



WAY OF MALAMALAMA
KOA



**Malamalama is a Polynesian word meaning
light of knowledge, understanding,
enlightenment, and radiance.**

Welcome To Way of Malamalama

6-MONTH PERSONAL GROWTH & SELF-MASTERY PROGRAM

DISCLAIMER

This training is not a replacement for a personal session with a qualified practitioner. Nor is it a replacement for empowering and enlightening clinical psychotherapy or any medical treatment.

Way of Malamalama was created through research, thousands of hours of counseling sessions, self-inquiry and personal development and has assisted thousands of people to heal their lives.

Daniel Posney

Daniel Posney is a recognized healer and teacher of personal growth, spiritual awakening and life-transformation, philosopher and reformer.

Known for working with others in shifting their perspective into higher understanding and moving humanity into higher consciousness and self-realization.

Daniel is changing the way an entire civilization views reality. Daniel is a master at being able to communicate the highest perspective.



Daniel Posney

- Life Coach and Counselor
- Spiritual Guide and Teacher
- Mochilla Carrier
- Hapkido Black Belt
- Author: *One White Stone*
- Cancer Healing Therapist
- Master Breathwork Facilitator
- Didgeridoo and Toning Healing Master
- Navy Veteran (Med, West-Pac 1982-1988)





AUDIENCE

People In Therapy

Self-Help/Improvement

Personal Growth

Rehab & Recovery

Spiritual Advancement

Healers, Counselors, Intuitives

Holistic Medical Practitioners

Relationship Coaches

Career Enhancement

PROGRAM FEATURES

- PRACTICAL TOOLS
- EXPERIENCED TEACHERS
- IMMERSION PROGRAM
- GROUP INTERACTION
- COMMUNITY SUPPORT
- COURSE FOLLOW-UP

BENEFITS

- Health And Wellness
- Emotional Healing
- Empowered Beliefs
- Increased Prosperity
- More Loving Relationships
- Discovery Of Life Purpose
- Connection To God/Source/Spirit

Our intentions are:

To make a **quantum shift** into our **highest self**.

To replace limiting beliefs with empowered knowing.

INTENTIONS

SELF-PREPARATION

You'll be presented with new ideas and concepts that may challenge your established belief systems.

1. Supportive Diet: Eat very little sugar, meat and caffeine. Though fasting is an excellent way to cleanse the body, it may not be the right time (it may be too much to handle during this program).
2. Daily Time Commitment: Set aside time during the first part of the day, everyday, for meditation, study and reflection on the concepts introduced here. During weekly engagements (Q&A, forums, calls...etc.), you should be centered and focused (it's only an hour or so).
3. Sacred Space: Create a sacred space in your home (outside too) to meditate or pray and set intentions (a clear intention for your journey in this program).
4. Nurturing: Take care of yourself. Love yourself with body work (massage, acupuncture, reiki), delicious and healthy food and time in nature. Also, make sure that any time with others involves those people that unconditionally love and support you.
5. Focus On Mind, Body And Soul: When shifting perspective, your mind shifts which affects changes in your body. You come into more alignment with your soul and its path.

PROGRAM DELIVERY

Delivery methods Include:

- Live and recorded content
- Practical exercises
- Online resources
- Support community
- Email communication
- Group Q&A counseling (live)

SCHEDULE

<u>Active Program Months</u> - program engagement January - March, May - July, September - November	<u>Inactive Months</u> - for vacation breaks April, August, December
<u>Program Join Months</u> - candidates can enroll during these months: January, May, September	<u>Overlaps</u> - weeks shared with 2 different groups Jan/May/Sept (1-4), Feb/Jun/Oct (2-5), Mar/Jul/Nov (3-6)

January M1/M4	February M2/M5	March M3/M6	April OFF
May M4/M1	June M5/M2	July M6/M3	August OFF
September M1/M4	October M2/M5	November M3/M6	December OFF
January M4/M1	February M5/M2	March M6/M3	April OFF

Weekly Schedule (CC=Conscious Circle, BW = Breathwork)

Example below shows: Jan/May/Sept

Starts on the 1st Monday of every program month

WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	M1 630PM	M4 630PM		CC 630PM			BW 630PM
2	M4 430PM	M1 430PM		CC 430PM			BW 430PM
3	M1 630PM	M4 630PM		CC 630PM			BW 630PM
4	M4 430PM	M1 430PM		CC 430PM			BW 430PM

RESOURCES & TOOLS



- Supportive Video Library
- Community Support
- Mentorship/Accountability Partners

EXERCISES

- Cord Releasing & Ho'oponopono
- Emotion To Body Connection
- Process Emotional Triggers
- Self-Inquiry Process
- Breathwork/Sound Healing
- Guided Meditation
- Cultivating Presence/Subtle Energy
- EFT/Emotion Code/Theta Healing



FEEDBACK & SUPPORT



- Email Check-In with Video
- Action Steps Tracking & Feedback
- Morning Affirmations
- How Are You/We Doing?
- After Care & Follow-Up

TOPICS

- 19 Values of Aloha
- Mind Disidentification
- Universal Truths
- Shamanic Perspective
- Ecstatic Breathwork
- Accountability/Responsibility
- Shadow Work/Negative Programs
- Distraction Deprogramming
- Empowerment/Confidence
- Rites of Passage
- Relationship Tools
- Manifesting
- Health and Wellness
- Divine Feminine/Masculine Energy

Timeline: 6 months

HO'OHANA

The value of work: To work with intent and with purpose.

HO'OMAU

The value of perseverance. To persist, to continue, to perpetuate. Never give up.

KA LĀ HIKI OLA

“The dawning of a new day.” Optimism. The value of hope and promise.

'IMI OLA

To “seek best life.” Our purpose in life is to seek its highest form. The value of mission and vision.

'IKE LOA

The value of learning. To know well. To seek knowledge and wisdom.

LŌKAHI

The value of teamwork: Collaboration and cooperation. Harmony and unity. People who work together can achieve more.

HO'OHANOHANO

To honor the dignity of others. Conduct yourself with distinction, and cultivate respectfulness.

ALAKA'I

The value of leadership. Lead with initiative, and with your good example. You shall be the guide for others when you have gained their trust and respect.

KĀKOU

The value of inclusiveness, for “All of us.” We are in this together. Learn to speak the language of we.

HA'AHA'A

The value of humility. Be humble, be modest, and open your thoughts.

HO'OKIPA

The value of hospitality, a hospitality of complete giving. Welcome guests and strangers with your spirit of Aloha.

'OHANA

Those who are family, and those you choose to call your family. As a value, 'Ohana is a human circle of complete Aloha.

ALOHA

Aloha is a value, one of unconditional love. Aloha is the outpouring and receiving of the spirit.

KULEANA

One's personal sense of responsibility. “I accept my responsibilities, and I will be held accountable.”

MĀLAMA

The value of stewardship. To take care of. To serve and to honor, to protect and care for.

KŪLIA I KA NU'U

The value of achievement. “Strive to reach the summit.” Pursue personal excellence in all you do.

MAHALO

“Thank you”, as a way of living. Live in thankfulness for the richness that makes life so precious.

NĀNĀ I KE KUMU

Look to your Sense of Place and sources of spirit, and you find your truth.

PONO

The value of integrity, of rightness and balance. The feeling of contentment when all is good and all is right.

Month #1 (43 Slides)

- HO'OHANA, HO'OMAU
 - Work, Perseverance
- Definitions
- Health and Wellness

Month #2 (51 Slides)

- KA LĀ HIKI OLA, 'IMI OLA, 'IKE LOA
 - Optimism, Mission, Learning
- Empowerment, Trust, Removing Obstacles
- Vibration/Frequency, Ego-Identity
- Law of Attraction, Personal Navigation System

Month #3 (45 Slides)

- LŌKAHI, HO'OHANOHANO, ALAKA'I
 - Teamwork, Respect, Leadership
- Clearing Anxiety and Stress, Emotional Trauma
- Anger, Depression, The Inner Child

Month #4 (33 Slides)

*Breathwork 2x every month

- KĀKOU, HA'AHA'A, HO'OKIPA, 'OHANA
 - Communication, Humility, Hospitality, Family
- Accountability/Responsibility
- Shamanic Perspective, Shadow Work
- Divine Nature (Sacred Feminine/Masculine)
- Universal Truths

Month #5 (49 Slides)

- ALOHA, KULEANA, MĀLAMA
 - Unconditional Love/Spirit, Responsibility, Stewardship
- Relationship Tools, Boundaries, Codependency
- Forgiveness, Manifesting

Month #6 (30 Slides)

- KŪLIA I KA NU'U, MAHALO, NĀNĀ I KE KUMU, PONO
 - Achievement, Gratitude, Inner Truth, Rightness
- Self-Love, Rites of Passage, Universal Truths

INTRODUCTION AND INTENTIONS

Through the projection of pure, unconditional love and by offering alternate perspectives about who and what you are and how to move back into the love that we were created with.

Prayer - that all beings in any way connected to this creation would feel more love of the Self in a physical, emotional and spiritual way. That this creation would expand out in all dimensions and multiply exponentially.

This sets the tone for the program, so that you can receive the information and energy in a way that best suits you. When you set your intention in this way the energy will follow the intention.



Shamanic Alchemy Breathwork

Transformational
Holotropic
Liberating

Breathwork is a profound experience of deep, fast breathing paired with evocative music and musical instruments.

Altered states of consciousness and deep emotional and physical healing is possible.

WHAT HAPPENS DURING BREATHWORK?

Shamanic Alchemy Breathwork is a profound experience of deep, fast breathing paired with evocative music and musical instruments.

Altered states of consciousness and deep emotional and physical healing is possible. During Daniel's Shamanic Alchemy Breathwork sessions, he creates a safe, sacred, loving space.

Drum, didgeridoo, vocalized toning and other instruments assist him in creating atmosphere and moving energy. Essential oils and plants help to clear and enhance.

Waves of energy are formed through specific types of music and deep, fast, rhythmic breathing. Participants can experience: bliss, ecstasy, physical healing, feelings of Oneness, non-physical communication, the pure energy of their being and other yummy stuff.



1ST MONTH

HO'OMAU (perseverance)



Ho'omau (ho-oh-ma-oo) is the Hawaiian value of perseverance and persistence.

In practicing this value, we become more tenacious, resilient, and more courageous.

Ho'omau also means to perpetuate, and to continue in a way that causes good to be long-lasting. Those who ho'omau do not give up easily, and they consider mistakes and failure to be temporary conditions from which to learn and move on from.

HO'OHANA (work)

Ho'ohana (ho-oh-ha-na) is the value of worthwhile work. When you ho'ohana, you are working with passion, full intention and definitive purpose.

You work to bring productive energies to the life you lead, working with resolve, focus and determination. Ho'ohana is an attitude of intention and full presence in whatever you do.

* Hana is the Hawaiian word for work. Ho'o is a prefix that brings active causation and transition to the Hawaiian base words that follow it, turning them from nouns to verbs.



Far and away the best **prize** that life offers
is the **chance to work hard** at work **worth doing**.

- *Theodore Roosevelt*

Basics And Preparation

Coming to terms with terms and ideas

- Definitions
- Ego-Identify
- Vibration and Frequency
- Vibrational Healing
- Raising our inner vibration
- Exercise: Create an energy ball

DEFINITIONS

- Consciousness - is the quality or state of being aware especially of something within oneself.. When, actually, we are consciousness. Awareness of self.
- Soul/Spirit/Higher Self/Ego-Identity - these are just different terms that further try to define the undefinable. There are no hard edges between any of these levels of beingness. Usually, people refer to Soul/Spirit as that which animates a human or animal. Higher Self and Ego-Identity usually refers to the higher and lower aspects of Self.
- Dimensions - this is the complexity of form of an object. The higher or more dimensions translates to its complexity. We live in a 3D (3rd dimensional) world. But, there are higher dimensions beyond what we are aware of. Quality of experience. Lower dimension = density and polarity.

- Unity/Oneness/Singularity - these terms refer to the idea that we are all “connected”. What’s good for one is good for all. There is only One expressing itself in billions of forms. Unconditional love.
- Life Transformation/Self-Realization/Enlightenment - actualizing your true essence. Paths to know thyself.
- Quantum Shift/Physics - in knowing the smallest, you know the infinite. Studying the smallest to know the larger whole. When there is a “quantum shift” it means that due to the nature of quantum, the change happens “on all levels” from the very basic fabric of reality.

Health and Wellness

- Yoga
- Qigong
- Martial Arts
- Devotional Chant
- Cleansing & Fasting
- Psychosomatic (body-mind)

YOGA

YOGA

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being.

Although classical yoga also includes other elements, yoga as practiced in the United States typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dyana). Popular yoga styles such as iyengar and hatha yoga focus on these elements.

There's no need to perform the asana (pose) this person is doing. Try the most gentle (yin) form that feels good, that stretches your body and releases stuck energies.



QIGONG

QIGONG

Qigong, Qi gong, Chi gong: this healing technique has a lot of different spellings. Pronounced as “chi-gung”, Qigong is an ancient Chinese technique based on meditation, controlled breathing, and guided movements.

An improved immune system, relaxation, reduced stress, and better concentration are just a few of the many reasons why Qigong is such an attractive healing method. It's a very old but effective practice with many different styles and forms.

Qigong is an effective means of balancing and cultivating chi energy.



MARTIAL ARTS

MARTIAL ARTS

Any of various fighting sports or skills, mainly of East Asian origin, such as kung fu (Pinyin gongfu), judo, karate, and kendō or aikido. Martial arts can be divided into the armed and unarmed arts.

Choosing the right martial art to practice can help to develop physical and mental balance, keep your body in top condition and serve to spiritually enhance your life.

You may find that the reason you decide to practice will change over time. It may change from “protecting yourself” to a mindset of not needing protection.



DEVOTIONAL CHANT

DEVOTIONAL CHANT

Singing or chanting a mantra or sounds such as “OM/AUM” creates feelings of grace, peace and bliss. It’s a perfect tool to “go beyond the mind” due to the mind becoming distracted.

KIRTAN: Although there are also chanting traditions in other religions such as Buddhism, Christianity and Islam as well, Kirtan is clearly of Indian origin. It stems from the devotional tradition of Bhakti Yoga, the Yoga of Devotion. The spiritual practice of communal singing (Sankirtan) is central in Bhakti-Yoga and can be found in both Hinduism and Sikhism. Kirtan is a way of joyfully concentrating on the Divine through music. It could also be described as a kind of singing meditation.

Chanting can be performed without being a religious practice.



CLEANSING AND FASTING

CLEANSING AND FASTING

Intermittent Fasting is an eating pattern where you cycle between periods of eating and fasting. It's not focused on which foods to eat, but rather when you should eat them. Intermittent Fasting methods split the day or week into eating periods and fasting periods. You can do this by skipping breakfast, eating your first meal at noon and your last meal at 8 pm.

Detox diets are generally short-term dietary interventions designed to eliminate toxins from your body. A typical detox diet involves a period of fasting, followed by a strict diet of fruit, vegetables, fruit juices, and water. Sometimes a detox also includes herbs, teas, supplements, and colon cleanses or enemas.



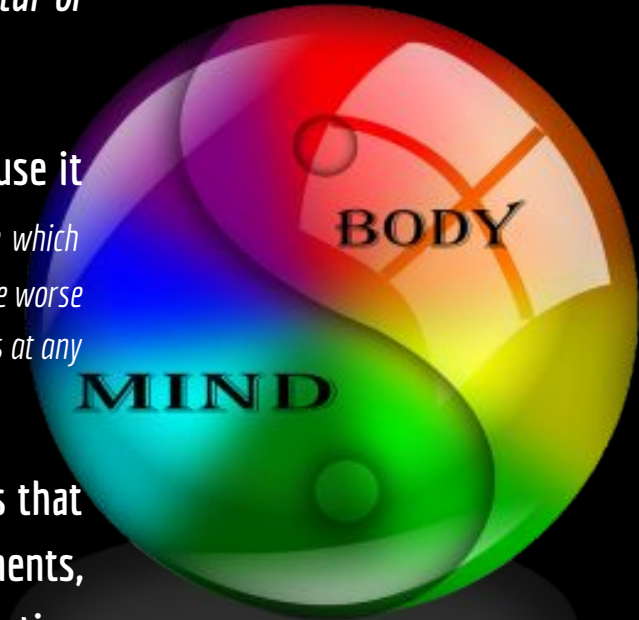
PSYCHOSOMATIC (BODY-MIND)

PSYCHOSOMATIC (BODY-MIND)

of, relating to, involving, or concerned with bodily symptoms caused by mental or emotional disturbance

Some outdated theories suggest that an illness turns into a disorder because it not only affects the body but also the mind. *"A psychosomatic disorder is a disease which involves both mind and body. Some physical diseases are thought to be particularly prone to being made worse by mental factors such as stress and anxiety. Your mental state can affect how bad a physical disease is at any given time."*

But, what modern medicine, researchers and brain scientists have found is that there is first consciousness, then thought, emotion and belief. These elements, if negative or self-destructive in nature and not addressed through integration or healing of the event that created them, will physically manifest as disease, illness or even just pain in the body.



