

Relationship Coherency, Clean, and What is Safe?

Formula for Joy, Ending Anxiety, Embody Self-
Mastery, Even Great Love



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School of Transformation



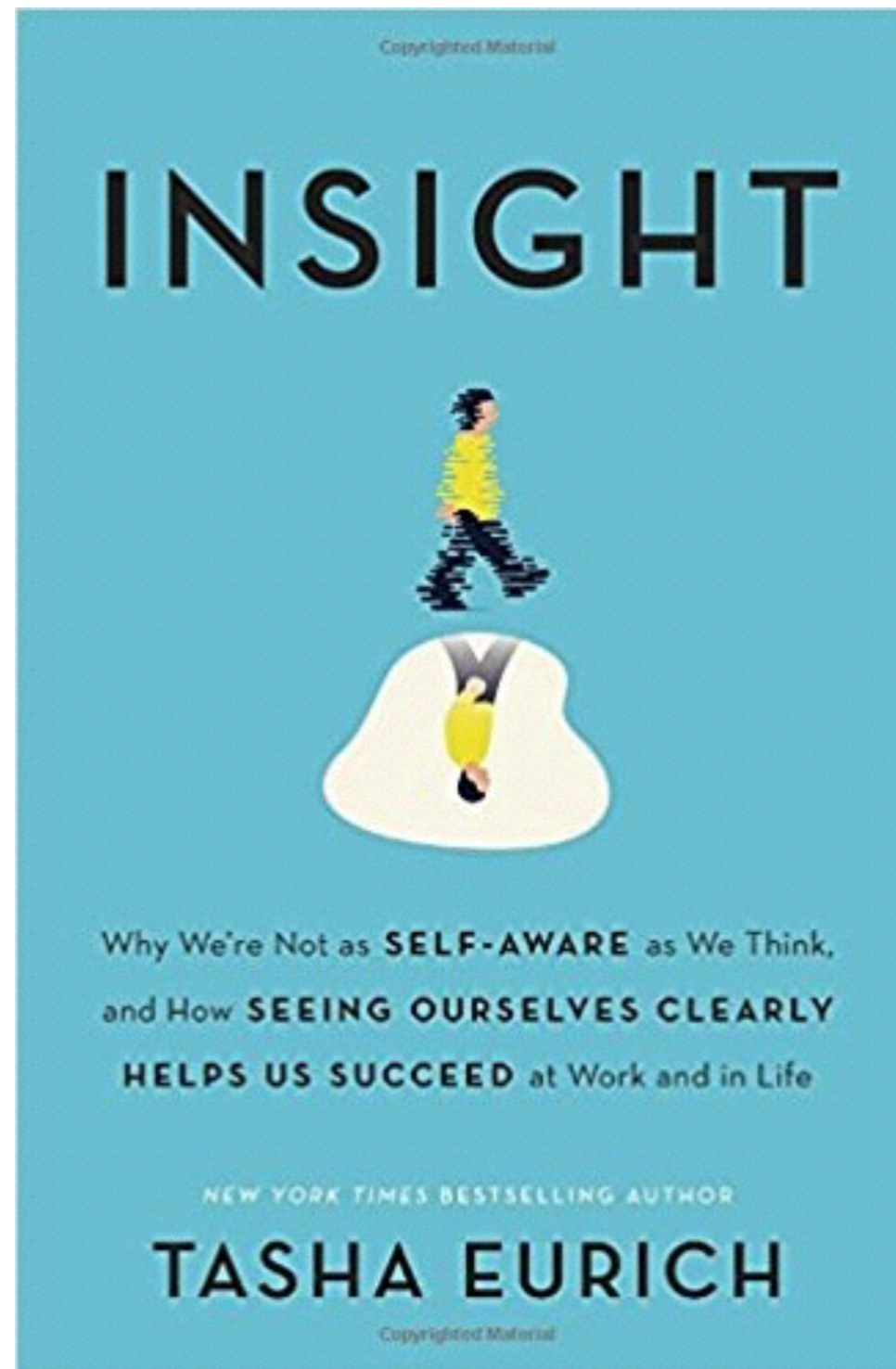
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My wounding...
created my gifts!



Ego Resourcing - Clinical Benchmark - Creating Distortions In The Quantum World??? **IF so, why and how?**

- Ego resourcing is energetically in the auric field.
- We are Core Being Resourcing.
- Fact: The Dunning Crooger effect - If you assess yourself from ego, you will be inaccurate. You will either put yourself down or build yourself up.
- Instead, look at learning from three kinds of "alarm clock events" — "situations that open our eyes to important self-truths." (STEP 4)



Tasha Eurich, psychologist and author of
"Insight."

Find Your Alarm Clock - Negative Habituated Patterns

Studies indicate that the highly self-aware use their experiences to help power and fuel their self-knowledge.
No blame, no victim consciousness, no shame.

In particular, our research shows that they have a unique ability to recognize and learn from what I call alarm clock events: situations that open our eyes to important self-truths. Sometimes, alarm clock events boost our internal self-awareness by helping us see ourselves in a new or different light; other times, they give us new data on how we're coming across to the outside world.



So what are the energetics of self-awareness?



What is the alchemy of self-mastery?

Do not let your ego feel safe – for only through the painful trigger and flames will it be brought to its knees and the false self transformed into the light of truth and wholeness.

So be brave dear warrior. Embrace the ego pain.

Face the destruction with clarity that it is not the true you. Send love and compassion to your illusion of self.

Only then does the pain and fear dissolve into an energetic portal that incarnates even more of your true wholeness into physical form!

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WHAT IS RELATIONSHIP COHERENCY? WHAT IS CLEAN?

"At any given moment, you're receiving 11 million pieces of information from your environment," Eurich says. "And research has shown that we can only process about 45 of them at a time. So what our brains have done is evolved to tune out a lot information that's not only going on in our environment, but also in us."

So we've evolved to **not** be aware of the deeper truth. We protect the ego and child consciousness from feeling the pain.

Then our attachment system can project the pain outward and put it upon another. We blame instead of look at our part.

What is your part? Always ask what is yours!



1: New roles or rules

When we are asked to play a new role, or play by a new set of rules, it stretches our comfort zone (window of tolerance) and demands more from us, and therefore can supercharge our self-knowledge. It will, be painful.

You will hit a wall in this training and this life. You will want to run, hide, collapse or deny - yet if don't lean into the pain, you will hit that wall again, and again, and again. And you loose out and miss the awareness the challenge was meant to bring.

Novelty of the Brain!



Consider you are more than whom you think you are!

