



Self Mastery Mentor Training
Course Manual

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Introducing: 12 Themed Higher Self Embodiment System

The Vision

The path of healing our world is not just about you, AND it is exactly about you. In this world, we are equally worthy of love, joy, and success. It is up to each human to do their part of creating a new world of equanimity where all feel equal and uplifted with the magic of life.

As we evolve individually and collectively, a world of equality and freedom is possible. We are co-creators here for a short time on Mother Earth. What are you going to do with this one precious life?

In order to have freedom to create your unique life path in alignment with your potential and the greatest good, it is crucial to learn how to let go of the lies that keep you from feeling free to create the life your soul is longing to experience.

The biggest lie is that you are separate from the Universe. You were not taught these things in school. You were not taught how to work with your energy bodies to change the world. If you were, life would be much different, and we would all be committed to creating sustainable solutions for all life and for our beautiful planet. When you learn practices to unify your physical, emotional, mental and spiritual bodies, you can do your part to help heal the world from the inside out.

What is the 12 Themed ACTIVATION system?

This system is a way to work with all of your energy bodies in sacred relationship with one another so you can discover who you are, why you are here and how to resonate with what is possible in the world and create the most epic life possible in alignment with the blueprint for your highest potential.

This is where the magic happens. All the guidance to claim your potential exists already within your very own cells. But this wisdom and guidance have, in a sense, been hijacked: programmed with other people's thoughts, clouded by concepts learned in school, obscured by indoctrination into societal norms, agreed-upon beliefs, ancestral trauma, and the lie that other people are responsible for your state of happiness.

The ACTIVATE system consists of twelve modules, one for each theme. The modules address three components per theme: teachings, self-inquiry and activation meditation. Each theme builds on the previous theme and develops your capacity to self-source so you can do what you are here to do, in service, in a way that creates sustainability, abundance, and freedom in all aspects of your life.

Think of the themes as the fabric of your energy field. Working with one theme at time gives you a chance to get specific levels of guidance. Themes can also be seen as dimensional perspectives that help you shift your ability to heal yourself, live beyond ego, and create the life of your heart's desires in alignment with your soul's evolution.

Activating each theme deconstructs old patterns by transforming your energy field with new thoughts and energy. You can activate just one theme or all twelve. You can run the energy of each theme with any question or intention. Running the themes is a process that allows you to access guidance on anything you want in your life. This training teaches how to run the themes by working with your own innate wisdom. It is the lens of your intention that creates unique guidance every time you run the themes.

The ACTIVATE system is a unique way to DROP IN, to be present in your body and inhabit moment in real time with awareness of your physical, emotional, mental and spiritual self. When we drop in, we are HERE: present, open and aware of the choices available at any given moment. This awake state provides template for you to heal, transform and create from the inside out.

The more you utilize the ACTIVATE system, the more quickly you will gain guidance and create the experience you wish at any given moment. Once you receive guidance, you can apply the new way of seeing so you walk in a new way of being.

In essence, then, the ACTIVATE system is a process to transform and integrate all parts of yourself so you can be free from inaccurate, out-of-date beliefs and self-imposed limitations.

Eco-Focus

If we lived in a world that respected the living waters, medicinal plants and if we honored the animals and creatures while paying attention to the messages of the stars, we would know how to listen and speak with the wisdom of nature. If we lived in a world where every person's individual rights to self-express and self-determination were highly valued, children would know how to respect and honor their elders. If children were listened to for their unique ideas and interests, we all would be supported to become exactly who we are here to be. In a world where nature and humans are respected, there is magic, trust, and purpose. If we make choices that honor nature as extensions of ourselves, we will remember that we are all related and be able to create a world where everyone wins.

There are people who still live close to nature and honor the seasons, animals and natural medicines of our world. These people practice living in sacred ways and still hold values of an individual's right to self-express and create. Each of us has a role to play, and it is time now to learn - in truth, to re-learn - the natural ways of being as our ancestors did. If we do, we can continue to heal, create and thrive in harmony with this world through these challenging times we are now living in on Mother Earth.

There is much to heal. Due to the ways of greed, domination, and control of culture and people, humans have been forced to stay in survival mode. Chasing the dollar without any consideration for our planet has left Mother Earth in turmoil and in grave danger of collapsing under the weight of the environmental, social, and economic havoc we've wrought. This chaos effects the energy of our planet and the aura of our lives.

Native people from around the planet have prophesied these times. Just like nature has its seasons, humans too have our seasons. We all have our place in our families, communities, culture and ultimately our entire world. *What is your sacred place in creation?*

The reason many of us do not know our place is that we are wounded. We have grown up in a world where relationship with the natural environment is dwindling. Modern culture has been saturated with the systems of domination and control, and the modern economic system is set up to create dynamics of competition and isolation where individuals are not embedded in community or connected with the beautiful healing relationship available with our natural world.

Those still living in nature with reverence have been shunned and are impoverished. The money system is designed to have humans compete with one another instead of lift one another up. Our planet is toxic with chemicals and abuse. Mother Nature has been raped again and again without any reverence for life. If we were living and acting from our hearts, we would never allow the world to be in the place it is in.

Humans are in desperate need of powerful, loving examples of humans that are grounded in wisdom and compassion help guide our world forward at this time.

Whom is this for?

This training is for you if you are committed to living your potential and want to know the energy healing and awakening secrets of the ancients without all the dogma of religion. This training is PARTICULARLY for you if you are committed to helping others also wake up. We are a lost society in need of repair. What is possible when we choose a world of loving coexistence where all of us is welcomed, cared for and respected simply because we exist?

This training is for:

- Individuals who want to learn how to clear personal trauma and create a new reality for self and the planet.
- Those who are called to the path of Sovereignty, Self Awakening, Personal Empowerment and Embodied Enlightenment
- Partners who want to have healthy boundaries while still building deep, loving relationships
- Practitioners who want to help people TAKE RESPONSIBILITY for their own healing, awakening, and lives.

- Groups who want to work through interpersonal dynamic issues and create success quickly

Transforming Old Beliefs

Humans are patterned through the design of our family's line. We take on stories and beliefs that our families passed down. Whether you are aware of it or not, who you are has been imprinted on you since birth.

Other people's expectations socialize you and adapt your behaviors, so others will approve of you. As a child, you depended on your parents to survive. You needed adults around to take care of you so you could eat and get around in the world. As you grew into adulthood, you have been wearing masks based on early survival strategies that you may believe are the essence of you. These ways of being will continue to dictate how you are in the world until these masks are removed. Until you realize you are not who you thought you were, you will not be free.

There are 2 main ways early conditioning of dependency enables you to keep wearing masks.

#1 Entitlement - False sense of Self

If you are expecting the world to take care of you, you may feel you deserve to have others do things for you and to you. You may avoid taking responsibility for what you are experiencing AND avoid creating anything new in your life.

#2 Lack of Self Worth

If you feel others around you deserve to survive more than you, you are leaving yourself out of the picture. You play small to perpetuate the belief that you are not worthy of being loved.

Both of these ways of conditioned dependency keep you in victim mindset. Masks based on these underlying beliefs keep you in a box. Unless you learn how to break free from the lie that your past experiences limit you, you will never drop into the real essence of you.

To create a new world, you must heal from the traumas and wounds that caused you to wear the masks in the first place. It is possible to forgive yourself, love yourself and discover peace within to ultimately be yourself, find your sacred place in creation and to be happy and free.

The Invitation

This training is an invitation to return to and honor the magic and mystery of life. All of life has its sacred place in creation. Even you - especially you - have a unique role in creation. It is up to you to discover what that place, that role is. And you do not have to do it alone.

ACTIVATE can show you how to wake up to the truth of who you are, why you are here and what to do about it.

Everything is Energy

The Universe is miraculous. The more your heart energy is open to love, the easier it is to experience awe for all of life. If you intend to evolve, serve others and fully thrive, it is crucial to expand your awareness of what and who is actually running your life - and to take responsibility and take charge of your precious life.

Everything in this world is made of energy. And we humans are no different. In addition to your physical body, you also have an energy body. This body is made up of both your individual and the collective thoughts feelings, emotions and spiritual energies.

The source of energy is beyond this world; We are powerful spiritual beings having human experiences. Our spirits are energy, and our bodies are not limited. We are made of consciousness. Creatures are born, thrive and then transmute - our spirits move into other dimensions.

We are made of the elements of water, fire, air, and earth. As the world of nature, human beings are a miraculous design of the elements.

Our bodies are like the earth. We need food to survive. As physical beings, we need exercise and good nourishment to thrive. When you take care of your body, you can be physically healthy, but to really connect with others, we have to look at the emotional aspects of who we are.