Our spirit, mind, emotion and our physical body are all
interconnected through energy.

True balance is achieved when they are all nurtured.

You will come to realize that if you don't heal emotional trauma,
then it can lead to physical imbalance, illness and disease.

“Health is an announcement of agreement between your body, mind and spirit. Honor your body, keep it in good shape. When you are not healthy, look to see which parts of you disagree. Your body will demonstrate the truth to you. Notice what it is showing you, listen to what it is saying.” -Neale Donald Walsch

The Mind-Body-Spirit connection has very important implications when it comes to your physical well-being. Your spirit, mind and body communicate with one another via your electromagnetic field.

When one of the three is out of alignment, it will affect the other two. This means that if your body is not healthy, then it will create unhealthy vibrations within your mind and spirit.



“If you can let anger subside, and let fear be replaced with more hopefulness, you will easily tap into a momentum of Well-being. It will seem so easy, you will wonder why you don’t do that more often.” –Abraham

Every physical ailment has an negative emotional component. Emotion (Energy in Motion) can get stuck in your body. Your emotions will try, softly, to get your attention and will get increasingly louder, until the message is received. If you are going to power your body with emotion then it would make perfect sense to fuel it with positivity.



STUCK ENERGY LEADS TO ILLNESS

When you have stuck emotions such as anger, frustration, guilt, etc., their vibrational frequency will get stuck within specific areas of your body.

If these stuck energies stay stuck for long periods of time, they will cause dysfunction in that area.

When that happens, you may feel stiffness, aches and pains. If that stuck energy persists for even longer, it can cause inflammation, deterioration and disease.

Now that you know better, be proactive and take appropriate action to remedy the situation.

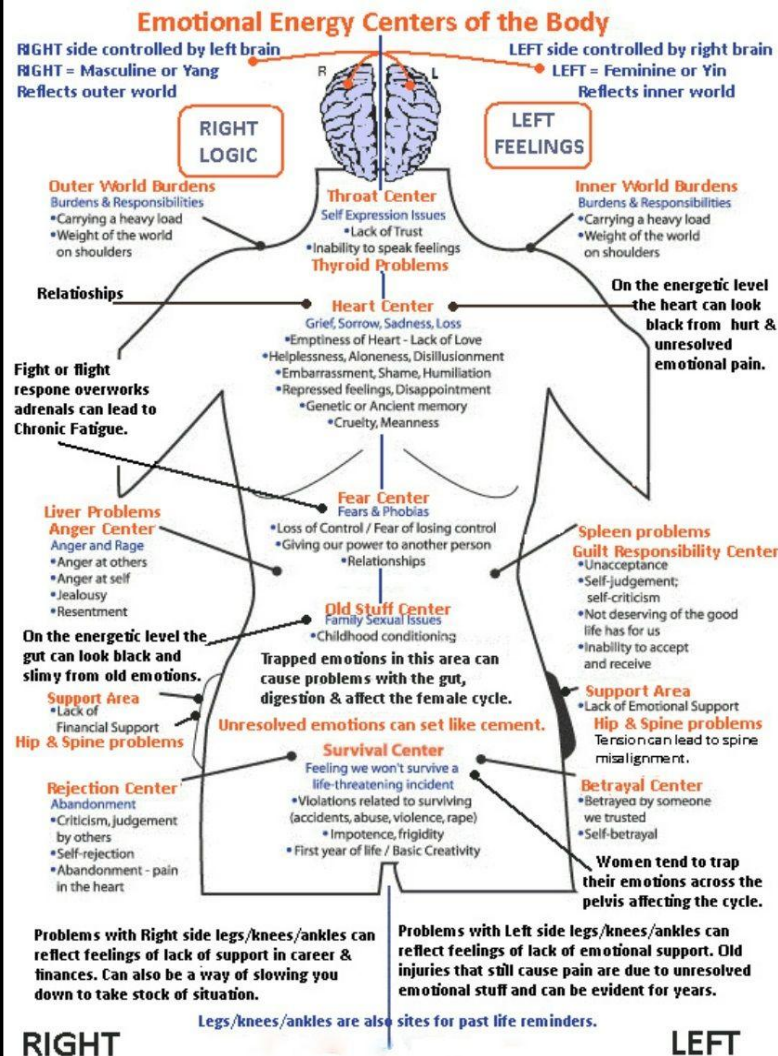
One such action you can take is determining the emotional cause. If you want a quantum shift in your reality you have to do the work.

We are giving you all the ammunition you need to take charge of your life.

COMMUNICATION THROUGH SYMPTOMS

Treat your symptoms as indicators just like “mirrors”. Sometimes, it can have a literal meaning such as when you have a pain in the neck or your shoulders hurt. Simply ask, “who is being a pain in my neck?” or “how am I shouldering too much?” or “am I taking on too much burden?” or “am I not owning my responsibility?”

Most of the time it’s not that simple, but there are books on this subject such as “You can Heal Your Life” by Louise Hay and Metaphysical Anatomy by Evette Rose that make correlations between specific ailments with their corresponding emotional components.



NEGATIVE EMOTIONS CAUSE DIS-EASE

The sum total of your beliefs, thoughts, emotions and actions create your outer reality, as well as affect the state of your physical body.

It has been found that every imbalance, stress or dis-ease that manifests in the physical body can be attributed and sourced back to an earlier emotional charge and can be triggered in your present day life.

You will discover that if you only treat the symptoms, then even if the symptoms go away in the moment, they will either resurface in the same area or somewhere else.

It's because you are not treating the source of the dysfunction which stems from an emotional wound.

EXAMPLES

- Aches - Longing for love. Longing to be held.
- Acne - Not accepting the self.
- Arms - The capacity and ability to hold the experiences of life.
- Arthritis - Feeling unloved. Criticism, resentment.
- Back Pain (lower) - Fear of money or lack of financial support.
- Constipation - Incomplete releasing. Holding on to garbage of the past. Guilt over the past. Sometimes stinginess.
- Diabetes - Deep sorrow. No sweetness left. What might have been.
- Eyes/Ears - Not liking what you see/hear in your own life.
- Foot Problems - Fear of the future and of not stepping forward in life.
- Knees/Hips - Stubbornness. Inflexibility. Balance. Moving forward.
- Migraine - Lack of flow in your life. Sexual fears.
- Shoulders - Burdens. What are you shouldering?
- Stomach - Fear. Not able to stomach something.

By healing, integrating and clearing our negative emotions, we create wellness.

People have healed themselves by clearing the emotional component behind the illness or pain.

Physical Environment

- Our default environment
- Vaccines and medications
- A more supportive environment
- Physiology and physical challenges

OUR DEFAULT ENVIRONMENT

FIRST, LET'S LOOK AT OUR DEFAULT ENVIRONMENT



Let's look at the U.S. statistics for a moment...

- 1 out of 2 children have a chronic disease
- 1 out of 3 people are expected to get some form of cancer
- 1 out of 5 have a mental illness
- 1 out of 6 have a learning disorder

Granted, we as a society are led to believe that everything should be medically labeled. There's a pill for everything...even if you find yourself laughing or crying for no apparent reason.

It's a bit out of control.

VACCINES AND MEDICATIONS

VACCINES AND MEDICATIONS

The U.S. has the highest medical expenses and the worst health out of the top 17 most-developed countries.

- 70% of Americans are on medication
- 11% of youth are on high-risk, psychotropic drugs

The CDC recommends 49 doses of vaccines by age 12 and 70 doses by age 18!

We won't even go into what is in those vaccinations.

www.nvic.org



MORE ABOUT VACCINATIONS

These testimonials, which represent the tip of the iceberg, cover a panoply of disorders that were rare or even unheard of a few decades ago:

- Thirteen percent of U.S. children are in special education.
- One in six American children has a developmental disorder such as autism spectrum disorder (ASD).
- Attention-deficit/hyperactivity disorder (ADHD) affects nearly 11% of American children.
- One in 20 children under the age of five has epilepsy.
- Peanut allergies are the most common cause of food-related death.
- Women who receive flu and Tdap vaccines during pregnancy are at greater risk of miscarriages and other problems.

MORE ABOUT VACCINATIONS

- Pediatric autoimmune neuropsychiatric disorders associated with streptococcal or other infections (PANDAS or PANS) may affect as many as 1 in 200 children in the U.S., including up to 25% of children diagnosed with obsessive-compulsive disorder (OCD) and tic disorders.
- Sensory processing disorder (SPD) often co-occurs with ADHD and ASD.
- In the U.S., the infant mortality rate, including from sudden infant death syndrome(SIDS), is double the rate in many other high-income countries. In Africa, a comparative study in Guinea-Bissau found that infant mortality was at least twice as high (10%-11%) in children who received the diphtheria-tetanus-pertussis (DTP) and polio vaccines as in children who did not receive the vaccines (4%-5%).

A MORE SUPPORTIVE ENVIRONMENT

CREATING A MORE SUPPORTIVE ENVIRONMENT

Buy organic and biodynamic (non-GMO) food as much as possible. This can be challenging because GMOs are in 85% of processed foods and we don't have mandatory, clear labeling of GMOs or toxic chemicals in our food.

Water from city supply is polluted in the majority of US cities. Installing reverse-osmosis filters and adding trace minerals back into your water can greatly improve the situation.

In the USA, over 80,000 chemicals have been cleared by the EPA (since the 1940's). Only about 12 have been banned or restricted. Search for and use only environmentally-friendly, non-toxic and natural cleansers like vinegar, essential oils, and baking soda. Use more glass as opposed to plastic.

Cleaning up your body's interior environment is vitally important to your overall well being. A properly oxygenated and balanced PH environment won't allow disease to exist. A proper diet will supplement your spiritual, mental and emotional processes. A non-toxic home environment will be beneficial to your well being.

PHYSIOLOGY

SOME INTERESTING PHYSIOLOGY FACTS

- Your body needs a way to relax.
Either through touch, vibration, pressure, or heat.
- Inflammation is at the core of the top 7 causes of death.
- One week of poor sleep affects 700 genes.
- Fuel Bad --- Feel Bad --- Fuel Bad --- Feel Bad
- We should be stretching 2 minutes for each stretch.
- Pain is your alarm system. Pain is a symptom, not the cause.

When you are stressed you are using more life force to serve your mental process and flooding your body with cortisol. Your energy will be depleted and your blood stream will become toxified. Now, your body doesn't have the energy to perform its natural tasks, let alone heal.



PHYSICAL CHALLENGES

PHYSICAL CHALLENGES



Your body works well when it experiences healthy challenges. Exercise is a great way to move energy especially stress or negative emotion.

Cardio workouts will deliver much needed oxygen to your cells and support a healthy environment. Building more muscle mass will help you burn calories more efficiently and help to maintain your weight.

EXAMPLES OF DAILY/WEEKLY CHALLENGES

1. Cardio and strength workouts
2. Track your workout progress
3. Workout with others to help motivate you
4. Incorporate breathing exercises
5. Stretching several times per day
6. Start a fast or cleanse or get a colonic
7. Eat nutrient-dense food + supplements
8. See a nutritionist to find out what your body needs

Of course, check with your doctor first!

EXERCISE

EXERCISE: CHALLENGE YOURSELF

Choose at least 3 challenges:

If you think your body can handle it and your doctor agrees...

- Double your next cardio workout or start one
- Double your next strength workout or start one
- Replace all processed foods with whole, organic foods
- Add 10 minutes to your current or non-existing yoga practice
- Stop smoking and drinking alcohol for 4 days
- Fast for one day
- Start a 5-day juice cleanse

Listen. There is a voice that will want to resist this. Ask yourself “Who’s in charge here? Me or these thoughts?”

SUMMARY

U.S. statistics reveal a haunting realization that a large section of society is medicated in some way. This causes us to ask “Why?”

70 doses of vaccines? Now, we start putting the puzzle pieces together.

We can start to create a better, healthier environment for our well-being by looking at our food and water supply.

Keeping our body flexible, free from inflammation and toxins, helps to ensure that we stay healthy.

Negative emotions are at the root of physical illness and disease.



2ND MONTH

KA LĀ HIKI OLA (optimism)



Ka lā hiki ola (ka-la-hee-kee-oh-la) translates to “the dawning of a new day.” This is the value of optimism, hope and promise. There will always be the dawning of another day and life affords us many different opportunities, and it is up to us to grab hold of them, and make this day our day, and the best day ever.

Enjoy your present; relish the now. Kukupa’u: Be enthusiastic. You will feel more alive. Trust in your instincts, trust in what you know and have learned, and trust in the person you are.

'IMI OLA (mission)



The translation of 'Imi ola (ee-mee-oh-la) is "to seek life." As our value guidance, 'Imi ola teaches us that our purpose in life is to seek its highest possible form, and create it when we need to.

'Imi ola helps us craft our best possible life in business as the value of mission and vision.

'Imi ola fosters optimism and a proactive inventiveness in us, fueling the fires of our creativity.

'IKE LOA (learning)



The literal translation of 'Ike loa (ee-kay-loh-ah) is "long (loa) on knowledge ('ike)"— it's a great example of kaona, where hidden meaning is much deeper and more profound; know well.

"To seek knowledge and wisdom."

'Ike loa is normally thought of as the value of complete learning and new discovery, where life-long learning and the seeking of more knowledge is an on-going passion.

Empowerment

Through Self-Trust and Confidence

- What is trust?
- How the break in trust happens and how it affects us
- Building self-trust and confidence
- Exercise: Rate your trust level

TRUST

WHAT IS TRUST?

“to rely upon or place confidence in someone or something (usually followed by *in* or *to*)”

Trust comes in many forms.

- Do you trust your instincts or intuition?
- Do you trust your decisions?
- Do you trust your ability to complete a task?
- Do you trust in your ability to learn something new?

Start by trusting what you're good at and then expand from there.

HOW A BREAK IN TRUST HAPPENS

Betrayal, expectations and neglect break our trust. We then don't feel safe within ourselves, because we partly blame ourselves for trusting someone we couldn't trust. Now we don't feel safe to be vulnerable.

So, we close down. It becomes harder and harder to take right action. Our hearts shuts down and goes into protection mode. The less you trust, the more the need to control which creates a false sense of safety.



LOOKING DEEPER INTO YOUR SHADOWS

The truth is that the people that broke your trust were playing roles for you and represented the masculine and feminine within.

In essence when you don't trust someone, it really means you either distrust your masculine or feminine aspect which ever one they represent. Taking ownership of your own issues instead of blaming the other takes your power back and the ability to rectify it.

An additional insight is that trust and control go hand in hand. The levels that each are experienced are relative to one another and have an inverse relationship.

The more you trust the less you need to control and vice versa, the less you trust the more you need to control. It all comes down to healing the things that broke your trust in the first place then you can trust yourself more as well as others. The external trust is directly related to the trust you have or don't have for yourself.

HOW LACK OF TRUST AFFECTS US

We can get locked in fear and make conditions in our life that can never be satisfied. This continues to perpetuate until we make a choice to end it by forgiving all those that broke our trust, but especially ourselves.

Distrust is one of the biggest issues for us as individuals and planetary wide. It causes dissention on every level of life: family, culturally, societal, judicial, all levels of government, countries, continents and globally.

You can do your part being by healing your distrust which will ripple out and affect humanity as a whole. Yes, what we do affects the whole, we may not sense it or see it, but it does.



Relationships
Job And Career Path
Friendships
Life
Vision

At a minimum, you will experience how your interactions with others will change and they will feel it. That is “proof in the pudding”.

BUILDING SELF-TRUST

Self trust - assurance on your own ability, strength, and truth.

Tips for how to trust yourself

1. You know the right answer...for you.
2. Take responsibility with how things go...either way.
3. Live your life according to your own personal sense of integrity.
4. Make a list of all the ways that you trust yourself.

Trusting yourself is a process. Trusting yourself is not something that you can decide to do. It is the inevitable byproduct of gradually making changes to the way you think and the way that you live your life. Truth, honesty, integrity, authenticity are all qualities of self-love. You just need to build your inner strength and courage muscles.



BUILDING SELF-CONFIDENCE

Build your self-confidence - your ability to depend upon yourself. Accept your own abilities, talents, intentions, and value.

1. Do what you are good/what comes naturally.
2. Take risks. You will learn and become wiser.
3. Listen to your feelings.
4. Overcome your fears by doing what scares you.
5. Practice and get good at something.
6. Research your topic through experience.

F.E.A.R.

False Evidence Appearing Real

It only feels real because you have an emotional response which is programmed from related, traumatic experiences.

