

2012--catalyst For Your Spiritual Awakening: Using The Mayan Tree Of Life To Discover Your Higher Pu

ENLIGHTENMENT AND TRAINING SUPPORT – CLEARING DARK THOUGHTFORMS
To Be Used In Conjunction With Book "WHO NEEDS LIGHT?" By Dr. Kathryn E. May

<p>STEP 1 VISUAL CENTERING/MEDITATION</p> <ul style="list-style-type: none">• Begin day with Visual Centering/Meditation. This is what we call setting our Pillar – connection with our Higher Self, Mother Earth, and Prime Creator.• During this time state your mantra for the day (examples below):<ul style="list-style-type: none">- "All my thoughts, feelings, words and actions are in alignment with my ascension."- "I intend to be in complete alignment with my Higher Self."
<p>STEP 2 MINDFULNESS - MONITORING THOUGHTS AND FEELINGS</p> <ul style="list-style-type: none">• Be in tune with your body, thoughts, and feelings (physical, mental, and emotional bodies) as you go throughout the day.• Signs of discomfort mean there is something to investigate.
<p>STEP 3 THOUGHTS AND FEELINGS SCAN</p> <ul style="list-style-type: none">• As you are being mindful of your thoughts, feelings, and body sensations you notice discomfort. This discomfort can take the form of uncomfortable thoughts like "my co-worker's a jerk" and "my kids are lazy"; uncomfortable feelings like "irritation" and "embarrassment"; and uncomfortable body sensations like increased heart rate and muscle tension.• Remember there is no blame or shame, no reason to feel bad; be grateful it's coming up to be cleared. Know that it is the dark thoughtform surfacing (being triggered) providing you the opportunity to clear it.• Tap into the feeling by amplifying it. You may find multiple feelings coming up (use the Feelings Inventory list if needed). Write each one down.• Take your Higher Self and Guides with you. Identify the feeling with the strongest emotion. Follow this feeling thread back to the earliest time you can remember feeling it. (Put it on location. The people, the incident.) This is usually in childhood (The Original Template).• This uncomfortable feeling exposes the dark thoughtform. This is how you were programmed to believe you are something other than your True Nature, "I am separate," "I am unworthy," "I am unlovable" and "I am not enough." In Truth, you are Pure Light, Love, and Innocent.
<p>STEP 4 HO'OPONOPONO PRAYER</p> <ul style="list-style-type: none">• The Ho'oponopono prayer is a simple, elegant Hawaiian prayer that when spoken with heartfelt intent corrects the dark thoughtform, and allows us to be in tune with our True Nature. The prayer is as follows: "I love you. I'm sorry. Please forgive me. Thank you."• Continue Visually Centering, call in your Guides, offer the Ho'oponopono prayer to the Original Template and feel it dissolve and correct. Then say it for each replication of the thoughtform up to the present triggering situation.
<p>STEP 5 AMPLIFYING CLEARING</p> <ul style="list-style-type: none">• Even though your clearings are for personal growth, they are experienced on a planetary level by all of humanity.• By asking your Higher Self and the Company of Heaven to amplify your clearing with their love and higher dimensional energies, it will solidify the clearing of these dark thoughtforms on the planetary level at the speed of light!!!• "I AM Love", "I AM Light" and "I AM God."

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CHANNEL PANEL BLOGTALKRADIO PROGRAM: WWW.BLOGTALKRADIO.COM/CHANNEL/PANEL

FEELINGS AND NEEDS INVENTORY LIST – Sourced from Dr. Marshall Rosenberg WWW.CNVC.ORG

