

SOUL COACHING

28 Days to Discovering Your Authentic Self



Created by
Denise Linn

The Soul Loves the Truth

Table of Contents

The 28-Day Soul Coaching Program

What Is Soul Coaching	4
The Soul Loves the Truth.....	5
What Is the Soul?	5
What Is the 28-Day Soul Coaching Program?	5
Overview of the 28-Day Soul Coaching Program	7
How Can I Do the Program with My Busy Life?	7
When Should I Start This Program?	8
Be Gentle with Yourself When You Do This Program	8
Everything That Happens During Your 28 Days Is Part of the Process, Even If It Doesn't Seem Like It.....	9
Soul Coaching with Others	9
Keeping a Journal.....	9
Daily Affirmations	10
Listening to Your Soul.....	11
What Is Your Intention for Doing This Program?	11
Making a Sacred Contract.....	11
Creating an Altar	12
Four Elements: The Inner Landscape of the Soul.....	12
 Days 1-7: AIR – Mental	 14
Day 1. Air: Day 1 - Life Assessment.....	16
Day 2. Air: Day 2 - Making a Commitment to Change Your Life	21
Day 3. Air: Day 3 - Clearing Clutter in Your Bedroom/Bathroom	24
Day 4. Air: Day 4 - Where Are You Now in Your Life?	28
Day 5. Air: Day 5 - Clutter – Energy Up/Energy Down.....	32
Day 6. Air: Day 6 - Lightening Up – Letting Go and More Clutter Clearing	36
Day 7. Air: Day 7 - Exploring Your Soul Mission In Life	38
 Days 8-14: WATER – Emotional	 40
Day 8. Water: Day 1 - Exploring the Turning Points in Your Life	42
Day 9. Water: Day 2 - Examining the Meaning You Give Your Life	45
Day 10. Water: Day 3 - What are Your Energy “Zappers” and “Juicers”	48
Day 11. Water: Day 4 - Exploring Your Relationships	51
Day 12. Water: Day 5 - Be Still/Do Nothing.....	55
Day 13. Water: Day 6 - Attitude of Gratitude.....	57
Day 14. Water: Day 7 - Release Victim Thinking/Choose Your Life.....	59

Days 15-21: FIRE – Spirit	62
Day 15. Fire: Day 1 - Confronting Fear/Developing Faith.....	64
Day 16. Fire: Day 2 - Taking Risks	66
Day 17. Fire: Day 3 - Facing the Shadow.....	68
Day 18. Fire: Day 4 - Being Present/Saying Yes to Life.....	71
Day 19. Fire: Day 5 - Facing Your Death/Embracing Your Life	73
Day 20. Fire: Day 6 - Your Spiritual Allies.....	76
Day 21. Fire: Day 7 - Fanning the Flame of Your Creativity.....	78
Days 22-28: EARTH – Physical	81
Day 22. Earth: Day 1 - Connecting with Your Body.....	83
Day 23. Earth: Day 2 - Body Detox.....	86
Day 24. Earth: Day 3 - Using the Physiology of Your Body.....	88
Day 25. Earth: Day 4 - Awakening the Natural Forces Within You	91
Day 26. Earth: Day 5 - A Home for the Soul.....	93
Day 27. Earth: Day 6 - Creating a Fabulous Future.....	95
Day 28. Earth: Day 7 - A Circle of Love.....	97
QUEST: Beyond the 28 Days	99
Things To Do On Your Quest.....	100
Appendix: Timeline Examples for Water Week	104

What Is Soul Coaching?

Do you know who you are and why you are here? Do you know what your mission in life is? Are you aware of the daily guidance from your soul? No matter how great your outward success is, if you don't know the answer to these questions, you might feel that there is something missing in your life.

The 28-Day Soul Coaching Program is a powerful program that anyone can do. It is a process that takes you to your spiritual source and helps you find meaning and sacredness in your everyday life. It allows you to take an honest look at yourself and life, face fear, release old negative patterns, get motivated, and step boldly and joyfully into your future.

Once you have committed yourself to the program, life seems to unfold in a remarkable, almost magical, way. Declare that you are ready to discover your authentic self, and are willing to dedicate one month of your life to doing it, and loving forces of the universe will coalesce to propel you in the direction of your destiny. Synchronistic events and seeming "coincidences" begin to expand exponentially in your life.

I'm not quite sure why it happens, but once you commit to this program, it's as if the universe has heard that declaration and amazing events seem to emerge within your life, all aimed at a deep soul cleansing and clearing. The events of your life are not an accident. If you are attracted to the Soul Coaching program, it is the right time for your soul detoxification.

The aim of Soul Coaching is to align your inner spiritual life with your outer life. It helps you to clear away mental and emotional clutter so you can hear the messages from within. It also helps you to discover your purpose so you can design a life that supports that purpose.

Regular life coaching usually focuses on the attainment of a goal or a dream. This differs from therapy, in which the intention is usually focused on emotional healing. Soul Coaching is different from these modalities, as its primary aim is to clear away inner debris in order to connect you with the wisdom of your soul.

The understanding of who you are can never be told by another. It is only when *you* reach into the wellspring of your being that the truth of the soul springs forth.

The Soul Loves The Truth

This 28-day program is about telling the truth to yourself about your life. When you tell the truth, your energy increases and when you don't tell the truth, you become depleted. Many people are exhausted and depleted because they are not being starkly honest with themselves. *When you are authentic, your soul thrives.*

Telling the truth to yourself is different than telling it to others. For example, if you pass a mere acquaintance on the sidewalk and they say, "How are you?" even if you have just had a fight with your husband, found out that your child is on drugs, and are coming down with a cold, it is still okay to say, "I'm fine, how are you?" But if you tell yourself that everything is fine when deep inside you know that it is not fine, your soul suffers.

What Is the Soul?

Soul is a word we use to describe the central or integral part of something; it is the vital core. In its most profound sense, it also describes the essence of every human being. It is that place within each of us that is infinite, eternal, and universal.

The soul is a source, which gives rise to form; yet it is unknowable. It is illusive by its very nature, but it must be nurtured and cared for. We can intuitively understand what its needs are, yet never fathom its depths. It is the substance that links our body and spirit to the greater forces of the universe.

What Is the 28-Day Soul Coaching Program?

The 28-Day Soul Coaching Program is a spiritual journey that is divided into four one-week periods. Each week is dedicated to one of the Four Elements: Air, Water, Fire, and Earth.

I believe that our memories, beliefs, and emotions are tied in some mysterious and organic way to the elements of nature. By activating these elements within us it seems that we also activate quadrants of our souls.

For many years I worked as a practitioner using a system I developed that was based on the four elements. I taught this modality to therapists to incorporate into their practices. The system was based on the idea that the elements have an effect on the psyche. I found that when a client immersed herself in images of the elements, each element evoked different emotional responses, as well as different kinds of memories. The remarkable thing about this elemental approach to therapy is the way that it reveals the emotional impact that the elements have on us.

A proverb from India states that everyone is a house with four rooms—mental, emotional, physical, and spiritual—but unless we go into every room every day we are not a complete person. The elements are powerful tools for entering these inner rooms.

Throughout history, the elements have been associated with natural balance and wholeness. Ancient native people knew that within each element were patterns of energy that permeated the universe. They used this understanding to develop cosmological models to create a sense of harmony in their lives.

From Native Americans, to ancient Greeks, Egyptians, Mayans, Aztecs, Persians, Celts, and Hindus, the mysterious panorama of nature has been divided into separate parts that are designated by the four elements. Egyptian sages fervently believed that reflection on the four elements provided a profound understanding of life.

In the mystery schools of Mesopotamia, initiates underwent rigorous rites of Air, Water, Fire, and Earth. Each elemental rite was said to test a particular aspect of the initiate's nature. Hippocrates, honored as the father of medicine, declared that a patient's health depended upon a balance of the four elements. The great Sufi poet, Rumi, wrote that the four elements were the foundation of life and had a profound effect upon the human spirit.

To those ancient people, the symbolism of the four elements welded all separate pieces of reality into a cohesive whole. Each one brought a gift that gave balance to the people. The Spirit of Air gave the wind with its cooling breezes in the summer; the Spirit of Water brought refreshing rains; the Spirit of Fire gave warmth from the sun; and the Spirit of Earth brought forth the hills, mountains, trees, and plants on earth. The underlying energy of all the elements was the Creator, the source of all life.

Although the natural world around us is an interwoven, interconnected universe, our forerunners divided reality into separate components they called elements. They thought that the elements represented different aspects of life. These wise predecessors understood that within each element were patterns of energy that permeated the universe. They used this understanding to develop cosmological models to orient themselves on earth and create a sense of balance in their lives.

In truth, nature is a melding of the elements—a vast cauldron of Air, Water, Fire, and Earth, and none can exist without the other. When we divide nature into four elements, we must remember that this is a symbolic system that can never encompass reality. Wholeness resides in harmonic forces that exist outside the perception of our senses and are only symbolized by the elements. However, through separating the aspects of nature into individual parts, which not only represent the real air, water, fire, and earth, but also represent conditions of life, discernment and wisdom occurs.

I believe that when you embark on this spiritual cleansing program, it is immensely valuable to do it in the context of the cycles of nature. The energy of nature and its elements can help bring you home to your spiritual roots.

Additionally, after you have finished the 28 days, you are encouraged to embark on an inward journey much like a vision quest. It can be a few hours to a few days. After all the clearing you have done in the previous 28 days, it is a time of stillness for the soul to reveal its sacred messages to you.

Overview of the 28-Day Soul Coaching Program

Detoxifying the Mind, Body, Emotions, and Spirit

- Days 1-7 are devoted to the properties of Air and are associated with clearing mental debris.
- Days 8-14 are devoted to the properties of Water and are associated with your emotional self.
- Days 15-21 are devoted to the properties of Fire and are associated with clearing the shadow to connect with your spiritual self.
- Days 22-28 are devoted to the properties of Earth and are associated with your physical self.

How Can I Do the Program with My Busy Life?

No matter how busy you are or how hectic your life is, you can do this program. It is designed so anyone can do it, no matter how frantic or full his or her life is. There are assignments each day, which are divided into three levels. You choose the level at which to participate.

- **Level One:** *“Committed to Change”* Doing the Level One exercises usually takes 15 to 30 minutes a day.
- **Level Two:** *“Going for It”* Includes doing both Level One and Level Two exercises and will usually take 30 to 60 minutes a day.
- **Level Three:** *“Playing Full Out”* Includes doing the Level One, Level Two, and Level Three exercises, and takes as long as it takes.

There are some days when you may just participate at the “Committed to Change” level and there may be days when you want to “Play Full Out.” You may want to select a level of participation for the whole 28-day process or you may decide to vary the levels as you see fit.

For Example, Day 3 focuses on the clutter in your home and what it means to you. (When your outer life is cluttered or in disarray, it's difficult to find the stillness to connect with your inner life.) **Level One** suggests that you clear clutter out of one small area in the bedroom, bathroom, or bedroom closet area of your home, such as one drawer or one shelf. **Level Two** suggests that you clear the clutter in a larger area of your bedroom, bathroom, or bedroom closet. **Level Three** suggests that you completely clutter clear one of those rooms. You may want to choose Level Three but may wait for the weekend to complete this larger task.

When Should I Start This Program?

Because the program is organized into 28 days, you may choose to start the first day of the month or follow the 28-day moon cycle, starting with either the full or new moon. You may also want to start at the winter or summer solstice or begin in early spring, which is a time of new beginnings. Alternatively, you may want to schedule yourself to do this program during your vacation or start on January 1st. The most important thing is that you begin. Often when we wait until the perfect time, opportunity passes us by. When you plunge in, even if it doesn't seem to be perfect timing, dramatic results are often produced.

Whatever you can do or dream you can, Begin it. Boldness has genius, power and magic in it. Begin It Now. —Johann Wolfgang von Goethe

There are many ways to participate in this process. Since the 28 days are divided into four elemental cycles, you can also do this over a four-month period, or even extend it over the course of a year assigning one elemental cycle to each season. However, it is often easy to lose your steam if you take a long time to do this program, which is why I have designed it to be completed in 28 days.

Be Gentle with Yourself When You Do This Program

Be gentle with yourself. If you will not be your own unconditional friend, who will be? If you are playing an opponent and you are also opposing yourself — you are going to be outnumbered. —Dan Millman

Most of us, when we were growing up were taught to judge ourselves harshly if we didn't do things perfectly. You don't have to be perfect for this program to work miracles in your life. It works in spite of feeling that you didn't do it right.

Do the best you can. Forgive yourself when you don't do every exercise exactly as described. Almost everyone who has done the program has mentioned that even on the days that they missed or didn't fully do the exercises, there was an amazing synchronicity that still occurred.

It is important to remind yourself that the goal of this program is personal growth, not just completing assignments. In other words focus on your accomplishments, not on what you didn't complete. Trust that changes are occurring at a deep level.

If you have ever tried to unravel the knots in a gnarled ball of yarn, you will remember that the more you struggle with the knots, the worse they get. But if you gently pull the string around each knot, they unravel easily. Be patient with yourself. Celebrate what you did complete and forgive yourself for what you didn't. This is not a competition. It is an unweaving of the inauthentic self and a discovery of your soul.

Everything That Happens During Your 28 Days Is Part of the Process, (Even If It Doesn't Seem Like It)

In every moment the universe is whispering to you. There are messages for you in the morning breezes. There is wisdom for you in the caw of the crow outside your window, and in the cadence of an afternoon rainstorm. Even ordinary events in your life carry communications from your soul, but often our minds are too full to hear these messages. When you make the commitment to embark on a journey to hear these messages, incredible coincidences begin to occur. When you empty your mind, you can "hear" these messages.

Over and over again, people doing this program remarked at the astonishing synchronicity that happened for them. There were mundane coincidences, such as plumbing problems during the Water Week and electrical surges during the Fire Week, but also more profound coincidences such as hearing from an estranged family member during the section on relationship healing or receiving an anonymous bouquet of flowers on the Day of Gratitude. Literally everything that happens during your 28 days is part of the process, even if it doesn't seem like it at the time.

Soul Coaching with Others

The support of others can be extremely helpful and motivating when you have a group of others sharing the experience with you. Your Soul Coach is a remarkable facilitator and will help you get the most out of this program.

Keeping a Journal

I suggest keeping two journals during the program. The first journal is your Process Journal. It is for mental and emotional clearing; it can be used to express your feelings and to write the insights incurred as a result of the daily assignments. As a suggestion, use a three-ring notebook and make (or purchase) colored tabs—one tab for each day. (Some people like to use yellow tabs for the Air

Week, blue for the Water Week, red for the Fire Week, and green for the Earth Week.) The tabs help you to refer back to sections from previous days.

The second journal is your Joy Journal. In this journal you might include writing, collages, drawing, poetry, Polaroid photos—one a day to chronicle the great moments of your day—or anything else that illustrates the joyful or magical moments of each day of the program. No matter what happened on a particular day, there are always special, meaningful, or magical moments. Chronicle these moments in a way that is creative, invigorating, beautiful, and fun.

Daily Affirmations

Every day you will be given a carefully chosen affirmation that is appropriate to the assignment for the day. Affirmations work! They work because what we focus on is often what we create for ourselves.

Some people write the affirmations on paper stickies and put them on their computer, mirror, or refrigerator, as a periodic reminder during the day. Alternatively, you can repeat the affirmation to yourself (silently or out loud) during the day.

Your word is your wand. If you constantly say to yourself, “I’m not good enough” your subconscious mind begins to believe it and then you feel and act “not good enough.” Consequently, people treat you in a demeaning way. A person who tells himself or herself most people can’t be trusted will find themselves surrounded by untrustworthy people. However, a person who thinks that the world is filled with love, often finds love pouring into their life.

Usually affirmations are stated in a positive way, and you may wonder why there are times in this notebook when an affirmation has a “not” or a “no” in it. I have found that there are rare occasions when using a “not” or a “no” in an affirmation can have more power than a positive affirmation. For example, for most of my life I have struggled with feeling overwhelmed. It was a recurring pattern that kept me in a perpetual state of stress.

To overcome this negative pattern, I began to use the positive affirmation, “I have too much time and need more to do!” This was great and really seemed to work for me. I felt less overwhelmed.

There would be times though, when I would occasionally still find myself feeling overwhelmed. It was only when I yelled over and over, “*I will never indulge in the stupid negative pattern of ‘overwhelm’ ever again!!!*” that something snapped. Since that time I have been busier than ever yet don’t feel overwhelmed. To me this is a miracle. A so-called “negative affirmation” worked. However, if putting a “no” or “not” or “never” in an affirmation doesn’t work for you; change the words so that they do work.

Listening to Your Soul

Set a few moments of quiet time aside in the morning and evening just to ask your Soul if there is anything you need to know or anything that your Soul would like to communicate to you. This specific act of intent can open your ability to be receptive to inner messages.

What Is Your Intention for Doing This Program?

Where intention goes, energy flows. It is important that you take time to get clear on why you are doing this 28-day odyssey. What end results do you desire from having participated in this soul journey? What is your intention? Are you really ready to make a change in your life?

Taking time to clarify your intention before you start your 28-Day Program will help determine the form that your program takes. Enjoy the 28 days. Remember to be gentle with yourself and to cherish your accomplishments. Feel free to do this program in any way that works for you and your life. Your journey toward connecting with your soul has begun. Don't wait for the perfect time. The perfect time is now.

Making a Sacred Contract

As a suggestion, create a contract for yourself that clearly states your intention for the next 28 days and sign your contract. Giving your word is important. It's usually much easier for us to keep our word with someone else, than with ourselves. We often are meticulous in keeping our word to others, yet will easily break a commitment to ourselves. However, the vows we make to ourselves are even more important to the soul than the vows we make to others. If someone continuously broke his or her word with you, after awhile you would think that person is untrustworthy. When you break your word with yourself, it is a message to your subconscious mind that you are not a trustworthy person and often your self-esteem suffers.

You can make your contract as specific or as general as you like. Use words that work for you and create an honest realistic contract that you can keep. Here is an example:

"I, Denise Linn, do hereby declare to myself and my Creator that I will dedicate the next month to connecting with my soul. I will endeavor to be honest with myself and with others to uncover the truth about who I am. Additionally, during this month, I vow to take time everyday to relax and eat according to my nutritional needs rather than my emotional needs. I accept that adhering to this contract attests to the strength of my character."

Write your sacred contract out on paper, sign it, and date it. You might even want to post it in your home or put it at the beginning of your Process Journal.

Creating an Altar

In ancient times almost every home had an altar. The home altar represented the intersection between Heaven and Earth. It was a place for quiet reflection and devotion. There is great value in recreating this ancient tradition while you do this 28-day program.

An altar doesn't need to be religious. It can be a highly personal representation of what is most important to you—your hopes and dreams and what you hold sacred. It can be a place to still your thoughts and open your heart to your own intuition. Even if you don't spend time in meditation at your altar, simply having one in your home is a powerful subliminal reminder of that which is sacred.

It's easy to make an altar. All you need is a table or shelf. Spread a beautiful cloth on the surface and then place things on it that represent your intention for your “soul full” journey for the next 28 days. It should only include objects that are true representations of what is in your heart. Additionally, you could place objects or photos on your altar that represent each of the four elements and also something that represents your spiritual source.

Four Elements: The Inner Landscape of the Soul

We live in a rhythmic universe. Every part of nature has a unique language and its own rhythm—every flower, bird, tree has its own rhythmic language; and rhythm is the underlying context that weaves all life together. We are constantly surrounded by rhythms of energy. If you take a moment to become very still, you can feel these rhythms of the natural world inside of you.

The rhythm that begins softly and quietly in the morning hours, as darkness slips away, increases to be an amazing concert of sound and light as the day unfolds. And then energy ebbs away again as night approaches. When you are still, you can feel this rhythm ebbing and flowing within you, because you are a part of the cycles of nature. This 28-day program begins to awaken the natural world within you. When nature is alive inside of you, the forces of nature will begin to sing around you, wherever you are.

Nature can be found in the four elements—air, water, fire, and earth—that comprise the natural world around us. Each element has a unique rhythm that is essential to the balance of life—from the rhythm of the swirling winds, to the rhythm of water as it spirals down a mountain stream, from the rhythm of the fiery sun as the electromagnetic force fields flare and reside, to the deep rhythms of the earth as her currents of energy pulse at a constant 7.8 megahertz—all elements together create the great rhythm of life.

In ancient cultures throughout the world each element was thought to correspond to a facet of nature, but also in a deeper sense, each element represented an aspect of the human condition. Traditionally Air was equated with the Mental part of human beings, Water represented our Emotions, Fire our Spirit, and Earth the Physical aspect. This program is divided into four weeks and each week is dedicated to cleansing and purifying a different quadrant of your being.

You are now ready to begin the journey to the center of your soul. As a suggestion, you might purchase yourself a celebration gift and have it gift wrapped to open at the completion of the 28-Day program.

What we do today, right now, will have an accumulated effect on all our tomorrows.

—Alexandra Stoddard

Days 1-7:
AIR – Mental

The first seven days of this program are dedicated to Mental Clearing. During this week you will embrace the Spirit of Air, which is the energy of change and transformation, inspiration, aspiration, mental clarity, freedom, perception, communion, and communication. The mental component of you is also the part that has the capacity to discern, analyze, evaluate, and judge. The element of Air also allows you to see situations from a higher perspective. Every exercise in this week is aimed at clearing mental cobwebs and also inviting the Spirit of Air into your life even more.

