your parts. You may find that a new part will interrupt before you can finish with the one you started with. There are typically intertwined parts associated with any particular wounded child. You will need to speak to everyone as they chime in, since there is often an order of operations before you can free the child. You may speak to them as if you are having a group conversation or meeting.

You will want to make sure you exchange proper introductions, clarify their names and what they want or need. Encourage them to reveal more by asking follow up questions. Remember to have loving patience and come from a place of genuine care and curiosity. Always validate whatever a part believes or feels before moving them towards resolution.

The instant a child part shows up, turn your attention to them. If they are shy, they may suddenly interrupt your dialog with another part once they have the courage to speak up. The protective part(s) usually won't mind if you address the child and continue your conversation with them later. Rescuing the children is the whole point after all.

In this example, I have added who is speaking before each line for clarity. You may not have time to do that as you write. Initially, I just started a new line for every change in speaker. Keep track of who is speaking in whatever way works for you so you can review it later if you wish.

Me: *Hello. Who are you dear one?*

Part: *Don't fucking call me that.*

Me: *Alright, what would you like me to call you?*

Part: *I'm Disgust.*

Me: *Oh, yes. I see that. Tell me more*

Disgust: *This is such a sham. Look at all of you. Just playing along with this ridiculous fucking game. It's so fucking lame. How could anyone like this shit? Gross. How can you believe that any of this is going to work? Life sucks. People suck. We won't ever get what we want from the outside world.*

Me: *I hear you. I really do. Your perspective is so valid. Especially given my experiences in the outside world. You're right. Life really can suck. A lot. I really can't argue with you on that one. I can see that maybe these feelings are covering up a need that hasn't been met within you. If you would like to share, I can help you now.*

Disgust: *I would like to share. And I can tell you that you probably won't give it to me, but I will tell you what it is anyway. I want acknowledgment. And I want it without having to be anything other than who I am.*

Me: *Yes. And what else?*

Disgust: *I want to be noticed and seen and heard. I want to be special. I want to matter.*

(The wounded child part emerged at this time)

Me: *Come here child.*

Child: *Hi. I'm insignificant. I feel insignificant. Useless. Invisible. Not invisible actually. Visible and still insignificant. Like what others are seeing isn't me at all. I want to be seen and heard. I want to be special. I want to matter. More than anything in the world I want to matter. I want to be chosen.*

Me: *I understand how that feels. It's an absolutely terrible feeling to be seen but not really seen. I know. I'm so sorry you've been feeling that way. It's terrible. So terrible...What can I do for you? Is there something specific?*

Insignificant: *I want to be held. I want you to see me. Really see me.*

Me: *Okay child. Come here. Let me get a good look at you. I see that you are scared. I see that you are fragile but also strong. I see that you are sensitive and soft and so sweet and loving and kind. So, so kind. I see that you are so deserving of all that you are reflected back to you, and instead you were met with coldness, harshness, rejection. I see that it has bruised you and left you raw and hurting and ashamed of who you are. I see that you covered yourself with disgust to shield yourself from your pain. Because those who could not receive you made you feel disgusted with yourself. If only you could be more cold. If only you could care less and feel less, then maybe you would be okay. Maybe they would love you, choose you, see you, embrace you. I see that you are such a gift to this world and you have been cast aside by those incapable of seeing you for what you are. Or they were too ashamed that they were like you to accept you. I'm so sorry my sweet girl. You have endured so much pain alone. I am here now for you. Whatever you need you can have...*

You will continue from there to listen and give the child what it wants and needs. Once they feel safe and satisfied, you can begin the next phase of this process.

RELEASING A PART

- ◆ *Once the part feels safe and satisfied, ask how it would like to get rid of the memory. Whatever it decides, assist it or imagine that it is being accomplished.*
- ◆ *Now that it has been cleared, ask the part if it would like to play a new role or grow up and merge with you.*
- ◆ *If they choose to transform, ask what role they would like to play now, what their new name is, and give them whatever new clothing or tools they need to perform their new duties.*
- ◆ *If they choose to grow up and merge, close your eyes and take deep breaths. You will experience a time lapse of the child growing up to the time and place you are in right now. When the merging is complete, you will feel a sense of fullness and be brought back into the present moment.*

Depending on how many fragments you have, this process could take days, weeks, or even months. You definitely don't have to do it all in one sitting. Do as much as you can. When you are finished with a session, announce to the kingdom that you will return soon to continue.

Set a regular time to come back and visit your inner kingdom and check in on your loyal subjects. You can assign a part to oversee things while you are gone. It may also be helpful to assign a part to keep track of everyone and report to you any updates whenever you return. That way you can be more efficient with the process the next time you sit down with it.

Remember that this is a creative process. There isn't really a right or wrong way to do it. You are just getting to know yourself better and reparenting or offering the opportunity to meet unmet

needs for the wounded children in the kingdom. That alone is so healing. Try different approaches until you find the one that works the best for you. Keep in mind that some methods will work better for some situations and some parts than others will.

The most important thing is to begin learning to listen to these different aspects of yourself. That way you can give them what they need to be healthy, happy, and fulfilled. When you ignore yourself or your needs is when you and your inner children will feel depleted, depressed, or uncared for.

STAYING CONNECTED

We all have one main inner child aspect that is meant to stay a child throughout our entire lives. They are not a fragmented child part, but a normal part of ourselves that represents the sweetness of childlike wonder. Some of your wounded children once healed, will choose to remain a version of a magical child and merge with this original inner child part. Keep in mind that this inner child may require some healing as well.

It is incredibly important to stay connected to your inner child on a regular basis. Connecting with your inner child often will enhance the experience of magic in your daily life. Become the parent that you always wanted. Give them lots of attention, affection, and love. In return, they will show you the gift of play and lightheartedness and joy.

Here are some ways you can begin reconnecting with this part of yourself right now...

◆ *Do things you loved to do as a child*

◆ *Go to Disneyland*

- ◆ *Watch kids movies*
- ◆ *Have a sleep over with your (grown up) friends*
- ◆ *Buy yourself a toy that you always wanted but never got*
- ◆ *Play at the park*
- ◆ *Jump rope, sing nursery rhymes, play jacks...etc*

Use your imagination and ask and listen to your inner child. They will have awesome ideas of ways to connect. If you are fortunate enough to have children in your life, play with them on their level. Don't just supervise. Grab a crayon and color with them, get inside the fort you helped them build, be a customer at their play dough restaurant, go down the slide with them, swing on the swings...etc.

Let them guide you. The possibilities are endless! It may feel awkward at first, but opening yourself up to play for the sake of fun is an incredibly rewarding practice. If it brings up negative emotions or triggers, that's okay. Utilize them to do the healing processes described above. Those triggers are the places where you were not allowed to play or feel free as a child, where you judge others, or are envious for the ways other people find joy in their own lives.

Module Five

THE DIVINITY OF DESIRE



Desire

THE TRUE NATURE OF DESIRE

The concept of desire is vastly misunderstood. At best it is relegated and thought about as something purely sexual. At worst, it is blamed as the cause of all suffering. The truth about desire is that it is the driving force that proceeds all of existence. Without desire, nothing in creation would come to be. All action is instigated first by the energy of desire. Without desire nothing happens. Nothing is created. Nothing can manifest.

Desire can be seen through any lens. So of course it can be sexual. However, in its purest form, desire is the penetrating and activating force of the entire universe. Desire can seemingly cause suffering as well. However, if you look deeper, it is not the desire that feels bad. Rather, it's the belief that one cannot have what is desired that is painful. So many of us have experienced the lack of something we desire, and it feels terrible. At some point, we equate the negative feelings as being caused by having the desire. Eventually we avoid feeling desire at all because we don't want to feel the pain of lack.

Desire is absolutely crucial to creation and manifestation. There is nothing that you can have if you cannot allow yourself to want it first. The trouble is that the current definition of desire basically states that you want something that you do not have. Wanting something you do not have activates the awareness of the absence of it. This of course feels bad because it leads you to focus in the direction of lack, which is not the true nature of the universe.

In order to allow desire to work for you instead of against you, you will need to reframe what desire means. The universe is abundantly benevolent. If you desire something, it exists for you to have and achieve. First, you must believe this at the core of your being. Second, if everything you could ever want does in fact already exist, then desire is not the result of something you want not existing. What the feeling of desire actually is, is the sensation of what is already yours calling you towards it.

Feel into the difference for a minute. Think of something you want. Now think of it as something that does not yet exist that you have to create or manifest. What does that feel like? Do you notice how it feels far away or how it creates restriction somewhere in your body? Now think of what you want as already belonging to you. What's already yours is calling you towards it through your desire. Notice the different qualities of each perspective.

Allowing desire to flow in the first case probably feels bad because it only highlights that you don't have what you want. Furthermore, you may not know what you need to do to get what you want. That feels even worse. If desire is seen as what is yours pulling you towards it, then allowing desire to flow in that instance feels exciting and alive.

It is important to make a note of the fact that there are two kinds of desires. One is the desire towards something wanted. The second is the desire to move away from something unwanted. The first is a true desire, while the second is what I call a "false desire". It is a false desire because wanting to avoid something unwanted is a negatively focused version of what is really wanted. Since the Law of Attraction only brings what is focused upon, it is vitally important to make sure that your desires are

flowing in a positive direction towards what you do want, and not what you don't.

KNOWING WHAT YOU DESIRE

It is often our negative experiences that inspire the wanting of an improved condition. For this reason we are most often certain of what we do not want. We are not always so clear about what we do want. The Law of Attraction is a static law. It only brings into your life that which is being focused on and consequently, how you feel about it. If you are focused on what you do not want, you will get more of what you do not want. Nobody likes the way this works, but embracing that it is what it is when it comes to this law is a must for making it work in your favor.

The energetic quality of desire is invigorating, and inspiring. It is forward moving, compelling, and activating. True desire lights the fire within us. It is electrifying and demands action. When you tap into something that is a true desire, it feels like excitement. Sometimes that excitement can be tempered by nervousness or constriction. That's okay. That only means there are fears or negative beliefs attached to the desire. Once those are acknowledged and softened, your excitement will feel free and clear again.

In contrast, false desires may be equally compelling, but the overwhelming feeling is that of relief, not excitement. False desires feel more like stopping the uncomfortable sensations of withdrawal by using the drug that created the withdrawal symptoms in the first place. That discomfort is only temporarily thwarted. It's a hamster wheel of seeking relief that goes nowhere. In order to create the life that you truly want, you must learn to focus the power of your desire in a positive direction.

If it is challenging to know what you do want, don't fret. Simply take a piece of paper or your journal and make a list of what you know you don't want. Then, consider what might be the opposite of each of those things. Go line by line and make a new list of those opposites. Voilà! Now you have a list of things you do want. If you are still unsure, another great way to find out what you really want, is to notice what you envy about other people's lives.

EXERCISE: WHAT ARE YOU JEALOUS OF?

- ◆ *Quiet your mind. Take a few deep breaths to center yourself. Be willing to be open and honest with yourself about these answers. You don't have to reveal them to anyone else. This is just for you to become more clear about what you truly want.*
- ◆ *Think about someone you are jealous of. Not a little cutesy type jealously, but the kind that really gets under your skin. Maybe it's not someone you are jealous of so much as someone you pay a lot of attention to, but judge them harshly at the same time.*
- ◆ *What is it about them that rubs you the wrong way? What about them makes you feel jealous? Is it the way they look? Is it their lifestyle, their partner, their material possessions, their career...etc? What do they have that you secretly or not so secretly wish you had?*
- ◆ *Write a list of things that other people have that make you feel jealous or envious. The stronger the sense of jealousy, the stronger the desire you may actually have for that same thing.*

Examples:

"I'm jealous of my sister because she has the perfect husband."

"I'm jealous of my best friend because she gets to travel all the time."

"I'm jealous of celebrities because they get paid so much to do what they love."

Once you feel complete in your list, make a new list. This time, begin each sentence with "I want..." Then write one of the things you wrote down that you were jealous of.

"I want... a perfect husband."

"I want... to travel more."

"I want... to get paid to do what I love."

Now that you have owned wanting what they have, do you feel less jealous? All emotions point us towards ourselves and what it is we are thinking and feeling. Jealousy and envy is desire coupled with the belief that you can't actually have what it is you want while others can.

Some people go into despair or depression when faced with other people having what they want. While others get outwardly hostile in the form of jealousy and negative judgements. This makes the ego feel better about it's perceived state of not having or being "less than" what you are perceiving others to have or be.

Once you realize that you have been feeling negatively about these people because you were actually jealous, you may need to forgive yourself for that. The most important thing to forgive

yourself for is for hiding your own desires from yourself. The negativity that has gotten projected onto others, was really your inner being's own frustration at not being acknowledged.

CONFLICTING DESIRES

Often times our desire for something is tangled up in equal or greater desires for something else. Underneath those conflicting desires is a belief that they cannot coexist. The Law of Attraction can only bring you what you ask for if you aren't simultaneously in opposition to it.

You are always manifesting what you want. The trouble is that you may not realize that you have a conflicting desire working against the thing you are most focused upon. The Law of Attraction is working all the time. So if you want something you are not getting, you want something else more. The thing you want more, is what you are getting instead.

It may not be immediately obvious. You may want to be in a relationship, yet suitable partners won't seem to materialize. You are still getting exactly what you want, you just may not realize it. It's not that you want to be without a relationship, but you may want something that you believe can't coexist with having that relationship.

For example, if you are someone who values their freedom above all else, but you also believe that relationships restrict freedom, you won't get the relationship you want. You will get the absence of a long-term relationship because it allows you to maintain your freedom, which is your greater desire.

It's not that you can't have seemingly opposing things at the same time. It's the belief that you can't that's blocking you. You

will have to first acknowledge that you aren't getting what you say you want, because you are getting what you want more. You will have to sit down with yourself and be honest about what is actually most important to you. The universe doesn't respond to what you say you want, it responds to what you really want deep down.

Not getting what you want can also look like wanting to avoid something you believe comes along with it. You may want love for example, but you really don't want to get hurt. The truth is that love requires being vulnerable. This includes the possibility of getting hurt. In order to have what you say you want, you will have to agree to everything that comes with it. If you want love, you will have to accept that the possibility of feeling some pain may come along with that.

Once you identify the things that you want, you will also need to identify possible conflicting desires. If they come in the form of things you don't want, do the exercise of opposites above to flip them into positive desires. Then make a list of your core values and things that are important to you as well. Your value list should be about things that you cannot or will not compromise on. These will be things like freedom, the space to fully express yourself, success, financial stability, safety, security and so on. Then, take each list and rewrite them in order of priority.

You will start to see how you are getting the things you value more than the things you say you want. Again, not that you can't have it all, but you can't if you believe that you can't. Look at your list and notice what you believe to be in opposition to each other. Ask yourself why you feel like you can't have them at the same time. Your answers are your limiting beliefs.

Another way to discover conflicting desires and beliefs is the “Yes, but...” exercise. For this you can use your list of wants from the previous exercise on jealousy. After every “I want...” statement add the word “But...” and complete the sentence. This part will look something like this:

“I want a perfect husband. But... there just aren’t any good men left in the world.”

“I want to travel more. But... I can’t afford it.”

“I want to get paid to do what I love. But... I don’t want to starve for ten years to get there.”

Write down whatever comes up. It may be one thing or several. Everything that comes before the “But...” is what you want. Everything that comes after, is a conflicting desire or opposing belief keeping you from getting what you want. To find the actual belief, take the limiting statements and translate them into a belief statement.

You may have to further finesse your sentences until they reflect an actual belief rather than an observation of your current reality. For example, *“I want to travel more. But I can’t afford it”*, would seem translate to *“I believe that I can’t afford to travel.”* You may think that it’s a true statement based on your current reality. It’s not a belief, it’s a fact. You can’t afford to travel because you don’t have enough money to travel. The belief in this case is actually, *you have to have a lot of money to travel*. If you believe that, but do not have a lot of money, you will believe that you cannot travel more because of the “facts” of your reality.

The truth is that facts are created by your beliefs. Once you change what you believe, the facts of life will also change. “Facts” equate to “observable reality”. Your current reality was

brought to you by the Law of Attraction in accordance with what you previously believed about all topics. Most people will “believe it when they see it”. Our universe doesn’t really work that way. You have to believe it to be able to see it.

CLEARING NEGATIVE BELIEFS

Now that you are aware that you are wanting and believing things that are in opposition to each other, you can resolve it. Take the statements in the “Yes, But...” exercise and boil them down to a static belief. Once you have a belief statement, the quickest way to loosen its grip is to apply Byron Katie’s **The Work**.

Take the belief and ask yourself the following questions:

- ◆ *Is it absolutely true?*
- ◆ *Can you absolutely know it's true?*
- ◆ *How do you react, or what happens when you think that thought?*
- ◆ *Who would you be without the thought?*

You should feel better immediately. Thinking limiting beliefs feels bad because we are limitless creators. Anything we think or believe that does not match the truth of our higher selves feels bad. Believing something is absolute feels even worse. The truth is that very little is absolutely true. In an infinite universe there is almost always an exception. Once you admit that the belief is not an absolute, it opens up your mind to new possibilities.

You can further open up possibilities and shift your vibration by having conversations with yourself like this:

"It's not absolutely true that you have to have a ton of money to travel. I have heard of people who travel with very little money actually. Some people even get paid to travel. There are always sales and package deals. I could join a volunteer group that offers the opportunity to travel to other places. Rich people aren't the only ones who travel. All kinds of people travel all the time. It's totally possible for me to find ways to travel more..."

Shifting from an absolute belief expands the available possible outcomes from one to many. From each possible outcome stems yet another set of possible outcomes. Absolute beliefs create realities where something "always" or "never" happens. As we know, the Law of Attraction brings you more of what you believe to be absolutely true. If you hold the belief that something always or never happens to you, it will continue to always or never happen. You have created only one single road for creation energy to follow. As you open up to the possibility that a belief is not absolutely true, new roads and pathways become available for you to travel on.

Other opposing beliefs that we often hold, are those that include what we believe it will mean about ourselves to have a certain thing. If you believe that rich people are greedy, and you don't want to be greedy, you can't be rich. If you believe loving someone deeply makes you weak and you don't want to be weak, you will not be able to love someone deeply. Your subconscious mind won't let you.

In the previous example, you hold a belief that being greedy is bad. If you want to be good more than you want to be rich, you can't be rich. Wanting to be rich and not wanting to be greedy cannot coexist if you believe that being rich absolutely means that someone is greedy and you don't want to be. See how that

works? I hope it's becoming a little more clear how opposing desires effect what you get from life. (For more about clearing limiting beliefs watch Bentinho Massaro's video entitled *How to Overcome & Transform Limiting Beliefs.*)

HOW BELIEFS CREATE YOUR REALITY

Manifesting your desires requires belief. However, it doesn't require absolute belief. You really only have to believe that something could be possible for your subconscious mind to open up to include the opportunity of it in your reality. If you believe something is absolute, your subconscious mind won't show you any other possibilities. For this reason avoid using speech that indicate absolutes like "never" or "always."

Your conscious mind can only process a tiny fraction of what the subconscious mind takes in at any given moment. The subconscious mind therefore has to filter through and then feed the conscious mind what it receives. Otherwise all possibilities of all things would show up all at once. That would be utter chaos. You wouldn't be able to make sense of anything.

Your beliefs are the commands the subconscious mind uses to determine what to allow into your conscious reality. If you don't believe in something, the conscious mind won't be allowed to see it. It will leave that experience hidden in the subconscious mind. It simply won't get projected onto the screen of your life.

The subconscious mind's job is to narrow down the infinite possibilities and endless information around you, in a way that your conscious mind can process. The subconscious mind only receives commands. It is not the thinker. It is the processor and projector. It doesn't modify or translate commands based on what you "really mean". Your subconscious mind takes

instructions as they are input. You have to consciously change or “reprogram” what your beliefs are to change the commands your subconscious mind receives. (For deeper study into this concept, I recommend reading *Psycho-Cybernetics by Maxwell Maltz* .)

Once you begin to uncover and clear conflicting desires and limiting beliefs, the things that you want will flow more effortlessly into your life. If you find it difficult to clear a belief using the exercises in this section, there may be a deeper emotional wound that created it. For particularly resistant beliefs, revisit *Module Four* and utilize the methods presented to access and clear the root emotional trauma that created the belief.

DIGGING DEEPER

Underneath every desire to have something, a truer desire exists. That desire is to feel a certain way. Literally everything you want is because you believe it will make you feel what you want to feel. The things you want are the ways you believe that you can get to those desired feelings. The trouble is that this mechanism works so quickly you may not even be aware of these truer desires within you.

If you want to feel loved for example, your mind simultaneously decides on the way to achieve that. You decide you want a relationship and so you focus upon getting that. You forget the real desire, which is to be loved. It's important to understand what it is you want to feel when you ask for what you want, because the universe does not communicate in thoughts or pictures. It communicates through vibration. In order to communicate a desire to the universe, you have to speak it's language. You must uncover the feeling(s) you are wanting that are causing you to ask for what you are asking for.

In actuality, you have already manifested all of the things you will ever want or need. They may just be in a form currently that doesn't feel the way you want it to feel. This goes for what you believe you haven't manifested yet. The lack of something, is still the manifestation of it. Everything you have or don't have makes you feel a certain way when you think about it. The feeling however is not the result, but the cause of the version of it showing up in your reality.

To change your reality, you must be able to match the frequency of the feeling you want, for the Law of Attraction to reflect it back to you. This is the great paradox of manifestation. You want the thing because you want to feel a certain way. The Law of Attraction cannot bring you the thing until you feel the way you want to feel in having it. This can be rather frustrating because most people believe that if they could feel the way they wanted to feel right now, why bother with the manifestation? They fear that if they go ahead and feel how they want to feel, they won't get the things they want. That isn't at all true, by the way.

When we don't realize it's the feeling we really want, we are convinced it's the thing that is most important. We then focus more on getting the thing, which actually makes us focus on not having the thing. Then we feel worse. If we can make the feeling more important, we can conjure that feeling ourselves right this very second. The Law of Attraction would then have no choice but to bounce back to you more things and situations that feel the same way. You are guaranteed to get the things you want in a way that also matches the feelings you want.

It doesn't work the other way around. To have what you want, you have to first feel how you believe you will feel in having what you want. Then and only then can the Law of Attraction send

you the physical manifestation that matches the feeling. Yes, it's incredibly annoying. Unfortunately, that is the way it works. If you want to win the manifestation game, you have to play by it's rules. The real truth is that what you really desire is the feeling. If you are honest with yourself about why you want what you want, you will see that it's because you want to feel specific ways. You cannot manifest what you want how you want it until you understand why you want it.

To start to uncover these truer desires, revisit the list from earlier in this module, or make a new list of things you want to manifest. Take some time with each item and meditate on why it is you want the thing. *What would it feel like to have it?* Begin to accept that you really only want what you want because you want to feel how you think it will make you feel to have it.

When we get to *Module Ten*, I will go into more depth about how to utilize your wanted feelings and the Law of Attraction to get exactly what you want. What's important at this juncture is to recognize the power of and importance of desire itself. Cultivating a positive perspective of desire and clarifying what you want is one part. The other is allowing the full potency of desire to flow through you. Mastering feeling desire without resistance or shifting focus to lack, will super charge your manifestations like little else can.

Get familiar with this practice by doing the “**Letting Desire Flow Meditation**” included with this book. This meditation will get you more familiar with the feeling of desire moving through your system. Once you become more comfortable with the sensation, you will be able to allow more and more desire into your everyday life.

Module Six

THE HOLY BODY



Sensuality

WHAT IS SENSUALITY?

Sensuality is a vastly misunderstood concept. Contrary to popular belief, sensuality is not sexual. Sensuality is an important component of any satisfying sexual experience, but sensuality in and of itself is a completely separate thing. Sensuality simply means the ability to engage fully with one's senses.

Our physical bodies, especially women's bodies have been vilified by puritanical belief systems. Religions have profited immensely from making the pleasures of the body sinful. Virtually every pleasurable bodily experience that humans have, religion has turned against us. In the name of "salvation", they have completely disowned the body and it's nature in the quest for spiritual purity.

I don't think this was done intentionally, not necessarily. I do believe that it comes from a misperception of what the body actually is. In search of spiritual enlightenment, many people have taken to the belief that the body is something that needs to be transcended. That it is somehow a cage or a prison that our divinity is locked inside of.

Yes, the body is a vehicle for the soul which allows us all to experience life here on this planet. It is not however, a prison. The body is an organic, symbiotic space suit of sorts that allows us to interact with this earth plane. Without it, none of us would be here. It stands to reason then that the creator who made all of existence deliberately made our bodies as well.

That means your body is as holy as your soul is. It is not less important. It is not to be ignored, denied, or diminished. Yes, you must not be a slave to the body's hungers and drives only. That would lead to unhealthy extremes, as well as a denial of the soul's intention for being here. You equally cannot hyper focus on attaining spiritual purity, the way most people see it. Balance must be achieved to experience the full potential of being here on this planet. Developing a better relationship with your body and its senses is key to living a truly fulfilled life.

THE PLEASURE OF THE SENSES

Your body was made to feel pleasure. How do I know this? Because the body is an endless source of it. The clitoris for example, has no known physiological purpose. It seems to exist for pleasure and pleasure alone. In my opinion, a God who made our bodies, in infinite wisdom by the way, would not have made them pleasurable by accident. I do not believe that with as much pleasure as the body was designed to provide, that it's there to be denied.

Speaking of pleasure, it is not just for sex. Feeling good is our birth right. Life was designed with endless sources of delight, passion, and beauty. Pleasure is at the root of and probably the entire reason for all of existence. The very purpose of being born into a body is to experience life in a body. If the purpose of life was to be spiritual only, why not stay in spirit form?

It is completely illogical to me that we come into bodies at all, if only to strive to dismember ourselves from that body in the name of spirituality. If all things are made by the creator and of the creator, then so too the body must be made of God. The body is sacred and holy, as much as your soul is. Accepting the

body as an integral part of your spirituality, will begin to mend the split that so many of us feel.

Your body is not actually separate from your spiritual being. It is an extension of your spiritual essence. It allows you to do what you came here to do. It should be nurtured and worshiped for the God given creation that it is. It should not be denied, diminished, or disowned. The shame and guilt attached to sexuality has unfortunately spilled over to the concept of sensuality as well.

I think we all would love to experience complete sexual freedom and, allow ourselves the life altering pleasure that sex can provide. It can be rather overwhelming to open up to all of it all at once. In order to heal this split within, I think it is important to first unravel sensuality from sexuality. Learning to allow the full pleasure of the senses outside of a sexual context, is much easier than in a naked and vulnerable space during a sexual encounter.

SENSUALITY VS. SEXUALITY

Sensuality is a way of life. It is allowing yourself to be fully immersed in the world around you. Sensuality allows you to experience the beauty and bliss of creation. Sensuality helps you be connected to your soul's truth by communicating what feels good and what does not. Your senses are a complete communication system. They are the interface between your physical self and your soul. When you are cut off from your senses, it is much harder to know what the correct path is to follow for your ultimate fulfillment.

Sensuality is a general and ever-present mechanism that all humans have. Children are highly sensual creatures too. That

can be uncomfortable for people to hear, but remember that sensual does not mean sexual or erotic. Sensuality exists independently of sexuality. They are not one and the same.

Sex is something that we do with our sensuality. In order to access heightened states of sexual pleasure you must first engage your sensual body. If you cannot find pleasure in your senses within non-sexual contexts, it will be much harder to access pleasure in sexual situations as well.

Most people would like to enjoy better sex. The trouble is because of puritanical belief systems, there is a lot of shame and guilt around feeling sexual pleasure. It is helpful to begin first by separating your sensuality from sexuality. Beginning by allowing yourself more sensual pleasure in non-sexual contexts will help you to ease into allowing more and more sexual pleasure as well.