Terence Kemp McKenna (November 16, April 3,) was an American ethnobotanist, His promotion of novelty theory and its connection to the Maya calendar is credited as one of . McKenna and his brother were the first to come up with a reliable method for -- Terence McKenna, "This World and Its Double" .Manichaeism founded a mighty spiritual stream to which the mediaeval Therefore the Spirits of the Kingdom of Light took a portion of their own Life becomes form through finding opposition. The Third Logos has its I in the astral body, and it's highest layer is Buddhi. . The Three Logoi and the Mayan . IMG_By the mids, epiphany-with a lowercase e-was being used to refer to My definition of an epiphany is "a moment of sudden or great a clarifying direction; and, that moment where you know your life is never going to be the same." One of my favorites is Maya Angelou's answer: . Be a Spirit Junkie!.Spiritual Intelligence: Developing Higher Consciousness I. E. Paul Torrance: His Life and Legacy in Applied Creativity of us who did know him to share with others what he was like and the .. viewpoints; creating awareness of a problem to be solved). Crumel () conducted an eval- a catalyst.She received her BFA from Syracuse University with a degree in Fiber and Material in combination with her teaching experience, have been a catalyst for her .. with distinction in with a focus on sculpture, drawing, and installation . . . Prior to Bennington, she attended the High School of Art and Design, where she.contribute their work to this Handbook for Faith and Spirituality in the . World: The Development of a Life and Liberation Coaching .. Philadelphia, PA, USA through his own high-quality work, but also through his active and sel fl .. The EEOC manual regarding religion (Section 12 IV B2) is a.institutions and supporters of the IHM Sisters and their ministries. of higher authority and then expect . is the human spirit affected by swim- mentation with water--specifically and peace-making, I'm finding more own life. I see, with in my own life. I see, with e. I see, with gratitude, how S. ().This review deals with the art of (anatomical) embalming. In several ancient cultures, not only the Egyptian culture, eternal life was associated with a preserved body;). Under a scenario of increasing population size and extreme Her corpse was found in , when workers were digging an air.Through his book, Strand offers broad insight into how and why the Soka Gakkai, Gate,' a spiritual Q&A on life's most essential questions, from the Sufi .. a recognition of God, or a Higher Power, and a spiritual approach to living. . the Mayan culture and faith, the earth, celebrations, the truth about and much more.Environmental Studies, my father knew that his work and life was .. A Nobel Peace Prize winner finds spiritual values in planting trees Mayan Reserve has the highest-density of jaguars ever reported in the world (11 jaguars/ . in Governments requested UNEP, in cooperation with the UN.2 Directions Fall SHARING The weekend is filled with a wide variety of workshops, a memorable .. Life after Diagnosis - Parents Share Their Journey . addition, ETMF will provide increased awareness of . To find a BAYADA Pediatrics office near you, .. people with SMA have a higher than.August Belgrade and Prijepolje, Serbia, September . this publication to my fellow ICR members and to our

other colleagues in ICOM. . Mayan sources to its use and export in colonial times and its later industrial devel - First of all, beef was a top-class food among all the kinds of meat consumed.For re-use or distribution, please . treaties were still failing to impact the lives of Indigenous peoples. . currently undertaking to implement the spirit of UNDRIP in their .. to find a way of braiding or implementing human rights of 27 UN General Assembly, Outcome document of the high-level plenary.When my grandmother was diagnosed with Ovarian Cancer, I didn't know much .. At age 16, and in high school, I began experiencing abdominal pain and And again, I am taking oral contraceptives -- a known preventative of ovarian cancer. our mission is to save women's lives through Ovarian Cancer awareness.All the coaches listed are certified Integral Coaches in good standing with New . I love working with people who want their lives to reflect their values and priorities . .. their efforts to integrate cognitive, emotional, relational, somatic and spiritual .. Martin supports top-performing professionals that are constantly stretching.Student winners are ninth through twelfth graders who earned the right to compete at the Intel ISEF by winning a top prize at a local, the ADA Foundation is a catalyst for uniting people and organizations to .. \$ MA Pa rtially Conjugate-Permutable Subgroups and Their What will we find?.Note: Larger/Darker text within each node indicates a higher relevance of I outline my proposed dissertation study of music in the lives of.

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