

Assumptions & Presuppositions

(1) We are co-creating our experience, i.e. Life happens for us, not to us; Our outer world is an accurate reflection of our inner belief systems.

(2) Broad steps in the transformational approach I teach: Notice your experience, Choose/Intend to dissolve the root causes of anything you don't want, Direct your levels of consciousness to activate your intent by using your All Clear cue.

(3) Noticing your experience has sub-parts: (a) What I'm experiencing that I DON'T WANT, (b) Choosing what I DO WANT INSTEAD, and (c) Choosing a transformational intervention(s) or technique to shift from what you don't want to what you want instead, e.g. All Clear when you're on the fly; engaging your Transformational Sphere (TM); using the Quick Sheet when you've noticed a pesky pattern.

(b) Details: Thank and connect; elicit positive intentions; ask "How young are you?" Acknowledge it's been doing a grown up's job; shower it with gratitude until it is ready for next step; Explain benefits of coming forward in time; Invite it to come forward in time; Bring energy in thru heart and anchor that energy into "every cell of your body and facet of your Being."

Notice what you're experiencing...see, hear, sense. If it's "other than optimum"...where in your body do you most connect with the sensation?

From your "sovereign center," focusing on the place in your body, ask "Are you mine?" Yes/no. (a) If No...follow release as demonstrated during March, 2013 Bonus call. (b) Then connect with the child part associated with the released energy, discover its positive intentions, grow it up and integrate it...Quick Sheet Step 10

If "yes"...Quick Sheet, Step 10...Refer to Oct, Jan, Feb Bonus call demonstrations

Calibrate your experience 0--12

The whole topic of identifying desired outcomes, whether to take a masculine (conscious checklist) or feminine (building on inspiration) approach, and how to take a both/and approach is a topic we'll be addressing in the Prepare For Your Journey class.

Basically, give specific direction to your subconscious and allow your Higher Self and Source to bring you your ideal results by choosing "This or something better, thank you, God." This is particularly important when what you choose to manifest is a thing or a situation.

What do you want instead?

Inside sacred space, download Divine Ideal blueprints for the state you want, e.g. Love, Peace, Joy...the blueprints load into the core of the golden sphere

Choose/Intend what you want to release...thoughts, beliefs, emotions, habits, memories, fantasies...they automatically load into the outer layer of the golden sphere.

When you feel complete, or you need to put a "book mark" in your work till a later time...All Clear to dissolve the patterns you've chosen to release and transform; Grow up and integrate younger parts (Quick Sheet Step 10)do the Quick Sheet Closing Sequence: Forgive everyone and everything; Dissolve all Stoppers, Dissolve all anger, judgment and criticism toward self, Dissolve all unforgiveness toward self.

Choose to apply your transformational tools...e.g. activate your Transformational Sphere; follow the steps on your Quick Sheet

Repeat Steps 1-3 on the Quick Sheet until you feel complete; then complete Steps 4-11; Do a final Calibration 0-12 to assess your progress.

Align & Awaken Journey (c)
Shift Happens
Prepared for You
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Getting to the Heart of Your Transformation