SAVORING THE WORLD AROUND YOU

This practice will begin to allow you to feel more and more pleasure through your senses. As you acclimate to heightened sensations in a general way, you will find that your sexual experiences will naturally improve as well.

- ◆ *You will choose one of the six senses to focus on for a day or perhaps an entire week. The six senses you will be working with are sight, touch, smell, hearing, taste, and energy.*
- ◆ *As often as you can remember throughout the day, stop and take a deep breath. Focus on the sensations that particular sense is offering and communicating to you.*
- ◆ *With every inhale, allow more and more of the sensory information to flood into your body. You may begin to feel tingles, or waves of pleasure. You may feel giddy or euphoric.*

You may also notice that positive feelings are intermingled with negative emotions such as shame or guilt.

- ◆ *Take note of any negative feelings in your journal so you can clear negative beliefs or emotional trauma associated with feeling pleasure in these ways. Refer back to Modules Four and Five if necessary to assist you in healing any resistant parts of yourself.*

SENSE OF SIGHT

“The sense of sight offers the pleasure of beauty...”

- ◆ *As you choose the sense of sight, focus your consciousness behind your eyeballs. Look around you. Look in the way an artist would if they were going to draw the scene.*
- ◆ *Notice the way light falls on the subject. Notice the shadows. Notice the way it moves. Notice the color, the texture, the material it's made out of.*
- ◆ *Notice the lines or the curves of the structure. Begin to marvel at the miracle of how this thing was constructed by nature or by human hand.*
- ◆ *Really look at your chosen subject and just allow the visual information to flood into your body. Breathe deeply and let it swirl around inside of you. Colors will become brighter and patterns and textures more noticeable.*
- ◆ *Continue to do this until a sense of awe and gratitude for the gift of sight washes over you.*

SENSE OF TOUCH

“The sense of touch offers the pleasure of connection...”

- ◆ *When working with the sense of touch, focus your consciousness on your skin. Notice the way the fabric you're wearing falls against it. Notice the way the wind gently caresses you.*
- ◆ *Touch things with your fingertips and savor the sensation. Touch your own skin, and notice the tingling of electrical information rushing through your sensory nerves.*
- ◆ *Notice the quickening in your loins. The desire to suddenly undulate or dance. Breathe and move with the waves of pleasure that naturally arise from connecting to the sense of touch.*
- ◆ *Feel the air that surrounds you. Notice how it flows between you and all of existence. Allow it to connect you with all that is. Allow the utter deliciousness of the sense of touch to flood your body.*
- ◆ *Do this until you are overwhelmed with gratitude for the gift of connection.*

SENSE OF SMELL

"The sense of smell offers the pleasure of anticipation and fond memories..."

- ◆ *The sense of smell often alerts us to the coming of an experience. It also enhances the pleasure of other senses. You smell your food before you taste it. You smell the scent of a lover before you touch them.*
- ◆ *Breathe in fully the scents around you. Breathe them deep into your lungs. Feel the anticipation of the experience it proceeds. Allow the excitement of anticipation to flood through you.*

◆ *Smells also hold triggers for memories of days past. Breathe in these scents and allow the pleasurable feelings they invoke of fond memories past.*

◆ *Let the good feelings wash through your body. Feel the swell of love in your heart. Feel the gratitude for being able to experience those moments again.*

SENSE OF HEARING

“The sense of hearing offers the pleasure of the songs of creation...”

◆ *Song is praise. It is celebration. It is rhythm. It is frequency in motion. Focus your attention on your ears. Feel the pleasure of the sound waves, as they move the air, that dances into and around your body.*

◆ *Notice the subtle waves caressing you inside and out. Notice how it soothes or arouses you.*

◆ *Don't try to interpret what you hear, just feel the sound waves flood into your body. Feel them penetrate every cell. Feel how your body responds by matching the vibration of the sound.*

◆ *Listen to the wind. Listen to the sound of the rain. Listen to the sound of your lover's breath or heartbeat. Listen to your own breath flowing through your lungs.*

◆ *Really listen. Notice how the sense of sound connects somewhere deeper into the soul. Notice how it connects you to the very source of creation. “In the beginning, there was the word...” Sound is the power of creation.*

◆ *Sounds are every where. Notice how certain sounds make you feel. Start deliberately adding more sounds to your daily life*

that make you feel good. Try to eliminate sound frequencies that disturb you or make you feel bad.

SENSE OF TASTE

“The sense of taste offers the pleasure of nourishment...”

- ◆ *Nourishing ourselves is required for sustaining life and for growth as well. The pleasure of taste is a reward for sustaining life as well as “tasting” new experiences that help us expand and grow as humans. Some see eating as a necessary evil. Instead celebrate this life giving gift.*
- ◆ *Each time you eat, really savor the flavors. Allow them to linger on your tongue. Slow down, really taste everything you put into your mouth. You will begin to enjoy your food more, and likely feel satisfied more easily. The more you consciously taste your foods, the less likely you will eat things that aren’t good for you.*
- ◆ *Metaphorically speaking, when you really take the time to “taste” the world around you, you will be less likely to ingest anything that isn’t nourishing for you. You will learn the difference between what is poison and what is not. You will learn to discern and properly categorize everything you’ve been “ingesting” in your life.*

SENSE OF ENERGY

“The sense of energy offers the pleasure of the pure essence of all things...”

- ◆ *All things in creation have a vibration. When you learn to really feel the energy of people, places, and things, you can better determine what belongs to you and what does not.*

- ◆ *Bring your focus to a desired person or object. Soften your gaze and imagine your energy field reaching out to “touch” it. Look beyond the “face” or surface of the thing.*
- ◆ *Then allow the energy of the chosen subject to flow towards you. “Listen” to it. Breathe as you feel it. Notice what it feels like. Is it dense or light. Does the energy feel bright or dark? Warm or cold? The sense of energy can be interpreted also as a subtler form of all of the senses. There is energy you can “see”, “smell”, “touch”, “taste”, and “hear”.*
- ◆ *Our energy sense receptors register frequencies beyond the scope of our bodily senses. Energy can feel like a thickening or lightening of the air around you. It can feel like tingles or sparkles against your skin or in your body. It can be a feeling of just “knowing” information about something.*
- ◆ *Energy also travels into us from the universe and the earth. It flows through the chakra systems and the channels of the body. Turning your attention to this flow of life energy within you is extremely pleasurable. In fact sexual energy is simply neutral life force energy, focused through the lens of sexual pleasure.*
- ◆ *Tuning into any one of the other five senses will naturally guide you to feeling this underlying flow of being alive. When you focus on feeling the flow of life force energy rushing through you, all of your physical senses can also become heightened.*
- ◆ *Feeling the fullness of this energy can be rather overwhelming at first. It is essentially the awareness of all of your sensory information reaching you at one time. If you find feeling this river of energy is too much, go back to feeling each sense one at a time.*

- ◆ *You can build up your tolerance for the pleasure of life moving through you by reaching your threshold of pleasure and holding it there for a few minutes. Each time you do this you will be able to accept more and more pleasure into your system.*
- ◆ *Movement is also extremely helpful when doing this exercise. Everything you are feeling is a frequency in motion. It can be difficult to remain still and tune into this movement. So move with the pleasure waves. The more you practice, the more you will acclimate and be able to allow more and more sensual pleasure into your everyday life.*

THE HOLY BODY

We are made of both spirit and matter. We are both soul and animal. Too many spiritual people would like to forget that our bodies are of the earth. We are animals. Though our souls belong to the cosmos, our bodies belong to the planet. When we die, our bodies will return to it.

One of the premises of this universal game we are in is *duality*. One of the objectives of the game is to unify and merge polarities. To engage full blown goddess mode, you must learn to embody both the heavenly and the earthly parts of yourself. It is a mistake to believe that the body is somehow less spiritual than the soul.

The creator made everything in existence. This includes your body. To deny the body is arrogance against God in my opinion. It is to be celebrated and honored as much as your soul is in this life. After all, without your body, you could not accomplish anything. To optimize your experience of life, your soul must come into a symbiotic union with your body.

Thankfully, embodiment practices are becoming more and more popular in the spiritual community. It is slowly trickling into the conscious awareness of all beings, that it is in the balance of body and soul that we can experience true bliss. An *embodiment practice* is anything that drops you deeper into connection with your body, while still maintaining conscious connection to your spiritual nature.

An effective embodiment practice allows the spiritual life force energy to flow into and be anchored into the body. The absolute fastest way to feel this perfect balance is spending time in nature. Grounding the feet by walking barefoot, hiking, swimming in natural waters, or communing with plants and animals are all excellent ways to utilize the gift of nature for this purpose.

Other effective methods are movement practices such as yoga, tai chi, qi gong, and dance. However, anything that grounds you and makes you more aware of your senses can be a good embodiment practice. The previous exercise of focusing and activating your senses is the basis of all embodiment practices.

It is not enough just to meditate and become aware of your spiritual self. You must also take that awareness and plug back into your body and the physical world. If your intention as a soul was only to remain spiritual, there would have been no need to descend into a body in the first place.

I reject the notion that the only reason we come into the physical is to learn to transcend it. I think we come into the physical realm to learn to merge with it. We come here to experience the absolute bliss of creation in all forms at once. This includes the subtle energetic realms, but also the physical as well.

LOVING YOUR ANIMAL SELF

Your animal self resides in the lower chakras of the body. Your animal instincts are responsible for keeping you safe and alive in this physical realm. You cannot be whole or experience true pleasure without accepting your animal self. Furthermore, your animal self is the one that can truly make an impact in the world.

The soul's higher perspective can give you a good look at what you can offer humanity, but your animal self is the one that actually accomplishes it. Your animal self is what allows you to have this human experience in the first place. Without the body, you would just be a spirit with brilliant ideas about how to help the world, but no way to execute your plans.

While it is also important to not allow the body's hungers and drives to be in charge, you must honor them. The body keeps you alive. It is designed in all ways for your benefit. The perfect balance between the animal self and the soul is to consciously listen to the body's messages, and attend to them in a way that benefits the greater calling of your being.

There is always a way to honor what the body wants in an elevated manner, without denying the body's urges. For example, when the body is hungry, it will often ask for the easiest most readily available solution. You can use your consciousness to feed the body higher quality foods, or to choose a diet that you know makes you feel better.

The same goes for the sex drive. The body needs sex. What kind of sex you give it is a choice you can make. You can have meaningless orgasms simply to satiate the body's hungers, or you can use that drive to connect on a deeper spiritual level. The truth is that without a healthy relationship with your animal self, it

is difficult to accomplish anything worthwhile in this life, let alone true pleasure.

If you are at war with your body, it's drives and desires will overwhelm you. You will constantly be seeking relief from the body's wants and need. You will travel endlessly between cravings and the guilt of satiating those cravings. It can become increasingly difficult to progress spiritually in this way. You cannot find peace within until you come into balance with your animal self.

Your animal self wants comfort, safety and to avoid pain. The body if left to itself, will accomplish these in the quickest and easiest ways it can find. That's why until you get into the proper relationship with your body, it will run your life in ways that you do not like. The body is a conscious vehicle. It is there to serve you, but you are also there to serve it. It is a mutually beneficial arrangement and should be treated as such.

The body has an intelligence of its own. This must be respected and honored. Learn to listen to your body and honor it's requests in the most beneficial way for both of you. Your body will tell you when you need to eat, when you need to rest, when it needs physical connection, when you are not safe...etc. Aches and pains you may feel, are often a signal from your body that you are out of alignment with its needs or your relationship with it.

MEETING YOUR ANIMAL SELF

For most people, the animal self is literally represented by an animal. In my experience, it is most often a predator, though I suppose it doesn't have to be. People's animals commonly show up as lions, tigers, wolves, dragons, and the like. Many

people have inadvertently encountered their animal selves and are often afraid of it. This can happen in situations where one finds themselves in danger and has to fight for their life, or during a particularly intense sexual encounter. The animal self can also show itself while in “beast mode”, like when someone is immersed in a flow state doing hard labor or playing sports.

This animal representation of oneself seems to reside in the root chakra. You have likely felt the presence of it and therefore have avoided dropping into your body completely. The animal self demands expression. In its veins flows the intense life force energy of the earth. It is fierce and commanding. It is the part of you that can physically impact the world.

Many of us have caged or chained this part of ourselves out of fear, shame, or other negative beliefs. Many of us have starved our animals to the point they have become depressed, distrustful, or wildly aggressive. Many of us are terrified of their fierceness and power and have refused to let it out of its cage. We are afraid it will destroy us.

The truth is, it was created as your loyal friend and servant. When you establish a loving and nourishing connection with your animal self, it will serve you passionately and with pleasure for the rest of your life. Through your neglect of your animal, it may have grown hostile. This is only because it has perceived your fear and lack of attention as an attack.

It's not that this animal self is actually separate from you, but it is helpful to see it as such to understand its language and needs. It is simply one of the many facets of who you are. Unfortunately, because of the pervasive denial of the physical in many spiritual teachings, few people know what to do with this part of themselves.

Like many wild animals, you may have to “domesticate” your animal self. You will have to teach it when it is appropriate to utilize its strength and fierceness, or when it must heed your directions. However, as you attend to its needs faithfully, it will begin to develop a greater trust that you will no longer leave it neglected and abandoned. It will happily listen to you, knowing that it will get what it wants and needs, in a way that is not destructive to either of you.

Accessing your animal self can be scary for many people. That's because traveling into the root chakra is much darker and denser than what you might expect. Many find the thick, dark, root energy unsettling. However, it is not darkness like evil is darkness. It is darkness like the womb of life is dark.

FEELING YOUR ANIMAL SELF

The fastest way to connect with your animal self is to first take a deep breath and feel the force of gravity on your body. Then, focus your attention on your pelvic floor. As you breathe deeply, imagine your consciousness traveling down your spine and imagine sitting down in the base of your pelvic bowl.

As you continue to breathe, you will begin to feel a stirring within you. You may feel like purring or growling. You may begin to sway or move your body. Begin to notice what that part of you is needing. Perhaps it needs rest, or nourishment. Perhaps it is craving physical affection. Perhaps it is feeling restless and aggressive. Whatever it needs, acknowledge the need and decide on a way to provide yourself with what it is asking for.

I have included a guided meditation entitled “**Meet Your Animal Self.**” You may need to do it several times to get a good feel for what your animal is like and to learn its language. As you

become more familiar with your animal self, you will learn to integrate it into your being. Integration of your animal self will lead to a much more pleasurable and impactful experience of life.

BLOCKS TO SENSUALITY

On your journey of awakening to your sensual self, you may encounter common blocks or resistance. These can include:

- ◆ *Beliefs from spirituality or religions that deny the body*
- ◆ *Belief that sex and sensuality are the same thing*
- ◆ *Shame, guilt, or embarrassment*
- ◆ *Fear of judgement from others*
- ◆ *Judgment of self or others*
- ◆ *History of unrequited desire*
- ◆ *Physical or health related issues*
- ◆ *Body image issues*
- ◆ *Sexual or physical trauma*

It is important when you are exploring your sensuality to allow these negative feelings to exist. Any and all of these blocks were designed to keep you safe. If you find that they are getting in the way of deepening your experience, refer back to these sections of previous modules: *Feel Your Body & Release Stuck Energy (Module Two)*. *Clearing Judgement & Self-Nurturing (Module Three)*. *Inner Child Healing (Module Four)*. *Clearing Negative Beliefs (Module Five)*.

It is important to be gentle with yourself during this process, as accessing deeper levels of sensuality can and will bring up hidden triggers at times. There are often many layers to be unraveled as well. Take a steady and slow pace if you need to, and address each resistant part with loving curiosity.

PERMISSION GIVING

Often times, we do not allow ourselves to feel as deeply as we would like to because we were taught that it was wrong. We wait for validation or permission from the same authority that condemned the idea in the first place. This rarely if ever happens. We can however, give ourselves permission to experience the things that we want to feel. Sometimes this act alone can release you from what is holding you back.

EXERCISE: GIVE YOURSELF PERMISSION

- ◆ *Make a list of things you'd like to experience but feel that you are not allowed or perhaps feel guilty for when you do.*
- ◆ *Write "I give myself permission to _____." Fill in the desire for each one. Look at yourself in the mirror and say each one aloud to yourself.*
- ◆ *If that isn't enough to make you feel "allowed", ask a friend or partner that you trust and respect to give you permission.*

It may feel strange at first, but you will find that many blocks can be instantly released with the giving of permission. Though it was often an outer authority that made us feel not allowed in the first place, we often don't need that same authority to give us permission. We can give it to ourselves.

THE PATHWAY TO SEXUAL BLISS

Sensuality is a practice that will lead to more and more pleasure from life in general. It is also a pathway to experiencing true sexual bliss. Because sexuality can hold our deepest fears and traumas, it's helpful to master the practice of sensuality in your daily life, before diving deeper into expanding your sexual experiences.

Again, sensuality is a practice. Like any practice it will require dedication and daily attention. You do not need to go from zero to one hundred in one fell swoop. It is enough to simply feel a little more each day to begin to see massive changes. The following components are a recipe you can follow to begin to include more and more sensuality into your life.

PERMISSION

Before you begin your sensuality practice, it may be helpful to give yourself permission to embark on this journey. Give yourself permission to explore this part of yourself. Give yourself permission to be imperfect, to make mistakes, and to learn as you go. Also give yourself permission to have resistance, and take time to clear any as needed.

SENSUAL SELF RITUAL

Create a sensual self ritual. Set aside a regular time, free of distractions, to explore your sensual self. This sensual self ritual can build upon the self-care ritual you developed in *Module Three*, or it can be something else entirely. While the self-care ritual is about nourishing the self, the sensuality ritual is about feeling yourself. While this ritual can include self pleasure in the form of orgasmic release, I recommend focusing more on the sensual experience of feeling desire rather than moving towards

escaping that desire through orgasm. There will be time in the next module to explore sexual pleasure with yourself.

Choose things for your rituals that feel good to your body and your senses. Savor each act as thoroughly as possible. Slow down and revel in your actions. Allow yourself to feel the pleasure of each of your senses. A warm bath with sensual music and candlelight is an excellent way to begin. Self massage with sensuous oils, dancing and movement, delicious foods and even spending time in beautiful or luxurious surroundings, are other ways to get in touch with your sensual nature.

If you get in a rut, or something you were doing isn't working anymore, don't be afraid to experiment. Think outside of the box. Get creative. Anything that you find delicious or enticing can become part of this ritual. This may change from time to time. That's okay. I recommend setting time at least once a week. As you integrate your sensuality more and more, it will naturally become part of your daily life.

SPEND TIME WITH YOUR ANIMAL SELF

This can be part of your sensual self ritual, or you can do it separately. Use the *Meet Your Animal Self* meditation until you feel comfortable accessing your animal on your own. Check in with your animal self daily. Make sure it is feeling nourished and fully expressed. Anytime you are feeling stressed, frazzled, or irritable, it may be that your animal self needs attention.

EXAMINE BLOCKS AND BELIEFS

As you move along this pathway, negative emotions and triggers may arise. It's important not to force yourself through your rituals if this happens. Simply stop and address whatever arises. Journal and/or do the clearing methods offered in other

modules. You may be able to clear the issue quickly and continue on. If not, don't fret. Be gentle with that part of yourself. Continue to attend to the resistant part lovingly and patiently until the issue is resolved. Then continue with your practice after you've rested and integrated.

Module Seven

SACRED SEXUALITY



Sacred Sex

THE PURPOSE OF SEX

The purpose of sex is pleasure, creation, connection, and remembering oneness. In its most basic form, sex offers relief from tension created by desire in the physical body. In its highest forms, sexual union allows us to experience oneness with self and Source. Sacred sex moves beyond physical pleasure by merging masculine and feminine energies into their original unified state.

BEYOND PHYSICAL SEX

Physical orgasm is a gift of the body. This pleasure encourages us to perpetuate the species, as well as continue through the hardships of human life as we accomplish our soul's mission. Sacred sexual pleasure is the union of heaven and earth. When a sexual interaction combines the earthly animal self with the divine spiritual self, pleasure transforms into bliss. Completely merging into the oneness of source during a sexual encounter is the experience of 'rapture'.

It is not that strictly physical sex is ever 'wrong' per se, it's simply that it is incomplete. Just like the denial of the body leads to incomplete spirituality, denial of the soul in sex leads to incomplete sexual experiences. We are both physical and spiritual. A focus too much towards either extreme is imbalanced and therefore out of alignment. The ultimate goal in all of life is not just the balance of, but the integration of heaven and earth, of masculine and feminine energy, and of body and soul.

Physical sex benefits the body physiologically, but is incomplete without energetic soul merger. There is also a misconception that one can have sex without feeling emotions. The truth is that the heart and the sexual organs are intricately connected. Sex without emotional connection can and often does create blockages in the chakra system, as well as the body.

Furthermore, strictly physical orgasms tend to be depleting rather than nourishing. This is because they are only serving to relieve built up sexual tension in the body. They do not plug into the spiritual source that would replenish the energy lost. Holistic sex incorporates the physical pleasure of the senses along with the activation of the emotional and energetic bodies, pulling heaven down to earth.

Even though this module is entitled *Sacred Sexuality* I think *Holistic Sexuality* is more appropriate. To say sex has to be 'sacred' can lead people into the trap of imbalance towards focusing too much on the spiritual side of it. Some tantric practices for example, encourage withholding physical orgasms all together in order to attain heightened spiritual states.

I think such practices can be a useful tool for certain things like cultivating creative energy, but I don't personally recommend it long term. The goal really is to merge and integrate all levels into each sexual experience. At the very least, learn to incorporate all varieties of sexual encounters for a holistic and balanced sex life.

You don't always have to have earth shattering, otherworldly, spiritual sex. Casual quickies have their place. Making love has its place. Meditative, healing sex has its place. Masturbation has its place. The point of this section is to help you understand the reasons for the various forms sexuality can take. That way, you can better connect with yourself and your partner(s). This will

allow you to better understand the subtle nuances of what your sexual needs actually are in any given moment.

Being clear about your sexual needs and desires will help you choose more compatible partners. It will help you to communicate your wants and needs more clearly. You will understand yourself better. You will experience more pleasure in your sexual encounters. You will be happier and more fulfilled in the bedroom and in life in general.

PUSSY POWER

Pretty much everyone knows that men need sex, and that there is tremendous power in owning a pussy. Few people actually understand why this is true. Contrary to popular belief, men and women were not meant to be at war with one another. They are two parts to one whole. They each were designed to fulfill different functions here on the planet in order to accomplish the purpose of life.

Men, and therefore the masculine energy is closer to earth. They are encoded with providing the basic needs of the human body in order for the body to survive and accomplish the soul's purpose. This was more obvious in primitive times when men were primarily the ones in charge of food, shelter, and protection. Women, and the feminine energies are closer to spirit. They are the bridge between the heavenly realm and the earthly realm.

The womb carries within it the portal between these realms. New souls are brought forth into new bodies through this portal during pregnancy and childbirth. Without this vortex in the female body, humanity would be essentially cut off from source energy and forget their divinity. Not that humans cannot connect

to source through other means, but it is much more efficient to connect through this portal.

Because men were made to be closer to the earth, they literally need sex to connect to the divine source of life energy. The soul lives on without the body, but the body cannot live without the soul. A lack of sexual connection for a man triggers an unconscious fear of survival. If he cannot plug-in to the source of life energy and replenish his spirit, the body will die. This is where the intense need for sex comes from.

Lesser evolved men will interpret this unconscious threat to their survival quite literally. That fear can turn violent, and such a man may take what he perceives to ensure his survival by force. Other men simply become resentful or hateful towards women who they perceive to be withholding sexual interaction from them. This is not to excuse such behavior, but to help one understand underlying reasons for it.

Women often do not have such a pressing need for sexual connection. Without the physical, the soul does not cease to exist. So without sex, a woman does not unconsciously fear for her physical survival. However, a purely spiritual connection without fully embodying it, is incomplete. Women still require physical sex in order to have the holistic experience of life that was meant for us as human beings.

Without sexual connection with an open womb portal, men lack true connection to divine life force energy. Without sexual connection with an awakened cock, women lack the full experience of this divine flow of energy as well. Yes, a woman can live without sex, but she will be less able to ground her energy and make a true impact in the world without it.

RELIEF TO RAPTURE

There are four levels of experience sexual interactions can provide. The first is *relief*. Relief is the cessation of something that feels bad. Pent up sexual energy creates tension in the body. If left long enough, tension turns into pain. Physical stimulation to orgasm releases stored energy, thus relieving tension. However, I personally don't recommend utilizing a partner for this kind of release. Unless of course you can openly communicate this need and they are keen on providing it for you.

In general, seeking relief is not a positive desire. Relief is a desire in search of avoidance of something. Engaging in partner sex for this outcome often leads to more tension because of this negative focus. Therefore, masturbation in this situation is best. That way you do not create further blockages by engaging with another while in a negative desire state.

The second level is *pleasure*. Pleasure is the body's ability to feel good. If at all possible, it is ideal to elevate the desire for relief to the desire for pleasure. That way your sexual interaction is at the very least, positively focused. Pleasure is of course a general term, but in this case I am speaking of strictly physical pleasure. Physical pleasure is the result of bodies interacting to stimulate the sex organs to climax. There's absolutely nothing wrong with this type of interaction, but it's really just the beginning.

There is another level of pleasure that I will refer to as *deep pleasure*. Deep pleasure is when the physical and emotional bodies are both engaged. While basic pleasure is essentially like using another's body to masturbate with, deep pleasure includes the feeling of emotional intimacy as well. This is where you begin to connect with yourself and others beyond the physical.

We often don't include the deeper parts of ourselves in a purely physical interaction. Strictly physical sex ultimately creates blockages because our truest state is love. When we have sex with someone without allowing love to flow, we are holding back emotional energy. Emotional energy as you learned in *Module Two*, gets stored in our bodies and can create imbalance or disease. Deep pleasure is created when we engage our senses as well as allow our emotional energy to move through the interaction. We begin to truly take in the other into ourselves and allow the dance of intimacy to take place.

Contrary to popular belief, our sex organs are not separate from our hearts. Sexual energy is designed to move throughout the entire chakra system. It actually takes effort and energy to keep that flow from moving into our hearts. In order to prevent that from happening, we have to disconnect from our true selves.

(To understand the chakra system as it pertains to sexual energy, watch the lecture entitled "***Sex and the Chakras.***")

Physical sex only allows the energy to move as far as the third chakra at the solar plexus. When we are emotionally open with our partners, that energy is allowed to flow all the way to the heart chakra. The heart connection is what allows the experience of deep pleasure to occur. Not only are you sharing the pleasure of the physical body, but you are now sharing the pleasure of giving and receiving love.

Experiencing deep pleasure is the completion of the earth portion of the sexual interaction. For most people, this is the pinnacle of the sexual experiences that they will have in this life. Honestly, one can be quite fulfilled in their sex life only getting to this level. It is a complete experience from the perspective of our

human selves. However, there is even more that is available to us.

The third level is *bliss*. Bliss occurs when the physical, emotional, and energetic bodies come into play. This is the level where our spiritual energies become activated. Not only is the energy allowed to flow up the entire chakra system, the pleasure of each chakra's energy can be felt. Spiritual energy being pulled into the physical vehicle, merging with the earth force energy of the body, creates the sensation of bliss. Bliss is the pleasure of spiritual energy mixed with the physical pleasure of the body.

One can increase the chances of experiencing sexual bliss by practicing energetic breath and orgasm techniques. Becoming more familiar with how to cultivate and move energy through the body in meditation, will help you to apply these techniques during a sexual encounter. Unlike many tantric teachings, I recommend utilizing energetic practices in combination with the physicality of sex and orgasm. Yes you can reach ecstatic states with just energetic techniques, but it is the union of the ecstatic combined with the physical that cultivates bliss, in my opinion.

