



Mind Energy Body School of Transformation

5-STEP, SKILLS, SPIRITUAL LAWS

The Advanced Mindfulness Process to transform emotional pain into light and move through the 3-RINGS of HEALING AND SHAPE SHIFT YOUR EMOTIONAL REALITIES

All day long, you move through these 3 rings – unhealthy defense (outer most ring) emotional pain, and wholeness (center ring).

I encourage you to feel the power of doing this consciously. I also invite you to use the **5 steps/skills/laws advanced mindfulness and energy transformation system so you can have choice as to which of the 3-rings you create your life from.** I suggest you practice noticing what ring you are currently living from and why. Then...you can practice transforming the unsupportive consciousness (emotions/false self/beliefs...) preventing you from moving through the outer rings and thus have the ability to return to your Core Being center throughout your day **(Center Ring)**.

In fact, I believe learning to self-identify as your Core Being, and having the super power ability to transform the false self and energy keeping you from resonating at the frequency of your wholeness, is bar none, the greatest service any of us can provide to the world at large, our country, our family and ourselves. In fact, I believe this is everyone's most important life task.

1. Spiritual law 1 states, your sense of self, creates your reality. So if you are connected to your false self, you will create a reality that resonates at that lower frequency. And, if you are connected to your Core Being, your reality will mirror the vibration of your Core Being.

Therefore, **step 1 is when you develop the ability to notice when you are in Core Being and when you are living from the unhealthy ego false self programmed personality level.** This level includes all your negative beliefs, defenses, images and ego. It is the part of your brain's neuro-biology that reacts to the world based on habituated responses that are programmed into you from birth. To implement step 1, learn to master skill 1 - **the Explorer's Mind.** This is when you can be that balanced detective, discovering who is in charge of creating your reality, your Core Being or your wound. **(Outer Most Ring-Black Ring)**.

2. Spiritual law 2 says, your emotions, and negative challenge is just energy; it is not a litmus test on your value! Therefore, step 2 asks you to be detached/individuated/differentiated (versus disassociation) from your emotions, negative beliefs and mistakes. **To help you with this herculean task, master the skill of connecting to the magnetic energy of aligned intention.** Energetically it is what I call the Intention Line (Brennan's Hara Line). With detachment you can feel painful emotions as energy and not as a negative experience you must pull away from like an ameba pulls away from negative stimuli. This means you know you are more than the energy that

runs through you and you also know there is a powerful way to feel that emotion so it transforms into a deeper connection with your Core Being. As you learn “how to feel” then you no longer merge your sense of self with the negative feelings, images, beliefs and emotions that run through you. Again, you notice them, yet they don’t define your value or your sense of self. (Outer Most Ring-black ring) (Middle Ring-Blue Ring)

3. Spiritual law 3 says those negative patterns will repeat until you identify the false self and root of the negative pattern. **Step 3** asks you to **name, own, and claim** the painful consciousness that is separating you from your Core Being. **It also asks you to locate where it is held in the body, mind and energy system.** In this step, you go within, and actually overcome your resistance to feeling the emotional pain of the wound within your body and energy system. **To implement this very difficult step, you must also master skill 3. I call skill 3 the choice point. As you chose to go into the pain and transform it, it will bring your life back on course so you no longer habituate that negative pattern.** (Middle Ring-Blue Ring)

4. Spiritual Law 4 says that life happens for you, not to you. So when that terrible thing happens, it is not your fault, yet it is your solution to find. You couldn’t have prevented that experience from happening – otherwise it wouldn’t have happened. What you can do is dig deep and find the hidden gift, resilience, and bigger wholeness that can come from transforming that deep pain. To implement this spiritual law, step 4 asks you to have insight. **Insight that can somehow link the trigger to your past.** This step helps the mind to understand how this painful triggered can somehow help you collect wisdom.

The mastery skill to implement this step is skill 4, the Enlightened Observer. The Enlightened Observer is the part of you that is connected to your wholeness and sees you from “gods eyes” and not from ego. It is different from the “objective” observer in that it clearly has your back and is like a mother bear or the archetype of the good enough mother/goddess helping you remember you are safe, whole and beloved. (Middle Ring-Blue Ring moving into Center Purple Ring)

5. **Spiritual laws 5 says there is a Core Being, bigger wholeness that is your true self. Step 5 is the ability to implement all of the previous steps and transform the low vibrational consciousness (LVC) of your emotional pain and false self into the high vibrational consciousness (HVC) of your Core Being.** In essence, this is done by using emotional pain and the false self as the energetic portal to incarnate more of your Core Being into human form. The HVC energy of your Enlightened Observer transforms the dense Low Vibrational Consciousness (LVC) of the false self, ego programmed personality and its emotional pain. This must happen in all 3 systems: mind, energy and body. Basically, an example of LVC is our negative beliefs, trauma, ego and challenging emotions. HVC examples are faith, Core Being, joy and positive intention. Skill 5 is the ability to self-identify as Core Being as an emotion and sensation of bliss in both the mind and the body. Sometimes you can’t reconnect completely to Core Being because your ego or negative intention is too strong. (Not enough HVC.) If this happens, be patient and compassionate with yourself. Ask for help and send love and kindness to the human part of you that needs deeper healing.

(Center of the 3 Rings -Purple)

**Defenses, Public
Personality**

DENIAL; BOUNDARY CONTAINMENT; MERGING, ATTACK
DISASSOCIATION, FREEZE, ANXIETY; COLLAPSE, WITHDRAWAL, SUCKING,
CLINGING, REVOLTING, ARROWS, GOSSIP, BACK STABBING...

**TRAUMA, FALSE SELF, WOUNDING,
CORE DISTORTIONS**

CORE BEING

