

APRIL 7, 2018 Video Packet

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New Beginnings! Step Into Greatness & Release What's Been Holding You Back!

The process of Spiritual Ascension can be compared to the in and out breath, or like the tides that move in and out, creating the ocean's rhythm. In the in-breath, the lungs take in air and your cells deliver oxygenated blood to all the organs and tissues in your body. CO₂ is the metabolized waste product that gets released in the outbreath. When CO₂ is released back into the environment, trees and plant-life utilize CO₂ and then they release more oxygen back into the atmosphere, so O₂ is considered their waste product, whereas for us, the O₂ is necessary for our survival.

What often occurs when we are on our spiritual path is we get stuck along the way because we have preconceived ideas about how we believe energy should be exchanged. In other words, we tend to gravitate to what is familiar and usual because we believe that if something gave us a comfortable outcome in the past, then the same things will ALWAYS give us a comfortable outcome in the future. However, as we continue to take in the in breath and out breath, *which represents the exchange of energy along our journey*, our experiences change and shift us. Our vibration continues to shift because we are constantly learning new things along our journey. We learn to love more, fight less, give more, discover how others have different viewpoints and that all viewpoints are okay. Our values, goals, beliefs and ideas are constantly changing all throughout our life. As WE change so does our energetic requirements. So what used to serve us in the past may not necessarily serve us in our present situation and that's where the outbreath comes in.

It's important that we take an inventory every so often to evaluate old beliefs that we still might be holding onto from the past – most likely from childhood that influence our ideas, patterns, and behaviors we find ourselves repeating, which may no longer be serving us.

For example, one behavioral response that most of us learned from childhood was to keep quiet and never stir the pot. Children are taught that authority figures like parents and teachers are to be respected and it's better to sit quietly rather than speak one's mind. As a child, you were conditioned to set your own intuition aside, because your survival depended on following whatever your caregivers were telling you. Standing up to an authority figure as a child would have gotten you into trouble, but as you continued on your journey into adulthood, you began to realize that sitting quietly as opposed to taking a stand on certain topics, and allowing those in authority to bulldoze over you, can actually cause you more harm than good. What helped you survive during childhood can cause pain and suffering in adulthood. So in this example, you can see how following the same patterns of passivity can lead you to experience things like accepting abusive relationships, passively agreeing to the unjust actions imposed by employers, friends, and family members; and this can even go so far as to cause collective groups of people to passively agree to giving their power away as unjust laws are passed in legislation, and the list goes on.

vibration? This is done by shifting your emotions, and the key to shifting your emotions is to uncover any limiting beliefs and shift those beliefs. Hence, this will give you a more a positive emotional response.

For the dream-life to manifest in Exercise #1, what things would have to happen or change in your life order for your dream to be actualized?

Are you comfortable making the changes that will give you the outcome you desire? Why or why not? Describe your level of discomfort and the emotional response that is making it difficult to reach your dreams. *(This step will help you identify your limiting beliefs).*

All emotions stem from an underlying belief. Do you know what the underlying belief is that has created this emotional response? Can you determine *from where* and *from whom* this idea or belief came from?

ACHIEVING GREATNESS EXERCISE #3 – Letting Go Of Old Beliefs

Now that you have identified the uncomfortable emotions and the limiting beliefs that are disrupting the path to your dreams, it's time to let those old beliefs go. Holding onto them is a choice, because ANY beliefs can be made real whether they are positive or negative. In other words, there is not one belief that is more real than another. So now, it's time to let the old, negative beliefs go. We will soon be replacing them with new, more positive beliefs.

This works very much like the in-breath and the out-breath. You wouldn't want to breathe in a bunch of dirty air pollution and allow those toxins to be transported throughout your body. Likewise, it isn't healthy to hold onto negative beliefs or allow them to fuel your thoughts and actions. It's time to replace toxic beliefs with healthy ones.

There are many ways to release something. Mother Earth uses 4 methods of release and purification through her 4 elements: **Water, Air, Earth, and Fire.**

When you are ready to let go of something, one way to do this is to choose the element that has the same characteristic you want to use for removal. Or, you can do all 4 activities if you want.

1. For instance, if the belief has been a continuous problem throughout your life, you can write down the old belief on a piece of paper and have a bon fire as you watch the old belief burn away.
2. Or if you are confused about something and you need more clarity, allowing the piece of paper with your old belief to drift down a stream while you ask the element of water to give you more clarity, can help you return to your vision with more clarity than you had before.
3. If you don't know the next steps to make your dreams come true, then the element of soil can help you with this. You can bury the old belief written on a piece of paper and ask the earth to help you break it apart so you will have more clarity of what your next step shall be.
4. You can ask the element of air to help you. Make a wish on a dandelion that has gone to seed and as you blow the seeds around, ask the wind to bring synchronicities and circumstances into your life that are a match to your heartfelt intentions.

1. **Fire:** Forests that have been damaged by fires have more nitrogen mixed into the soil to create healthier plants and trees. Fire will turn snow into water. It provides light and warmth where there is darkness. And volcanic activity helps relieve pressure whenever the tectonic plates shift. ***This element is the great transformer and rebirthing element.***
2. **Water:** The flow of water in rivers and streams washes away impurities and keeps aquatic life healthy and free of pollutants. ***This is the element of restoration, reflection.***
3. **Earth:** The microscopic bugs in the soil breaks down everything that is biodegradable. ***This element is the decomposing element. It helps us dissect things into parts to see things more clearly.***
4. **Air:** The wind moves and transports pollutants out of the atmosphere. ***This element is the element of time and motion. Waiting and allowing your dreams to unfold will bring this element's consciousness into action. Like the wind's currents, new situations, synchronicities and experiences will stream into your life that reflect your current vibration and will lead you closer to your dreams. Focus your intentions and make your wish.***

ACHIEVING GREATNESS EXERCISE #4 – Replacing and Embracing The Old Beliefs With New Ones

Now is your opportunity to choose new, positive beliefs. You can make these new beliefs MORE REAL than the previously held negative beliefs. Write them down and commit to adapting them so they will replace the ones you've let go. (You can write down the *opposite* of the former beliefs and you can write down as many new beliefs you want in their place.)

SUMMARY:

Beliefs are very powerful because they are “Articles of Motivation”. This means that any time you have ever been motivated to do something, it has always stemmed from a belief. For example, if you believe you are never going to make enough money no matter what kind of work you do, then your motivation of how hard you look for work or the types of jobs you choose will stem from that belief. Whereas if you believe that money flows to you effortlessly when you simply make connections with the right people, then you will likely attract more financially sound people and experiences into your life.

Notice how your emotional body instantly changes when you replace a negative belief with a positive one. This is how your vibration shifts when you follow the four exercises above and what will lead you to the life of your dreams. The more effort you dedicate towards making these changes in your life, the more changes you will see in your life.