I have included for you a guided meditation entitled “**Orgasmic Breath**”. This mediation walks you through a process to begin cultivating an energetic connection with your sexual energy and the chakras. Practice this type of meditation outside of your sexual interactions until you get the hang of it. Then when you are ready, incorporate these breathing techniques into your love making. (Check out the recommended reading for this topic in the resources for more great exercises.)

The fourth level is *rapture*. Rapture is when the two souls surrender into the merging of masculine and feminine energies so much that they experience the oneness of Source. This level

can be quite scary at first. To return to the oneness means a temporary loss of individuality. You literally feel as though you will cease to exist. I promise you will come back to yourself. The ego however, has a tough time letting go into rapture.

It is a feeling that is quite indescribable. I don't think there is a way to get there that can be described either. It seems to happen spontaneously as a result of practicing the level of bliss. When you find yourself on the verge of rapture, the trick is to simply allow it. Unfortunately, the ego's fear of ceasing to exist, often keeps people from crossing that threshold. If you can't make it all the way to rapture, honestly don't worry. It's quite enough to achieve the level of bliss. That alone can be a life-long practice.

BEGIN WHERE YOU ARE

These descriptions are not meant to make anyone feel bad for where they are or to set forth what seems like an impossible goal for others. It is only so that you are aware of the levels of sexual pleasure that are available to you. Begin right where you are, and steadily move forward in your sexual practice at your own pace.

◆ *To move from relief to pleasure, change your mindset from one of avoidance to one of true desire. Have sex because it feels good, not because you want to avoid feeling bad. For example, don't have sex to avoid disappointing a partner, do it because you want to make both of you feel good. Subtle shifts in perspective make a huge difference.*

◆ *To move from pleasure to deep pleasure, cultivate emotional vulnerability and intimacy with yourself and your partner. You don't have to be in a long-term relationship to experience deep*

pleasure either. You just have to be willing to feel love along with the physical pleasure, even if it's just for the night.

- ◆ *To move from deep pleasure to bliss, cultivate energetic breath techniques. Become familiar with consciously moving your energy inside of your body. Become familiar with how energy feels in each chakra. Read the books in the recommended reading for this topic.*
- ◆ *To move from bliss to rapture, cultivate trust and safety with your partner. Make sure that you are on the same page and on the same level energetically. Study tantric practices together. Be willing to surrender into complete union with the divine. Be gentle with your ego as it reveals its fears of merging into oneness.*

Even if you reach the state of rapture, it's unlikely it will happen every time. In a holistic sexual practice, you will travel through all the levels at one time or another. There will be a level you spend most of your time in, and occasionally you will dip down or rise to other levels.

The only level to really avoid is the level of relief. Unless of course you recognize this need and can get the need met in a positive way. Whatever you do, try to move towards something wanted, instead of something unwanted.

Only have sex when it feels good to have sex. Meaning when you can find a positive reason for doing it rather than wanting to avoid something by doing it. This will prevent creating more blockages in your physical and energetic bodies.

BECOMING ORGASMIC

Let's be honest. The statistics are abysmal about women and sexual pleasure. Not nearly enough women are having orgasms during their sexual encounters. There are a myriad of reasons that contribute to this issue. In a country like America, where abstinence education is the norm, few people are adequately prepared for sexual encounters as adults.

The stigma and puritanical belief system that shames sexuality is also a huge problem. If a woman is blessed enough to grow into adulthood without some kind of sexual trauma, societal beliefs will surely make sure she still has problems accepting her sexual nature.

Men are too often shamed out of their emotions, and that makes them pessimal lovers as well. They too often lack the ability to develop true emotional intimacy, which a woman needs to feel safe enough to be orgasmic. Sexual trauma, society, the media, body shaming, impossible beauty standards, you name it, it's hard out there for a woman wanting to get her kicks without having negative feelings. If you're not having orgasms regularly, or at all, below is a short list of what to do to turn that around.

STOP FUCKING PEOPLE YOU DON'T REALLY LIKE

This may sound simplistic, but I assure you it's not. Just because you are sexually attracted to someone, doesn't mean you like them. Safety is the number one criteria for a woman to be able to open up fully to sexual pleasure. That includes both physical and emotional safety.

Do you trust this person? Are they kind to you and others? Do you respect them? Do they share similar values as you do?..etc

Ask yourself these kinds of questions. If the answer is no, then you don't really like them. Your body won't really like them either. Especially if you have past sexual trauma, you must find a partner that you trust and feel safe with, that is also understanding of your sexual history.

STOP HAVING SEX WHEN YOU DON'T WANT TO

Again, this one may seem simple, but it isn't. We have sex for a lot of different reasons. Sometimes that includes not wanting to be judged, or not wanting to disappoint a partner who does a lot for us. Maybe you're just not all the way on board, but you can't put your finger on why. Whatever it is, when you have sex when you don't want to, you are betraying your own trust.

You are creating an atmosphere where your emotional or physical self doesn't feel safe to feel how it feels. When you have sex from that place, you cannot open up fully to the pleasure that otherwise could be available to you. If you want to be able to want to have sex, then see what belief or perspective needs to change. If you can't shift the energy into a positive desire, then don't have sex until you can figure it out.

Don't ever force yourself through it. Stop and explain how you are feeling. An understanding partner will work through it with you. Again, this is especially important if you are healing from sexual trauma. If you need help, find a good counselor or sex therapist who can help you.

DO NOT USE SEX AS A WEAPON OR A BARGAINING CHIP

This is basically the same as the last one. If you are using sex as a means to an end, you don't really want the sex. Try to get what you want more directly. In this case you are using your body in a

way it hasn't consented to. It doesn't want the sex, but you're using it to get the thing that you do want.

Sometimes it's fine to trade sexual activity with a partner for something that you want. However, this should be done in the spirit of fun and you should be happy doing it. It's never okay to use sex as a weapon. Don't withhold sex from your partner out of spite about some other issue. Be a grown up and air out your grievances. Work it out.

OWN YOUR DESIRES

This one is also similar to the others. Own your desires. Own what you want. Be courageous enough to admit what you like and want as well as what you don't want or don't like. Speak up. Express what you want and need to your partner. They may not know that you need more clitoral stimulation, or that you want to kiss more before you have sex.

When you don't express your needs, or try to get them met through indirect means, you will always feel like something is off. If something feels off, you won't feel completely emotionally or physically safe. If you don't feel physically or emotionally safe, your body won't either.

FEEL YOURSELF

If you can't feel your own energy, your body, or your senses, it will be difficult to feel enough pleasure to bring you to orgasm. If you don't know how you like to be touched, it's unlikely anyone else will. If you've never made yourself orgasm, there is no way you can tell anyone else what your body wants or needs.

Many women avoid self-pleasure, but it is key to understanding your own needs. It is also perfectly fine to touch yourself the way

you like while having sex with someone else. If you need more clitoral stimulation, play with your own clit. If your partner feels insecure or doesn't like it, get a new partner. Honestly, they should welcome the assistance, think it's hot, or learn something about how you prefer to be touched.

STUDY

Understanding sexual response, anatomy and physiology, as well as some sexual technique is super helpful. Study your own yoni. Look at her in the mirror. Really study her. Develop a relationship with her. Try different techniques and see what works best for you. Be scientific about it if you have to. Check out the reading list for more resources. There are lots of incredible books out there on female sexuality that may fill in some missing pieces for you.

TYPES OF ORGASMS

The truth is that being orgasmic is more of a state of being than anything else. Climax is what most people mean when they speak about being orgasmic. However, I like to make the distinction between the two. Our bodies have an incredible capacity to feel pleasure thanks to our senses. If you have done the work of the previous module on sensuality, you may have noticed that you now exist at a higher state of arousal in general.

Whereas before you may have turned the pilot light off between sexual encounters, now it's always on. The fires of your desire are ready to be stoked with the right flick of a match. To feel pleasure easily through the senses is already orgasmic. The ability to increase that pleasure into climax is icing on the cake. Sensual and sexual pleasure should not only feel good when you climax, it should feel good throughout the whole encounter.

With that being said, there are many ways to feel good and thus climax. I'm not going to go into too much detail about them as I feel there are others who have already done a much better job of it. However, I want to make sure that you are aware of the many, many ways a woman can feel sexual pleasure. (**Tantric Sex for Women** by Christa Schulte offers much more detailed descriptions of most of the following. It is an excellent resource and I highly recommend everyone own a copy for themselves.)

PHYSICAL CLIMAX

Physical climaxes can be achieved through stimulation of the following:

Clitoris: A small button like structure, action packed with nerve endings. It is partially or fully covered by small folds of skin called the 'clitoral hood'. This is probably the most easily achieved and most common type of orgasmic climax.

The clitoris produces an intense, specifically localized sensation that peaks rapidly and resolves quickly.

G-Spot: A spongy mound located on the front wall of the vagina, about two inches in. Stimulation here can produce what is known as 'squirting' or more formally, 'female ejaculation'. What exactly female ejaculate is, is still mostly a medical mystery.

The G-Spot climax is more spread out than a clitoral climax, so often feels less intense. Usually it produces more pronounced vaginal muscle contractions than a clitoral orgasm. Initial stimulation may feel like the urge to urinate. G-Spot climaxes typically rise and resolve slower than a clitoral climax.

Mons-gasm/Pressuregasm: This sort of climax happens from stimulation of a sensitive area located on the mons pubis. It is

located atop the pubic bone, just above the crease of the labia majora.

This kind of climax is similar to a clitoral orgasm, though it is felt higher up in the pelvis, and often spreads to a wider area.

Posterior Fornix aka "M-Spot": This spot is located in the deep back wall of the vaginal canal, just behind the cervix. It can be difficult to reach by one's self. It is much easier to access with higher arousal levels as the cervix moves higher up into the pelvis.

This spot feels deeper and warmer than the other kinds of climaxes. It is deeply releasing, melty, and grounding.

U-Spot: The U-Spot is the urethral opening located between the clitoris and the entrance of the vagina (introitus). Gentle stimulation of this spot can produce pleasurable feelings as well as climax.

This spot produces orgasms that are similar in sensation to the mons-gasm or clitoral climaxes, but often less intense.

Cervical/Uterine: Uterine climaxes can occur from stimulation of the cervix. Many women find the cervix to be incredibly sensitive, so slow and gentle is the way to go.

Uterine climaxes are felt as the uterine muscle begins to contract and release. These climaxes typically feel more like warm waves, less localized, and less intense than other orgasms.

Other: Virtually any part of the body if given focused attention and energy can reach a climactic release point. Some of the more common body parts are nipples/breasts, anus/rectum, neck, behind the knees, inner thighs...etc.

Blended/Combo: Any and all of the above can be combined with any and all of the others, as well as the energetic types which I will describe next. The possibilities are virtually endless.

ENERGETIC CLIMAX

Just like any part of the body can reach a state of climax, so too can each of the energetic centers of the body, also known as the 'chakras'. All chakras have their own qualities and sensations, and therefore climax in their own unique way.

Root Chakra: Feels primal, viscous, guttural and warm. Deals with issues of security, safety and fear.

Sacral Chakra: Feels sweet, warm & melting. Deals with creativity, addiction, pleasure and guilt.

Solar Plexus: Feels bright and centering. Deals with issues of power, will and anger.

Heart Chakra: Feels soft, loving, like warm liquid light. Deals with unconditional love and grief.

Throat Chakra: Feels ethereal, compels one to vocalize, speak, moan or sigh. Deals with speaking one's truth and authentic expression.

Third Eye Chakra: Feels non-material and tingly. You may see colors or visions. Deals with issues of illusion and seeing the world and self clearly.

Crown Chakra: Feels peaceful, connected, soft and quiet. A climax here results in the feeling of stillness and oneness will all that is.

[For a more in-depth explanation watch “**Sex and the Chakras**” included in the online resources.]

FEELING YOURSELF

In order to reach climax in partner sex, it's crucial that you have been able to achieve climax on your own. There can be a lot of shame and guilt surrounding the concept of self pleasure. You may have to address repressed emotions or negative feelings before or after this exercise. If you want to expand your levels of pleasure during partner sex however, it's rather important to work through these issues.

As always, be gentle with yourself. Allowing yourself sexual pleasure can require a lot of healing and take some time. Go slowly with the next exercise. Work through the steps you feel comfortable with and build up to the next ones if you need to. Perhaps revisit the section on *Permission Giving*, in order to feel more at ease, if self-pleasuring brings up resistance in you.

SELF-PLEASURE EXERCISE

- ◆ *Set the mood. Create a nice space for making love with yourself. A clean body is especially helpful, but at the very least, make sure your hands are clean.*
- ◆ *Take some deep breaths and center yourself. It may be helpful to begin to imagine scenarios where you feel sensuous and sexy.*
- ◆ *Feel the weight of your body. Begin to breath your awareness into your skin. Breathe your energy all around, until your body naturally wants to sway and move.*

- ◆ *Continue to move your body. Undulate. Move your hips in a figure eight pattern. Arch and round your back. Start to caress yourself, beginning in non-sexual areas like your arms and face.*
- ◆ *Slowly move your hands around your body, arriving closer and closer to your most erogenous areas. Touch your breasts, your neck, your hips, and your thighs. Feel and savor each sensation. Notice how each place uniquely responds to your touch.*
- ◆ *Begin to softly explore your yoni. Touch all the structures with loving curiosity. Touch and feel the response and sensation of all the different parts. Find a spot that feels particularly good, and continue to stimulate it slowly at first. As the sensation rises, increase the speed of your movements.*
- ◆ *As the sensation continues to rise, perhaps slow down and change the rhythm or pattern. Speed up again. Alternate and dance between different speeds, rhythms, and patterns. Breathe deeply and allow any sounds that want to come to escape your lips.*
- ◆ *You can use your other hand to explore the inside of your vagina. Gently feel different places and notice the different sensations. You can also caress other parts of your body with your free hand. Notice which areas of your body create a stronger sensation in your yoni when touched. Continue to breathe, touch, and feel, until you reach a climax.*
- ◆ *Allow yourself to come down slowly. Do not rush to get up. Continue to caress yourself in affectionate and loving ways as the arousal subsides.*

◆ *Take note of any thoughts or emotions that came up. You may want to journal about your experience or share with a trusted friend or partner.*

SEXUAL HEALING

As you begin to explore your sexuality more deeply, new layers of negative beliefs and repressed emotions can come to the surface. Even if you regularly masturbate, you may not be used to this kind of focused attention on yourself. It may bring up feelings you were previously unaware of.

It is quite common for women to carry emotional wounds and trauma in their sexual organs. Orgasm, either by yourself or with a partner, can release this energy from those cells. It's important to allow whatever arises in the space to exist. What is showing up, are emotions that you didn't feel safe enough to express when they happened originally. Orgasm can and does unlock these energies.

Sometimes just allowing yourself to express these feelings is enough to clear them. Try to recognize that these emotions are old energy. If they are allowed to be purged, that alone can resolve them. It can feel like the sexual interaction you are presently in is causing these feelings. More often, they are the result of past situations that were never allowed to run their full course.

Conscious sexuality serves many purposes. One of those is healing. Partnered sex especially can trigger hidden emotions. Keep in mind that they are arising as an opportunity to face, heal, and integrate past experiences. Do your best to communicate with your partner if you find yourself purging through a sexual encounter.

Sexual healing takes patience, love, understanding, and time. If expressing repressed emotions is not enough to clear them, revisit *Module Four* and utilize those emotions to speak with those unhealed parts of yourself. Before you dive deeper into exploring your sexuality, it may help to unravel your beliefs about sex by utilizing the techniques in *Module Five*.

Some sexual trauma may require professional help. If while uncovering past wounds and emotions you feel overwhelmed in any way, please seek out qualified help. You are not alone, and there are many paths to healing. Seeking out a trusted professional may help you to move past issues that are too intense for you to handle alone.

THE YONI CONNECTION

Due to sexual trauma or negative sexual beliefs and experiences, we often disconnect from our sex organs. It's important to begin to develop a healthier relationship to your womb, vagina, and other places you consider sexual. To begin to reestablish a connection, simply bring your awareness to those parts several times a day.

Notice what and how they are feeling. Breathe into them and encourage the area to relax. Speak to your body as you would to a precious lover. Apologize for ignoring your sexual parts or mistreating them in any way. Offer forgiveness to yourself and your body as well. Begin to listen to these parts of your body more and more. Do your best to offer love and nurturing instead of criticism or judgment.

Your womb is the portal of life force energy, creativity, and your deepest pleasure. Honoring your womb portal for the sacred gift that it is will assist you in your healing process. It is vital to

develop a strong connection to your sexual organs and the energy present in them. We are all made of sex. We are birthed and fed by sexual places of the body. Reconciling your relationship to sex is key in coming into union with and accepting your whole self.

Simply bringing awareness and breathing into the area during meditation can give you a lot of insight about what you may need to do to heal this relationship. It can be hard to face that part of yourself if you have been neglecting it for some time. You may feel angry with yourself, or your body may be angry with you. Acknowledge whatever comes up with loving curiosity and a willingness to make amends. Utilize the techniques offered in previous modules to assist you, or seek out professional guidance.

Module Eight

CONSCIOUS RELATIONSHIPS



Conscious Relationships

EVERYTHING IS RELATIONSHIP

Relationship is all there is. You have a relationship to everything in existence. You have a relationship to yourself, to your thoughts, to your habits, to food, to animals, to God, to other humans...etc. The list goes on and on and on. Anything you can think of you are in some kind of relationship with. Therefore, healthy, conscious relationship is a skill that goes far beyond our romantic connections. In fact, our most intimate relationships often mirror our relationship with other areas in our lives as well as with ourselves.

Intimate relationships are one of the greatest catalysts for personal growth. When we open ourselves up to love and to be loved, that vulnerability often uncovers our deepest wounds and destructive patterns. When we enter into romantic partnerships, we are shown all the places we have blocks to love. Because all we are is love at our core, we are also shown where we have blocks to being our true selves.

In intimate relationships, we are shown our strengths and our weaknesses. We are shown our trauma and defenses. We are shown where we must grow, heal, and forgive ourselves and others. When utilized consciously, romantic relationships are the

greatest tool for growth and personal ascension you will use on your path. As you seek to improve the way you manage your romantic relationships, the rest of your life will naturally benefit from that work.

TYPES OF RELATIONSHIPS

There are many different kinds of relationships you may encounter in your life. Each has its own characteristics, benefits, and pitfalls. Most people are ultimately looking for their end-all-be-all, perfect soulmate. Some are not interested in that at all. Regardless of what you are looking for, you must navigate your way through one or several of the following types of connections. Understanding the nuances of these different types is a tremendous help in consciously staying on the path of love and connection you most desire.

FREE WILL RELATIONSHIPS

A free will relationship for our purposes, will refer to interactions that are engaged in by choice, and not because there is an underlying soul tie or soul driving force towards the situation. Not that all relationships don't involve free will, but those that seem destined or fated are governed by the higher soul's free will, rather than the lower self's desires. Soul connections are the relationships that we may not have chosen for ourselves, and yet we still feel required to work through them.

A free will relationship can be with those that you have no soul ties or karma with, or those you have cleared soul ties or karma and still choose to remain in relationship with. I do think that less of our relationships tend to be strictly 'free will' from the ego's perspective. Those of us on a deeper soul journey often find that

our soul's free will is actually the one in charge of our relationship options.

You probably have experienced many friendships and otherwise, that you would've liked to keep around, but for some reason they faded away. This happens quite frequently on a soul journey. As your vibration shifts, if those around you do not match the shift, they tend to fall out of your life. Nothing bad has to happen. It is just the nature of how the vibrational universe works.

Only those within a specific vibrational range of your frequency will remain visible in your reality. In order to continue to engage with someone who is "off your radar", you will have to consciously make the effort to interact with them. They also have to choose to interact with you as well. That may not always happen. This is what is meant by 'free will' relationships. You consciously choose to reach out and interact with certain people, simply because you decide to.

PHYSICAL RELATIONSHIPS

When I say 'physical relationships' what I mean is strictly physical. The attraction between these people is chemical, sexual, and/or social. They are relationships that have a purely earth-based reason for existing. For example, two people who get together for sexual purposes and end up having a child, may decide to *life partner*. In that case, their relationship is a *physical, free will, life partner* agreement, in order to raise the child.

Physical relationships can also include any sort of relating that mutually benefits each party in the physical world. Business partnerships and activity partners are such relationships. They needn't always be sexually driven. The point is that there lacks

an underlying *karmic* reason or *soul contract* that brings these people together. They meet. They are attracted for some mutually beneficial reason, and so they engage in relationship.

Though they can offer great pleasure and benefit to those involved, strictly physical relationships tend to be superficial in nature. There is not much soul stirring intimacy going on, if at all. It is rare that a strictly physical relationship without any other soul ties, lasts in the long-term. It may if the parties choose to continuously engage in the relationship, such as with friends. However, there is no actual binding force other than choice.

SOULMATES/KINDRED SOULS

Soulmate is a generic term that means someone who is part of your soul family. Soul family structures are a lot like human family structures. You have the closest members of your soul family, that are the closest to your home vibration. Then you have extended family that share similar qualities but aren't as close to home. Then you have distant relatives which you may not know at all, but are still part of the family. Technically, we are all one soul family. However, the farther away you get on the family tree, the less you will feel similar or be considered "related".

When you meet a soulmate in this life, there is often an instant familiarity. That is because your soul frequencies are similar. The closer they are to your home frequency, the stronger the feeling will be. Soul family members take on many different roles for each other in human life. The love that exists between soul family members is strong and typically unconditional. They are souls that truly love you and are interested in your well being.

Sometimes that interest in your well being means that you will enter into *soul contracts* with them to teach you hard lessons of

life. Because of the trust between souls, you agree to sometimes play the 'bad guy' for each other in order to learn important lessons for your soul's growth. More often than not, *soul contracts* and *mirroring souls* are members of your soul family. They have agreed to join you this life to assist in your ascension process.

Kindred souls are members of your soul family that serve a positive, beneficial role. These are people that you meet and instantly connect with on a deep level. They help make life easier and more fun. They may be friends, business partners, lovers, or other family members. These people are an absolute joy to be around. They are confidants and playmates, and though you may go your separate ways at times, the love and fondness for each other is eternal.

KARMIC RELATIONSHIPS

Energy always seeks balance. Karmic relationships happen when ego energies become imbalanced in this or past lives due to unresolved consequences of our actions. Just like traumatic situations leave energetic imprints on us as children, strong energies from past lives carry over into this one.

On your path of ascension, you must bring balance to these ego energies. Souls that you have unfinished business with, reappear in this life for the opportunity to do just that. In order to come into alignment with your true self, you must experience what you are not. *Karmic relationships* tend to be strongly contrasting.

The obvious way in which these relationships show you behaviors and ways of being you do not like, helps you refine what you do like. These kinds of relationships will manage to find and "push all of your buttons" so to speak. The truth is, that a

button can only be pushed if it exists. The soul purpose for coming into intimate contact with karmic partners is to begin to uncover these triggers and energetic imbalances.

Unconscious triggers are often hidden within the subconscious mind. Karmic soul ties, or karmic type partnerships, mirror subconscious patterns. The other person's "challenging" behavior, is a projection of your own unknown triggers. This serves the purpose of making you aware of the hidden wounds within you.

Karmic partners are often mistaken for a twin or same flame connection. They are incredibly triggering, but not in the same way. Many people mistake the triggering aspect of karmic connections for the ascension catalyst that twin flame mirrors are. There are some similarities between the two, but in actuality they are extremely different.

Upon first meeting a karmic partner, your mental faculties seem to diminish. Logic may defy you. The connection doesn't really make sense, but you will often bypass this knowing. There is a deeper feeling of connection, a feeling that you must engage with this person. You feel that the connection is fated or destined. You cannot stay away from this person. The magnetism and gravity is extremely high with these kinds of connections.

This is what makes them difficult to distinguish between other more harmonious soul connections. The difference is that in a karmic situation, shortly after the initial high of meeting, things tend to go downhill pretty fast. Whatever pattern you have gravitated to this person to heal will begin to show itself rather quickly.

If you need to heal from a wound of an absent or abusive father, for example, your new partner may begin to display similar characteristics. If you have intense fears of betrayal, you may begin to see signs of that as well. Furthermore, in whatever way that you coped with these ego energies in the past, that pattern can also resurface.

Karmic partnerships are largely responsible for the “runner/chaser” phenomenon often talked about in twin flame discussions. The runner/chaser dynamic however, is not the same as same flame/divine counterpart separation. When you choose to follow your true soul path, or choose to come into union with your same flame, your ascension journey begins. You will start to become aware of these different relationship dynamics, and how they are meant to help you along your way.

The first stop is clearing karmic energy and the initial phase of healing hidden wounds and patterns. These patterns are the ways in which we separated from ourselves, or pushed parts of ourselves away due to childhood trauma or guilt from past life indiscretions. The push and pull dynamic of the runner/chaser phenomenon, is due to our own push and pull of these wounded parts of ourselves.

The trick when you find yourself in the trauma/drama cycle of a karmic partner, is to ask for the lesson. You can easily recognize karmic relationship patterns because they occur in a repeating loop. Questions like *“What pattern am I repeating so that I can heal it?”* *“How does this relationship remind me of a relationship in my childhood?”* *“What is the dynamic that is playing out here?”*

Whatever it is that your partner keeps doing to you, doesn't seem to ever end. You may talk about the issue, they may agree

to stop, but it continues never the less. You will begin to notice that you are on a hamster wheel, or like the relationship conversations are like a broken record. If this is happening to you, notice how this relationship leaves you feeling at the end of the day.

What is the dominant emotion or pattern that you see? *Do they lie to you, leaving you feeling betrayed? Do they ghost you leaving you feeling abandoned? Are they controlling, leaving you feeling unsafe?* Take the resulting feeling of their actions and use it to uncover the pattern by utilizing the techniques in *Module Four*. As always, if you are being abused in any way, seek help immediately. Once you are in a safe space, you can continue to do the energetic clearing work.

SOUL CONTRACTS

Soul contracts feel similarly to *karmic ties* in the beginning. There is usually an instant connection and a strong desire to engage with this person. The feeling of recognition is palpable, often deeper than with karmic ties. While a karmic partner may feel vaguely reminiscent of something you remember from your past, soul contracts are often soul family connections. You will likely feel a deep remembering of knowing this person even though you've only just met.

While *karmic ties* tend to revolve around one main theme or pattern, *soul contracts* tend to involve a more in-depth or complex purpose. These soul connections are deeply entwining. Often they serve as a catalyst for spiritual growth, inspire your life's purpose, and/or mirror where you are still not in union with yourself.

Karmic relationships offer opportunities to heal any open wounds from the past, while *soul contracts* are like physical therapy after the healing has been completed. Soul contract connections accelerate your learning process and are intensely mirroring. For this reason, many people experience the “false twin” phenomenon with these types of soul connections.

The false twin phenomenon happens because most often a soul contract is a close member of your soul family. These people have a frequency that feels like home and can be easily confused to be a twin or same flame. The love found in these kinds of connections is unconditional no matter how difficult or challenging the relationship. Karmic ties on the other hand are usually based in conditional love, and the scope of the issues between you is less multifaceted.

Karmic relationships are like one subject that you’ve failed in the past. You must learn and master the lesson in order to move on with your life. In contrast, soul contract relationships are like an entire grade level or even an entire degree program. They too offer different lessons that must be mastered. Karmic situations help you break down flawed foundations, while soul contracts help you learn how to build more solid ones.

Karmic ties tend to be a more “opposites attract” type deal. You are reconciling things that are not you. Soul contracts offer the kind of mirror that shows you who you really are and how in or out of alignment you are with the truth of that. They mirror the polarity of light and shadow within, of how balanced your inner masculine and feminine energy is or not. They will challenge you to take the unconditional love you feel for them and turn it inward.

