

5 Spiritual Laws/5 Steps and 5 Skills To Consciously Create Your Life From

Have you ever looked around at the world and felt like, “What on earth are we doing here? Why aren’t more of us aware of the effects so many of our negative behaviors and short-term choices have on the quality of life we humans lead?”

Do you ever feel...

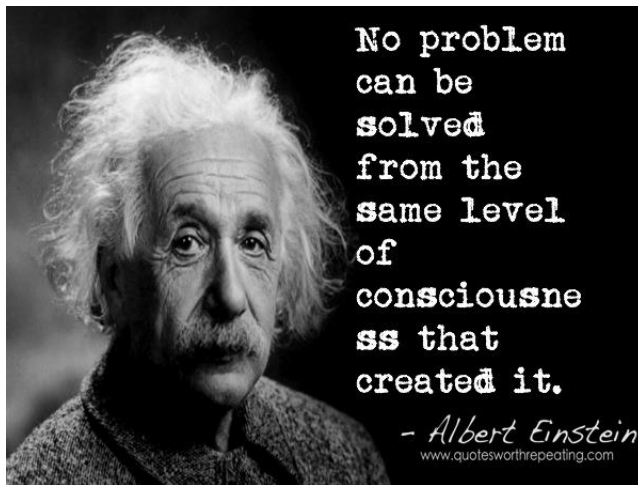
“Life is too hard; I get so stressed and overwhelmed but I so want to be a true leader and shift the less awakened parts within myself so I feel free, empowered and create my best life, career and relationships! I don’t want to add to the misery this world seems so adept at multiplying. I want to be a positive force to support a healthier world environment by starting with changing the aspects of myself that hold me back and keep me from actualizing my highest good and my spiritual wholeness!”

Well, if so, you are not alone.

This means that you are an awakened spiritual soul trying to navigate this human form and this strange place we call earth. To help you on this courageous mission, and to help you live from your brilliance (Core Being) and not your smaller wounded parts, you can embrace and implement **5 Spiritual Laws** and the **5 Energy and Mindfulness Steps/Skills so the universe can have your back!**

Let the Laws/Steps/Skills be a guide to support you so the energy of pain and challenge transforms to wholeness and positive creation. (Two new books and an online training certification program are coming out detailing how to implement them. For a discount, get on the early release list by contacting us today!)

Living these 5-Spiritual Laws empowers you to positively rule your life. In



addition, you can master the 5 *Conscious Creation Tasks (skills)* to implement these Spiritual Laws. Albert Einstein said that you can't solve your problems with the same consciousness that created those problems.

In this same vein, Spiritual Law

#1 states that your current view of yourself, (sense of self) decides the quality of life you *live in and create*. *In other words, your current sense of self, creates your reality*. So, if you are connected to your spiritual wholeness/higher self (Core Being) you will create a reality that serves your highest good.

Whereas, if you are connected to your wounded, ego-based personality, you will create a reality that mirrors the negative aspects of those Lower Vibrational Consciousness (LVC) parts. Note: Examples of energy that holds High Vibrational Consciousness include: wisdom, empowerment, joy, Core Being and balance. Examples of energy holding LV C include: fear, insecurity, defense, ego, depression, stress and anxiety.

Examples of HVC and LVC

Energy is Consciousness that connect the mind with the body. It holds both high and low vibrations.

High Vibrational Consciousness (HVC) = Core Being, Presence, Positive Intention, Balance

Low Vibrational Consciousness (LVC) = negative beliefs & images, depression, anxiety, false self, illness

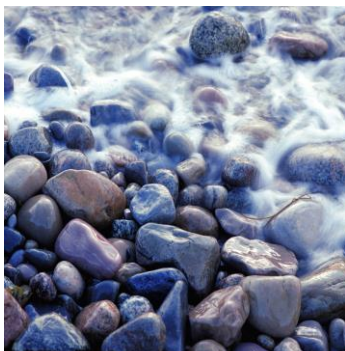
- If your mind is resonating at an LVC distortion, you will create more distortion.
- Whereas if your mind is resonating at HVC, it will dissolve the particles of energy holding your personal LVC challenge, and transform it to HVC of wisdom, action and Core Being.