Air is a potent, integrating force that unites us all, so this is also the week to begin to connect even more deeply with the world around you and the inner world within you. Though seemingly subtle and unseen, Air is composed of the most rarified energy fields, and we are in constant communion with the vast universe through our breath. With every breath you take, you are inhaling air that has been in every nook and cranny of our world, from the dry region of the Sahara, to the heights of the Himalayas, to the lush and humid Amazon rain forests. The breath that you just took contained at least four hundred thousand of the same argon atoms that Gandhi breathed throughout his life. The air that you are breathing now has been in me, and the breath that I am taking now has been in you.

Thus, aligning to the Spirit of Air is a powerful way to deeply connect with the inner and outer world. It is also a way to purify and balance the mental aspects of yourself. Mental challenges may come your way this week. Do not be concerned; this is all a part of the program. This first week focuses on mental cleansing so that you may fly high!

Connecting with the Spirit of Air

One of the most direct and powerful ways to connect with the Spirit of Air is through the winds, which are continually blowing across our planet. When you go out of doors, notice the movement of air across your skin. Whether it is the subtlest breeze or the powerful wind of a storm, winds always bring freshness and a sense of vitality with them. The Cherokee people and many other Native American tribes believed that the winds were messengers sent by the powers of the four directions, and that they carried information from the sacred realms. Listen to the wind when you leave your house in the morning. See what messages it might have for you. Smell the air and sense where it has been. During the first seven days of this 28-day program, open your windows and let the wind blow through your home. It will quickly clear any stagnant energy and leave the air cleansed and full of the energy of nature.

Imagine how it would feel to *be* a slight summer breeze, a canyon wind, a gale, rising currents, and even still air. As you do this, notice any images from the past or memories that float into your consciousness. Just watch these memories, the way you would watch clouds floating on a warm summer afternoon.

Pick a time every day for the first seven days to relax and focus on the air that enters your body through breath. Be aware of your breathing. Observe your breath. Is it shallow or deep? Do you periodically hold your breath? Where is your breath concentrated—in the abdomen or chest area? Focus on your breath and the air as it enters and leaves your body. Concentrate on the air as it enters your lungs when you inhale and exhale.

Let your breath go easily in and out, in and out, without effort, without thought. Your chest slowly rises and falls, naturally, at one with the air going in and out of your body. Feel how the air around you gently caresses and envelops every pore of your skin. Know that you are walking in a great expanse of air. Whatever thoughts you have come and go as easily as the air travels in and out of your lungs. They have no hold on you; they are only part of the wonderful sea of air that surrounds you.

Throughout each day of this week focus your awareness and attention on Air and continue to do this periodically. By doing this, you are activating the Spirit of Air that dwells within you and around you and this will help you with the deep internal mental clearing process that will be occurring in the days ahead.

Day 1
Air: Day 1 – Life Assessment

The journey to discover your authentic self starts with stark honesty about where you are. Be honest in your self-appraisal.

Affirmation for the Day: *My evaluation of myself is not who I am.*

Today: Periodically take deep breaths. Visualize life-force energy filling your lungs and body.

OVERVIEW

Committed to Change! – Level 1: Assessing Your Life

Going for It! – Level 2: Steps and Leaps—Bridging the Breach

Playing Full Out! – Level 3: Assessing Your Physical Environment and Life Questions

Level 1: Assessing Your Life

Take some time to assess where you are in your life right now and write it down in your Process Journal. Include where you are regarding your health, relationships, finances, career, creativity, and spiritual fulfillment. Also write out your intention for the 28 days.

Level 2: Steps and Leaps—Bridging the Breach

Review the following exercises, then write down where you are now and where you would like to be. In your Process Journal, record the Steps or Leaps it would take to Bridge the Breach in each area of your life. There are no right or wrong answers.

Steps and Leaps

This exercise helps you discover the distance between where you are now and where you would like to be. Your soul loves the truth. When there is a breach between where you are and where you want to be, this creates incongruity and sometimes even a feeling of inauthenticity.

“Steps and Leaps” is an exercise to help you discover the breach or distance between where you are now and where you want to be. For example, if you desire incredible vitality, (yet every morning

you drag yourself out of bed, drink three cups of coffee before you talk to anyone, and then spend your entire day in front of a computer), it might be a “Huge Leap” between where you are and where you want to be regarding your health. On the other hand, if you are satisfied with your health, but feel like you would like to be more consistent in your exercise program, it is just a “Small Step” to bridge the distance.

Be as truthful as you can. Grade the distance in either Steps or Leaps – such as a Tiny Step, One Step, Two Steps, a Leap, or a Huge Leap. Notice the areas of you life where the rift is the greatest.

Be aware that you are the person who is deciding what the distance of the breach is. If you notice consistent “Huge Leaps” in your self-assessment, you may be the kind of person who is very self-critical. Where you are in your life is less important than the judgments you make about where you are. Of course, there is always room for improvement in life, but inner peace comes from accepting and loving where you are now. *The first step towards inner healing is to...not judge yourself for judging yourself.*

Assessment

Ask yourself the following questions for each item below.

Where am I? Where would I like to be?

- Self-esteem
- Putting the needs of others before my own
- Worry/frustration
- Resentment/bitterness
- Shame/guilt
- Anger/irritation
- Fear (of failure/success/intimacy/commitment/taking risks, etc.)
- Being busy and overwhelmed
- Self-motivation
- Creativity
- Physical health
- Joy/enthusiasm
- Inner peace/contentment/fulfillment
- Relationships with friends
- Relationships with lover(s)
- Relationships with family members
- Relationship with the Creator
- Forgiving myself and others
- Sexuality
- My past
- Job/work/career
- Finances/abundance

Level 3: Assessing Your Physical Environment and Life Questions

The way that you organize your physical outer environment will often reflect and/or dictate your inner environment. Answer yes or no. Be rigorous in your assessment. If occasionally the answer might be “yes”— don’t answer “yes” unless it is almost always true.

Your Home

Bedroom

1. ____ I feel safe, protected, and nourished in my bedroom.
2. ____ My bedroom is a haven for my soul.
3. ____ My dreams are insightful and provide a passageway to my inner realms.
4. ____ The clothes in my closet reflect who I am and who I desire to become.
5. ____ I truly relax and feel safe in my bedroom.
6. ____ I sleep well in my bedroom and when I awake in the morning I am refreshed.
7. ____ All the objects (paintings, statues, photos, etc.) in my bedroom give me joy and contribute to my feeling balanced.

Kitchen

1. ____ I feel energized, healthy, and vital in my kitchen.
2. ____ Food prepared in my kitchen looks and feels healthy and empowering.
3. ____ My soul feels nourished in my kitchen.
4. ____ I feel creative and get inspired when I prepare food.

Bathroom

1. ____ The energy in my bathroom feels cleansing and healing.
2. ____ The bathroom is a place that I purify and renew myself.
3. ____ I feel comfortable and safe in my bathroom.
4. ____ When I look in the mirror I feel good about what I see.

Living Room (Family Room)

1. ____ My living room is a safe haven for me.
2. ____ I love or use all the objects in this room.
3. ____ Friends and family feel great when they are here.
4. ____ It is clutter free.
5. ____ It feels warm and inviting.
6. ____ My energy goes up with every object in this room. (In other words there are no objects in your home that have negative or bad associations. There are also no objects that you don’t like, but keep just in case the person who gave it to you comes over).

Dining Room

1. ____ I experience pleasure eating.
2. ____ I cherish and support my body by eating food that empowers my body and spirit.

Garage / Basement / Attic

1. ____ I use and/or love the objects that I have stored.
2. ____ The objects that I have stored are used periodically. (For example, there are no unused, unwanted, or broken items such as equipment, appliances, or machinery that haven't been used in the last two years.)

General Home

1. ____ It feels good to approach my front entrance.
2. ____ The entrance into my home is easily accessible and I use my front door.
3. ____ Every time I enter my home I feel welcomed and my energy rises.
4. ____ My home is clean and cared for. (Windows are clean, floors and carpets are vacuumed, closets and drawers are organized, countertops and tables are clear, and furnishings are in good repair.)
5. ____ My plants and animals are healthy and cared for.
6. ____ I love my home and feel great just being in it.
7. ____ There are beautiful things in my home that make me feel good.
8. ____ My home feels healthy and vibrant.
9. ____ There are very few things that I am "putting up with" in my home environment.
10. ____ The photographs of people that are up in my home are people that I love and cherish ... and who love and cherish me.

Answer this question: If your home were an exterior representation of aspects of you and your life, what would your home say about you?

Your Automobile

1. ____ I love the environment of my car/truck and feel safe and embraced when I am there.
2. ____ I play music/radio/tapes/CDs that uplift, inspire, or inform me.
3. ____ I feel protected in my vehicle.
4. ____ I care for my vehicle through periodic maintenance, cleaning, and oil changes.

Your Work

1. ____ I love my work.
2. ____ I feel creative and inspired when I am at work.
3. ____ I really enjoy the other people with whom I work.
4. ____ I am not "putting up with" any person or any work situation.
5. ____ I feel no undue pressure and have the time I need to feel productive and joyous.
6. ____ My place of employment is healthy for my body and soul.
7. ____ I am constantly growing and learning new things.
8. ____ I feel appreciated and supported by my boss and fellow workers.

Life Questions

In addition to answering all the questions above, write out the answers to the questions below if you are “Playing Full Out.” After each of your answers, ask yourself: Is this really true? (Remember: These are not the beauty contest answers, but the truth of your life.)

1. Where am I now in my life mentally, emotionally, physically, and spiritually?
2. What does the purpose of my life seem to have been?
3. What would I like my purpose to be?
4. What am I passionate about?
5. What gives me immense joy?
6. What is my spiritual source?
7. Is my life consistent or in alignment with my values?
8. How do other people see me? How do I see myself?
9. What qualities would I use to describe who I am now?
10. What qualities describe the person that I would like to be?
11. What have I been putting off doing?
12. What do I need to forgive myself/forgive others?
13. What do I want to do with the remainder of my life?
14. What are my goals?
15. I have been blessed with skills/gifts. What are they?
16. Am I using these skills?

People who fail to make changes in their life usually get stopped by frustration, which is then followed by procrastination. Frustration means that something is actually happening because change by its very nature can be frustrating and/or chaotic. When you feel frustration, look at it as an opportunity to strengthen your connection to your soul. Breathe deeply, take a risk, and vigorously plunge ahead through it. You’ll find clarity on the other side; this is the moment for a breakthrough.

Day 2

Air: Day 2 – Making a Commitment to Change Your Life

After you have begun to assess your life, the next step is to make a commitment to take action. There is power in commitment. The instant that you make a decision to change or expand your life, you have put forces in play that almost magically will begin to transform your life.

Affirmation for the Day: *I honor my commitments to myself and to others.*

Today: Become even more aware of the air around you, the way it feels on your face, the way a leaf slowly floats through it, the way the clouds drift on its currents, the way you feel when you inhale and exhale, etc.

OVERVIEW

Committed to Change! – Level 1: Commit to Take One Empowering Action Daily

Going for It! – Level 2: What Are Your Values in Life?

Playing Full Out! – Level 3: What Have You Been Putting Off?

Level 1: Commit to Take One Empowering Action Daily

Commit to make an empowering change in at least one area of your life. As a suggestion, write it down and post it where you can see it every day as a reminder. Commitment is a day-by-day process. Every day renew your commitment (and forgive yourself if you didn't keep it the day before.) Everyday is a new beginning. Understanding the true power of commitment can totally transform your life.

The barriers that occur for you regarding this commitment will be exactly what block your commitment to yourself. To make a commitment is to take a stand in life ... to live life heroically. The moment you are your commitment rather than your commitment being something you said, you and your commitment become one and you can actually impact the world. If there were one empowering thing that you could do today, and every day for the next 27 days, what would it be? Choose one thing and make a covenant with yourself to keep your word.

Your word is law in your universe. Give your word to yourself with integrity, focus, certainty, and with the same intensity as if you were giving your word to the Creator. Below are some examples of things you can commit to do on a daily basis for the next 27 days. Or you can choose something else not on the list that you know would empower you. What you choose is less important than

your willingness to make a commitment to yourself and to follow through no matter what. Even one minute a day for 28 days can make an enormous difference.

Examples of daily commitments:

- Dance with passion for 10 minutes
- Meditate for 15 minutes
- Yoga for 20 minutes
- Pray for peace
- Take a walk
- Paint or draw for 30 minutes
- Take a daily green health drink
- Take a candlelight bath
- Clean out the attic for 15 minutes
- Aerobic exercise for 15 minutes
- Clutter clear for 30 minutes
- Sit quietly doing nothing for 10 minutes
- Become conscious of what you consume by writing it down
- Drink six glasses of water
- 100 Kegel exercises
- Lay on the earth and just let go
- Work in the garden

Alternatively, you can commit to *not* do something on a daily basis. For example:

- Limit television watching to one hour
- Cut back to two cigarettes
- Limit use of swear words
- Stop eating after one serving

Level 2: What Are Your Values in Life?

Your sense of “self” emerges from your personal values ... and your values comprise a large part of your identity. In fact, your entire life evolves around your values, so it is very important to discover what your values are. (Values are different from morals. They are the qualities that you “value” in life. Morals are placed upon you, values are internal.) In this exercise remember, there are no right values, only the values that are right for you.

Write down all your personal values. You might want to make a list of your true values that exist in your life right now and another list of the values that you desire or that are important to you. This is only necessary if the values that you live by and the values you admire are different. For example a true value might be “productivity.” This might mean that you equate your personal value with being productive at your job and this is very important to you. However you might feel that “love” *should* be your top value. There is nothing wrong with productivity as a value; it’s only negative if it is in conflict with the value that you desire, such as love. If the values *you currently possess* and the values *you desire* are different, there will be disharmony in your life.

Look at your list of desired values. Then put them in order of importance. Write your values on pieces of paper and then arrange and rearrange them in different orders until the order of your personal values feels right. Once you have compiled your list of your desired values ask: *Is my life consistent with these values?* If not, make a commitment to change your life, or change your

values so that they are in harmony. For example, if your top personal value is “peace and relaxation” but you love day-trading in the stock market and snowboarding, this can create incongruity within you. Consider changing your top value to “adventure” or changing your activities to be consistent with your top value of “peace and relaxation.”

Make an inner commitment to live in harmony with your values. When confronted with a decision, make choices that will move you in the direction of your desired values. When your life is in alignment with your values, deep satisfaction expands within you. (As you proceed with this 28-day program, it is not unusual to find the order of your values changing.)

Examples of personal values:

Love	Integrity	Health
Peace	Graciousness	Honesty
Loyalty	Creativity	Fun
Happiness	Commitment to career	Spirituality
Security	Courage	Beauty
Knowledge	Wisdom	Contentment
Joy	Abundance	Contribution/Service
Passion	Determination	Beautiful surroundings
Enthusiasm	Productivity	Risk taking
Adventure	Energy	Satisfaction
Intelligence	Vitality	Spirituality
Connection to family	Freedom	Sexuality

Level 3: What Have You Been Putting Off?

What have you wanted to do but have been avoiding, procrastinating, or delaying? Make a list of what you have been putting off and then take action today on at least one item! (Additionally make a feasible plan to take every one of these items to completion in the future.)

Make a commitment to take action and do whatever it takes to keep your word with yourself. Share your commitment with a friend. Create consequences for yourself (such as what you will buy yourself if you keep your commitment). You know what it takes for you to keep your word. Do whatever it takes to keep the commitments that you are making this day. The willingness to make a covenant with yourself and then keep your covenant is the first step to true inner mastery.

What action could you take today that could propel you in the direction of your intention? The pain of commitment to take action can be short term, whereas the pain of regret can be life long.

Day 3

Air: Day 3 – Clearing Clutter in Your Bedroom/Bathroom

For some people it's unrealistic to think that all the clutter in their life could be cleared out in a week (or even a month, or a year for some), however, even a small amount of clutter clearing can have remarkable results. When you begin to clear out any clutter in the environment around you, it can have a powerful corresponding effect on the mental clutter inside you.

Today, start by clearing the clutter in your bedroom, bathroom, or bedroom closet. These are the personal areas of the home and often relate to personal areas of our life. One's home is often a metaphor for one's life and the bedroom is thought to be a metaphor for our inner life. The bedroom is also where we spend the most amount of time. It is where we dream, rejuvenate, and have intimate relationships. There are often powerful metaphors within the bedroom that relate to our inner experience of self.

When you are deciding where to start your clutter clearing, remember your self-assessments from the first day. If you have difficulty letting go of relationships past the time when you feel connected, supported, or empowered by those people, then clutter clearing the things that represent those relationships can have a powerful effect on that pattern.

For example, if you store your old Christmas cards in your bedroom, purge the cards from people with whom you no longer feel connected. And organize the cards from people you love. Alternatively, realize that you can keep the love from the people who sent you those cards, but you can throw the cards away.

In your clutter clearing, celebrate what you did do rather than what didn't get done. Also, take each task to completion. For example, it's better to clean one drawer and complete it rather than only get halfway through a closet.

Affirmation for the Day: *There is clarity within me and around me.*

Today: Breathe in self-acceptance and breathe out self-judgment.

Do this while doing the following cleansing yogic breath:

Breathe in for three, hold for three, and exhale for three. Repeat three times.

Breathe in for six, hold for six, and exhale for six. Repeat three times.

OVERVIEW

Committed to Change! – Level 1: Clutter Clear One Small Area

Going for It! – Level 2: Clutter Clear One Larger Area

Playing Full Out! – Level 3: Completely Clutter Clear One Room

Level 1: Clutter Clear One Small Area

Choose one small area in your bedroom, bathroom, or bedroom closet such as a drawer or shelf. Clear and clean it thoroughly. While you are clearing, affirm to yourself, “I am clearing all that I do not need out of my life.”

Notice emotions, thoughts, and memories from the past that occur while you do it. Be aware of the meaning that you give those items and why you have chosen to keep them or get rid of them. Remember the motto, “Use it, love it, or get rid of it.”

Level 2: Clutter Clear One Larger Area

Choose a larger area in your bedroom, bathroom, or bedroom closet to clutter clear. For example, clear all the bathroom drawers. Affirm out loud with intention, periodically as you do it. “I am clearing all that I do not need out of my life.”

Words have power and when you say affirmations at the same time as you are clearing out an area in your home, this speaks powerfully to the subconscious mind. Create an affirmation that matches what you are clearing. For example, if you are clearing out old clothes you might affirm out loud, “The clothes I keep magnify my beauty, grace, and joy!” or “These clothes are the old me and I am now releasing the old me.”

Level 3: Completely Clutter Clear One Room

Choose the bedroom or bathroom and completely clear it. With every item ask yourself, “Do I love this?” “Do I use this?” or “Have I used it in the last year?” If the answer is no, get rid of it. Affirm out loud with passion using your body—for example, punch the air over your head with your fist while proclaiming, “I am clearing all that I do not need out of my life.”

Additionally, once you have cleared the clutter, create a space that feels great. Put out flowers, clean the mirrors, or put up artwork that inspires you. Create beauty. If you are working in your

bathroom, although the items on the countertops are necessary maybe there is a way that they can be presented in a more attractive way. Is it necessary to have all the lotions, razors, toothbrushes, make-up, prescriptions, supplements, hair dryer, and mouthwash spread across the counter top, or is there a more harmonious way to store or arrange them? For example, maybe your vitamins could be put into a beautiful jar or basket.

Your bedroom or bathroom can be a place of refuge and renewal. It is in these places that you can refresh, revitalize and nurture yourself. Today, create beauty and harmony in one of these rooms. When you are complete, light a candle and sit quietly saying a blessing for the energy in that room to support vitality, peace, and love.

Additional Information about Clutter Clearing

You will notice that clutter clearing is an important part of the 28-Day Program. In addition to taking a Soul Journey, you may want to consider doing some clutter clearing to make room for the changes that you will be going through. This can be a great service that a Soul Coach can offer—to help clear out articles that no longer serve you. Remember that you make the ultimate decision. The Soul Coach is just there to offer support.

Clutter clearing simplifies your life so you can begin to be who you truly are. It allows you to gain control of your life—creating more time at home and at work so you can do what really matters to you. It creates the space for you to do those things in life that are important to you. It opens the space for more love, freedom, and joy.

When clutter clearing, ask, “Is this stuff in alignment with my values and my mission?” Or, when you buy new things, ask, “Are these things in alignment with my values and my mission?”

1. **Chuck It:** Do a little at a time. One drawer or shelf at a time. Don’t burn yourself out. The goal may seem unattainable but over a few weeks or months you will see results. If you don’t love it or use it, get rid of it!
2. **What You Need:** A timer and four boxes labeled:
 - Give Away/Donate
 - Throw Away
 - Put Away
 - Store
3. **Set A Timer:** As soon as the timer starts, begin sorting and putting everything away. Everything! Throw the trash away. Put the boxes to be donated in the car to be taken to a local charity. Store what needs to be stored.

4. **Be Aware of Emotions:** As you clear your clutter, be aware of how you are feeling. Often clutter clearing exposes deep suppressed emotions. Do you feel sad, uncertain, angry, afraid, or confused? When you are finished, how do you feel? More relaxed, peaceful, anxious. There is no right way to feel. Just notice what comes up. This is a healing process.
5. **Celebrate:** Take time to celebrate what was accomplished! Do this no matter how much or how little was done.

There are many books on clutter clearing; most of them don't take into account the depth and the meaning of one's clutter. In Soul Coaching, we understand that clutter clearing often entails deep, personal transformation and profound change in how we see ourselves and the world around us.

When we create order and peace in our outer surrounding, it is reflected in our inner being. When we care for and have consciousness in the environment around us with a kind of focused attention, it releases a wondrous energy of sacredness into the world that contributes to our own healing and the healing of others.

