

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

**LIFE CHALLENGE ARE
THE ENERGETIC
PORTAL TO
RECONNECT YOU BACK
TO SOURCE and to
incarnate more of your
wholeness into your
beloved human form!
Incarnation happens as
you transform pain to
power and reclaim your
true essence in physical
form.**

**Core Being, true spiritual
essence!**