There is a bigger Core Being wholeness-come learn to self-regulate back to it! Only 5 steps, skills and spiritual laws as the secret code formula to transform pain to power!





Is life an illusion - the Maya?

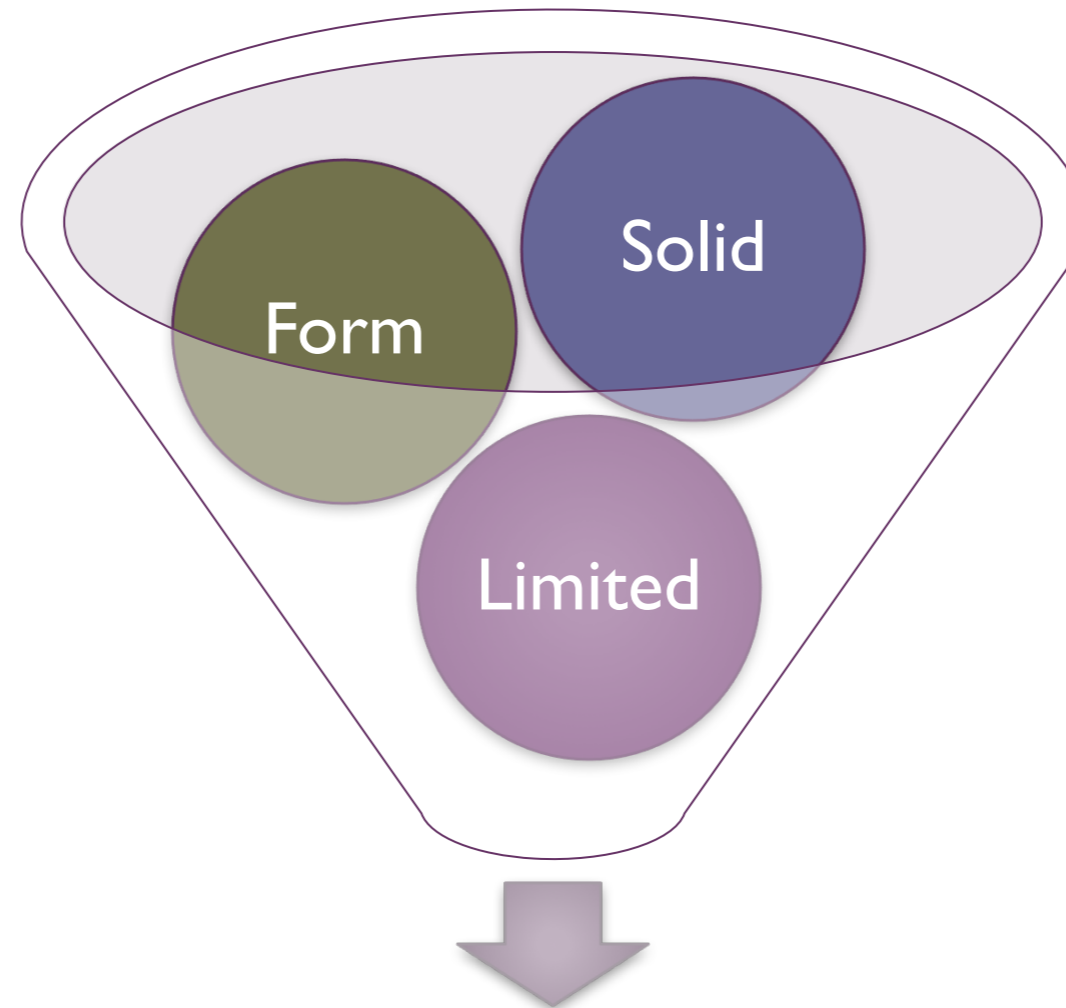


Ever wonder how to awaken from it?



The quantum reality awakens possibility

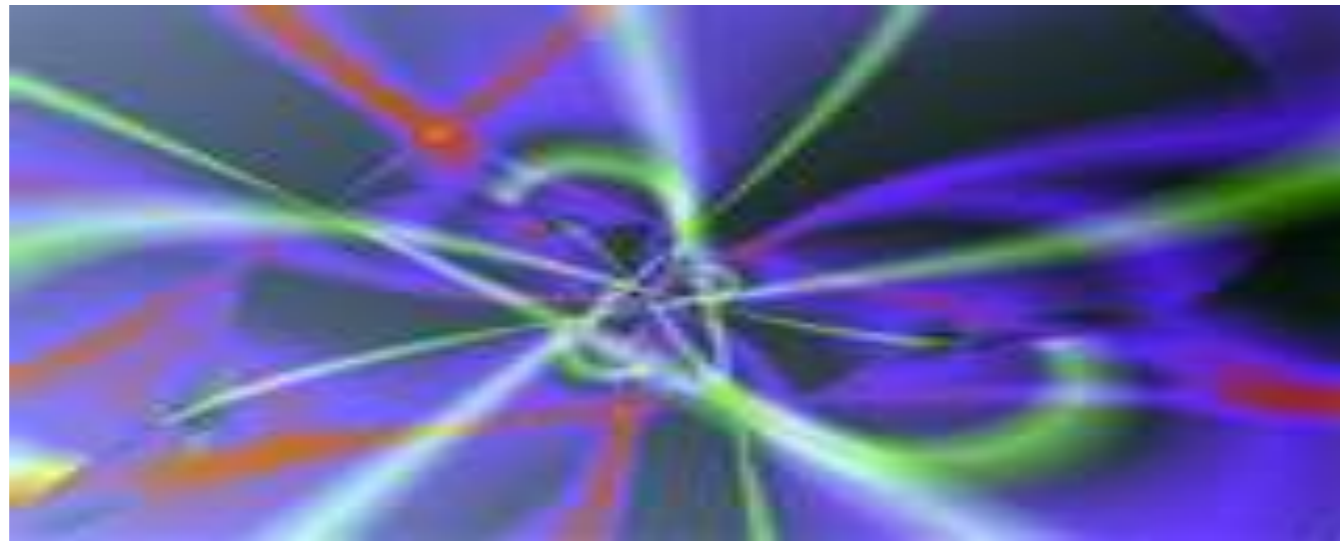
As you learn how to access its superpower abilities!