Often we hold onto things because of fear that we won't have enough or we won't be enough in the future. The more you hold onto something because of fear, the more you will create the fearful situation in your life. To create more inner peace, let go of your clutter.

Chogyan Trungpa Rinpoche, one of the foremost teachers of Tibetan Buddhism in the West, said this, "You see that you can organize your life in such a way that you magnetize magic or drala. When you express gentleness and precision in your [physical] environment, then real brilliance and power can descend onto the situation. If it is chaotic and messy, then no drala will enter into that environment."

Day 4

Air: Day 4 – Where Are You Now in Your Life?

We all have thoughts about ourselves and some thoughts create rigid rules and core beliefs about life. In some cases, our thoughts and inner beliefs are empowering, however, in many cases we have unwise thoughts about who we are and what we believe.

Even though the way we perceive ourselves might not always be glowing, we are each doing the best that we can. We didn't consciously choose our identity. It was molded by the circumstances of our life and by things that our family and people told us.

Our identities are shaped by the emotional environment of our early childhood years, which we tend to recreate in adult years. We are programmed by the thoughts and belief systems of our parents, who were shaped by the beliefs of their parents. Sometimes, we will even treat ourselves the way our parents treated us.

In your quest to connect with your soul, remember you are not your identity. Who you truly are is so much more magnificent, remarkable, and eternal.

To begin to loosen your attachment to your identity, it is important to first become aware of it. Don't try to get rid of it. Become the Sacred Observer and observe your ego, self-concept, beliefs, and rules about life without judgment. Observing yourself with a gentle humor will help you to find your authentic self.

Affirmation for the Day: *I love and accept who I am ... and who I am is enough.*

Today: Observe your life while you hold the thought that the events of your life today are neither good, nor bad. They are just the events of the day. They are only good or bad depending upon the meaning that you give them.

OVERVIEW

Committed to Change! – Level 1: Be the Sacred Observer
Going for It! – Level 2: Your Faults Can Be Your Virtues
Playing Full Out! – Level 3: Observing Your Core Beliefs

Level 1: Be the Sacred Observer

Your identity is a detailed concept about yourself that you cart around with you through life. It is a jumble of evaluations, opinions, rules, and perceptions about yourself that serves as a filter through which you view every experience. For example, if your filter contains the thoughts and beliefs that you live in an angry world, you will continually see angry people and situations around you.

The problem is that you may not even be aware of even a small amount of the enormous number of beliefs about yourself and the world that you hold. Our beliefs about life and ourselves are so ever-present that we often don't even know that they are there. They can be likened to the air that is all around us, but we rarely are aware of it.

The more aware you become of the thoughts, concepts, and perceptions you have about who you are, the more you can begin to discern who you really are. Today, observe your thoughts and the situations around you. Become the Sacred Observer. Watch your internal dialogue and observe the language and words that you use. If you observe that your language is filled with disempowering words, consider substituting more empowering words. You feel different when you use different words. Changing your language can change your life. For example:

- *I'm depressed* can become *I'm a little down*.
- *I'm exhausted* can become *I'm recharging*.
- *I'm pissed off* can become *I'm a tad cranky*.
- *I'm lonely* can become *I'm open for love*.
- *I'm overwhelmed/overloaded* can become *I'm stretching myself to discover my capabilities*.
- *I have too much to do* can become *I'm expanding my horizons*.
- *I'm okay* can become *I'm superb*.
- *I'm good* can become *I'm excellent!*

Observe your reactions to the experiences you have this day. Ask yourself, "For someone to feel this way about this situation what would they have to think and believe about themselves and the world?" and write down those thoughts.

Become the silent witness for a day. Without judgment or evaluation, watch yourself, your reactions, and actions. Observe yourself. Observe the language you use. Do you use empowering or disempowering language when talking about yourself or about life? Observe your thoughts. Notice the types of thoughts that you think on a consistent basis. Do your thoughts bring you closer to your authentic self or take you away from your source? Write down your observations. Instead of being the victim of your emotions, say, (for example) "I'm *doing* anger or I'm *doing* resentment." Be the cause of your emotions, rather than the effect.

Level 2: Your Faults Can Be Your Virtues

As you begin to become aware of the perceptions that you have about yourself, you may notice yourself labeling those thoughts as good or bad. The truth is that when you begin to accept the things that you don't like about yourself, they can become your assets. For example, instead of condemning yourself for being stubborn, think of "stubborn" as being "over-amplified determination", which is a wonderful quality that can be called upon when you need to complete a project or get through a challenging time. The thought then changes from "I am stubborn" to "I am strong and determined." Make a list of your so-called "faults." Then next to it list how each of those can be viewed in a positive manner if it were toned down. A fault toned down becomes a virtue at your disposal. For example:

- *Flighty* toned down becomes *Spontaneous*.
- *Penny-pinching* toned down becomes *Thrifty*.
- *Resentment* toned down is a *Strong Sense of Justice*.
- *Perfectionism* toned down becomes a *Commitment to Excellence*.
- *Procrastination* toned down becomes *Divine Timing*.
- *Bluntness* toned down becomes *Honest Self-Expression*.
- *Condescension* toned down becomes *Discernment*.
- *Erratic* toned down becomes *Spontaneity*.
- *Sarcasm* toned down becomes *Sense of Humor*.
- *Self-centered* toned down becomes *Cherishes Self*.
- *Jealousy* toned down becomes *Placing High Value on Relationships*.
- *Forgetfulness* toned down becomes *Not Obsessed with Present Time*.
- *Impatience* tone down becomes *Eager*.
- *Shyness* toned down becomes *Assessing, Thoughtful, Reflective*.
- *Controlling* toned down becomes *Having a Handle on the Situation*.
- *Know-it-all* toned down becomes *Abundant Knowledge Specialist*.
- *Always Follows the Rules* toned down becomes *Believes in One's Commitments*.
- *Overly Detailed* toned down becomes *Routinely Precise*.
- *Talkative* toned down becomes *Expressive*.
- *Impatience* toned down becomes *Ready for Action*.
- *Judgmental* toned down becomes *Discerning*.
- *Self-Sabotage* toned down becomes *Cherishing All Parts of Self*.
- *Anger* toned down becomes *Fiery Passion*.
- *Critical* toned down becomes *Discerning*.
- *Picky* toned down becomes *Selective*.
- *Manipulative* toned down becomes *Influential Motivator*.
- *Opinionated or Argumentative* toned down becomes *Secure in One's Beliefs*.
- *Self-Victimizing* toned down becomes *Sensitive to Inner Sense of Justice*.
- *Confusion or Lack of Clarity* toned down becomes *Open to All Possibilities*.

Level 3: Observing Your Core Beliefs

A core belief is a notion that you have held so long and repeated so often that it has become entrenched into your subconscious mind. These beliefs are like a hum in the background that you don't know is there until it stops. Some may be empowering and some may be disempowering. As a suggestion, think of some of the recurring events in your life and ask yourself, "If a stranger had these events occur in their life, what might be their core beliefs?"

List the positive and negative core beliefs that you have about yourself. After writing your list, go back in the past to discover where you first adopted that belief, and does it serve you? Then write your answers down.

Examples of negative core beliefs:

- Life is a struggle, life is hard.
- No pain, no gain.
- I need to look after people.
- Nobody can do the job as well as me.
- I have to do it myself if I want it done right.
- Men/women in my life always treat me badly.
- I'm too old to think of a new career.
- I have to fight to get ahead.
- I never finish what I start.
- Suffering is the only true path to God.
- There is never enough ... and if there is, it's because of greed.
- I'm not worthy.
- I always do everything the hard way.
- Rich people are always unhappy.

Examples of positive core beliefs:

- I have incredible determination.
- I am always loved and loveable.
- People really enjoy being around me.
- I always complete what I start.
- I'll succeed at whatever I attempt.
- No matter what challenge I encounter I'll always find a way to overcome it.
- The more I give, the more I receive.
- My life is guided in the right direction.
- All my needs are met.
- Life is easy.

Day 5

Air: Day 5 – Clutter – Energy Up/Energy Down

The Spirit of Air relates to the mental aspects of self. It also is associated with the qualities of organization, clarity, focus, and being able to see afar. To understand the Spirit of Air, imagine that you are on a mountaintop. The air is fresh and sparkling. When you take a deep breath, your whole body feels invigorated. As you look down to the valleys and to the distant sea, it seems that you can see forever. Clearing out unused or unloved possessions in your home can have this same effect on your spirit.

Clearing clutter in your home can be a transformational experience. Your clutter may be draining and depleting your energy. So if the things in your home aren't used or don't inspire you or bring you joy, then getting out from under the burden of them can be a soul-fulfilling experience.

There is a good reason why so many spiritual teachings discourage accumulation. A powerful connection exists between the organization of your material belongings and the cultivation of your spiritual growth. It is easy to feel overwhelmed by our possessions and lose sight of the presence of the Divine.

When you clear out the “stuff” that lowers your energy, your home becomes a sanctuary. A home that matches the contours of your soul subconsciously affirms that you are completely all right exactly the way you are. It is a place where you explore who you are and what you might become. A soulful home gives you a deep sense of belonging; it is a place on the planet where you can sink your roots and feel safe—a home for the soul.

I don't expect that you can clear out your entire house/office/car in a few hours (or even in a few weeks or more), but even taking a few steps today can begin a process that can have a huge impact on your life. Remember that clutter to one person is not clutter to another. If it brings your energy down, it is clutter. If you love it or use it, it is not clutter. Releasing clutter can open the space for a new vitality to surge into your life. You are on a spiritual journey and clearing clutter can help your home become a refuge for your soul.

Affirmation for the Day: *Fresh, invigorating energy fills my life.*

Today: (If possible, do this exercise outside.) Close your eyes and connect with the Spirit of Air. Feel the air around you, where it touches your face and body. Imagine that you are aware of the air within you. Air is not only in your lungs, it is in every one of your cells oxygenating and cleansing your cells and your body. Then take deep, slow breaths. Imagining that you are filling your body and your life with sparkling, invigorating vitality.

OVERVIEW

Committed to Change! – Level 1: Energy Up/Energy Down

Going for It! – Level 2: Clutter Questionnaire and Clearing One Area

Playing Full Out! – Level 3: Employ the Power of Metaphor

Level 1: Energy Up/Energy Down

Every object in your home will bring your energy up, take it down, or be neutral, even if you are not consciously aware of it. For example, Susan bought a vase right after she had an argument with her husband. She liked the vase, but every time she looked at it, subliminally it lowered her energy because she subconsciously associated it with the argument. She wasn't aware of this fact until she did the "Energy Up/Energy Down" exercise.

This exercise can be done in two ways. You can choose one or the other, or both.

First Method: Close your eyes, relax, and imagine that you are walking around your home. Imagine picking up different objects and opening different drawers. Notice where your energy seems to go up, and where it goes down. Sometimes there will be a certain room where your energy goes up or a particular object that really uplifts you. Later, you might want to consider getting rid of the objects that bring your energy down and displaying the ones that bring it up.

Second Method: Actually walk around your home, staying in touch with your feelings and your body sensations. Notice where your energy seems to wane and where you feel revitalized. Touch different objects and notice what happens to your energy. After doing this exercise you may want to make adjustments in your home.

Level 2: Clutter Questionnaire and Clearing One Area

Since objects are invested with symbolism, clearing things out of your home can have a direct effect on your psyche. Sooner or later you will experience the positive consequences of cleaning the debris out of your home. For this exercise, answer this clutter questionnaire and then choose one area to clear. (It doesn't have to be a big area.)

When clutter clearing, it is valuable to be aware of the "I am my house" syndrome. When we don't want someone to visit because our house is messy, or when someone drops by unexpectedly and we profusely apologize for the mess, we are identifying with our home. There is nothing wrong

with being proud of your house. However, from a spiritual perspective, you are not your home or your possessions. You have things. They influence you, but they are not who you are. When you are clearing out clutter, notice how much of your identity is attached to the objects in your home.

Answer yes or no to the statements below:

Bedroom

1. ____ I wear the clothes in my closet. In other words, you don't have stacks of clothes that you don't wear because:
____ It doesn't fit, but might some day.
____ I paid a lot for it.
____ It might come back in style, etc.
____ It was a special gift.
2. ____ I feel satisfied with the organization of my bedroom and bedroom closet.
3. ____ The space beneath my bed is clear or organized.

Bathroom

1. ____ I only have medications that are not past their expiration date.
2. ____ The items in the medicine cabinet have been used in the last year.
3. ____ My bathroom cupboards and beneath the sink are clutter free.
4. ____ The plumbing is in good repair.

Kitchen

1. ____ The appliances are in good repair (toaster, refrigerator, coffee maker, etc.).
2. ____ My kitchen counters, cupboards, and floor are clean.
3. ____ The food in the cupboards is less than a year old.

General Home

1. ____ My home is in good repair (cracked windows, faulty plumbing, leaking roof, etc.).
2. ____ I am able to find things easily without a long search.
3. ____ I don't have piles of newspapers and magazines that I haven't read.
4. ____ I don't have spare parts to things, which are unknown to me.
5. ____ I don't have stacks of broken things that I have been meaning to fix.
6. ____ I only buy things that I need (and not what I already have but have forgotten about).
7. ____ I complete the projects I start. (In other words, there aren't lots of unfinished or never started projects lying around.)

Car

1. ___ My car is in good repair.
2. ___ I change the oil regularly.
3. ___ I periodically rotate the tires and have a tune-up.
4. ___ My car is clutter free

Desk/Office

1. ___ My desktop is organized and clear.
2. ___ My papers are neat and filed.
3. ___ Piles of papers on my desk stay no longer than two weeks.
4. ___ My bills are paid and/or I have a plan to pay them.
5. ___ I am not in debt.
6. ___ I spend my money wisely.
7. ___ I am up-to-date with my taxes and/or have a plan to pay them.
8. ___ My computer files are only the ones I need and use. (In other words, there is not a lot of computer clutter.)

If you answered “no” to any of these statements, then choose one of those areas and do clutter clearing. It’s valuable to make positive affirmations as you do this. For example, if you decide to clutter clear your car, you might affirm, *“I travel forward in my life easily and effortlessly!”* Get the feeling that you are able to move forward with more ease and grace.

Level 3: Employ the Power of Metaphor

Choose one additional area from the above list and clear it out. Ask yourself: *“If this clutter represented something about me and my life, what would it be?”*

Also employ the power of metaphor with your clearing. For example, if you have financial difficulties, you might consider going through old bills and financial papers, affirming, *“I am clearing away blockages and abundance is flowing into me!”*

Keeping clutter because you might need it someday is a negative affirmation. It says to your subconscious mind, *“I never use this item and I’m okay now without it, but I might not be okay in the future, so I better keep it.”* If you have a lot of items that you are keeping for this reason, they can be a self-fulfilling prophecy that affirms a future filled with lack of the things you need.

As you clutter clear, continue to ask yourself, *“If this represented something about me and my life what would it be?”* When even one small thing is cleared, celebrate with enthusiasm. Honor yourself for what you have done. Stop. Breathe. Smile! This is important. Celebrate every advance that you make.

Day 6

Air: Day 6 - Lightening Up-Letting Go and More Clutter Clearing

There are many different kinds of clutter. Of course there is the usual home clutter, but there is also computer clutter (old files or documents in your computer that you will never use). Your purse can be cluttered with old receipts, dried makeup, used tissues, etc. Also, your garden can be cluttered with overgrown or dead plants, or piled trash.

However, clutter can also be internal. Having such a busy schedule so you are always overwhelmed is clutter. Constantly having too much to do creates internal clutter. Talking all the time, without listening to others, is also internal clutter. Constantly thinking, analyzing, rationalizing, or worrying, without taking time to be quiet and listen to your inner voices, is another type of internal clutter. Today is the time to address these other kinds of clutter.

Affirmation for the Day: *I am safe and centered no matter where I am.*

Today: Take time to relax, listen to soothing music, read inspiring quotes, poems, or passages. Take a walk. Breathe.

OVERVIEW

Committed to Change! – Level 1: Zen Teacup

Going for It! – Level 2: Schedule Time to Relax

Playing Full Out! – Level 3: Clearing Mental Clutter

Level 1: Zen Teacup

In Zen Buddhism there is a famous story about a businessman and a Zen master. The businessman desires to become enlightened so he visits the Zen master. The Zen master offers the businessman tea. He pours the tea into the cup and then keeps pouring until the tea is splashing on the floor.

The businessman becomes distraught and yells, “What are you doing!!!!” The Zen master calmly replies, “This cup is like your mind. It is overfull. It must be emptied first before you can attain enlightenment.”

Take 15 minutes today to empty your mind. Create a quiet place. If possible, turn off the ringer on the telephone and eliminate other distractions. Sit still. Breathe. If you notice a thought, don’t encourage it or deny it. Let it float by like a cloud. Become empty.

Level 2: Schedule Time to Relax

Take time to examine the schedule of your life. Have you scheduled time for “joy,” “relaxation,” and “friends and family?” As you look at the hours you spend devoted to different activities, what does the emphasis seem to be on?

There should be plenty of time for self-nurturing, pleasure, and relaxation. If there isn't time for these things, make empowering choices today to eliminate nonessential aspects of your schedule. Make time in your daily planner or calendar for creativity, relaxation, and fun. This is important!

Cleave the shaft from the grain in your daily schedule. What could you delegate? What could you eliminate? Eliminate the activities that keep you in a constant state of overwhelm and overly busy, and schedule time for joy. If someone asks you to do something, which would mean losing your time to relax, say, *“I'm sorry but I have another appointment (with myself)”* or *“I have something else on my schedule.”* Make your appointment with yourself as important as any appointment with another person.

Level 3: Clearing Mental Clutter

Today, begin to clear anything that might represent mental clutter (such as papers, old files, old letters, old Christmas cards, financial receipts, coupons, clipped articles, etc.).

Even though old files in your computer don't take up space, they still can be clutter if they *feel* like clutter. Also back up anything on your computer that needs it. Worry over losing valuable computer files is mental clutter.

As you clear clutter affirm, *“I am opening space within myself for remarkable mental clarity and focus.”* As a suggestion, as you clutter clear you can say to yourself, *“With everything I release – more energy/love/abundance comes my way.”*

If you only have time for clutter clearing one area, choose the area that will symbolically have the most impact on your life. For example, if you are experiencing blockages in your career, clear your desk in your office with the intent that you are gaining more mental clarity regarding your career. If your challenge is relationships, begin to organize your photos or anything that represents relationships to you.

Day 7

Air: Day 7 – Exploring Your Soul Mission in Life

You are here on the planet for a reason. There is a purpose for your life. When you become clear about your mission, there is a deep feeling of inner contentment that begins to develop within you. You truly know that every experience in your life is propelling you forward in alignment with your mission.

Writing a mission statement that clearly and succinctly states your purpose can help bring a dynamic clarity and focus into your life. When you write your mission statement or say it out loud, you should get an immediate rush of energy, strength, and vitality because the words resonate with your soul.

The words don't need to be fancy or eloquent or filled with ideals for humanity. They need to speak the truth of your soul. They need to be real and authentic. It may take hours working on your mission statement or it may come in a rush. Keep working with it until each word sings with your inner truth.

Today is also a day to watch for signs, synchronicities, and coincidences. In every moment the universe is whispering to you. Even ordinary events in your life carry communications from the realm of Spirit. There are messages for you carried on the winds. There is wisdom in the morning songbirds. Even right now as you read this paragraph, you are surrounded by personal messages from the Spirit.

Signs are powerful indicators that can give you understanding about yourself and insight about your direction in life. They can also reflect what is occurring in your subconscious mind. When you listen to the whispers of the universe, you deepen your connection to your inner wisdom.

Affirmation for the Day: *Who I am is enough.*

Today: Watch for signs, coincidences, and synchronicities. Say to yourself about every experience today, "If this event had a message for my life, what would it be?"

OVERVIEW

Committed to Change! – Level 1: Ask "Why Am I Here?"

Going for It! – Level 2: Begin to Create Your Soul Mission Statement

Playing Full Out! – Level 3: Create a Soul Mission Collage

Level 1: Ask “Why Am I Here?”

Often the way that our soul talks to us is through synchronicities, coincidences, and signs. But most of us have lost our ability to listen to personal guidance available to us at every moment.

Today, take time to listen to these secret messages. Ask yourself, “Why am I here?” and then watch for signs during the day. You might hear your messages through the “coincidental” songs played on the radio or through the conversations of the people next to you in line at the store, or through the spontaneous thought that pops into your head. When you take time to listen, valuable messages will show up in the most unexpected ways.

Level 2: Begin to Create Your Soul Mission Statement

Starting with the words: “The purpose of my life is ...” Start writing. Keep working on it until every time you say it, you can feel your entire being vibrate with joy. The soul loves the truth so much that when you state your true mission, every part of you expands with vitality and energy. It might take awhile. You may want to continue defining and refining your declaration about your soul’s work during the weeks ahead.

In a way, your Soul Mission Statement engenders spiritual seeds. If you plant sweet corn or poison ivy, the universe will not distinguish or judge; it will give the energy freely for both to grow. So which seeds do you choose to plant in the fertile soil of your soul? What do you want to grow?

Level 3: Create a Soul Mission Collage

On a large poster board, write your Soul Mission Statement and then either color, paint, or make a collage with pictures torn out of magazines to create a rendering of the “feeling” of your mission statement. For example, if your purpose in life is to “Be Joyous” then you would want to create a collage that gives you the feeling of joy.

