

5 SPIRITUAL LAWS	5 CONSCIOUS CREATION STEPS	ENERGY/MINDFULNESS SKILLS
<p><b>#1</b> YOUR SENSE OF SELF CREATES YOUR REALITY</p>	<p><b>AWARENESS OF WHEN IN CORE BEING AND WHEN IN EGO-BASED PROGRAM</b></p>	<p><b>EXPLORER'S MIND-</b> Detective Helping You See the Broad Accurate Perspective</p>
<p><b>#2</b> YOU ARE NOT YOUR PAIN, THOUGHTS OR EMOTIONS, ESPECIALLY WHEN YOU REACT AS IF THEY ARE YOU</p>	<p><b>DETACHMENT/Differentiation/ Individualization FROM THE EMOTIONAL PAIN/CHALLENGE/ACTION so you can re-balance back to Core Being</b></p>	<p>The Energy of <b>POSITIVE INTENTION TO DETACH/differentiate</b> from the pain and Follow through to complete the rest of the 3 Steps back to Core Being (Brennan Hara Line)</p>
<p><b>#3</b> YOUR NEGATIVE PAST REPEATS UNTIL YOU CHANGE YOUR EGO-BASED PROGRAMMED RESPONSE</p>	<p><b>NAME, OWN, CLAIM YOUR NEGATIVE EGO-BASED PROGRAM (LVC) REACTION/EMOTION/BELIEF in mind/body/energy system</b></p>	<p><b>CHOICE POINT: CHOOSE TO MOVE THROUGH 5-Steps AND SHIFT LVC REACTION BACK TO HVC of CORE BEING</b></p>
<p><b>#4</b> 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</p>	<p><b>INSIGHT: LINK TO YOUR PAST THE TRIGGER YOU ARE FEELING. DOES IT HAVE ROOTS IN YOUR CHILDHOOD, PAST LIFE, ANCESTRA, OTHER?</b></p>	<p>The energy of the <b>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)</b></p>
<p><b>#5</b> PAIN TRANSFORMS TO POWER OF CORE BEING AND WISDOM. EMOTIONAL PAIN AND LIFE CHALLENGE ARE THE ENERGETIC PORTAL TO RECONNECT YOU BACK TO SOURCE</p>	<p><b>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</b></p>	<p><b>CORE BEING RECONNECTION SKILL (LVC TO HVC) ULTIMATE SELF-MASTERY STEP! Through self-Love!</b></p>