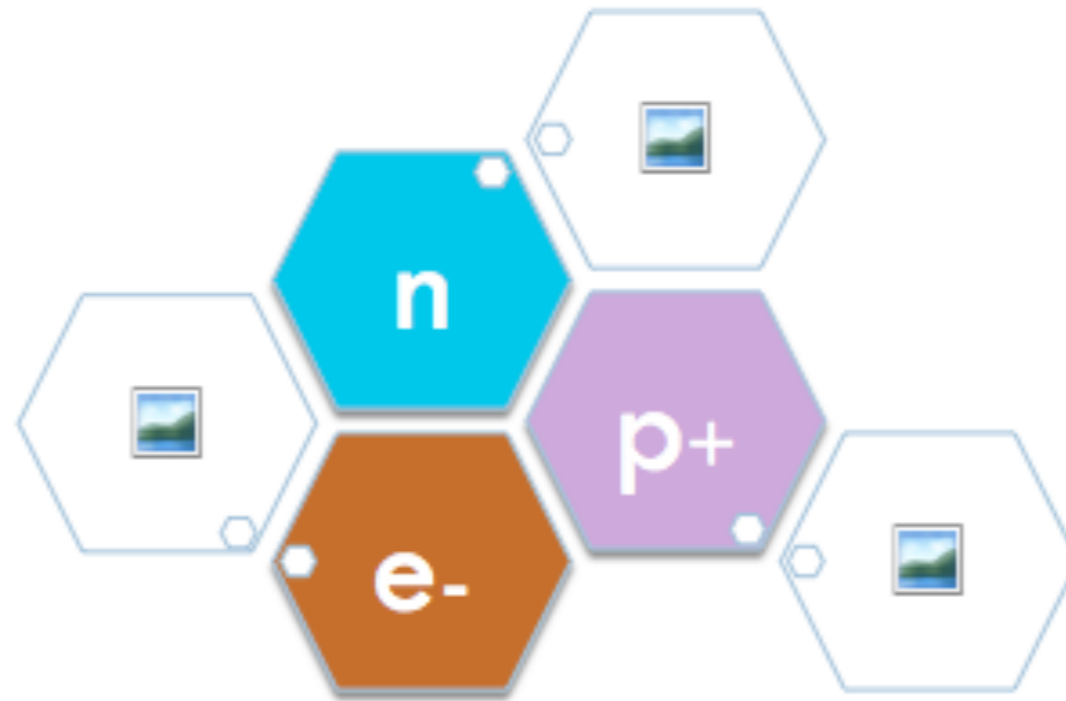


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The quantum reality awakens possibility - as you learn how to access its superpower abilities!

Newtonian - everything is solid, form and limited

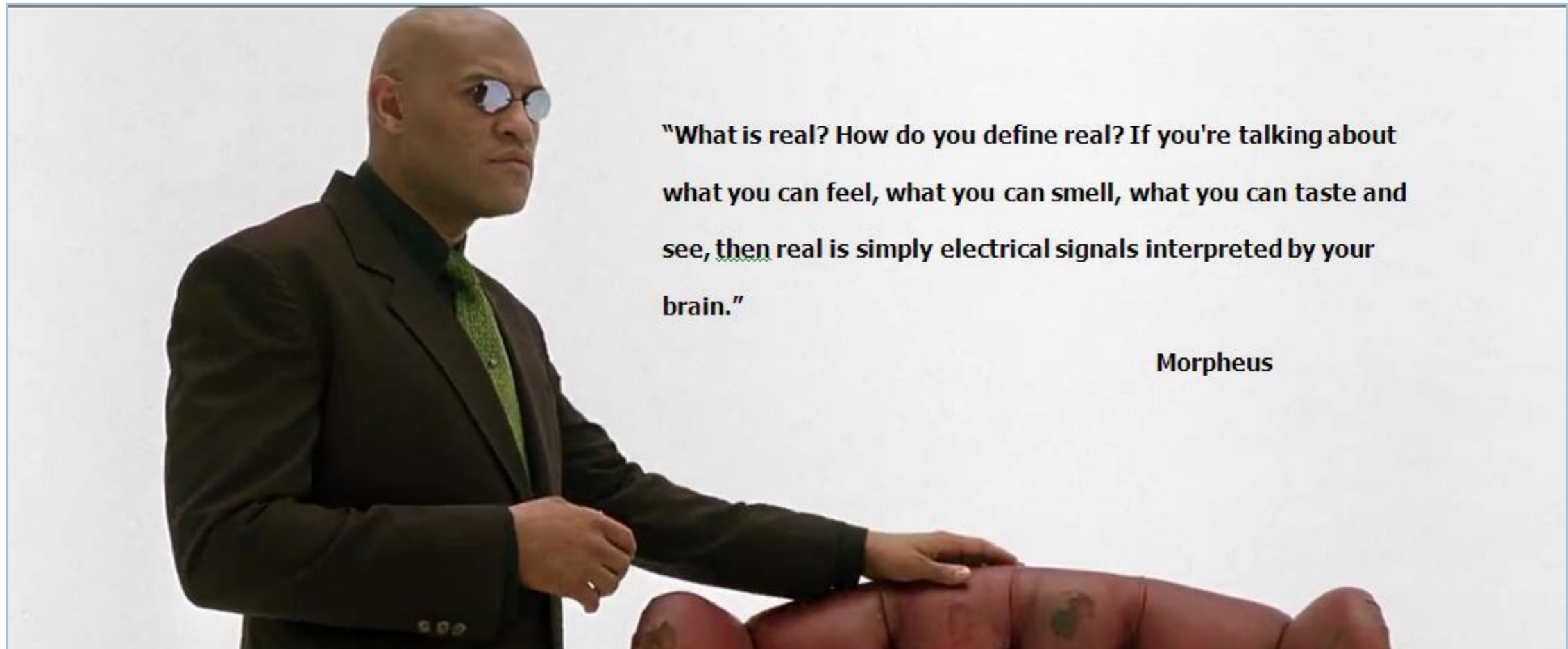




Everything is made of particles of energy

These particles can transform from lower vibrations (sadness/anxiety/loneliness) to higher vibrations of consciousness (joy, power, creation)






"What is real? How do you define real? If you're talking about what you can feel, what you can smell, what you can taste and see, then real is simply electrical signals interpreted by your brain."

Morpheus

How can you influence reality to manifest your highest good? How can emotional pain transform to power?

Change how you feel and perceive negative emotions, yourself and your reality around. Because how you feel and receive determines if you heal. For instance...



Why is Emotional Pain and Life Challenge the
Energetic Portal back to Wholeness, Wisdom and Positive Creation?



- HIGH VIBRATIONAL CONSCIOUSNESS -Joy, Wholeness, Wisdom, Grace, Compassion, Wisdom
- LOW VIBRATIONAL CONSCIOUSNESS - Sadness, Hate, Insecurity, Stress, Fear, Arrogance...