Take this collage and put it in a place in your home (such as a bedroom wall) where it can serve as an affirmation of your alignment with your soul’s purpose.

Days 8-14:
WATER – Emotional

Water traditionally represents the emotional aspect of self, and the second week of your 28-Day Program is focused on emotional cleansing. Additionally, it symbolizes intuition, trust, nurturing, dreams, and innocence.

Our connection to water is primal, and the longing to yield ourselves to the comfort of her fluid form goes back to the beginnings of our individual lives and the beginning of life on earth. From immersion into a baptismal pool, to relaxing in a warm scented bath, to swimming naked on a warm moonlit night in an alpine lake, the pleasure and deep meaning attached to our experiences of water are profound. We begin life in water and we are universally drawn to its soothing, cleansing, healing, and joy-giving qualities.

This deep attraction is not hard to understand, given the fact that our bodies are mostly made up of water. Its life force flows through our veins every moment of our lives. The water that flows within you didn't start its journey with your birth and will continue to flow after your death. That very same water has gently flowed down the golden Nile; it has been a gentle mist high in the Sierra Mountains and a cloud over the Brazilian rain forest. Beyond the obvious need we have to hydrate our bodies with water, there is perhaps also a memory stored within our genetic imprinting, which connects us to all waters and reinforces our yearning to meld with it.

Water is continually giving birth to itself through the grand cycle of evaporation, precipitation, flow, and return. It never ends. It forms a kind of backdrop against which we live out the course of our lives. It is a metaphor for the eternal journey of the soul. Although the form of water continually changes, going from ice to mist, freshwater streams, brackish bogs, snow, hail, summer rains, billowing clouds, sea water or mighty rivers, there is never a drop more or less of this precious substance in our world.

Perhaps the Spirit of Water symbolizes our emotional body because communities grew up around rivers—the river was their lifeblood. Wells and fountains formed the center axis for towns and hamlets. It was here that women would gather to do their washing and to draw water for families and animals. And it was here that people would gather to discuss the weather, their crops, and the business of the town. Stories were shared along with strategies for meeting the challenges of life. The source of the water created a web of cohesion and emotional bonding that held the community together. In some unseen, yet potent way the water was the catalyst for the building of community and the bridging of cultures.

Don't be concerned if emotional concerns occur during this week. All is not always as it seems. It is all a part of a healing process.

Connecting to the Spirit of Water

For the next seven days, be aware of all the times you have contact with water. Be aware of humidity, mists, clouds, rain, water in food (fruit, vegetables, etc.), drinking water, bath, toilet, shower, etc. Notice how each encounter with water affects you.

When you first awake in the morning, even before you get out of bed, focus on the water around you and within you. There is water that flows through your veins and throughout your body. In addition there is always water in the atmosphere around you. Even in the driest climate there is still always some moisture in the air. Really imagine that you are feeling and are aware of the water that is around and within you. When you take a bath or shower, be aware of the cleansing and purifying aspects of water.

This week take some daily time to relax especially near or in water. Imagine that you are Water. Imagine how it would feel to be a still pool, a mountain stream, a mist, the great sea, a summer shower, or a creature that lives in the water, such as a dolphin. As you do this, notice any memories or images from the past that flow into your consciousness. Just watch these memories, the way you would watch ripples on a still lake. Don't become engaged with your memories. Just observe them. If you are doing these exercises before bedtime, complete this meditation by drifting off to sleep. Know that deep, inner work occurs within your dreams as you sleep.

By doing these exercises this week, you are activating the Spirit of Water that dwells within you and around you.

Day 8

Water: Day 1 – Exploring the Turning Points in Your Life

We all have emotions. In fact, emotions are the sweet juice of life—even the uncomfortable ones. Imagine a symphony with only soft lyrical music and no crescendo or denouement or a movie where everyone is happy and peaceful throughout the entire movie. It would be boring!

It is our emotions—sadness, exhilaration, fear, joy, grief, passion, and sense of adventure—that allow us to experience life in all its fullness and richness. If we cherish some of these emotions yet deny or suppress others, we are not balanced and whole.

Perhaps you've met someone who suppresses anger. There is a tension within them that is uncomfortable for everyone around them. When you own and honor all your emotions, there is a deep inner peace that arises within you. The soul loves the truth. When you tell the truth about what you feel, there is inner peace.

It is also important to remember that although you have emotions, in your essence you are not your emotions. You are an infinite being, a child of the Creator, and a soul on a spiritual journey. Today you will be examining your life in the context of your emotions.

Affirmation for the Day: *I unconditionally accept my feelings ... and what I feel is not who I am.*

Today: Connect with the Spirit of Water. When you drink water, feel your body being hydrated and cleansed. Imagine that you are drinking rainwater or fresh cold spring water. Cleanse your body with water—dry brush your skin and then shower or bathe. Rinse with invigorating cold water. You'll step out of the shower/bath glowing!

OVERVIEW

Committed to Change! – Level 1: What Were the Turning Points in your Life?

Going for It! – Level 2: What Have You Learned During the Turning Points in Your Life?

Playing Full Out! – Level 3: What Are the Recurring Emotions of Your Life?

Level 1: What Were the Turning Points in Your Life?

In every life there are defining moments of insight or experiences that cause us to make decisions that change our lives. When you know what those moments are, you have an awareness of why you have made certain decisions in your life and why you continue to make these decisions. Awareness of these turning points means that you understand more fully why you do the things that you do. If you don't know your turning points, life can seem random, unconnected, confusing, and even meaningless. It can give you a feeling that you don't know who you are.

A turning point can be a time when you made a disempowering decision that has determined everything that happened to you since then or it can be where you made an empowering decision that influenced your life afterwards.

For example, at the beginning of Denise Linn's senior year in high school, she went to see Mrs. Peters, the career advisor for the school. Every senior went to see her to get advice about what path to follow for his or her future. Denise told her that she wanted to go to college and become a psychologist so she could help people.

Mrs. Peters looked at Denise with a critical eye for a moment and then said she didn't think Denise was cut out for college and especially not the psychology field. Mrs. Peters said that she should think about finding a husband and getting married instead. Denise walked out of her office in a daze. Her dreams for the future were suddenly dashed. She walked to the river that meandered through town and climbed her favorite tree—it had big branches that loomed over the river—and the thoughts in her head swirled like the current beneath her.

As she watched the golden brown river flow below, a resolve began to fill her. She thought, "No matter what Mrs. Peters says, I *am* going to college! I will find a way to help people." It was a turning point in her life.

Later, when Denise was faced with a multitude of obstacles to going to college, she kept seeing Mrs. Peters' critical face, and she would become absolutely determined that Mrs. Peters wasn't going to be right about her future. Eventually, Denise made it to college. (She didn't become a psychologist, but most certainly her life's work has been helpful to others.)

To this day, when Denise encounters an obstacle, she says that she remembers Mrs. Peters and an unbelievable determination fills her to succeed no matter what the odds.

Take time today to think about your past and locate one of the turning points, write the emotions that you felt during that pivotal time, and also write the decision that you made about yourself or about life based on the moment. It doesn't necessarily need to be a traumatic event. Sometimes seemingly small events can have an enormous affect on your life.

Level 2: What Have You Learned from Your Turning Points?

Continue the exercise above but write as many of the pivotal moments as you can. What decisions have molded your life? Additionally, write what you learned about yourself or about life during each of those times. Even if the event seemed like a negative event with an ensuing negative decision, really look to see what you gained or discovered about yourself as a result of that event.

Level 3: What Are the Recurring Emotions of Your Life?

Write your life story. You can use bullet points and list the events of your life or you can create a graph and chart the events of your life. Starting with what you know about your conception, your time in the womb, your early childhood, and so on. As you write, note the primary emotions that you felt at different events in your life. For example, if you write, *“At age four I got lost in the woods.”* Next to this you might write, *“Terrified”* (if that was what you felt at the time). Then ask yourself, “At that time what decision did I make about my life? or “What might I have decided at that time?” In answer, you might write, *“I decided that I wasn’t safe on my own.”*

When you are finished with your list, go through it again, noticing the recurring emotions and decisions that you have made during your life. There are no wrong emotions. They are part of the juice of life. The problem occurs when we are stuck with one or two emotions and then re-run them over and over again.

For example, if you notice that there is a recurring theme of “resentment” throughout your life, this means that you are stuck on the merry-go-round of resentment. It is an emotion that is easy for you to call up at any given time. When you have a recurrent emotional pattern, there is a tendency to create circumstances to validate and re-experience that emotion because it is comfortable and familiar.

Be aware of how you are feeling doing this exercise. Continue to ask yourself during this day, “What am I feeling right now?” And no matter what you are feeling, affirm, “I accept all of my emotions!”

Day 9

Water: Day 2 – Examining the Meaning You Give Your Life

You have a personal history. We all do. And then we give “a meaning” to those events. We choose to be happy or unhappy by the meaning that we give our life experiences. What most people don’t know is that they can *choose* the meaning they give all of their life circumstances.

For example, an unknown gunman shot Denise when she was 17. At the time, she thought the reason this happened to her, and not someone else, was because she wasn’t a worthwhile person, so she deserved to be shot. Later in her life, she changed the meaning of that defining event. She decided that being injured so severely meant that she was able to learn about health and healing in a profound way that she never could have otherwise ... and she could use what she learned to help others. Changing the meaning of this important event in her life literally changed her life. She realized that getting shot didn’t mean that she was being punished; it meant that she was being empowered. This new view changed her life ... and changed her destiny, because she then decided to be a healer. The meaning that you give the events of your past can powerfully change *your* destiny for the good.

You are constantly giving meaning to the events of your life. Find meanings that are empowering and don’t cause stress or anguish for you. For example, if someone honks at you and then cuts you off in traffic, you can decide that it means that the driver is a selfish lout or even that you did something wrong. Or you can choose to think that there is a reason for his actions, such as he just heard that his wife is in labor and he wants to get to the hospital in time.

The first meanings can make you feel disgruntled or angry, the second meaning can make you feel compassion. As you have no way of knowing the motivations of that driver in that moment, choose a meaning for his actions that does not diminish you. Choose meanings for your life that empower you!

Affirmation for the Day: *My life experiences have positive, powerful meanings.*

Today: Notice the meaning you give to everything that happens to you today.

OVERVIEW

Committed to Change! – Level 1: Cleanse Yourself / Your Home / Your Car

Going for It! – Level 2: Go to the Source of Meaning

Playing Full Out! – Level 3: Changing Personal History: Make a Spirit Stick

Level 1: Cleanse Yourself / Your Home / Your Car

Cleaning can be a mundane task or—if you employ the power of symbolic ceremony—it can be empowering and renewing. Today is a day of meaningful cleansing and cleaning. You can choose an area in your home, like a living room window. When you clean it, say to yourself, “I am letting more light into my life and into my soul” and really feel more light and energy filling your life as you say it. The more areas you can cleanse today the more clarity you can bring into your life.

You can also choose to cleanse your body or a part of your body. For example, you can scrub your hair while saying, “I am clearing my head of thoughts that do not empower me” or (stated in the positive) you could say, “I’m clearing the way for positive uplifting thoughts to fill me.”

Level 2: Go to the Source of Meaning

We can’t always choose the circumstances of our life, but we can choose the meaning we give those events. In your Process Journal review your personal history; take time to be aware of the meanings that you have given your life. Pay particular attention to the events where you experienced intense emotions.

Choose or locate one of the difficult or challenging moments from your life. To be aware of the meaning that you have given it, close your eyes and imagine you are back at that time. Once you have visualized the event, go within. Travel inside yourself to the source from where “meaning” originates.

The significance that you give life comes from inside of you. Go to the source of all the decisions that you make about life. Remember that you are the origin of everything that you decide about yourself and others. It is from this point you can choose to keep the meaning you have given that event or you can create a new meaning for it.

Level 3: Changing Personal History: Make a Spirit Stick

Ceremony and ritual have long been a part of the human condition because they allow us to focus our thoughts, dreams, and desires into a conscious form. They are a catalyst to bring desire into form. Creating a spirit stick can give clarity to the understanding of your life ... it can even change your life or change your perception of your life.

A spirit stick is a stick that is decorated for a particular purpose. It can be decorated with items that symbolize your prayers for yourself or others. It can also be used to depict your life in a meaningful way.

Creating a physical symbolic depiction of your life can have a remarkable affect on your psyche *and can even influence the circumstances of your life in mystical ways*. Gregory had a very dramatic experience that was facilitated by the creation of a spirit stick. He came to Denise with the desire to heal his very strained relationships with his wife and two daughters. Denise suggested that he create a spirit stick to depict his life. He first wrapped yarn and twine around his stick and then added shells and moss placed a black bead on it to represent himself, a red bead for his wife, and two yellow beads for his daughters. When he was complete, Gregory realized that he had placed his bead at a substantial distance from his family's beads, and it didn't feel right.

He spent all afternoon, and into the evening, re-working his spirit stick until it felt right. He put his bead much closer to the ones representing his family. As he looked at it he felt a sense of union with his family.

Remarkably, at the very time that he was reworking his spirit stick, his wife and daughters were discussing the family dynamics. They concluded their discussion with a great deal of compassion and understanding for Gregory. When he returned home, he said it was as if a miracle had occurred—instead of the usual family discord, there was a wonderful sense of love and support in his family. Gregory felt he had changed his life through the creation of a spirit stick.

As Gregory had spent time focusing on his relationship with his family and began to change the meaning that he gave to his family dynamics through the creation of a spirit stick, almost magically his relationship with his family changed. *It is never too late to re-create your past*.

Create a spirit stick of your personal history that feels empowering to you. You can even give your life a sense of mythic proportions. This way every time you look at your stick you reinforce the positive view of your past. Alternatively you can create a spirit stick of who you are becoming.

Materials needed: a stick, colored yarn, strips of fabric, and string (optional: feathers, moss, stones, shells, beads, leather, paper, etc.). To make a spirit stick of your life, start with the bottom of the stick (your birth and childhood) and make a physical depiction of your life. Your present age is represented at the top of the stick. For example, if you were very quiet and subdued in your childhood, you might wrap a sedate colored blue yarn at the bottom of the stick.

Alternatively, create a prayer stick with objects that symbolize your prayers for either yourself or others. When you are complete, put it in nature for one day in a place where it can catch the early morning sun. It is thought in some native traditions that the morning sun then takes your prayers to the Creator. Or you can create a stick that symbolizes your true essence.

Decorate your stick in any way that you like. There is no set form. Use a small stick or a huge branch. It is up to you. When you are complete, look at it and notice how you feel.

If you feel any emotions that are less than positive, change the meaning that you gave those events and rework your spirit stick until you feel great looking at it.

Day 10

Water: Day 3 – What Are Your Energy “Zappers” and “Juicers”

What zaps your energy? In your life there are people and patterns that deplete or “zap” your energy. There are also people and places that uplift or “juice” your energy. The soul loves the truth, so when you identify your “zappers” they have less affect over you. And when you identify the “juicers” you can expand their presence in your life.

If something or someone is an “energy-zapper,” take action today to minimize or eliminate this from your life. For example, if you think of your grocery store and your energy goes down, see if they have a delivery service. You are not required to suffer in life. Alternatively, if something or someone “juices” you, then find ways today to increase their effect in your life.

Affirmation for the Day: *I am moving into harmony with everyone and everything in my universe.*

Today: Notice the relationship you have with every person and every object you encounter. You do not need to change the way you relate ... just be aware of your energy. Does it go up or down or is it neutral with each person and object?

OVERVIEW

Committed to Change! – Level 1: Identify Your Energy “Zappers”

Going for It! – Level 2: Identify What “Juices” Your Energy

Playing Full Out! – Level 3: Commit Yourself to Diminish One “Zapper” and to Increase One “Juicer”

Level 1: Identify Your Energy “Zappers”

An energy-zapper is anything that lowers your energy and thus decreases your life force. Often we have become so used to living with them that we are not conscious of their effect on us. Just becoming aware of these zappers will begin to diminish their effect on you. Throughout the day notice what brings your energy down.

Some examples of zappers might be:

- Always feeling exhausted after having been with a particular person
- Saying “yes” when you mean “no”
- Always trying to please everyone
- Fluorescent lit rooms with no windows
- Denying/suppressing what you are feeling
- Doing a task you don’t enjoy
- Working all the time without taking time to rest and rejuvenate
- Watching excessive television
- Drinking too much alcohol
- Indulging in busyness on a consistent basis
- Not telling the truth

Write a list of your “zappers” in your Process Journal. Examine if there are ways that you can eliminate or diminish some of these. For example, if one of your energy-zappers is a family member that you can’t eliminate from your life, look to see if there are ways that you can diminish his or her effect on you. If they start to be really negative you might say, “Hey, let’s take a walk and you can tell me about it on our walk.” They might be just as negative on the walk, but you have diminished their usual effect on you because while they complain, you can look at trees and flowers, breathe fresh air, and get some exercise.

Level 2: Identify What “Juices” Your Energy

It is equally important to discover those things that uplift your energy. What ‘juices’ your energy? Write it down. Some examples of “juicers” might be:

- Drinking hot tea while watching the sunrise
- Talking to a great friend
- Taking a walk
- Yoga
- Working in the garden
- Lighting candles at night
- Taking a bath with essential oils
- Sharing a wonderful glass of wine with a friend
- A gathering of friends at a favorite restaurant
- Snuggling into bed with a great book
- Laying in the grass and watching the clouds

Go through your list of “juicers” and see if there are any ways that you can increase or expand these in your life.

Level 3: Diminish One “Zapper” and Increase One “Juicer”

List the relationships that you have in your life now. List who you relate to on a regular basis. This list might include family members, friends, co-workers, neighbors, students, teachers, hairdresser, life coach, auto-mechanic, or grocer.

Now list *what* you relate to on a regular basis. It might be your car, food, cup collection, shop, garden, child's school, the television or radio, computer, magazines, gum, or grocery store.

Use a scale from zero to ten where zero is a real “zapper,” five is “neutral,” and ten is a real “juicer.” Go down your lists, notice who or what brings your energy up, who or what brings it down (or is an energy-zapper), and give each item on your list a number. Close your eyes and visualize the person or object and notice how your body feels. Do you seem to feel more energy and vitality, or do you feel drained and exhausted? Some people or things might be neutral. In other words, they don't bring your energy up or down.

Make a commitment to change at least one “zapper.” For example, if your energy is “zapped” by watching excessive television, then make a commitment to watch less. Make plans to fill that time with something else. If you watch 21 hours of television a week, cut back to 10 and decide what you are going to do with those 11 hours a week that will “juice” your energy. You might decide to take a night class, start a hobby, read, or paint. Follow through on your commitment. Take action!

Day 11

Water: Day 4 – Exploring Your Relationships

The way we know that we exist is through relationships. We have a relationship with our mother and father when we are born; then later with our family, our friends, and our co-workers. We also have a relationship with animals; the elements of nature: rocks, sky, rain, and fire; and with the Creator. We have relationships with household objects: our car, computer, food, and even money and sex. And ultimately the way you relate to every person, object, and thing is a reflection of the way that you relate to yourself.

When you begin to examine your relationships, you may find that the way you relate to the world around you is a reflection of the way that others related with you when you were a child. If your parents were critical of you, you might have a tendency to be critical of others. Your parents, however, are not to blame. They related to you the way that their parents related to them, and so on.

The way you relate with others and experience life is usually:

1. A reflection of the core beliefs that you have about life, or
2. A reflection of the way people related to you when you were young, or
3. A projection or a mirror of the qualities you don't accept or you suppress within yourself.

Taking time to examine your relationships helps you to understand and unweave negative relationship patterns.

Affirmation for the Day: *I love deeply and fully and I am loved deeply and fully or ... I am loved and loveable.*

Today: Choose another area of your home to clean. If you don't know where to start, bedrooms, bedroom closets, and bathrooms are a good place. Clean that corner you haven't cleaned since you moved in. While you clean, do affirmations, such as, "As I clean, I am creating the space for new opportunities to flow my way."

OVERVIEW

Committed to Change! – Level 1: How Do You Relate to the World?

Going for It! – Level 2: Examine Recurring Relationship Patterns

Playing Full Out! – Level 3: Significant Relationships: Parents and God

Level 1: How Do You Relate to the World?

Today, be aware of the way that you relate to the world around you and notice if there are any recurring emotional patterns.

For example, on the 28-day program Marion noticed that she had a recurring pattern of constantly protecting herself. She wasn't authentic with people because she was protecting herself from their potential judgments. The pattern was repeated in other areas of her life. For example, she always checked several times to make sure that her car and her house were locked. She also backed up every computer file three times and stored them in three different places.

The first step in the journey to your soul is telling the truth about where you are. Once you begin to notice your recurring emotional patterns, begin to accept them and even love them. They have brought you to where you are now, and you have grown spiritually through having them.

The next step is to be willing to change those patterns. Patterns come from inner rules about life ... and inner rules are based on beliefs. And beliefs can be changed! To change your beliefs, create an affirmation that you repeat over and over such as, "I am willing to release this pattern of... (protection) and accept that I am ... (safe and protected)!" An affirmation that is mumbled, routinely droned, or lazily chanted, doesn't change anything. An affirmation that is shouted, or visualized with emotional intensity, or said out loud with passionate body movements, can and will change your life.

Level 2: Examine Recurring Relationship Patterns

Go through your life and examine your relationships using the questions below. (If a question doesn't address your relationship patterns, just skip over it.) Write the answers out in your Process Journal.