It's like a "trigger". You just think that thing and fear comes up. Well, it's not fact because if it was then everyone would be fearful of that thing. You just need a different experience. Allow yourself to make a different choice based in love not fear and your reality will change.

EXERCISE

EXERCISE: RATE YOUR TRUST LEVEL

Rate the following from 1 to 10, 1 being the lowest and 10 the highest:

1. How well do you trust your decision making power?
2. How much do you trust yourself to get a new task completed?
3. How much do you trust your intuition (gut or heart)?
4. In general, how much do you trust a stranger?
5. How much do you trust that you are being taken care of no matter what you do?
6. What about an intimate partner or family to do what they said they would do?

Add up the numbers for each to get a total score.

If your score is 20 or lower : you are probably extremely controlling.

If your score is between 20 and 30: you are probably very controlling.

If your score is between 30 and 40: you are probably moderately controlling

If your score is between 40 and 50: you are fairly balanced and confident.

If your score is 50+: congratulations, you trust on all levels and easily allow life to unfold

The lack of trust is a sign of unhealthy boundaries and control issues. Trust and control are relative to one another. What that means is: the less you trust the more you need to control and vice versa The more you trust the less you need to control. When you don't trust, then in order to establish an assemblance of safety you feel you have to have things set up a certain way, i.e. the dishes in the dishwasher a certain way, your clothes stacked a certain way, etc. You learned how to compensate with the lack of trust by controlling the way things got done in your circle of influence so you felt safe.

The more you didn't trust the more you had to take care of instead of delegating. Can you imagine the energy it takes to control everything or almost everything. Is this you? And even if you are moderately controlling? Would you like to feel more peace, energy, joy and ease and grace? If yes then It's time to change.

SUMMARY

Trust can be broken by the ones that we love or care about, when they don't follow through with their perceived responsibilities. That can come in many forms, i.e. abandonment, betrayal, abuse and neglect. We then shut down our hearts, because now we don't feel safe enough to be vulnerable.

Attracting people in our lives that are untrustworthy then becomes a pattern in our life, because we carry that wound and vibration.

The truth is: you don't trust yourself-either the masculine or the feminine aspect. The people that broke your trust were the role models and representations of those aspects within yourself.

Take the time to heal those aspects by forgiving the ones that were the original cause. This will allow you to start building self-confidence due to the trust and dependability you will acquire for yourself.

Removing Obstacles

- The Natural Order of the Universe
- Why remove obstacles?
- Beliefs and fears
- Good intentions
- Seeing was believing
- Taking responsibility
- Shift your energy and create
- Exercise: Imagine your dream life

THE NATURAL ORDER



The natural order of the Universe is abundance, wellness, ease and grace.

Through our limited thoughts and beliefs, we tend to get in the way of “the Flow”.

Whether we put the obstacles there or someone else puts them there...we'll show you how to effectively and permanently remove them. You're going to LOVE this!

REMOVING OBSTACLES GIVES US:

- Greater abundance and prosperity
- A life in better order
- Less stress and anxiety
- Clear understanding and direction
- A challenge to our way of living



BELIEFS

“I’m not worthy of...”

These are the words of the ego. But, over millennia, others have shown us that these thoughts and ideas are not relevant and untrue.

“I’m not smart enough...”

“I don’t have the skills for...”

There are some beliefs that serve us (“I need food/water”), most are limiting and keep us from our authentic self (without societal programming). There are things that you have judgments or opinions about. That movie that you have judgment about, may be just what you need.

“I need a certification for...”

“It won’t work for me.”

“I don’t deserve love.”

“There’s not enough.”

It may be a chance to activate an aspect of yourself that you’ve been resisting your entire life. It may unlock you. It may free you. What if you said “Yes!” to everything that you previously had a judgment about?

This judgment keeps you from experiencing an aspect of you. It keeps you from walking your talk (“We are all connected.” “Separation is an illusion.”). It keeps you from experiencing unconditional love.



FEARS

Failure

Hurting
Others

Power

Become
Tribeless

Success

Our fears come from our experiences. We create situations in our lives that have consequences and reinforced through repetition, then they become deep seeded fears. For example, if you constantly get bad grades in school and the consequences is that you get punished from one of your parents then that can lead to a fear of failure.

GOOD INTENTIONS

Through well-meaning friends and family, you were taught and shown a perspective that may not have been based in abundance, self love, divinity and natural law. They wanted to be the one that protected you and saved you from harm. We get indoctrinated to our family dynamics as children which include their personal, cultural, religious and societal belief systems. We absorb like sponges and through osmosis.

You've surely heard several stories of people seemingly on a "bad" path, wrought with hardship and challenge. Then, find out later that it was those challenges that they needed in order to fulfill their dream. We all seem to need a "negative imprint" or trauma in order to know the grace.



SEEING WAS BELIEVING

Now...Believing IS Seeing

Your mind doesn't actually know the difference between "actual" and "inserted" memory.

Replace "LACK" with "ABUNDANCE"

1. Create new thoughts that support your vision
2. Take appropriate action
3. Use the feedback loop to adjust and improve
4. Adjust as necessary
5. Rinse & Repeat



VIBRATION AND FREQUENCY

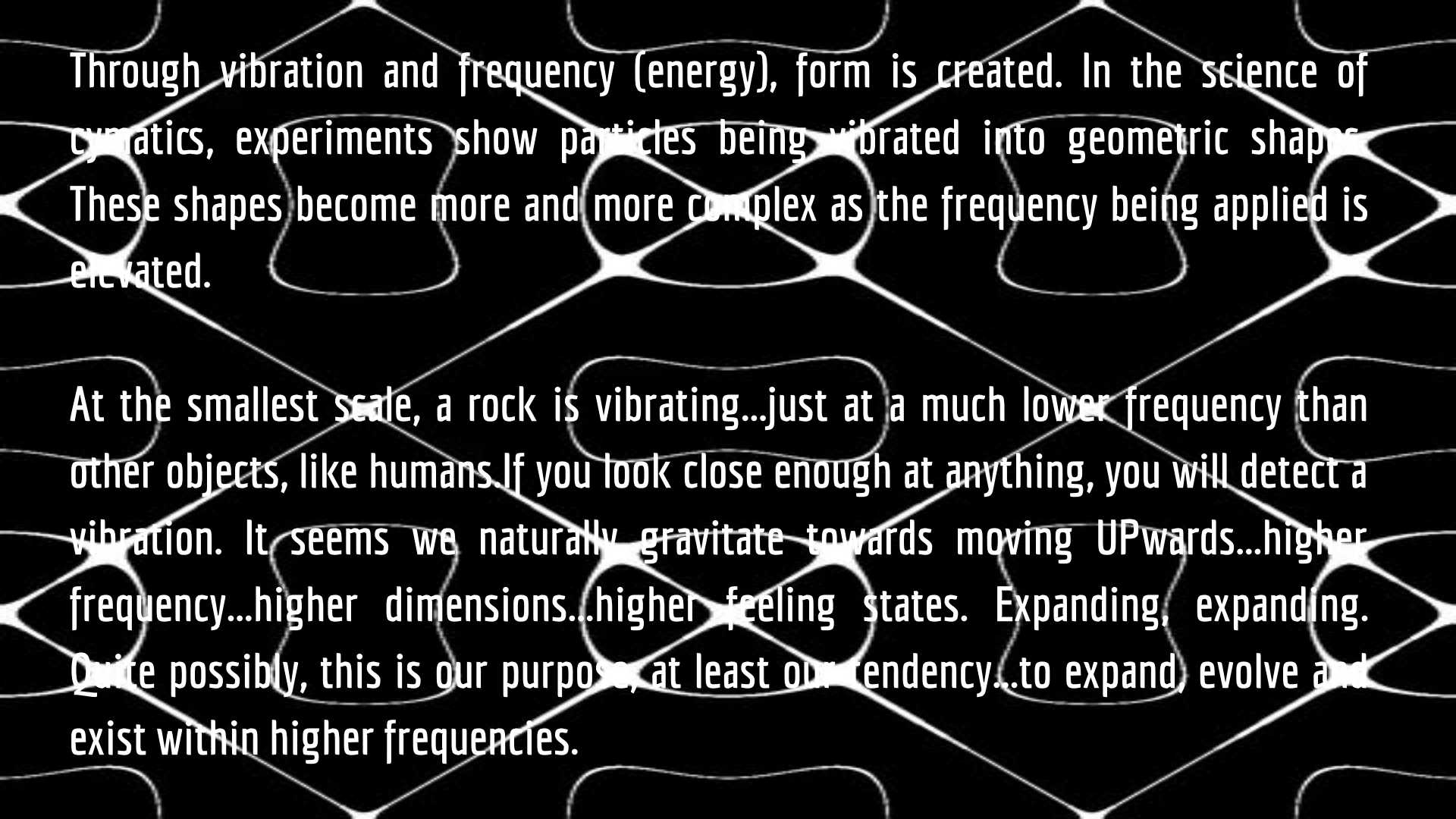
EVERYTHING IS VIBRATION/ENERGY/FREQUENCY

Ok, everything is energy/vibration/frequency. The atoms that compose our bodies are also the atoms that compose animals and plants.

Matter seems solid, but its not. It's a trick of our senses. When something vibrates at the speed of light then it appears that there is no space in between the particles. Our brain interprets the light that is received through our eyes as solid, it's a trick of our senses.

Within those atoms are electrons, traveling at just below the speed of light. When something travels beyond the speed of light, that object then exists in another dimension.

The 99.9% "empty" space in the atoms, actually a vacuum, is the energy of the entire universe. We can see this as consciousness.



Through vibration and frequency (energy), form is created. In the science of cymatics, experiments show particles being vibrated into geometric shapes. These shapes become more and more complex as the frequency being applied is elevated.

At the smallest scale, a rock is vibrating...just at a much lower frequency than other objects, like humans. If you look close enough at anything, you will detect a vibration. It seems we naturally gravitate towards moving UPwards...higher frequency...higher dimensions...higher feeling states. Expanding, expanding. Quite possibly, this is our purpose, at least our tendency...to expand, evolve and exist within higher frequencies.

SUMMARY

So that we could expand our minds and understand higher concepts, we introduced words and ideas that aren't normally taught in school (spirit, soul, consciousness, dimensions)

The "ego-identity" is that survival aspect of us that does whatever it can protect and grow itself. It's also consciousness and is meant to serve us as the structure to the character that we are animating.

Energy is vibration and frequency (of vibration). Though, matter looks solid, if you take a close look there is a lot of space there.

If as in cymatics, matter naturally vibrates into complex and beautiful shapes in direct relation to the frequency, what about our bodies?

NOTHING IS ACTUALLY SOLID MATTER



It is vibrating energy and it is connected to everything else. As everything vibrates, everything is also frequency of vibration. If vibration is the oscillating movement of an object, then frequency is the measurable rate of oscillation.

Color, sound, shape, even emotion and thoughts have a frequency. Our own physical organs vibrate at frequency and have a corresponding color and emotional component. Positive emotions and empowering thoughts and beliefs are vibrating at a higher frequency which attract higher frequency experiences.

WHAT DOES THIS MEAN?

What this means to us is that our physical bodies, which includes our organs and our thoughts, beliefs and emotions are vibrational fields of electromagnetic energy and are positively affected by higher frequencies.

Everything in this universe is energy, matter, antimatter, light, sound, thought and emotion.

Based on quantum mechanics, we (the observer) affect energy through our state of being then that goes to say that we influence everything within our immediate environment. *Wow!*

VIBRATIONAL HEALING

VIBRATIONAL MEDICINE

From hands-on healers standing next to surgeons in the operating room to physicians calling psychics for assistance in diagnosis. The latest technology in the health arena is called "Vibrational Medicine" or "Sound Therapy".

Interestingly, vibrational or energy medicine is nothing new. It has been successfully practiced in numerous forms all over the world for thousands of years.

Scientists have finally developed instruments that are sophisticated enough to measure how and why this mode of healing works and thereby validate its healing effects.



SCIENTIFIC VALIDATION

Ancient Indian texts accurately describe the human energy system. Information and diagrams not only detail where the main energy centers are located but also, what part of the endocrine system each energy center works with and how imbalances in the energy center affect the physical, mental, and emotional state of the person.

Julie Motz, a healer from the U.S. and author of *Hands of Life*, accompanies an open-heart surgical team. She does hands-on healing with the patient before, during, and after surgery. Recovery time is much shorter for patients who receive this treatment as compared to those who do not. Gregg Braden, author of *Awakening to Zero Point* and *Walking Between the Worlds*, has research results which indicate that negative emotion causes the frequency of the body to decrease. On the other hand, feelings of love, joy, laughter, and other positive emotions cause the frequency of the body to increase. Jane Buckle, RN, international lecturer, and Assistant to the Queen's Physician of England, told me that if a person has an auto accident and doesn't deal with the fear that it caused, within 2 years it will show up as disease in the body.

RAISING OUR INNER VIBRATION

RAISE THY VIBRATION

Bruce Tanio, inventor of the first frequency monitor, indicates that “the normal frequency range of the human body is between 62-68 MHz; but if it drops below that, the individual becomes a candidate for illness.”

- Cold: 58 MHz
- Flu: 57 MHz
- Candida: 55 MHz
- Epstein: 52 MHz
- Cancer: 42 MHz

Emotions also carry a vibration. Of course, as you might imagine, the higher frequency/vibration-the better feeling emotion. In case you're wondering what the highest frequency emotion is...enthusiasm! Followed by love and joy. If we can keep the body frequency high enough, and well oxygenated, we will be free of disease. To be healthy, raise your vibration!

HOW TO RAISE THY VIBRATION

- Hands-on healing (reiki), therapeutic touch or massage.
- Eating healthy, nutrient-rich, organic, non-GMO foods
- Drinking high-alkaline, structured water
- Engaging in “feel-good”, heart-opening movies/entertainment
- Communicating with others authentically and with love
- Being involved in conversations that lift you up and inspire
- Cultivate gratitude and appreciation
- Seek ways to achieve a meditative state *

* A “meditative state” does not necessarily mean meditation. It could be washing the dishes or planting flowers or shining up a piece of silver or replacing brakes on your car.

EXERCISE

EXERCISE: CREATE AN ENERGY BALL

1. Start by standing with your feet shoulder width apart. Take 3 deep breaths.
2. Imagine there are roots growing out from your feet that go into the ground beneath you and into the Earth. Receive the endless supply of energy available from this source.
3. Bring the energy up through your body and into your “dantian” or 2nd (sacral) chakra. As you breathe in, imagine the energy moving up through your heart and out through your shoulders, into your arms and down into your hands.
4. Place your open hands in front of you, with palms facing each other.
5. Move your hands in and out from each other in a slow, natural, flowing manner. Feel the energy or pressure.
6. Now move only one hand back and forth, while keeping the other still.
7. Again, feel the subtle energy. Notice how the energy changes as you move your hands closer together and further apart.

This energy is You! Have fun!

EGO-IDENTITY

WHO IS THIS EGO-IDENTITY?

After conception, an ego-identity is created and every communication after that defines it (“I’m slow at math”, “I’m tall for my age”, Catholic, Muslim, Republican, Democrat, American, Gay, Straight). The ego-identity defines us in the world. It’s way of being is *growing itself* no matter what the cost to its own physical host. It thrives in fear, worry, shame, blame, guilt, regret and resentment. It’s need for survival is very strong.

If the ego-identity’s growth doesn’t go unchecked, like an artificial intelligence, it begins to take over all life decisions and thoughts. We can become blind to it taking over our life.



THE PURPOSE OF THE EGO

The ego is an aspect of the mind and a necessary component for our existence here in this reality called Earth. We live in a polarized world, a environment of opposing forces. In order to navigate and understand it, one needs an operating system that employs both polarities. Though, all is consciousness, one polarity of your operating system is the ego and the other is the Higher Self. The ego is based in fear and the Higher Self is based in love.

Most people are not aware that the Higher Self exists and therefore not connected with it.

So, most are left with navigating the world with a system that is steeped in fear.

It is very easy to blame the ego for everything bad in our life. It just needs to be balanced. Balance is key to everything present in a dualistic reality.

The truth is “what you resist persists”. So, the more energy you put on pushing it away, the more that it will push back. Cause and effect. Embrace it with love, because it has helped you survive this world. Then, balance it out with embracing its opposite as well, your Higher Self.

THE EGO IS NOT YOUR ENEMY

So, please don't get the misconception that your ego is your enemy or a hindrance to your evolution. However, like in one of our previous statements, if it goes unchecked, it can become your dominant faculty in making your decisions. This creates more reactivity, more drama and more negative self-talk.

We are giving you ways to keep your ego in check, as well as reprogramming it with empowering beliefs and higher vibrational thoughts.

As you go through your healing process, your limiting beliefs and lower vibrational habits will naturally fall away.