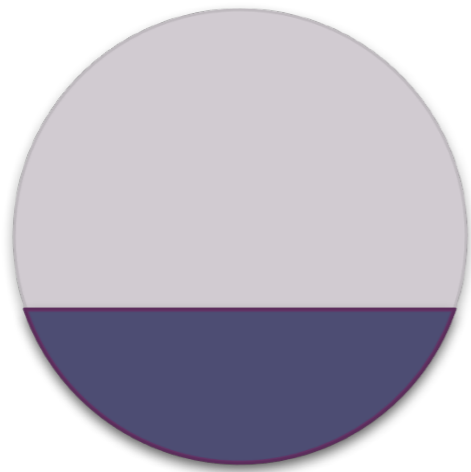
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Could transformed emotions be better for you than processed emotions?

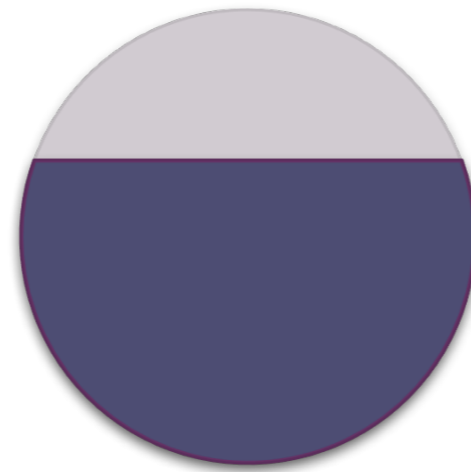


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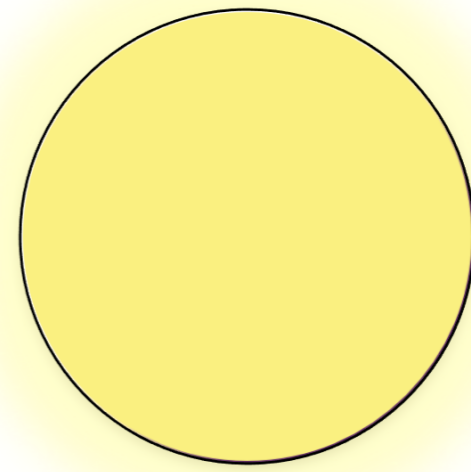
Could Transformed Emotions Be Better For You Than Processed Emotions?



Processing
Emotions



Transforming
Emotions



Fully
Transformed
Emotions



Tip 2 - Earthquake Events

Events like hitting your wall in this training, wanting to judge/blame/project will pull at you. Or you can feel the pain, under the defense, make it about you, work the 5 steps and use the event to awaken and incarnate more wholeness!

Susan, for example, could have continued to blame her boss and remain in denial about her role in her dismissal. But just when she most wanted to react to the situation, she instead chose to understand it.

However, absorbing the truth isn't enough; we have to put that insight into action, not just owning our mistakes and limitations but also committing to correcting them. Because.....



Because how you feel determines IF you heal!

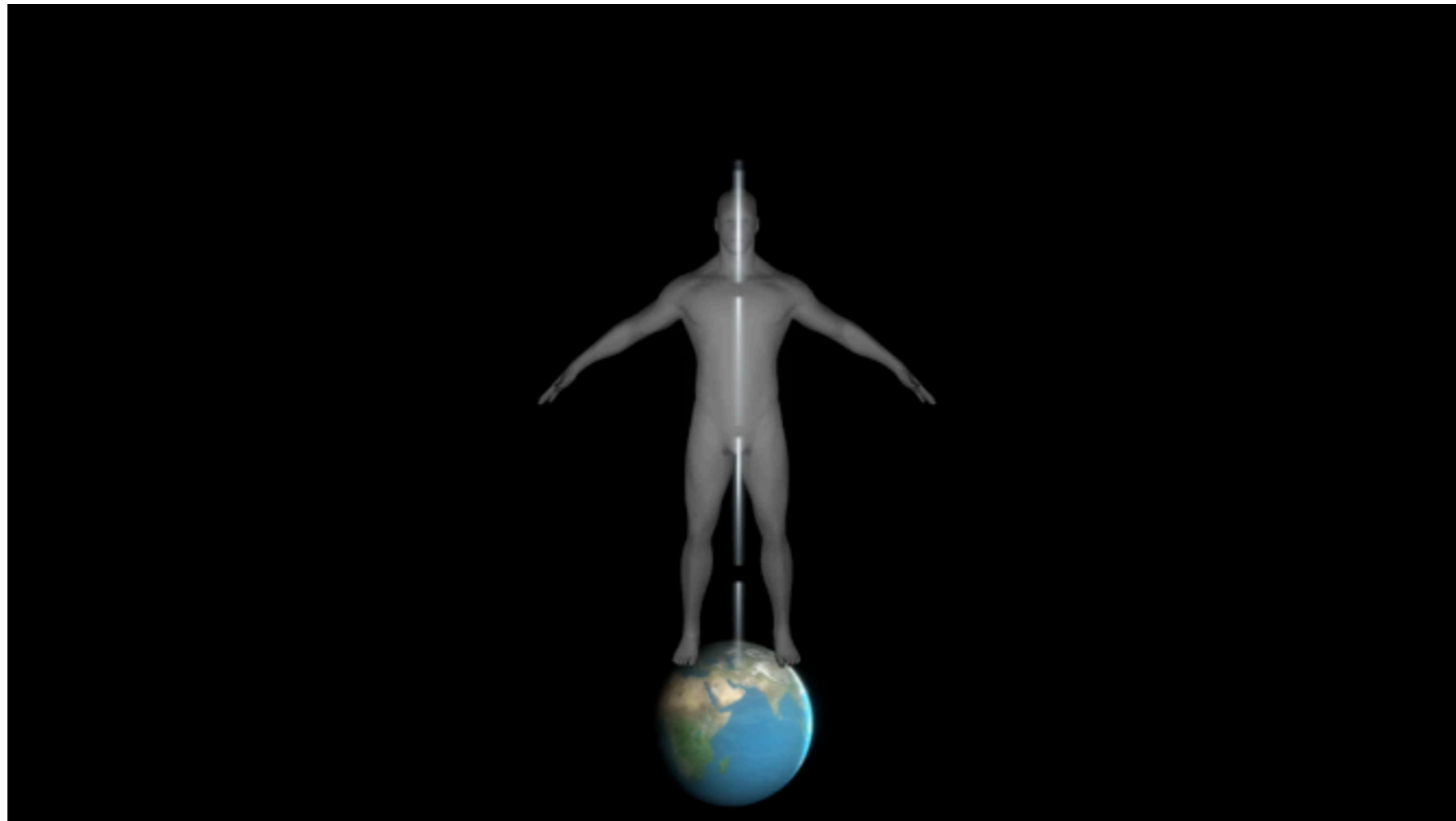
This is when pain becomes the energetic portal back to wholeness, wisdom and positive creation.