Our emotions are like water. When we allow our feelings to be acknowledged and felt energy moves. Indigenous people know that our tears are like salty water of the great Ocean and our feelings are like rivers that flow. When feelings are "held in," they become toxic. That is why native people and new thought therapists alike teach that "to feel is to heal." Whether your feelings are pleasant or difficult, you must acknowledge feelings to move through them. Once you learn how to decode the messages your feelings are telling you, you will begin to access the freedom to choose how to feel and to choose what you would like to create and experience in this one precious life. *This training will teach you how to do that.*

Our minds are like air. Thoughts come and go, and your breath is the key to freeing your mind. Like the wind, your mind is active by nature. Humans have the capacity to choose what we think about, but it requires a shift in consciousness to do so. You must be willing to open your mind to decode the direction of the air element within your body. *This training will teach you how to do that.*

Your spirit is like fire. The energy needed to run your body and spark you to action in life is akin to the energy of fire. Your soul is like the light of the sun. It is made up of natural stellar

light waves and is in a constant state of cyclical transformation. It is up to you to work with it or against it. *This training will teach you how to do that.*

All of your bodies are connected

Your thoughts, feelings and physical body are all connected. The physical body has high percentage of water and holds emotional and mental imprints. It is the house of your spirit and records the stories of your life within its cells. Like Mother Nature, there is an intricate relationship through all elements that make up YOU! Muscles hold memory, stories, and emotions. Your body's aches are holding patterns of your emotional pain and unwanted beliefs.

When we access subconscious thoughts through decoding feelings in the body, it is possible to awake to your powerful birthright to heal.

Activation Themes Summary

Themes 1-6: Self Healing Mastery

Themes 1-3 *Embody True Self*

Grounding the physical body in awareness of connectedness of all things sets the stage to awaken to what you are feeling in relation to anything you choose to focus in on your life. This awareness of your true loving nature as the container for your emotions, thoughts and physical body provides you an opportunity to tune into your innate wisdom to clear the past, get present and create the future.

Themes 4-6 *Claim Your Power*

Once you acknowledge your authentic experience around anything in your life with loving awareness, you are able to choose what patterns to let go of consciously. This then prepares you to make room for accessing the place of sacred witness. Being present in observation as a witness opens up possibility to access a new perspective within your very own being. This new perspective prepares you to be able to claim your power while taking responsibility for everything you have experienced in your life and anything you choose to manifest into the future.

Themes 7-12: Full Spectrum Creating

Themes 7-9 *Get In the Flow*

From here, it becomes a choice to embody the experience of relationships with the past with gratitude. Gratitude opens the door to walking in forgiveness and peace, and it is then possible to start "calling in" all you wish to create in your life in the future. At this point, choosing what you want creates a field of possibility to experience beyond the old stories of victim mindset, blame, and shame. Boundaries become easy, and goals become clear. It is now safe to open up yourself energetically to receive because you know what you want and are both willing to claim it and let it in. Life begins to fill you up, and generosity is natural result.

Themes 10-12 Commit and Surrender

Once you are in the fullness of energy field of generosity, you can be creative and inspired. But sometimes you might still feel off balance. That is when you can ask what next choice you must make to stay in balance now. Once you activate the alignment of balance, it is time to let go. You have done your part. Trust is natural and the Universe is your playground.

All About Running Themes

Why Run Themes?

Going from disappointment and discomfort to a place where it is possible to clear your energy field karmically allows you to heal the emotional attachments to stories that keep you from living fully, make space for birthing a new experience and do what you came here to do so you while creating your life beyond your wildest dreams.

Preparing to Run the Themes

Running the themes first requires an **intention**. Whether you intend to clear the past, get present or manifest the future, the themes can help you. Ask yourself if the intention is to get clarity (past), get present (be here now) or create new thought forms (manifest mode).

How to Run Themes

1. Discover Your Personal Intention . Examples:
 - a. I intend to get clear on my next step with my business
 - b. I want to unwind this story of lack with myself
 - c. I'd like to let go of an old pattern of distrusting men
 - d. I would like to get guidance about my addiction
 - e. I want to make money doing what I love
 - f. I want to break patterns of oppression within myself
 - g. My intention is to manifest a loving, committed partnership that fulfills me on every level.
 - h. My intention is to work on the issues that keep me from making money
 - i. My intention is to get guidance around the story that I have to do everything alone

- 2.. Choose where in time you would like to begin. Are you:
 - a. Clearing the past?
 - b. Working out an issue?
 - c. Manifesting a new reality?
 - d. All of the above

After Running Themes

1. Dedicate

What are you dedicating this realization to?

2. Choose to commit to take action

What are you committed to to support fulfillment of this intention?

Examples:

- I am committed to sitting for as long as I need to to get guidance I need
- I am committed to receiving support from my mentors
- I am committed to doing my part to heal the world
- I am committed to have an uncomfortable but necessary conversation
- I am committed to a cleanse for 7 days
- I am committed to sit in meditation
- I am committed to one-year meditation training to help others
- I am committed to being on the other side of this story of oppression

Examples:

- I dedicate my gifts to help animals
- May all people may feel abundant
- I dedicate this session to healing my ancestral line
- I want to be healthy, so I can help others be healthy
- I pray all the benefits of good karma heals the water

12 Themes help with...

1. Getting beyond ego/personal identity
2. Expanding awareness to be able to create from a new way of being

3 Crucial ways to practice working with Themes

1. Mindfulness in your day
2. Activating in sitting practice
3. Working with practitioner

Tips for Running Themes

1. Focus on each theme at a time and dwell on holding awareness on both theme and your intention to access fresh info in any given moment.
2. Stay grounded through all the themes.
3. Once you feel a shift or realization in a theme, move to the next one.
4. If you are losing energy in a theme, or feel stuck, go back and ask for more guidance from theme before it.
5. You are learning to track your energy and decipher what it is your body, feelings and spirit guides are telling you.
6. Work with both your breath and your mind to access guidance on whatever you are running the themes to discover.

7. If you are stuck or another thing comes up that you do not have clarity on, go back to the feeling theme, decode and move forward again, one theme at a time to access new guidance.

Why do Self Mastery (12 Themes) Training?

Self Mastery trains you to:

- Access your sensational awareness body to help quiet the mind
- Raise your vibration without emotionally bypassing
- Have strong boundaries without putting up walls
- Discover your inner meridian pathways to heal yourself
- Direct energy to recharge your field and end exhaustion
- Manifest your deep desires in alignment with your soul's calling
- Get beyond ego/personal identity to be a vessel for sacred service
- Access your intuition and get guidance on anything in your life
- Learn how to balance your energy at will
- Discover what it takes for you to trust yourself and others
- Quickly access Unconditional Love for self and others
- Transform energy, thoughts, and feelings at will – without bypassing or denying that those things exist
- Decode messages from your soul to evolve
- Live life on purpose and discover how to inspire others to do the same

Self Mastery Training

Module 1: Grounding

TEACHING

The Earth is always below your feet supporting you. You are gifted with everything you need to thrive on Mother Earth. But you have forgotten how to be in sacred relationship with her.

Our beautiful natural planet has given birth to all things that keep us alive and yet there has been a collective forgetting of where stuff comes from. You are a Universal Being having a human experience. Your body is of the Earth, and the more you practice awareness for the gifts you receive, the easier it is to create more abundance in all aspects of your life.

With this theme you:

- Learn to feel ground your energy
- Deepen awareness of your connection to Mother Earth
- Gain tools to manifest support in all aspects of your life
- Can quickly calm your nervous system AND quiet down the mind
- Access a sustainable source of infinite energy (Hint: It's been there all along)

AFFIRMATION

I am entirely supported in living abundantly in connection with all of life.

INQUIRY: Relating with Nature

- What is your relationship with the Earth?
- How do you give back to the Earth?
- What more can you do?
- Do you interact with Animals? Plants? How? How can you enhance that?

INQUIRY: Support

- How are you supported in your life? Who and where to gather support from?
- What is NOT supporting you in your life? Whom?
- How would life look if you were supported all the time?
- In the mornings?
- At work?
- In the evenings?
- On the weekends?
- In your bedroom?
- In the kitchen?
- At the Grocery Store?

INQUIRY: Rootedness

- What do you do to relax when you feel spaced out?
- What do you do that supports you in feeling good in your body overall?
- What else can you do to increase the quality of support in your life?

INQUIRY: Survival/ Prosperity

- What is your relationship like with money and work?
- Do you live to work or work to live?
- Do you work because you love it or because you have to?

PRACTICE “Grounding”

How to Practice

Grounding practices can be done sitting or standing or with expansion or contracting your energy. The root of grounding practice is to connect your energy with The Great Mother intentionally. It is possible to ground yourself indoors and also barefoot in the redwood forest.

