Day 2 Notes

**Emotional Purification** (functional/dysfunctional emotions)

1. Emotions are constantly signaling to us – on track (unity) off track (separation).
2. Functional vs. dysfunctional emotions
   a. **Polarities** (all contracting/exclusive – shutting out/shutting doors). The one enhances life and the other diminishes life. Emotions that come from the matrix (life diminishing) must be shed:
• ALL Contracted emotions (Shame, guilt, apathy, grief, fear, desire, anger, pride, jealousy/envy, competition, lust, greed signify an opportunity to clean and clear and signify our presence in Separation consciousness)

• All Expanded emotions signify movement toward unity consciousness (courage, neutrality, willingness, acceptance, reason, love, joy, peace, enlightenment)

• Fear: Functional and dysfunctional fear
  o Cortisol = death hormone

• Pain/contentment
  o Desire for change/desire to keep things as they are – status quo
  o Functional and dysfunctional pain
    ▪ Pain is not the condition of life but the condition of life lived in opposition to life. If we pay attention to the slight pain as a communication device we can adjust immediately like a colonic upon the slightest symptom. Either the situation must change or our attitude toward it must.

• Fear
  o The desire to retreat (functional and dysfunctional)

• Love
  o The desire to include
    o Seeing our fear can deepen and enhance our love. Opposite is true in polarity but not in opposition to love. Shows us what we have not yet embraced in our hearts.
    o Pure unconditional love and functional self love (understanding that you are one with the cosmos)

• Joy
  a. The desire to live
  b. Passion determines the intensity of desire which is at the base of all emit on which is the desire to know. If passion swings too far over, joy is lost and the pendulum swings back. Joy comes from what is life enhancing.

• Aggression
  a. The desire to conquer external circumstances (creating internal disempowerment)

• Inspiration
• Praise
• Gratitude

• Abundance (yes, it’s an emotion)
  a. We create abundance by feeling abundance!

• Functional anger
  a. The desire to protect or break up stagnant energy
  b. Divine anger illustrated in Goddess KALI
Old matrix emotions built on dysfunctional social programing and cultural behaviors.

- Guilt
- Shame
- Jealousy/envy
- Competition
- Lust
- Greed
- Ego-pride (dysfunctional self love)
- Wrath/rage
- Gluttony (dysfunctional abundance/consumption)
- Self-loathing (sloth)

Behavioral purification

“It is no measure of health to be well adjusted to a profoundly sick society.” – Krishnamurti

See “New Psychology” of ”Freedom Therapy” handout in Resources section

The challenges for the Initiate:

1. Moving past old hurts: Forgiveness.
2. Accepting that the world you’ve lived in your whole life is more than what you thought it was. Releasing
3. Realizing that other’s in your close circle will see the world differently to you – almost like living in a different world and being ok with that.
5. Feeling the enormous changes that need to be made to get into alignment.
   Solution: stay present and don’t limit your ability to shift. Divine law can transmute much in a flash. Focus on the lightness and use your “witness” and “warrior” to help you cancel out large batches of programming at once. Also, stay in gratitude for being given “eyes to see.”
6. The world’s way can seem very crude and barbaric. Allow this as this is how learning takes place for many. If you focus on it, it will grow and depress you. If you focus on the ascension of consciousness, you will see much beauty!

6 Keys to Initiate-Hood

“There’s a difference between knowing the path and walking the path.” – Morpheus, The Matrix

1. Sacred Yes
   a. 100% responsibility for life
   b. Know what you are going toward
   c. Not be scared of work

Understand that when you go for unconditional love in your life, all of your conditions will be shown.

When you go for abundance, all of your limiting belief systems and blockages toward $$ will arise