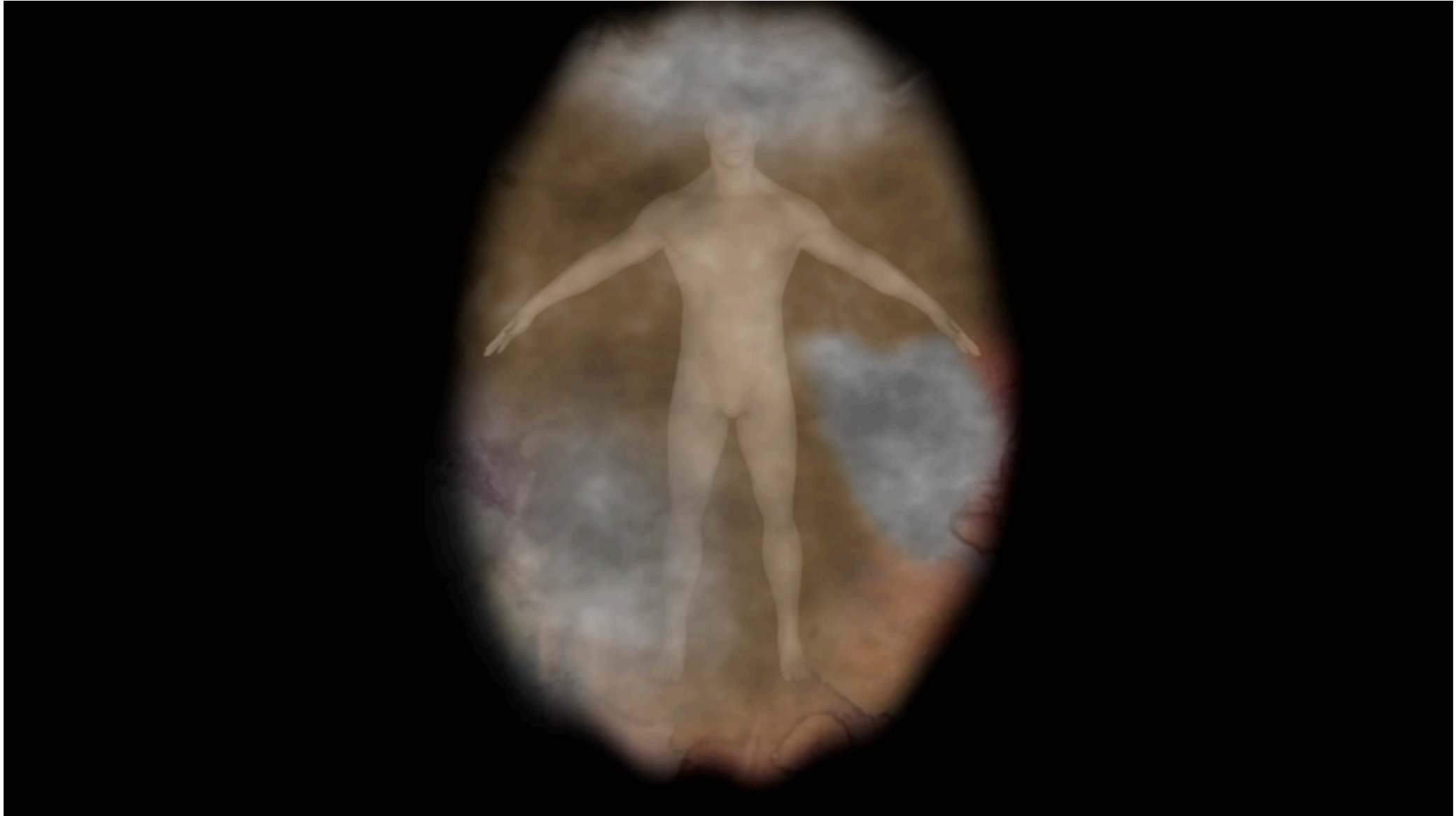
-Exercise
on Energy Transformation-



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Attachment Repairs - Attachment Breaks





Tip 3: Ordinary Moments

Work the 5 Steps/Skills/Laws 100 times a day!

By a margin of two to one, highly self-aware people reported having gained the most insight from more mundane situations. They mentioned instances when they suddenly saw their behavior in a new light, whether it was through an overheard conversation, an offhand comment, or even a bit of unexpected recognition.



Self-Evacuation - Sheet

- Discover what is yours - name own and claim it. (Hypo, freeze or hyper arousal reactivity states)
- Go back to the person and ask if they are open to discuss (not blame) and find clarity, clean and coherency
- Explore what attachment repairs are needed. Then if you need to give one, give it. If you need to receive one, then graciously receive it.
- Notice if you work too hard to own your part and/or notice if the other person is less willing to own their part.
- It is never about the other needing to change or seeing your side. If they can't, send them love and own that is only what they are capable of at this time. And, hold some space that maybe your shadow isn't seeing the situation clearly either.
- (This is the hard part, being open to being wrong, but not letting them define your truth or be the authority over you.)
- Commit to being kind, loving, and in Core Being. Balance the best of the feminine love and essence in Core Being along with the positive male strength of Intention Line.



**Is there a map to freedom,
manifestation and deep
spiritual awakening?**

5 Steps, Skills, Spiritual Laws

1. Your sense of self creates reality/awareness/
explorer's mind (Can you say I am sorry and do a deep level of attachment
repair. Or can you stand up for yourself and ask for an attachment repair?)
2. You are not your emotional pain/
Individualize/Intention Line (Lean IN!)



Continued...