We are also giving new perspectives and new concepts that are more aligned with your true essence (Higher Self/Soul). Remember love is the most powerful energy in the universe so love your ego. However, that doesn't mean indulging or enabling your egos behavior. It means acknowledging it has been beneficial for your survival but no longer in control. You have dominion over your ego as well as your heart.

Shamanic Perspective

Our modern life, technology, colonizing and controlling forces and the natural progression of humanity has made our once natural way of living “primitive” or “blasphemous”.

Society has stripped our ways of staying connected with nature and our indigenous connection.

As women find themselves again and dig themselves out of thousands of years of oppression, the old paradigm will no longer be valid.

It is the women who have guided men to their souls. Awake women have been paving the way for men's inevitable expansion and evolution.

They have set the stage for the reconnection to our soul and the furtherment of humanity.

“Woman's purpose is to lead Man back to his soul, so as to reunite him with Source.

Man's purpose is to protect Woman, so she is free to walk the Earth unharmed.”

Living In The World

- The Law of Attraction
- Personal Navigation System
- Exercise: Love Yourself

LAW OF ATTRACTION

THE LAW OF ATTRACTION

Our spiritual body, mental body and our emotional body are also electromagnetic in nature.

When these energies combine with our body's energy, they create an overall energy field with a specific vibrational frequency.

This field of energy is like a very powerful magnet.

In essence, we are powerful magnets that attract things to us based on the energetic equivalent of our overall vibration, which we call the Law of Attraction.

The Law of Attraction is the ability to attract into our lives whatever we are focusing on.

USING THE LAW

The Law works when you set an intention or goal and then imagine it has already manifested in your life.

You see it your mind's eye (imagine it), feel the emotions of what it feels like to have what you want and think the corresponding thoughts for a long enough period (17 seconds) to manifest it into this reality.

The longer you can hold an aligned intention, vision, thought and emotion then the creative power increases exponentially.

What this means is that the amount of action you have to take to manifest your desires decreases exponentially.

Empowering Beliefs, thoughts, and emotions become more important than massive action which is contrary to popular belief.

Start beating the drums of truth the way you want it to be.

PERSONAL NAVIGATION SYSTEM

USING YOUR PERSONAL NAVIGATION SYSTEM (PNS)

We can determine how we're creating in the world by what we're attracting. By noticing what is in front of us, by Law Of Attraction. We get feedback on how our own internal vibration is reflected back to us. By our own recent thoughts, beliefs and emotions we attract/create our external reality.

Through this Personal Navigation System, we get a strong indication of how we're doing in the world. We're always getting a reflection from the recent or distant past.

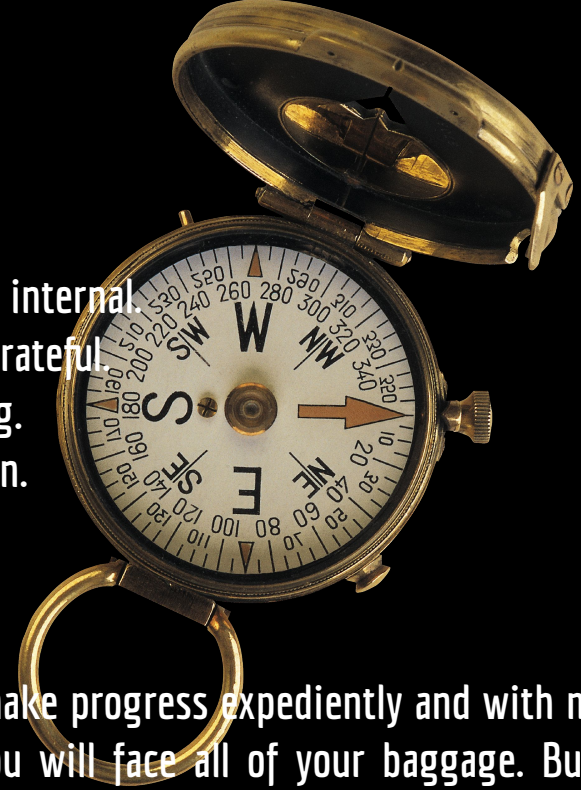
Never from the Now moment. Since, if we were in the Now present, completely present, there wouldn't be any navigation, only stillness.

Your life will always tell you where you are at. You don't have to look far to gage your current state of being. In any given moment, how you feel and what your situation is will tell you how you are doing. After some time applying the principles in this program then you can make a comparison to the past and make further assessments to the present.

TIPS AND TRICKS FOR YOUR PNS

- Everything external is a mirror reflection of some aspect of your internal.
- Be sure to acknowledge the positive reflections as well and be grateful.
- Use your PNS to experience more compassion and understanding.
- Stay in witness consciousness and out of judgement and reaction.
- When reaction does come up, process your own triggers.
- A finely-tuned PNS is known as pure awareness.

Navigating the path that you are now on is a crucial component to make progress expediently and with more ease and grace. This path is not for the faint of heart because you will face all of your baggage. But by constantly applying the tools given in this program, you will develop the skills, courage and confidence to move forward every step of the way. And don't forget you also have support from people that have walked that path..



HOW DO YOU ADJUST YOUR TRACK USING YOUR PNS?

Journal your day and create a feedback loop, so that you can adjust, as necessary. Otherwise, we are left to our memory and that fades over time. Validation of how far you've come over time can be a confidence booster and a reality check. You might look back days or months ago and review how you reacted to a certain situation and then look how you responded to that same or similar situation today and say "Wow, I've really come far!". You will feel more empowered and in direct control of your continued progress towards your goals and experience an even higher version of yourself.

Remember, keep your internal vibration/frequency elevated with:

1. How You Nurture Body (food, water, exercise, activities)
2. The Programming That You Allow (movies, music)
3. The Conversation And Communication You Engage In
4. The Environment You Create (people, home, nature)

EXERCISE

EXERCISE: LOVE YOURSELF

What are you willing to commit to changing right now?

1. How will you nurture your spirit with uplifting messages (follow through with this program, seminars, books and meditation)?
2. How are you going to feed your mind (positive affirmations, less violent movies and more uplifting TV and music)?
3. How are you going to cultivate more positive emotions (stay away from drama, do more enjoyable activities and explore your passions)?
4. How are you going to love your body (better diet, more exercise, stretching exercises and relaxation techniques)?



3RD MONTH

- LŌKAHI, HO'OHANOHANO, ALAKA'I
 - Teamwork, Respect, Leadership
- Shamanic Perspective
- Shadow Work/Negative Programs

LŌKAHI (teamwork)



Lōkahi (loh-ka-hee) is often referred to as the value of teamwork. The word itself translates to “harmony and unity.”

People who work together can achieve more in an organization, and Lōkahi teaches us to pursue workplace harmony where individual strengths are recognized, and people value cohesive similarities and also appreciate characteristic differences.

HO'OHANOHANO (respect)



Ho'ohanohano (ho-oh-ha-no-ha-no) is thought of as the value of respect and self-respect, for it teaches us to honor the dignity of others, while we conduct ourselves with distinction, honor, and integrity as well.

Hanohano is a glorious dignity, and to Ho'o is to make it happen! We honor the intelligence of others, and we seek to learn from them.

We aspire to be as upright in character and as trustworthy as we can possibly be. This is the value of good, and noble behavior. Conducting ourselves with distinction.

ALAKA'I (leadership)

The translation of 'Imi ola (ee-mee-oh-la) is "to seek life." As our value guidance, 'Imi ola teaches us that our purpose in life is to seek its highest possible form, and create it when we need to.

'Imi ola helps us craft our best possible life in business as the value of mission and vision.

'Imi ola fosters optimism and a proactive inventiveness in us, fueling the fires of our creativity.



Clearing Anxiety And Stress

- Begin trusting life.
- Be more present in every moment.
- Long-term stress reduction.
- Acute stress and anxiety relief.
- Exercise: Commitment to peace.

BEGIN TRUSTING LIFE

You may be creating more distress than you realize. Through your own thoughts and beliefs, stressful situations and events are created.

Yes, “Everything happens for a reason”. The reason is that through past or present thoughts, beliefs and emotions, events and experiences were made manifest. It’s an opportunity to learn and grow.

You learn where your fears, doubts and issues lie. They are within. Just by shifting your perspective and taking ownership you will relieve the stress of victimhood.



BE MORE PRESENT IN EVERY MOMENT




Be with whatever is in the moment, instead of the past or future. Take a breath and trust that whatever past or future thought will be taken care of and get back to the present. The future is created from the present moment.

If you are fearing the future, then that is what you are energizing to manifest. When you get back to the present with calmness, the more ease and grace will be created in the future and that other possible outcome will dissolve.

This can become another navigation tool for you. By becoming aware what happens to your presence in each and every moment. Catch yourself and reflect where your attention and intention goes in the previous engagements. There will be clues to what you need to work on. Life will tell you what needs your attention. You don't need to dig for it internally to find it.

LONG-TERM STRESS REDUCTION



Set aside time in your day or night to do what you love to do. You have full permission to love yourself in a multitude of creative ways!

Serve. When we serve, we give gifts in both directions. The receive is there to gift back to you. Return to nature. Spend time with your Mother Gaia.

Don't allow issues to linger or percolate. Forgive yourself and others.

Get support so that you can get guidance or at least talk things through.

Stress may be an indicator that your life is out of integrity. Make changes to bring your life into better alignment with your Soul.

Get into the habit of making time for yourself because you deserve it and the benefits will far outway the time invested.

CREATE A HEALTHY RITUAL

Start healthy habits, which cultivate peace and calm environments.

Such as:

- Meditation/Prayer
- Being In Nature
- Exercise/Yoga
- Juicing

Try these new habits for at least 30 days straight. It takes up to 30 days to create a new habit. Your ego will give you all sorts of excuses why not to continue, so be diligent.

Let go of unhealthy habits.

Such as:

- Electronics Overload
- Sugars, Caffeine, Alcohol
- Worry
- Anger



ACUTE STRESS & ANXIETY RELIEF

- Meditation - Whether it's through sitting in lotus position or washing dishes or planting flowers or watching a surfing championship, they have a way of getting you "into a meditative state"...and that's the goal of meditation.
- Serve Others - We long for this feeling. It soothes us and opens our heart.
- Eat Healthy - If you're in the habit of eating during stress, choose healthy foods (crunchy foods help to release frustration). Make it a healthy habit.
- Drink Water - Make sure you're supporting the organs in your own body.
- Exercise - Release energy through yoga, workout, ride a bike or hike in nature.
- Breathe - We normally breathe just enough so we don't die. Breathe deep.

Choose activities that you will enjoy otherwise it will be challenging to stick with unless you are disciplined. Again, try each for at least thirty days so you can see and feel the results. The results may allow you to overcome the challenge which would otherwise be forfeited. And if you like the results then you will have already formed the habit.



QUOTES

“Some changes look negative on the surface. But, you will soon realize that space is being created in your life for something new to emerge.” - Eckhart Tolle

“Once we understand that ALL forces - even the seemingly contradictory ones - are secretly complementary, we are well on our way to realizing the secret wholeness of life.” - Guy Finley

EXERCISE: COMMITMENT TO PEACE

1. What are the new habits you would like to engage in?
2. How much time are you committed for each new habit?
3. What are the benefits that you will receive from each? Make it compelling.
4. What are the reasons why you shouldn't follow through for each (time, cost, effort, discomfort, etc.)
5. What will it cost you if you don't follow through?
"I won't have the energy I want", "I won't have the fit body I want", "My stress level will still be high", "My relationship will still be dysfunctional", "I won't have the inner peace I want", etc.
6. Are you willing to forfeit all the benefits, because you are allowing your ego to win? Decide right now that you are not going to let this happen and go for it.

If you can't find the courage or strength to move forward, get a life coach that can assist you. If that's not an option, then find an accountability partner, friend or someone in this program to support you. Or, at least bring your questions, concerns, fears, and doubts to our weekly coaching calls and ask for help.

SUMMARY

Without the awareness and understanding that we create our reality for a reason and purpose, it is easy for us to cause more distress within our minds and bodies.

We can relieve part of that stress through shifting our perspective and taking ownership of the fact that there are reasons for our circumstances, that may be beyond our current understanding.

We then become more open and willing to approach situations differently with more presence and self-love.

Emotional Trauma

Integrating and Healing

- Defining emotional trauma
- Emotional trauma feedback loops (old, new and healed)
- Integrating emotional trauma
- Exercise: Releasing negative emotions

DEFINING EMOTIONAL TRAUMA

We define “emotional trauma” as “any past emotional experience that led to an energy that got stuck within your emotional body”. Just like within your energy body, energy moves in its natural pathways, which keeps your electromagnetic field in integrity. Any stuck energy clogs the system and therefore causes imbalance.

The same is true for your emotional body. When you experience an emotional trauma, it sometimes gets lodged due to your misconceptions or distortions within your ego-identity. They too clog your system. Most of the time, they originate in your childhood. They remain stuck because they weren't reconciled, healed and integrated.

Unresolved emotional trauma could be the main cause for all dis-ease. Dis-ease can be literal as in physical disease or dis or lack of ease. You are probably getting that same understanding by now.

Many Medical Doctors will say that genetics are to blame, but that is only partially true. Yes, genetics may be the weak link, but there exists a life style component which has an emotional source.

THE PAIN BODY

The energy of the original source gets lodged in your emotional body, as well as its corresponding energy within your mind and physical body. A blockage then occurs within your electromagnetic energy field. It creates a “trigger” point within your “pain body” which is a term Eckhart Tolle coined in his books, “The Power of Now” and “The New Earth”.

Your “pain body” is like a computer program. It will fire when the correct input is given and then spits out the programmed response, or in this case, an emotional reaction.

Pain Body is another way to describe a programmed reaction mechanism that exists within the unconscious mind/emotional body. It’s like an automatic panic button that gets pushed.

Most of us have many of these pain bodies. So, you have to peel them back, one at a time. As you do, your vibration increases as well as higher vibrational experiences.

ECKHART TOLLE - "PAIN BODIES"

"As long as you are unable to access the power of the Now, every emotional pain that you experience leaves behind a residue of pain that lives on in you."

"Where there is anger, there is always pain underneath."

"As long as we define ourselves in terms of our pain and our problems, we will never be free from them."

"Every addiction arises from an unconscious refusal to face and move through your own pain. Every addiction starts with pain and ends with pain. Whatever the substance you are addicted to - alcohol, food, legal or illegal drugs, or a person - you are using something or somebody to cover up your pain."

You have to start thinking of these "pain bodies" not as your identity, but rather programs that you can reconcile and delete. If you continue to own your reactions as your identity, then you will not be liberated from them.

INTEGRATE EMOTIONAL TRAUMA

The proverbial “light at the end of the tunnel” is the liberation of the emotional trauma and freedom to express your highest version of yourself, which is Divine. It is worth the effort and work. In fact, it is the most rewarding work you will ever do. Yes, service to others is rewarding. But without your inner work first, it won't be as impactful.

Have you heard the saying “You bring yourself to wherever you go”? It means that *who you are - the state of being at any given moment -* travels with you wherever you go. Some think that if you move to an entirely new environment that it will take care of some of or all of their problems. Now there is some truth to that, yet very limited. It can support your lifestyle better and energy especially, if it has more nature. But, your pain bodies will come with you. You can't run away and hide from who you are, it will follow you.



EXERCISE: RELEASING NEGATIVE EMOTIONS

Write down all the negative emotions that you experience on a regular basis, i.e. anger, jealousy, rejection, humiliation, guilt, regret, remorse, etc. For each emotion, write down who in your life triggers it. If it's multiple people, then write them all down. Now do the following for each:

1. For each, write down the words and/or actions taken by the other (repeat for each person).
2. Close your eyes and feel the event. Does it remind you of a similar event in your early childhood. Hint: Was it a female or male who triggered you? Imagine an event with the same gender and similar circumstances. Go back to the earliest memory, if multiple.
3. Pick one of the emotion/role model/circumstance and go through the Ho'oponopono forgiveness process. Be bold and pick the one you have the most resistance to or the one with the most frequency.

If not reconciled or healed, emotional trauma can become stuck within your energetic body, eventually leading to a physical representation. We break the pattern by realizing that this reaction is not You. It is a program from an old version of You. Then take some new action by going through the processes given in this program, i.e. forgiveness process, processing "triggers" or energy healing techniques, or breathwork.

Anger and Depression

- Defining anger and depression
- Letting go of anger
- Overcoming depression
- Forgiveness prayer
- Exercise: Forgiveness request

WHAT IS ANGER?

Anger can be an upset at a need or desire not being met...expectation.

Anger can be fear or disappointment at the self.

Anger can be power and motivating.

“Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering.”

- Yoda

Anger and depression can lead to chemical reactions within your body which then lead to inflammation and a weakened immune system. Symptoms of depression can include: difficulties with anger, feelings of despair, stress and mood swings (irritability, anger, and other various negative emotions).

WHAT IS DEPRESSION?

Depression can be the feeling that you don't have the right to be angry.