1. Have you had any negative recurring relationship patterns in the past?
2. Have those patterns healed, or are they still repeating in your present life?
3. If there was something that you could do to heal or resolve that relationship pattern, what might it be? (i.e. accept it)
4. What qualities do you consistently judge in others? (Often our recurring judgments regarding others say more about ourselves than about them. Also, the moment that you judge someone you lose the power to influence or help them.)
5. What haven't you communicated that you need to communicate and to whom?
6. Is there anyone you need to apologize to or need to thank?
7. Is there anything for which you need to make amends? What's stopping you from making those amends?

8. Is there anyone in your life who you need to tell that you love him or her?
9. Is there a valued relationship in your past that faded away because you were afraid to tell him or her something? What might it cost you if you tell them? What does it cost you if you don't tell them? What might you gain if you tell them? Are you willing to take the risk?
10. Who or what do you need to forgive, accept, or release?
11. Are you willing to let go of having to be right about your opinions?
12. Do you unconditionally accept, with humor and love, all of your relationship patterns?
13. Are you willing to release the need for those patterns?

Take at least one empowering action today!

To Change the World, Start with Yourself

Think of one person with whom you have been uncomfortable or with whom you currently have a challenging relationship. Describe three things that you would like to change about him or her, or three things that you really don't like about that individual.

Now close your eyes and go into that authentic place within yourself and ask if there is any part of you that is a reflection of those things that you dislike about this person? For example, Bob disliked Earl because Earl always tried to dominate every conversation. However, when Bob sought his internal truth, he realized that *he* tried to control and dominate every conversation and didn't like it when anyone else did this.

To change the world, you need to change yourself first. Start by being honest about yourself. Tell the truth. There is no need for guilt or blame, for these emotions will strip you of any inner power to make changes in your life. Acknowledge where you are and what is true ... and you will become open and receptive for life transforming miracles.

Level 3: Significant Relationships: Parents and God

What is Your Relationship with Your Parents?

Even if your parents are not alive, you still have a relationship with them. Even if you were adopted, you still have a relationship with your biological parents as well as your adopted parents. No matter whether you had a peaceful or a traumatic childhood, your mother and father and the events of your early childhood had an irrevocable effect on who you are. You were molded by them, and it's beneficial to discover what that effect has been.

To uncover your authentic self, it is valuable to acknowledge that your beliefs about life are often a reflection of (or reaction to) your parents' patterns. You now have the opportunity to discover what your truth is.

Answer the questions below as honestly as you can. (Remember, the way your parents treated you was programmed by the way they were treated.)

1. If it is true that we choose our parents, why might you have chosen your parents? What have you gained or learned from having them as your parents?
2. How do you feel about them?
3. How do you perceive they feel about you?
4. Is love flowing between you and your parents? If not, do you feel the need to heal this relationship?
If so, what do you need to do for this to happen?
5. What beliefs about life have you adopted from your parents? Are those beliefs an accurate reflection of what you know to be true?

If there are negative patterns that have been passed down through your family's lineage, this is the time to break those old patterns so they aren't passed down to your biological and spiritual descendants. Find a photo of each of your parents when they were children. If you can't find a photo, imagine each of your parents when they were children. Look into the eyes of each one to see the soul within ... and love that child as deeply and fully as you can.

What Is Your Relationship with God (Goddess / Creator / Great Mystery)?

1. From who, what, and where do you get your spiritual inspiration?
2. What is your name for the Creator?
3. What do you want Spirit to know about you?
4. If you have conditions for Spirit in your life, what are they?
5. Are you willing to completely let go and allow Spirit to guide your life?
6. When have you known that the Creator unconditionally loved you?
7. What experience have you had of the Creator in your life?

Day 12

Water: Day 5 – Be Still / Do Nothing

Your soul talks to you every day, but if you are too busy, you can't hear what it is trying to say. Whether you are conscious of it or not, your soul is communicating with you. Signs, coincidences, synchronicities, and premonitions are the soul's kindly way of nudging you in the right direction. Use this day to begin to hear the heartfelt messages from your soul.

Affirmation for the Day: *In the center of my being there is always stillness and peace.*

Today: Remember the stillness in the center of the cyclone. No matter what is occurring around you, there is always an inner sanctuary of deep and sweet peace. Today, hold a glass of water in both your hands until the water becomes very still. Then slowly drink the water, imagining that the water is cleansing you and filling your body with stillness and peace.

OVERVIEW

Committed to Change! – Level 1: Go Slow

Going for It! – Level 2: Watch for Signs

Playing Full Out! – Level 3: Do Nothing

Level 1: Go Slow

We often go so fast in life that we are out of touch with what we are really experiencing. When you slow life down, it is much easier to be in touch with what is authentic and real. Today, choose one activity such as eating or walking or breathing, and slow it way down. Spend 15 minutes going slow. If you choose eating, then chew very slowly and cherish every nuance of flavor and texture of the food. Be aware of the way your teeth and tongue work together to chew and the way the food flows from your mouth into your stomach and how your body immediately begins to utilize the nutrients in the food.

Level 2: Watch for “Signs”

Spend this day listening to the universe around you. Listen to the clouds, the sky, the birds; listen with your heart as well as your eyes. Listen to the secret messages around you. If you knew what the message was for today, what might it be? Write down the messages that you receive today in your Process Journal.

When you encounter someone, instead of speaking to him or her immediately, take time to first listen to what they have to say. Listen to the messages beneath the words. Look into that person's eyes; go beneath the personality to the level of the soul. What is their soul trying to tell your soul? That person is in your life today for a reason. What might that reason be? Even if you are unsure ask yourself, "*If I knew the reason this person came into my life today, what would the purpose be?*"

Level 3: Do Nothing

It takes a certain amount of courage to truly do nothing. We get drawn into the hectic activity of life, but we also get drawn into the inner tangle of our constant thoughts, judgments, and evaluations. It can be an act of courage to simply sit still. Rest. Be. Do nothing. It can be one of the most difficult, courageous and rewarding, things a human being can do. Take at least an hour today to just be.

Day 13

Water: Day 6 – Attitude of Gratitude

One of the fastest ways to reach into your soul is to surround yourself with an attitude of appreciation and gratitude. Gratitude is a key to happiness. We get so busy in our lives that we forget to be thankful for all that we have and all that we are.

What you focus on in life is what you create. When you focus on what you are grateful for, you bring more of those things into your life. When you focus on what you lack, you send a strong message to the universe that you are lacking and this becomes a self-fulfilling prophecy. And when you concentrate on how truly appreciative you are for what you have and for who you are, miracles abound!

Affirmation for the Day: *My life is blessed and I am so grateful.*

Today: Focus on what is great about every person you encounter and every experience you have today. What is wonderful about that person? What value are you gaining from that situation?

OVERVIEW

Committed to Change! – Level 1: Gratitude for Everything Today!

Going for It! – Level 2: What Are You Grateful For?

Playing Full Out! – Level 3: “I Love You. I Appreciate You.”

Level 1: Gratitude for Everything Today!

From the moment you read this until you go to sleep, focus on what is good in every moment. Focus on what you are thankful for in every situation. Today, let people in your life know what you appreciate about them or about what they are doing. Be sincere in your gratitude.

Level 2: What Are You Grateful For?

Write down what you are grateful for in your life in your Process Journal. Then make a list of things that you are not grateful for. Take each one and try to find a way that you could be grateful for it. For example, you might write, “I am not grateful for my divorce.” But when you think about it, without your divorce you wouldn’t have known how strong you could be. So cross it out and write, “I am grateful for my divorce because I have become a stronger person and I can now help others in a way I couldn’t have before.”

Level 3: “I Love You. I Appreciate You.”

Look in the mirror and say, “I love you. I appreciate you.” When Denise first tried this she said that it was extremely difficult! She had a hard time even looking at herself because she thought she looked so ugly. To look in a mirror and say, “I love you Denise” seemed like a lie to her. And she said that it was embarrassing to look in a mirror and talk to herself. So she started by looking in the mirror and saying to herself, “I am willing to think about loving you, Denise.” Somehow this didn’t seem like a lie. She kept doing this exercise until she could finally say, “I love you, Denise.” Now she says there are even some mornings when she wakes up, looks at herself in the mirror, and says, “Hello Gorgeous!” It’s amazing how good that makes her feel.

If you have trouble with this exercise, find the words that feel true to you and then keep doing it until you can finally say, “Hello Gorgeous! I love you!!!” (Sometimes you have to tell yourself the things that you wish others would tell you, i.e., “You did a good job!”)

Day 14

Water: Day 7 – Release Victim Thinking/Choose Your Life

Today is the last day of Water Week. It is potentially a powerful day—a day you can make choices that can have a huge impact on your life. It is today that you can embark on a path of power and begin to take responsibility for your life ... all of your life.

Although we tend to think that “change” takes time, effort, and struggle, it can also occur in a moment. The moment you make a choice with absolute certainty and clarity—while cutting off all other pathways—your life irrevocably changes forever.

Today is also the time to start asking “noble questions,” and to release victim thinking, and to consciously choose your life. Let’s get started!

Affirmation for the Day: *Who I am is enough, just as I am.*

Today: Find another area of your home to clean. Wash windows, scrub the floor, dust the shelves, or wash the curtains. It can be a small area or a large area. Clean with intention. For example, if you scrub the floor you might affirm, “I am supported and my foundations are clear and strong.”

OVERVIEW

Committed to Change! – Level 1: Ask Yourself “Noble Questions”

Going for It! – Level 2: Release Victim Thinking

Playing Full Out! – Level 3: Choose Your Life

Level 1: Ask Yourself “Noble Questions”

Today, watch your thoughts and notice the number of questions that you ask yourself during a day. Some questions are simple such as, “*I wonder if I have time to make the bus?*” or “*Should I tell that woman that she has spinach in her teeth?*” However, you might notice some recurring questions such as: “*Why does this always happen to me?*” “*What’s wrong with me?*” “*Why can’t I stop eating so much?*” “*Why can’t I lose weight?*” or “*When will I ever learn?*” These kinds of questions are not empowering.

Whenever you ask a question, the subconscious mind searches—almost like a computer searches—to find the answer. For example, if you ask, “*Why do I always sabotage my relationships?*”

your subconscious will come up with an answer such as, “*You have lousy relationships because that’s all you deserve*” or some other non-productive answer. It doesn’t doubt the premise of your question; it just tries to find an answer.

These kinds of questions are called “unworthy questions.” Whenever you ask yourself a negative or unworthy question, you get a negative answer and this creates more negativity in your life. Negative questions thwart the opportunity to get a solution to a problem and keep you in a victim mode.

Today, whenever you find yourself thinking an unworthy question, immediately replace it with a worthy or noble question. For example, if you find yourself thinking, “*Why did this happen to me?*” immediately replace it with a noble question such as, “*What value can I get out of this situation?*”

Noble questions can be better than affirmations because they lead to action, and once we are in action mode we feel that we are in control. You can even periodically create noble questions for yourself such as, “*How can I experience even more joy and love in my life right now?*” Your mind doesn’t doubt the premise that you are already experiencing joy, so your being responds by feeling good!

Your subconscious mind also begins to search for answers to your question. For example, if you ask yourself, “*How can I feel and be even more abundant?*” your subconscious mind may come up with some fabulous creative ideas for you to become more prosperous. But if you ask, “*Why don’t I ever have any money?*” your subconscious mind won’t doubt your premise that you aren’t prosperous, and may give you an answer such as, “*You don’t have money because you don’t work hard enough!*” which doesn’t empower you.

Today, create one inspiring noble question to repeat over and over again. Some examples are:

- “How can I love and appreciate myself even more right now?”
- “How can I make a positive difference in the lives of those I love?”
- “How can I radiate even greater health?”

Level 2: Release Victim Thinking

Nobody can make you feel inferior without your consent. —Eleanor Roosevelt

Do you sometimes blame others for the difficulties in your life, or feel misunderstood, resentful, bitter, taken for granted, or under-appreciated? If you answer “yes” to any of these questions, then you are allowing yourself to be a victim of life’s circumstances.

The truth is that you are never truly a victim—*unless you allow yourself to feel that way.*

You always have the choice to step beyond feeling victimized. Even when the situation seems to the world that you are a victim, you can choose the meaning that you give a situation.

Imagine a situation where you feel or have felt badly or unfairly treated and ask yourself these questions. Notice what emotions come up as you answer these questions in your Process Journal.

1. “If there was something that I was gaining from this situation, what might it be?”
2. “Why am I allowing this person or situation to victimize me?”
3. “How can I change my perception of this event so that I don’t feel victimized?”
4. “I have choices. Do I need to stand up to this person? Do I need to walk away?”
5. “Do I need to change the context in which I view the situation?”

Level 3: Choose Your Life

It is an act of power to consciously choose your life. I don’t mean to just choose parts of it—the parts you like or feel that you created—but to choose all of it—every bump, every dark night of the soul, every lie and falsehood, every fear ... everything.

You step into self-mastery when you own your life. Owning your life allows you to be here now. To be fully connected with your soul, it’s valuable to accept all that has occurred in your past. This helps you stop living in the past so you can be fully present here and now.

Tell the truth to yourself about your past, without suppression or denial. Own your past. Acknowledge what is so about yourself and your life ... without judgment, criticism, comparison or hesitation. Every experience in your past has been an essential part of your spiritual journey.

Write out some of the pivotal events in your life (go to your list from Water Day 1), and after each one say to yourself ... *“I choose this experience and I unconditionally accept this event in my life.”* Keep saying it to yourself until you begin to feel unconditional acceptance of your life and your past.

Even if inside of yourself, you are kicking and screaming and saying that you didn’t choose that experience and you really were an innocent victim, know that just doing this exercise can have an empowering effect. It can help you step out of the victim-mode and into your majesty as a spiritual being.

Days 15-21: **FIRE – Spirit**

The next seven days of the 28-Day Program are dedicated to the Spiritual aspect of self, which is symbolized by fire. Fire enralls us with its primal essence. It is pure energy and has long been associated with Spirit. In ancient times, fire was thought to be a gift from the gods that carried the spark of life and the power of renewal. We honor the power of fire because it can maintain life—and it can destroy it. It is the warmth of the hearth, but it is also the lightening bolt cast down from the sky. It can purify and transform—and it can annihilate. It is the etheric light of the aurora borealis, and it is the erupting volcano. It is the mediator between the visible and the invisible between energy and form. It is also all radiant and electrical phenomena. And the ultimate symbol of fire is the sun.

Fire is your life force, the spark of life within you, the kundalini energy, the pure white light within, and the holy flame. To many ancient people the sun was not only a sacred source of light and warmth; it was honored as a god. The Egyptian sun was called Ra. In Greek mythology, Apollo was the sun god who would fly across the heavens each day in his fiery chariot. Kings throughout the world declared that they were direct descendants of the sun. They recognized the sun as a source of life.

Any blockages to your connection with Spirit may come to the surface during this week. This is also the week to begin to change old limiting patterns and habits because these kinds of routines can lock you into old repeating negative cycles in life and thus block your connection to Spirit. We often are reacting to situations because of pre-conditioned responses based on our self-generating definition of self. Every time you change an old habit—even changing to a different breakfast food—can help you begin to step out of a limiting definition of self.

Don't be surprised if unexpected events occur during this week. No matter what form they take, they will contribute to you stepping into an expanded energy within yourself.

Connecting to the Spirit of Fire

For the next seven days, when you first awake in the morning—even before you get out bed—focus on the fire around you and within you. If there is any sunlight in your bedroom, imagine that you are breathing in the light. Light is an aspect of fire; so during this week focus your awareness on the light and dark and the interplay of shadows and illuminations in your surroundings. Fire dwells within you as your life force; it is also the bio-electrical current that surges through the meridians in your body. Additionally, focus your awareness on the inner flame within you. Continue to focus on fire in all its aspects periodically throughout each day for the entire week. By doing this, you are activating the Spirit of Fire that dwells within you and around you.

Also, during this next week, every night before bed take time to imagine that you are Fire. Imagine how it would feel to be a single candle flame, a campfire, forest fire, electricity, lightning, the sun, and chi (life force that flows through all things). Imagine a tiny light in the center of your body. Is it a star, a flame, a glowing ember?

Imagine that inside this tiny source of warmth and light are the seeds of all you hope for, the things you desire, and the ways you want to change. Now watch this light grow, flicker and widen, becoming hotter, brighter, and more intense. The light continues to grow, expanding, consuming, and enveloping your chest and your body. The light is no longer inside of you; the light now envelops you. Your entire being is consumed by and is one with this glowing, pulsating, radiating light. Imagine that you are the heat of the sun, the radiance of the stars, the warmth and life transforming force of light. This fire purifies any blockages or impurities that are not needed in your life

Now visualize that all that you want to be, to accomplish, to gain, or to give has become manifest! The light nourishes you and helps heal the past even as it sends its warmth out through you into the world and into your future. Let yourself drift off into a warm and restful sleep knowing that life-giving power of fire will always be with you.

Alternatively, imagine that you are a phoenix or a thunderbird. Step into the fire. Feel the deep and intimate connection you have to Fire. Notice in what ways the fire transforms and changes you.

As you do these exercises, notice any memories or images from the past that flow into your consciousness. Just watch these memories, the way you would watch a single flame of a candle in a monastery. Don't become engaged with your memories. Just observe them. If you do this exercise before bedtime, complete this meditation by drifting off to sleep. Know that deep inner work occurs within your dreams and as you sleep.

Day 15

Fire: Day 1 – Confronting Fear/Developing Faith

On your journey to the soul, it is valuable to explore the dark hidden crevices within your psyche. It is the place that famed Swiss psychologist, Carl Jung, called the “shadow self”—the part of you that is denied or suppressed because it makes you uncomfortable or afraid.

Jung asked, “Would you rather be good or whole?” Many people choose being nice and sacrificing their needs for others ... and as a result are fractured. It is especially important to explore your fears, as you strive for the light. As you understand and accept your fears, they have less affect on you because in life what you resist often persists and becomes even stronger. Resist your fears and they become even stronger. Acknowledge their presence and even accept them, and they will relinquish their hold on your life.

Affirmation for the Day: *I am safe.*

Today: Be aware of all the forms of fire in your life from the sun, to candlelight, to fire, to the inner light within you. Imagine breathing in the energy of the sun today.

OVERVIEW

Committed to Change! – Level 1: Acknowledge Your Fears

Going for It! – Level 2: Take a Risk

Playing Full Out! – Level 3: Take Action!

Level 1: Acknowledge Your Fears

Fear is what stops most of us from stepping into our light. Everyone feels fear; it is a normal part of being alive. And it doesn't go away. As long as you keep pushing up against your own limitations, you will have fear. But as long as you keep expanding your personal parameters, it becomes easier and easier to experience fear and yet step forward anyway. It's an old expression, but a true one. “A fear named is a fear tamed.” As you acknowledge that which you are afraid of, it has less power in your life.

In your Process Journal, list the things that you are afraid of. Write, “I am afraid of _____.” Be as specific as possible. There are no fears that are better or worse. They are just fears ... and they are not who you are!

After you have written your list, choose your biggest fear and imagine a worst possible scenario regarding this fear. Then find a way that you could survive—and even thrive—if this were to happen to you. For example, at one time Sue’s worst possible fear was to have a lack of freedom through being confined or imprisoned. When she did this exercise, she tried to think of how being in confinement could be a valuable or positive experience. It wasn’t easy to think of anything positive at first. Then she realized that she could actually be a valuable asset to the other people in prison. She could help women who otherwise might not have been able to be helped. When she thought of this, she was no longer afraid of confinement. (Of course no one wants to be confined, but what was important was that she wasn’t so afraid of it any more.)

Level 2: Take a Risk

Today, start taking little risks. Push out of your comfort zone, just a bit. Choose one of your fears from your list and take a tiny step to face it, overcome it, or release it. For example, if you are terrified of public speaking, ask your family (and maybe even a few friends) to gather while you give a small presentation.

Or if you wear large oversized clothes because you are overweight and afraid of anyone seeing your body, go shopping in a top that isn’t oversized. Every time you take a small step towards facing a fear, your confidence will grow.

Remember, the road to success is often paved with failure. Being willing to take a risk means being willing to fail. Dr. Seuss was ready to burn his manuscript because 27 publishers had rejected him, but he didn’t give up and went on to have many bestsellers. So take some risks! Be willing to fail. Unleash yourself upon the world!

Level 3: Take Massive Action!

One of the most important things that you can do to change the quality of your life is to take action. You already know what’s working and what’s not working in your life. You’ve read self-help books and listened to lectures. You already know what you need to do, but knowledge isn’t enough ... you need to do something. What is one big thing that you could do today to face one of your fears? What action would frighten you, but by doing it would help you overcome a fear? Today, take *substantial* action on one of your areas of fear. Begin now!

Day 16

Fire: Day 2 – Taking Risks

If you do what you've always done, you will get what you have always gotten. In other words, if everything stays the same, nothing changes.

Discovering your authentic self means being willing to step into the unknown. It means being willing to do things in a different way. We all fall into old patterns and habits; some of these are a result of protecting and defending ourselves from being hurt, humiliated, or from failure.

Remember the Japanese proverb; "Fall down seven, get up eight." When you make your decision with faith, and keep on getting up no matter what, it is then that you are truly embarking on a new beginning.

Affirmation for the Day: *I am free to experience joy in every moment ... no matter what is happening in my life.*

Today: Constantly ask yourself, "How can I experience even more joy and fun today?" and see what your subconscious comes up with!

OVERVIEW

Committed to Change! – Level 1: Fun!!

Going for It! – Level 2: Step Out of Your Comfort Zone

Playing Full Out! – Level 3: Break a Habit Today

Level 1: Fun!!