Benefits of Grounding

When activated, grounding supports you in all aspects of your life. Self-growth work can be a really wild ride. The ups and downs of life are real for us all. Fortunately, our beautiful planet is always there for support. Grounding is a way to balance your nervous system, polarize your energy field and calm you down. Grounding connects you and will help you feed our mother planet as she helps us all in return.

Sit in a chair with your feet on the ground or stand and take a deep breath.

1. Feel the contact your body and feet are making with Mother Earth beneath you.
2. Let your energy drop down into our beautiful planet through your central channel.
3. Imagine the ground is coming up to meet your feet. Feel the connection.
4. Now bring your awareness deep through the ground, into the Earth - all the way to the Earth's magnetic core. Feel that.
5. Breathe this feeling into your whole body while keeping awareness on staying rooted energetically through Earth. Hold here as long as you want.
6. When you feel complete, thank our Earth Mother for the loving support.

MEDITATION PRACTICE: Accessing support

1. Drop your energy down into Mother Earth.
2. Ask honestly where you are not supported. Notice that. Choose the thought you are supported in getting clarity and guidance.
3. Specifically choose the thought that you are supported in this exploration of your intention in your body. Breathe.

MEDITATION PRACTICE: *Creating the Future*

Remember the Universe is on your side at this moment. Imagine you are completely supported in the future while putting awareness of your intention for running themes. Here is how:

1. CHOOSE the thought that you are supported in the fulfillment of your desire.
2. Remember the Universe is on your side and focus on dropping your energy down and anchor into to the core of Mother Earth.
3. KNOW that you are supported in reaching your goal while feeling rooted and stay in awareness of the below direction while we move into other themes.

LIFESTYLE PRACTICE: *Embodiment everyday*

- Be outside
- Eat roots
- Work with your hands
- Do offerings in nature

GROUNDING Practice Homework

- Living Practice: Walk barefoot in nature.
- Living Practice: Pray with a tree.
- Living Practice: Make offerings to Mother Earth
- Sitting practice: Run themes and ground energy with thought you are supported and feel the connection of Mother Earth
- Embodied Mindfulness Practice: Ground when you are standing still
**(do not ground on planes or in cars)

Self Mastery Training

Module 2 - Feeling

TEACHING

In order to heal the things that keep you from living fully, It is crucial to let go of suffering from the past. In this theme, you learn how to awaken the feeling of the stories that bind you in suffering and access feelings that support you to manifest beauty, abundance, joy, and fulfillment. Learning how to let go of dysfunctional patterns of indoctrination, trauma, and abuse supports you to access freedom to create sustainable freedom in the future. The term “To feel is to heal” is the mantra for this theme. Feeling helps to unlock the doors of trauma in the body and stagnation in the energy field. Once this process of feeling and clearing happens, it is possible to access higher frequencies that awaken ability to move forward in life and create anew.

AFFIRMATION

I am open and willing to feel whatever is going on within me to discover the truth of where I am, where I've been and where I want to be in my life.

INQUIRY PRACTICES - Exploring the Feeling Body

During the inquiry of this theme, take notice of your feelings in a new way. Below are exercises to support you in identifying what you feel, how you feel and how to use this information to step deeper into activating your dream life deep within and throughout your body, mind and your entire energy system.

Inquiry practice prep

Take a moment and ground yourself before this exercise. Breathe into your belly. As you read each feeling, think about a situation in your life where the specific emotion is alive in you. Once you access the feeling, drop the story and observe the body experiencing the pure perception of the emotion. Take a moment to feel each emotion and track what effect it has on your body/mind.

INQUIRY PRACTICE: *Accessing energy qualities*

Energy qualities within you can be described through asking the following questions

- Do you feel contracted?
- Expanded? Where?
- Does your posture change?
- Your breathing? How?
- Where does attention go when you put your thought on the feeling in the body?

Examples of energy qualities

Uplifted/Rising	Contracted	Bright
Stuck	Light	Opening
Stagnant	Slimy	Sharp
Constricted	Expanded	Deep

Examples of emotions/states of being

Sad	Confused	Disconnected
Happy	Exhausted	Inspired
Excited	Angry	Worried

INQUIRY: Asking and listening to gather information

What qualities do you feel in your body when you are...

- Happy?
- Excited?
- Joyful?
- Grateful?
- Peaceful?

And what are the qualities of energy you experience when you access the below state of ...

- Anger?
- Sadness?
- Frustration?
- Fear?
- Disappointment?

INQUIRY: Integrating your life stories

Answer quickly with one or two words the following questions..

- How do you feel about your work in the world?
- How are your relationships with your friends?
- What is your relationship like with nature?
- How is your relationship with money?
- How is your love life?
- How do you feel in your home?
- What is your relationship like with your elders/ancestors/family line?

NOW, read each question again and notice the feeling associated with your answers, one at a time. For each answer, take a moment and see what feelings arise within your body from this practice.

INQUIRY: *Integrating your life stories*

Creating the Future: Your Dream Life

This practice is about imagining the life of your dreams and noticing what feelings come up right now as you tune in. The following questions are to be answered AS IF you were living the life of your dreams. (You do not have to SEE the whole thing right now, but FEEL into it)

- How do you feel about your work in the world?
- How are your relationships with your friends?
- What is your relationship like with nature?
- How is your relationship with money?
- How is your love life?
- How do you feel in your home?
- What is your relationship like with your elders/ancestors/family line?

This may be tricky, and you may find that all the positive feelings are not so easy to access. Do not worry! This practice takes time, and there may be other steps to first take to clear the energy keeping you from realizing the fullness of your dream at this point.

Why we do this theme

It is valuable to notice the truth of how you feel in order to 1. Cultivate being with what is and 2. Get clear on what your emotional body is trying to tell you. As you practice feeling into situations, focus on grounding and merely being present with what is. There are great medicines and information available in the presence of true perception.

MEDITATION PRACTICE: *Decoding the Story*

Sit comfortably. Take a few deep breaths.

- GROUNDING: Anchor yourself into Mama Earth.
- FEELING: Feel what is going on in the NOW in your body. Breathe into the Belly.
 - Breathe the Three-Part Breath: As you inhale, expand the belly, ribs, and chest and then exhale and allow the chest to relax, the ribs and belly to soften.
 - Notice any sensations you feel and emotions that come up in the moment. As your mind wanders, continue to observe and feel at the same time.
 - Next, simply be with it. DO NOT SPIRITUALLY BYPASS. Hold the feeling like it is an infant deserving of your love and attention. Do NOT sweep the feeling under the rug or talk yourself out of it. Be with it. Listen. Once it clears, you return to the feel-good place and then are able to return awareness to intention.
- End with a song, gratitude or prayer and continue with your day.

MEDITATION PRACTICE: *Working with intention*

First, ask yourself :

- What are you wanting to experience?
- Your intention?
- Guidance about something in your life?
- Do you want to create something new?

Breathe 3 deep ones. Inhale and exhale. Ground. Notice how you feel around your intention that you are running themes on. If you feel positive and strong and overall really good, it is time to speak from your future as if you are fulfilled in your self and experiencing it IN THE MOMENT the feeling you desire. IMAGINE you are experiencing the fulfillment of your intention and notice what your body is saying. If you have any issue that feels uncomfortable, work with that.

Take a moment to feel and be with the feelings and listen to how you feel. Breathe. Ask Yourself..

1. What is emotion/state of energy you feel in regards to your desire/vision/intention this moment?
2. What is the feeling intrinsically saying? I.e.: "I'm pissed off!" "I'm tired..." "Whaaa" "Grrrrr" "Why me?" "Yaaaaay"
3. What is the quality of energy you feel in the body when you tune into your intention?
4. Sit in awareness tracking. Hold space for the unwinding and curiously gather information about what is going on within your own embodied wisdom.
5. If are running positive intention and feel uplifting energy, imagine how it will feel to manifest your soul's desire. Sit with this.

Remember that "To feel is to heal" STAY with FEELING theme as long as it takes to get some new guidance and awareness. Once that new realization comes through, and there is a shifting of the energy, it is time to move forward to theme #3

FEELING Practice Homework

- Sitting practice: Run themes and listen to your feelings long enough to decode stories of limiting beliefs and understand your needs and desires
- Embodied Mindfulness Practice: Notice how you feel when you walk into a room, store or building. Notice when you are acting in alignment or if you are in rejection (ignoring your feelings).

Self Mastery Training

Module 3: Self Love

TEACHING

Unconditional love of self is key to activating vibrations of positive intentions in your life. There are many parts that make up who you are. Acknowledging those parts and accepting them within yourself gives you a chance to accept and embrace the past by loving yourself as you were, as you are plus loving yourself as you will be in the future. When you ACTIVATE the Self as infinite consciousness through the heart portal, it is possible to access your infinite spiritual identity in order to embody the experience of the purity of love in your life.