Soul contracts are not only romantic. On your ascension journey, many souls have made agreements to help you with your spiritual growth. You may have a friend or mentor who you have a soul contract with to teach you how to uncover and use your spiritual gifts or vice versa. These people are bound to you for a time until you or they attain a certain level of mastery.

Karmic ties tend to represent energies and patterns. Therefore, it isn't necessary to remain in a karmic situation in order to learn the lesson. Once you become aware of a pattern in a karmic relationship, you can disconnect and clear that pattern within yourself. Soul contracts on the other hand, tend to be a "do it until it's done" kind of deal. Even if you separate from this person for a period of time, it will feel like you can't complete your learning without them.

The reason is that there can be multiple layers to the lessons with a soul contract. While a karmic tie is usually one class in a subject, a soul contract is akin to many classes in one subject. Each lesson will build upon the other and you must pass them all before you can release the bond. Soul contracts can be renegotiated if they are particularly problematic in your life. This takes deep meditation and often the help of a trusted spiritual healer.

The lessons that you are meant to learn with a soul contract are often critical for your soul's growth. So it is recommended that you ask for clarity about what the particular contract is and find ways to fulfill it, not get out of it. If you were to end or renegotiate the contract, you may still have to learn that lesson anyway. In my experience there are soul contracts that are directly related to preparing you for your divine counterpart/ultimate soulmate connection. I like to call those "*mirroring souls*".

MIRRORING SOULS

The *mirror effect* comes from the concept that we are all ultimately one. Therefore, literally everyone and everything is simply an extension, or more of yourself. Virtually anyone can offer the opportunity of a mirror if you take this perspective. However, in this section I want to address souls that were more specifically designed to mirror you, for the purpose of moving you closer to union with yourself and your divine counterpart.

Mirroring souls are often *soul contracts* that directly assist you on your same flame ascension journey. Experiencing a false twin/false same flame is common during this phase. *Mirroring souls* offer the opportunity to see where you are in and out of alignment with your most authentic self along this journey. Often the first mirroring soul that people encounter is what I like to call the “dark side twin”.

If you have seen the newer Star Wars movies, the dark side twin is the Kylo Ren to your Rey. They are a polar opposite mirror of yourself. This connection serves to show you where you are falling into extremes of character, beliefs, and the like. Your dark side twin for example may be intensely materialistic, while you are intensely focused on spirituality. The truth is that neither extreme is good. So the dark side twin allows you to remove judgments of the opposite poles of who you are, and find a better balance within yourself.

Perhaps your dark side twin needs to learn to infuse their materialism with more spirituality, and you could stand to appreciate the material more, rather than condemn it. The dark side twin shows us all of the things that we are in a form that we have rejected in ourselves. The unconditional love that usually

accompanies these connections forces you to love what you have judged within yourself.

As you love this person who seems to be the complete opposite of you, you heal your own inner judgements and come more into balance with the truth of the totality of your essence. My dark side twin also catalyzed me to step onto the path of my life purpose. That may also be the case for you, it may not. As you come into greater alignment with yourself however, it is natural that you will get closer to your life's mission regardless.

The dark side twin is also one that you may experience the runner/chaser phenomenon with. This is because they represent and mirror parts of yourself you have pushed away, shamed, or judged. This separation is reflected outwardly in the dynamic of the relationship. The runner/chaser dynamic also plays out in a dark side twin situation, because they aren't your true divine counterpart.

It would seem that when you are on a twin/same flame journey, you already have a destined divine counterpart that you are already in union with on the soul level. Anyone who is not that person will hesitate or resist being with you, because they know deep down they do not belong to you. The runner/chaser dynamic serves to show you where you are still in separation, or are denying loving or choosing yourself.

The trick with these rather uncomfortable entanglements, is to become aware of how the situation makes you feel. Utilize the *mirror exercise*, described later, or revisit *Modules Four and Five*, and use the emotions you feel to uncover what needs to be healed. The dark side twin can also be referred to as the "shadow twin". They reveal to you your shadows and any unhealed triggers and traumas you may have.

The difference between a karmic partner and a mirroring soul is that a karmic partner shows you what you are not. A mirroring soul in contrast, shows you what you are that is yet unbalanced. The purpose of a mirroring soul is to help you reconcile the dichotomy of your inner masculine and feminine qualities. In other words, it assists you in reconciling the spirit/flesh split. If utilized properly, you will come into greater acceptance of a wider spectrum of the many facets that make up your entire being.

Once you have learned to accept truths about yourself that you have denied through the dark side mirror, you will begin to attract other mirroring souls that highlight your progress on this journey. These such soul connections are quite often where people will experience more false twins. You have come into greater alignment internally. You have likely also discovered your life's purpose and began working towards that.

A false twin is any connection that feels like your same flame/divine counterpart, but is not. Upon closer examination however, what you will find is that your mission and values aren't actually in alignment. This may come as a shock because false twins will present as being on the same page in the beginning. They may even be in the same industry or seemingly working towards similar goals. What you will notice with a false twin is that soon the runner/chaser dynamic begins.

This is where I believe so many same flames are getting stuck along their journey. A false twin looks and feels so much like a same flame because you have come to a much greater alignment within yourself than ever before. The more aligned you are, the more a mirroring soul will mirror that alignment. It

becomes increasingly necessary to pay attention to the details in this phase.

If there is a runner/chaser thing going on, it is of the utmost importance to continue to utilize the resulting negative emotions to continue clearing and healing those triggers. This person may be your same flame, but in my experience, same flames don't experience the push and pull of the runner/chaser dynamic. Twin flames do, but not same flames. True divine counterparts do experience a separation phase, but it is a much different energy. It doesn't push and pull. It doesn't feel like a hamster wheel or like beating your head up against a wall.

TWIN FLAMES, TWIN SOULS, SAME FLAMES & DIVINE COUNTERPARTS

Twin flame, twin soul, and divine counterpart are often used interchangeably. This causes a lot of confusion because people often mean divine counterparts when they say twin flames. But there is such a thing as a twin soul that is a different connection altogether. To clarify this confusion, I have began to use the term 'same flames' to refer to the divine counterpart relationship. Divine counterparts come from the same soul flame. To say twin can imply a copy or duplicate. I realize it's an issue of semantics, but I think *same flames* describes the connection more accurately.

If you have a divine counterpart incarnate, not everyone does, they are the other half of one higher soul you both share. They are the most perfectly matched counterpart to your most authentic self. The reason that you can see yourself so clearly when facing your same flame, is because they are the rest of you. You begin to understand who and why you are, because of how the pieces of you fit with who they are. This is different than

the way a mirroring soul mirrors you. Mirroring souls show you who you are by being like you. To understand more in-depth these concepts please read *Same Flames: A Practical Guide to Understanding and Mastering the Twin Flame Path*.

Twin souls are the most extreme version of a mirroring soul you will encounter. Twin souls are so close in frequency to your soul essence that you feel like you are twins. They are like a duplicate or expanded version of you in a sense. They are not the interlocking other piece of one original soul like a same flame is. Twin souls are more of you, but not the rest of you like a divine counterpart is. Twin souls mirror you so precisely because they are precisely so much like you.

Frequency twins mimic twin souls and are those that you meet as you travel along your ascension path. You happen to be vibrating at the same or similar frequency range at the exact same time when you meet. However it is a transient frequency you are both passing through, not your core soul vibration. Frequency twins thus can feel like a twin soul and have similar mirroring effects. Once one or both of you ascends further, these connections come to an end.

Same flames/divine counterparts are the masculine and feminine expressions of one androgynous soul incarnated into two bodies. They carry the exact same frequency and soul blueprint. Together these people are one complete unit. Their individual missions or gifts may appear unrelated, but on closer examination they are actually different parts of one greater purpose. Personality wise, they may seem quite different as well, but core values, choices and perspectives will perfectly match. Rather than being in conflict, these seeming opposites complete each other to form one cohesive whole.

Same flame relationships are mission based. Same flame pairs are evolved, volunteer souls that have come to anchor in specific frequencies to help other souls and the planet ascend. Though often romantic life partners, because the purpose is the mission, they do not have to be. There are some same flames who are not designed to be life partners, yet still come together to achieve their shared purpose. The divine love that same flames experience is present whether or not they become romantically involved.

Same flame union requires extra soul work and some special considerations I won't go into here. Not everyone is on a same flame journey in this life. Most people are perfectly happy to find a suitable soulmate to life partner with. I will be focusing on the more common and general concepts of conscious relationships for the rest of this module. If you feel drawn to learn more about divine counterparts/same flames, or feel that you are on a same flame journey, I highly recommend reading my book *Same Flames: A Practical Guide to Understanding and Mastering the Twin Flame Path*.

LIFE PARTNERS

Life partners, and more specifically, conscious life partner relationship, is what we will be talking about from here on out. A life partner can be both a free will marriage or a destined soul partnership. Life partners are simply people who have made a conscious agreement to “do life” together. This usually includes traditional ideas of love and partnership like sharing a home, and raising a family.

Successful life partner relationships are built upon compatibility. They do not have to be 100% in alignment like same flames do. They only have to be compatible enough to produce more ease

than conflict in the partnership. Above all else, the success of life partner relationships is based on commitment. If each partner is whole heartedly committed to making it work, it will work regardless of the nature of the underlying soul connection.

Conscious, healthy relationship patterns that lead to long-term committed relationships are a skill that most are not taught. Most of us have had to learn about relationships through observation of the relationships around us. Unfortunately, many of those relationships were riddled with dysfunction and default programming that won't serve our authentic selves.

In order to have healthy long-term relationships, we must first understand who we are and what we like. We must be willing to examine the default relationship programming of the culture we live in. We must learn to trust that who we were authentically made to be, was created with others that are a harmonious match to the truth of who we are. In the rest of this module, we will look at the components necessary for developing conscious relationships, in order to maximize the potential for success.

RELATIONSHIP STYLES

The importance of understanding relationship styles is that the default heteronormative program of being monogamous and heterosexual, may not be fitting for the most authentic version of who you are. If you did not know about the other options for relating, you may spend your whole life trying to place a square peg in a round hole. Entering into relationship styles that do not match your core being will almost always end in major conflict.

Sexual orientation defines who you are sexually and romantically attracted to. *Relationship style* defines what kind of relationship you want to have with who you are attracted to. There is

monogamy and everything that is not monogamy. *Consensual non-monogamy* is an umbrella term. It covers all relationship styles that include agreed-upon sexual and/or emotional intimacy with others outside of the primary pair bond. A *primary pair-bond* is the main or first established committed relationship between two people.

Non-consensual non-monogamy is not a relationship style, it's called cheating and it's fucking rude. Don't do it and please do not tolerate it. There are so many options of ways to be exactly who you are and get what you want in relationships without lying, or hurting people needlessly. We're all adults here. If you've made an agreement of what's okay and not okay, stick to it. If you don't like the agreement, re-negotiate, or break-up and do what you want with someone who wants what you want. It's easy. No cheating allowed. Got it? Okay great.

As you read the following definitions, you might find one in particular that calls you more strongly than another. If you find yourself drawn to polyamory or other open type relationships, I have included further reading for you in the resource section. It ultimately doesn't matter which relationship style resonates with you the most. There is not a "right" answer. What's most important is that your choice of relationships is conscious and informed.

Your relationship style may be much more fluid than you may have realized. Your sexual and romantic attractions may not be as cut and dry as you thought either. Later on I will discuss the *bisexual spectrum*. That discussion will help you further refine what exactly it is that you want and need in your relationships. Once you know your relationship style and the true combination of sexual/romantic interests that are most true to you, you can

put all the pieces together in a delightful smorgasbord of relationship bliss.

MONOGAMY

Monogamy: *One relationship with one person. No romantic or sexual relationships with others within or outside of the primary pair bond.*

Monogamy is the most common relationship style of most societies. It is the straight out-of-the-box program that comes along with the assumption that everyone should also be heterosexual. The combination of the two assumptions is what is known as the *heteronormative program*. Meaning, what is “normal” is that people are heterosexual and monogamous. Anything other than that is considered a deviation of normal. Even most homosexual couples simply follow a modified version of the heteronormative program, by maintaining a strictly monogamous system. The default programming is that pervasive.

The real problem with monogamy is not monogamy itself. Conscious monogamy is a truly beautiful practice. The problem is that it’s such a default program that most people go into their monogamous relationships on autopilot. Everyone just assumes that the version of the program they have is the same one their partner has. No one actually talks about it. No one negotiates what they want from the relationship or talks about what is expected. This typically leads to disastrous consequences.

If you already know you are done with monogamy for good, then the biggest hurdle you will likely face is the pull of the default program telling you that you are doing life “wrong”. The good news is normal is bullshit. Hardly anyone is living neatly inside any of society’s boxes, least of all the people who build them.

The only actual wrong way to live life is to live a life that isn't true to yourself. Once you own who you are as an individual, it is easy to give a big middle finger to the establishment. If monogamy makes you deliriously happy do it. If it doesn't, you may find something more to your liking coming up next.

CONSENSUAL NON-MONO GAMY

Consensual non-monogamy includes everything other than monogamy. While there is only one exact way to feel and behave in a monogamous relationship, there are infinite ways to be in a consensual non-monogamous situation. The only limits are the limits of you and your partner(s)' creativity. In default monogamy, there are all kinds of rigid rules and regulations placed on the relationship by outside influences. Sometimes partners aren't even sure what the rules are until they break them.

The only steadfast rule in consensual non-monogamy is you have to honor the rules that you and your partner(s) agree upon. You may have as many rules as a monogamous relationship does, but they will be ones you've chosen for yourselves. You could decide to have hardly any rules at all. What matters here is not the rules, but that each person agrees and honors whatever agreements are made. Not honoring agreements is essentially a breach of the *relationship contract*. This can lead to feelings of betrayal and resentment. Because cheating is ultimately about ruptures of trust, cheating can and does happen in polyamorous and open relationship styles as well.

NON-MONO GAMOUS RELATIONSHIP STYLES

There are some guidelines and ways that people practice relationships in the consensual non-monogamous realm. The most common relationship structures and basic rules are listed below. These are of course arbitrary guidelines to give you a

jump-off point. Again, the only limits on consensual non-monogamous relationships are whatever limits all parties choose.

Monogamish: One relationship with one person with occasional allowances for sexual encounters either within the relationship or outside of it. Sexual encounters in a monogamish relationship are typically casual and short-term. Emotional relationships outside of the pair bond are usually not allowed.

Open Relationship: Open relationships are centered around a primary pair bond, though they have an agreement to have sexual encounters with others outside of their coupledness. These other encounters are typically about casual sex only and rarely involve emotionally based, or long-term relationships.

Swinging: Pair-bond centered relationship style where the couple engages with others for sexual play. Swingers typically only have sexual relations with other partners at the same time. This style is also known as ‘wife-swapping’, and is usually a couple to couple exchange. They may have ongoing friendships with the couples they have sex with, but again, it’s couple to couple interactions by unit and not as individuals.

Polyamory: Polyamory is a pair-bond centered relationship style, where members of the couple can have other lovers, partners and/or life mates. Polyamorous relationships include loving and long-term commitments with others outside of or including the primary couple. There are two main types of polyamorous relationship styles.

1. Hierarchical “Traditional” Polyamory- One primary pair bond with options for secondary or tertiary relationships outside of the main twosome. If the status of the relationships are equal

in commitment level, then it is called Egalitarian Polyamory. Hierarchical polyamory can be thought of as many separate relationship units (couples), because members of each couple formed are usually only sexually intimate with that particular partner and not their partner's partner(s).

2. Polyfidelity- "Poly with Monogamous Tendencies"

Polyfidelitous relationships are the bisexuality of relationship styles. Polyfidelity is not considered monogamous, though it is not completely polyamorous, either. It is like monogamy in that there is only one relationship unit. It is like polyamory in that the one relationship includes more than two people. Unlike hierarchical poly, everyone in a polyfidelitous relationship is emotionally and sexually intimate with everyone else in the group. It is considered one relationship unit regardless of how many people are in it. A "threelationship" for example, is just another word for a polyfidelitous relationship between three people, aka triad. Other examples of polyfidelitous relationships include quads, pods, and group marriages.

HOW TO CONVINCÉ YOUR PARTNER TO BE POLYAMOROUS

This conversation is much better had before you enter into a committed relationship with your primary partner. That way, the goals of the relationship can already be aligned and inclusive of the components involved in consensual non-monogamous situations. It can be a rather difficult transition to go from monogamy to polyamory, though it isn't impossible. *Opening Up: A Guide to Creating and Sustaining Open Relationships* by Tristan Taormino is a great resource for couples wanting to make this transition.

If you are currently in a monogamous relationship and you are the partner wanting to "open it up", it is your responsibility to

initiate an honest and open dialogue about what kind of relationship you do want and why. Of course, it is first and foremost important to do your own mediation and soul searching to understand what you are drawn to and how it resonates authentically with your inner being.

This conversation takes an incredible amount of courage and willingness to risk losing the relationship that you are in, in order to pursue a path of deeper satisfaction. Ultimately, you can't convince an unwilling partner to open up your relationship. This type of lifestyle requires 100% participation and willingness by all involved for it to work. If your current partner is resistant to non-monogamy, you will have to choose the relationship style they are comfortable with. If that doesn't work for you, find someone more in line with your desires.

Honesty with yourself and your current and prospective partner(s) is of the utmost importance. You will have to deeply evaluate your current situation and ask yourself if the relationship style you want is in alignment with your wellbeing or not. If it is, and your current partner is unwilling, then you must be willing to go your own way and find another partner who wants the same lifestyle you are seeking.

I'm sorry to say, but if you want different things in a relationship, that person is not for you. It may seem devastating at first, but once you find someone who wants exactly what you want, you will wonder how it was that you even considered giving up on your true desires. Letting go of what is known and comfortable for the unknown can be scary. This leap of faith however, is the difference between a life of compromise and one of bliss.

BISEXUALITY AND NORMALCY

The importance of discussing bisexuality in depth, is to help you further refine your romantic and sexual attractions. The clearer you are about who you are and what you want, the easier it is to discern if a potential partner is right for you or not. To be fully authentic also means acknowledging all parts of who you are so that each essential piece has proper opportunity for expression. Repression leads to shame and shame is one of the lowest vibrational frequencies we can operate from.

The truth is that bisexuality is much more normal than being purely straight or gay. It is assumed that to be bisexual one must be attracted to both sexes equally. Bisexuality is actually romantic and/or sexual attraction to both sexes to ANY degree. This means essentially that anyone who is not 100% heterosexual or 100% homosexual is actually some degree of bisexual. That degree may not be enough to function behaviorally in a bisexual way, but some degree of attraction does exist.

Not everyone wants to hear that. It can be a rather uncomfortable truth for many people. If you are willing to be open to this concept however, it will free you and your attractions from hidden guilt and shame. Who you are and what you like are not choices. Whether you act on your attractions or not is the choice. You may never choose to act on certain truths about yourself, and that is absolutely fine. To ignore or deny the truth however implies guilt or shame about who you are. That is the part that becomes unhealthy.

Everyone wants to be normal and fit in. We just do. It ensures that we have people to commune with and a society to be a part of. Bisexuality does not fit into a neat box like a dualistic society

would like it to. It is a concept that is difficult for a mind based in polarity to reconcile as well. This is the reason for the concept of “bisexual erasure” that is so rampant in the world today.

This erasure is caused by an underlying shame and misunderstanding of bisexuality. With monogamy as the default program, it is easy to brush bisexuality under the rug, hiding it away from view. Many people who accept their bisexuality feel that their identity is essentially erased because of this. In reality, being bisexual is the most normal anyone can be. Being willing to embrace your own sexual fluidity will assist you and all of humanity to live more freely. This is why I have chosen to discuss this topic.

BISEXUALITY IN A MONOGAMOUS WORLD

Being bisexual in a monogamous world can present an interesting challenge. A bisexual person is asked to essentially choose between equally valid parts of themselves in order to maintain being with only one person at a time. Polyamory, and more specifically polyfidelity, offers freedom to be both monogamous, yet express all parts of oneself without compromise. Choosing an alternative lifestyle certainly presents other inherent challenges, but it is one solution for the issue of bisexual erasure.

If you happen to be bisexual to a degree where you have faced this choice, whatever way you ultimately choose to balance your natural attractions with your preferred relationship style is up to you. Being aware of the dichotomy within you is the first step to finding peace and fulfillment in your romantic relationships, monogamous or otherwise. These concepts are presented here for you to bring what already exists within you to your conscious awareness for honest examination.

The following section, *The Bisexual Spectrum*, is a modified excerpt from *The Threelationship Handbook: A Single Woman's Guide to Dating a Couple*. It is a practical manual I wrote a few years ago. It is no longer available for purchase, but if you would like a free PDF copy visit <http://gonegoddess.com/threelationship>.

THE BISEXUAL SPECTRUM

The world would really like us to believe that sexuality is a black and white matter. Either you're straight, gay, or bisexual, which is neither straight nor gay, but also equally both. These can be represented by the black, white, and gray stripes shown below. When set visually next to each other, we can see that there are infinite shades that could fall in between them. (Fig. 1.1)

*Commonly Held View of
Sexuality*

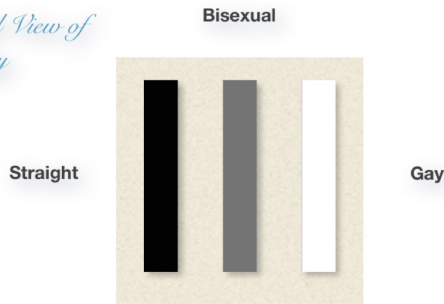


Fig. 1.1

In reality, sexuality exists on a spectrum. On one extreme are individuals who are strictly heterosexual (represented by black), on the other, strictly homosexual (represented by white). Everyone else falls somewhere within the endless shades of gray. (Fig. 1.2)

What Sexuality Really Looks Like

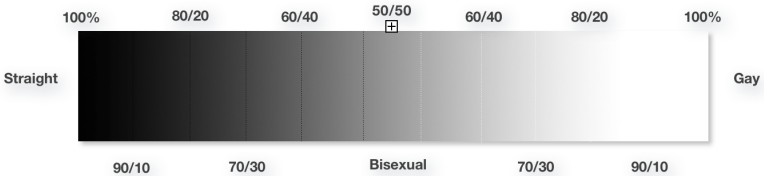
Fig. 1.2



For all intents and purposes, some shades of gray are essentially black and some essentially white, so the spectrum can be divided into sections as shown below. (Fig. 1.3) The numbers represent the ratio of straight to gay, in each area of the different shades of gray.

The Spectrum Divided

Fig. 1.3

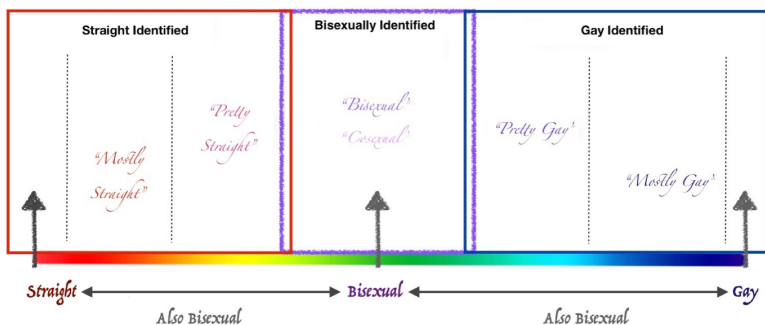


The common assumption is that in order to identify as bisexual, one has to be attracted to men and women equally. This can and has led to a lot of confusion for many people, specifically those who know they aren't straight, but don't feel as though they are all the way gay either. Because they don't have attraction to both sexes equally, they usually won't identify as bisexual, though by definition they are. As is illustrated above, shades of gray extend well beyond the 50/50 center.

Unless you really are 100% straight, 100% gay, or 100% bisexual, using "gay", "straight", or "bi" can actually be an

inaccurate way to communicate your sexual preferences. The chart below (Fig. 1.4) offers other words, however simplistic, that may more truthfully describe your preferences. The chart is divided into three sections; straight identified, bisexual identified, and gay identified. These are the way most people who fall within each range typically identify in the three choice model.

Inside each section are more accurate ways one can describe their sexuality based on where they fall along the spectrum. Further descriptions of each section are below the the chart. Use those explanations to help define your particular mix of straight/gay attractions.



100% Straight: “Straight” No sexual attractions to the same sex. Engages in romantic and sexual relationships with opposite sex only. Sexual experimentation with the same sex highly unlikely.

90% Straight 10% Gay: “Pretty much straight” Rare if any sexual attractions to the same sex. May “girl/boy crush” but never engage in actual sexual or romantic relationships with the same sex. May have experimented, often while intoxicated, but

is highly unlikely to take a same sex situation beyond flirting, kissing and cuddling.

80% Straight 20% Gay: “Mostly straight” Noticeable attraction to a few members of the same sex, but rarely interested in a romantic relationship. Definitely prefers relationships with the opposite sex. Would take an incredibly special person to engage in a full-blown same-sex relationship, but would miss the opposite sex too often to be truly fulfilled.

70% Straight 30% Gay: “Pretty straight” Similar to 80/20 but more likely to have/will engage in full-blown relationship with a select few members of the same sex. Significant preference for the opposite sex. Consensual non-monogamous relationship styles may offer greater opportunities for fulfillment.

60% Straight 40% Gay: “Bisexual, prefers opposite sex” Sexually and romantically attracted to same sex and opposite sex fairly equally, but does have a noticeable preference for the opposite sex. May engage in “flip flopping” or alternating monogamous relationships with opposite sex and same sex partners. May thrive best in triad polyfidelitous or polyamorous relationships styles.

50% Straight 50% Gay: “Bisexual” Sexually and romantically attracted to same sex and opposite sex equally. Highest incidence of “flip flopping” relationships. May find higher fulfillment in triad style relationships, especially if monogamous by nature.

50% Straight 50% Gay: “Cosexual” Sexually and romantically attracted to same sex and opposite sex equally. Preference is to have relationships with both sexes at the same time. Actively seeks triad relationships.

60% Gay 40% Straight: “Bisexual, prefers same sex”

Sexually and romantically attracted to same sex and opposite sex fairly equally, but does have a noticeable preference for same sex. May engage in “flip flopping” or alternating monogamous relationships with opposite sex and same sex partners. May thrive best in triad polyfidelitous or polyamorous relationships styles.

70% Gay 30% Straight: “Pretty gay”

Similar to 80/20 but more likely to have/will engage in full-blown relationship with a select few members of the opposite sex. Significant preference for the same sex. Consensual non-monogamous relationship styles may offer greater opportunities for fulfillment.

80% Gay 20% Straight: “Mostly Gay”

Noticeable attraction to members of the opposite sex, but rarely interested in a romantic relationship. Prefers relationships with the same sex. Would take an incredibly special person to engage in a full-blown relationship, but will miss the same sex too often to be truly fulfilled.

90% Gay 10% Straight: “Pretty much gay”

Rare if any sexual attractions to the opposite sex. May “man/woman crush” but never engage in actual sexual or romantic relationships with the opposite sex. May have experimented, often while intoxicated, but is highly unlikely to take an opposite sex situation beyond flirting, kissing and cuddling.

100% Gay: “Gay”

No sexual attractions to the opposite sex. Engages in romantic and sexual relationships with same sex only. Enjoyable sexual experimentation with the opposite sex highly unlikely.

UNDERSTANDING YOUR PREFERENCES

Love is blind they say, but lust is even blinder. Knowing who you are and what your preferences are is an essential part of choosing the right romantic partner in your life. We'd all like to believe that attraction and love is enough to have a great relationship. The truth is that compatibility is a much higher indicator of relational success than anything else.

The better you know yourself and what truly fulfills you, the better you will be able to discern if potential partners are in fact a good match or not. Much of the pain and turmoil we encounter in relationships is due to incompatibilities that we are either unaware of or have willfully ignored. We all have fears that if we are truly honest about who we are, there will be no one who could possibly love us. This is simply not true.