5 Steps, Skills, Spiritual Laws

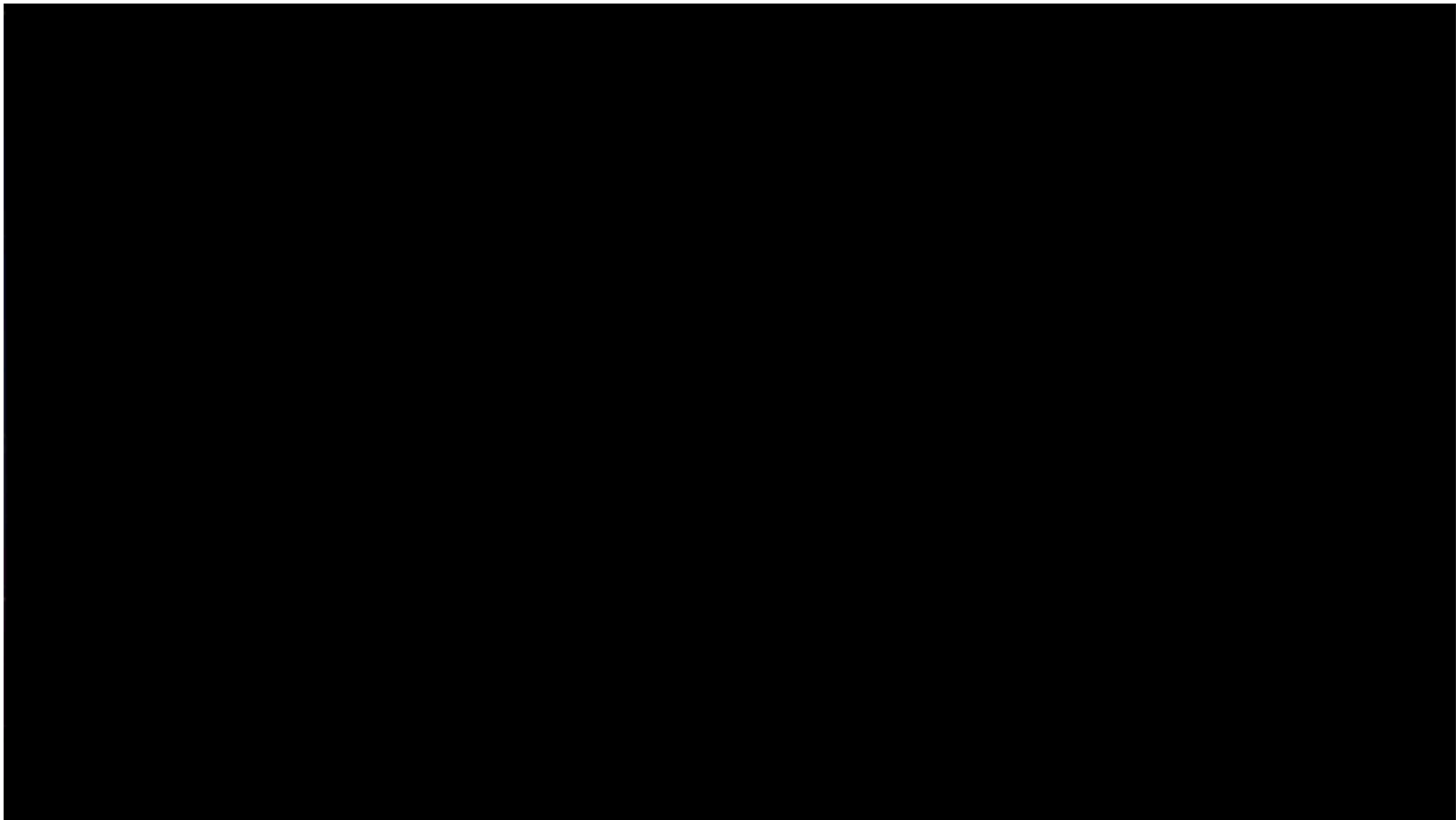
3. Your negative past repeats until.../Name-own-claim/choice points (Earthquakes-Tip 2)
4. Difficulty happens for you not to you/Link to past/enlightened observer (Self-awareness tip 3)
5. Pain is the energetic portal incarnating more Core Being/Reconnect to Core Being/Transformation (Quantum Reality - Freedom - Consciousness Manifestation)

What if your emotional pain was the portal that manifested your highest good? Put the “ship” back on course?

And....

What if it was the portal that incarnated more of your wholeness (Core Being) into physical form!







Be kind to your human

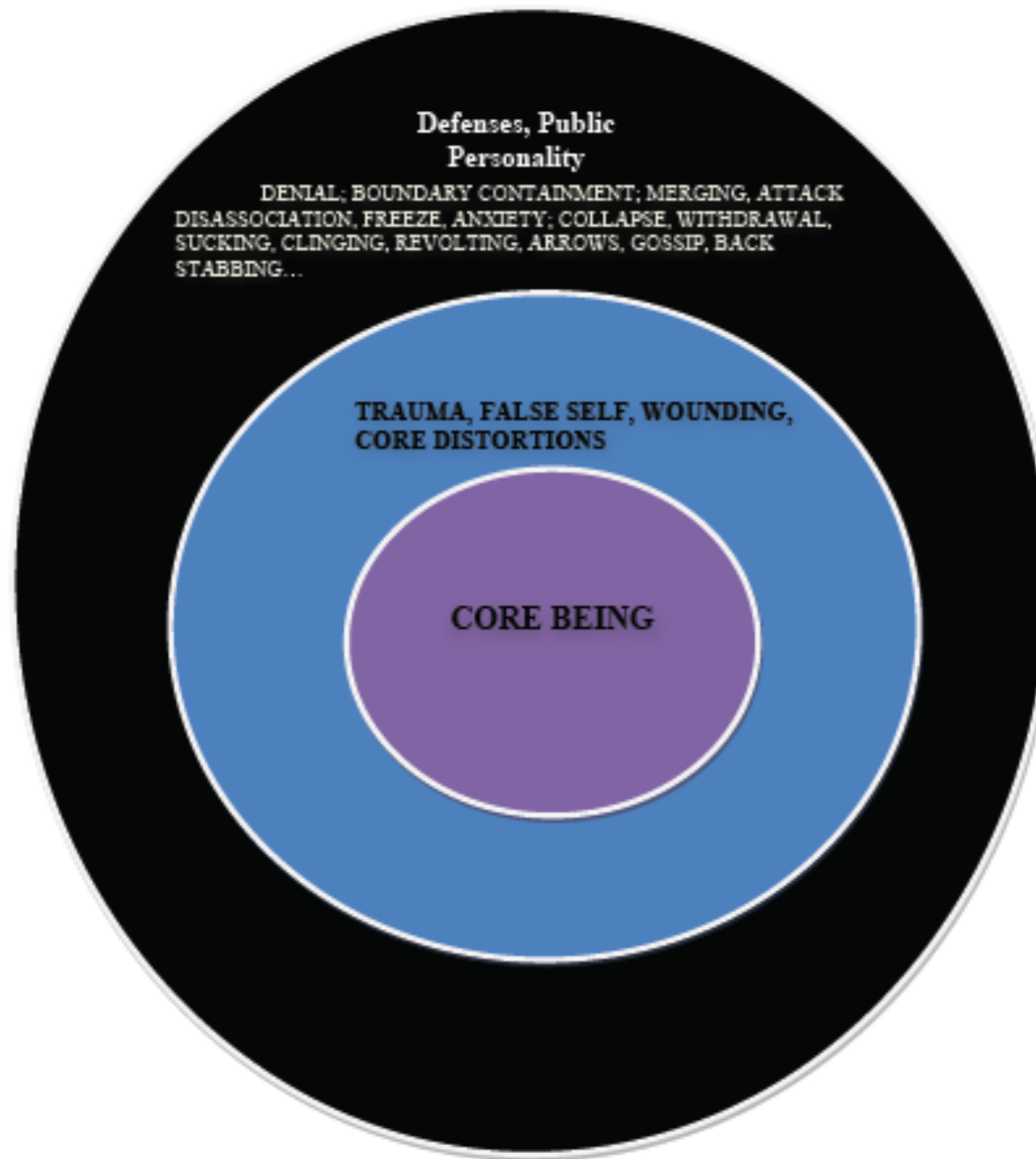
For he/she needs you to heal him or her! This is secure attachment.