With this theme you:

- Behold all of the feelings and stories around your intention that have arisen so far
- Practice expanding the heart field to experience feeling of unconditional love
- Get a chance to heal and hold your wounded inner child
- Can transform the patterns of energy of unwanted stories
- Alchemize qualities of energy in the body and activate your bliss body
- Give yourself permission to love and accept all aspects of yourself

Here are some valuable SELF LOVE principles:

- You can only love others as much as you vibrate to love within yourself.
- Self love is a practice of loving and accepting yourself exactly where you are, here and now.
 - Loving what is real for you in the moment enables you to hear the small still voice of the heart.

AFFIRMATION

I am willing to embrace all I have experienced and all I will ever experience within myself so I may authentically experience love in all aspects of life.

INQUIRY: *Defining Self Love*

- Do you love yourself?
- What does that mean to you?

What are your blocks and in what ways do you reject yourself..

- Internally?
- In relationship to others?
- Mentally?
- Verbally?
- Physically?
- Spiritually?

List the different roles you identify with (ie: Mother, worker, storyteller, soul)

PRACTICE: *Activating Self Love*

- GROUNDING
 - Anchor yourself into Mama Earth.
- FEELING
 - Feel what is going on in the NOW in your body.
 - Breathe into the belly.
- SELF LOVE: Tune into your heart center in the middle of your chest.
 - Close your eyes and smile love into this place within your own body, your own being.
 - Smile into your heart with humming sound to activate infinite love in the heart
 - Practice filling yourself with Divine love and light beginning with lighting up your own heart center.
 - Imagine holding your stories and issues with compassion like you were holding a crying baby.
 - Hold with love until all dissolves within the field of your heart.
 - Allow the heart light to strengthen and brighten as Infinite love within. Let the energy expand into every cell in the body as loving light. Let it go to the edges of your skin until your whole body fills with unconditional love.
 - Next, let it fill to the edges of your aura.
 - Bask in the pleasure of holding awareness of the fullness of Love and Light

Slowly return to your day/night activity. Return awareness to this place inside you as often as possible.

SELF LOVE Practice Homework

- Sitting Practice: Run themes and activate self love as infinite consciousness and behold the other aspects of your story within your body and field and activate your infinite nature as love.
- Embodied Mindfulness Practice: Bring awareness into your heart and smile often while in communication with others.
- Living Practice: Write a love letter to your future self

Self Mastery Training

Module 4: Clearing

TEACHING

Whatever stories you took on through your ancestral line or in the early years of development can be shifted through the power of choice. Clearing energy is as natural as breathing. You inhale oxygen and exhale carbon monoxide your entire life. You have natural elimination systems perfectly designed to support ongoing process of detoxification. When you align your emotional healing process with the natural ways of clearing, you have an opportunity to walk with a new way of being in the world and create the life that you choose rooted in love and joy for self, others, and the planet.

AFFIRMATION

I let go of that which is no longer serving me to make room to manifest the life of my dreams.

INQUIRY: *Decoding Stories*

What stories were passed on to you that do not serve you...

- From your parents?
- From school?
- From friends?
- From relationships?
- About money?
- Envisioning?

INQUIRY: *Accessing Emotional Patterns*

What emotions come up around these stories...

- From your parents?
- From school?
- From friends?
- From relationships?
- About money?
- Envisioning?

How would your life feel if you were able to let go of the patterns that keep you from living your most incredible dream? List emotions, sensations, perceptions.

How would your life look if you were able to let go of the patterns that keep you from living your most incredible dream? Note any images that come to mind.

PRACTICE: *Clearing past patterns*

- GROUNDING
 - Anchor yourself into Mama Earth
- FEELING:
 - Feel what is going on with your story
 - Breathe into the Belly
 - Notice what the quality of energy is you are feeling
- SELF LOVE
 - Remember Infinite Love lives within your heart
 - Tune into your heart and smile love into all of your cells
 - Have compassion for all of your story, good bad and ugly
 - Breathe.
 - Behold the joy
- CLEAR & LET GO:
 - Let go of that which is not serving you throughout breath and inhale positive energy into your being
 - Exhale a thought and inhale fresh energy to complete the clearing process

PRACTICE: *Clearing to get present*

- GROUNDING
 - Anchor yourself into Mama Earth
- FEELING:
 - Feel what is going on in the NOW in your body
 - Breathe into the Belly
- SELF LOVE
 - Tune into your heart and smile love into all of your cells
 - Behold the joy
- CLEAR & LET GO:
 - Let go of that which is not serving you throughout breath and inhale positive energy into your being
 - Exhale a thought and inhale fresh energy

CLEARING Practice Homework

- Embodied Mindfulness Practice: Work to clear your energy with each of 4 elements
 - Have intentional shower or bath (If possible, get in rain, river, waterfall or ocean)
 - Do Qi Gong clearing breaths/practice
 - Do fire ceremony and let go of that way
 - Do toning or chanting to clear
- Sitting Practice: Run themes on your intention and once you get to clearing. Breathe and clear anything in your field that is in the way of light of unconditional love beholding all aspects of your story.

Self Mastery Training

Module 5: Presence

TEACHING

Presence is all about being “in your body” while being aware of what is going on around you and within you.. Notice how it feels when someone is REALLY listening to you and paying attention to you in a moment of need. This quality of intense presence you have felt with others is something that you access for yourself and can cultivate within yourself. When you are present, you are showing up and paying attention. Being present is KEY to being able to prepare take responsibility in your life and create the life of your dreams rooted in freedom.

AFFIRMATION

I consciously choose to be here in the present moment to be of service for myself and others.

INQUIRY: *From there to here*

What takes you away from being in the moment? Specifically, what:

- People?
- Stories?
- Circumstances?

How willing are you to “be” with your issues as they arise?

How do you feel when you are present and willing to learn, listen or show up?

How does it feel when you really drop into your body in the moment and you feel in the here and now?

PRACTICE: *Meditation in Action*

Do you have a meditation practice?

If so, are you able to tune into the peaceful presence of feeling even when you are not in meditation, say, in the middle of the day?

PRACTICE: *Listening*

Listen to someone really quietly through observing them without giving any advice. Simply watch and listen and nod as necessary.

PRACTICE: *Embodying Presence*

Sit comfortably. Take a few deep breaths.

- GROUNDING: Anchor yourself into Mama Earth.
- FEELING: Feel what's going on in the NOW in your body. Breathe into the Belly.
- SELF LOVE: Tune into your heart and smile love into all of your cells. Behold the joy.
- CLEARING: Let go of that which is not serving you with breath and inhale positive energy into your being.
- PRESENCE: Now, take some time to witness your inner landscape. Scan yourself physically - than emotionally- then mentally and spiritually. Breathe in and out and observe your body, emotions and thoughts. Sitting in breathe awareness helps you to be present to what it is.
- Sit for at least 5 minutes, witnessing and being in presence.

PRACTICE: *Manifesting the future*

- GROUNDING: Anchor yourself into Mama Earth.
- FEELING: Feel what it would be like to manifest what your soul longs for in your future.
- SELF LOVE: Tune into your heart and smile love into all of your cells.
 - Behold the joy and give yourself full permission to experience the fulfillment of your inner desire.
- CLEARING: Do practices to let go of that which is not serving you.
 - Use your breath. Exhale energies, feelings and thoughts to clear and then inhale positive energy into your being.
- PRESENCE: Close your eyes and be present with what you are feeling right now.
 - Look into your inner eye in meditation.
 - Witness any thoughts that arise and be present. Ask your guides if there is anything now that wants to be revealed about your path on the timeline of past, present, and future..
 - Notice. Know that it may or may not be answered right now. Stay with the question.
 - Observe clearly and images, sounds, colors or messages that come. Ask your guides to show you what that represents. Sit. Observe.
 - Breathe, open your eyes and return to the moment

PRESENCE Practice Homework

- Sit and meditate on 3rd eye. Make a commitment that feels good and then do it.
- Embodied Mindfulness Practice: Take time to sit in nature and witness the dance of the elements and listen in silence.
- Living Practice: Try running themes during uncomfortable situations.
- Sitting Practice: Run themes and when you get to “Presence,” be quiet and tune into your third eye ask your angels and guides for any information about your intention.

Self Mastery Training

Module 6: Empowerment

TEACHING

As you activate personal will in your body in alignment with your emotions and thoughts, you can take responsibility in your life for all things you uniquely experience, seen and unseen. The principle of manifesting your heart's desire requires taking responsibility for your life. At first, this can be confusing; But, eventually, CHOOSING to take responsibility on all levels becomes EMPOWERING as you heal your past victim consciousness and awaken to standing in your power.

AFFIRMATION

I consciously choose to take responsibility for all the experiences in my life, seen and unseen.