The reason most have developed this fear is because they have presented an inauthentic version of themselves in order to receive love and/or approval. This is due to a negative belief, usually created in childhood that who they are naturally is not enough. We cannot however, sustain our inauthenticity long-term. Who you really are will always reveal itself. When this inevitably happens, the foundation of the relationship falls apart. This experience leads people to reinforce the belief that they cannot be loved for who they truly are.

What has really happened is that the other person had agreed to love the version that was presented to them in the beginning. This is what they were a compatible match to. It's not that you cannot be loved for who you really are, it's that the person who was loving you for who you were pretending to be was a match for the false version of yourself. In most cases, when the real you is revealed, that person is no longer compatible.

If instead you could be honest about who you really are upfront, and not compromise your integrity for a relationship, you would find partners that were naturally compatible with your true self. You would not have to hide or give up essential parts of your being to please them. They would also require those parts of you in order for them to be truly fulfilled.

Approaching relationships in this manner takes a bit of courage and a good amount of faith. It is incredibly helpful to notice where you have guilt, shame, or embarrassment about certain qualities about yourself and utilize the techniques in *Modules Four* and *Five* to clear them. Your romantic relationships will almost always mirror back to you where you are not accepting or loving yourself.

This can be hard to admit, because the blame game is so much easier. However, the more you are willing to see that any rejection you feel from others is actually you rejecting parts of your own self, you can begin to reintegrate. The more honest and loving you are to yourself, the more you will experience greater love in all of your relationships.

LUST VS. LOVE

As you move forward along your path to more conscious and divine love relationships, it's good to understand the difference between lust and love. Unlike many other teachers, I do not believe there is anything inherently wrong with lust. Lust, like all things, has its place. The trouble arises when one confuses lust for love. The ability to own one's desires as well as be clear about what most fulfills you, will help you avoid the lust vs. love confusion.

Lust is chemical attraction, love is spiritual attraction. Lust is destructive, love is creative. Lust is self-serving, love is giving. Lust is possessive, love is freedom. Lust is loud, love is quiet. Lust is finite, love is infinite...

The feeling of unexplained sexual attraction is often simply the chemicals in one body reacting to the chemicals in another's body. Certain genetic configurations are excellent matches from nature's perspective for the survival of the species. The "urge to merge" in this case is fueled largely by the animal selves and their primal programming.

Love is a deeper desire to merge on the emotional and/or soul level. Lust is the desire to take, while love is the desire to give, care for, or unify. Lustful attractions tend to be stronger and louder. Spiritual love connections are quieter and softer. Lust compels and demands, while love simply requests. Lust is destructive in that it seeks to end tension, or fear of survival. Love is constructive and seeks to build, heal, and grow.

Lust is of the body. It is the primal hunger that drives us as a species forward. Lust is about physical pleasure alone. Love is of the spirit. It nourishes and nurtures on all levels. Lust is a masculine penetrating force, while love is a more feminine flooding energy. Both are necessary. It is only when they are unbalanced or utilized in the wrong way that trouble arises.

There is absolutely nothing wrong with acting out of conscious lust. Acting from lust unconsciously and mistaking it for love is when you will feel out of alignment. It isn't the lust that is the problem. It is the misalignment of the truth of the situation that causes negative feelings. Women especially have a lot of guilt and shame around their sexual desires. So instead of accepting

a lustful attraction for what it is, they attempt to make the relationship something more to alleviate this guilt.

There are always going to be people that illicit lustful attractions and others that offer a more soulful connection. These are often not the same kinds of people. To try to make someone you just wanted to have sex with into a life partner is a recipe for disaster. On the other hand, attempting to have disconnected casual sex with someone meant for a deeper connection will have similar negative results.

Lust is not love and love is not lust. Relationships based on a foundation of lust are usually not love. Relationships based on a foundation of love are usually not that lustful, at least not in the traditional sense. Again, there is nothing wrong with either. The trick is to understand what it is you are looking for at any given time in your life. All things have seasons. All beings are different. One season you may only want superficial casual encounters full of animalistic passion, with zero emotional entanglement. In another season you may not want anything to do with that at all.

I do have to caution however, that the fact that our hearts are intricately connected to our reproductive organs, it is quite challenging to maintain a lustful connection without wanting it to become a love connection eventually. Unfortunately, people who make instantly great sexual partners, aren't usually great life partners. Sexual compatibility is only one component of the whole. Successful long-term relationships require so much more than physical attraction.

Lustful connections and sex partners are based on physical attractions and chemical compatibilities. Love connections and life partners are based in soul attraction and compatibility with your inner being and life purpose. Yes, love connections also

must have a physical attraction factor, but it is not the foundation of the relationship. Lustful connections can also have a love factor, but again, it isn't what those connections are made for.

The ego or small self is the one that experiences lust. It wants comfort, pleasure, cessation of tension, social priority, and security. Lust is an avoidant desire. It seeks to end a craving by getting another hit of whatever it is you get out of the encounter. It seeks to avoid discomfort in many forms. As mentioned in previous modules, avoidant desires are not true desires. Chasing lust will not ever move you forward to the love you desire. Lust is short-term pleasure, while love is long-term fulfillment.

Conscious lust is liberating and delicious. When you choose lust honestly and with clarity, you can utilize it for the gift that it is. Do not mistake a delectable dessert for real nutrition however. Lust is lust. It will never be love. Accept lust for what it is and it will open up its whole world to you. Try to make lust be love and it will spit you out used and confused every time.

COMPATIBILITY IS KEY

Real love is not at all what we have been programmed to believe that it is. Real love that leads to healthy, long-lasting relationships is based on a holistic compatibility, not just physical attraction alone. This compatibility must also exist on the mental, emotional, and spiritual levels. Someone who will make a good life partner has to mesh well with you in all of these areas. It isn't necessary that all four levels be perfectly matched, but less than three of the four and you will have quite a challenge on your hands.

With someone who is a suitable life partner, you will experience a soul affinity with, similar ways of thinking and communicating,

matching levels of emotional openness, and they will feel good to you physically. It is rather important that you understand your core values and the direction you would like your life to take as well. A person who is a good choice as a life partner will have compatible values and similar goals for their lives as you do. Otherwise, you will find quite quickly that as you grow as individuals, you will grow in different directions.

It is incredibly important that your spiritual views are similar or at the very least, that you both naturally and easily respect the other's perspectives. Your fundamental life choices must also be compatible. Are you most fulfilled in the city or the country? Do you want children? Do you want to travel extensively or stay close to home? Are you an early riser or a night owl? Remember that you are wanting someone to share your life with, if your visions for your lives are vastly different, it will be difficult to do that.

It is much easier if you are looking for a long-term relationship to delay having sex until you get to know each other better. Sex and orgasm releases oxytocin which is the bonding chemical of the body. If you have sex with someone before you've determined your compatibility, oxytocin will complicate the situation by making you feel bonded to this person. If you later come across glaring incompatibilities, it is that much harder to let go of the connection.

If what you are wanting is real love and a true relationship, you must honestly assess the compatibility of your partner beyond the physical attraction. It is much harder to see clearly once the oxytocin is flowing. So hold off on the sex if you can. Instead, take some time to develop real intimacy. Share yourself authentically and see if they naturally receive you and who you

are. Ask lots of questions. Understand how this person lives their life, and be honest if there is a natural affinity for how you live your life or not. It may seem okay to compromise in the beginning, but compromise breeds resentment and hostility down the road.

Too many people are looking for an intense and passionate beginning to a love affair, but again, lust is not love. A strong relationship must have a strong foundation to withstand the ups and downs that you will inevitably encounter together. The ability to communicate similarly is crucial. The ability to face challenges in similar ways will lessen your burdens. The ability to be yourself and be loved and received is paramount to feeling fulfilled in life.

If you have to step too far out of yourself to be with this person, you will exhaust yourself. You will feel pent up and stifled, you will get resentful and angry. We were not designed to trade who we are in order to be loved. Creator made you out of love and loves you infinitely and unconditionally exactly as you are. You will always feel out of alignment with anyone whose love requires you to hide or suppress parts of yourself.

If that happens, it isn't often the other person's fault. Their requirements are often the result of how in alignment you were and how much you loved and accepted yourself when you met them. How much you love and accept who you are is the degree that you will be your true self in the presence of others. If you showed up inauthentically in the beginning, as your energy wears thin from keeping up the charade, your real self will emerge. Often it was the false presentation that was a match to this person. The more honest you get, the less likely they will continue to be a match to you.

In order to find real true love and compatible life partners, we must have the courage to show up as the most authentic versions of ourselves that we have access to. We must be willing to let go of people that are not truly a match to who we are. We must have faith that if we hold our own frequency and not compromise, that a perfect match for us will appear. The only reason that you may have yet to find your perfect match is that somewhere you believe that you have to be something other than who you are in order to be loved.

BE THE LOVE THAT YOU WANT

To have the love that you want, you must be the love that you want. I'm sure you've heard that or something like it before. What does it mean? It means that you have to feel the way you want to feel now before you can have the love that you want. The reason that self-acceptance and self-love is key, is because the Law of Attraction can only send you what you are. If you have shame or guilt, or embarrassment about qualities that you have, no one else in the world can love those parts of you.

Even if they did, because many actually do, you won't be able to see it. Attracting your perfect relationship is an inside job. To have a perfect relationship, you must be in a perfect relationship with yourself. Now that doesn't mean that you have to heal every single wound or be perfect in any way. It means that you have to believe that you are lovable exactly as you are, flaws and all.

Self-love and acceptance doesn't mean being perfect. It means accepting all parts of yourself, the good, the bad, and the ugly. It means no longer pushing away that which you do not like about yourself. It means not denying yourself love because you believe there is something about you that needs to be fixed or changed to make you lovable. You don't expect anyone else to be perfect

to deserve your love. Then why do you think you have to be perfect to deserve your own love? You don't.

Acceptance doesn't mean that you condone your bad behavior or unsavory qualities. It only means that you accept that they exist and that they are valid because they exist. You cannot change anything that you do not first accept. If you don't like something about yourself, that's okay. What you cannot do is deny that it's there. That creates a separation or a rift within yourself. As long as there is separation within yourself, you will continue to attract situations and relationships that mirror that separation in order for you to heal it.

If you want someone to love all of you, you have to love all of you first. Anything you reject in yourself will get mirrored by other's actual or perceived rejection of those same qualities. Acceptance doesn't mean you have to celebrate or feel joyful about everything. You don't have to like that you're moody or overly emotional or an addict, for example. You just have to allow it to be there without pushing it away. You have to allow it to be there and not be the reason you believe that you are unlovable. That's all.

Unconditional love needs no reason to love. The partner that is meant for you will love you without reason. They will also continue to love you regardless of any reason that you believe you should not be loved. The only one who can keep you from true love is yourself. Any quality that you hold as a reason you cannot be loved, will prevent you from letting this person love you fully.

Accept all of who you are. What you wish to change, you can use the tools in previous modules to clear if you'd like. But none of your flaws make you unworthy of love. Nothing can make you

unworthy of love. Nothing. Coming to a place where you honestly believe you deserve love simply by existing, will attract to you a love that reflects that unconditional love back to you. Sure it's easier said than done. That's why the clearing tools are offered here. If you could just accept all of you as you are and believe you are worthy of the greatest love of your life, you can have it.

A good exercise is to think about being worthy of the greatest love of your life and see what objections your mind has or what negative emotions surface. Use what comes up to journal or plug those thoughts and emotions into the exercises in *Modules Four* and/or *Five* and clear them one at a time.

EXERCISE:

VISUALIZING THE LOVE YOU WANT

- ◆ *Imagine a scenario with you ideal partner.*
- ◆ *Vividly experience this scene as if it has already happened. Use all of your senses.*
- ◆ *Notice any negative thoughts, emotions, or constricting sensations in your body.*
- ◆ *Make a list of anything that does not allow this image to feel easy and clear.*
- ◆ *Take that list and revisit Clearing Negative Beliefs from Module Five, and/or Inner Child Healing from Module Four*
- ◆ *Repeat this exercise until your imaginings feel clear and exciting.*

I could go on in depth about all the different layers of finding a relationship, negotiating, communication, handling conflict...etc. However, I think there are many good resources already available for the practical side of relating. Honestly, these topics would require a whole entire book to address them adequately. Perhaps it's something I will do in the future. For now, I wanted to provide for you some information that I felt was missing from much of the relationship teachings I've come across.

The truth is, if you clear any conflicting desires or reasons you don't believe you are lovable, your ideal partner will show up. They may even be around already, but those blocks and beliefs will prevent you from recognizing them. If you feel you don't know enough about how to be attractive or how relationships work, that's just another belief that you might be using to think you aren't lovable yet. You can learn more if you'd like, but you're better off clearing the belief that what you don't know yet makes you unworthy of love right now.

WHEN LOVE ENDS

Break ups are never the preferred result of engaging in romantic relationships. Unfortunately, almost everyone on the planet will go through at least one in their lifetime. When love ends, you can use the emotions that arise to accelerate your personal growth if you choose. It's helpful for me to think of a break up as having three phases. The first phase is *Feeling*. The second is *Healing*, and the third, *Integration*.

FEELING

The first and most important thing you must do after a relationship ends is to mourn the loss. You must allow yourself to feel how you feel. How you feel is absolutely valid, regardless of

how or why it ended. Do try and avoid falling into blame if possible. It might make you feel better, but it won't clear the reason for the break up.

Blame also robs you of the power of owning your part of the responsibility for the resulting situation. Blaming others and believing they are 100% responsible may feel good at first, but it leaves you without any power to change your circumstance. If none of it was of your doing, then none of it can be undone by you either.

Relationships are almost always co-created. Sometimes they are divinely designed for a specific purpose, but most often it is two people looking to heal by recreating a past wound dynamic. So don't think you have to take complete responsibility for why it had to come to an end. However, there is almost always something that you ignored, were blind to, or minimized in order to stay in the relationship longer than was healthy.

Yes, this can be the case even in abusive relationships. It is definitely not your fault for someone else's abusive actions, but you may be responsible for ignoring a red flag, or denying the signs early on, for example. Now the purpose of saying this is not at all to victim blame. It is to offer personal power in a situation that otherwise leaves you completely helpless and at the mercy of another's free will to act upon you.

Of course there is no way you could have known what you didn't know at the time. You must be extremely forgiving and gentle with yourself if you do discover that you were partly responsible somehow. It is said that 'ignorance of the law excuses none'. This is the case with unknowingly co-creating a bad experience.

Our unconscious patterns and wounds seek healing and resolution whether we are aware of them or not. In this universe, nothing truly happens to you. It only happens for you, because there is only you. This can be extremely annoying to hear if you are experiencing something you would never ask for. I promise though, whatever you cannot own, rules you. If everything is always someone else's fault, than you have no power to do anything about it.

It can sometimes be counterproductive to try and take an empowered stance when you are feeling helpless or victimized. If that or something similar is the dominant feeling, feel it all the way through. Often you will find that it is a reflection of an old childhood wound. Do the process in *Module Four* to talk to that part of yourself and understand what it needs. If that work becomes overwhelming, put it aside and seek a trusted support person to help you.

When you own whatever part you played, the most common result is anger towards the self. You may have felt sad or betrayed when the blame was on the other person. Those feelings will remain, but will now be joined with the feelings you feel towards yourself. As you further accept your personal power in the situation, you will feel less feelings about the other and more about yourself.

This is the hardest part of any unwanted situation. It is really nice to pass the blame on to another for the reason we are in pain. When we realize that we have had the power all along to change our circumstance, or that we perpetuated it even unknowingly, it can be a devastating realization. Just like any feelings you had when you were projecting onto the other person, you must feel all the ways you feel now about yourself.

Take as long as you need to feel how you feel. You will have ups and downs for the first few days to weeks. Do try and surf the waves of the emotions. Allow yourself an entire personal day or two if possible. At the very least, schedule some time you can be undisturbed to process your feelings. Journaling as close to the peak of these waves will give you valuable insight that you can use later.

Again, if it's too much for you to handle, get help. Many people hesitate to reach out to others or seek professional counseling because they don't want to appear "weak" or something like that. These are very real and common human emotions and there is never any shame in asking for help. On the contrary, It takes great strength and courage to face ourselves and our need for others during times like these.

Remember, it isn't so much that bad experiences gets us stuck, it is *unresolved* trauma that traps us. Emotions are frequencies in motion. Feeling all the way through to the other side of any situation will allow the emotional energy to pass through completely. When emotional energy is not allowed to be expressed fully, it stagnates in our energy field.

Stuck emotional energy will always attempt to find a way to move. You more than likely already have past emotional energy that needs clearing. Try to give yourself permission to feel through anything new that presents itself as to not add extra work you will have to do later on.

Breath, movement, and vocalizations are amazing ways to move emotional energy. Allow whatever you are feeling to rise to the surface. Cry, go for a run, dance, scream into a pillow, or breathe deeply and sigh it out. Sometimes it's words left unsaid that create stuck energy. Writing your thoughts exactly as they come

or writing imaginary conversations to the other person can be incredibly helpful in those cases.

However you choose to do it, you must feel before you can heal. Too many people attempt to skip this step and end up spiritually bypassing their feelings. Believing that it isn't spiritual to be angry or hurt only leads to further suppression. Yes, it will be uncomfortable sometimes. Discomfort is inevitable on the journey to wholeness and healing.

Acceptance of uncomfortable feelings and allowing yourself to feel them, will prevent any discomfort from becoming unbearable down the road. Suppression or denial never makes feelings go away. Suppression only sweeps things under the rug so to speak. Also, because the soul desires resolution always, not clearing the energy often leads to similar situations reoccurring.

If you think this situation is uncomfortable now, imagine going through the same thing multiple times in a row, or some magnified version of it. You don't want that, trust me. Feel your feelings now. Be as conscious and allowing of them as you can. When you have felt your feelings enough, you can then move on to the next phase.

HEALING

Once you have allowed yourself the space to fully feel how you feel, you can then use those feelings to heal. Hopefully, you have taken some time to journal or at least have a firm grasp about how the situation has left you emotionally. Because the Law of Attraction works the way it does, the truth is you were already carrying the frequency within you to end up feeling whatever way you are left feeling after the fact.

You were most likely unaware that you were holding this frequency. So no need in beating yourself up about it. It is what it is. Simply utilize the way you are left feeling to follow it back to the original source of your emotions. The *IFS Method* or the *Completion Process* are excellent ways to find and clear the original wounds that have been reflected back to you through your current situation.

The Mirror Exercise is also an excellent tool to help identify and clear negative relationship issues. The *mirror exercise* is based on the idea that we are all one. Thus, all others are extensions and mirrors of ourselves. We will always attract people and situations that mirror the frequencies we hold within us. If you look in a mirror and see dirt on your face, cleaning the image in the mirror won't fix it. You have to clean the dirt off of you to see the reflection change. That is the underlying principle of this work. The mirror exercise is described in full detail in the book **Twin Flames: Finding Your Ultimate Lover by Jeff and Sheleia**. The basic steps to the mirror exercise are as follows.

EXERCISE:

CLEANING THE MIRROR

- ◆ *Identify something someone is doing that makes you feel negatively. Ex. "I am hurt because my ex is denying our connection and running away from me."*
- ◆ *Change the pronouns so that the sentence is about yourself. Ex. "I am hurt because I am denying my connection and running away from myself."*
- ◆ *Identify if that feels true. If it does feel true, then go deeper into the feelings. Ex. "How am I denying my own connection with*

myself and running away from me?" Meditate and/or journal allowing the answers to float into your awareness.

Sometimes simply bringing the issue into your conscious mind will allow you to make a new decision and/or change the behavior that is being mirrored to you. If becoming conscious of it isn't enough, use *IFS* or the *Completion Process* to go deeper.

The reason that intimate relationships have such a profound potential for growth is that they cause old wounds to surface like no other thing can. When we are faced with love, and being loved for who we are, all of our unconscious stuff rises to be seen. If you are wise, you can take any uncomfortable experiences in your closest relationships and use them as the greatest catalyst to accelerate your personal growth and integration process.

It's hard to heal what we are not aware of. Though it may be rather painful at the moment, you will come to a place where you are grateful for all experiences. We really cannot become the best versions of ourselves without first facing the not so great parts. Our intimate relationships, especially when they come to an end, are excellent resources for our evolution and healing processes.

INTEGRATION

The integration phase begins to happen as soon as you become conscious of and address old patterns that arise in your relationships. Even though you may have done the inner child healing on the issue or shifted your beliefs, there will be a phase where your habits will have to catch up with the new program. This is probably a lesser known part of the emotional healing process.

When we have had a trigger of an old wound for a long time, we become accustomed to reacting or behaving a certain way when it is activated. Once the trigger is released and/or healed, you may realize that you are still acting in similar ways. It's important to become conscious of this and ask yourself whether it is simply a habit, or if there is more clearing that needs to be done.

The process of changing a habit goes a bit like this. First you are completely unaware of the behavior, and only realize it by its effects. As you become curious about what keeps causing that effect, you begin to become aware of the behavior. At first you will only be able to recognize that you are doing it when you are doing it. You will not however, be able to stop yourself. That phase is quite frustrating.

Eventually, you will recognize the moment just before you fall into that particular behavior response. It may still be a moment too late, but at this point you are getting closer. Once you can catch yourself at the moment just before it happens, you will begin to catch yourself well before. At that point you can consciously choose the preferred way you'd like to respond to the stimulus, instead of using old destructive patterns.

The process of integration can take some time. Be gentle with yourself. You must first reorient your mind to whatever new beliefs you have formed. Then sometimes, you must also consciously recondition your autopilot behaviors. When the new choices become more natural, integration is almost complete for that particular issue. When the new way of being becomes your new autopilot response, then you can begin to shift your conscious efforts onto something else.

There is a faster way to do it if you'd like. That is to simply just decide that you are different now and stick to it. If you can make a steady and firm decision that you will no longer do the old behavior pattern and implement the new one immediately, you can and will. If you happen to backslide and find yourself doing the old thing, reaffirm your decision and shift again.

Be mindful not to fall into the guilt trap during this phase. We are imperfect and will make mistakes. If you find yourself behaving in an old unwanted way, simply correct yourself. There is no need to punish yourself further as generally, the consequences of the action are already enough. If you make a mistake on this part of the journey, accept the consequences and be better next time. That's really all we can do with just about anything in our lives.

Guilt can serve a positive purpose. It acts as a messenger emotion to alert us to something that we have done that goes against our integrity or has hurt someone. It was never meant to be something that we wallow in. Indulging too long in guilt leads to shame. Shame leads to self punishment, which is further separation from self. Creating more separation within yourself will hinder the integration and self love that you are seeking.

It is also recommended that you refrain from entering into a new serious relationship until you feel you have a good handle on this phase. Jumping into another relationship too soon is the best way to end up engaging in the same pattern you are attempting to heal. This is not necessarily a sign that what you are doing isn't working. The Law of Attraction works on a delay however, and new situations that present themselves immediately after a break up tend to match the old frequency you are attempting to change.

If you find yourself in this scenario, continue to use the mirror exercise. It could be that there are more layers of the pattern you need to discover. You may find that you have in fact moved on from that way of being and you are only ending up where you are by habit. Changing habits can involve in-depth patterns as well. You may need to engage in the same kinds of relationships over and over again until you work it all out. Try to avoid that, but if you can't, be as conscious about it as you can be.

This trial and error discovery process is just the nature of how we grow and change. It can happen suddenly, but sometimes it takes a significant amount of time. How deeply ingrained you are in the pattern or how deep the layers go will have an effect on how long it will take. It can be tempting to want results and wonder how much longer it will be before you are "healed". Patience however, is always quicker. You will never truly arrive anywhere. Attempt to enjoy the journey and the progress you are making, no matter how small the steps may seem.

WHEN YOU MISS THEM

There will be a void, a missing that happens when you separate from a partner, or anything you're attached to for that matter. When we engage in intimate relationships, we essentially agree to take the other as a part of ourselves. When we separate, that part of us is literally gone. In my experience, how much you miss someone after it ends, has a lot to do with how authentically expressed you were when you were with them.

Too often we are afraid of revealing the real core of who we are to someone we are romantically attracted to. This is largely why relationships that begin as friendships tend to have a more stable foundation. When you are not worried about whether someone will love you or not, you have no real reason to hide

parts of yourself. In romantic situations we tend to behave quite differently.

Often the wounds we acquire as children have to do with our most natural selves being disallowed, shamed, or otherwise. We learn that in order to be loved and cherished, we have to be different than what we are. As adults we deeply desire to be loved for our authentic selves, but we have these leftover memories and fears within us. So what we do is shyly trickle out the truth of who we are little by little to our partners.

We present our “best behavior” and “best faces” forward. Whatever and however we have learned would get us accepted as children, is often the way we present first. That personality may be close or incredibly far away from who you really are. When you miss someone, consider that you might be missing them because you did not give all of yourself while you had the chance.

When you experience something fully, it is much easier to accept when it has ended. When you have given your all and done everything you can in any situation, you will feel clear and complete no matter how it ends. Missing the opportunity to express yourself hits so deeply because you probably didn't express yourself because you were afraid of losing them if you did. It can be extremely uncomfortable to realize that you could've been yourself all along. It may have still ended, but at least you would have allowed yourself the totality of yourself in the experience.

Fully expressed or not, you will of course miss your ex sometimes. This is normal. You have to rewrite your life without them in it. Depending on how long or how much you had intertwined with them, you may need to make quite a few

changes in your life. The emptiness of the void is extremely uncomfortable for most people. The tendency to fill it up with quick fixes is relatively appealing. These quick fixes can be food, drugs, or other people.

Be mindful of the discomfort of the void and if and how you tend towards avoiding that feeling of emptiness. Emptiness is not a bad thing. In fact, we must be empty of what is not good for us before we can be filled with what is good for us. Do not rush out of this void. Allow the divine to fill it. You have asked to be more and have more. Sometimes this means emptying completely. If you fill the space with quick fixes, there will be no room for what is truly meant for you.

Being honest about the person and the relationship will help a lot during this phase. *What is it about them that you miss? Do you actually miss the person, or is it the idea of them?* Identify what it is exactly that you feel that you are missing. Then be honest about the reality of the connection. *Why did you break up? Why didn't it work out?* Realize that it's okay to miss them, and even continue to feel love for them but still not be with them.

Do not let any feelings of loneliness trap you into only seeing what was good about the relationship. If it was all that great, it wouldn't have ended. Be brutally honest in these moments of longing. Being honest with yourself about all that transpired will allow you to see where the soul work is you need to do.

Use any uncomfortable feelings to your advantage. Journal and trace them back to their roots. End the cycles of separation from your own self that are being reflected in your romantic partnerships once and for all. This will take some time, and also vigilance on your part. It can be hard work, but it is worth it, I promise.

HOW TO USE RELATIONSHIPS FOR SOUL GROWTH

Romantic and intimate connections are truly the best tool for achieving the ever elusive *self-love*. It may be difficult to understand, especially if you are in the midst of a tumultuous or unwanted situation. Approaching any and all relationships from the follow perspective will exponentially accelerate your personal growth and integration process.

DETACH

- ◆ *Be willing to see the search for the end-all-be-all perfect relationship as a journey. Understand that what you are truly seeking is wholeness, self-acceptance, and self-love.*
- ◆ *You don't have to search for the love of your life. It will naturally find you when you have cleared out enough patterns, and/or reasons you believe yourself to be unworthy of that love.*
- ◆ *Stop looking for your perfect person. Start seeing any and all potential romantic partners as an extension of yourself. They are all physical representations of your inner world. They are reflections of the parts of who you are that you either accept or reject.*
- ◆ *See each new encounter as more of you, showing you parts of yourself that are hidden from your view otherwise. Each interaction will "make you feel" a certain way. Some of those ways will be positive and others rather uncomfortable or even painful.*
- ◆ *It's the uncomfortable or painful feelings that you will be using in the next step to further integrate your own inner separation.*

Accept that this other person is pushing your buttons, because they exist in the first place.

