

What is the driving force of change? This is a deep question and one that may not be explained in detail in this script. If one reads the great masters of change, the consensus there is an innate ‘calling or driving force’ that

discerns between right and wrong and what our own divine path is. We have already touched on belief systems, the law of attraction, and how we create our disease as a means to become aware. This section is expanding on these topics.



In essence, in our heart of hearts, we know what we have been called to do, because it is engraved into the very core of our being. From an esoteric/ spiritual point of view, it is as in the picture where there is a universal ‘knowing’ of information that is purity and love. It flows through all of us, and as we have free

choice and a conscious mind, to make decisions on any topic about who we are in relation to the situations at the time.

Polarity is in everything: light/dark, love/hate white/black, heavy/ light, etc. We have the ability and the right to choose which side of the

continuum we live our lives, and this isn’t always easy, and is a personal interpretation on spirit.

This aspect of theory also moves through Eastern and Christian philosophy, it is easy to see similarities between them. The bottom line or the most distinct common thread is that love is the highest vibration, from which connects everything and everyone. It is a state of ecstasy, which can be attained in our earthly life. It is really possible to have heaven on earth, well, at least a glimpse or sense of it: tantric sex, kundalini, meditation, prayer, new-born babies, puppies, nature. When we let our ‘guard’ down, we can see the wonder and the vibrancy of the purity. These are a few instances when we can go into a state of ecstasy and bliss that is mind blowing and so expansive we are everything and there are no physical boundaries.

It is when the body and mind are out of synch with divinity, when our body is not living its divine intention and is not operating from the space of love, or wonder, that there is discord (emotional unrest) or disease (body not at rest). Both have varying levels of being out of balance, and usually it is the emotional discord that begins the change and the mind shuts it out or down for any number of reasons. The longer we ‘fight’ the feeling and ignore, avoid, deny, dismiss, shut down, or fight against, it can grow. Just like a piece of sand in an oyster creates a pearl, the constant emotional irritation lingers, and the body

needs to protect the irritated area until it can no longer go unnoticed by the physical body.

In line with the theory of self-actualisation, divinity only wishes the best for us, to create from a space of love, to live a life that is fulfilling, love filled, and content. Over time though, we create layers of self- *beliefs* then these over times these beliefs have a magnetism of their own. What we live through and perceive is from the layers of self-beliefs and perceptions. These are what we are projecting out there and attracting back to us to experience, see, and feel who we think we are, not what we are.

The more layers there are on the same theme, that we are not love and light, the heavier the experiences, increasing the likelihood of depression, anger, rage, frustration, etc. Our spirit self still perceives others' spirit, but ultimately, we are drawn to people, situations, and reactions based on the beliefs that we acquire with time

One of the fastest ways to shift our mind set is to reframe or flip situations. Other terms are to count your blessings, see the silver lining of what is going on. This is invaluable! What we feel, focus on, have on reply increases in intensity but also how frequency we see it in the world. When we are upset, what do we see, hear or feel more off? Others being upset. We relate or resonate with this and so our radar is more sensitive to it. How about the other side? When we feel happy, in love, excited,

the world just looks better, we see good things, our conversations are more forgiving and connecting with others. We see what we feel in side. Here are some examples from others, targeting Different point of view and Gratitude, but any other emotion could be substituted in.

In the midst of this you are introduced to someone who is living in the SAME place as you--yet is having a completely different experience. They are happy and healthy. They are well-fed, they prosper. The cold doesn't put them asunder and they certainly have enough to share.

You fall to your knees upon seeing the bounty of a dozen stalks of corn and a bird and some flat bread. The same food you would have turned your nose up to (we feed corn to the pigs after all) a year ago is now the most delicious food you ever tasted. Your belly actually hurts when you eat because it was so empty--but you eat anyway--joyfully, thankfully. Giving thanks becomes important to you. You understand the "loft" of gratitude. It makes any circumstance transform. It transforms you.

This isn't the Thanksgiving story from my childhood. Mine was funny construction paper pilgrim hats, and Indian headbands--

with enough eau de glue to make an entire class high as a kite. It was gaggles and gaggles of people, days of cooking, planned excursions into the kitchen to pilfer the desserts (they were always made first!). When it came time to eat, we each took turns expressing gratitude. I always heard the tried and true thanks for family, friends, life, and love from the adults. The children were more direct, "my new horse, my new bike, my new...you get the drift. My grandfather used to call us kids "soft". We certainly had no idea how "hard" life could be, and we had no sense of the story of the pilgrims. How could we? We had always had plenty, never knew starvation, and all of our problems were the kind you wanted to have.

The intercession the pilgrims experienced might be where the first "when I was a kid..." stories originated! Parents have been trying to top that story for hundreds of years--but none come close. Why?