No matter what is happening in your life today, find a way to create fun and joy while doing it. Maybe you have to run errands all day; ask yourself how you can have more fun doing this. Perhaps you could put on some hot salsa music on the radio and rock out in your car at the stop signs. Or maybe you could belt out a song at the top of your lungs while you soar along the highway. (Driving is one of the few places that you can sing as loud as you want to your heart's desire without worrying about other people's reactions.) List in your Process Journal what is really fun for you to do. Continue to ask (and answer) today's question, "*How can I experience even more joy and fun right now?*"

The next exercise involves taking a risk, but it is one of the fastest ways to break out of old behavioral molds. Laugh yourself silly! Don't just giggle. Laugh with the exuberance of a child. Even if you don't feel like laughing, pretend to have a huge belly laugh. Roll on the floor guffawing. Snort when you laugh. When was the last time you had a good rolling, cackling, chortling, falling-down-laughing fit? Never? Why not start today. Even pretending can have an amazing affect on your soul. Hey! Come on. Really do it! You have nothing to lose ... and everything to gain. As you do this exercise notice what emotions, memories, and thoughts spontaneously arise.

Level 2: Step Out of Your Comfort Zone

Today is the day to step out of your comfort zone. There is remarkable research in the Netherlands in which cancer patients were asked to completely change their routines, hairstyles, clothing style, etc. This had a deep effect on their identity. It shifted the way they saw themselves and life. Remarkably, there were much higher levels of spontaneous remissions in this group than in the test group. The theory is that their outer changes had an effect on the inner self.

So for today, make a change. Surprise people! Surprise yourself! Be unpredictable. Change your hairstyle, make-up, clothing styles (bring out the leather jacket or the prim and proper dress). Walk barefoot in the snow ... roll in it. Throw handfuls in the air. If you are always early, be late. If you are always late, be early. Light some candles, dance naked sensuously and slowly or fast and erotically. Do something—anything—that is out of character for you.

Level 3: Break a Habit Today

We all have habits. They make our life easier. However, sometimes our habits and routines limit us. Do you remember when you were a child and a day lasted forever and a week was an eternity? It was because you didn't have habitual behaviors that you fell into. Everything was a new and exciting experience; you didn't have routines to fall back on. Examine your life. Are there any habitual behaviors that don't support the needs of your soul? For example, do you habitually watch four hours of television a day? If so, does it empower, strengthen, or enliven you? What can you do today (and in the future) to change some of the habits that don't empower you?

Day 17

Fire: Day 3 – Facing the Shadow

We all have parts of ourselves that we don't want to acknowledge or for which we don't want to take responsibility. These parts are called the "shadow self." Often we are so disconnected from these darkest inner realms that the only way we can find those part of ourselves is through "projections." A projection occurs when we subconsciously cast our shadow to the world around us and then it reflects back to us. For example, someone who constantly encounters hostile people wherever they go usually has a shadow-self filled with suppressed hostility even if they say they never feel hostile.

The soul loves the truth, so it is immensely important to tell the truth to yourself about your shadow. If you want to see the nature of your shadow, be aware of your judgments about others. If you *observe* something, it is not a projection. But if you *judge* it, it is. What you judge in others can be a reflection of qualities that you possess—but that you deny—within yourself.

If you are upset by someone else's selfishness/rudeness/condescending nature etc., it is usually because you are not accepting these qualities within yourself. When you have accepted these tendencies within yourself, you won't be so deeply offended by others displaying these inclinations.

You need to look carefully within yourself to see if you have:

- 1) exhibited these qualities in the past,
- 2) are doing so now, or
- 3) have the capacity to demonstrate these qualities in the future.

Today's processes are aimed at beginning to own all the parts of yourself and to take responsibility for the choices that you make in life. This will help you to become more whole, as you accept and honor both your darkness and your light.

Affirmation for the Day: *I unconditionally accept all parts of myself.*

Today: Be aware of every time you negatively judge someone or something, then ask yourself, "Could this trait possibly be something that I have exhibited in the past, am currently exhibiting, or am capable of manifesting in the future?" Just examining your judgments begins to allow an integration to occur.

OVERVIEW

Committed to Change! – Level 1: Replacing "Could" for "Should"

Going for It! – Level 2: Letting Skeletons Out of the Closet

Playing Full Out! – Level 3: Move Your Body! Move Your Soul!

Level 1: Replacing “Could” for “Should”

Self-criticism is part of the shadow self. It is the part that says “I *should* do this or that” and then you feel guilty or ashamed because you are not doing it. Today, make a list of all the things that you should do. Then take each item and ask yourself these questions. *Who says I should? Why should I?*

Then let your mind brainstorm for a bit and see if there are any childhood memories or associations regarding this “should.” Is it *your* “should” or did it come from someone or somewhere else.

Now write the list again and this time, change the word “should” to “could” and after it write, “... but I choose not to at this time.” For example, the sentence: “I *should* immediately respond to every letter and email I get.” is now written: “I *could* respond to every letter and email I get immediately, but I choose not to at this time.”

The soul loves the truth and the truth is that you probably could respond to every letter right away ... and the truth is that you are choosing not to do it. “Should” implies guilt. When you truly take responsibility for your actions, you gain a freedom by telling yourself the truth.

Level 2: Letting Skeletons Out of the Closet

Our lives are determined by the past, especially the past that is forgotten or denied. And almost everybody (and every family) has secrets from the past. But left dormant, these experiences can still cast long shadows that can darken your future.

Secrets take on a life of their own. They create “territories of the unspoken” with tacit rules that those subjects can never be discussed. They dampen the human spirit and make it harder to hear the soul.

1. Did you have any family secrets with which you grew up?
2. Is there anything about yourself that you don’t want anyone to know?
3. Is there anything that you have been harboring for or about someone else that weighs on you?
4. Is there something that you have done that you feel ashamed of and have never told anyone?

The answer to all these question might be “no,” but if there is a “yes” response, write out the secret. Look at it and then say, “*So What?*” Say it first as a question and notice what memories, thoughts, and energy-shifts occur within you. Just objectively examining your secrets begins to diminish some of the effect that they have on you. Also, if you are really “Going For It,” then I suggest that you consider taking a risk and tell your secret to someone you trust. You’ll be surprised how good it can make you feel.

Level 3: Move Your Body! Move Your Soul!

So you've decided to "Play Full Out" today. Here are your assignments. First, in your Process Journal, write out your sexual history. Describe your first sexual awakenings. Write about the good times, the bad times, early childhood memories—everything. As you write, continue to notice what emotions and memories surface. Write down your feelings and emotions regarding all of those events. Remember that although you have a sexual past, you are not your past. The past does not need to equal the future! Then write about a future where your relationship to your sexuality is great. Write it as if the future has already happened. For example, write "*The year is 2015 and I am laying in bed with my lover of the last many years and we are embraced in each other's arms ... etc.*" or "*The year is 2012; I live alone and I love it! Although I don't have a long term partner, I feel so balanced regarding my sexuality and sensuality.*"

The second assignment is to take at least 30 minutes to "dance your darkness" and "dance your light." Put on music in which you can lose yourself. Dance with abandon; Dance "Full Out." Before you begin, close your eyes and think if there is any part of you that is shame ridden, guilty, pitiful, bitter, resentful, disgusting, bitchy, or mean-spirited. Then imagine that quality blown way out of proportion and dance that quality. Do the "Mean Dance" or the "Guilty Dance," etc. Really move your body and dance as if you were totally embodying that quality. If there are several shadow qualities, dance them all at once, or one at a time. If you get exhausted, dance through the exhaustion. Keep going ... no matter what.

Then stop, close your eyes, and think of all the special qualities you embody, such as joy, kindness, compassion, charity, graciousness, love, etc. Now embody these qualities and dance each quality until your entire being embraces the quality and you can feel it in every pore of your body.

Day 18

Fire: Day 4 – Being Present/Saying Yes to Life

In truth, the only thing that you have is the present. The past is gone and the future is yet to come. Yet we spend so much time in the past and the future that we very rarely take the opportunity to experience the delight available in the present moment.

When Denise was diagnosed with cancer, she said that it was so easy to live in the past with thoughts such as, “*Why didn’t I take better care of myself?*” And it was also easy to live in the future with fear about people judging her for getting cancer and fear about the pain and suffering that cancer would bring. Then one day she woke up and asked herself, “*What is true in this moment?*” The truth was that on that particular day she was alive with a splendid day ahead of her to experience in any way she chose. She realized that she could choose to plunder through that day with regret about the past and worry about the future ... or she could cherish every experience that life brought her that day. She experienced radiance and joy that day. Everything seemed to flow from that point. That moment was a turning point that she believes eventually led to a remarkable remission/deliverance from cancer.

Affirmation for the Day: *I invite the pure light of the sun into my heart. May it shine from my heart to the world.*

Today: Sit before a candle, inhale and imagine breathing in the spirit and life force of fire. Visualize the purifying energy of fire surging through your entire being, burning any dross or impurities within you.

OVERVIEW

Committed to Change! – Level 1: Being in the Present Moment

Going for It! – Level 2: Trust and Faith

Playing Full Out! – Level 3: Saying Yes to Life!

Level 1: Being in the Present Moment

When you are totally in the present moment without comparing that moment to ones from the past or potential moments in the future, you do not experience stress. You become stressed when you are either replaying the past or worrying about the future. If you are constantly thinking, “*What if I can’t handle ...*” or “*I’m afraid that ... might happen*” or “*What did she mean when she said that?*” You are not fully experiencing the juice and fullness that is available in the moment.

Today, continually ask yourself, *“What is so, right now in this moment?”* For example, Sarah did this exercise when she was eating pizza and said the pizza actually tasted better because instead of thinking of the next bite, as she usually did, she fully tasted the various flavors of the pizza. She also ate less because she was aware of the fact that she was full. Take time today to sink into your truth of the moment. Often, we are so busy living in the future or fretting over the past, that we miss the immediate joy that is available in the present moment. If you find your mind wandering, gently say to yourself, *“I can’t change the past and tomorrow is not here. All I need is within me right now.”*

Level 2: Trust and Faith

Within you is divine light, pure and radiant. Close your eyes and gently encourage your body to relax and your mind to become still. Imagine yourself on a sunny seashore. An angel of light floats down with golden wings of light and gently wraps the wings around you.

Imagine yourself sinking into a feeling of deep surrender, relaxation, and infinite trust and faith as you are gently rocked and held by the angel. You know that you are loved. You know that you are enough just as you are. You know that the light within you is expanding and becoming even more vibrant and glowing. Take at least ten minutes to do this and write down what you experienced in your Process Journal.

Level 3: Saying Yes to Life!

Your inner fire energy is your vitality, spontaneity, creativity, and life force. It is the part of you that says “Yes!” to life. When you can say “Yes!” to life in one area, it creates an opening for new energy, new ideas, and new inspiration in other areas.

Today, from the moment you wake up, choose your life. Choose every experience. Say “Yes!” This is what I want right now. Even if it feels forced or uncomfortable, do this for a day. The most difficult situations can be filled with blessings if you look for them.

Maybe you can’t change all the experiences you have today, but you can certainly choose your reaction to those experiences. Even if it feels silly, act as if every experience today is a special gift to you from the Creator, filled with meaning and blessing. Say to yourself, *“This too is a part of the Creator’s plan for me today.”* Tell yourself that no matter what happens today, you will find a way that it can be great!

Tonight, write in your Process Journal, the events of your day and how every event of your day, viewed in a positive manner, was fabulous.

Day 19

Fire: Day 5 – Facing Your Death / Embracing Your Life

It has been said that a brave being dies only once, and a coward dies a thousand deaths. There is truth in this. But what isn't said is that one of the ways you become brave is by facing and honoring your death.

Although you will never die, your body most certainly will die. To the extent that you identify with your body (and not with your soul), the death process will be frightening and filled with emotional distress. To the extent that you accept death as a valuable part of your evolution as a soul, is the extent that you can live fully in the present.

Affirmation for the Day: *I am eternal. At my source, I am divine love and light.*

Today: Cherish your life and embrace your death. Cherish life and death in all its forms today. Without death, there isn't life. Notice the fallen leaves as well as the new sprouts pushing through the earth.

OVERVIEW

Committed to Change! – Level 1: Make a Ceremonial Fire

Going for It! – Level 2: Rocking Chair Test

Playing Full Out! – Level 3: Practice Dying

Level 1: Make a Ceremonial Fire

Ceremonies speak the language of the soul. During a sacred ceremony energy is generated that opens the heart and the soul. Ritual makes us more accessible to our inner truth and to the Creator.

Today, make a ceremonial fire. It can be small such as a candle or a fire in a metal bowl, it can be a fire in a fireplace, or an outside campfire. In this fire put something that represents your body or your past identity. (You can use a piece of paper with a drawing of your body or of something that represents your identity.) Put it in the fire, and as it burns say, "Although I have a body/identity, it is not who I am. In my essence, I am Divine Light." Focus on the flame as you do this.

This is similar to an ancient Tibetan Buddhist practice call chöd (pronounced should). Although this practice may sound morbid, it is a powerful way to loosen the hold of the identity and embrace the Buddhist concept of impermanence. Every night before bed they imagine that their body is chopped up and thrown into a boiling cauldron. This way they experience their death at night and are ready to begin life anew the next day. Also the Native Indians of Peru do a similar exercise before bed, in which they imagine that their body is getting torn apart by animals and then their bones are ground up into a powder and dissolved, only to be reassembled by the animals in the morning in a new way so that every day is a new beginning.

Level 2: Rocking Chair Test

Many Native American tribes, have an expression—“It’s a good day to die.” This expression means, *“I accept my life in its totality. I accept who and what I am. I am complete right now. If I am to die today, I am ready.”*

Are you ready to die today? If not, ... why not? Is it because you haven’t completed something or have family to care for? Or is it because you don’t feel that who you are is enough?

You may not always be “ready to die”. Some days you might get caught in the illusion that you are not enough, or you haven’t grown enough, or succeeded enough, or learned enough and you really don’t feel ready to die. But on the days that you feel complete and are ready to die, a sacred inner peace will pervade your every moment. You will feel complete and whole in the moment.

Imagine that you are near the end of your days. You are sitting in a rocking chair reviewing your life. Answer these questions honestly and from your heart.

1. Are you ready to die?
2. Do you feel complete and at peace with your life?
3. If not, what would you have liked to have done differently in your life?
4. What would you have done less of and what would you have done more of?

From where you are now in your life, you have a limited number of days, weeks, months or years until you die. How can you make the most of the time you have left? What are your priorities? What have you been putting off that, in truth, you could take action on today?

Remember the first and most important step in transformation is action. What action can you take today so that when you are at the end of your days, you can be absolutely satisfied that you lived life to its fullest? Make a plan to take that action.

Level 3: Practice Dying

One technique great athletes use to improve their skill is to visualize a performance over and over again. For example, great competitive downhill skiers will often visualize themselves doing a ski run over and over again. This has been shown to dramatically improve their performance.

To overcome fear of death and even embrace your death, it's valuable to practice dying. Whoa! This doesn't mean actually dying; it means to visualize and imagine your body dying over and over again until you don't feel afraid. This can actually be a fun exercise! Do you remember in childhood plays how everyone always wanted to play the death scene because the drama of it was so exhilarating? Visualizing yourself dying can be fun. Try out different kinds of death—from intense deaths such as falling off a cliff, heart attack, drowning, or a car accident to less dramatic deaths such as cancer, or even dying in your sleep. Get into the drama of it.

Every time you imagine yourself dying, also visualize slipping out of your body and going to a place that is exquisitely beautiful and peaceful. It might be a garden or a gentle meadow or to a place of brilliant golden light. Or it might be an etheric temple where angelic beings or people that love you are waiting for you with open arms.

The more you can accept and even embrace the fact that your body will die, the less the fear of death will subtly penetrate into your everyday life. *The less fear of death you have, the more fully you can live in the present moment.*

Day 20

Fire: Day 6 – Your Spiritual Allies

You are a powerful spiritual being, even if you are not consciously aware of it. You have the ability to make a difference in the world through your love, your prayers, your compassion, and your kindness. And the more you give, the more you receive. It is a universal law. Let this day be filled with the action of kindness.

Affirmation for the Day: *I am a loving spiritual being.*

Today: Find as many ways as you can to be a silent emissary of kindness. Do something today to make a difference in the world, or even in one person's world.

OVERVIEW

Committed to Change! – Level 1: Open Your Wings

Going for It! – Level 2: Soaring on Your Wings of Light

Playing Full Out! – Level 3: Flying on Wings of Love

Level 1: Open Your Wings

There is an angelic energy within you, a place that is sweet, pure, and serene. It has always been there. You have an enormous capacity to love deeply and fully and to pour forth loving energy into the world. However, over the years maybe your wings were clipped through shame, grief, mistreatment, dishonor, fear, or despair. And maybe your inner light has dimmed.

Today, visualize yourself with shimmering wings of light. Imagine that you are embracing and folding your wings of light around people in need. You might also want to imagine embracing family members, people with whom you have had challenges, or even world situations with your wings of light. As you go through your day, imagine embracing everyone and everything with your wings of love—even the strangers you see during the day, as well as inanimate objects such as trees, and houses. As you radiate your love and prayers with a purity of heart, you *do* make a difference.

Level 2: Soaring on Your Wings of Light

Fire Week is the time of action. What action can you take today that will uplift someone's day? Is there someone you could call who would feel great just hearing from you? Maybe there is a stranger you could inspire or help. Maybe pay for the toll of the person behind you. Commit a random act of kindness today. Perhaps, take flowers for a co-worker for no special reason ... "just because." Maybe it could be as simple as sharing a smile with everyone you meet today.

Perhaps you have had a difficult time with an associate. If you can do this in a way that is authentic and true to your soul, today might be a good day to pick out a gift for that person and say, *"I saw this and thought of you. I hope you enjoy it."*

Write in your Process Journal your acts of kindness today and how you felt during and after you did them.

Level 3: Flying on Wings of Love

It is said that the greatest mystics in history secretly provided great kindness without ever being acknowledge or thanked. The act of compassion was enough. It wasn't necessary that everyone knew what they did and thanked them for it.

Today, do something that will create a positive impact in the world. It might be something as simple as sending flowers to a new neighbor with a note saying, *"Welcome to the neighborhood. We are glad you are here! From an anonymous future friend."* Or it might be shoveling a stranger's car out of the snow, unbeknownst to them.

The assignment is to do something that empowers, supports, inspires, or contributes to the well being of one or more people ... and never tell anyone it was you. This kind of giving will make your entire being radiate with incredible light. In addition, it is a kind of investment in the so-called Universal Bank of the Creator ... and you never know when you may need to make a withdrawal. Today, fly on your wings of love and light!

Day 21

Fire: Day 7 – Fanning the Flame of Your Creativity

Although today's world revolves around goals, accomplishments, and being productive, we each need to have a part of our life that is completely free, a place where we can surrender, trust our instincts, and discover and express our soul. The soul needs creativity to express itself. Basically creativity is receptivity. When you are open and receptive, ideas and inspiration flow. Creativity is one of the easiest ways to hear the messages of the soul.

Often people equate creativity with fine arts such as painting or writing, but it can also stoke the fires of every area of your life. For example, research has shown that individuals that succeed in business often have a high level of creativity.

To fan the flames of your creativity, it is essential to be open to all the ideas that emerge within you, even if they seem wild or unpractical. And for heaven's sake don't judge these inspired ideas. Nothing dampens creativity faster than thoughts such as, "I'm not a creative person" or "It's not very good." If you unconditionally accept doubts and negative judgments of others about your creative ideas, it will put out your fire.

When you are being truly creative, time stands still and you enter into a dimension that can carry you beyond the ordinariness of life. Ancient mystics knew this; that is why they often used artistic expression to enter into spiritual trance states.

Affirmation for the Day: *Incredible creative life force flows through my entire being.*

Today: Let your creative juices flow today. Find ways that you can do things differently. Creativity flows when you are out of your routines. Is there a different and creative way that you could set the table, clean the car, or make dinner?

OVERVIEW

Committed to Change! – Level 1: Color Your Feelings

Going for It! – Level 2: Boundless Creativity

Playing Full Out! – Level 3: Stoking the Fires of Abundance

Level 1: Color Your Feelings

Get colored pens, pencils, or crayons, and paper. Close your eyes and notice what you are currently feeling. What emotional state are you in right now? Now choose a color or colors that represent that feeling and passionately draw the feeling. As a suggestion, play music while you do this exercise as music often ignites creativity.

Get a second sheet of paper. Close your eyes and be aware of an emotion that you would like to feel. Again choose a color or colors that represents that feeling and draw the feeling. Your drawings don't have to be beautiful or have perspective or make sense. You are just opening the doors for your inner wisdom to flow through.

Now close your eyes and ask yourself, *"If my soul had something to tell me about today, what would it be?"* It is much easier for your soul to speak to you when you have opened the gates and creativity helps you with this. Draw something that symbolizes that message. If you are unsure what the message is, just start drawing, or just doodle.

Often the message will appear in a symbolic form in your doodle. If it doesn't seem to make sense—keep it because it might make sense later.

Level 2: Boundless Creativity

One of the greatest blocks to creativity is the desire to get the approval of others, and also to do it perfectly. Being creative often means defying the norm; defying current opinions and beliefs. It means raising your fists to the heavens and declaring, *"This is who I am. This is what I stand for. I don't give a damn about your judgments."* When you do this you can truly express yourself.

Sometimes creativity also means getting messy and creating projects that are unruly, untidy, and definitely not perfect. Accept that chaos often precedes creativity, and it's not up to you to judge the value of what you have created. The soul of the world needs the rich variety and depth of our creativity in all its forms to stay alive.