Depression can mean that you need “deEp rest” (deep-rest, deprest).

Depression can cause you not to be able to see a future different than now.

Depression may not be due to any apparent or external reason.

ANGER

LETTING GO OF ANGER

Yes, you can justify your anger and use it to move into a more powerful-feeling emotion (as opposed to victim consciousness).

When will you release your own ego-controlled life and empower yourself with compassion, love and forgiveness?

Your anger is a limited perspective. There may be needs not being met, but are you meeting those needs yourself or for others?

You may have expectations about the way life should go for you.



DEPRESSION

QUOTES

“It’s really easy to slide into depression fueled by the pointlessness of existence.”
- Robert Smith (The Cure)

“The majority of negative emotions that you may feel are not because the subject of your thought is wrong, but instead, because you are condemning something that your Source does not condemn.”
- Abraham-Hicks

“People talk about depression all the time. The difference between depression and sadness is sadness is just from happenstance—whatever happened or didn’t happen for you, or grief, or whatever it is. Depression is your body saying f*ck you, I don’t want to be this character anymore, I don’t want to hold up this avatar that you’ve created in the world. It’s too much for me. You should think of the word ‘depressed’ as ‘deep rest.’ Your body needs to be depressed. It needs deep rest from the character that you’ve been trying to play.”
- Jim Carrey

TIME FOR SOME INVESTIGATION

Have you been supporting yourself in all ways for these expectations to manifest? If not, forgive your ego-self for its need to contract and stay small, within victim consciousness.

Do some self-inquiry on the anger you are feeling. The more you stay in justification of the anger, the more you are being deluded and controlled by your own mind.

- Where is the anger coming from? When did it start?
- What has been triggered? How is it making you feel?

Remember: this is NOT about what's happening now...it's about a history or trauma.

Now, step one inch forward.



OVERCOMING DEPRESSION

It is in the darkness that we acknowledge the light. This is why each new awakening is usually preceded by a period of a plunge into a tunnel of despair and depression. If we think that we know what lies beyond this tunnel, we deceive ourselves.

Dare the darkness and find the light.

But, you've never been this character that you've been holding up. The purpose of your existence has been tied to your ego-identity and all of its trappings of having to have a point for living.



OVERCOMING DEPRESSION

1. Accept that life will have “peaks” and “valleys”.
2. Allow your body to heal. Reduce stimulants.
3. Channel your emotions. Create. Express.
4. Find ways to shift your perspective
(Adyashanti, Mooji, Ram Dass, Vernon Howard)
5. Get clear on your purpose. Get help with this.
6. Be receptive to spiritual experiences.
7. Identify the cause or initial thought, if possible.

Accept that life will have “peaks” and “valleys” and this is one of those valleys. But ultimately life can be beautiful. Life will have challenges and times where you feel low, and need questions answered, but that’s ok. Embrace life for what it is and realize the beauty in the good and the bad.



CHOOSE TO BE HAPPY

If you have thoughts in your head that say “I want to not be happy right now!”...that’s perfectly ok. Just do some self-inquiry on who is it that is actually saying this. Is it your highest version of You, your Soul, your I AM Presence or is it your ego-identity? Who’s running your life?

Do you want to be happy or do you want to not be happy?

If your house burns down and your car is stolen and your spouse leaves you, do you still want to be happy?

Choose to be happy with no conditions for the happiness.

“I have no depression in my life whatsoever—literally none. I have sadness, and joy, and elation, and satisfaction, and gratitude beyond belief. But all of it is weather, and it just spins around the planet. It doesn’t sit on me long enough to kill me. It’s just ideas.”

- Jim Carrey

SUMMARY

We live in a world where anger and depression run rampant and the tools to heal and overcome these emotions are mediocre at best. "Taking a pill" is not the long term solution. It will only mask your emotion, which leads to more problems down the road.

Anger is a normal emotion to feel, yet unchecked or denied can lead to rage over time. Depression, like anger if unchecked can also lead to more detriment.

Both anger and depression are "red flags" and signs that a shift is needed. Sometimes, it's shifting your perspective and other times you need deep emotional healing.

You have to make it a priority when these emotions arise that you will take a different approach. We have given you a variety of different approaches. So choose the ones you resonate with most and apply it consistently. You won't regret it.

The Inner Child

- The Inner child has two aspects:
 - Divine Inner Child
 - Wounded Inner Child
- Qualities of Divine Inner Child
- The Wounded Inner Child
- Healing the Wounded Inner Child

THE DIVINE INNER CHILD



Our inner child has two aspects of itself: The innocent child, which is our divinity and it's compliment the wounded child, which is part of our ego-identity.

Do you remember what you were like as a child? Children like to play and engage fully in the moment. They can play and play and lose track of time. Do you remember playing with your friends during summer or on a weekend all day until sundown and not caring once about what time it was?

Divinity in motion is innocent, playful, curious and filled with joy and wonderment. Does that sound like a childlike quality? You bet. You might be wondering "Where is my inner child thats like that." Don't worry it's still there, you just need to find it, acknowledge it and heal the disconnection.

QUOTES FOR DIVINE INNER CHILD:

“Children have neither past nor future; they enjoy the present, which very few of us do.”- Jean De La Bruyere

“The most potent muse of all is our own inner child.”- Stephen Nachmanovitch

“My quest these days is to find my long lost inner child, but I’m afraid if I do, I’ll end up with food in my hair and way too in love with the cats.” - Kenny Loggins

“The most sophisticated people I’ve ever known had just one thing in common: they were all in touch with their inner children.” - Jim Henson

“The sun illuminates only the eye of the man, but shines into the eye and the heart of the child.”- Ralph Waldo Emerson

QUALITIES OF THE DIVINE INNER CHILD

1. Innocent
2. Unconditional love
3. Acceptance
4. Non-judgmental
5. Playful
6. Curious
7. Joyful
8. Present
9. Imaginative
10. Inventive



The awe and beauty of the innocent child before they are programmed with suppressive ideas.

We as adults and parents don't get a superior guide to parenting. We learn from our parents and we do the best we can the same as our parents did. There is no blame, only awareness. We come in with a plan and the childhood experiences with parents, siblings and others are all Divine. They were all role-playing for us so we could learn our lessons and expand as souls.

FROM INNOCENCE TO THE WOUNDED INNER CHILD

Did you lose your innocence as a child? Many of us did so that Divine realization part of us seems to have been lost. But, it wasn't and it's still there, just covered up with its complement - the wounded ego identity.

We lose our innocence when we suffered negative consequences such as trauma or by the frequent or consistent "No" while being in the state of innocence. In our young minds, we were taught it meant pain to be innocent, so we buried it and replaced it with ways to mask it.



OUR NEGATIVE IMPRESSION

It's been speculated that most of us get our emotional trauma between birth and 8 years old. Through this experience, we create a "negative impression or imprint". This actually will come in handy later in life.

How many times were you playing around in your home and maybe something got broke or spilt or somebody got hurt, not intentionally, and your parent got angry and told you stop it? You probably felt rejected and possibly felt guilty. If that happens enough times you will slowly shut down your spontaneity and have to think before you play. Your mind then gets involved and gauges if it will be safe enough. Consequences, judgments, issues of safety now all come into play. Hence, innocence gets lost.

That "negative impression" of abandonment, lack of self-love, poor self-worth, loneliness, distrust...will serve as the basis for the theme or antonym that we will explore throughout life (abandonment can become retrieval, lack of self-love is self-love, distrust is trust and so on).

THE WOUNDED INNER CHILD

Another aspect of the inner child exists within our unconscious mind and is part of our ego-identity. This child aspect is that part of us that cultivated beliefs about ourselves (limiting or otherwise), emotional wounds and ideas that moulded our self-identity.

We acquired these qualities of self out of survival, not through wisdom. The choices we made were not necessarily healthy ones. When we as children were confronted with situations such as abuse, neglect and abandonment, we weren't mature or evolved enough to realize that these issues were the other person's issues and not ours. We ended up taking them on as our own. We were in a vulnerable state and like sponges absorbing the energies.

We tend to link consequences with belief, i.e. "If I do this then it means that". It sounds counterintuitive to believe that we connect love to emotions that can be polar opposite.



WHAT WOUNDS WE LINK LOVE TO

Here are some of the emotions that can be linked with the idea of love when we were children:

1. Abuse (mental, emotional and physical).
2. Neglect (mental, emotional and physical).
3. Abandonment (mental, emotional and physical).
4. Control (mental, emotional and physical).
5. Addictive behavior.

Why would a person stay with a mate if they were constantly abused?

This is what they experienced as a child and the attention they received, though negative, was attention nonetheless. If the child didn't get the contrast of the positive attention and the negative was consistent then it got misconstrued as love. In most cases, you will find that the person that attracts someone like that feels unworthy, untrustworthy and of course little or no self-love.



QUOTES FOR THE WOUNDED INNER CHILD:

“I believe that this neglected, wounded, inner child of the past is the major source of human misery.”

- John Bradshaw

“When childhood dies, its corpses are called adults.” - Brian Aldiss

“To abandon the child ‘within’ means that the adult ‘without’ will be an adult in name only. And frankly, I can only name a handful of things that are that tragic.”

— Craig D. Lounsbrough

“He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed.”

- Albert Einstein

QUALITIES OF THE WOUNDED INNER CHILD

1. Seeks approval from the masculine or feminine. Due to not being approved by either.
2. Lack of self-worth. Again, from lack of approval or validation.
3. Lack of self-love. Not given the love and attention from role models.
4. Lack of trust. Couldn't count on role models to follow through or support.
5. Fearful. Negative reinforcement without adequate praise or support. Lack of encouragement or support to be a self-starter. Controlled or smothered.

There are many more qualities that the inner child can take on, but these are some of the common ones.

Even if it's tough to wrap your mind around the idea that the inner child is an aspect of you, all you have to do is think of the qualities of the child and how important they are to your well being. In this case as those qualities are neglected or forgotten altogether, you as an adult are negatively affected.

HEALING THE WOUNDED INNER CHILD

When you heal the wounded inner child, you not only connect with that aspect, but you reveal the Divinity and reestablish all of its qualities. You become self-actualized, which is the combination of your Divine Child with the Wise Adult. Imagine being able to feel curious, imaginative, playful and want to have fun again. How do you do that? Here are some ways to begin to reconnect:

1. Acknowledge you have an inner child.
2. Think of what you looked like at the ages 5-10.
3. Each day, imagine having a conversation with them, your friends.
4. Give them encouragement, hug them and love them.
5. Promise them you will always love and support them.
6. Reassure them that they are safe now. You will always have their back.



HEALING THE WOUNDED INNER CHILD

Follow through with this approach to establish trust with them. Then, do the exercise at the end of this program. If you feel comfortable, you don't have to wait. Feel it out for yourself.

You will know by the end of the exercise how to proceed from there, i.e. "Did they feel comfortable with you?", "Did they trust you?", "Did they forgive you?", etc.

When we heal our inner child, all of those beautiful qualities return to the present and you get to feel childlike again. You don't have to wait. Be bold and skip or dance in the street while others are watching.

Imagine your wildest dreams. Try a new hobby, or play with your kids with new enthusiasm, if you have them. These activities will make your inner child smile and be happy.

QUOTES- HEALING THE WOUNDED INNER CHILD:

“Caring for your inner child has a powerful and surprisingly quick result: Do it and the child heals.” - Martha Beck

“After a while the middle-aged person who lives in her head begins to talk to her soul, the kid.” - Anne Lamott

“Intensity-seeking is an enslavement of our own perpetuation. When we step out of the delirium of always seeking someone new, and meet the same old sad and lonely child within, our healing journey begins. Exhausting ourselves with novelty is a defense against our deepest pain, one that we cannot outrun. But once we stop and feel our losses, we can begin our healing journey and be the authentic, joyous person we were born to be.”

— Alexandra Katehakis

EXERCISE

EXERCISE: HEALING THE WOUNDED INNER CHILD

HO'OPONO PONO

1. Please forgive me
2. I am sorry
3. I love you
4. Thank you

The Completion Process

SUMMARY

Remember, the Inner Child is an integral part of your being. It has taken all of your unresolved mental, emotional and physical trauma and coalesced their unwise ways of dealing with them into its own formula for survival. Yes, it has served you up until now. However, continuing with this formula will get you the same results time after time. Time for change.

Healing the Inner Child wounds are the solution to breaking the old patterns. You transmute the energy of the past through love and forgiveness and have profound results. Not only will it reconnect you with its alter ego, the Divine aspect, but also shift your perspective, heal old emotional trauma and raise your vibration.

Playfulness, curiosity, imagination, ingenuity, and wonderment will start to reemerge when you make the connection with your Divine Child. Life will become more joyful and fun and who doesn't want that?



4TH MONTH

- **KĀKOU, HA'AHA'A, HO'OKIPA, 'OHANA**
 - Communication, Humility, Hospitality,
Family
- **Accountability/Responsibility**
- **Divine Nature (Sacred Feminine/Masculine)**
- **Universal Truths**

KĀKOU (inclusiveness)



Kākou (kah-koh) is the Hawaiian value of inclusiveness. It means “all of us” and “we are in this together.” Kākou is very unifying when applied to language, and all are taught to learn, speak, and practice “the language of we.”

Coupled with the value of Lōkahi, Kākou promotes synergy as a habit of creation which seeks additional solutions and alternatives. There is a definite as-spoken-aloud-to-include connotation within the kaona of this value, thus we’ll often refer to Kākou as our value of communication.

HA'AHA'A (humility)



Ha'aha'a (ha-aha-ah) is the value of humility. It urges us to be humble, and to be modest. However Ha'aha'a does not promote lowliness, reticence or a lack of assertiveness.

Ha'aha'a does encompass pride in your accomplishments recognizing there is merit in feeling proud of the good things you have done — this is ha'aheo. Ho'okano is the unfavorable pride of arrogance and condescension, haughtiness and conceit.

HO'OKIPA (hospitality)



This is the value of Hawaiian-style hospitality, in which guests and strangers alike are welcomed with your spirit of Aloha. There is complete generosity in Ho'okipa: We call it lokomaika'i, "the generosity of good heart."

Those who aspire to the best practice of this value are highly empathetic, and very perceptive in anticipating the needs of others: We call them Mea Ho'okipa (host, or hostess) and it is one of the highest compliments a person of Aloha can receive from another.

'OHANA (family)



Within an 'Ohana are those who are family, and those you choose to call your family. 'Ohana is a human circle of complete Aloha.

The contentment and rightness of Pono is the standard-bearer, yet the intimacy of family is ever-present as well.

Accountability and Responsibility

Authentic Self

Shadow Work and Negative Programs

Physical pain is easier than emotional pain.

Our Divine Nature

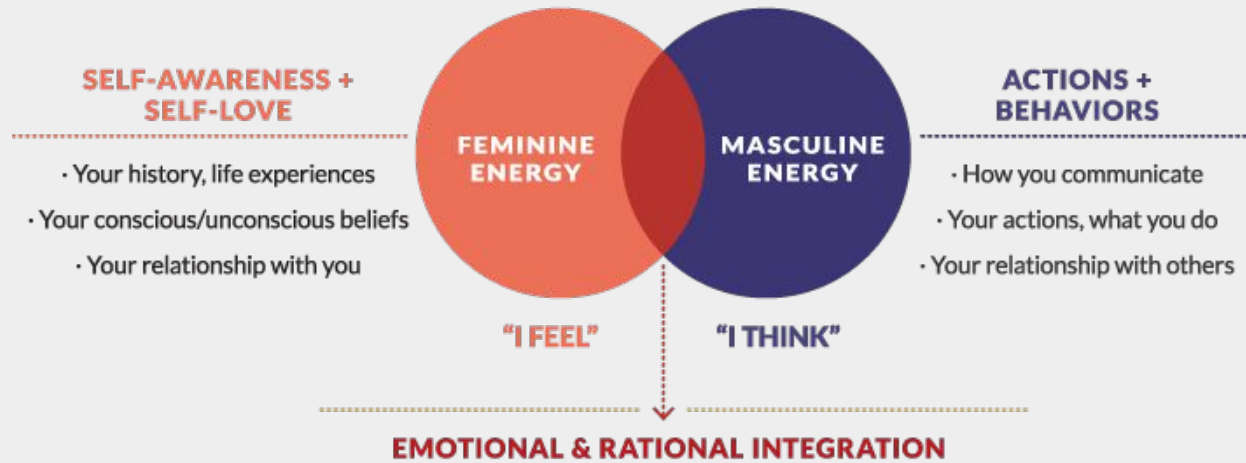
- **Divine Masculine**
 - Unbalanced Masculine
 - Balancing/Activating Divine Masculine
 - Healthy Divine Masculine
- **Divine Feminine**
 - Unbalanced Feminine
 - Balancing/Activating Divine Feminine
 - Healthy Divine Feminine
- **Exercise: Divinity Awareness**

Feminine And Masculine Energies

WE ARE FEMININE AND MASCULINE

You may think that you are solely masculine (because you are male) or solely feminine (because you are female). But, the truth is that we all have masculine and feminine qualities.