ACCEPT THE REFLECTIONS

- ◆ *However you end up feeling in the relationship is the cause and not the effect.*
- ◆ *You already held those frequencies within you, which is why the Law of Attraction brought you the reflection in the first place. Take responsibility and follow the feelings to find the root beliefs.*
- ◆ *It may take some time to uncover what the exact reflection is, but a good rule of thumb is to keep asking yourself these two questions: What does this feeling remind me of? When was the first time I ever felt this way?*

CLEAR

- ◆ *Utilize the reflections and the subsequent feelings to trace the frequency back to the original source.*
- ◆ *Use the methods from Modules Four and Five to clear and reintegrate those parts of you.*

RINSE AND REPEAT

- ◆ *Once you've addressed all the main themes of your previous relationships, you can engage in something new. As emotions and triggers arise in your new relationship, repeat these four steps.*
- ◆ *You will notice that some patterns clear right away. Others may seem to resurface even though you thought you addressed them. That's okay. Often times there are layers to our patterns. Keep feeling and healing no matter what.*

- ◆ *It is quite common that once you heal a reflection either the person's behavior changes, or the relationship will dissolve. If the relationship dissolves, it's important to recognize that the purpose for that particular relationship was for you to heal that particular pattern.*
- ◆ *If the relationship ends, it is crucial that you detach and move forward. This can be challenging, especially if you felt like that person was someone you were destined to be with forever. This is where trust and faith in the journey becomes paramount.*
- ◆ *If you are struggling to let go, you may need to address that issue separately. It is also possible that a cord cutting may be necessary. Sometimes, even though the pattern is clear, energetic cords remain. To cut these cords, listen to the guided meditation "[Cutting Cords of Past Love](#)."*

OPENING UP TO NEW LOVE

Opening up to new love can be challenging. Especially if you have had bad experiences in the past. Before you move on to something new you will want to make sure you follow these next few steps. Avoiding or missing any of them could land you in a new relationship that is exactly like past situations.

FEEL AND HEAL

Clear as many triggers or wounds from the past as you can. When you feel complete, scan your body and your past memories for any situation that still brings up uncomfortable emotions or tension. Feel and heal whatever you uncover. If you think you don't have any triggers left, watch a romantic comedy or a dramatic film about a love relationship just to be sure.

ALLOW THE VOID

As you shift your beliefs and heal old wounds, it is common to feel an emptiness or a void. It is helpful to see this emptiness as a “space in between” levels. The frequencies that had been creating your reality are now gone and new frequencies are being implemented. The void is the universe catching up and rearranging your reality to match your new frequency.

It is vitally important to allow this space, and not fill it back up with old comfortable patterns. The void is an extremely feminine energy. It may feel like nothing is happening during this time. What is actually occurring, is your new reality is gestating in the cosmic womb of the feminine face of God.

The void is an extremely uncomfortable place for most people. Keep in mind that “this too shall pass”. I promise the emptiness will not last forever. Do your best to allow this “down time” as creation catches up to your new inner reality. To ease the discomfort, the following steps are things you can do instead of filling the void with potentially harmful quick fixes.

GET CLEAR

Take some time to get clarity about what kind of relationship you truly desire. If you only know the things that you don’t want, that’s okay. Make a list of those things and then find what would be the opposite of them.

REDISCOVER YOUR PASSIONS

Too often we sacrifice parts of who we are in order to receive love from others. Notice where there are passions you once engaged in that you have let go of in your past relationships. Understand that the things you are most passionate about are

indications of your most authentic self as well as your life's purpose.

Owning what you like and love to do will bring you closer to your truest vibration. As you maintain that more authentic frequency, it will naturally attract to you potential partners that are a closer match to it. You will find that you have to compromise who you are less and less to receive the love you desire.

BE AVAILABLE FOR NEW EXPERIENCES

If you keep doing things the way you have always done them, you will get the results you have always gotten. Stay open to experiences you've never had before. Be willing to expand your personal boundaries and explore new paths. If you are drawn to something or someone, explore it. Often times, the things we want to feel the most, come in packages we have never thought of.

Be open minded and do not fear the unknown. The unknown is simply the unknown. It is inherently neutral. We too often assume that something unknown means it's something bad or unwanted. However, it is equally possible that the unknown is something wonderful and absolutely perfect for you. The only way to know is to be open to new experiences.

Of course use your intuition always. Trust your gut when faced with new opportunities. The feeling of fear is a valid emotion. Just like other emotions, it is just a messenger. Fear alerts us to the possibility of danger. Acknowledge any fear that arises in an unknown scenario. Assess whether or not it is an intuition alerting you to possible danger, or if it's simply the ego afraid of something it cannot yet categorize.

Danger is real. Fear is not. Understand any resistance that you feel. It is not necessary to just “push through it”. Allow the fear or resistance and dig deeper into it. Take as much time as you need before making a decision. If someone is pressuring you or not allowing you time to work through it, that’s a definite red flag.

FOCUS ON HOW YOU WANT TO FEEL

When calling in new love, most people focus on what they want this love to look like. That’s okay as a first step. As a second step, translate all of those qualities into how they would make you feel once you had them. This way you will be speaking the language that the universe understands.

To manifest anything into your reality, you must first be able to embody the frequency of that thing. There are many ways to do this including visualizations and scripting. I will explain these and other methods in *Module Ten*. For now, try the following exercise to begin to embody the frequencies and feelings you want to experience in your new relationship. If you aren’t sure what real love is supposed to feel like, listen to “*What is Real Love?*” included with this book.

EXERCISE:

LOVE “POTION”

What you will need: Sacred space, a journal, and two tall glasses (one empty and one filled with water).

- ◆ *Create sacred space. If you need a reminder about how to do that, revisit Module Three.*
- ◆ *Take out your journal and begin recalling your past significant relationships. Begin writing all of the positive qualities that you*

loved about each one. Make sure you write them in terms of how it made you feel. Ex. "I felt loved. I felt safe. I felt excited... etc.

- ◆ Add any additional feelings you want to feel that aren't already on your list.
- ◆ Choose one feeling you've written down and focus on it. Close your eyes and breathe until you can feel that feeling and it's vibration clearly.
- ◆ Imagine that you are transmitting that frequency into the water in the glass. Just imagine the water absorbing the feeling. However you see it or feel it happening is just fine.
- ◆ Pour a bit of the charged water into the empty glass. Repeat the last two steps until all of the feelings you've written down are now in the once empty glass.
- ◆ Swirl the water in the new glass as you mediate and feel the composite frequency as one whole essence. Associate a word, color, or image to this new homogenized frequency.
- ◆ Slowly and purposefully drink the water. Imagine the molecules fully charged with the essence of your perfect love. Feel the molecules transferring this new frequency to all of the cells in your body.

This is just one method that may help you begin to embody the frequencies of your perfect relationship. There are many other methods. Virtually anything that gets you into the feeling of how you want to feel will work. If you encounter any disbelief that you can truly feel this way in a romantic relationship, examine your beliefs about relationships. Revisit *Module Five* and work through

those. Any deeply uncomfortable feelings or feelings of unworthiness may need inner child healing from *Module Four*.

Module Nine

ENLIGHTENMENT
FUNDAMENTALS



What is Enlightenment?

ENLIGHTENMENT 101

What and how to achieve enlightenment is a rather hot topic in the spiritual community. In my personal opinion, it is highly overemphasized as the goal of life. Enlightenment in its most basic sense means that you are aware and recognize that you are more than your body. You realize that there is something bigger than you, and the appearance of the tangible world around you is not all there is.

The more challenging practice of enlightenment means the ability to detach from the ego in such a way as to become a neutral observer of yourself and your life. This state reconnects you to the great “All That Is” and you no longer feel separate from existence. Enlightenment is considered a “purified” state, that many people spend their entire lives attempting to reach. The reason that so many chase this elusive state is to escape the suffering of human existence and the karmic cycle of reincarnation.

I feel that the desire to avoid human life is precisely why so many never actually reach the state of so called “enlightenment”. A better working definition is to bring illumination to that which has been hidden from view. In other words, bringing light to your

shadow self. The shadow self being your fragmented and separated parts hiding in the subconscious mind. The only way to do that is to dive deeper into life, not escape it.

Enlightenment to me is a whole lot like the importance of sex in a romantic relationship. When there is a problem with a couple's sex life, that problem takes up about 90% of the relationship. When the sex is good, it only makes up about 10% of what the relationship is about. Before "enlightenment" the confusion of life can cause a tremendous amount of suffering. Once a solid connection to the all that isness is formed, a trust in your true eternal nature diminishes much of that suffering.

Enlightenment is the experience and understanding that who you actually are is an eternal being always one with Source. Therefore the transient nature of finite human emotions, thoughts, and circumstances become like the waves of the ocean. While you remain in the calm and still depths of the sea of life. The waves will not cease nor disappear, but you will become more or less, impervious to them. Enlightenment's purpose is the end of suffering, not to escape human life as it is so often used.

Seek "enlightenment", sure. Seek connection to Source. Seek to always remember the Oneness. That's ultimately the point. Once you have had the experience and deep understanding of that which is called "God", come back down to earth and continue the mission you came here for. In reality, nothing is separate from Source. All is sacred. All souls and literally every thing in existence are one.

God is in every single piece of creation. Source is every where and every when. Enlightenment is about waking up to this fact and shifting from the ego's perspective to that of higher truth. All

things are individuated, but are not independent of the whole. Your pinky finger is a whole entire concept of it's own. It has it's own structure and function, it is not however it's own separate being.

The concept of "all oneness" is difficult to grasp for the waking human mind. One can only first approach the experience of God through a meditative state. Once you have practiced this state enough, you can begin to feel it in all things at all times. It is a sensation and experience that can only ever be eluded to. Anyone who says they can describe it perfectly, has not experienced it. God is unknowable to the mind, but I do believe God can be felt.

WHAT IS GOD?

Before we really dive down the rabbit hole of this particular module, I'd like to remind you that all spiritual teachings are translations of non-verbal frequencies. Therefore, any and all attempts to explain in words, the unknowable, will distort the information to some degree. For this reason, I've always preferred the Taoist viewpoint. I find it simple and without pretense. Simplicity helps prevents further distortion than is necessary. Consider this passage from the Tao Te Ching by Lao Tzu.

"The Tao which can be expressed in words is not the eternal Tao; the name which can be uttered is not its eternal name. Without a name, it is the Beginning of Heaven and Earth; with a name, it is the Mother of all things. Only one who is eternally free from earthly passions can apprehend its spiritual essence; he who is ever clogged by passions can see no more than its outer form. These two things, the spiritual and the

material, though we call them by different names, in their origin are one and the same. This sameness is a mystery, — the mystery of mysteries. It is the gate of all spirituality."

-Translated by Lionel Giles (1904)

The Universe, Source, God, Goddess, The Great Unknowable Tao, The Force...etc. No name can ever approach describing the indescribable. For our purposes, we will define God as the great unknowable force of creation, the *All That Is*, the substance which all things are made from. The trouble with trying to define the unknowable *All That Is*, is that anything anyone says that God is, is true.

God is all. *So is God love?* Yes. *Is God light?* Yes. *Is God jealous, evil, cruel?* Technically, yes. God is all things. All things are made of God. Therefore, literally nothing can exist without having it's root in source. Now, did God consciously create evil or evil doings? Who knows, but nothing exists outside of the *All That Is*. So even the darker aspects of human existence must then be included in the *All That Is* that is Source Energy.

THE ORIGIN OF CREATION

To begin to describe the origins of creation as we know it, let us once again revisit the *Tao Te Ching* by Lao Tzu.

"Tao produces unity; unity produces duality; duality produces trinity; trinity produces all things. All things bear the negative principle (yin) and embrace the positive principle (yang). Immaterial vitality, the third principle (chi), makes them harmonious."

-Translated by Dwight Goddard

There are many, many translations of the *Tao Te Ching*. Some of them vastly different. So you can see that there is the first issue of translating the unknowable, non-verbal information into language, then the added challenge of translating those words from one language to yet another.

You hear many talk about the “Oneness” or *All That Is, The Infinite One...etc.* However, to say that ‘*Tao produces unity*’ implies that Oneness emanates forth from the Tao. So the Tao is not the great Infinite Oneness. The Tao is beyond that, something else entirely. The Oneness can be conceptualized by the mind, talked about, studied. The Tao cannot.

There is a concept that teacher *Bentinho Massaro* refers to as “The Void”. The Void is the ultimate infinite feminine energy. The great nothingness from which the All That Is sprang forth. The Void is beyond infinite awareness, love, light, or the Oneness. Perhaps it is synonymous with the unknowable Tao. Perhaps The Void is the oneness that the Tao produced. Due to its extreme feminine nature, I suspect that the infinite light of awareness is the void’s masculine counterpart. They being the two. The one being the two in perfect union, and the Tao being something even beyond that.

Our discussion about the origins of creation will only address the Void to say that it is. We will begin our snapshot of creation from the masculine, active principle of the infinite. This active principle being infinite awareness of the All That Isness. To dig deeper into specific enlightenment techniques and teachings I highly recommend Bentinho’s free [Trinfinity Academy](#) available online.

Do use caution not to allow any enlightenment teachings to draw your focus too heavily into the subject. Enlightenment and

embodiment are equally necessary. With that being said, Bentinho's teachings on enlightenment are some of the best I have found. Osho's talks on enlightenment are also highly recommended.

THE "ALL THAT IS"

The All That Isness, the ultimate Oneness can be thought of as a force or a field. It surrounds and permeates everything. Nothing in creation is separate from it or made of any other substance than what it is made of. If something is the one infinite all, it cannot add something to itself, because there is nothing outside of itself to add. It cannot create anything that is not itself, because it wouldn't be all that is. How then is anything perceived as separate if nothing can be?

According to Hermes Trismegistus's teachings in *The Kybalion*, the nature of the universe is mental. This means that essentially, God is dreaming a dream in his "mind". Much like you dream of other people and worlds upon worlds, but they are not separate from you, and are made of and by you, so too creation is a "dream" in the "mind" of God.

The All That Is, is eternal. The practical application of enlightenment teachings is to recognize that you have not, nor ever could be separate from this infinite and eternal oneness. If your true nature is eternal, then death is but an illusion. You realize that only the body dies. You realize that there is something else that you are made of that is beyond the body and it's survival instincts, hungers, drives, and emotions.

It is a rare individual who has escaped the idea that we are an eternal soul having a human experience. The purpose of enlightenment teachings and techniques is for you to personally

experience this eternal nature within yourself. It is only through direct experience that one can access the shift in perspective needed to ascend beyond the suffering of the finite nature of the body and the ego.

You cannot use the mind or the body to arrive there. The mind nor the body can conceive of infinite, eternal existence. Therefore, mediation techniques can be used to suspend the identification with the finite parts of yourself and merge with the infinite. Yoga Nidra is an excellent practice for this purpose. Bentinho and Osho also have great techniques you can practice. To get you started, I have included a guided meditation entitled **“Connecting to All That Is”**.

In studying any subject, there will always be a point where the existence of something cannot be reasoned with. That’s because reason is of the mind, and the source of all creation is beyond the mind. Asking why something is, will eventually lead to the answer, “Because it is.” There will be nothing more that can be said. Creation is such a thing. We can speculate many possible reasons for creation. They would all be true in some way. However, the core truth of what God and creation is, is that it is.

The importance of meditation is stressed here as we continue through this module. Truth is beyond reason. Truth is beyond the mind, but truth can be felt. It is encouraged that you take all of the information presented and meditate with it. Ask your own questions and feel for the answers. Seek your own personal experience of God. Believe nothing. Experience and know.

THE PURPOSE OF CREATION

The purpose of creation is helpful to contemplate because it gives meaning to existence. Without a deep knowing of the purpose of life, many of us would end up wandering aimlessly. All of life is an expression of the infinite. The purpose of life could be said to be God experiencing itself through the reflections of his/her creations.

As you become more and more aware of yourself, God becomes aware of the specific and unique expression of itself through you. You contribute to the expansion of God's awareness by your very existence. There is no one else in all of creation exactly like you. Each and every one of us is a crucial component of the expansion of awareness of the one infinite all. In turn, you experience God by experiencing creation around you, for source is in everything. Everything you become aware of, God sees as new because your perspective is wholly unique. It is a symbiotic and necessary feedback loop.

THE NATURE OF LIFE

The nature of life is play. It is desire, expression, bliss, passion, and joy. God delights in all of creation. From the divine perspective nothing is judged as bad. All creation is worthy of unconditional love, acceptance, and celebration. This is why no divine power will stop you from making choices that feel bad to you. From a higher perspective, it's all good.

Any and all experiences you have, contribute to the awareness of the infinite possibilities that exist in creation. It is not required that you have experiences that you feel are positive for this to happen. All things contain within them the whole. So any experience, be it positive or negative, brings awareness to that

which it is and that which it is not, simultaneously. It does not matter to God what your experience of life is. Your life serves its purpose simply because it exists.

In order for you to have the most positive experience of life, it is helpful to embrace the idea that everything is worthy of unconditional love and appreciation. Knowing that Source delights as much in your failures as it does in your successes, may be annoying at first. However, if you can accept that everything is good from the divine perspective, then you can avoid the self-judgement that is actually the cause of your suffering.

If you can accept that life is play, then you will not be dragged down by seemingly negative situations. You can begin to celebrate all of life unconditionally, the way the divine perspective views it. Life will never be without its challenges or obstacles. Life will never be free of pain or negative emotions. When you shift your perspective to a higher vantage point however, you will see that any and all experiences are life affirming. See everything in life as confirmation that you are alive and you are fulfilling your purpose for being here.

Creation was designed to be harmonious and blissful. It is only our negative beliefs and judgements of what is good versus bad that make our experience of it otherwise. You are alive, and that is enough from the Creator's perspective. To get into alignment with the flow of bliss that life was meant to be is up to you. It is said that the knowledge of good and evil is what caused Adam and Eve to be thrown out of Eden. Perhaps this means that to restore heaven on earth, we must take the unified perspective that all is good and all is God once again.

THE END OF SUFFERING

Suffering is an experience shared by most humans at some point in their lives. It is said that 'suffering is a choice'. Most would agree that if they could choose out of the circumstance that caused their suffering they would have. I prefer to say that suffering is a choice of perspective. We cannot always choose out of a particular thing that is happening, but we can change the way we choose to relate to it.

FORGETTING YOUR ETERNAL NATURE

One cause of suffering is the forgetting of our eternal natures. We become identified with the finite and transient waves of life. We are victims to the tides and become like a sailor with no sails, thrashed about by endless storms. When we do not know that we are more than our bodies, our entire existence becomes a struggle for survival at all costs. When there is not a storm, we are feverishly preparing for one. There is no peace from this perspective.

Any experience or emotion that feels bad to the ego sends us into a panic. We become tossed about by the endless ups and downs of unwanted situations and avoiding discomfort. Our entire life becomes a rushing around to avoid or change these negative experiences. We do not act, but are in a state of constant reaction. In that state we do not feel free. We feel continuously acted upon by external circumstances, and that powerlessness leads to suffering.

The surface of the ocean is subject to the moods of the tides, the continuous motion of the waves, and the never ending passage of time. The sea of life is never at rest. If your focus remains on the surface, you too will never feel at rest.

Remembering your eternal nature shifts your consciousness away from the ever changing surface and places you in the calm quiet depths of the infinite and unwavering oneness. From that perspective, the endless waves of change cannot sway you. The real you is not affected whatsoever by the chaos on the surface. Staying aware and connected to this stillness no matter what is happening on the surface is the state of inner peace.

WANTING TO CHANGE WHAT IS

Another cause of suffering is wanting to change what is. '*It is what it is*', is a statement that many people are familiar with, but less truly understand. All things have an isness or core truth about them. The isness of a thing cannot be acted upon. When we try, we suffer. The isness of a thing cannot change. It is simply what it is. We can change our perception of it, or we can choose something else, but we cannot change what it is.

The trouble is that to see what something is at its core essence, we must be willing to see the truth of it. This means that we must remove what we think it is, believe it is, or want it to be. We must strip away all of our projections that we have placed upon it and be willing to face the truth of its core frequency. This is much easier to do with inanimate objects than with situations or people. We know that a banana will never be an orange. No matter how much we'd prefer to have an orange, or wish the banana to be an orange, it remains a banana.

It becomes much more difficult to accept that people or situations are what they are. We have a belief that people and circumstances can change. The truth is that only we can change. We must first accept what something is and then work with it from there. In the denial of what something is, there is no power to change it. Feeling powerless is one major cause of

suffering. Powerlessness creates the feeling of despair and hopelessness because it is so far away from the truth of our limitless and infinite nature. These feelings are simply alerting us to the lack of alignment with that truth.

We were given free will and the power to create worlds. However, one cannot change what was not made by him. The essence of all the building blocks of creation were made by God. They are what they are. You cannot change the essence of a thing. Your power lies in the choice of how you perceive it, and the power to choose another thing that is more in alignment with what you want.

You will always suffer if you are in resistance to the truth of something. You cannot, and will not ever change the isness of what something is. You can only accept the isness and move forward from there. The challenge is stripping away all ego perceptions from the thing before assessing what it is. You must relinquish your thoughts and beliefs about it, and see it in the purity of its essence. You must feel through it. The truth of a thing is in its vibrational frequency.

DISCERNING SOMETHING AS UNWANTED

The vibration of solitude is vastly different from the vibration of loneliness. The state of being alone is the same, however in solitude it is chosen and therefore positive. Loneliness is aloneness that is not chosen and therefore negative. The perspective of something happening, judged as unwanted, leads to suffering.

If you are alone, whether it is blissful solitude or unbearable loneliness is a matter of perspective. If the state is wanted, it is easy to accept and enjoy. If the state is unwanted, rather than

accept the state for what it is, we immediately resist the unwanted state. Because we cannot change what it is, in this case being alone, being alone becomes unbearable. We suffer in our aloneness instead of celebrating it.

If you could accept the state of being alone completely, without resistance, then you can make choices from that place to move towards a wanted state instead. Judging any state as unwanted and therefore wanting it to be other than it is is a recipe for suffering. I use the example of solitude versus loneliness because it is also a matter of perspective in relation to the divine.

ALONE VERSUS "ALL ONE"

When you first begin to connect to the *All That Is* and experience the *Oneness*, you may find any existing feelings of loneliness are exacerbated. This is because once you recognize that there is only oneness it feels like confirmation that you are all alone in your experience. Your mind tells you that if there is only one, then you are completely alone down here. It is just you and God. There is no other. You are absolutely and utterly alone.

That is only the ego's perspective. The *Oneness* is much better experienced directly through meditation because of this distortion of the ego. Meditation allows you to bypass the small mind's interpretation of what it means to be all one. This can take some practice, but eventually you will experience the oneness as all oneness and not aloneness.

Feeling alone is actually a state of separation from all that is. Reconnecting to the oneness shifts the aloneness to the experience of all oneness. It is a much different feeling. It is a bit challenging to put into words, so do experiment on your own with these concepts. Feeling all one and feeling alone are

perspectives you will oscillate between many, many times in your practice.

Feeling alone often comes from placing everything and everyone else outside of the self. Feeling all one happens when you reconnect to the reality that you are the *Oneness*. You are the singularity, within which exists all things. When we drop into the experience of separation, we feel alone. When we remember that there is only the *Oneness*, we accept the reality that all is within us.

This is a knowing that only comes through direct experience. Use the meditation provided in this section or find others that you resonate with. Seated meditation is a practice to help you reconnect you to the true reality of your being. Eventually, you will be able to reach this knowing whenever and wherever you are. Until then, be gentle with yourself. Learn to recognize when you are feeling alone versus all one. Find what works best for you to bring you back into connection when you begin to feel separate from the whole.

HOW TO FIND GOD

There are endless teachings about how to find God. I'm sure there are endless techniques that you can find out there if you'd like. I will only offer one. *You cannot find what was never gone.* That's right. You don't have to find God at all. God is everywhere and every when. The words on this page are made of the God substance. Your thoughts. Your dreams. Your car. Your hand. That leaf over there. That sound spilling through the window. God is in all.

All you have to do is stop for a moment and know that if there is only the *Oneness*, that all things contain and are made of that

oneness. Whatever you are looking at right now, just stop and marvel at what it is. Revel about the fact that it even exists. How wondrous and miraculous is it that it exists at all? From there allow your thoughts to find other things to ponder and marvel about those.

That intense awe and wonder, the overwhelming experience of bliss that you feel, that is God. That is the mundane transformed into the sacred. That is alchemy. That is transmutation. That is the elevation of the earthly realm reunited with its divine source. No you are not God as it is often misinterpreted, but you are made of God. Every cell in your body. Every molecule of everything from everywhere is made up of the same core material.

If the *Oneness* exists, then there is only one material that anything can be created from. That material God must be made of as well. So too are you made. To find God, you must only remember this and there he/she/it will be. Practice this until you can sustain the ecstatic state of oneness for a good amount of time. Once you can do that, come back down to earth.

COMING BACK TO LIFE

The part that too many seekers of enlightenment fail to realize is that once they have achieved the state they are seeking, they still have to live life. So many are looking for enlightenment teachings in order to spiritually bypass the struggles of life. Life however, is the whole purpose of existence. Life will continue to have struggles for you to overcome. Life will continue to provide obstacles and challenges to grow through. Negative emotions and unwanted circumstance will still occur. Life is what it is.

Enlightenment is only to help you end the needless suffering caused by distorted perceptions of who you are and what life was meant to be. Enlightenment teachings are to illuminate the veil of separation and bring you back home to your true eternal nature. Enlightenment brings you back to the "light of God". Enlightenment is not a get out of the "jail of human existence" card.

There is a Zen Buddhist saying that captures it perfectly. "*Before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water.*" The only difference is in the how you chop the wood and carry the water. Before it was likely a burden. You were wanting to reach the end goal. You were plagued by the passing of time and your own judgements of the task.

After enlightenment you remain completely present. You know that to chop wood and carry water is as meaningful and sacred as anything else you could be doing. The suffering of judgement and distorted perceptions are gone. That is what is meant by enlightenment ends suffering. It doesn't mean that you suddenly don't have problems or negative emotions. You simply are not affected to the point of despair, because all is one. All is sacred. All is God. Heaven is and has always been right where you are.

Module Ten

MAGICAL MANIFESTATION



Magical Manifestation

FREE WILL

Before we discuss how to consciously manifest, there are a few concepts that are important to grasp. The first being the nature of free will. It is said that we were created in the image of God. That we are creators as much as God is. We do in fact have absolute free will. We can choose and manifest absolutely anything we can imagine. Though I think to say that we are 'creators' is a misnomer.

Creation is finished. All infinite possibilities that could ever be, already exist. Otherwise, the *All That Is* would not be infinite. So if that is the case, we are not creators as much as we are selectors of experiences. We cannot create anything if everything already exists. The good news is infinite possibilities are available for us to choose our experiences from. It is a misconception however that we create anything. What we do is choose and select from the infinite possibilities already available to us.

We have absolute free will to choose from any and all possibilities. We cannot however, change what was already made. What that means is that every single thing in creation has its own unique frequency. If you don't want something, you cannot change the frequency of that thing into something you do

want. You must change what you are selecting in order to change your reality.

Furthermore, you did not technically create your own soul. That was created by the Creator. So it is both true and untrue that you can have and be anything you desire in life. You can absolutely choose any kind of experience and manifest anything in existence into your life. That does not necessarily mean that it is in the highest alignment with the truth of your own personal frequency.

The reason this book isn't just about manifesting techniques, is because of this often glossed over fact. You are who you are. You cannot change your core soul frequency. If you begin to choose what you want to manifest in your life, before you uncover a more authentic version of yourself, you will always choose wrong. Just look at how many rich and famous people are actually quite miserable in spite of their abundance.