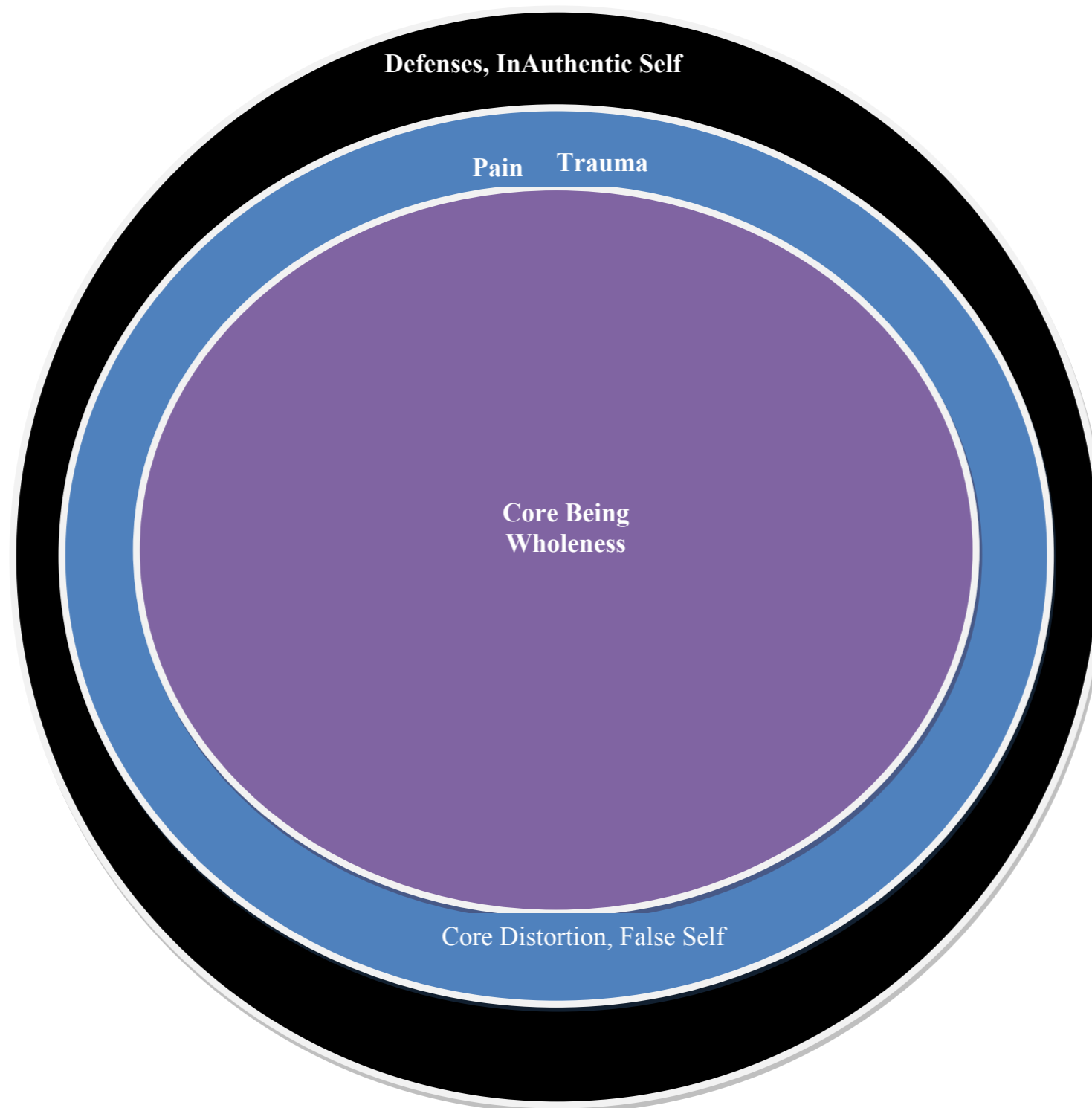


Because...you decide your destiny



How does transformation happen?





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Energetic Weightlifting



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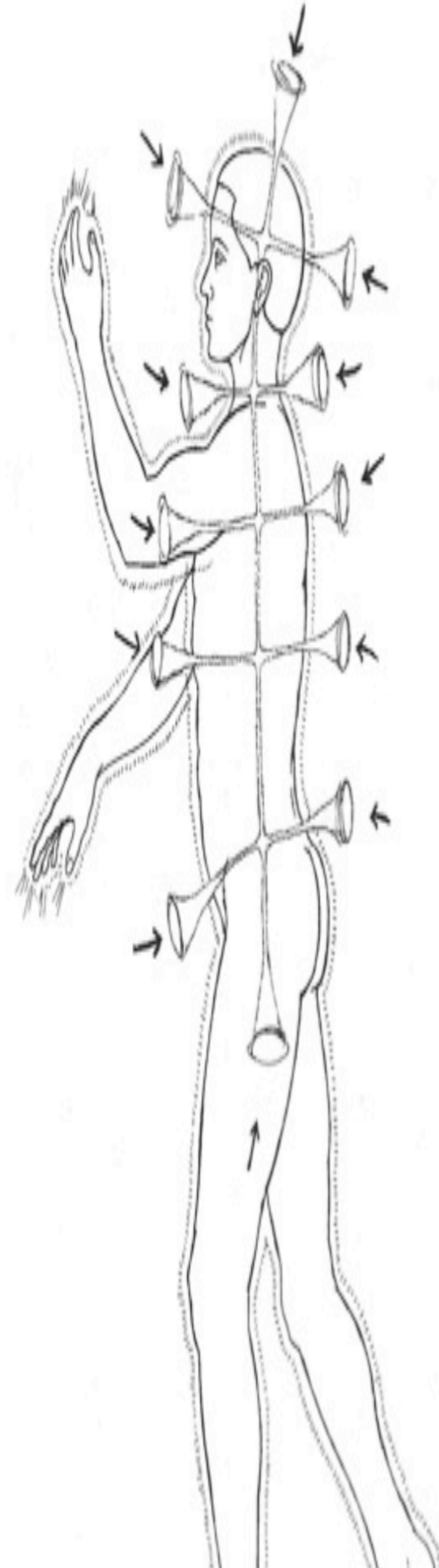