INQUIRY: *Where did it go?*

Where do you give away your power or personal authority..

- To others?
- Now in your life?
- In the past?

INQUIRY/PRACTICE *Take responsibility for yourself*

- Are you willing to take responsibility for all that you experience in your life?
- If no, why not? What is story?

PRACTICE - *Be in your Power Meditation*

- GROUNDING: Anchor yourself into Mama Earth.
- FEELING: Feel what is going on in the NOW in your body.
 - Breathe into the belly.
 - Tune into what you feel beyond thinking about it.
- SELF LOVE: Tune into your heart and smile love into all of your cells.
 - Behold the joy.
- CLEARING: Let go of that which is not serving you with breath and inhale positive energy into your being.
- PRESENCE: Be present by witnessing around and within. Do 10 minute “witnessing” meditation

- EMPOWERMENT: Realize that your soul has chosen to be here now. If you feel like a victim to your circumstance, realize that you are choosing to feel victimized and then notice how you feel in your body when you are taking responsibility for all.

EMPOWERMENT Practice Homework

- Embodied Mindfulness Practice: Notice when you feel victimized by a situation or person or feeling. Remember you have chosen this experience and perception.
- Sitting Practice: Once running other themes, bring awareness of thought that your soul is choosing past, present and future reality through the laws of vibration and through actions you have chosen to take.

Self Mastery Training

Module 7: Gratitude

TEACHING

The principle of gratitude helps you to activate the quality of contentment in all aspects of your life including past, present, and future. As you activate gratitude, it is possible to cultivate deep fulfillment within your energy field. Embodying gratitude is foundational to prepare you to set effective, compassionate boundaries. Living authentic gratitude also supports you to be in right relationship with the world in a way that is rooted in respect for all life where everyone wins.

AFFIRMATION

I am grateful for everyone and everything in my life: past, present, and future.

INQUIRY

1. What are you (NOT SO) easily grateful for?
2. What are you easily grateful for?

PRACTICE: *Feeling Gratitude*

- How does lack of gratitude feel in your body?
- How does gratitude feel in your body?

PRACTICE: *Embodying Gratitude Now*

- GROUNDING: Anchor yourself into Mama Earth.
- FEELING: Feel what is going on in the NOW in your body.
 - Breathe into the Belly.
- SELF LOVE: Tune into your heart and smile love into all of your cells.
 - Behold the joy.
- LETTING GO: Let go of that which is not serving you.
 - Breathe and exhale and then inhale positive energy into your being.

- PRESENCE: Be present by witnessing around and within.
 - Do 3 minute “witnessing” and ask your Spirit guides/ Source for any messages you need.
- EMPOWERMENT: Acknowledge the choice you are making to be here NOW and be with what is authentic for you.
- GRATITUDE: Once Activated, bring your attention to what you are grateful for in your life.
 - Notice how you feel in your body when you are present with gratitude.
 - As you go through imagining the things you are grateful for, notice the feelings in the body.

Write about this experience or talk with someone you trust about it. Take a deep breath, smile into your heart again, Give Thanks for the things in your life and return to stretching and coming into your body.

GRATITUDE Practice Homework

- Living Practice: Practice gratitude when you go to bed, before every meal and when you arise in morning
- Embodied Mindfulness Practice: Notice where you are not grateful and witness that.
- Sitting Practice: Run themes and when you get to gratitude, allow energy to come down through your central channel into your body and embody gratitude energy. Feel the gratitude for what was, what is and what will be.

Self Mastery Training

Module 8: Boundaries

TEACHING

In order to create the life you truly desire, learn to activate boundaries that support authentic soul evolution in all aspects of your life. When you say YES to life, you invite clear, strong boundaries that harmonize with positive energy. When you need to say no to life, you can compost and let go of that which no longer serves you. That said, the more you say “Yes,” the easier it is to co-create the life your heart desires. In this module, you start embodying your YES and begin calling in what you really want on a subtle level with truth, compassion and clarity.

AFFIRMATION

I say YES to inner and outer experiences that are in my best interest and the best interest of all of creation.

INQUIRY: *Discovering Qualities of your YES*

1. What *qualities* of being do you really want to experience in your future....

- With yourself?
- In your home?
- In partnership?
- With nature, plants, animals?
- With technology?
- With money?

(EXAMPLES of QUALITIES: contentment, peace, bounty, security, stability, love, gratitude, balance, joy, reciprocity, ease, ecstasy, inspiration, synchronization, health, bliss...)

2. How would you feel in your body NOW if you had all of those qualities in your life?

- With yourself?
- In your home?
- In partnership?
- With nature, plants, animals?
- With technology?
- With money?

3. Once you feel all that GOODNESS, how would all of that LOOK:

- With yourself?
- In your home?
- In partnership?
- With nature, plants, animals?
- With technology?
- With money?

PRACTICE: *Embodying your YES Meditation*

- GROUNDING: Anchor yourself into Mama Earth.
- FEELING: Feel what it would be like to manifest what your soul longs for in your future.
- SELF LOVE: Tune into your heart and smile love into all of your cells.
 - Behold the joy and give yourself full permission to experience the fulfillment of your inner desire.
- CLEARING: Do practices to let go of that which is not serving you.
 - Use your breath. Exhale energies, feelings, and thoughts to clear and then inhale positive energy into your being.
- PRESENCE: Close your eyes and be present with what you are feeling right now.
 - Look into your inner eye in meditation.
 - Witness any thoughts that arise and be present. Ask your guides if there is anything post - clearing that wants to be revealed about your path.
 - Notice.
 - Know that it may or may not be answered right now.
- EMPOWERMENT: Next, acknowledge the choices you have made, seen and unseen in your life.
 - Remember that your Higher Self has chosen all you have experienced through the laws of vibration, free will, and karma.
 - Acknowledge you have the freedom to create a choice with your future rooted in the fulfillment of your soul's calling, aligning your personal desire with the Highest Good of all. (That includes you!)
- GRATITUDE: Give thanks for every aspect of your life throughout time and space.
 - Specifically, feel that gratitude in your body NOW as if you have manifested that which you are going to be calling in.
- BOUNDARIES: Tune into how it feels to be saying yes! to your life right now.
 - If you become aware of what you do NOT want in your life, give thanks, breathe, let go and return your attention to what you are saying yes to.
 - Smile into your heart and feed the YES!
 - Continue to return your awareness to the feeling of GOODNESS of having the experiences of what you are grateful for.

Breathe and slowly bring yourself back to the room. Give Thanks for the meditation. Be present.

BOUNDARIES Practice Homework

- Living Practice: What are you saying yes to in your life now and into the future? Make a list of 100 yes-es.
- Sitting Practice: Run themes and when you get to boundaries, find your yes and say it with conviction while staying grounded and activated in all the earlier themes. Be specific about what you are saying yes to. Tell the Universe your yes-es. Claim and commit.

Self Mastery Training

Module 9: Receiving

TEACHING

Learning to activate the energy of receptivity in your body and mind allows you to receive the gifts life has to offer. This is key to manifesting what you want from the inside out. On this theme, the focus is on activating all other 8 principles in harmony with the energy of receiving the vibrational quality of the fulfillment you truly desire.

AFFIRMATION

I am open and willing to receive that which is in alignment with my heart's desire, higher self and the best interest of all beings.

INQUIRY

1. What does it FEEL like to be receptive?

- From within (intuitive, spiritual guidance)
- With colleagues? Friends?
- In partnership?
- With nature, plants, animals?
- In regards to receiving gifts?

2. How do you feel in your body when you are not receptive? Breathe and Notice.

- From within (intuitive, spiritual guidance)
- With colleagues? Friends?
- In partnership?
- With nature, plants, animals?
- In regards to receiving gifts?

PRACTICE: *Activating Your Vision*

Ask yourself what you really desire in your future...

- In your personal life?
- In your home?
- Your work in the world?
- Regarding personal health?
- Do you notice any resistance in claiming what you want? If so, return to the clearing module and move through themes again.

PRACTICE: Receiving Meditation

Set an intention for running the themes on something you want to either heal or create.