Later, as you practice the 5-Steps, you will understand that it is not about being perfect. It is about being imperfectly perfect, as spirit learning to navigate this human form! (Be kind to your human!) Yet if you get stuck in a negative defense, you get stuck in the rocks of life and the energy can't transform. Yet loving your imperfect parts, lets you move out of negative defense, and out of the hard energy of its rock!

Throughout your day, it serves you to recognize *when you are in the brilliance of your Core Being and when you are in your lost or less evolved parts.* .

This is why Step 1 of the 5-Steps asks you to assess when are you in Core Being and when are you in your negative ego-based programming?

Skill 1 is called- The Explorer's Mind. It is the energy of clear vision and perspective, just as detectives would assess the situation before them, you can assess if you are in defense or in your brilliance.



Spiritual Law #2 states that you are not the emotional pain and challenge you are currently feeling! Emotional pain is just energy that flows through you. Usually, it is generated from your ego. It is not meant to define you or be your sense of self...yet too often that is exactly what it does. Just as a river flows over rocks, emotional

pain, attack, stress and life challenge is just energy-it is NOT YOU and it should not IMPACT your view of yourself. You are the flow of water, not the rock.

Yes, you end up feeling the pain of hitting a rock, but that pain and that rock is not you. Self-mastery happens when you never forget you are true essence, focused flow and spiritually whole.

Even when you don't always believe it or interact with yourself and the others around you from that deeper wholeness, that does NOT negate your true nature. It does not negate your need to find the way back to the anchor of your Core Being, as quickly and kindly as you can.

This is why Step 2 of the 5 Steps asks you to detach and differentiate/individualize from the emotional pain and/or challenge you are currently feeling. It asks you to see it only as an energy construct that is malleable and not deterministic.

As you view it from quantum reality and not Newtonian...you can more easily shift it. **Aligned intention is the Energy and Mindfulness Skill to implement Step 2.** The energy of detachment is magnetic and filled with power. I call it the Dimension of Intention (Barbara Brennan's Hara Line.)



Spiritual Law 3 states that your negative ego and defensive parts of your personality create a strong internal programming inside your brain and body's nervous system so the energy of your negative past repeats in similar themes and circumstances throughout your life. I

I call this inner programming your **biological consciousness container**. It limits your ability to maintain that sense of connection to your flow and essence of your brilliance-Core Being.

The part of you that “runs” or “executes” this un-awakened biological program, is what I call your **negative ego-based personality**. Change the negative program, change your reality, and change your life!

This is why **Step 3 is to name/own/claim** the parts of you that are in the negative program, feel where it is held in the body so in Steps 4 and 5 you can shift this energy back to Core Being.

Skill 3, to implement Step 3, is a “Choice Point.” The Choice Point is when you make the decision to feel the pain/negative belief creating the distortion in your life.



Spiritual Law 4 says that difficult life experiences happen for you-not to you! In essence, this means that only you can shift the reality you are currently experiencing. And, over the years, the key to doing this is self-love and never letting yourself collapse

into feeling you are a victim. Instead use this system so difficulty becomes an opportunity for deeper wisdom, learning and awakening.

5 Conscious Creation Steps or Tasks

1. **Awareness** of when in Core Being (Spiritual Wholeness/Higher Self) and when you in ego-based personality. This Task uses the skill of an Explorer's Mind – playing detective to determine which part of you is in charge.
2. **Ability to Detach and differentiate** from your negative feelings and ego, using strong *positive Aligned Intention*.
3. **Name/Own and Claim** the negative programming you are reacting from, and follow a *Choice Points* to shift it.
4. **Insight**, so you understand the deeper issues and lessons happening. You learn to do this using a high vibrational mindfulness tool I call an *Enlightened Observer* (resonates self-love, kindness).
5. Energetic **Transformation** from the Low Vibrational Consciousness (LVC) of the negative feeling, thought, action, or belief, to High Vibrational Consciousness (HVC) of Core Being!

If you focus only on what is wrong in your life, you will perpetuate the wrong. Yet, if you go in the other direction and you deny the negative event or avoid your feelings, the event will be sure to stay. As you find the balance, never condemn yourself for your mistakes, and **move through the story “narrative” of the past**, you will transform what isn't working in your life and move forward into what works!