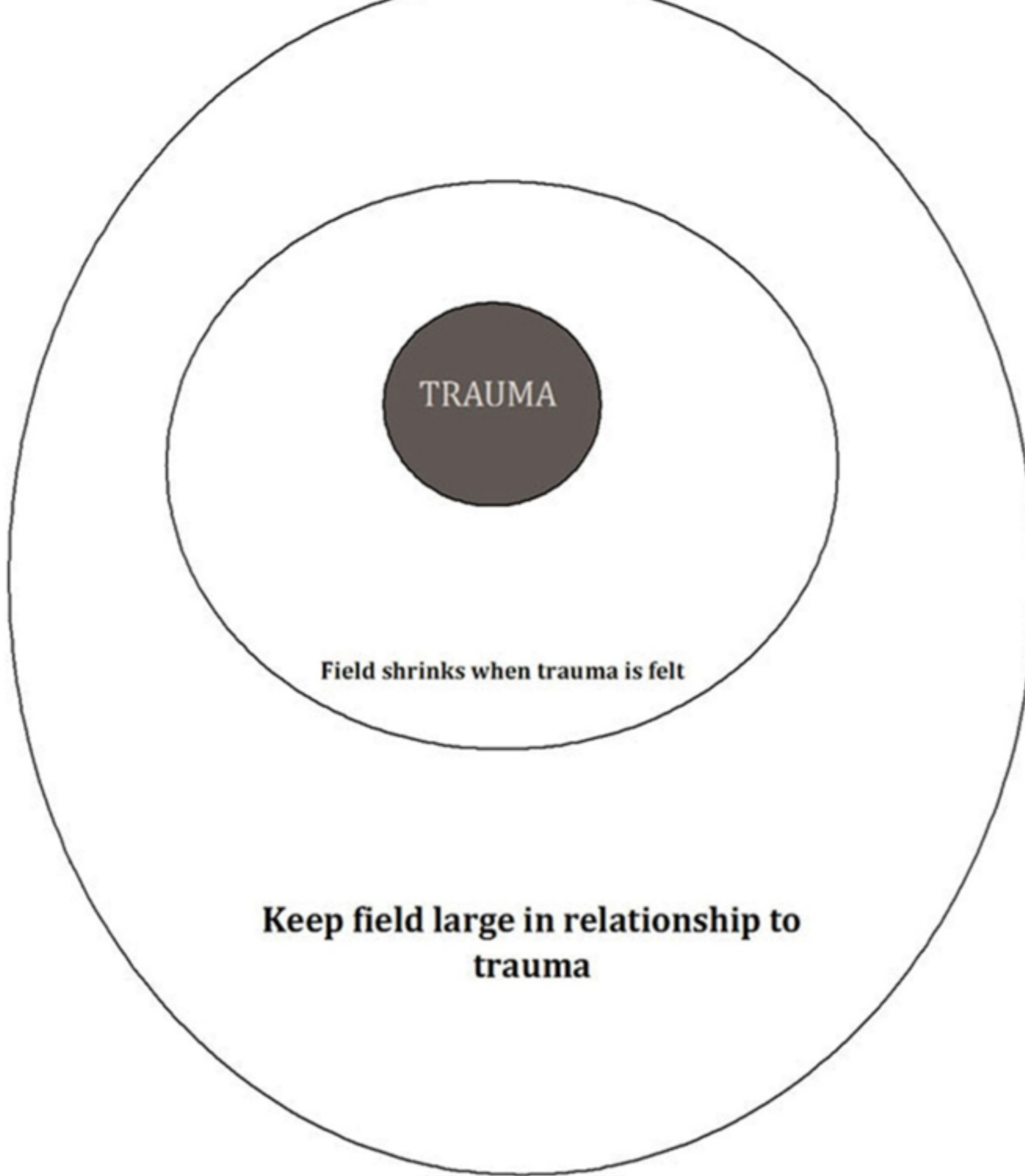
Anatomy of the Energy Field



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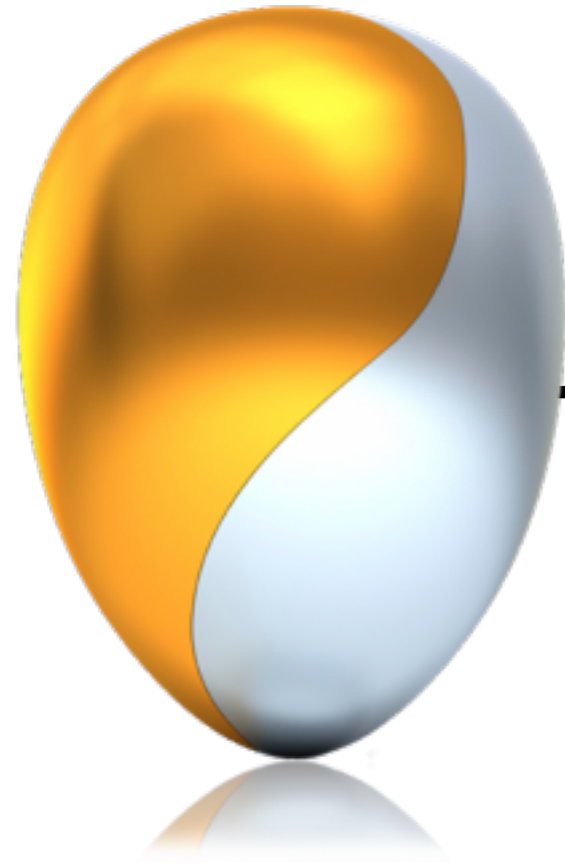
Unfortunately, most people will choose self-delusion over truth.

Despite the success and benefits of self-awareness, it is a very rare quality. Lower emotional intelligence scores are expanding as we become more self-involved - NOT self aware

Self-awareness is as rare as Unicorns!







Link for Video

www.cpr.org/news/story/how-do-you-become-more-self-aware-heres-three-situations-you-can-learn-from