- GROUNDING: Anchor yourself into Mama Earth.
- FEELING: Tune into your feeling body in regards to your intention.
 - Decode your feeling body messages as you have already learned how to do
- SELF LOVE: Tune into your heart and smile love into all of your cells.
 - Behold the joy and give yourself full permission to experience the fulfillment of your inner desire.
- CLEARING: Do practices to let go of that which is not serving you.
 - Use your breath. Exhale energies, feelings, and thoughts to clear and then inhale positive energy into your being.
- PRESENCE: Close your eyes and be present with what you are feeling right now.
 - Look into your inner eye in meditation.
 - Witness any thoughts that arise and be present. Ask your guides if there is anything post - clearing that wants to be revealed about your path.
 - Notice and know that it may or may not be answered right now. Witness.
- EMPOWERMENT: Next, acknowledge the choices you have made, seen and unseen in your life.
 - Remember that your Higher Self has chosen all you have experienced through the laws of vibration, free will, and karma.
 - Acknowledge you have the freedom to create a choice with your future rooted in the fulfillment of your intention while aligning your personal desire with the Highest Good of all. (That includes you!)
- GRATITUDE: Give thanks for every aspect of your life throughout time and space.
 - Specifically, feel that gratitude in your body NOW as if you have manifested that which you are going to be calling in.
- BOUNDARIES: Tune into how it feels to be saying yes! to your life right now.
 - If you become aware of what you do NOT want in your life, give thanks, breathe, let go and return your attention to what you are saying yes to.
 - Smile into your heart and feed the YES!
 - Continue to return your awareness to the feeling of GOODNESS of having the experiences of what you are grateful for.
- RECEIVING: Allow yourself to receive the positive energy aligned with your desires as if you already have everything you just said YES to.
 - Imagine you are a magnet and attracting all of the energy, people and things that you need.
 - Let your body and energy field fill with subtle frequencies your desire.
 - Practice absorbing and magnetizing energy and filling you up till you feel you are overflowing.

Kabbalah Manifesting Secret

When you activate with the intention of ***Receiving for the sake of sharing,*** you allow the bounty of life to come through you, around and within you on all levels. When creating something new, the awareness key to success is to desire to receive for something greater than yourself for the sake of being generous with others.

RECEIVING Practice Homework

- Embodied Mindfulness Practice: Practice letting in energy from one penny at the grocery store to everyday compliments.
- Embodied Mindfulness Practice: Notice when you deflect someone's attention
- Sitting Practice: Run themes and when you get to receiving, imagine all of your YESes coming in and towards you and filling you up.

Self Mastery Training

Module 10: Generosity

TEACHING

The more you can fill up with abundant positive energy, the easier it is to be generous with the world and choose to see the world as a place of abundance. Staying in the mindset of creating flow enables you to experience positive energy in your personal life and ultimately the entire universe. This module prepares you to be generous with your talents, so you can create your dreams with ease and grace. As you bless others, you create good karma for yourself and for the planet. The world is an abundant flow of energy available to you when you choose to get in the flow of receiving and giving generously.

AFFIRMATION

I am one with The Universal Abundance, and I give freely from a place of overflow.

INQUIRY: *Being Stingy & Being Generous*

1. Where are you stingy with..

- Time?
- Money?
- Sharing feelings?
- Sharing food?
- Helping others?

2. How can you be more generous with..

- Time?
- Money?
- Sharing feelings?
- Sharing food?
- Helping others?

INQUIRY: *Claiming your gifts*

What are your unique gifts that feel natural for you to share with the world in the future freely?

PRACTICE: *Claiming your gifts*

- How would it feel to freely be able to offer your unique talents and share your resources in the world?
- How would it be to be received, supported and appreciated at the same time?

PRACTICE: *Embodying the Flow*

Set an intention for running the themes on something you want to either heal or create.

- GROUNDING: Anchor yourself into Mama Earth.
- FEELING: Tune into your feeling body in regards to your intention.
 - Decode your feeling body messages as you have already learned how to do
- SELF LOVE: Tune into your heart and smile love into all of your cells.
 - Behold the joy and give yourself full permission to experience the fulfillment of your inner desire.
- CLEARING: Do practices to let go of that which is not serving you.
 - Use your breath.
 - Exhale energies, feelings, and thoughts to clear and then inhale positive energy into your being.
- PRESENCE: Close your eyes and be present with what you are feeling right now.
 - Look into your inner eye in meditation.
 - Witness any thoughts that arise and be present. Ask your guides if there is anything post - clearing that wants to be revealed about your path.
 - Notice and know that it may or may not be answered right now. Witness.
- EMPOWERMENT: Next, acknowledge the choices you have made, seen and unseen in your life.
 - Remember that your Higher Self has chosen all you have experienced through the laws of vibration, free will, and karma.
 - Acknowledge you have the freedom to create a choice with your future rooted in the fulfillment of your intention while aligning your personal desire with the Highest Good of all. (That includes you!)
- GRATITUDE: Give thanks for every aspect of your life throughout time and space.
 - Specifically, feel that gratitude in your body NOW as if you have manifested that which you are going to be calling in.
- BOUNDARIES: Tune into how it feels to be saying yes! to your life right now.
 - If you become aware of what you do NOT want in your life, give thanks, breathe, let go and return your attention to what you are saying yes to.
 - Smile into your heart and feed the YES!
 - Continue to return your awareness to the feeling of GOODNESS of having the experiences of what you are grateful for.

- RECEIVING: Allow yourself to receive the positive energy aligned with your desires as if you already have everything you just said YES to.
 - Imagine you are a magnet and attracting all of the energy, people and things that you need.
 - Let your body and energy field fill with subtle frequencies your desire.
 - Practice absorbing and magnetizing energy and filling you up till you feel you are overflowing.
- GENEROSITY: Imagine yourself full from the other themes activated and now tune into how it feels to be overflowing with positive energy
 - Imagine generosity is easy because you are overflowing with vitality and life-force.
 - Be present with this feeling now and hold it in your awareness.
 - Imagine giving like never before.
 - How can you be fully generous in your life?
 - If you feel any resistance, breathe and let go of negative thoughts in the exhale.
 - Breathe into your belly.

GENEROSITY Practice Homework

- Embodied Mindfulness Practice: Practice giving more than usual to people in your life. Give from the mindset you are overflowing.
- Sitting Practice: Run themes and when you get to generosity, imagine you are overflowing and then imagine how you can give generously in the world in the future as you overflow with life force.

Self Mastery Training

Module 11: Balance

TEACHING

As you align your awareness with the potential of Heaven and the practicality of Earth, you activate the embodiment of living your potential. As you transition from reprogramming your energy systems through creating new inner pathways, you tune into the quality of BALANCE to stay patient, easeful and peaceful on the path of manifesting your dreams in the times of transformation.

Life is dynamic. As you activate new levels of opening up your perceptions, you may experience times where things feel awkward and unsettled. Finding balance helps you stabilize your energy on the mysterious journey of emerging reborn and living your potential. Remember to BREATHE deeply and be patient with yourself.

AFFIRMATION

I am a rainbow bridge between heaven and earth in harmony with The Divine Mother and Father within my very own being. Now.

INQUIRY

1. What “throws” you off balance?

- With money?
- With food?
- In relationships?
- With family?
- What else?

2. How do you return to balance? What tools do you use to get back on track...

- With money?
- With food?
- In relationships?
- With family?
- What else?

PRACTICE: Walking in Balance

Set an intention for running the themes on something you want to either heal or create.

- **GROUNDING:** Anchor yourself into Mama Earth.
- **FEELING:** Tune into your feeling body in regards to your intention.
 - Decode your feeling body messages. You have already learned how to do this.
- **SELF LOVE:** Tune into your heart and smile love into all of your cells.
 - Behold the joy and give yourself full permission to experience the fulfillment of your inner desire.
- **CLEARING:** Do practices to let go of that which is not serving you.
 - Use your breath. Exhale energies, feelings, and thoughts to clear and then inhale positive energy into your being.
- **PRESENCE:** Close your eyes and be present with what you are feeling right now.
 - Look into your inner eye in meditation.
 - Witness any thoughts that arise and be present. Ask your guides if there is anything post - clearing that wants to be revealed about your path.
 - Notice and know that it may or may not be answered right now. Witness.
- **EMPOWERMENT:** Next, acknowledge the choices you have made, seen and unseen in your life.
 - Remember that your Higher Self has chosen all you have experienced through the laws of vibration, free will, and karma.
 - Acknowledge you have the freedom to create a choice with your future rooted in the fulfillment of your intention while aligning your personal desire with the Highest Good of all. (That includes you!)
- **GRATITUDE:** Give thanks for every aspect of your life throughout time and space.
 - Specifically, feel that gratitude in your body NOW as if you have manifested that which you are going to be calling in.
- **BOUNDARIES:** Tune into how it feels to be saying yes! to your life right now.
 - If you become aware of what you do NOT want in your life, give thanks, breathe, let go and return your attention to what you are saying yes to.
 - Smile into your heart and feed the YES!
 - Continue to return your awareness to the feeling of GOODNESS of having the experiences of what you are grateful for.
- **RECEIVING:** Allow yourself to receive the positive energy aligned with your desires as if you already have everything you just said YES to.
 - Imagine you are a magnet and attracting all of the energy, people and things that you need
 - Let your body and energy field fill with subtle frequencies your desire
 - Practice absorbing and magnetizing energy and filling you up till you feel you are overflowing
- **GENEROSITY:** Imagine yourself full from the other themes activated and now tune into how it feels to be overflowing with positive energy
 - Imagine generosity is easy because you are overflowing with vitality and life-force.
 - Be present with this feeling now and hold it in your awareness.
 - Imagine giving like never before.