Unlike all of the other, "when I was a kid" stories, the Thanksgiving story puts us amidst a Universal Truth: The Mind can only serve one Master, either gratitude or despair--but not both.

*What is your most important prosperity organ? Your brain!
Your choice to be grateful for the gifts you receives--even if the gifts appear humble.*

"A lesson in Gratitude"ⁱⁱⁱ as told by Dr Karen Monroy

Remember the silly Chinese whispers game we all used to play: secretly pass a phrase around a circle by whispering into the ear of the person next to you and see if it came around correctly? I don't know about you, but I never heard a phrase survive that gauntlet. The more members of the circle, the more the phrase was butchered. Remember when the last person in the circle said the phrase out loud and everyone gasped, "WHHHAAATTT?" shocked, amazed and confounded at what "came out" of the circle?

In many respects our own history, as well as our collective history is the same. We remember what we want to. We tell the story the way we think we heard it. Take a minute to imagine:

You are in a dirty, cold place. You didn't know enough about sanitation so you are infested with all kinds of critters and parasites. Your clothes are thread bare. There are holes in your shoes and nothing much to eat. The harsh living conditions have claimed many of your loved ones and friends. You are sure that you will be following them to the grave shortly. Your

mind keeps drifting back to past times when you were surviving, when life was "better".

What were you thinking to get in that ship anyway? Damn! You should have listened to your mother! You should have stayed on that crummy piece of dirt that you didn't own but were going to spend the rest of your life toiling on. There are many reasons to despair; you don't know the land, and you don't know how to be successful in your hunting or farming. You KNOW you don't know. You might even be wondering for what sins is God punishing you. You might be praying to this God for relief, for an intercession, for a miracle.

One journal I ask my clients to keep is the gratitude journal. I am grateful to once again be reminding you of the "rising above" the state of gratitude brings. Gratitude helps us keep from playing that silly game of "telephone" in our heads. The way we keep telling ourselves the story of our "story", again and again...twisting it, obscuring it, and by so doing, placing our self at the mercy of it.

Imagine for a moment you are that pilgrim:

You realize that if you are a good student, you too can be at peace and one with your new home--just like with your new-found neighbour. When the ship comes again, with fresh supplies and more people, you have your

chance to return--but you know you will not be happy to return to that old survival mode in your old home. While life here may appear to be harsh--it has promise, opportunity, and you now are changed: open and willing to receive the gifts of the Universe, willing to be a good student, willing to prosper. While everything on the outside had remained the same, gratitude for what you have received has radically altered the landscape of your life.

In our own way, each of us is replaying this Thanksgiving story. We say goodbye to old situations and circumstances--set sail for the "better life" and encounter hardship along the way.

If you are in the position right now that you feel you need an intercession or miracle, remember they do happen. Give up your notion you know what the miracle looks like, act like or should be like. What if those pilgrims, said "no" to the Indians because they were expecting the ship to save them?

If you have been on cruise control, lying low, feeling good--remember we all need to take rest because the top of one mountain is the bottom of another. I have learned there are some angels whose only job is to make certain you do not get too comfortable and miss your life. If you feel the gentle tapping of the angels, listen to it. Don't make them put a boot up your *ss.

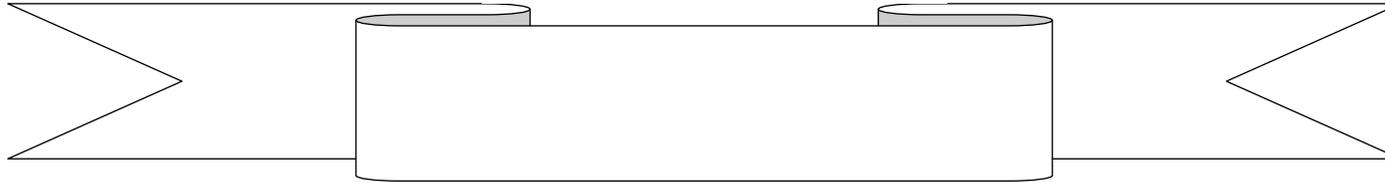
The Universe always works this way. It is always willing, wanting and capable to give--"pressing down into us for good measure" what we are capable of receiving. The Universe needs us to be the kind of person capable of holding the gifts sent our way.

If you have been "hanging-in there," waiting for something to go wrong and fearful of your future, spend time counting your blessings and then counting them again. A Universal Truth: we are only given what we can handle.

If you are not where you want to be, then ask yourself, "What do I know that I am not owning? What is it I am trying to pretend I don't know?" If you have it good right now, be thankful! And invite others to join you, sharing in your bounty. Remember your invitation for others to join you in being a good receiver is a beautiful gift. How we wear our happiness and prosperity can be a healing balm to those in need, or a beacon of light to call others higher.