Desire is what is meant for you calling you towards it. You want what you want because it already belongs to you. In some cases, we try to avoid something unwanted and we form our desires from that perspective. You only get more of what you don't want doing it that way. This is why it is so important to uncover triggers and past patterns of unwanted things we are trying to avoid. You must understand your desires and why you want what you want, before you can deliberately manifest them.

What you really want is to manifest a life that is a natural emanation of your core frequency. Those manifestation will then be effortless to maintain in your reality. Yes, you can manifest absolutely anything you can think of. If it happens to be too far away from your true vibration, it will take tremendous effort to maintain your own frequency in a matching state to that reality.

Nothing inherently wrong with that. Do what you want. I personally find it exhausting and so I no longer use that method.

For most of us, what we are looking for is peace and ease in our lives. Peace and ease come from aligning your manifestation efforts to your most authentic expression of yourself. That way, the reality you manifest will require zero effort for you to maintain. When what you ask for is in alignment with who you truly are, your reality will naturally grow and expand along with you.

HOW THE LAW OF ATTRACTION WORKS

The Law of Attraction is a universal law. It is essentially the basic coding for the program of the realm we exist in. This law states that like frequency attracts like frequency. This is true on the energetic level only. On the physical level, opposites attract. We will discuss the importance of that difference in the techniques section.

The Law of Attraction is always in operation. It is the delivery mechanism of creation. You select the vibration that you want to experience consciously or unconsciously, and the Law of Attraction matches that. It does so quite literally in fact. This law will not interpret what you really mean. It will only reflect back to you the frequencies that you put out as they are.

In reality, we have already manifested all things in all areas and regarding all topics of life. Whether or not the vibrational frequency of those manifestations matches what we prefer, is what we're actually working with. Any subject or topic of life you can think of, you currently have a manifestation present in that area. Even the lack of something is a manifestation of it.

Once you have examined an area of your life and decided you would like to improve your circumstance, all you are changing is the frequency of the manifestation that already exists. When you are born you are given a life. Every life contains within it all the different subject matters or key areas that make life work. These areas include things like home, children, work, love, sex, health, leisure...etc.

The presence, absence, or current state of any and all of these areas of life, already contain manifestations relative to your beliefs about those subjects. You do not create anything, but you can select the frequency or version of the experience of the thing you are thinking about. There really isn't anything you have to "manifest" in your life. The Law of Attraction has already brought you manifestations regarding all subjects that exist. You only now have to deliberately choose the frequency or vibe of the manifestations you'd like to see changes in.

We are selectors of experience. We do not create anything other than our own personal storyline of how we live our lives. All subjects in your life are already filled. If you don't like what you see in any area of life, you must shift your frequency in regard to that subject. The Law of Attraction will then bring you a new version of the manifestation in a vibration that pleases you.

In fact, to believe you must manifest or call something towards you, means you believe it doesn't yet exist or that you do not yet have it. The Law of Attraction will create a reality where it seems that those things don't exist for you because of this belief. Your subconscious mind will filter what you want out of view because the belief you hold is giving it the command "that thing doesn't exist". It could actually be right in front of you, but you will be blind to the option of choosing it. You therefore experience that

the reality you want isn't the one in front of you. Now you feel you must call what you want towards you or "create" it or "manifest" it. This reinforces the belief that it doesn't exist. You're now in a vicious cycle. This is why "manifestation" doesn't work for a lot of people.

There is nothing to create or manifest. There is only the reprogramming of your subconscious filters to be able to see the version you want. It's already there. If you want a dream home, you might feel that you don't have it. Yet, you have some kind of home. Even if you are homeless, you have some version of what one would call "home". The existence of home is already present. It is only the frequency or version of home that is not to your liking. Acknowledging that you have already manifested the subject area that you are wanting, will put you immediately into the frequency of "having" instead of "not having". From there it is only a matter of holding a specific emotional frequency to shift what you already have into the version you would most prefer.

The minute your dominant focus goes to the lack of what you want, your frequency follows. The Law of Attraction will reflect back to you the lack of what you want. The minute your dominant focus goes to what you have not being enough, your frequency follows. The Law of Attraction will reflect back to you not having enough. Your dominant focus determines the feeling of how your manifestations show up in your life.

Again, you do not have to create or manifest anything. You only have to choose what your experience in that area of life will be. Simply think about a subject. Your dominant feeling of it, is your dominant frequency regarding that subject. The dominant frequency you hold will match your current experience in that

subject area of your life. To change your experience, you have to change what you believe and feel about the subject.

This is why many of the teachings out there highly suggest monitoring your thoughts. Thoughts create beliefs and beliefs conjure emotional frequencies. The beliefs that you hold then dictate how the Law of Attraction/subconscious mind shapes your experiences of your reality. Understanding your emotions and beliefs is crucial to using the Law of Attraction in a deliberate way.

THE LAW OF RESONANCE

The Law of Attraction is a static law. It cannot be manipulated directly. The Law of Resonance however, is the law that we can work with to activate the frequency we want the Law of Attraction to return to us. The Law of Resonance states that any frequency, sufficiently amplified, will activate the vibration of all other identical frequencies. This is why passing thoughts with no emotional intensity rarely manifest. The frequency in question must be sufficiently amplified in order to activate the matching frequencies in all of creation.

A frequency can be amplified in two ways. One way is intense emotional or energetic focus. The other is sustained and constant focus over time. Your focus determines where the energy goes. If your focus is on the lack of something you want, you will amplify the frequency of lack. The Law of Attraction has no recourse but to reflect back to you that lack. Choosing which frequencies you want to amplify, allows you to utilize the Law of Attraction at will.

OTHER UNIVERSAL LAWS

While the Law of Attraction and the Law of Resonance are the main universal laws used in manifestation, there are other laws that may be helpful to understand on your journey.

THE LAW OF DECISION

The universe and your subconscious mind function in absolutes. If you are unclear, wishy washy, or undecided, you will get reflections of that indecision. You must make a clear, 100% solid choice that you want what you want. You also must agree to pay the price to have what you want. When your manifestation arrives, you must also make a clear and solid decision to accept the delivery of it.

A great metaphor for this is online shopping. You decide what you want and add everything to your shopping cart. If you do not make the final decision to go through the purchase process, the company will not do it for you. No matter how much you want those items, the company would never charge your account and send them to you without your confirmation.

Once you have made the final decision to purchase your products, you also agree to wait for them to be delivered. Once your items arrive at your door, you must equally make an absolute decision to accept that delivery. You must also decide to unbox your items, and to use them. Each step along the manifestation journey requires your participation with choice and action.

When we decide to buy things, we ultimately know that if we aren't satisfied, we can return them and choose something else. The same is true for manifestations. You are never stuck with something simply because you asked for it. If you receive your

manifestation and realize that you want something else, you can ask for something else.

A common reason we cannot come to an absolute decision about what we want, is because we don't know if we will like it once we get it. We worry that it may not be what we want after all, so we avoid definitively choosing it. There is no rule that says you have to keep everything you asked for. Choose the best that you can in any given moment. If with new information your desire changes somehow, that's perfectly okay.

We are ever evolving and expanding. With each new experience we get more clear about who we are and thus, what we want becomes more defined. If you have doubts about a desire, it's possible that you are attempting to know what you can't yet know about it. Figure out what you do know and base your decision off of those parts. Find the absolute yes from where you are. Accept the experience that comes, and formulate a new absolute yes, or absolute no, with your expanded awareness.

If you are having trouble coming to an absolute yes, examine your desires. There are more than likely conflicting desires, or you may be trying to make a decision based on unknown information. In the case of conflicting desires, use the exercises in *Module Five* to resolve them. If you are trying to make a decision based on unknowable facts, make a smaller decision based on what you do know. When you know more, you can make a new decisive decision. For example, there is no way to know if someone would make a good life partner when you first meet them. You can however decide if you'd like to get to know them better. Once you know more about them, you can decide if you'd like to date them. Once you date them for a while, you can then assess if they have good life mate potential.

If you are undecided in anyway, find where the absolute yes is. You may only be saying yes to part of it, which is why it may not be coming to you. Understand what parts you are saying yes to and what parts you are saying no to. Try to understand if what you are saying no to is a required part of what you are asking for.

If what you don't want is an integral part of what you do want, you will have to rework your perceptions of the unwanted parts. You can want to buy a car but you cannot refuse to pay for it. To have the car you must accept everything that comes with it. To have your manifestations, you often must accept everything that comes along with them, real or perceived. If you want to be wealthy but you don't want people to think you are greedy, those desires are in conflict.

No matter how humble or generous you are, some people will perceive your wealth as a result of greed. You must be willing to accept this and say yes to the possibility of this happening in order to be wealthy. It is what it is. Many of our desires come with such caveats. You cannot say yes to part of it and get all of it. Some things are faulty ego perceptions and can be reworked, others are factual and are what they are.

The take home message here is your decision must be absolute. If your decision is not absolute, you must uncover where the doubt or indecision is. You must find out what you are saying yes and no to. You must discern if what you are saying no to is required to have what you want or not. If it is, you will have to find a way to turn the no into a yes. At the very least, the no must be transformed into a maybe. Then the absolute yes would be the willingness to try it and find out if it can turn into a yes or not.

THE LAWS OF BELIEF & EXPECTATION

The Law of Belief states that whatever you believe, your reality will become. The Law of Expectation is quite similar, as expectation is born from belief. What you believe, you expect to happen, therefore it does. In truth, it is the Law of Expectation that anchors in the final command to the universe to bring you what you want.

You can believe you will be successful, but if you do not expect that it will happen, it still may not. Expectation is an absolute acceptance of what something is, or what you want it to be. Expectation utilizes the Law of Decision. You have thought or believed something. To now expect it means that you have decided it to be absolutely true.

When you are consciously manifesting, you must use the Law of Decision to choose what you want. You use the Law of Resonance to activate the desired frequency. Then you must anchor in that frequency with the Law of Expectation. Essentially, once you do your manifestation process, you must expect that your desired outcome will come to pass.

Expectation is an excellent tool to unearth hidden negative beliefs. You may be completely certain of what you want. You may be impeccable in your ability to impress your subconscious mind with the new frequency. When you get to the part where you move into the feeling of expectation, you may feel a sudden constriction. You may feel tension, resistance, or a feeling of untruth when you say to yourself what you expect the result to be.

Within those resistant feelings or energies are the deeper, negative beliefs that are keeping your chosen reality from coming

to you. If you cannot get to a place where you can expect that what you want is coming, ask yourself *why not?* Write down what comes up in your journal, and use the exercise in *Module Five for Clearing Negative Beliefs*. When you can get to a place of positive expectation without doubts or hesitations, your desired reality has no choice but to show up for you.

Faith is another form of expectation. Faith looks at what is unwanted and trusts with complete knowing that it can and will change. Hope on the other hand is not the same thing as faith. Hope is an incomplete belief. Hope looks at the unwanted of what is and wants it to change, but still holds the possibility that it won't. Hope is often the disbelief or resistance of what is. Hope serves us in times of despair. It is medicine. Like some medicine however, it is addictive and destructive when misused.

Hope saves lives. It is a stepping stone out of desperation and disempowerment. However, one must keep moving from hope towards complete trust and expectation through faith. Hoping something will change is a much different vibration than knowing something will change. Test it out for yourself. Think of a situation you'd like to improve. Hope or wish that it will change. Now have faith and know that it will change. Hope is expectation mixed with doubt. Faith is absolute expectation and trust.

THE LAW OF REFLECTION

The Law of Reflection states that whatever frequencies you hold within yourself get reflected back to you through people, things, and situations. The Law of Reflection is an excellent tool to examine what frequencies you have been transmitting to the universe. It is not always easy to know all the frequencies we hold within ourselves. We can however, see ourselves through the mirroring effect the Law of Reflection provides for us.

Absolutely anything that provokes you positively or negatively is pointing to a frequency that you have within you. Accepting this fact is part of acknowledging your complete power as the creator of your reality. It's not that others and situations are not what they are inherently, but you will see them as you are first. To clean the reflection, do the mirror exercise offered in *Module Eight*.

There is a common belief that how you end up feeling after an interaction with someone or something is the result of the interaction. The truth is that the interaction is a result of the feeling you didn't know you held about the subject matter. It can be frustrating to take full responsibility for this, but ultimately it is the most empowered one can be. Blame feels great to the ego, but it strips you of your true power.

To believe your feelings are the result, would mean that you are a victim of outward circumstances and the whims of anyone around you. This is simply not true. If you blame others, then you are giving away your power. You are saying that something outside of you created this negative feeling and therefore something outside of your control is the only thing that can fix it. That perspective is terribly debilitating. If on the other hand, you take responsibility for creating it, you can change it.

THE LAW OF DISCRIMINATION

Discrimination or discernment is not the same as judging something. Discrimination means clearly and honestly assessing what something is or is not by way of feeling through it. There is no value judgement placed on what you are observing, you are simply identifying it for what it is. You will need to use the Law of Discrimination in two ways on your manifestation journey.

The first is you must determine your frequencies regarding how you feel about the subject you'd like to improve. The second is that you must use discernment about people or situations that show up in your reality. Anytime you ask for anything, you will be presented with a number of options. Which one you choose determines the next set of options that you will receive.

Whatever frequency you say yes to is the path you are choosing. Whatever you say yes to, you will get more of. Use the Law of Discrimination to discern the vibrational differences between the choices available to you in any given moment. Always choose the one that feels like, is in the direction of, or is closest to feeling like the way you ultimately desire to feel.

So many people get stuck here. Options show up and they choose using their logical, ego mind. They want something and they want it how they want it. They choose the option that looks the closest to what they want. That will only work a small fraction of the time. The language of the universe is frequency. To communicate what you want more of, you must choose the option that feels like what you want. You have to use your intuition and your energetic compass, not your head.

You should not "following your heart" either, in the way many people believe. Your "heart" is the sense organ of your emotions. Emotions are created by beliefs, decisions, and experiences. You may look at an option and feel positive or negative emotion. Those "feelings" are not what you want to follow. You want to follow the feeling in the sense of what the energetic frequency that you "feel" or sense is. It is the objective essence of what someone or something is.

Something that is a yes from a vibrational standpoint, won't always match your emotions, or what you believe to be true. The

truth from an energetic standpoint is an actual frequency. Any and all options will either be more in alignment with the truth of who you are, or less. It is irrelevant what your emotions tell you about that truth. Therefore, it is both important to be able to discern the frequency of your own essence as well as determine the frequencies of what appears in your reality.

THE LAW OF GRATITUDE

Gratitude aligns you with the frequency of abundance. When you are in a state of gratitude, you are in the state of receiving. Gratitude exhibits trust and faith in the unconditional love of Source. In order to feel gratitude you have to be in a mental state where you are positively focused on whatever you are thinking about.

As you are positively focused, you are emitting positive frequencies. You cannot be in a state of gratitude if you are criticizing or negatively judging what you are focused upon. Gratitude instantly frees your vibration to flow in the natural direction of the truth of the universe, which is unconditional love, grace, and abundance. As your vibration soars and comes into alignment with the essence of Source, all of its power is available to you. To have the resources you need, all you have to do is “re-source”. Gratitude gets you back there instantly.

Gratitude is praise and acknowledgment of the abundant grace that is available to us at all times. Gratitude humbles us before the almighty power of that which created us. It gives credit where credit is due. If you could maintain a constant state of gratitude, all of your desires would come to you easily and effortlessly. The quickest fix for low vibes or negative emotions is to count your blessings. Do this regularly and your entire life will unfold in ways you can't even imagine.

THE LAW OF LOVE

Properly applied, the Law of Love is all you need. A firm belief that source is infinite love and therefore you are loved infinitely, allows for the faith that everything you could ever need will be provided to you without question. In fact, God withholds nothing. Only we keep things away from ourselves because of our beliefs and negative judgements that make us feel unworthy of our desires.

The unconditional love of source is literally unconditional. You are infinitely loved and found worthy as you are, right here and now. There is nothing you need to achieve or be in order to be worthy of the abundance of the universe. If you adopt the Law of Love, and truly know that the universe loves even the worst parts of you, you can potentially bypass the need to clear all other negative beliefs.

Fully embodying the Law of Love begets perfect expectation. If you know you are loved no matter what, then you know you are worthy and deserving no matter what. When you know this, there is no reason to ever expect anything but your highest good to flow to you. There would never be a reason to withhold from yourself that which is already freely available to you by God.

When you believe that you are infinitely loved, you believe that everything must be for your benefit. This allows you to remain in a state of gratitude even for perceived negative experiences. No matter what happens, you can believe that it is a positive sign that you are being lead in the direction of your deepest desires at all times. It may not always look like something you want, but you will maintain a positive perspective.

It is never what happens that shifts our vibration. It is always our perceptions and beliefs about what happens that change our frequency. More specifically, it is how we feel about how we feel that anchors it in. Feeling bad happens. Feeling bad is okay. Feeling bad is a natural reaction to certain stimuli. To feel bad about feeling bad is when negative judgement and negative beliefs transmit negative frequencies.

Anytime you judge yourself or others, you are not in alignment with the Law of Love. When you are critical or disallowing of yourself or others, you are not in alignment with gratitude. Anytime you are lost in fear based perceptions, you have lost touch with the Law of Love. Unconditional love is without condition. Judgement and fear say you are only worthy of love if you meet certain conditions. This is not the truth of Source.

MANIFESTATION METHODS

There are two ways one can approach the subject of deliberate manifestation. The first is *Choose Your Own Adventure*. The second is *Find Your Home Frequency*. Neither one is better than the other. They each come with their own particular benefits and drawbacks.

I do find that if you are new to deliberate manifestation or don't do well with the unknown, the *Choose Your Own Adventure* option is the best one to start with. Whichever approach you take will ultimately be a matter of taste, as well as what suits your personal goals.

CHOOSE YOUR OWN ADVENTURE

In this approach, you decide what experience you want to align with. Once you've decided, you find the frequency of that experience. You then come into alignment with that frequency by

impressing the subconscious mind with the frequency of the experience. You would then follow the rest of the steps outlined in *How to Consciously Manifest*, and repeat for any new experience you'd like to have.

The benefit of this method is that it is really fun to manifest specific things that you want. It is also quite helpful for perfecting your deliberate manifestation skills. Another benefit is that you can potentially bypass the deeper soul work of *Finding Your Home Frequency*.

The drawbacks are that there is a tremendous amount of trial and error. We aren't always clear about what it is we want. We may think we know what we want, but then we get it and realize we left some things out. There can be quite a bit of back and forth as you choose what you want and manifest it, then have to refine the experience and do the whole process all over again.

FINDING YOUR HOME FREQUENCY

Finding your home frequency takes the guess work out of choosing what you'd like to experience. In this approach, you uncover your unique vibrational essence. Then you simply maintain connection to that essence and allow the universe to bring to you all experiences that match that.

Finding your personal vibration requires more soul work than the previous approach. This approach is not about deciding what you want, it is about discovering who you are. As you embody your most authentic self, you surrender to the higher design of the perfect expression of your existence.

The previous modules in this book were to assist you in getting more in touch with this unique essence within. Hopefully, you

have already begun to notice a shift in what shows up in your reality, as you have become more authentically yourself.

The benefit of this method is that what shows up in your life will include things you didn't think to ask for. You will get what you never even knew you wanted or needed. You will receive manifestations that fulfill you more than what you may have chosen for yourself.

When we choose what we want, we often aim too low because we do not see our true magnificence. We also may choose what we think will bring us the experience we are after, but may be blind to other possibilities that are a much better match to it. Embodying your home frequency allows that which was created perfectly for you to come into your life.

The drawback of this method is that you will have to clear everything in the way of you feeling yourself clearly. You will have to be completely honest about who you are and what you like. You will have to overcome shame, fear, and embarrassment that keep you from expressing your most authentic self. You will have to have an impeccably tuned energetic compass, and be willing to trust the universe implicitly.

This path is the path of surrender to your higher design. This is the path of giving your life up to God. Yes, this can be scary. The good news is that in this case, God is simply your own higher self that already perfectly designed your life. From that higher perspective, your higher self can see all of the possibilities that you cannot. Rather than sifting and sorting through the trial and error of choosing for yourself, you can sit back, relax, and let your life magically unfold.

To assist you in aligning with your personal essence, use the meditation entitled “**Feeling Your Home Frequency**”.

HOW YOU CHOOSE YOUR REALITY

The experience you are having of everything in your reality you have selected using The Law of Attraction. This doesn't mean that you've done so consciously or would have willfully chosen what is in your reality at the moment. The fact still remains, that it is the frequencies you hold in regards to all subjects that determines your experiences of those subjects in your life. Experiences reinforce beliefs, therefore the rules by which your subconscious mind selects future experiences.

Your conscious mind is the experiencer and the selector of future reality. The subconscious mind is the fertile ground of the infinite possibilities that exist. The beliefs that you develop throughout your lifetime are the instruction code for the subconscious mind to filter those infinite possibilities into your personal experience of life. Beliefs are rules or decisions that are absolutes. The subconscious mind is unconditional and unbiased. Whatever commands it receives it delivers.

Experience often dictates what your beliefs become. For example, if your parents ridiculed you for being emotional, you may have developed a belief that people you love will make fun of you for expressing emotions. Your subconscious mind accepted this as a fact. It then forever treats that statement as a command. It will endlessly filter your reality to include the rule that “people I love make fun of me for my emotions”. Your beliefs determine what is true for you from a subjective standpoint. How close or far away they are from divine, objective truth, is how good or bad a belief will make you feel.

Thankfully, you do not need to know every little belief that you have that is creating an unwanted situation in your life. This concept is important to understand however, if you wish to understand why something you've been trying to manifest isn't showing up. Because beliefs illicit emotions, you can follow your feelings to uncover faulty beliefs and shift them. I will discuss this in more detail in the troubleshooting section.

HOW TO CONSCIOUSLY MANIFEST

In order to consciously manifest you have to *Define Your Desire, Impress the Subconscious Mind, Detach, Discern, and Troubleshoot* if necessary.

DEFINE YOUR DESIRE

What do you want to experience? More importantly, why do you want it? It is vital that you define your desires in a way that is moving towards an experience you want and not in avoidance of an experience you don't want. If you don't take the time to understand why you want what you want, you risk the possibility that you want what you want because you don't want something else.

Wanting one thing to avoid another, keeps your focus more upon what you don't want. The resulting dominant frequency on the subject will be the frequency of the unwanted. The Law of Attraction might shift your reality, but it cannot eliminate the unwanted feelings from that perspective. The frequency from which you asked for the thing was the frequency of the unwanted emotion(s). So if you get the thing you asked for at all, it will not feel the way you want it to feel.

You must accept the fact that you want any thing, person, or situation because you want to feel a certain way in the having of

it. It is an experience that you are wanting. The components or material objects that you are asking for, is how you believe you will get that emotional experience. It is vitally important to define your desires in a way that highlights the feelings you want to feel.

Again, make sure that it is a wanted feeling and not avoidance of an unwanted feeling. I'm iterating this point a lot, but that's because most of what we want is born out of unwanted experiences. It is quite common therefore to unknowingly remain focused in the direction of what caused the desire instead of the desire itself.

EXERCISE:

DEFINE YOUR DESIRE

To help *Define Your Desire*, grab your journal or a piece of paper and ask yourself the following questions:

What do I want to manifest?

Write the person, thing, or situation you are desiring. *Ex. "I want to manifest a healthy, loving relationship, my dream job, a new house...etc"*

What unwanted experience has led me to want this?

Write your negative why. Identify the unwanted or negative experience(s) that have led you to wanting the improved situation. *Ex. "I'm tired of being in abusive situations, of not having enough money, of being alone...etc"*

How have these unwanted experiences made me feel?

Write down the dominant negative feelings of the unwanted experiences!. *Ex. "My ex made me feel unlovable, disrespected*

and unappreciated.” “Not having enough money makes me feel like a failure, like I can’t provide for a family, like I have no freedom.”

What are the opposites of those feelings?

Write down the feelings you’d prefer to feel. If you have trouble, get a thesaurus and look up the antonyms for each negative feeling. Choose the positive feeling that is closest to how you want to feel instead. You will know which word is the right vibration by a gut feeling or sense of excitement.

Ex. The opposite of unlovable could be loved, cherished, adored...etc. The opposite of disrespected could be respected, honored, uplifted...etc. The opposite of feeling like a failure could be, successful, accomplished, confident...etc.

Combine what you want to manifest with the feelings you want to feel.

Ex. “I want to manifest a healthy loving relationship because I want to feel adored, cherished , respected and appreciated.”

“I want to make more money because I want to feel accomplished, successful, and free.”

Write down as many positive emotions that are important for you to feel in your new situation.

Do I believe this is possible for me to have?

You don’t have to believe 100% that it’s possible. If the answer is yes or *maybe*, then move on to the next step. If the answer is *no*, ask yourself why you think it isn’t possible. Talk yourself through it. Find examples of other people who have what you

want. Revisit *Modules Four* and *Five* if your resistance is particularly sticky.

If you're still having trouble believing in the possibility, sometimes moving on to the next step will help shift that. Do the next process and then come back to this question, and see if your answer has changed. If the answer is still no, dig deeper into your beliefs using the exercises in *Modules Four* and *Five*. You can also utilize the process in the next section, to imagine a reality where you do believe it's possible.

IMPRESS THE SUBCONSCIOUS MIND

Now that you've gotten clear about what you want and why, you can impress the subconscious mind with the preferred experience in that subject area. Every experience leads your conscious mind towards an interpretation of what that experience means. These conclusions create beliefs, and beliefs dictate your reality. The good news is that the subconscious mind cannot discern between imagined and real experiences.

You can simply imagine a desired experience as if it has already happened, and the subconscious will accept that new experience as the new command. It will then begin to filter your future experiences based on the new beliefs formed through the imagined experience. This method also works for past situations. You can rewrite your past, by imagining scenarios as you wanted them to be, instead of how they were.

Feelings and beliefs are inseparable. Feelings are responses to thoughts and beliefs. Beliefs can also be a result of placing meaning on emotional responses. That emotional response however, was almost always caused by a thought or a belief first. This is why it is difficult to unravel sometimes. Most believe

that they have negative beliefs about a subject because they have had negative emotional experiences regarding that subject.

What actually happened, is that a negative belief was formed based on the initial experience. That belief then caused the initial emotional response. The emotional frequency of that response became the dominant frequency regarding the subject. That dominant frequency, through the Law of Attraction, attracted similar feeling experiences that lead to the reinforcement of the negative belief. The reinforced negative belief, reinforced the negative emotional frequency.

Thoughts and beliefs precede emotions. The emotional response you have regarding any subject is directly related to how true the thought you have about the subject is, from a higher perspective. Changing your thoughts and beliefs will change your emotional experience about that subject. Changing how you feel about a subject will also change the frequency that the Law of Attraction will reflect back to you in that area of your life.

You have a dominant belief, and therefore a dominant feeling about all subject matters. The combination of these feelings about each subject is what creates your overall dominant vibration. Any activity that helps you maintain a positive emotional state, will move your experience of life in a positive direction. Common methods include visualization, vision boards, watching movies, or simply living in a conscious state of gratitude.

The most important aspect of impressing the subconscious mind is the feeling state that you reach. Whatever method that works for you to achieve feeling how you want to feel will work. You can change your beliefs to change your feelings. You can

also deliberately feel certain feelings and the Law of Attraction will bring you matching thoughts you can use to form new beliefs. You can also choose to think different thoughts until you believe them. This is the concept behind doing affirmations.

The point of the next few processes is to recreate as real of an experience for your subconscious mind as possible. This will override any past experiences that have left you feeling less than positive about the subject. Those past negative experiences, have left your subconscious mind impressed with commands that perpetuate negative manifestations. Giving it a new experience allows you to change those commands into beliefs and feelings you'd prefer. In order for the subconscious mind to believe that what you imagine is real, you will want to keep the following things in mind.

Visualize as if you already have the thing you are wanting.