The Balance of Feminine & Masculine Energies



DIVINE MASCULINE

UNBALANCED MASCULINE

The unbalanced masculine can also show up in women and girls.

- Arrogant
- Reactive
- Cocky
- Strong Ego
- Jealous
- Insensitive
- Aggressive
- Possessive
- Controlling
- Aloof
- Lack of Trust



THE DIVINE MASCULINE EXPERIENCE

Healthy masculine energy is: forward movement, responsibility, strength, giving, intellect, authority, confidence, focus. We are lucky if we have had an example of divine masculine modeled for us.

Instead, many of us have been shown an example of being a man that isn't actually healthy. So, some of us have fallen into that unbalanced, ego-driven, immature template or rebelled against it and gone the other extreme.

Most of us haven't had the Divine Masculine role model, so we have learned to be man from a lot of dysfunction within the family unit. In some cases, generation after generation of imbalanced masculine role models.

MEN: You are a **UNIQUE** expression of the divine masculine in physical form.

EXERCISE: IDEAS OF MASCULINITY

Becoming a fully-embodied Man, includes exploring those areas that we might have resistance to.

Write down your answers to the following questions:

1. How do you feel about working out? Muscles?
2. Do you workout to be accepted as a male?
3. How do you feel about taking action?
4. How do you feel about Fatherhood and your own Father? Responsibility?
5. How do you feel about the idea of Manhood in your society?

HOW TO ACTIVATE DIVINE MASCULINE

1. Get some forward momentum in your life.
2. Make some decisions, however small they may be.
3. Be willing to make mistakes. No more hiding from your fears..
4. Create a confident posture, eye contact and wear clothes that fit you.
5. Be an active giver. Initiate.
6. Be an encourager and supporter. When rescuing, teach how to self-rescue.
7. Take responsibility and be accountable.
8. Pick a skill or expertise to excel in.
9. Examine your resistance to being a male on the mental, physical and spiritual levels.
10. Learn about women, their desires, needs and cycles.

MORE DIVINE MASCULINE TIPS

1. Never shake a man's hand sitting down. Grip firmly and look him in the eye.
2. Manners maketh the man. Return a borrowed car with a full tank of gas.
3. Don't let a wishbone grow where a backbone should be. Take appropriate action.
4. Your shoes speak volumes about your character.
5. In a negotiation, never make the first offer. Be confident and humble at the same time.
6. When entrusted with a secret, keep it. Honor the code.
7. Play with passion or don't play at all. Never gloat.
8. Give credit to those who deserve it. Take responsibility for your words and actions.
9. Stand up to bullies. Protect those bullied. Eat lunch with the new kid.
10. Remember whose son/daughter you are and refuse to just be ordinary!
11. In all things, lead by example, not by explanation. Walk your talk.

DIVINE MASCULINE IS SEXY

There is nothing more attractive or seductive to a woman than a divine masculine-awakened man. She feels secure and safe. When she feels this, she feels free to be powerful, seductive, sexual, sensual, creative, foot-loose and fancy-free and able to receive.

The Divine Masculine aspect has yet to actually be in power, to be a guiding force. We're in the middle of this shift. Together with our female co-creators loving and supporting us, we all "ascend" and accept our robe and crown. We do this together.

Finding balance in your masculine will bring more ease and grace to your relationships, especially your intimate ones. Less drama. less conflict and more intimacy.

FROM A WOMAN'S POINT OF VIEW...

To better understand one woman's point of view, it may be:

Our fathers didn't treat us well. So, we subconsciously look for an example of that relationship in a male partner so we can heal/fix it.

Or...that most women are driven towards finding safety and that sometimes can come in the form of a physically strong male, but we are often disappointed when we instead find a little boy in a strong body. We are not attracted to weakness and so, sometimes, we settle for what we can get.

Divine Masculine is THERE in you. Your window just needs to be cleaned.

HEALTHY DIVINE MASCULINE

- Certain
- Confident (“The Rock”)
- Safe
- Protector
- Allowing
- Problem-Solver
- Provider
- Trusting



These are all very powerful traits. If you are a man, can you say that you have mastered these traits?

Though these are traits of the divine masculine aspect, if you are a woman, just imagine yourself able to exemplify these traits within you, yet be balanced in them.

DIVINE FEMININE

UNBALANCED FEMININE

- Lack of Trust
- Suspicious
- Needy
- Passive-Aggressive
- Submissive
- Avoids Confrontation
- Enabler
- Overly Emotional
- Reactive Victim "poor me"
- Creates Drama
- Pleaser



HOW DOES THIS SHOW UP IN SOCIETY?

You may see this played out in your childhood and with your parents.

Remember, men can also exhibit the unbalanced feminine energy.

If you hear your thoughts saying things like...
“I’m not going to give her anything anymore.” or
“I’ll be she’s cheating on me right now.”

You can be aware of these dynamics and start change your thoughts by thinking what the higher or divine aspect in you would do or say.



Think of the unbalanced feminine as two, 7th or 8th grade girls...

“I can’t believe that bitch. She is so uncool...wearing the same exact dress that she did a month ago!”

BALANCING/ACTIVATING DIVINE FEMININE

The time has come to bring balance to the feminine energy.

For the past 40+ years during the women's movement, women have taken on more masculine traits in order to demand equal rights and pay in society and in the workplace.

In so doing, they have swung the pendulum to the extreme, in many cases consequently emasculating the men, imbalancing both genders.



EXERCISE: IDEAS OF FEMININITY

Becoming a fully-embodied Woman, includes exploring those areas that we might have resistance to.

Write down your answers to the following questions:

1. How do you feel about the idea of Womanhood in your society?
2. How do you feel about your menstrual cycle? Curves? Breasts?
3. Do you wear makeup and dress up?
4. Do you have a sexy walk or more of manly walk?
5. How do you feel about Motherhood and your own Mother? Flirting?
6. Do you feel safe?

HOW TO ACTIVATE DIVINE FEMININE

YOUR 10 TIPS (Thank you Teal Swan):

1. CREATE AND EXPRESS (BELLY DANCE, SING, PAINT...ETC.).
2. ENGAGE WITH OTHER SUPPORTIVE, HEART-CENTERED WOMEN.
3. HEAL YOUR RESISTANCE TO MOTHERHOOD.
4. HEAL YOUR RESISTANCE TO BEING A WOMAN.
5. CULTIVATE YOUR INTUITION.
6. FIND WAYS TO OPEN YOUR HEART FULLY.
7. CONNECT WITH THE DIVINE FEMININE.
8. LOVE YOUR UNIQUE AND BEAUTIFUL BODY.
9. RESEARCH AMAZING WOMEN IN THE WORLD.
10. WEAR CLOTHING THAT IS MORE FLOWING AND COLORFUL.

THE DIVINE FEMININE IS SEXY

There is nothing more attractive or seductive to a man than a divine feminine-awakened woman. He feels nurtured and supported. When he feels this, he feels free to be the protector, provider, fixer and to take responsibility.

We're in the middle of a shift. Together with our male co-creators loving and supporting us, we all "ascend" and accept our robe and crown.

We do this together.

FROM A MAN'S POINT OF VIEW...

To better understand one man's point of view, it may be:

Our mothers didn't nurture us. So, we subconsciously look for an example of that relationship in a female partner so we can heal/fix it.

Or...that most men are driven towards finding nurturing and that sometimes can come in the form of a physically strong female, but we are often disappointed when we instead find a woman more activated in her masculine energy. This tends to cause us to feel emasculated and resentful of a strong, assertive woman who shows up as controlling to us.

Divine Feminine is THERE in you. Your window just needs to be cleaned.

HEALTHY DIVINE FEMININE

- Creative/Expressive
- Emotionally Available
- Intuitive
- Trusting/Secure
- Open/Vulnerable
- Confident
- Nurturing

Can you say that you have mastered these traits? Though these are traits of the divine feminine aspect, if you are a man, just imagine yourself able to exemplify these traits within you, yet be balanced in them.



When you feel safe, then you will attract someone in your life that will mirror that back to you.

Safety is number one for you and when that occurs you can relax into your Divine feminine and you and your masculine counterpart get nurtured.

FEMININE/MASCULINE ENERGY WITHIN RELATIONSHIP DYNAMICS

If one partner demonstrates more of the unhealthy feminine qualities, your father will more than likely demonstrate more of the unhealthy masculine qualities.

Conversely, you may find that your mother may demonstrate more of the unhealthy masculine and your father may demonstrate more of the unhealthy feminine.

We all can embody all of those qualities masculine and feminine, healthy and unhealthy.

Typically the unhealthy masculine will attract the unhealthy feminine as will the healthy masculine attract the healthy feminine.

The exception to that rule would be if the typically unhealthy feminine is triggered they can demonstrate the unhealthy masculine by getting aggressive, insensitive, jealous, controlling etc.

MORE RELATIONSHIP DYNAMICS

This is also true of the typically unhealthy masculine when triggered can demonstrate the unhealthy feminine qualities by avoiding confrontation, becoming a pleaser, being submissive, etc. This dynamic plays out in your intimate relationships.

More often than not you take on the unhealthy qualities of one of your parents and attract the other's parents unhealthy qualities in your partner.

If you are embodying both the healthy masculine and feminine qualities, that is fantastic, congratulations because that is the goal of this program.

The more aware and conscious you are of these aspects of yourself and make a conscious effort to heal those imbalances, the more you can create harmonious, balanced relationships in your life.

EXERCISE

EXERCISE: Divinity Awareness

1. Who is a woman, that you are aware of, that embodies the “divine feminine”? (this could be a friend, family, actor, musician...etc.)
2. Who is a man, that you are aware of, that embodies the “divine masculine”?
3. Look at the list of healthy and unhealthy qualities of both the masculine and feminine and see which qualities were predominant for each parent.
4. Notice which qualities are predominant in yourself. If you are in a relationship, look at which qualities are predominant in your current partner. Also look in your past relationships and see which qualities were predominant in those partners.



5TH MONTH

LOVE AND RESPONSIBILITY

- ALOHA, KULEANA, MĀLAMA
 - Unconditional Love/Spirit, Responsibility, Stewardship
- Relationship
- Manifesting

Forces that do not take you or your family's best interest into consideration are making decisions that may negatively affect them.

It is time to take action. The world needs your strength and your participation. Time to engage.

ALOHA (unconditional love/spirit)



Aloha (ah-lo-ha) is the value of unconditional love, of self and of others.

Aloha literally translates to “being in the presence of the life’s spirit,” and it is a sharing which is therefore thought of as the outpouring and receiving of a person’s inner spirit.

That inner spirit is more than a simple projection of positive character or personality: It is an incredible source of energy for us as human beings.

KULEANA (responsibility)



Kuleana (koo-lay-ah-na) is one's personal sense of responsibility. The person possessing Kuleana, believes in the strength of this value, and will be quick to say, "I accept my responsibilities, and I will be held accountable."

Kuleana can give us amazing clarity about what begins and ends with us as individuals. It will also give us a brutally honest clarity about our expectations of others: Are those expectations reasonable or not?

TAKE RESPONSIBILITY



It doesn't serve you any longer to NOT take responsibility. Your identification and sole-reliance on your mind and the opinions of others, has contributed to your hardships, pain and suffering. You just didn't know how to move forward, not having your current understanding and new perspective. You were in a different consciousness then, without the awareness and tools that you have now. Taking responsibility gives the power you gave to others back to you. When you own it then you have the power to change it.

SHIFT YOUR ENERGY

- Clean everything (car, bicycle, home, office...etc.)
- Investigate and clear up your integrity
- Get acquainted with loving yourself
- Release whatever you have been holding onto (resentment, regret, anger)
- Be aware of distractions/forms Of sabotage
- Uncover and shift your patterns (all patterns)



CREATE A NEW VERSION OF SELF

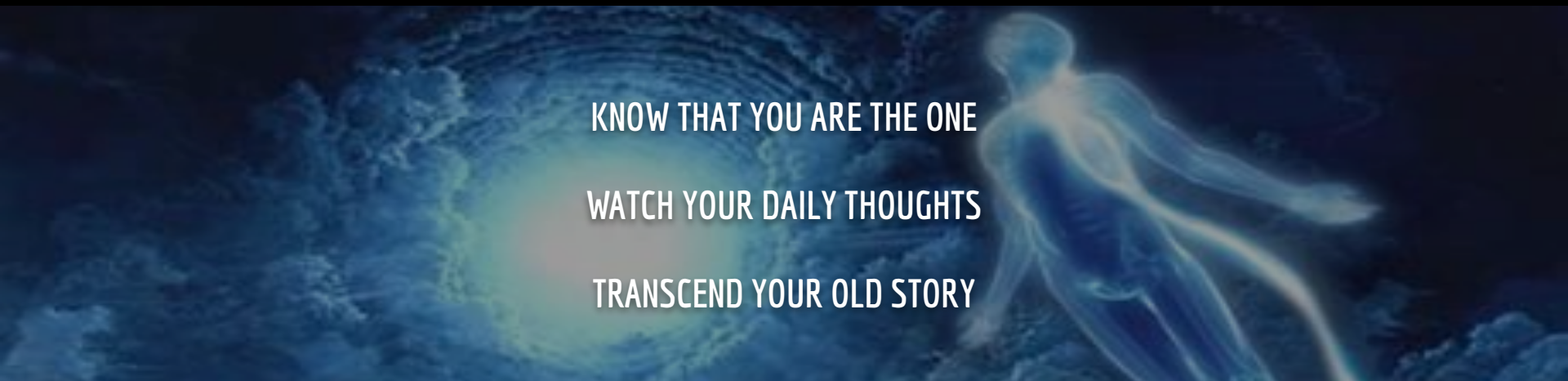


You have been playing a character. All of your beliefs, perspectives and experience is tied to an old character. You're not going to be able to get where you want to go with the old You.

You need to release the old Self with love and start to create a new character, one that is better prepared for what you want to create (i.e. your dream).

Remember the definition of *insanity* - doing the same thing and expecting different results.

REMEMBER...



KNOW THAT YOU ARE THE ONE
WATCH YOUR DAILY THOUGHTS
TRANSCEND YOUR OLD STORY

You are the creator and center of your own universe. You have dominion and responsibility within your space so nurture it. Your daily thoughts are not actually yours to own. They are part of the collective mind, making themselves available to any resonating frequency.



YOU'VE NEVER BEEN HERE BEFORE

Be excited for what you can now create with this new perspective.

You are jumping off of a higher diving board.

Woo-hoo! You were meant for this!

EXERCISE

EXERCISE: IMAGINE YOUR DREAM LIFE

Close your eyes and imagine your ideal way of living. A life where you wake up and jump out of bed, excited to begin your day. Hint: That experience where you are so engaged with what you are doing that you lost track of time. If you haven't had a moment like that, then imagine what that would be like. What are you doing in that moment? Imagine a way of living where you get to do that all the time and all the money you need is not an issue. Could you move forward with that? Be honest. What are your fears?

1. How committed are you to overcoming those fears?
2. If you are not, why? Is it silly or stupid or not possible? Is that how you want to live the rest of your life?
3. What new discipline are you willing to carry out (i.e., diet, exercise, healing emotional wounds, releasing limiting beliefs, forgiveness, etc.).

If you can start believing in yourself and your creative power, then your imagination can become the engine to manifest your new story and life.

MĀLAMA (stewardship)



To Mālama (mah-la-ma) is to take care of, to serve and to honor, to protect and watch over. Thus Mālama is thought of as the benevolent value of stewardship with compassion.

Human energy creates all our other resources, physical, financial and otherwise. Acts of caring drive us to high performance levels in our work with others: In giving we become unselfish. We forge stronger partnerships because we elevate others.

Relationship

- Boundaries
- Codependency
- Releasing Relationships
- Triggers

Boundaries

- What are boundaries?
- Signs of unhealthy boundaries
- The False Self
- Setting healthy boundaries

SELF-TRUST = BOUNDARIES

We perceive a difference between ourselves and the rest of the world. This individual perspective is a kind of boundary that defines us from everything else. They are rules of conduct built out of our beliefs, opinions, attitudes, experiences and societal learning.

Personal boundaries operate in both directions, the incoming and outgoing interactions with people. Personal boundaries help to define an individual by outlining likes and dislikes and what is right for them personally or wrong for them personally. Defining these things helps us to know how we will and won't allow ourselves to be treated by others.

It's important to have clear and healthy boundaries and to honor those boundaries with consistency while speaking your truth. Your truth is what you are thinking and feeling in the moment, even if it's coming from fear. If it is coming from fear then be bold and share what you are feeling with the one you are engaged. Just try to be as loving as possible with your delivery.