For today's exercise you need three pieces of paper (if possible use big pieces of paper) and pens or crayons, and some music—something that makes you feel good every time you hear it. As a suggestion, you may also want to try different kinds of music while you do this. Different types of music will elicit different aspects of your creativity.

Put the music on and close your eyes. Ask yourself, *“If my soul wanted to tell me something about my spiritual journey in this life, what would it be?”* (The soul’s message often doesn’t come in words, but in colors, shapes, and movements.) Then with your dominant hand, begin to doodle in rhythm to the music as you hold the question in your mind. Be an open sacred vessel for the message to flow through you.

When you are complete take the second piece of paper, but this time do the exercise with your non-dominant hand, as you continue to ask your soul what message it has for you.

For the third part of this exercise, take the third piece of paper and begin to doodle and scribble with both hands. It’s as if your hands are dancing or ice skating with each other. When you are complete, take your drawings and place your hands on them.

Close your eyes and ask what messages your soul has for you. Write the messages in your Process Journal.

Level 3: Stoking the Fires of Abundance

Abundance is a state of being. Some people have tremendous wealth yet feel poor and some people have very little money and yet feel fabulously prosperous. This is because being abundant is an internal experience rather than an external accumulation of goods. For this Level 3 exercise, use your creativity to begin to program your subconscious in the direction of greater abundance.

Today, create a collage that makes you feel abundant every time you look at it. (Denise calls these kinds of collages Vision Seed Maps because you are “seeding” your future with your “vision” for your future.)

Use torn out pages from magazines, paints, crayons, objects from nature (moss, feathers), or whatever materials you desire. The important thing is that when you look at your collage, it creates a feeling of abundance and prosperity within you. When you feel prosperous, it is much easier to create prosperity. And it doesn’t need to be perfect. Go quickly and let it flow out of you. Have fun!

Hang your Vision Seed Map in a place where it can impact your subconscious mind and where it becomes a constant subliminal affirmation of your ever-expanding abundance in all areas of your life!

Days 22-28: **EARTH – Physical**

The last seven days of the 28-day program are dedicated to Earth and the physical aspects of your life. Earth also represents wisdom, integration, and consolidation. The last week of your preparation is aimed at clearing your physical space as well as preparing your body for your Quest.

Since earliest times, humans have had a dynamic relationship with the Earth. Throughout ancient history, people saw the world as teeming with spirit life. Every boulder, tree, mountain, and river had a spirit. The context of human life was firmly rooted in a natural world infused with divinity. We no longer, however, interpret the natural world around us as peopled with spiritual identities with whom we can communicate and relate. Although this shift in perspective has resulted in tremendous gains in scientific understanding, we have lost our sense that we have a place in the cosmos, and we no longer feel intimately connected to the land. In ancient times one's connection to the earth lay beyond the realm of doubt. The earth was the source of all life. People believed that it fed and nurtured them.

Our connection to the Earth goes back to the beginnings of our history. Folklore abounds with stories of human beings emerging from the Earth. This connection was so strong that in some languages the word “man” meant “earth born.” The renowned Rumanian scholar, Mircea Eliade, wrote that, *“Even among Europeans today there lingers an obscure feeling of mystical unity with the native earth; and this is not just a sentiment of love for one's country or for the ancestors buried for generations around the village churches.”* He believed that this sense of connection to the earth was a primary part of man's psyche transcending time and culture. He called this inner instinctual belief a “cosmo-biological experience,” which gave people a sense of belonging. It also allowed people to feel rooted to the place of their birth.

This is the week to purify and balance all physical aspects of your life and to firmly place your roots into the Earth.

Connecting to the Spirit of Earth

All the solid forms around you, including your body, are a part of the physical realm. Every morning for seven days, when you first awake in the morning, lie in bed and focus on the physical nature of your environment. Be aware of the shapes and textures of the objects around you. Get a sense of the solid physical nature of your body. Notice how you relate to and identify with the physical universe around you. By doing this you are activating the Spirit of Earth that dwells within you and around you.

To restore this sense of connectedness in your life today, go outside and stand on the land that surrounds your house. If you live in an area of the city where there is no bare earth, find the closest park or other land that you can stand on. If possible, remove your shoes to let the energy of the earth enter your body through the bare soles of your feet. Let the reality of your relationship with the Earth fill your consciousness. Feel it in every pore of your being.

Relax. Imagine that you are Earth. Imagine how it would feel to be a rolling hill, a great mountain, or a deep canyon. Let yourself merge with the energy of Earth. Imagine yourself lying in a wildflower meadow high in the mountains. Visualize the roots of the trees around you extending deeply through the soil, anchoring to Mother Earth. Feel your own roots reaching down towards the center of the earth. Know that you are grounded and strong. Feel the solidity of the round earth beneath you and the power and strength of our planet, which is your home. Be aware of the grass pushing its way up out of the moist ground nearby. Know that fresh new shoots of growth are similarly taking place within you right now.

As you do this, notice any memories that emerge into your consciousness. Just watch these memories the way that you would a stone tumbled along a river bottom. Don't become engaged with your memories. Just observe them. If you are doing this exercise at bedtime, complete this meditation by drifting off to sleep. Know that deep inner work occurs within your dreams as you sleep.

Allow memories from the past to come into your awareness. Don't judge these memories; just notice them. Beneath conscious awareness, powerful changes are beginning to occur. You are a part of the Earth, your body came from elements of Mother Earth and it will one day return to her. Let yourself go to sleep knowing that as a child of Earth you have all you need.

Day 22

Earth: Day 1 – Connecting with Your Body

Your physical body is your tool for experiencing the world. It allows you to see, hear, feel, taste, smell, touch, and know your inner and outer environments. It is also the temple for your soul. Your soul is constantly communicating with you through your body, but often we are too busy to really hear these messages.

Today begins a journey to begin to hear the messages of the body and the messages of the soul.

Affirmation for the Day: *I am one with the Earth. I am one with my Body.*

Today: Take a short period of time to do a meditation/creative visualization in which you imagine that you are the earth. Visualize that you are the planet. Alternatively, imagine that you have transformed into an aspect of the earth, such as:

- An old oak tree with your roots sinking deep into the earth.
- A snowcapped mountain.
- A wildflower swaying in the warm spring breeze.
- A beach pebble that has been rounded by the gentle rhythm of the sea.

The truth is that you are a part of all things. There is a vast interconnected universe of which you are a part. This meditation helps you to re-connect with the physical unity of all things.

OVERVIEW

Committed to Change! – Level 1: Body Assessment

Going for It! – Level 2: Commitment to Your Body

Playing Full Out! – Level 3: Talking to Your Body

Level 1: Body Assessment

Your body is the vehicle by which you experience the world around you. You may love it, hate it, ignore it, or be indifferent to it. Nevertheless, it colors all of your experiences. It can accelerate or hinder your ability to commune with your soul.

The first step to using your body as a tool for spiritual attunement is to be aware of where you are right now. Answer “yes” or “no” to the following statements and answer any questions that the statement brings up.

1. ____ I am comfortable in my body.
2. ____ My body feels good most of the time.
3. ____ My body is an outer representation of my inner state of being. (If not, what aspects of your body do reflect your inner state and what aspects don't?)
4. ____ When I am in physical discomfort, I know my body is trying to tell me something and I take time to listen to my body.
5. ____ I do not negatively judge my body.
6. ____ I love and cherish my body.
7. ____ I am content with my weight.
8. ____ My weight is within a healthy range for my body and my age.
9. ____ I am satisfied with the muscle tone of my body.
10. ____ I do great things to cherish and honor my body.
11. ____ I have had a complete and thorough physical check-up in the last couple of years.
12. ____ My teeth are in great shape and I get periodic cleanings and check-ups.
13. ____ I floss regularly.
14. ____ I am happy with my hair, nails, and skin.
15. ____ My eyesight is good and (if you wear glasses) my prescription is appropriate for my eyes.
16. ____ I hear well.
17. ____ My organs (heart, liver, kidneys, pancreas, spleen, etc.) are all in excellent health.
18. ____ My cholesterol count is healthy.
19. ____ My blood pressure is in a good range for my age.
20. ____ My digestive system is excellent.
21. ____ I do not smoke.
22. ____ I do not take habit-forming drugs.
23. ____ My sugar intake is appropriate for my body.
24. ____ My alcohol intake is appropriate for my body.
25. ____ I walk or exercise at least three times per week.
26. ____ I take time to breathe fully and deeply.
27. ____ My body handles the stress in my life well.
28. ____ I have no habits that have a negative effect on my health.
29. ____ I get plenty of sleep to fulfill the needs of my body.

For Women

1. ____ I have had my yearly Pap smear.
2. ____ I am confident with my ability to do a self breast-exam, and I do it on a periodic timetable.
3. ____ I've had my bone density tested at least by age 50. (DEXA scan)

For Men

1. ____ I've had my prostate checked (at age 40, 45, and every two years after 50) and my rectal exam every two years after age 40, yearly after age 50.

For Both Women and Men

1. ____ My colon health is excellent. (Colonoscopy every 10 years after age 50—unless high risk.)

Level 2: Commitment to Your Body

What is a commitment that you can make this week that will empower and enliven your body? (Only make commitments that you will keep.) Don't say, "*I won't smoke this week*" unless you are really willing to keep this commitment. Make your commitment as if your life depended upon it.

It's better to commit to do a yoga stretch for 30 seconds a day and keep your commitment, than to make a commitment that you know you won't keep. Remember to celebrate what you *did* do to empower your body, no matter how big or small it was.

Level 3: Talking to Your Body

Close your eyes and slowly go through each part of your body starting with your right foot, and then your left foot, etc. Give each part of your body a personality and imagine talking to that part to see if there is anything that it wants you to know. Complete the meditation by telling each part how much you love and appreciate it.

For example, when Aleene did this exercise she visualized her right foot as a wise old woman. She asked the old woman if she had anything to impart to which the old woman replied, "*You go barefooted too much and as a result I feel all dried up and cracked. Would you please put moisturizing lotion on and wear shoes more often. And be willing to step forward more in life ... you are holding back!*" Aleene completed the meditation by telling her right foot how thankful she was for the amazing job that she was doing for her and how beautiful and strong she was.

Talk to each part of your body. Write down what you discovered in your Process Journal. Remember to include your sex organs. Every gland and organ is a precious part of the miracle of life. It is important to learn to love your body because if you don't love your body, how can you love yourself? At the end of this exercise, go into a meditative state and ask your soul if it has any messages for you. Taking time to listen to your body creates an opening for the messages of the soul to be heard.

Day 23

Earth: Day 2 – Body Detox

There is a powerful correlation between your mind, your body, your spirit, and your emotions. If your body is sluggish and stagnant, it is easier to feel sluggish and stagnant. When your body is vibrant and singing with life force energy, your spirit soars.

Modern life is often toxic to the soul. In addition to the stress of constantly hurrying and being busy, we also don't always take time to eat in a leisurely way ... we grab fast food, chug it down, don't taste it, and run onto the next thing. Much of our water and air is polluted, and much of our food has been produced using pesticides and chemicals. To maintain a healthy environment for your soul it is valuable to periodically detoxify your body.

Affirmation for the Day: *My mind, body, and spirit are clear channels for Love ... (Kindness / God / Goddess / Creator / Light / Universal Life Force).*

Today: Breathe deeply. Drink lots of water. Eat lightly. Eat fresh food that has life force. Walk, dance, move your body, and stretch.

OVERVIEW

Committed to Change! – Level 1: Dry Brush Your Skin!

Going for It! – Level 2: Cleanse or Clog

Playing Full Out! – Level 3: Elimination

Level 1: Dry Brush Your Skin!

Dry brushing your skin has been called a miracle technique. It is a quick, easy, inexpensive, and highly effective way to help detoxify your body. Within a few days your skin will glow and your entire body will be stimulated.

Detoxifying by skin brushing does three things to help cleanse your body:

1. It stimulates the lymphatic system, which helps detoxify your body.
2. It sloughs off dead cells so your skin can breathe. In fact, if your skin were completely covered so it couldn't breathe (with paint, for example), after awhile your body would start to suffocate. The pores in your skin are absolutely necessary to help oxygenate your body.

3. Dry brushing allows for greater release of perspiration because it unclogs pores that are covered with dry skin. (Perspiration has a similar chemical composition to urine; hence the skin has been called the “third kidney” because it releases the body’s waste products.)

Dry brush just before you shower with (optimally) a natural fiber brush. Start at your feet and work your way up your body brushing lightly over your neck and face. If you don’t have a brush, then a rough towel can be effective. Use brisk, vigorous, rubbing movements with your towel and then shower to slough off all the dead skin. Ideally, end with a brisk cold rinse.

Level 2: Cleanse or Clog, Heal or Steal

Every piece of food that you put in your body is either going to cleanse and strengthen your body, or it is going to clog it. Is your food healing you or is it stealing vitality and life force from you? For today and the rest of this week be aware of the food that you are eating.

For today, with everything you eat ask yourself, “*Does this cleanse, energize, and heal me or clog me?*” If a predominance of the food you eat is clogging you, then consider making a commitment for the rest of this program to put food in your body that heals and cleanses you.

There isn’t one diet that is right for everyone because we are all unique, however, there is a place within you that does know what foods support and empower your body and which foods clog your body. Ask your higher self what are the most empowering foods you could eat for the next six days? And then make a commitment to eat those foods consciously and conscientiously for the next six days.

Level 3: Elimination

There are lots of ways to detoxify your body. You can eat a lighter, cleaner fare, for example, by consuming lots of raw organic vegetables and salads. You can drink detoxifying herbal teas or healthy powdered green drinks. Another way to help cleanse your body is to increase the amount of water you drink, or drink water with a squeeze of fresh lemon. Alternatively, you can cleanse yourself by doing rapid breathing alternating with deep full breathing. (Research has shown that deep breathing can change the blood PH from acid to alkaline.) You can also sign up for a series of colonics to cleanse the bowels.

As a suggestion, you might want to invest in a series of colonics for deep internal cleansing, however, this method is not available or appropriate for everyone. So for today’s exercise, go into a meditative state and ask your higher self what you could do for today (and the next six days) that would be of the greatest value to cleanse and eliminate toxins from your body. Then take steps to follow the wisdom of your soul.

Day 24

Earth: Day 3 – Using the Physiology of Your Body

Your physiology (the way you carry yourself and the way you move your body) is one of the most powerful ways that you can impact your life. Simply said, if you carry yourself in a way that says, “*I am confident, strong, and at peace with myself and the world,*” your body sends messages to your mind to reconfigure internal processes until they are consistent with your physiology. In other words, if you want to feel confident, adjust your body so it portrays confidence.

Try this—hang your head down, frown, slump your shoulders, breathe in a shallow way and try to feel fabulous and vital without changing your body! Now throw your shoulders back, lift your chin, stand up tall and straight, look up, and put a huge grin on your face. Now while maintaining that physiology, try to feel depressed and down in the dumps. If you keep your body in that peak position, it is almost impossible to feel depressed. The way you use your body is the secret key to how you feel. You can design your future simply by the way that you use your body.

Affirmation for the Day: *My body is incredibly strong and healthy.*

Today: Carry yourself as if incredible life force and confidence was flowing out of every pore of your body.

OVERVIEW

Committed to Change! – Level 1: What Does Your Body Say about You?

Going for It! – Level 2: Change Your Body, Change Your Life

Playing Full Out! – Level 3: Rejuvenation Time

Level 1: What Does Your Body Say about You?

Today, be aware of how you use your body. It is so easy to read other people through the way they carry their bodies. Even from a distance it’s not hard to sense the way a person feels about themselves and the world, by the way they move their body.

As we grow up we adopt beliefs about who we are and about our values and rules for life. Each belief has an associated physiology. A person who believes that they will always be downtrodden by life will adopt a physiology that says, “I’m a downtrodden person.” Their body becomes so used to that position that even when they are not being downtrodden their body stays in that position, which will make them feel oppressed.

Your body is always communicating to you and to the world, statements about who you are. This is great when the message empowers you, but it is not great if the message does not empower and support you.

If a stranger were to watch the way you use your body, what kind of judgment might that stranger make about you? Would they think that you are: tired, arrogant, loving, peaceful, submissive, stressed, confident, shy, kind, busy, overwhelmed, centered, frenetic, honest, dishonest, angry, joyous, etc.? Today, notice how you hold and carry your body. Is your body communicating a message with which you are satisfied?

Level 2: Change Your Body, Change Your Life

You can change the way you feel and even dramatically change your life just by changing your physiology. Your emotions are a complex pattern of physiological states that are triggered by the way your body moves and the way you hold yourself. When your brain gets messages from your body that you feel great, that is what you become. And when your brain gets messages that you are stagnant, or afraid, or depressed, that is what you become.

Today, choose how you want to feel, and then “*act as if*” you are feeling that way. You might decide to act as if you possessed a quality, such as incredible confidence, deep inner peace, ecstatic joy, remarkable courage, infinite wisdom, or your most important value. Stand in front of a mirror and arrange your facial muscles, your shoulders, the way you stand, the way you breathe, and your entire body into the state you desire. Then over and over again, continually throughout the day, put yourself into that empowering physiological state.

Walk and move today as if you were totally experiencing the positive quality that you have chosen. This communicates in a dynamic way to your soul that this is who you truly are. It also communicates to others that this is who you are ... and they will reflect it back to you. In other words, people tend to treat you the way that you treat yourself.

Level 3: Rejuvenation Time

In addition to periodically carrying your body in ways that exemplify a quality such as vitality, confidence, or grace, it is also immensely valuable to take time to use your body’s physiology to exemplify rest, relaxation, and rejuvenation.

It is so easy to get caught in the hectic pace of our modern life and forget the importance of rest and rejuvenation. We forget how necessary it is to take time throughout each day to renew and recover

our life force. We often give out so much energy all day that it's difficult to completely recoup and recover that energy during the night, so we are often in an energy deficient state without a reserve to call upon.

To build an enormous reserve of energy, it is essential to periodically take time to rejuvenate yourself and you can use your physiology to do this. For example, when you are truly relaxed and at peace, how do you hold your body? Are your shoulders relaxed? Is your breath slow and deep? Are the muscles in your face soft and relaxed? Are you softly smiling? Today, every couple of hours, take seven to ten minutes to recharge by changing your physiology into a state of peace, serenity, softness, receptivity, and joy. By doing this you begin to develop a bountiful reserve of life force.

Day 25

Earth: Day 4 – Awakening the Natural Forces Within You

We live in a rhythmic universe. Every part of nature has a unique language and rhythm of its own—every flower, bird, and tree has its own rhythmic language, which together create the underlying context that weaves all life together. We are constantly surrounded by these rhythms of energy. And if you take a moment to become very still, you can feel these rhythms of the natural world inside of you. It is immensely valuable to awaken and listen to the natural forces within you. Are your own internal rhythms in alignment with the natural rhythms of the world?

Affirmation for the Day: *I am in harmony with the natural rhythm of life.*

Today: Be aware of the rhythms of nature in all its forms around you. From the rising and setting sun, to the lengthening of shadows during the day, to the movement of animals and insects, and the changing weather patterns. Be aware of your own internal rhythms. Notice if they seem to be in alignment with the natural rhythms of nature.

OVERVIEW

Committed to Change! – Level 1: Replenished by Nature

Going for It! – Level 2: Become the Earth

Playing Full Out! – Level 3: Awakening Natural Rhythms Within You

Level 1: Replenished by Nature

As nature is disappearing around us, we are losing vast tracts of the wilderness inside of ourselves as well. It's as if the fertile soil of the soul is being gradually depleted. Everyday as we lose part of our natural outer heritage, our inner heritage diminishes as well.

One of the fastest ways to replenish the reserves of the soul is to spend time in nature. The remarkable thing about the human brain is that research has shown that even just visualizing nature can produce some of the same positive biochemical and psychological results as actually spending time in nature.

Today, take 15 minutes to close your eyes and imagine yourself in a beautiful, refreshing place in nature. Make it as real as you can and imagine yourself really being there. You might imagine a

mountain meadow, a sparkling seashore, an alpine lake surrounded by snow-capped mountains, or somewhere else. (This is an excellent exercise to do periodically during the day. Even a few seconds of visualizing yourself in nature can rejuvenate you.)

Level 2: Become the Earth

Native people understood that the earth was alive and believed that all of nature was interconnected. They knew that every human was a part of nature and not separated from it. To activate hidden forces within yourself, one of the most powerful exercises that you can do is to imagine yourself as the earth and/or various aspects of the earth. To do this, enter into a meditative space.

Imagine that your body is beginning to expand until you feel yourself as the earth. Feel the deep heat in your core. Be aware of the great mountains and deep oceans upon your surface. Feel yourself revolving around the powerful force of the sun. Half of you is in the sunlight while the other half of you is in the dark. You are always a balance of dark and light. And you are spinning in a vast and infinite cosmos.

At the completion of this exercise, you might also want to imagine yourself as various aspects of the earth. For example, imagine becoming an oak tree, a golden hill, a craggy mountain, or a blade of grass. Some traditions use the word “*shape-shifting*” to describe the ability to enter into the consciousness of various aspects of nature. Imagine that you are shape-shifting or dissolving into the consciousness of the aspect of nature that you have chosen. Write in your Process Journal what it felt like to be, for example, a seashore pebble, a willow tree, or a rose.

Level 3: Awakening Natural Rhythms Within You

Sometime today go out into nature. It doesn't have to be a national park or a wilderness area. It can be your backyard or a neighborhood park. Lean up against a tree, lay on the earth, sink your toes into the sand, or put your palms on the moss. Allow your body to experience a tactile connection to nature. Even if there is snow on the ground, go outside and scoop up a handful of the snow, smell it, let a bit of it melt on your tongue, and touch it to your face. Or if you are in an apartment and can't possibly find any nature, then open a window and inhale the wind and look at the clouds or the stars. Embrace the forces of nature around you with your body.