An Invitation for You!

Week's Focus



Tasks to complete this week towards your goals

1. _____
2. _____
3. _____
4. _____
5. _____

Important activities to include in this week's planning

- 1.
- 2.
3. .
4. .
5. .

Main Ideas – Focus on _____

Shopping List

Self Care, reward activity Ideas

- Write out your most ideal day/weekend/holiday in as much explicit detail as possible
- Explore your beliefs around the type of life you have, and what you want
- Write the thoughts of you want to let go and transform.
- Cook favourite meal
- Write in your journal with honesty
- Speak with friends
- Observe how other relate to others, write in your journal the parts in others you want to emulate.
- Reframe the harsher words you use to describe yourself with softer opposite words
- Go for a drive to somewhere new
- Watch the stars at night and send up your prayers
- Meditate
- Take action steps towards what you want

Weekly Planning

From the various roles, tasks and events you have committed to doing this week mark them on the weekly planner, here you can see where and how you can fit everything

<u>Day/Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Before 7am							
7am – 9am							
9am – 12noon							
12pm – 3pm							
3pm – 6pm							
6am – 9pm							

"I am not bound to win but I am bound to be true. I am not bound to succeed but I am bound to live up to what light I have." Abraham Lincoln

Day 57

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self-Care for the day _____

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What great thing happened today? _____

What are you most grateful for this day, challenge, situation, change?

What is the hidden or silver lining in what is going on?

What can you take out of the lesson and use in other areas of life?

What character traits and values do you choose to hold onto?

Are you needing to be heard, right or accepted?

What emotions and feelings are coming up for you? _____

What memories do you recall came up during the day? _____

Where else in your life are you playing out these emotions or situations?

What theme, or common emotions, if any were there between the experiences? _____

Tap it all out and forgive to all that is needed

Who or which professional modality could help you resolve the deeper aspects faster?

"Healing is embracing what is most feared; healing is opening what has been closed, softening what has hardened into obstruction, healing is learning to trust life."

Jeanne Achterberg

"Awareness in itself is healing."
Fritz Perls

Day 58

Breakfast _____

Morning tea _____

Lunch _____

Afternoon Tea _____

Dinner _____

Snacks _____

Self-Care for the day _____

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What great thing happened today? _____

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"Apathy can only be overcome by enthusiasm, and enthusiasm can only be aroused by two things: first, an ideal that takes the imagination by storm; second, a definite, intelligible plan for carrying that ideal into practice."

Arnold Toynbee

With each true friendship, we build more firmly the foundation on which the peace of the whole world rests." Mahatma Gandhi

Day 59

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self-Care for the day _____

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What great thing happened today? _____

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Who could you talk with to help resolve some of the issues that arose today, and what would be the focus of the conversation?

"Never, and I mean never, allow anyone else's ideas of who you can or can't become sully your dream or pollute your imagination. This is your territory, and a KEEP OUT sign is a great thing to erect at all entrances to your imagination." Dr. Wayne Dyer

*"Do few things but do them well, simple joys are holy."
St Francis of Assisi*

Day 60

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self-Care for the day _____

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In your Life's Journal record the following for the day:

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"What occurs around you and within you reflects your own mind and shows you the dream you are having."

Dhyani Ywahoo

"I open my mind and say Yes to life"
Louise Hay

Day 61

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

Self-Care for the day _____

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In your Life's Journal record the following for the day:

What great thing happened today? _____

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Who or which professional modality could help you resolve the deeper aspects faster?

*"Sometimes I go about with pity for myself and all the
while great winds are carrying me across the sky."*

Ojibway saying

"No one can make you feel inferior without your consent."
Eleanor Roosevelt

Day 62

Breakfast

Morning tea

Lunch

Afternoon Tea

Dinner

Snacks

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What great thing happened today? _____

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experiences? _____

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Who or which professional modality could help you resolve the deeper

aspects faster?

"The emptying of self and repairing the world with love are two sides of the same spiritual practice. We are not seeking to escape the world; we are seeking to transform it."

Reb Yerachmiel Ben Yisrael

*"The flower the sky your beloved can only be found in
the present moment." Thích Nhất Hạnh*

Day 63

Breakfast _____

Morning tea _____

Lunch _____

Afternoon Tea _____

Dinner _____

Snacks _____

Self-Care for the day _____

What feelings or emotions come up during today's self-care activity?

In your Life's Journal record the following for the day:

What great thing happened today? _____

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*In your life, there will be a defining moment that will completely separate your
past from your future. That moment is always right now. The life-changing
magic that oozes from your fingertips is only effective if used presently.*

Scott Niolet