“*Live in the End*”, as Neville Goddard says. The subconscious mind must register it as a past experience. If it has already come to pass, then it must be true. If it believes it is true, then it will act and select your new reality accordingly. Whatever it is you want, imagine that you have already had it for some time.

If you want to be happily married, imagine celebrating a wedding anniversary. If you want a new job, imagine something that would happen only after you've been working for a while. Imagine how you would feel, who you would be, and what you would be doing if you already had what you wanted.

If you imagine the middle or the beginning, you will likely only manifest the middle or the beginning. Remember the Law of Attraction, as well as our subconscious minds, are quite literal. Be specific and deliberate about what you are visualizing. You

are staging an experience as if it was real. Make it as realistic as possible.

If you were already married to your dream lover, you wouldn't be worried about whether they were going to ask you out, or if they were going to text you or not. *How would you feel? What would you be thinking about? What would you be focusing your attention on?* Include this in your scenes.

Visualize in the first person.

You must step inside the scene and feel directly through all of your senses. Unless you are manifesting something for someone else, do not watch the images like a movie. If you take a third person perspective, observing from the outside, you may manifest the scene for someone else instead.

Some manifestation coaches disagree with that. It is true it may work for you no matter which perspective you take, as long as the feelings you conjure are strong enough. In my opinion, it makes more sense to experience the scene exactly as you would in real life. Feel free to experiment, however. Use whatever works best for you.

Use all of your senses. Include mundane details.

In real experiences we see, hear, touch, smell, and taste our surroundings. We also notice consciously or otherwise, little nuances of the scene. The more of these you include, the more your subconscious mind will accept the scene as real.

Pre-plan the scene.

This step is helpful to provide your visualization with a seamless flow. If the scene you are imagining doesn't flow well, the

subconscious mind may not register it as a real experience. Decide on a short scene that acts like a memory of the experience you want to have.

Who is there? What are you doing? What are you thinking? What are you/they saying? What do you see, hear, feel, taste, and smell?

Memorize the scene, just like if you were an actor. Then “act out” the memory as if it was a real experience that has already happened to you. You can act out the actual scene or you can even imagine a conversation with someone telling them about your new happy situation. Anything you would be doing after you have what you want will work.

Feel a sense of fulfillment.

If you really did experience what you are imagining, you would feel a natural sense of fulfillment and satisfaction. Make sure that your imagined scene leaves you feeling as if you truly did have the experience.

Sedate the conscious mind.

In order to access the subconscious mind, you must quiet the conscious mind. If the conscious mind is too active, it will continuously give you reports of “reality” and facts, that are contrary to what you are wanting to imagine. You will imagine your desired state and the conscious mind will tell you that it’s not true based on the “facts” around you.

Immediately before bed, or first thing upon waking are excellent times to do these exercises. In moments just before or after sleep, you are naturally in the proper brain wave state to access the subconscious. You can also induce this state at anytime you

wish. To do that, you will want to get into a relaxed, semi-meditative state. Take several deep breaths. Soften your entire body and imagine that you are falling asleep. Once you feel completely relaxed and a bit dreamy, proceed to one of the following exercises.

VISUALIZE THE SCENE

Once you are in a relaxed state and your mind feels focused and present, play through the scene. Experience it as if it were a fond memory of a past experience. Remember what you saw. Remember what you heard. Remember something you smelled. Remember some small details, like a crack on the wall or dust on the car.

A lot of people imagine the scene in the now. I personally have found that challenging for my conscious mind to allow. Imagining that I'm remembering a scene from the past works much better for me. Try it both ways. As long as you have the feeling of fulfillment, like it really happened, you're doing it right.

Make certain that you include the feelings that you want to feel that you uncovered in the last desire exercise. What the scene looks like is not nearly as important as how it feels. Conjure those feelings and focus on them. Magnify them until you are overwhelmed with gratitude for how amazing it feels to have and be what you desire.

If you have a specific person or scenario that you want to imagine use that. If it's too difficult to imagine, or makes you feel some doubt, simply zoom out and get more general until you can feel the feelings without interference.

If you have imagined well, the feelings that you felt while imagining the scene should linger for some time after. There will

not be immediate physical evidence of your manifestation coming to pass, but feeling the feelings is already a manifestation. Know that you have successfully impressed your subconscious mind and there is nothing more you must do.

If those feelings go away, and you start to feel more like the state of not having what you want. Repeat the visualization. As long as you feel closer to the way you want to feel, it's working. Once you can maintain the feeling in your present reality, then it's inevitably on its way. Live in that feeling and it must show up in your reality. It is law.

SCRIPTING THE SCENE

If you struggle with staying focused with purely mental visualizations, scripting may be a good method for you. There is also something to be said for putting pen to paper. It takes the energy out of the ethers and drops it into physical form.

In scripting you simply write a story, like a diary entry of the scene you wish to impress upon your subconscious mind. Write it as if it's happening right now, or like you are remembering a scene that happened from the past. Include all the details and feelings that you would use for a mentally imagined scene.

GRATITUDE

No matter what method you choose, gratitude is the best vibration to be in. To have gratitude for something means it has already come to pass. Not only that, but you are giving praise to the most high for the abundance and grace bestowed upon you. Maintaining a consistent frequency of gratitude will magnetize your desires to you that much faster.

Find ways to be grateful even for hard lessons and challenges. Acknowledge that you are thankful for how those experiences shaped you, and allowed you to grow and expand. Find any and all reasons to connect to the abundance that is all around you. To help you get into the feeling state of gratitude, make a practice of counting your blessings daily.

To use your gratitude list as a manifestation tool, include the desires you want to manifest as if they have already happened. Begin with the things that are already in your life. Then, give praise to God or the Universe for bringing you the things you want to manifest as if you are already in possession of them. Make sure to include being thankful for how easy and effortless the process of fulfilling your desires unfolded.

DETACH

After you have felt the satisfaction and fulfillment of impressing your subconscious mind, it is vitally important that you detach. You must “*Let go and let God*” so to speak. This is usually the most difficult step for most people on their conscious manifestation journey. Keep in mind that you are not releasing the wanting of your desire, you are only letting go of the belief that there is more to do for you to have it.

You are co-creating with the divine. Your part of the co-creation partnership is to select what you desire and impress your subconscious mind with that desire. How and when it comes to pass is the work of the Creator to orchestrate, not yours. You must have complete faith and trust that your desire has been communicated, and the universe has in that very instant begun to rearrange your reality to bring it to you as quickly as possible.

If you were able to conjure the feeling of satisfaction during the impression phase, know without question that your desire has been received. Detaching means that you move on from the asking phase and begin living in the gratitude phase of your desire being delivered to you. Once you have impressed the subconscious mind, you can be confident that it is done.

To be truly detached you must ask yourself what you would be doing and where your focus would be if you already were in possession of what you asked for. Live as you do in the night before dawn. You do not question or worry if the sun will rise. You do not pray incessantly or visualize the sun coming for fear that it won't. You know the sun will rise even though you cannot yet see it. Be as sure that your desire is on its way and nothing can stop it.

Detachment with small desires is often easier. They don't matter too much whether they happen or not, so you naturally shift your focus to something else and forget about it. Sooner than later those fleeting imaginings show up in your world. Bigger manifestations or deeper desires matter to us so much more. We focus on the need of it and fear that the absence of it means it isn't coming. If it is something that you feel you need in order to feel better, you will remain too attached to the arrival of it.

In that attachment you give too much attention to the absence of it and start micromanaging how it might arrive. This negative focus is the very reason many of our deeper longings seem to take so long or never manifest at all. They are not any more difficult to manifest than the less meaningful desires that come so easily. It is just that the level of need we attach to "more important" things makes us anxious about whether or not we will receive them.

If your sense of wellbeing is intertwined with something you want that you do not yet have, you feel bad in not having it. You feel bad because you are focused on the lack of it. If you have manifested a negative emotion due to this negative focus, the Law of Attraction can only bring to you the matching frequency of that emotion. It does not matter how much you want what you want. It won't matter how much you visualize or pray for it. If you feel bad not having it, you cannot magnetize a better feeling version to you.

Detachment in this sense means letting go of the belief that you must have what you asked for to feel good. You can want it. You can want it deeply. You must however want it because it will give you more of what you already have. If you want it because you need it to give you something you do not have, you will manifest not having it.

Once you have made your request by impressing your subconscious mind, find the feelings you want from your manifestation that are already present in your life. Realize that you already have some version of those feelings and magnify them with gratitude. If you want more money, be grateful and appreciate the money you already have. If you want true love, find love that already exists and feel gratitude for that. If you look at what you already have and feel bad because it is "*not enough*", you will emit and attract the frequency of "*not enough*".

This takes some practice and conscious attention to what you are thinking about the subject that you want to improve in your life. Your focus determines which frequencies you are amplifying for the Law of Resonance to activate the Law of Attraction with. Be mindful about what you think and how you feel about other people that have what you want as well. You may think you have

positive feelings about the subject, but if you feel jealous or resentful towards others who have what you want, you may be emitting negative frequencies without realizing it.

Being grateful includes feeling gratitude for others having the things that you want too. Instead of allowing their having it to turn your focus towards your lack of it, celebrate that they have it. Use it as evidence that it is absolutely possible for you to have it since they do. We are all one at the deepest core of our beings. Celebrating what others have and feeling gratitude for their blessings will soon spill over into your own life as well.

Another aspect of detachment that is key is remaining open to what it will look like when it arrives. In my experience, as you begin to consciously choose and ask for things to show up in your reality, you will become aware of things that look like what you want, and things that feel like what you want.

Often times, how you want to feel, doesn't look like what your mind thought it would look like. If it did, what you have chosen before would have already felt like how you wanted to feel. This is most evident in romantic relationships. We choose people who check the boxes of what we believe will make us feel how we want to feel. When the list we made doesn't equal the feelings we want, we get confused.

The ego mind takes the feelings that you want to feel, and immediately constructs an image that it believes will equate to giving you those feelings. That image becomes what you think you need to feel what you want to feel. The trouble is that your ego only has access to a limited perspective. The scope of the infinite possibilities that actually exist, are beyond the ego's knowledge base. The ego only has access to scenarios that you have experience with, or ones you can imagine. It creates the

best picture it can with what it knows. It is however, unaware of possibilities that may be more perfectly in alignment for you, because they fall outside of the options it can conceive of. The Law of Attraction speaks in frequencies, not pictures. It will bring to you an exact match to the frequencies you asked for. That exact match of frequencies may not match the image in your mind.

In my experience, it isn't far off and it is never unpleasing. However, if you don't detach from the image in your mind, you may miss the mark. You will choose a manifestation based on your eyes and not your vibrational senses. You will have the right picture, but it may not feel how you want to feel. At this point you may feel like the process isn't working. Had you let go of the picture and used your felt senses, you would have realized what you asked for was there all along.

DISCERN

The key to not getting stuck on your manifestation journey is proper *discernment*. Discernment is the ability to judge clearly what something is and is not. This means the ability to determine your own frequency at any given time, as well as the frequency of people and circumstances that show up in your reality.

As soon as you do any kind of manifestation process, options begin to present themselves almost immediately. You must not use your eyes or look for the picture you imagined. You must first discern the frequency of anything that appears. Essentially this means feeling into the person, thing, or situation, and honestly assessing if it feels how you want to feel, or is at least in the direction of how you want to feel. If it shows up, feel it out. Feel it out even if it doesn't look like what you thought you wanted it to look like.

Discernment in this case is a felt sense. You cannot trust what you see. You cannot trust what it looks like on paper. You cannot trust what it looks like on the surface. You can only trust what it feels like. The caveat here is that you have learned to recognize when you are triggered and projecting, or if you are present and feeling the true essence of what's in front of you. You must be able to discern the difference between those things first to get an accurate reading.

If you feel into something and you are actually feeling a memory of a past experience, you will judge it incorrectly. You may miss out on receiving the very thing you have asked for because you mistook the triggered feelings you projected onto it, for the real frequency of what it is. Discernment is an art unto itself. Revisit *Module Two* if needed and practice *Tuning Your Vibrational Compass*.

I have a theory that everyone receives into their reality exactly what they ask for rather quickly. The inability to discern between what looks like what they want and what feels like what they want, is what keeps people from seeing that their manifestation has arrived. The ego insists on following the path it believes is the way. Your senses are attempting to lead you closer to what you want. These may not be the same path. They often are not. Follow your vibrational compass at all times.

Using discernment on yourself is also important. Once you ask for something, the universe instantly sends you a path to get to it. As you make choices and move forward, you must notice if the way you've chosen is feeling more like you want to feel or less. The universe is guiding you towards your desire at all times. If you feel more like how you want to feel, you are heading the

right way. If you start to feel less like how you want to feel, you made a wrong turn somewhere.

TROUBLESHOOTING

If you have done all the above steps correctly, you should begin to see signs moving you towards your goal pretty quickly. Some manifestations do take more time than others, but if you feel like the process has stagnated, below are some reasons it may be happening.

The most important thing to remember about any of these issues is to be gentle with yourself. Making mistakes will not mess up your manifestations. Simply acknowledge any resistance or slip ups and course correct. If you feel bad or beat yourself up about it, it will take that much longer to get back on track.

CONFLICTING DESIRES

Conflicting desires are often the main reason manifestations don't come to pass. Ask yourself these two questions:

◆ *What do I not want, that I think having my manifestation will come with?*

◆ *What do I want, that I think having my manifestation will not let me have?*

Wanting or not wanting something that is in conflict with your desired manifestation will keep it from coming to you. You must honestly answer these questions and find a way to resolve the conflict. Utilize the exercises in *Modules Four and Five* to clear these conflicting desires.

NEGATIVELY FOCUSED

Remaining positively focused can take some practice. In problem solving, it is important to understand the problem in order to find a solution. In manifestation, focusing on the problem will only perpetuate the problem. Notice if you have been inadvertently trying to problem solve your way to getting your manifestation. Ask yourself these questions.

◆ *Am I focused on what is happening right now?*

◆ *Am I focused on what I want to happen?*

If you are focused on what is happening right now, you are negatively focused on not having what you want. Perhaps you are attempting to remind yourself of the problem so that you can solve the issue yourself. Solving it is God's job. Let go and distract yourself with something else.

Perhaps focus on manifesting a smaller desire. Shift your thoughts to what you want to happen instead. Count your blessings. Focus on something that already feels how you want to feel in having your manifestation. Take a nap. Do anything to get your mind off of the problem and focus on feeling how you want to feel.

STILL ATTACHED

We can often feel like we detached immediately after we do the manifestation processes. After some time goes by and the manifestation does not come to pass, the old feelings of need resurface. The truth is usually that we suppressed the need and did not resolve it. This too is a matter of mental discipline.

Remind yourself that you are completely whole even without this manifestation. You want it, but you can feel good without it if you

had to. Do not give anything outside of yourself power over you. Sometimes there is a deeper need that requires some inner child healing before one can detach fully. Remind yourself that you are not less than without this manifestation. If that doesn't shift your feeling state, revisit the feeling of need using the *Inner Child Healing* in *Module Four*.

We can also get into a needy place when we are not taking care of ourselves enough. Go back to *Module Three* and re-kindle your self care routine. Pay attention to your animal self and make sure it has what it needs as well. Get back in touch with your senses and spend some time with your passions and hobbies.

NOT COUNTING YOUR BLESSINGS

This one is similar to being negatively focused. When you aren't taking the time to count your blessings, you aren't living in the frequency of gratitude. When you aren't feeling grateful, it is usually because you are focused on what you don't have. The quickest way to align yourself with the abundance of the universe is to get into the state of gratitude.

Again, gratitude is a practice. If you've lost your way, just start where you are. Look around you and name ten things you like. Anytime you go anywhere for the next few days, name five to ten things you like as soon as you arrive. Maybe, make a new commitment to your gratitude journal, or start one if you don't have one already.

YOU'RE LOOKING FOR THE PICTURE

If you are still in the habit of choosing the option that looks the most like what you want, you may be missing the option that feels the most like what you want. The ego is stubborn. It is strongly identified with what it wants. However, the ego doesn't

understand frequency. It will fight for you to choose the picture over the feeling.

You must consciously choose to follow the feelings and let go of the picture. This can include having to let go of wanting a situation to be something it isn't, instead of trusting that it may be something else that is really the answer. This can be a painful process. It is the ego that has trouble letting go. The feelings are the most important thing. If a manifestation presented itself to you and it looked like what you wanted, you likely attached yourself to that.

You must honestly discern whether or not it really feels like how you want to feel. You must learn to walk away from anything that doesn't feel that way. Yes, it is frustrating and disappointing when you explore an option only to have to let it go. If it doesn't feel like how you want to feel, it isn't it. You have to detach and trust the path. Keep going. Don't stop until it feels like everything you asked for.

IT NEEDS MORE TIME

Depending on what you have asked for, there may be significant elements that need to be rearranged for it to happen. When you ask for something handmade, customized with rare materials, it takes longer doesn't it? Some manifestations are like that. Feasts just take longer than sandwiches. It is what it is. This is what I call process timing. Everything you ask for is instantly created in its energetic form. Certain things however require a certain amount of time to be formed on the physical plane. This timing differs depending on what it is.

Timing in another sense, is more about vibrational location than anything else. Some people need more time and more

experiences to move from their current vibration to the one where their manifestation exists. Some jumps are too vast for the psyche to process well. Or perhaps the soul is interested in, or needs other lessons along the way to be ready for what you asked for.

Sometimes there are actual physical skills that are needed to achieve what you want. Getting from where you are to where you want to be has to happen in a natural way. Sometimes there are a tremendous amount of moving pieces to get you what you want. Some things just take longer. They just do. Use your intuition with this one. Do you just need to give it more time, or is there something else in the way?

YOUR DESIRE CHANGED

We are ever evolving beings. The more you dive into uncovering your most authentic self, your desires may change. As you heal trauma and destructive patterns, your desires definitely change. What you asked for or thought you wanted, may not be the same as when you did your manifestation process.

Go back and *Define Your Desire* again. You may find that your desire is more refined now. Maybe there are new feelings in the mix. Perhaps what you want is completely different all together. Maybe the new desire is in conflict with what you asked for. If that's the case, resolve the opposing wants and your manifestation will be freed up to flow to you once more.

YOU NEED MORE PRACTICE

Asking for what we want and need is easy. Defining and refining is a bit more in-depth. Recognizing when it shows up as well as speaking the vibrational language of the universe takes practice. It just does. So many of us were taught that the more we want

something, the more we have to work for it. Therefore, detachment becomes more and more difficult the more we want something.

As we fail to detach, through erroneous beliefs about the process, manifestations get delayed. As manifestations become delayed, we believe more and more in the erroneous belief(s) that caused the delay in the first place. We essentially lose faith that simply finding vibrational alignment is enough.

We end up efforting too much. We attempt to “fix” the issue by overthinking, analyzing, or problem solving. We try to micromanage the way our manifestations will show up. We try too hard to “fix” ourselves because we think maybe we are doing something wrong. We start to manipulate life instead of living it authentically. Learning to catch yourself when you have shifted to a negative focus doesn't often happen instantly.

It takes practice and a decent amount of discipline to keep yourself in the receptive mode for your manifestations to flow into your reality. The truth is that the minute you asked for something, it was already on its way to you. The more you want it, unfortunately the more anxious you will be about whether its coming or not. Like attracts like on the energetic realm. In the physical, opposites attract. If you want to have something, you must let it go.

You must learn to do a whole lot less. As in all but forget about it completely. Coming into internal alignment and trust that what you want is coming is the only thing that will make your manifestations arrive effortlessly. Learning to stop yourself and turn to gratitude when you're vibe dips low, takes practice. Learning to identify and release resistance also takes practice.

YOU'RE JUDGING YOURSELF

The concept that your thoughts become things, leads many newbies to the Law of Attraction to freak out whenever they have a negative emotion. This misunderstanding leads to the ever pervasive “spiritual bypassing”, creating imbalance in the world at this time.

Negative emotions don't interfere with your manifestations. Feeling negatively about having negative emotions does. In other words, judgement is the opposite of the vibration of gratitude. You cannot be in a receptive mode of abundance if you are closed off by judgment. Judgment is the vibrational act of condemning or pushing away something that is unwanted or perceived as “wrong”.

Judging yourself, others, or circumstances as unwanted, pushes them away from you. However, you cannot separate yourself from anything. Everything is you. Radical acceptance and compassion are the only cure for the energetic and mental separation created by judgement. What you want cannot flow into your life if you are closed off to that flow.

Accept everything. Allow everything. Condemn nothing. Discerning that something is not to your liking, is not condemning it. If you don't like onions, you simply do not eat them. You wouldn't start an online forum to complain about and unite others in the fight against onions. You do not believe that onions should not exist simply because you do not like them.

Don't do this with anything else. Everything exists because someone wants it or needs it. You are not the only human having an experience in this world. If you do not like something, it isn't yours. It's not for you. Leave it alone and focus on what you do

like and what is for you. Letting go of the need to condemn what you judge as negative, will open up your energy again to the flow of abundance that is always present.

Module Eleven

PUTTING IT ALL TOGETHER



Continuing On

The Goddess Path

PUTTING IT ALL TOGETHER

Each module of the Goddess School is one building block to pave the road you will walk upon for the rest of your life. You will need each and every concept laid forth for you as you continue along the Path of the Goddess. Each concept has layers upon layers that you will revisit again and again. Keep this book handy and refer back to it often.

Life is a practice. You will learn. You will grow. You will expand. Then, as you reach a new level, you will begin again at the beginning of that new level. As you navigate through each new stage of life, you will use these concepts and exercises once more. The flow of life is constantly in motion. If you ever feel stuck, I guarantee that something in one of these modules is the answer to get you moving again.

You will want to spend quality time learning and practicing each module's concepts. Integrate them into your own personal tool box. Feel free to do this in any order you'd like. Start with the concepts that interest you the most. You will begin to see how they interact and play off of one another the deeper you go. If you are tempted to leave out some of the concepts, I encourage you not to.

I've included all that I have included in this course because I personally use the tools in each and every module regularly. I have attempted to include only the core necessities without much if any trivial "woo woo" stuff. Each concept presented is, in my experience, essential to mastering life. To give you an idea of how to practically apply these building blocks, here are some examples:

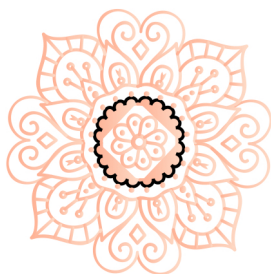
- ◆ *Lost touch with who you are? Need to make a career change? Module One - Meet Your Goddess Self*
- ◆ *Made choices that turned out not so great? Need to know which way to go next? Module Two - Intuition and Energy*
- ◆ *Feeling burnt out or stressed? Module Three - The Art of (S)elfish Selfishness*
- ◆ *A person or situation triggers old or deep wounds? Feeling a negative emotion for "no reason"? Module Four- Inner Child Healing*
- ◆ *Having inner conflict about something? Feeling like you are engaged in self-sabotaging behaviors? Module Five - Desire*
- ◆ *Feeling uninspired, unfulfilled, low libido? Lost the joy and magic of life? Module Six - Sensuality*
- ◆ *Sex is boring or stagnant? Not feeling connected during sex? Module Seven - Sacred Sexuality*
- ◆ *Just had a break up? Need to refine what you want in a new relationship? Module Eight - Conscious Relationships*
- ◆ *Feeling tossed about by circumstances? Feeling a victim to changing moods and emotions? Module Nine - Enlightenment Fundamentals*

◆ *Really want something that isn't showing up? Want more conscious control over your reality? Module Ten - Magical Manifestation*

All in all, I hope that you have found this course eye opening, and most of all useful on your journey. My goal was to take the time consuming trial and error out of figuring out what to do, so that you can get to the real work. Hopefully, I have accomplished that. Please visit the blog at gonegoddess.com for updated Goddess School teachings and other insights about all things Goddess Life.

Resources

BOOKS & FURTHER STUDY



Further Study

SPIRITUALITY

A COURSE IN MIRACLES

THE KYBALION

THE PROPHET - KAHILIL GIBRAN

TAO TE CHING - LAO TZU

TALKS ON THE SECRET OF THE GOLDEN FLOWER - OSHO

THE YOGA SUTRAS - PATANJALI

USE THE FORCE - JOSHUA P WARREN

FREQUENCY - PENNEY PEIRCE

THE WEB THAT HAS NO WEAVER - TED J. KAPTCHUK

HINDS FEET ON HIGH PLACES - HANNAH HURNARD

TRINFINITY ACADEMY - BENTINHO MASSARO

THE LAW OF ATTRACTION - ESTHER & JERRY HICKS

SEX & RELATIONSHIPS

SACRED CONTRACTS - CAROLYN MYSS

THE COMPLETE KAMA SUTRA - ALAIN DALIELOU

SEX & RELATIONSHIPS CONT.

THE ART OF SEXUAL ECSTASY - MARGO ANAND

TANTRIC SEX FOR WOMEN - CHRISTA SCHULTE

THE MAGDALEN MANUSCRIPT - TOM KENYON & JUDI SION

TWIN FLAMES - JEFF AND SHALEIA

THE BOOK OF LOVE - RUMI

SHADOW WORK/INNER CHILD HEALING

SELF-THERAPY - JAY EARLEY PHD

THE COMPLETION PROCESS - TEAL SWAN

SEKHMET - NICKI SCULLY

THE EMOTIONALLY ABSENT MOTHER - JASMIN LEE CORI

JOURNEY TO THE DARK GODDESS - JANE MEREDITH

LOVING WHAT IS - BYRON KATIE

EXISTENTIAL KINK- CAROLYN ELLIOT PHD

Online Materials

To Download the supplemental materials included with this book go to:

<https://galacticaf.com/pages/goddess-school-resources>

Type in the password: **gonegoddess** to access the download page.

If you have any trouble accessing your materials, email info@gonegoddess.com for assistance.

Included Materials:

PDF Workbook

Module One:

Meet Your Goddess Self - Guided Meditation

What is Masculine & Feminine Energy? - Podcast

Masculine & Feminine Energy Cont. - Podcast

Module Two:

Intro to Chakras - Video Slideshow

Light Sealing - Guided Meditation

Quieting the Mind Chatter - Guided Meditation

Releasing Stuck Energy - Guided Meditation

Module Four:

Inner Child Healing - Guided Meditation

Module Five:

- Letting Desire Flow* - Guided Meditation

Module Six:

- Meet Your Animal Self* - Guided Meditation

Module Seven:

- Orgasmic Breath* - Guided Meditation
- Sex & the Chakras* - Video Slideshow

Module Eight:

- Cutting Cords of Past Love* - Guided Meditation
- What is Real Love?* - Podcast

Module Nine:

- Connecting to All That Is* - Guided Meditation

Module Ten:

- Feeling Your Home Frequency* - Guided Meditation

About the Author



“Gone Goddess” aka Penelope Calloway Badger, has been a writer and avid seeker of spiritual truth for over two decades. Goddess School is a collection of tools that she personally integrated during her own search for meaning and fulfillment in life. Penelope graduated from the Southwest Institute of Healing Arts in 2007, and earned a Bachelor’s of Science in Family & Human Development in 2014. She has trained as a doula, a childbirth educator, yoga instructor, and was the co-founder of [The Good Love Project](#), a company dedicated to positive sex education and relationship coaching.

Penelope lives in Phoenix, AZ, is happily married to her twin flame, and is a homeschooling mother of three. In her spare time, Penelope enjoys writing songs, creating in her music studio, and practicing the Japanese art of Kinbaku.

More from this Author

Same Flames: A Practical Guide to Understanding and Mastering the Twin Flame Path

The Twin Flame Formula: Fast-Track Your Harmonious Union

Twin Flame Guided Journal

Movement for Birthing: A Movement Based Natural Childbirth Method

The Threelationship Handbook: A Single Woman's Guide to Dating a Couple

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