Go for patience, all of your anxiety will come to forefront

Go for compassion you will see all of your judgment

2. Knowledge
   a. Sync up with higher knowledge

3. Belief

4. Practice – Identify & Dissolve– Grinder /dog days of summer (provide checklist)
   a. IDENTIFY
      i. Programs, Conditioning, Limiting Belief Systems, Identities, Attachments, Fears, Blame, Excuses, Mistrust, Resistance, Avoidance,
         1. Intend to see what needs to be seen
      ii. Create space
         1. Minimize distractions/Stimulation
            a. Notice impulses to pick up phone
            b. Notice impulses to eat/drink
            c. Notice habitual TV watching/movie watching, etc.
         2. Meditation – DAILY
         3. Movement
      iii. Ask empowering questions
         1. Ask and it is given
2. Examples of disempowering questions:
   a. Why is this happening to me?
   b. Why does he/she always do that?
   c. Why can’t I get this right?
3. Where is the pain – where is the stimulation, where am I avoiding?
4. What is wanting to emerge or be birthed through me?
5. What lessons can I extract from this situation?
6. What Avatar qualities am I being asked to align with?
7. What do I need to let go of in order to become my fullest expression?
8. What is the nature of Joy? What is the nature of Love? What is the nature of Abundance?
   iv. Daily Avatar Affirmations (say, write, draw) – mirror, child, partner, stranger in matrix with compassion
      1. Word is law
      2. See resistance
      3. Power of present moment
   v. Body signals – feeling in body – hesitation or contracting
      1. Trusting the wisdom of the body.
      2. Notice when you contract, get “heated,” react, withdraw, space out
   vi. Transmuting energy
      b. DISSOLVE
         i. Feel it – AWARENESS
            1. Where?
            2. Don’t resist
            3. Don’t story
            4. Don’t be hard on self but take responsibility
            5. Breath it
               a. 1-3 breaths
            6. Ask it
            7. Thank it
               a. Not me
b. Don’t energize
8. Give it away or transmute it
   a. Give to God, write it down, burn, give to earth
      ii. Insight/Revelation
      iii. Experience/See it everywhere

Mastering the effects rapid transformation can have on the body (Glass Ceiling Effect)

- De-programming at rapid pace, you can have a gritty, or ashy feeling in the body.
- Physical boundaries are being transcended. I experience it even as something similar to “growing pains” like I had in my legs when I was little
- Tiredness, lethargy, disoriented
- You can dissipate this feeling by rapid movement or deep breathing
- Get feet back on ground, land with solid footing

Key of Non-negotiable Implementation
1. Daily spiritual practice in order to cultivate and maintain frequency
2. HOLD FREQUENCY
3. Practice with intention
4. Meditation/Breath Work (Exercise)
5. Communing with Nature
6. Affirmative Prayer
7. Affirmations
8. Fellowship
9. Ceremony/Ritual (Possible Exercise)
10. Rest/Silence
11. Spinning (Possible Exercise)
12. Movement
13. Mindfulness or Walking Prayer (e.g. shower, dishes, colonic)
14. Sacred Service
15. Sacred Study
16. Perpetual forgiveness
17. Shamanic Journeying
The Adept

Having shed, you now walk the purification path (pristine man…which presents new challenges to overcome.

You have moved out of the Matrix, anchoring the new way

You are living D-D (Dynamically Dimensional) perspective, in the world but not of it

1. Your vibration shifted, your lifestyle has changed, you are starting to hum with the higher caldron frequency
2. 3rd-ring magic. Learning to co-create by syncing up with life and understanding the without and within are the same and subject to your personal imprint. You are far more powerful than you think you are. As a man thinketh so is he.
3. Ability to go deeper into knowledge such as light/dark unity/duality, deeper bliss, seeing behind the appearances to what is truly taking place, cleared of your own problems and in sync, you can help others in need.
4. You can determine your increase of light by your transformation. Increase of light means greater health, inspiration, peace, ability to see what’s really going on, etc. You will know.
5. You’ve shifted your perspective of money – Source is your source. Your creation of resources is totally different. You know you’re taken care of.

The challenges for the Adept

Using challenges as a spring board for further growth/evolution

1. The “Squish factor”
2. Other’s expectations (deeper version than Initiate)
3. Finding peace in chaos (equanimity)
4. Using emotion to adjust the inner (fear, pain, lack, anger – ask what is it showing me?)
5. When are you having a “storm in a tea cup” for the benefit of others and when are you expressing imbalance that’s calling for balance?
6. INTIMATE RELATIONSHIPS = Avenue for further self mastery
Money, Relationships, & Sex

Programs Around Money

a. Either have time or money, can’t have both
b. Root of all evil
c. Can’t have money and be spiritual aka people with money are evil/corrupt
d. Just have enough money to cover needs, any more is excessive/greedy
e. If you have money you should give it all away to those who need it more
f. There is not enough to go around
g. I have all of my basic needs met, I don’t want to take more than my share
h. I can’t make money and have free time to spend with my family
i. What about all of the poor people in the world? I feel greedy wanting money.