- How can you be fully generous in your life?
- If you feel any resistance, breathe and let go of negative thoughts in the exhale.
- Breathe into your belly.
- BALANCE: Be the rainbow bridge between Heaven and Earth.
 - Visualize yourself as a rainbow running through your central channel while staying in your feeling body.
 - Take a deep breath.
 - Ask yourself what you want to need to stay in balance right now, at this time.
 - Listen (receive)

BALANCE Practice Homework

- Embodied Mindfulness Practice: Choose balancing foods. Walk the middle path. Notice color. Ask yourself what you need to stay in balance each day.
- Sitting Practice: Run themes and when you get to balance, ask what you need to do to stay in balance between where you are and where you are going.

Self Mastery Training

Module 12: Trust

TEACHING

Rooting in the feelings of self-love, presence, empowerment, gratitude, healthy boundaries, receptivity, generosity, and balance enable you to surrender to what the universe is bringing, both inside and out. When you find that you do not TRUST, there is a part of you that can be acknowledged to transmute old stories of suffering from awareness. In such awareness, you can TRUST the mystery and how things show up in your life with ease and grace. Ultimately, when you trust that all you need and want is available to you, it is possible to uncover your soul's messages easefully while creating a life rooted in unconditional love and freedom.

AFFIRMATION

I trust the Universe (including myself) to provide everything I want and need to experience authentic fulfillment within my very own being for the benefit of all – now.

INQUIRY: *How you Trust*

1. Are you willing to TRUST:

- Your body?
- Your dreams?
- Others?
- The mystery?
- Nature?

2. What old stories keep you from TRUSTING?

- Your body?
- Your intuition?
- Others?
- The Mystery?
- Nature?

PRACTICE: *Cultivating Trust*

Set an intention for running the themes on something you want to either heal or create.

- GROUNDING: Anchor yourself into Mama Earth.
- FEELING: Tune into your feeling body in regards to your intention.
 - Decode your feeling body messages as you have already learned how to do
- SELF LOVE: Tune into your heart and smile love into all of your cells.

- Behold the joy and give yourself full permission to experience the fulfillment of your inner desire.
- CLEARING: Do practices to let go of that which is not serving you.
 - Use your breath. Exhale energies, feelings, and thoughts to clear and then inhale positive energy into your being.
- PRESENCE: Close your eyes and be present with what you are feeling right now.
 - Look into your inner eye in meditation.
 - Witness any thoughts that arise and be present. Ask your guides if there is anything that wants to be revealed about your path as you move forward..
 - Notice and know that it may or may not be answered right now. Witness.
- EMPOWERMENT: Next, acknowledge the choices you have made, seen and unseen in your life.
 - Remember that your Higher Self has chosen all you have experienced through the laws of vibration, free will, and karma.
 - Acknowledge you have the freedom to create a choice with your future rooted in the fulfillment of your intention while aligning your personal desire with the Highest Good of all. (That includes you!)
- GRATITUDE: Give thanks for every aspect of your life throughout time and space.
 - Specifically, feel that gratitude in your body NOW as if you have manifested that which you are going to be calling in.
- BOUNDARIES: Tune into how it feels to be saying yes! to your life right now.
 - If you become aware of what you do NOT want in your life, give thanks, breathe, let go and return your attention to what you are saying yes to.
 - Smile into your heart and feed the YES!
 - Continue to return your awareness to the feeling of GOODNESS of having the experiences of what you are grateful for.
- RECEIVING: Allow yourself to receive the positive energy aligned with your desires as if you already have everything you just said YES to.
 - Imagine you are a magnet and attracting all of the energy, people and things that you need
 - Let your body and energy field fill with subtle frequencies your desire
 - Practice absorbing and magnetizing energy and filling you up till you feel you are overflowing
- GENEROSITY: Imagine yourself full from the other themes activated and now tune into how it feels to be overflowing with positive energy
 - Imagine generosity is easy because you are overflowing with vitality and life-force.
 - Be present with this feeling now and hold it in your awareness.
 - Imagine giving like never before.
 - How can you be fully generous in your life?
 - If you feel any resistance, breathe and let go of negative thoughts in the exhale.
 - Breathe into your belly.
- BALANCE: Be the rainbow bridge between Heaven and Earth.

- Visualize yourself as a rainbow running through your central channel while staying in your feeling body.
- Take a deep breath.
- Ask yourself what you want to need to stay in balance right now, at this time.
- Listen (receive)
- TRUST: Realize you/we cannot know everything and life requires us to let go and Trust in the mystery.
 - You have done your inner work, and it is time to let go and let the Universe show up.

TRUST Practice Homework

- Sitting Practice: Run themes and when you get to trust, breathe and let go. Know you have done your inner work to change a pattern, create your future and be who you are here to be. Surrender and commit to trust yourself and trust the universe to guide, support and bless your life.
- Embodied Mindfulness Practice: Notice when you do NOT trust and listen to your heart and body for guidance. Trust yourself.

Self Mastery Training

Practitioner Coaching Tips

In Private Sessions:

- Chat for at least half the session until the pieces of story through the timeline becomes clear
- Begin session reviewing last theme and how it played out
- Stay with theme they are at as touchstone point of focus and to review
- Help them stay focused on what is possible on other side of issues (Big Why)

PROMPTS *to work with when actually guiding your person through the running of themes*

1. Grounding
 - a. You are supported in (your intention)
2. Feeling - Ask 4 points and respond in flow after each answer.
 - a. What is story?
 - b. Where do you feel?
 - c. In your body?
 - d. What is the quality of energy in your body?
 - e. What is color or sound or tone?
 - f. What does it say?
 - g. If it had human voice?
3. Self Love
 - a. Guide to awakening of light of heart and to ignite the energy of heart chakra in the center of the chest - say "This is infinite love and has always been there. Breathe."
 - b. Invite them to expand love to story of patterns just realized. Remind and track and reflect for them. Wait. Give it space.
 - c. What is happening?
 - d. Guide to physical edges of the body "Let love field fill your body physically - let me know when you're done."
 - e. Guide to fill entire energy field with love and light. Then say "Let me know when you're done."
4. Clearing
 - a. Guide them through the white light clearing for the first time.
 - b. If they are energy healer, have them clear their own next time or walk through.
5. Presence
 - a. Relax into mystery energy, let go and ask your guides to show you anything about moving forward from here.
 - b. If they get nothing, close your eyes and see what you get

6. Empowerment
 - a. 8 inches above head.
 - b. You have chosen everything about this dynamic and can select and visualize a life forward free of dynamics from past if you choose.
 - c. Ask them to choose not if they agree with thought
7. Gratitude
 - a. Can you feel it?
 - b. What do you notice in your body?
 - c. Are you able to feel gratitude for all this past, present, and future about your intention?
8. Boundaries
 - a. Feel the gratitude that all that has been is and will be.
 - b. What are you saying yes to?
 - c. Help them if they are stuck by finding YESes as related to other themes guidance so far
 - d. Ask how they feel
9. Receiving
 - a. Imagine being a magnet.
 - b. Explain and invite them to imagine all coming towards them.
 - c. Practice to Lean in and then lean back.
 - d. Ask them to tell you when they are full.
 - e. Ask how they feel
10. Generosity
 - a. Imagine Torus field
 - b. In this feeling state of generosity, where more can you give. "Love generously - you can never run out."
 - c. Ask how they can be generous from this present state of overflow.
11. Balance
 - a. Rainbow Light activation: You are a bridge of possibility between Highest Potential and deepest desire.
 - b. Invite them to ask rainbow energy - "What do you need to stay in balance between manifestation and now?"
 - c. Listen and ask a few times for new answers to add on and arise?
12. Trust
 - a. Are you willing to let go now that you have done all you can on this inside around this stream of awareness?
 - b. How does that feel?

Sample Session Outline Template

Connect

- Listen and share check in about whatever (5 mins)

Set Intention

- What is their intention for today? (3-5 mins)

Chat time / Listen

- Listen and reflect what you hear (10 - 25 mins)
- Find what is most alive and most right now for her.
- What is desire
- What is on other side of this
- Decode what is going
- Be curious
- Ask questions

Teaching

- Private Client? Introduce new theme - bring teaching and weave with earlier conversation (10-35 mins) OR
- For check-ins - share teaching or feedback here (5 - 15 mins)

Run themes (10-25 minutes)

- Leave more time when there are more themes

Final Commitment (5 mins)

- Ask her what she is committed to now moving forward
- Give HW or remind her of her commitment based on entire session and whatever theme she is on.