So in Step 4, you are to notice **insight in terms of how the negative event you are feeling links to your past**. **Energy and Mindfulness Skill 4 is to connect to the positive energy of the “Enlightened Observer”** that brings in the frequency of self-love, compassion and kindness to your imperfect human parts.



Spiritual Law 5 acknowledges that you are completely whole, already! You just aren't yet living completely from your spiritual wholeness because there are some "clouds" covering the sun of your Core Being so it is very hard for you to maintain that clear perception of wholeness.

To help you remove those clouds, you must be in contact with them, touch them and transform them. This is why your pain is the energetic portal Source gives you to mark the path back to the home of your Core Being.

So when you feel lost or left behind, know you can find the pathway back through transforming the challenge of life's pain. Yet, if you connect to the pain or challenge in your life with the same consciousness that created the pain, you will create more pain.

This is why it is so important to recognize the clouds when they show up. As you learn to use the pain in your life and transform it back to power, wisdom and spiritual wholeness, life becomes a magical journey of fun and joy. There is a part of you that is already, in your spiritual essence and is fully enlightened. You just aren't always connected to (nor do you always act from) your more enlightened state. **Step 5 is when you shift the lower vibrational energy of difficulty, challenge and negative emotions and feelings back to the wisdom and brilliance of your bigger self, Core Being.**

With the 5 Steps outlined in my work, you can learn to connect to any emotional ego-based pain of your less enlightened parts to shift the energy in a way that anchors you more into your Core Being. (See following Chart)

5 SPIRITUAL LAWS	5 CONSCIOUS CREATION STEPS	ENERGY /MINDFULNESS SKILLS
#1 YOUR SENSE OF SELF CREATES YOUR REALITY	AWARENESS OF WHEN IN CORE BEING AND WHEN IN EGO- BASED PROGRAM	EXPLORER'S MIND- Detective Helping You See the Broad Accurate Perspective
#2 YOU ARE NOT YOUR PAIN, THOUGHTS OR EMOTIONS, ESPECIALLY WHEN YOU REACT AS IF THEY ARE YOU	DETACHMENT FROM THE EMOTIONAL PAIN/CHALLENGE/ACTION so you can re-balance back to Core Being	POSITIVE INTENTION TO DETACH/differentiate from the pain and Follow through to complete the rest of the 3 Steps back to Core Being
#3 YOUR NEGATIVE PAST REPEATS UNTIL YOU CHANGE YOUR EGO- BASED PROGRAMMED RESPONSE	NAME, OWN, CLAIM YOUR NEGATIVE EGO-BASED PROGRAM (LVC) REACTION/EMOTION/BELIEF in mind/body/energy system	CHOICE POINT: CHOOSE TO MOVE THROUGH 5- Steps AND SHIFT LVC REACTION BACK TO HVC of CORE BEING
#4 DIFFICULT LIFE EXPERIENCES HAPPEN FOR YOU-NOT TOO YOU. FIND THE GIFT IT WAS MEANT TO BRING. BECAUSE... WHAT YOU FOCUS ON GROWS SO DON'T DENY OR OVER-IDENTIFY WITH THE PAIN YOU ARE FEELING...INSTEAD LEARN FROM IT	INSIGHT: LINK TO YOUR PAST THE TRIGGER YOU ARE FEELING. DOES IT HAVE ROOTS IN YOUR CHILDHOOD, PAST LIFE, ANCESTRAL, OTHER?	ENLIGHTENED OBSERVER: HAS YOUR BACK, IS SENDING YOU LOVE AND SUPPORT/WISDOM SO YOU ALIGN AND HAVE ENOUGH HVC TO SHIFT THE TRIGGER BACK TO CORE BEING (THE LOVING ARMS OF SOURCE/GOOD ENOUGH PARENT)
#5 PAIN TRANSFORMS TO POWER OF CORE BEING AND WISDOM. EMOTIONAL PAIN AND LIFE CHALLENGE ARE THE ENERGETIC PORTAL TO RECONNECT YOU BACK TO SOURCE	TRANSFORMATION OF THE PAIN LVC (Trigger) BACK TO THE HVC OF CORE BEING. This is done as thoughts/beliefs/sense of self in the MIND/BRAIN and as energy, sensations in the body, cells and nervous system	CORE BEING RECONNECTION SKILL IS THE ULTIMATE SELF- MASTERY STEP