WEAK BOUNDARIES LEADS TO RESENTMENT

Typically the reason why you don't follow through with right action is you are afraid of the consequences such as "they won't like or approve of me" or "I don't want to hurt their feelings." So what ends up happening is that you dishonor yourself and enable the other.

Over time, the individual "person-hood" develops a strong identity possibly with conditions, ideas, beliefs, do's and don'ts. When there are weak or undefined boundaries, a person can feel taken advantage of or feel resentment for giving of themselves so much. Because of this, they can develop self-hatred or self-worth problems, as well as lack of trust for others and themselves. Eventually, a false self can be created in order to please or fit in with others.



SIGNS OF UNHEALTHY BOUNDARIES

1. **Saying “No” when you mean “Yes” or “Yes” when you mean “No”.**
2. **Feeling guilty** when you do say “No”.
3. **Acting against your integrity** or values in order to please.
4. **Not speaking up** when you have something to say.
5. **Adopting another person’s beliefs** or ideas, so you are accepted.
6. **Not calling out someone** who mistreats you.
7. **Accepting physical touch or sex** when you don’t want it.
8. **Allowing yourself to be interrupted** to accommodate another person’s immediate wants or needs.
9. **Giving too much** just to be perceived as useful.
10. **Becoming overly involved** in someone’s problems or difficulties.
11. **Allowing people to say things** in front of you that **make you uncomfortable.**
12. **Not communicating your emotional needs** in relationships.

QUOTES

“For far too long we have been seduced into walking a path that did not lead us to ourselves. For far too long we have said Yes when we wanted to say No. And for far too long we have said No when we desperately wanted to say Yes. When we don’t listen to our intuition, we abandon our souls. And we abandon our souls because we are afraid if we don’t, others will abandon us.”

— Terry Tempest Williams, When Women Were Birds

“If you want to live an authentic, meaningful life, you need to master the art of disappointing and upsetting others, hurting feelings, and living with the reality that some people just won’t like you. It may not be easy, but it’s essential if you want your life to reflect your deepest desires, values, and needs.”

— Cheryl Richardson, The Art of Extreme Self-Care

AN EXAMPLE IN FILM

This scene from “Back to the Future” with George McFly and Biff are the classic examples of “The Pleaser” and the “Bully” archetypes.

George just can’t stand up to Biff and say “no”. He gives his power away and takes on all the burden that Biff dishes out. This is also the masculine that has taken on the imbalanced feminine which many men are experiencing now.

The gift is that men get to experience the feminine, but now is the time to bring both the masculine and feminine into balance.



WE VIOLATE OUR OWN BOUNDARIES



By letting someone violate our boundaries, we violate our own boundaries. This is self-betrayal. If you go against your personal boundaries, you violate yourself, you abandon yourself and you allow self-hate to rule the day. Your boundaries are defined by your feelings. Your feelings will always tell you whether a boundary of yours has been violated, no matter what kind of boundary it is.

Saying “no” when you are afraid of the consequences can be difficult at first, but it will become liberating. Choosing to be and do what feels right for you is being authentic and integris, of course, without intentionally hurting someone. The other person may feel hurt or disappointed, but not through your intention. When this happens, your normal response may be to feel guilty or take on their hurt. This is what you need to overcome through the healing process.

A FALSE SELF IS CREATED

How do you know if you have set up a false self?

You fear other people thinking negatively of you and you continue to judge yourself. You create a different version of you (“false self”) that you think people will feel more comfortable with.

Another example: If child is shamed for being ungrateful, the child learns that the way they feel is not true and that they should be ashamed for feeling the way they feel.

If a child is not allowed to be angry, the child may create a “false self” who says “thank you” all the time. The child believes that who they really are is happy and grateful. They have never really admitted to the fact that deep down, they truly feel angry.



ACKNOWLEDGING OURSELVES

It's so important to be in touch with how you feel all day, every day. We can think of a boundary as an imaginary line that uniquely defines your "person" (happiness, integrity, desires, needs and truth) from the rest of the universe.

It's also important that we know who we really are and what we really want. When we are ashamed of who we are and what we want, we have poor boundaries and we are ashamed for who we are. We don't acknowledge our own needs, we violate our own boundaries. When we don't acknowledge what others feel, we violate their boundaries. The person who has no self-trust, is the person whose feelings were invalidated as a child.



Practice really listening to and feeling how things feel. Listen to what your feelings and intuition are telling you. You know the answer.

8 WAYS TO SET HEALTHY BOUNDARIES

1. Decide what your core values (not conditions) are.
2. Make your decisions from feeling, from your heart.
3. Be ok with upsetting people, due to your decisions.
4. Know your limits-what you will and will not accept.
5. Let your behavior, not your words, speak for you.
6. Say what you mean and mean what you say.
7. Give yourself permission to love yourself.
8. Practice self-awareness and presence.



EXERCISE

EXERCISE: BOUNDARY CHECK

Write down the answers to these questions:

- Do I know what I really want?
- Do I let other people tell me what to think or believe and how to feel?
- Do I say “Yes”, when I really want to say “No” or say “No” when I really want to say “Yes”?
- Am I afraid to let people know how I really feel?
- Am I afraid of people thinking negatively of me?

We do this mostly by feeling into the process. So, pay attention to and honor how you feel.

We can create very healthy boundaries, trust and self-love, by clearly and calmly defining what we need, what we'll accept and not accept. You will not only begin to trust yourself, but your life can never be the same once you do.

Codependency

- What is codependency?
- Signs of codependency
- Healthy codependency
- Interdependency
- Healing codependency

WHAT IS CODEPENDENCY?



co·de·pend·en·cy

ˌkōdəˈpendənsē/

noun

1. excessive emotional or psychological reliance on a partner, typically a partner who requires support due to an illness or addiction.

Some call “codependency” Self-Love Deficit Disorder”. We’re not into labeling every aspect of us that is challenging a “disorder”, but could this have some truth to it?

ORIGINAL CODEPENDENCY

Originally, the term 'codependent' was used to describe persons living with, or in a relationship with an addicted person.

Modern understandings of codependence now refer to "a specific relationship addiction characterized by preoccupation and extreme dependence—emotional, social and sometimes physical—on another person".

The main consequence of codependency is that "codependents, busy taking care of others, forget to take care of themselves, resulting in a disturbance of identity development" and energetic and emotional imbalances.

To sum up, codependency is a psychological concept that refers to people who feel extreme amounts of dependence on certain loved ones in their lives, and who feel responsible for the feelings and actions of those loved ones.

SIGNS OF POSSIBLE CODEPENDENCY

- Low self-esteem
- Low levels of narcissism
- Familial dysfunction
- Depression
- Anxiety
- Stress
- Low emotional expressivity
- Having a hard time saying “No”
- Having poor boundaries
- Emotional reactivity
- Compelled to take care of people
- A need for control over others
- Trouble communicating honestly
- Fixating on mistakes
- A need to be liked by everyone
- A need to always be in a relationship
- Denying one’s own needs
- Denying one’s thoughts and feelings
- Intimacy issues
- Confusing love and pity
- Fear of abandonment

HEALTHY CODEPENDENCY



All codependency is not bad. In fact, it's all not "bad". It just can make life more challenging and not as fulfilling as it could be. Healthy codependency or more clearly "interdependency" is a relationship where needs are met and there is a healthy reliance on the other partner. Each individual has the ability to function independently. It's normal to feel attached, to desire closeness, to be concerned for each one another, and to depend upon each other. Their lives are intertwined, and they're affected by and need each other.

NARCISSISTIC

Codependent personalities can attract partners who are, at the least, independent and confident. When judged, these partners are labeled as narcissistic. They might be. The definition of narcissism is:

Narcissistic personality disorder (NPD) involves a pattern of self-centered, arrogant thinking and behavior, a lack of empathy and consideration for other people, and an excessive need for admiration. Others often describe people with NPD as cocky, manipulative, selfish, patronizing, and demanding.

Labeling someone as narcissistic, when they don't meet the criteria, can be a way of not owning the person's own self-worth.

Healthy interdependence is a healthy relationship with Source/God/Creator, Self and Others.

HEALTHY INTERDEPENDENCY

- Power is shared equally and they take responsibility for their own thoughts, feelings, actions, and contributions to the relationship.
- They don't have to control someone else to feel okay.
- They can honor each other's differences and separateness.
- They're not afraid to be honest.
- They listen to their partner's feelings and needs without feeling guilty or becoming defensive.
- They don't fear intimacy, and independence doesn't threaten the relationship. In fact, they love the freedom.
- There's mutual respect and support for each other's personal goals, but both are committed to the relationship.



STEPS TO HEALTHY INTERDEPENDENCY

1. Start being honest with yourself and your partner. Get clear with what your needs are. Find ways to love yourself more than anything or anyone.
2. Stop negative thinking. Your mind has taken over control. You don't have to own these thoughts that come into your awareness.
3. Don't take things personally. Again, the ego's way to derailing you.
4. Take breaks. Give yourself time to find yourself again.
5. Consider counseling. Getting a qualified person in can help tremendously. This doesn't mean a pity party with a friend.
6. Establish boundaries. Boundaries create internal and external trust.

EXERCISE

EXERCISE: HEALING PAST WOUNDS

Find a quiet safe space where no one will interrupt you and sit. Allow yourself to get in touch with your “true feelings,” which might be anger, fear and sadness. Then think of a time in their childhood when you felt the same way.

- What age were you? Who caused these feelings?
- Were you told things like, “Stop crying or I’ll give you something to cry about!”? Were you told you were “too sensitive,” “acting like a baby,” or “misinterpreting the situation”?
- Were you made to feel ashamed about your feelings, so you learned to deny and shove them down?

EXERCISE: HEALING PAST WOUNDS

Go into the feelings - rather than shoving them down. Allow yourself to truly feel them. This might result in angry yelling, or a well of unshed tears, but it's important to feel the feelings until they're spent.

This is an important part of the healing and integration of emotional wounds. We all use our own coping mechanisms to be able to function in daily life. Now, in this moment you are not the same person of the same consciousness as you were then. Forgive yourself for being in that consciousness at that time-the consciousness of not knowing how to respond. But, you are now. Right now, you are in a better place and are much more awake with more awareness.

(If you were sexually molested or physically abused as a child this exercise should be done under the guidance of a trained professional.)

Shining the light on something and understanding when it was created and possibly why, goes a long way to reducing the effect it has on you now.

Life does get better. Your unhealthy relationships will give way to healthy ones. Your reaction patterns will dissipate and peace will be restored. Eventually, at some point in your long life, you will see the gift in this experience.

You are doing something very effective and important just by being aware of a pattern that you would like to change. In the meantime, keep finding creative ways to love yourself.

SUMMARY

Codependency is a dynamic between two people in a relationship who rely on each other to the extreme. It can become a love/hate relationship or bipolar.

When one partner doesn't give what the other needs, then the other can start to withdraw their love to counter and not give back.

As long as they are both getting their needs met, then all appears fine. But it can get messy real quick when one feels hurt by the other.

Instead of resolving it through honest communication and forgiveness, they hurt the other. It seems childish, but it is common when we are not given the right tools.

It's "normal" to feel attached to an intimate partner, yet with the right tools it can be a healthy attachment. If you both take responsibility, encourage each other's independence, be honest and authentic, respect one another and support each other's path then that can be considered healthy.

RELEASING RELATIONSHIPS

WHAT ARE “TRIGGERS”?

“Triggers” are patterned reactions to stimuli that have been programmed into your subconscious during stressful situations earlier in life, most notably in childhood.

“Triggers” are “signals” or “red flags” when effectively and consistently processed can become not only one of your greatest navigation tools, but a powerful way to raise your vibration.

“Triggers” are gateways into your subconscious mind and pain bodies, which become tools to resolve your past instead of manage it.

These triggers become opportunities for healing and potential quantum shifts along your path to liberation.

When you shift your perception to an “opportunity” rather than a harsh judgment or criticism then it shifts your reality.

You become empowered to seek resolution rather than manage or distract the uncomfortable feeling.

HOW TO PROCESS TRIGGERS

1. Become aware when you are in reaction (triggered response). "I think I just got triggered."
2. Name the emotion that you are feeling ("This is making me feel _____.")
3. Take 3 deep breaths and tap your heart lightly with two fingers.
4. Understand that this is pointing to past trauma that is ready to resolve.
5. Where did this emotion originate from?
6. Forgive yourself for being triggered and choose to release the trigger.

Forgiveness Prayers

Ho'oponopono

- I'm Sorry
- Please Forgive Me
- I Love You
- Thank You

Forgiveness Request

HO'OPONOONO

Ho'oponoono is a word in the Hawaiian culture that essentially means to be in relationship alignment and integrity with all levels of Self (spiritual, mental, emotional and physical). It also means to recognize that all of life serves you and is perfect including the challenges because it brought you to where you are now.

Ho'oponoono is an ideology, a way to perceive life and a process to navigate life's challenges. Within this ideology, a four-statement prayer was developed in order to facilitate a way to heal emotional trauma, resolve conflict and balance misaligned energies.



THE FOUR STATEMENT ARE:

1. **I'm sorry...** (all the things that you are authentically sorry for).
2. **Please or Can you forgive me.**
3. **I love you...** (all the things that you authentically love the other for).
4. **Thank you...** (all the things that you authentically appreciate the other for).

These four statements are a powerful way to realize redemption, forgiveness, love and gratitude. When you utilize these statements with authenticity and sincerity towards yourself and others, it will transform your life.



FORGIVENESS PRAYER

Please help me forgive and release myself

For all the ways I have hurt myself and hurt others

Please help all people I have hurt forgive and release me

Please help me forgive and release all the people who have hurt me

Please help us all forgive and release each other

Please help us forgive and release ourselves

Divine Consciousness

For me, my family, my ancestry and all of humanity throughout all time

Please help us forgive each other and forgive ourselves

Be at peace with each other and be at peace with ourselves

Release each other and release ourselves

Love each other and love ourselves

FORGIVENESS PRAYER

Divine Consciousness

For me, my family, my ancestry and all of humanity throughout all time

Please help us forgive all people

Help all people forgive us

Help us all forgive each other and forgive ourselves

Help us all love each other and love ourselves

Be at peace with each other and be at peace with ourselves

Divine Consciousness

We give you our love

And we thank you for your constant love and blessings

FORGIVENESS PRAYER

Please bless, protect, lead, guide, and empower me, my family, my ancestry and all of humanity
Throughout all time
Now and forever

Please Divine Consciousness
Thank you Divine Consciousness
Thank you Divine Consciousness
Thank you Divine Consciousness
Amen, Amen, Amen, Amen

EXERCISE

EXERCISE: FORGIVENESS REQUEST

Close your eyes and repeat out-loud these requests.

Note: Do not forgive from a better-than-you-are place.

Forgive from a place of full acceptance of the choices that were made.

To all those that I have hurt knowingly or unknowingly,
through thoughts, words, or actions...
please forgive me.

To all those that have hurt me knowingly or unknowingly,
through thoughts, words, or actions...
I forgive you.

Manifesting Desired Feelings



6TH MONTH

- KŪLIA I KA NU'U, MAHALO, NĀNĀ I KE KUMU, PONO
 - Achievement, Gratitude, Inner Truth, Rightness
- Rites of Passage

If we are not in conflict with ourselves, we won't be in conflict with anyone or anything in our life.

KŪLIA I KA NU'U (achievement)



Kūlia i ka nu'u (koo-lee-ah ee-ka-noo-oo) is the value of accomplishment and achievement. The literal translation for Kūlia i ka nu'u is “strive to reach the summit.”

Those who have this value continually pursue improvement and personal excellence. For them, the most satisfying competition is with their previous selves: They consider their life and everything within it to be a work in progress, and they enjoy the effort. ‘Hard work’ is good work when it employs the energies of striving and reaching higher.

MAHALO (gratitude)



Mahalo is vastly underestimated. Many will often say Mahalo with lightness, to simply convey “thank you.”

Mahalo includes thankfulness, appreciation, and gratitude as a way of living. We live in thankfulness for the richness that makes life so precious at work and at home, and we are able to sense our gifts elementally.

Mahalo is the opposite of indifference and apathy, for it is the life perspective of giving thanks for what you have by using your gifts — and all of your gifts — in the best possible way.

NĀNĀ I KE KUMU (authentic self)



Literally translated, Nānā i ke kumu (nah-nah ee-kay koo-moo) means “look to your source.” Seek authenticity, and be true to who you are. Get grounded within your sense of self. Keep your Aloha at the surface of what you do daily, and celebrate those things that define your personal truths.

To value Nānā i ke kumu is to practice Mahalo for your sense of self: Do you really know how extraordinary and naturally wise you are? Find out. Become more self-aware. It’s the best discovery you’ll ever make.

PONO (unconditional love/spirit)



Pono is the value of rightness and balance. When a person is Pono they have the feeling of contentment that all is good and all is right in their life, a life of full integrity: Ma'alahi is a Hawaiian word used to describe this feeling, for it's "a pervasive persuasion toward calm, peace, and serenity."