Tips For Training Them To Run Themes

1. Focus on each theme at a time and dwell on holding awareness on both theme and their intention to access new info in any given moment.
2. Once they feel a shift or realization in a theme, move to the next one.
3. If they are losing energy in a theme and not activated,, or stuck, it is a clue to go back and ask guidance from theme before it again.
4. They are learning to track energy and decipher what it is your body, feelings and spirit guides are telling them

5. Show them to work with both breath and mind to access guidance on whatever they are running the themes on to discover. Always pause and breathe when there is stagnation in the process.

Tips for YOU When Facilitating Themes

1. When asking questions, hold energetic space and then check in if it is silent for more than 15 seconds.
2. Work with agreements when moving forward with themes practitioners
3. If they are resistant, explain why you are asking things
4. Always be willing to go back in themes if another layer of story comes up
5. Use their words to reflect back guidance
6. When you see a theme will help them they are not yet working with, let them know we will get into that later, but first, it is important to have a foundation
7. Always give inner and outer homework
8. Remind students the theme they are on. They will need your support to stay focused.
9. Have them look away from the computer when running the themes. Ideally into a more comprehensive view and in a quiet space of relaxation.

When Obstacles Come Up + Deeper Causes + Solutions

LOOK FOR:

- Resistance in all forms
- Projection
 - Blaming others for inability to change / get results
 - Reverse victim mindset (Empowerment Theme)
- Excuses for not doing things
 - Too Busy ?
 - Focus and Ground
 - Lone Wolfing it?
 - Practice asking for support,
 - Build your team
 - Nurture your relationships
- Not enough Money or Time - What they mean?
 - Money issues - connection, self worth, value
 - Time - intimacy issues

Small Group Check-In Info Sheet

It is up to you to design the details of each small group session. I suggest you create your own outline for each circle. To prepare, you may wish to sit and run the themes yourself.

Sample Group Session OUTLINE

1. CREATE CONTAINER - 5 - 10 mins

1. Welcome.....
2. Share the intention for this session today
 - a. Ie: This session is to give you all extra support so you feel clear with how to understand the teachings, apply what you are learning and run the themes.
 - b. Ie: Today, I am committed seeing each of you go to a new level
 - c. Ie: This is a safe , non judgemental space
 - d. Ie: To make sure everyone has time to speak so we will time each person (optional)

2. TEACHING - 5 - 15 mins

Share about theme real quick. Remind them...Themes are designed to:

- Clear the past
- Get present
- Manifest the future

Each theme prepares you for the other and I want to simply share about the (#) themes we worked with so far and make sure you are clear and getting value from these practices so you can manifest your intention.....

Theme review: Go 1 by 1 for 1 minute each.

3. Q and A - 10 - 20 mins

Notice their Q and As and as topics come up, have them hold their intentions for when you actually run themes in a few minutes.

4. CLOSING - 10- 20 mins

Run themes as a group.

Give next steps : Your next group call will be next week and you will continue with new themes

Home Work

- Ask them to verbally commit to how many days they will practice sitting running themes.

FOR YOU: Stay in heart smiling while interacting with others and see what happens

12 Themes: Areas of Focus for Activation Meditations

Theme	Directional Awareness	Area of Focus
Grounding	Down	Mother Earth
Feeling	Belly	Sensations in body/field
Self Love	Heart Center, then expansion	Expanding love and light
Clearing	Out	Letting go, getting lighter
Presence	Inner Vision / 6 sense	Third eye
Empowerment	Above	8 inches above head
Gratitude	Center, Full Body Feeling	Center down through crown to fill body
Boundaries	Open and Up	Heart opened verbal expression
Receiving	Absorbing	Absorb and fill whole Body
Generosity	Overflow and Absorbing. Repeat	Receiving and Giving at same time
Balance	Central Channel	Rooted while reaching energetically to Sun. Rainbow Energy.
Trust	Open	Full body awareness with hands open

12 HW Assignments

Below is the CORE list of HW assignments after each session. You will also be adding one or two assignments that are personal to the person as per the session. Be intuitive. You got this.

- Grounding
 - Walk barefoot in nature. Pray with a tree. Make offerings to Mother Earth
 - Sitting practice: Run themes and ground energy with thought you are supported and feel the connection with Mother Earth
 - Embodied Mindfulness Practice: Ground when you are standing still

** (do not ground on planes or in cars)
- Feeling
 - Sitting practice: Run themes and listen to your feelings long enough to decode stories of limiting beliefs and understand your needs and desires
 - Embodied Mindfulness Practice: Notice how you feel when you walk into a room, store or building. Notice when you are acting in alignment or if you are in rejection (ignoring) your feelings.
- Self Love
 - Sitting Practice: Run themes and activate self-love as infinite consciousness and behold the other aspects of your story within your body and field and activate your infinite nature as love.
 - Embodied Mindfulness Practice: Bring awareness into your heart and smile often while in communication with others.
 - Write a love letter to your future self
- Clearing
 - Embodied Mindfulness Practice: Work to clear your energy with each of 4 elements
 - Have intentional shower or bath (If possible, get in rain, river, waterfall or ocean)
 - Do Qi Gong clearing breaths/practice
 - Do fire ceremony and let go of that way
 - Do toning or chanting to clear
 - Sitting Practice: Run themes on your intention and once you get to clearing. Breathe and clear anything in your field that is in the way of light of unconditional love beholding all aspects of your story.
- Presence
 - Sit and meditate on 3rd eye. Make a commitment that feels good and then do it.
 - Embodied Mindfulness Practice: Take time to sit in nature and witness the dance of the elements and listen in silence.

- Sitting Practice: Run themes and when you get to presence, be quiet and tune into your third eye ask your angels and guides for any information about your intention.
- Empowerment
 - Embodied Mindfulness Practice: Notice when you feel victimized by a situation or person or feeling
 - Sitting Practice: Once running other themes bring awareness of thought that your soul is choosing past, present, and future reality through the laws of vibration and through actions you have decided to take.
- Gratitude
 - Living Practice: Practice gratitude when you go to bed, before every meal and when you arise in morning
 - Embodied Mindfulness Practice: Notice where you are not grateful and witness that.
 - Sitting Practice: Run themes and when you get to gratitude, allow energy to come down through your central channel into your body and embody gratitude energy. Feel the gratitude for what was, what is and what will be.
- Boundaries
 - Living Practice: Make a list of 100 yes-es. What are you saying yes to in your life?
 - Sitting Practice: Run themes and when you get to boundaries, find your yes and say it with conviction while staying grounded and activated in all the earlier themes. Be specific about what you are saying yes to. Tell the Universe your yes-es.
- Receiving
 - Embodied Mindfulness Practice: Practice letting in energy from one penny at the grocery store to compliments.
 - Embodied Mindfulness Practice: Notice when you deflect someone's attention
 - Sitting Practice: Run themes and when you get to receiving, imagine all of your YESes coming in and towards you and filling you up.
- Generosity
 - Embodied Mindfulness Practice: Practice giving more than usual to people in your life. Give from the mindset you are overflowing.
 - Sitting Practice: Run themes and when you get to generosity, imagine you are overflowing and then imagine how you can give generously in the world in the future as you overflow with life force.
- Balance
 - Embodied Mindfulness Practice: Choose balancing foods. Walk the middle path. Notice color.
 - Sitting Practice: Run themes and when you get to balance, ask what you need to do to stay in balance between here and there
- Trust
 - Embodied Mindfulness Practice: Let go and let Spirit

- Sitting Practice: Run themes and when you get to trust, let go. Know you have done your inner work to change a pattern, create your future and be who you are here to be. Surrender and commit to trust yourself and trust the universe to guide, support and bless your life.

5 Basic Steps in Enrollment

1. Create the container.
 - a. Let them know this is a chance to get to know what's running their show and you want to ask questions and at the end you will make suggestions whether it is working more or referral or action steps.
 - i. Ask : Does that sound good? (agreement field)
 - ii. What healers/ transformational work have you done?
 - iii. What is your spiritual belief/ lineage (if appropriate)
2. Engage in vision
 - a. Be curious & ask questions
 - i. What is possible?
 - ii. Who do you get to be?
 - iii. How does that feel?
 - b. Encourage elaborating.
3. What is in the way?
 - a. Be curious & ask questions
 - b. Listen
 - c. Reflect
 - d. Encourage elaborating
4. Do mini practice
 - a. Run themes
 - b. Help thread, activate, clear, get present and manifest
5. Complete with Offer and / or Action Plan
 - a. Ie: I feel it may be good fit for us to work privately.. Here is why
 - b. Ie: You may want to join local circle....