

ME-B: 5 Laws, 5 Steps, 5 Skills ~ Welcome to an introduction to  
The 1st Law and the 1<sup>st</sup> Step

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 that...

*“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!”*

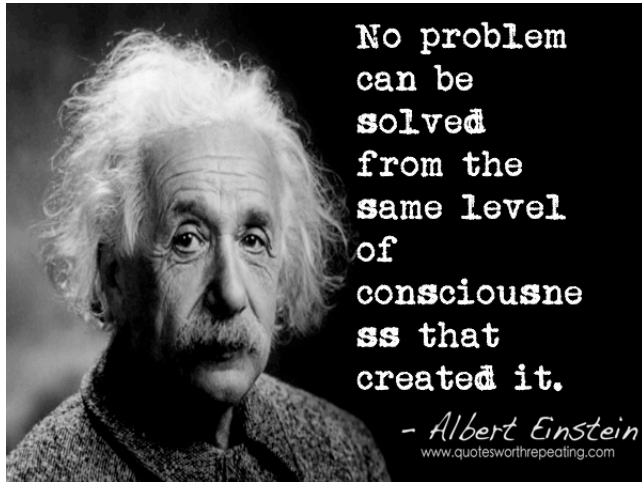
Well, if so, you are not alone.

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 and Skills so the universe can have your back!**

Let the Laws, Steps and Skills be a guide to support you so the energy of pain and challenge transforms to wholeness and positive creation! Let’s get started!

Albert Einstein has said that a person cannot solve 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 the life and reality in which you create.



In other words, if you are connected to your spiritual wholeness/**Core Being**, you will create a reality that serves your highest good.

*Yet, if you are in your negative defenses or wounded ego-based personality parts, you will create a reality that mirrors the negative aspects of those lower vibrational consciousness parts.*

So when things “go wrong” in your life, and feel as if they are falling apart, this is when too much of your LVC negative programmed personality has been running the show, and more of your HVC Core Being is needed. (Note: This happening isn’t necessarily bad. Spiritual Law #3 can help you understand how this can be a good opportunity to reclaim higher consciousness so stay tuned!!!)

Because your sense of self decides the quality of the reality you live in and create, the energetic vibrational frequency of your current sense of self (be it Core Being or Wounded Ego-Based Programming) creates a similar vibrational reality. This is why it is so important to learn how to shift your consciousness to Core Being throughout your day.

For instance, one early school morning my daughter woke up on the “wrong side of



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the bed.” She grumbled into the kitchen, stubbed her toe, spilled her juice, and dropped her computer – all in a matter of a few minutes. I said, “Wow, you might want to shift this or it will follow you throughout your day.” Under her breath she said, “I know Mom, I am working on it!” Even a teenager can understand this simple rule – if you stay in your negative self, you will create a negative experience.

As you are able to notice who is running your life (or your relationship) at any point in time, with the skills you gain in this book, you will be able to make a conscious choice. You can choose to have your higher self be the Chief Operating Officer (CEO) holding the reins and making the decisions.

If you don’t discover how to shift from your wounded grumpy parts back to Core Being throughout your day, then even winning the lottery won’t “fix” what is wrong with your life. In fact, 43 percent of Lottery Winners report no increase in happiness. Of those that felt they were happier, it was solely because they now didn’t have to worry about financial security (Statistics Brain, 2014).

I know rich and famous people who are still unhappy because they haven’t mastered these 5 Conscious Creation Steps. So when life is difficult, they **can’t** transform their smaller sense of self into the inner peace and joy of their Core Being.

*I strongly emphasize how very useful it is to self-assess throughout your day. Which aspect of you is the one creating your life? Is it your Core Being or your less awakened ego-based personality?*

Therefore the **1<sup>st</sup> Conscious Creation Step is simply Awareness**. Awareness in the moment of when you are acting from your spiritual wholeness, and when you are acting from your negative LVC programmed personality.

Think about it: how quickly are you aware of the vibrational quality of your daily



life, in your interactions with others, in your experience? It's probable that you are aware... at least some of the time that your life flows more smoothly delivering more happiness, fulfillment and joy when you are acting from your HVC. If you were not aware of that connection you'd likely not be reading this report!

The purpose of ME-B is to give you the full range of skills to go from the 1<sup>st</sup> Step, Awareness, all the way through to being able to shift your consciousness in the moment you become aware from LVC to HVC! A chart outlining the entire system has been included with this summary of the 1<sup>st</sup> Law and the 1<sup>st</sup> Step. My sincere desire is to assist you in understanding all of the Laws, taking all of the Steps and mastering all of the Skills so that you too can transform Pain to Power with ME-B!



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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