Mantra: I Am. I Have. All of my needs are amply met.

Affirmation: Universe, I am willing and able to work for you. I will put my gifts and talents to work in service of the whole AND in return for this, I need all of my needs amply met. I cannot be of service if I am in survival mode and therefore, I need clear guidance (I will take action), I need clear signs that I am on the right path (I will be aware), and I need to know what I need to let go of in order to make this a reality (I will release it!)

Breathing: Breath in what you are receiving, breath out visualization of where it is going.

   See all of the people it will benefit.
   Feel genuine happiness for them.

Words: Circulate

Actions:

1. GIVING: Stay generous/giving/consider tithing.

2. RECEIVING: Asking for money/charging what you are worth
   a. Notice voices in your head – they are going to think you are greedy, you aren’t worth that amount, if you really wanted to be of service you would give it away.
   b. Acknowledge what you are receiving, don’t “blow it” before you even receive it!

3. Identify your money story
   Feast or famine?
   Never enough?

4. Relate to money as your lover. If money was sitting with you right here right now, what would it say? If money could speak, what would it say? How would it describe you in relationship to it…you ignore it, ignore it, ignore it, then fear and panic that it wouldn’t be there…then it was there I would be stoked and then blow it, then in fear about loosing it again.
5. Identify your debts. Debt = Forgiveness. Pay it back.
6. Identify your money chains (where are blockages to energy flowing?)

**Intimate Relationships**

Programs:
- Based on desire at first and then based on need
- Constant closeness
- Give up yourself
- Marriage is built on compromise

- Navigating Relationships/Entanglements (i.e. utilizing relationship as another conduit toward Avatarhood)
- Redefining LOVE
  - Not obligation
  - Not need
  - Not clingy
  - FOR EVOLUTION
  - Two whole beings come together and LOVE FROM THE OVERFLOW
  - Union makes them better, makes world better
- Using Conflict for self mastery
- Blame…no one does anything TO YOU! You only allow things to be done to you…
- Projections – you project on others and they project on you…
  - If you feel stifled, where are you stifling yourself?
  - If you feel underappreciated, where are you not honoring yourself?
  - If you feel judged, where are you judging yourself?
  - If you feel disconnected, how are you disconnected from yourself?

**RELATIONSHIP CHALLENGE #1: Taking Full Responsibility**

- Controlling (C) or Approval (A)
  - We are all either one of these things
  - Normally male C and female A but that can change
  - If we are coming from A or C, we will NEVER feel love
    1. Based on false self
- EROS – noticing controlling and approval tactics in relationships
  - Event (e.g. husband doesn’t do dishes)
  - Response
    1. Negotiate:
      - If I cook, you clean = happiness still based on external factor, outside of your control
    2. Resist what is but stay in
      - 99% of people do this
b. Results in:
   i. Arguing
   ii. Sarcasm
   iii. Put downs
   iv. Gestures/sighs
   v. Passive aggressiveness
   vi. Withdrawal
   vii. Retaliation
   viii. Giving up
   ix. KILLS THE JOY!

3. Accept what is/Acknowledge
4. Get out

   iii. Outcome (how you feel)
   iv. Solutions (successful resolution)

RELATIONSHIP CHALLENGE #2: Telling the Microscopic Truth

- WITHOLD, WITHDRAW, PROJECT
  - Brings state of lightness and energy into the body.
  - Hiding truth blocks energy at a cellular level
  - One indicator of an evolved person is the ability to tell the truth with no
    fear of punishment or expectation of reward
  - Tell truth JUST to communicate your internal experience = freeing
    - E.g. I’m afraid you will leave me, I have an expectation that if I
      tell you the truth you will push me away. I’m more vulnerable with
      you than I’ve ever been before in my life, and this brings up more
      fear that something will go wrong. I feel a pressure in my upper
      chest when you say that. I just heard a critical voice in my head
      saying, “You shouldn’t eat that.”
  - Difference between judgment and truth
  - Simplicity/No disguised agendas
    - **Justifying a position:** “I had so much to do today, I just forgot to
      pick up the laundry.”
    - **Blaming:** “It wouldn’t have happened if I’d had a little help
      around here.”
    - **Being a victim:** “It’s all right, I’ll finish the dishes.”
    - **Seeking approval:** “I’d like to wear this dress, but I think it makes
      me look fat.”
    - **Nonverbals:** Sighing, looking down, shrugging shoulders, pursing
      lips,
  - NOT the microscopic truth: “When you said that, it made me feel awful
    (Change to “I’m feeling nauseated as we speak). You out to be ashamed of
    yourself. You are the most self-centered human being in the history of the
    human race.
RELATIONSHIP CHALLENGE #3: Releasing Perception of “Upper Limits” – allowing yourself to expand continuously into more positive energy