This is not a staid value though. Pono fully embraces the attitudes of positivity and optimism. Life itself excites you, and you are full of hope, seeing that the future can only get better.

Self-Love

- Why should I love myself?
- Exercise: Who is the “Authentic Self”
- Exercise: Letting go of the story
- What can affect Self-Love?
- Physical effects of lack of Self-Love
- Forgive yourself
- Find parts of you that you love
- Lose yourself in Love
- Ram Dass’ story of Neem Karoli Baba
- Practical Self-Love tools
- Exercise: Loving Yourself meditation

WHY SHOULD I LOVE MYSELF?

You cannot truly love anything or anyone without loving yourself. Self Love is: powerful, magical, limitless, feels great, changes everything, leads to awakening, is expansive, creates and is the “Great Shortcut To Enlightenment”.

Self Love is self-control, a life living from the heart and not the mind...led by love, not fear. Self Love is allowing the ego-identity to be loved, but not in control.

There is a strong possibility that you have never lived your “authentic self”; that person that is unconditioned by society, family and friends; free from limiting beliefs, coping mechanisms and negative patterns.

You must embody the energy of love in order to give it. If you don't love yourself, then you are not embodying the energy or vibration. It's not just esoteric, it's science. It's the same for receiving love, because more than likely you don't believe you deserve love. If you don't believe you deserve love, then there are no receptors for it. So how can you receive. You may think you do but it becomes a mental thought rather than a feeling or emotion. So when you say words or take action to show love to someone then there is no aligned energy behind it. So it falls flat. The intention might have been there, but without the love vibration it's not felt by either party.

EXERCISE: WHO IS THIS “AUTHENTIC SELF”?

Imagine yourself before any conditioning or trauma.
Imagine yourself without form, on another planet in
another galaxy.

What would be the same?

...from this place, observe

Life Experience

1. Womb
2. Ego
3. Society
4. Trauma
5. Story
6. Death

It may be challenging to imagine something without any reference. This is that part of you that is pure presence, the witness. It's still you, but without your story or conditioning. Now, maybe you had an experience or a new awareness with this exercise and you realized that the You you know to be is a creation in your mind. So, how can this creation of your own mind be You? It's a story for your greater self to learn from and experience the beauty and drama of this world. It's a perception shift. What do you do with this new awareness? Maybe you will start to loosen up your identification with your story. The story is not the true “You”.

EXERCISE: LETTING GO OF THE STORY

Observe your life thus far.

Ask yourself the following questions:

1. What has been your “story”?
2. Is this story still true for you?
3. What lies have others told about you?
4. Are you wanting others to love you before you love you?
5. What are you wanting from others that you can't give to them?
6. What would it feel like if you let it all go?
7. If you could let it go, would you? When?
8. Could you start giving to yourself?

Answers these questions from a new perspective.

Can you start to see that you can release your attachment to your story?

If you can, then you will be able to more easily let go of the parts of your story that no longer serve you.

Realize that they may have served you but from an identification or construct that is no longer relevant.

PHYSICAL EFFECTS OF LACK OF SELF-LOVE

- Closed or imbalanced heart energy.
- Inability to feel compassion and empathy.
- Heart disease or other heart condition.
- If related to sexuality, sexual organs affected.
- Skin issues and irritation (acne, lesions).
- Stomach, intestines or digestive problems.
- Lack of confidence or too much aggression.
- Relationships which reflect not being loved.

Love is the most powerful energy in this universe and is a major contributor to the state of your health and well being.

The lack of self-love wreaks havoc on your well-being and conversely the abundance of self-love transmutes all of your imbalances and enhances your well being.

It is an obvious choice to make self-love a priority in your daily practice. Though, common sense isn't always common practice.

FORGIVE YOURSELF

You're not the same person you were...
10 years ago...10 months ago...10 seconds ago.

You're not in the same consciousness now as you were back then.

As you now vibrate in this frequency, there is only one choice...to fully forgive yourself for what was created then, when you were asleep and not yet aware of this reality/consciousness...and realize, although very helpful and healthy, there is no forgiveness necessary.

You may want to ask yourself "Have I suffered enough?". If you said "Yes" to that question then you could proclaim...
"I have learned all that I needed to and I forgive myself for all of it (whatever it is)"

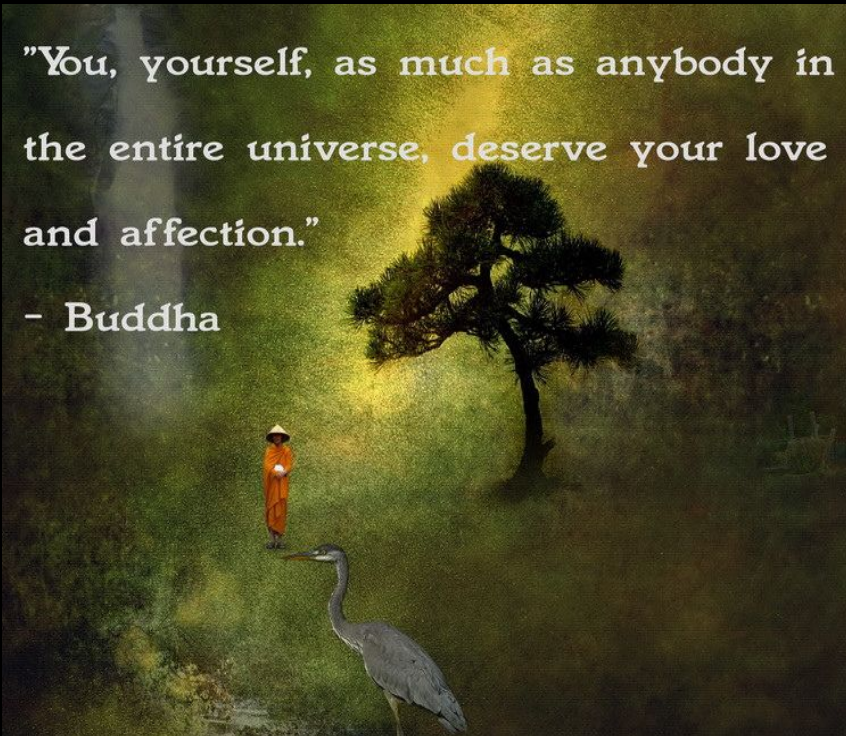
**"To err is human,
to forgive is Divine"**

This means that we as humans inherently make mistakes, but when we ask for or give forgiveness, now that is Divine. Challenge is part of the human experience so self-judgment, self-criticism and self-inflicted pain are also part of that journey.

FIND PARTS OF YOURSELF THAT YOU CAN LOVE

- What aspect of you can you say has been beneficial to your life?
- Has your unsightly-long toes allowed you to better grip tree branches?
- Does your overactive “monkey mind” give you the ability to question what feel like untruths and get to greater clarity in your life?
- Has your past actions caused you to practice self-inquiry?

Start with something small and grow into loving more parts of yourself. Soon, you'll hit a tipping point and you'll feel much better. The baffling thing is that we do this to ourselves and it doesn't help us, but hinders us. If that is so, we have to ask “Who is doing this and why?”

A painting of a person in orange robes standing in a misty landscape with a large tree and a crane. The scene is atmospheric and serene, with a soft glow around the person and the tree. The person is standing on a path, and a crane is in the foreground, looking towards the person. The background is a misty, greenish landscape with a large, dark tree on the right.

“You, yourself, as much as anybody in the entire universe, deserve your love and affection.”

- Buddha

WHAT SELF NEEDS LOVE?

When you remember and accept that you are an Infinite & Eternal being, trying to love your Self is like trying to look at your own eyes, without a mirror. Your “true” Self is beyond any need for affection, receiving or other idea of love.

You are not That that which needs “self love”...you ARE love. Love your “human” self as Creator loves Creation. Love yourself without any judgement or regret.

See yourself as aspect of the divine within a dream of physical reality.

If you combine the love-cultivation tools with the fact you are love, then you are approaching it from two different angles.

You take out some of the hard work and challenge of the idea of achieving self-love and instead actualize the truth that you already are Love.

Until you can realize the truth, keep loving yourself until its real. Even after it's real you will continue that process because we are Love and it becomes our natural way of life.

LOSE YOURSELF IN LOVE

What does this mean? "Lose yourself in love"

Be **STRONG** and **POWERFUL** and surrender to pure potential. Accept your true nature and stop hiding in the idea that you are limited by your physical body. You know there is more to you. Become a skeptic to what you have been told. Investigate. Let go of the idea of yourself...of who you hold onto...of the identity of yourself that has a story and holds an unwavering position.

Lose the conditioned mind, ego-identity that wants to judge and control.



LOSE YOUR
SELF IN
LOVE

When you find yourself needing to win an argument or hold strongly to your position, try Losing Your Self in Love and see what happens. Lose the “me” into the eternal, infinite “I” that is ever-present, always IS, never was born and never will die.

When you don't have to defend your position you have reached self-actualization. You don't have to convince others that your beliefs or your sense of self is “right”, which is that ego identity.

Attachment to being “right” is lack of self-worth and judgment. When you are centered in Love, there is no need to be right, because you know that there is no “right” path and all paths are centered in love.



LOSE YOUR
SELF IN
LOVE

LOSE YOURSELF IN LOVE



What would happen if you DID “lose yourSelf in love”?

What would happen to YOU?

What part of you thinks it would be hurt?

Try this and see what happens to the world around you!

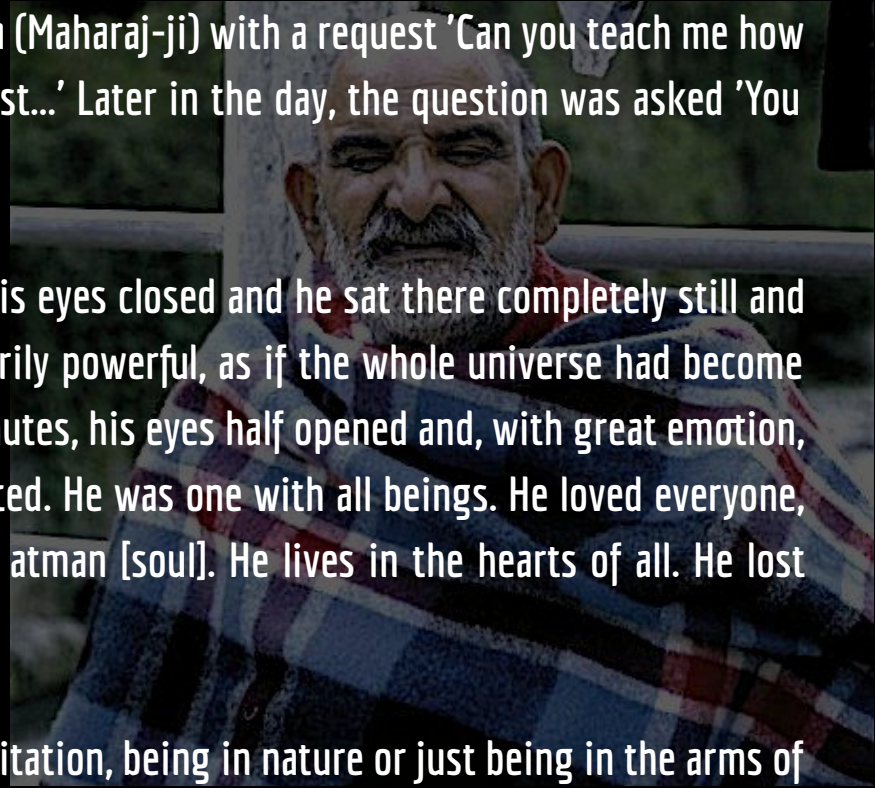
There’s no need to join cult communities
or to give away all of your belongings
(though this IS very liberating).

RAM DASS' STORY OF NEEM KAROLI BABA

One day a man arrived for his first visit with Neem Karoli Baba (Maharaj-ji) with a request 'Can you teach me how to meditate?' The teacher's response was: 'Meditate like Christ...' Later in the day, the question was asked 'You said to meditate like Christ. How DID he meditate?'

It seemed as if Maharaj-ji was about to answer, but instead his eyes closed and he sat there completely still and silent. It felt like he'd totally disappeared. It was extraordinarily powerful, as if the whole universe had become silent. Then a tear came down his cheek. After a couple of minutes, his eyes half opened and, with great emotion, he quietly said 'He lost himself in love, that's how he meditated. He was one with all beings. He loved everyone, even the people who crucified him. He never died. He is the atman [soul]. He lives in the hearts of all. He lost himself in love.'

Have a regular practice of losing yourself in love through meditation, being in nature or just being in the arms of your lover will remind you of the Truth.



3 WAYS TO SELF-LOVE

Sometimes, trying to experience “self love” is a battle with our mind and its thoughts about us. If we try to use our mind (which is the inherent problem and obstacle to self-love), then we are creating a temporary love of self that shifts with the wind.

Because being in the world can challenge our ability to love ourselves, we need to be aggressive in our love...



PAST: PAMPERING AND REWARDING



For my near and distant past, I love myself. As I go through my day, I find things to celebrate. Whether I completed a project, checked off tasks on my to-do list or facilitated a life-changing session with a couple, I pamper or reward myself. I do this by getting myself a massage, going to the water or getting myself a healthy treat.

Even when I have a day that didn't go the way I wanted, I find a reason to pamper and nurture myself.

FUTURE: DECISIONS AND CHOICES



For my future, I love myself by making decisions and choices to honor and respect my feelings and pay attention to my excitement level. I rarely need to do anything that I'm not excited about. If I continue to act in this way, I find myself in the event or session knowing that I have already "checked in" with myself and I can completely be there 100%. My life starts to reflect these decisions and I naturally attract things and experiences that are in alignment with my greatest joy and excitement.

PRESENT: 3RD PERSON PERSPECTIVE



In the present, I love myself by thinking of my Self or my identity, body, mind and soul as a partner. This amazing physical partner, who “I” (the BIG “I” or I AM) have already chosen to be mine, is the perfect partner for the experiences that “I” wanted to have. Or, put another way, the best partner to express consciousness within this dimension. I love him for this. I love all that I’ve been able to enjoy. All of it. The experiences of love, pain, joy, pleasure, sorrow...every bit.

Through his imperfections, he is perfect.

PRACTICAL SELF-LOVE TOOLS

Listen to fun music that lifts you up

1. Raise your own vibration through input/output.
 - a. food, water
 - b. music, movies
 - c. communication, conversation
2. Give yourself what you want from others.
3. Make time for play/nurturing time (even 5min.).
4. Be “energy-aware”. Choose what you engage in.
5. Question any idea that doesn’t reflect self love.
6. Self-realize. Realize your own potential.
7. Treat yourself with healthy pleasures.

Loving yourself is the most nurturing thing you can do for yourself. It’s a common misconception that this is “selfish”. If you don’t take care of yourself then how are you going to take care of others. The best investment you can make is in “you”. The ones that you give back to will appreciate your authentic love, joy and support.



EXERCISE

EXERCISE: LOVING YOURSELF MEDITATION

1-Imagine seeing within your body at the microscopic level; down to the single-cell organisms. See them doing their thing, taking in nutrients, expelling toxins.

2-Simple organisms performing advanced processes yet, these organisms don't have a brain or heart to tell them what or how to do it. They work directly with consciousness.

3-Imagine picking out one of these beings and bring it close to you, so that you can see every part magnified. Just a bubble inside an elliptical membrane of a body and flagella feet to help it move.

4-Send this being all of your focused love, appreciation and gratitude. Watch as it becomes brighter, shinier and glows from within.

5-Feel how it is renewed, refreshed and rejuvenated. Before it goes back, give it your holy blessing and feel that blessing back to you.

6-Send it back to its place and watch every other organism gravitate to it. It shines and they need to be near it and touch it, if possible. Any organism that comes close is instantly affected. 1000's...100s of thousands...millions...billions of cells. Breathe deeply.

SUMMARY

Self-Love is a requirement for self-healing and self-realization. Lack of Self-Love is the culprit to all of our maladies, dysfunctions and dis-ease. In one form or another it can all be simplified to lack of Self-love.

Again, love is the highest vibrational energy in the universe which has the power to transmute all misaligned energies.

Why don't we love ourselves? Our ego-identity is filled with self-criticisms, self judgments, self-pity and many other forms of suppression. No wonder we are challenged to love ourselves. Yet, Love is our natural state, we have just covered it up.

You don't have to work hard at achieving love, you just have to remind yourself and remove the obstacles within the ego-identity.
It's waiting for you.

Rites of Passage

Universal Truths

TOOLS AND RESOURCES

- Eckhart Tolle
- Abraham-Hicks
- Deepak Chopra
- Teal Swan
- Wayne Dyer
- Rupert Spira
- Mooji
- Way of Mastery