- Based on conditioning we have a limit for how much positive energy we believe we can handle
  - Ego uses primitive strategies (illness, arguments, accidents) to keep the expansion limited
- Drop programs around how good you can feel/what’s possible
- Pleasure/pain conditioning – fun/crash or get close/have a fight, etc.
- Allow self to rest after expansion/period of closeness with others
- Mountain climbing example – get tired and rest or get tired and push

Sexuality

II. Programs Around Sex
   a. If he loves me he will want sex
   b. I must have sex to keep him around – he will leave me if I don’t “give it up”
   c. Better to “grin and bear it” than to upset him
   d. My worth is tied to my ability to please my mate sexuality
   e. If he stays with me when I am not having sex with him it proves that he loves me
   f. Sex is what a good wife does.
   g. Sex is about having an orgasm
   h. Sex is a necessary evil
   i. Sex is a hook to keep men around

- Sexuality is grossly twisted and riddled with shame and guilt
- Huge source of power and access to life force energy
- Christ/Magdalene/Energy Body
- Depleting vs. Life-generating sexuality: Determining the difference/knowing your options
- Connection with creativity, copulating with the cosmos
- Safe enough to feel vulnerable & Surrender
- Ability to accept pleasure (worth it, not bad)
The Avatar
You are one with the unshakable unity of the Cosmos. You know you are part of the fabric of creation and one with all things. You move through life with the fluidity of life force. Your health is abundant, you are not tempted by corruptible factions or substances. Your joy, satisfaction, wellbeing and pleasure come from the essence of life. You know things are perfect as they are and that even dysfunction and misinformation of the worst kinds are held in the fabric of life. As light filters through and occlusions make way for more light, the dysfunctional parts will be rehabilitated.

Avatar has accepted their oneness with Source energy

The Avatar Concepts & Qualities of Godhood:

Concepts:
Avatars know their body is not the origin from which they function. The glory is the US not the I. This is expanded awareness called “God Consciousness.”

Avatars reach their thoughts up to the vibratory height of source and anchor that energy in their bodies. In this way they have brought heaven to earth.

Avatars are “surrendered” to life. They fully cooperate with life through the emotions. They effortlessly turn pain into higher change, exclusion into love, etc.

The emotions of the infinite that overcome the mind/reside on a higher plane than the mind so the mind cannot get involved with analyzing them. In this “no emotion” emotion, we reach the bliss. As long as we stay there, we stay in the bliss.

Qualities:
- Impeccability
- Harmlessness
- Incorruptibility
- Innocence
- Presence
- Patience
- Compassionate
- Poise
- Fluidity

1. Regeneration and god-hood are mutual supportive. Resistance to life is the death imprint. Wherever you find resistance you will find a part of your being that has not gleaned the insights of a situation/not yielded liberating knowledge. For example, you still find yourself being judgmental or infuriated or hurt. Is God HOME? Where are you acting out of old cultural programs or seeing through the lens of separation consciousness.
2. Oneness: Inner is the outer and outer the inner.
3. Duality/Unity
a. In oneness all thrive  
b. You radiate source energy rather than absorb the world’s energy  
c. You transmute the undesirable into your being’s state  
d. Anything that out-pictures as imperfect merely shows you that it is time to rise even higher, just like in dietetics.

**Commitments of Avatar**

- I commit to acting from the awareness that I am 100% responsible for my experience  
- I commit to consciously participate in my personal evolution.  
- I commit to seeing through the illusion of separation and embracing the Reality of Oneness.  
- I commit to disempowering fear and choosing love.  
- I commit to holding others in the truth of their highest potential.  
- I commit to honoring my body-temple as the instrument through which Source energy expresses.

**Visioning: Seeing your life from the higher perspective**