As you become very still doing this exercise, you can begin to sense how the rhythms of the natural worlds are merging and interwoven with your own internal rhythms. Write in your Process Journal the experience you had doing this exercise.

Day 26

Earth: Day 5 – A Home for the Soul

There are four things that the soul requires in a home:

1. It needs a sense of belonging, to feel connected to the land or to a place.
2. The soul needs a place to feel safe, so you can be yourself without fear or hesitation.
3. It yearns for harmony with the greater cycle of nature.
4. Your soul needs sacred space.

When your home has these things, your life will be filled with inner peace.

Affirmation for the Day: *I am at home, no matter where I am.*

Today: Wherever you are, affirm that you are “at home.” For example, if you are in your car, affirm to yourself, “*I am at home in my car.*” If you are in your office say, “*I am at home in my office.*” If you are on a bus say, “*I am at home on the bus.*” Also, periodically affirm, “*I am at home in my body.*” If you are with other people, affirm to yourself, “*I am at home with ...* (Sue and John, or my children, or my husband, or my wife, etc.)”

Level 1: Bring Nature into Your Home

The survival of the earliest humans depended on their ability to live in balance with the natural world and their homes reflected an awareness of this fact. Modern homes are often separated from nature and the soul has suffered as a result.

Today, bring nature into your environment so that the “beauty in your home leads the heart to the holy mountain.” Here are some ideas. Put up a photo of nature. Gather some leaves and make an arrangement of leaves, moss, pine-cones, and stones on a table. Tie feathers on strings and let them dangle where a breeze can softly move them. Put a big plant by the front door. Take a walk and find some items from nature and arrange them into a mandala on a coffee table. Play CDs of nature sounds: waterfall, rain, ocean surf, wind, crickets, or birds, etc.

Level 2: Create a Place in Your Home for Your Soul

Imagine that you are hand in hand with your soul, walking through your home. What places nourish and comfort your soul? Which places do not? Go through each room and ask your soul if there is a way that the space could be even more conducive to your soul’s well being.

When you are complete with this exercise, begin to take action. For example, if your soul says, *“This room feels great, but it would be nice to have some fresh flowers.”* Next time you are out, bring home some flowers to enhance the energy of that room.

Locate one place in your home that will be your power spot. Make sure it is clear and clean. In that space put objects that inspire you and are beautiful or meaningful, such as favorite photos, crystals, flowers, candles, or special stones. This place doesn't have to be large, but it is a space that can be used for meditation, relaxation, or a place to sit and rejuvenate your spirit. For example, it could be a big comfortable chair by a sunny window where you sit to replenish your energy.

Level 3: Creating Sacred Space

It's valuable to have at least one place in the home that honors the sacred aspects of life. A home altar is one way of doing this. Having a home altar is like having a small temple in your house. It can assist the journey toward healing and integration and can serve as a reminder of the sacred aspects of life.

Home altars have been around since ancient times throughout the world, yet today, many people think that they are religious and only of significance inside a church. However, for thousands of years, people created altars in their dwellings. These kinds of home altars were spiritual; they provided a sacred space, a visible symbol of the connection between heaven and earth. They were a reminder of the mysteries of the universe and served as a focal point for communing with spiritual realms.

Create an altar today dedicated to your soul and the soul of those who share your space. On it put reminders of what feeds the soul. For example, you might place seashells that you found at the beach during your vacation because they remind you of the joy of those moments at the sea. You also might place a feather on the altar as a reminder to take life lightly. Another idea is to put photos of family members and loved ones.

After gathering the objects for your altar, place each object on your altar with a sense of grace. Speak aloud from your heart about the deeper, underlying meaning of each object. Complete your altar with a blessing for your home. (As a suggestion, you may want to have objects that represent Air, Water, Fire, and Earth as well as the Creator on your altar to serve as subliminal reminders of the natural world.)

Day 27

Earth: Day 6 – Creating a Fabulous Future

You have spent time during this 28-day program clearing your mental, emotional, physical, and spiritual clutter to make it easier to hear the messages from your soul. Today, you have the opportunity to begin to manifest a future that will nourish your soul.

Affirmation for the Day: *My future is filled with love, joy, and peace!*

Today: Act *today* in accordance with who you desire to be *tomorrow*. For example, if who you desire to be in the future is courageous and powerful, act courageous and powerful *today*. Tomorrow's future is being created today, and today is yesterday's future.

In other words, your future is created now. If who you desire to be in the future is strong, beautiful and fit, "act as if" you are these qualities now. Don't slump your shoulders and drag your feet. Stand tall; square your head on your shoulders; walk with confidence and deliberation. As you feel it, so you become it. This is a simple yet powerful truth.

OVERVIEW

Committed to Change! – Level 1: Creating Your Future

Going for It! – Level 2: Project Yourself into Your Future

Playing Full Out! – Level 3: Taking Action for a Positive Future

Level 1: Creating Your Future

Close your eyes and spend 15 minutes visualizing an amazing possible future for yourself. Make it almost like an epic movie. For example, David recently planted his first vines for his vineyard, so for this exercise, he imagined himself six years in the future. In his visualization, the sun is setting and frogs are beginning to croak, and a huge moon is rising in the east. He is with a group of good friends in a new home on a hill, and they are all toasting each other because the wine tastes so good. He "saw" himself putting some music on and everyone spontaneously started dancing through the wild grasses as the moon rose.

Imagine yourself in the future doing something that would nourish your soul. Immerse yourself so much in the experience that it feels real. By doing this you are projecting the energy into the future so it can draw to it the forces it needs to manifest. Affirm to yourself that this (or something better, for your highest good) will come to fruition.

Level 2: Project Yourself into Your Future

Take some time to design your future. Write it as if you were writing it from the vantage point of one year in the future. Congratulate yourself for all that you have experienced and who you have become. Write it in a very loving and kind way. For example, someone might write, *“The last year has been amazing! I finished writing my book and found a great publisher. I’m so glad. Also, this last year I focused on my health and finally joined a gym that I attended on a consistent basis. I’m so proud of myself! Plus my body is stronger than it has been in years.”* Then do this exercise from the vantage point of 3, 5, 10, 15, and 20 years in the future.

Level 3: Taking Action for a Positive Future

There is a direct correlation between your thoughts and emotions ... and what you create for yourself in the future. For example, the more confident you currently feel, the more likely you are to have a confident future. And the more you feel afraid, the more you are likely to have a fearful future.

Today’s assignment may be a bit challenging, but it is well worth the rewards. From the moment you read this assignment—I mean from right now this very second, until you go to bed tonight—“act as if” your compelling future has already happened.

For example, if your desire for the future is to feel deep inner peace, then “act as if” you already had this. Walk “as if” you already had inner peace. Move your facial muscles in the same way that someone who had inner peace would. Carry yourself as if you had deep serenity. Even dress as if you had inner peace. Think the way someone who has inner peace would think. Every time you catch yourself acting in any other way snap yourself back into the positive persona of your future self.

The future is being created right now. So right now this minute, begin creating the positive future you desire. Instead of *“I’ll believe it when I see it,”* your motto is, *“I’ll see it when I believe it.”* Begin believing right now that you can and will have an incredible future, no matter how unlikely it may seem from where you are in your life circumstances, and so it will be!

Day 28

Earth: Day 7 – A Circle of Love

At its essence, the soul is unconditional love. When you have cleared away inner and outer clutter, your capacity to love yourself, love others, and love the Creator magnifies. Today is a reminder of who you are.

Affirmation for the Day: *I give love deeply and fully. I receive love deeply and fully. My essence is love.*

Today: Continually remind yourself that no matter what judgments you make, every experience you have today is allowing you to evolve as a spiritual being. Remind yourself that every experience today is for your ultimate highest good, even if you judge it as a bad, boring, demeaning, or worthless experience.

OVERVIEW

Committed to Change! – Level 1: Surrounded by a Circle of Love

Going for It! – Level 2: Opening Your Heart of Light

Playing Full Out! – Level 3: Go to the Center of Your Being

Level 1: Surrounded by a Circle of Love

Meditate on the sky. Visualize a sparkling spring morning with no clouds. The sky is completely clear. Breathe in this clarity. Absorb the vastness of the sky into your soul. Become one with the sky.

Then, imagine yourself in a beautiful fresh mountain meadow. As you stand in the center of an ancient and sacred circle of stones, you find yourself surrounded by a circle of love. All around you are people that love you, angelic beings, and wise ones from the realm of spirit. They are radiating incredible love and healing energy to you.

Level 2: Opening Your Heart of Light

No matter where you are or what you do today, remind yourself that at your essence you are love. While walking, eating, working, talking, standing, or sitting, remind yourself that you are also light. Physicists now agree with what ancient mystics have always known, that your physical body

is composed of vast space. From a spiritual perspective, within this vastness of inner space dwells light—your light. You can access this light by meditating upon it. Visualize a small sun or a burning flame shimmering in the center of your chest. Then imagine this light radiating out through your body until your entire body is engulfed in this light.

Whenever you encounter anyone today, visualize your light radiating from your heart to his or her heart. Wherever you go, let your radiance flow out of you to animals, people, plants, trees, environments, homes, and everything. Don't tell anyone what you are doing.

Allow your light to infuse warmth to everyone and everything around you. If you continue this practice beyond today, your inner flame will grow in brilliance and warmth. Others will feel embraced by your presence and will be healed by your warmth.

Level 3: Go to the Center of Your Being

Visualize going to the center of your being; and then imagine just letting go of your mind, your thoughts, and your ideas. Imagine that limited notions about who and what you are dissolve as you spiral into the sweetness of your being.

One way to do this is to shake! Put some rhythmic music on. Wear loose clothing. Breathe fully and deeply and begin to shake. Let your body vibrate and shake. Imagine that limiting self-definitions and emotional blockages are sloughing off you as you allow every cell in your body to respond to the music.

The shaking is wonderful because it gets you out of your normal body postures that define and confine you. Shake! Be wild! Dissolve yourself. Dissolve your identity. If you get tired, keep shaking. Go through the tiredness to the other side where you feel your shaking as a kind of flow.

Then collapse. Turn the music off, close your eyes, and softly travel to the inner sacred place within you wherein dwells the resting place of your soul. Be aware of emotions, feelings, images, and symbols that appear. Be aware if nothing appears. This also is a message from your soul—it is a message of the beauty and the holiness of nothingness and stillness.

QUEST: Beyond the 28 Days

You have spent 28 days examining your life, clearing your closets, purifying yourself, and opening your heart in order to hear the messages from your soul. After this remarkable time, one of the best ways to open even more fully to your higher self and your inner wisdom is to take time away from your normal routine to be very still and just listen. This is a kind of quest.

As a suggestion, it would be best to do your quest sometime in the next two weeks. You can spend an hour, several hours, half a day, or even an entire day dedicated to praying and listening.

For this type of quest, you might want to make a sacred circle within which to sit. To make your sacred circle, use objects to represent Air, Water, Fire, and Earth for the four cardinal directions. For example, you might put a feather in the Eastern part of the circle to represent Air, a bowl of Water in the Southern part of the circle to represent Water, a candle in the West for Fire, and a crystal or stone in the North for Earth. (See Denise Linn's Book: "Quest" for additional information.)

You can make your sacred circle inside or outdoors in nature. It can be a small circle four to six feet across, or a larger circle that is eight to ten feet across. You can make it with flowers strewn in a circle, with pebbles, pine-cones, or anything that you have available. The objects you use to create your sacred space are less important than the feeling that you have within your circle. It is essential that when you are sitting in your circle that you feel safe and it becomes your sanctuary.

Once your circle is complete, create a ceremony to sanctify and bless it and ask for spiritual guidance. Then sit within your circle and visualize yourself becoming a sacred vessel for spirit to flow through. Pray. Talk to the Creator. Be still. Breathe. Be open. You might want to have pen and paper to record any insights that you have.

Watch for signs. Ask yourself, *"If I knew what my soul wanted me to know, what would it be?"* There will be messages surrounding you. Watch your thoughts and feelings and the events that occur around you. Listen with your heart. If you are outdoors, watch the movement of animals, birds, and clouds. If you are indoors, it's valuable to be in a place where you can see out of a window. Notice the movement of the clouds or what occurs out the window, but also be aware of signs within your home. For example, if you are sitting in your home in your sacred circle and a trail of ants begins to weave its way towards you, this might be a message for you about "working in community" or about being diligent in moving toward your goals.

Things To Do On Your Quest

Life Examination

During the past 28 days you have spent much time examining your life, but this is a chance to take it even deeper, to allow the work of the 28-day program to coalesce and to cement itself. Of course, you may just want to sit, be still, and listen but you may also want to continue your self-examination. If so, here are some things you can do:

- **Relive Your Life.** Re-experience your life again in its totality, and at the same time become the objective witness. Do not judge; just observe. Notice patterns that continue to re-occur during your life. Notice recurring issues. What has been significant in your life?
- **Travel into Your Probable Future.** In your imagination, project yourself into your future. Given your past history and given your subconscious programming, what is your probable destiny? What do you realistically expect is in store for your future? Contemplate traveling to your probable future. One year? Five years? Seven years? Ten years? Twenty years? Thirty? And beyond. Are you happy with what you see? Do you feel satisfied with the probability patterns of your future? If not, what steps can you take now to create the future that your soul desires?
- **Examine Your Relationship to Yourself.** What are your core beliefs? What have you discovered about yourself during the 28-day program? List as many core beliefs as you can. What do they tell you about your relationship to yourself?
- **Observing Old Patterns.** Examine the thoughts that you have about your Quest and about your circle. What are you enjoying? What is bothering you? When we are ready to release an old belief, we will often subconsciously create a similar situation that will allow the belief to surface so that it can be released. If you are thinking, for example, that you're not doing your Quest right or that you didn't find a good location, perhaps these thoughts are representative of greater beliefs you have about your life. During your Quest, you have the opportunity to relinquish the old limiting beliefs and embrace the new empowering beliefs you discovered doing the 28-day program. And the first step to releasing non-productive patterns is to become aware of them.
- **Forgiveness.** Identify the people who have wronged you and the people whom you have wronged. Imagine yourself speaking or communicating with these individuals and really "speaking your truth" to them and then really listening to them speak their truth to you. Imagine this inner dialogue until you reach some kind of resolve. What haven't you communicated that you need to communicate? Who do you need to forgive? If you just can't forgive, then forgive yourself for not forgiving others. Or, if an act is unforgivable, forgive the person ... but not the act.

• **Who Is Important in Your Life?** What people have been important in your past? Are you at peace with all your relationships from the past or is there still something that you need to do or communicate to feel at peace with these people? Who is important in your present life? Are you satisfied with your current relationships? Is there any action that you need to take regarding those people? If there is, make a plan on when and how you are going to implement the change. If there is something that you need to change regarding a relationship, be sure to examine how that change will alter every aspect of your life.

Face Your Fears

Name your fears and confront them one at a time. If you are not sure exactly what you are afraid of, or if you want to get in touch with your more submerged fears, take a moment to visualize yourself in a vulnerable situation. What situation seems to embody vulnerability for you? Just let your mind float freely to see what comes to mind. As difficult as it might be, as an exercise, imagine each of your fears coming to fruition ... and *then* visualize yourself facing and overcoming that fear with strength, passion, and power. This simple exercise can make an immense difference in your life and can help you to live life with courage and inner peace.

Tap The Spirit Power Within

The following are things you can do while meditating in your sacred circle to tap into your inner spirit power and to integrate the deep, inner-journey you've been on for the past 28-days:

- *Shape Shifting*: Imagine changing your shape to become a tree, animal, mineral, etc.
- *Sensing Energy*: Imagine you can see and hear the energy of the objects around you.
- *Finding Your Spirit Allies*: Everyone has a particular animal, plant, and mineral aligned with his or her energy. Meditate to find yours.
- *Finding Your Spirit Name*: Discover your soul's special name.
- *Finding Your Spirit Song*: Make up a song that comes from your soul. And then sing it!
- *Finding Your Spirit Dance*: Get up and dance your heart out.
- *Making a Prayer Stick*.

Give Thanks

Thankfulness helps you be receptive to the life force of the universe. Being appreciative empowers and strengthens you. If you hold your life in the context of misery and suffering, then life becomes a string of difficult events to overcome, but if you hold your life in the context of gratefulness, then every experience you have is a gift and offers great value. Go through your entire life with the attitude of thankfulness. Even if you are not sure what you are thankful for, radiate a feeling of gratitude for each event in your life. It is never too late to transform your past.

Also, by being thankful for your body just as it is, you can help open the door to healing. Praying for healing sometimes comes from the point of view that your body isn't good. The body hears this and often responds in a negative way. If you radiate love and thankfulness for your body, it often responds by becoming healthier.

Remember to thank yourself and Great Spirit for carrying you through the 28-day program of self-examination, soulful exploration, and renewal.

Call for a Vision

The words you use are less important than the sincerity of your spirit. When asking for a vision, you can call for guidance from the spirit realm to help you (Spirit Guides, Ancestors, Angels, Allies) or you can still your mind, be open and accept whatever occurs. Transformation and change often come not in the way that we expect. In fact, it is often because it is *not* as we expected that we can be transformed. Be open. Expect the unexpected. Often it is in the quiet moments of life when remarkable insights can occur. Accept. Receive. Breathe. Observe.

The most common way that visions appear is through intuition, a spontaneous thought, or just an inner knowing. Visions, deep spiritual realizations and revelations don't usually come as a lightning bolt but rather as a gentle emerging awareness. To encourage your vision, be conscious of the thoughts that float through your mind. Very often, the simple exercise of watching your thoughts can provide remarkable insights into your life and your future.

Pray

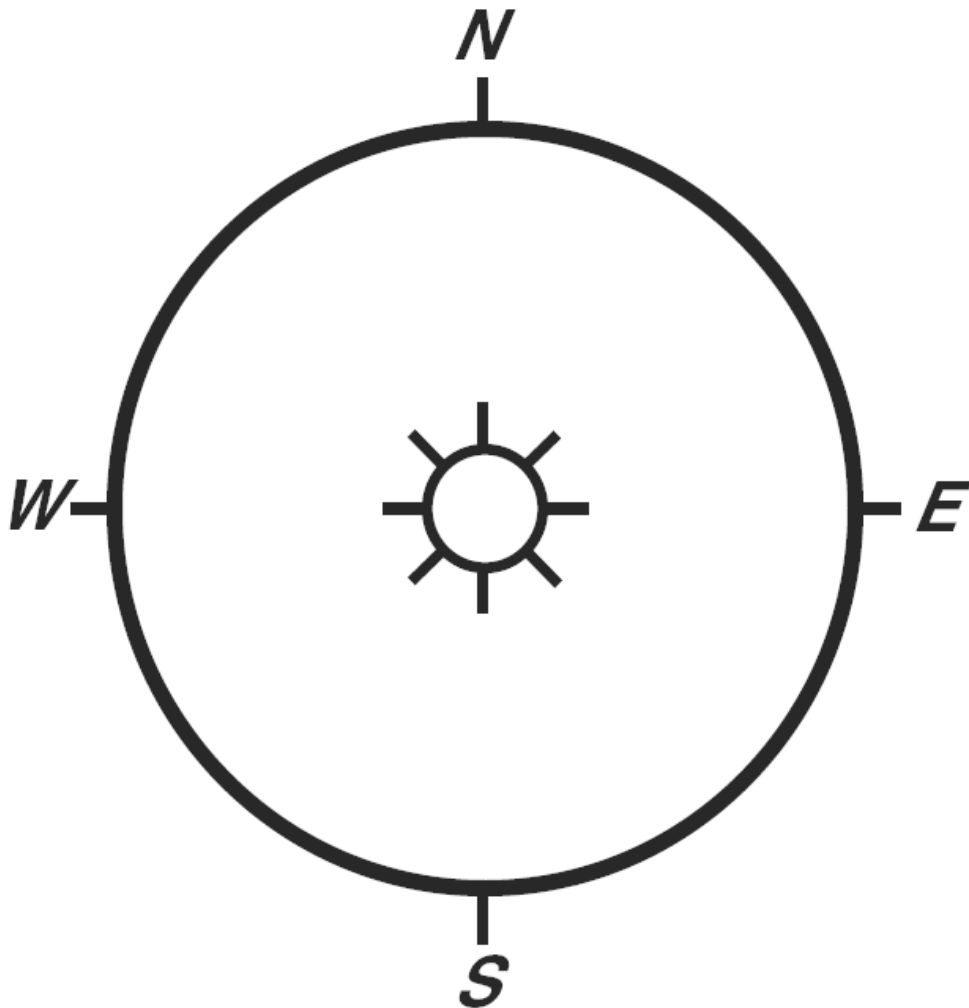
No matter what form your Quest took, at a deep level you have amassed a spiritual energy. It is extremely valuable to project this energy to others. Finish your Quest by sending prayers, blessings, and good thoughts to people you know and love. Pray for people you love. Pray for people you have wronged or who have wronged you. Send prayers to people you don't know and perhaps will never know and then to all people. Then send prayers to all creatures of our beautiful planet and to the planet, Mother Earth herself.

Clean Up

Before you start to take apart your circle, it's important to give thanks to the spirits of that place and to the unseen who gave you guidance. If your quest was in nature, take time to restore the area to its natural state. Make it look as completely natural as possible.

Appendix: Timeline Examples for Water Week

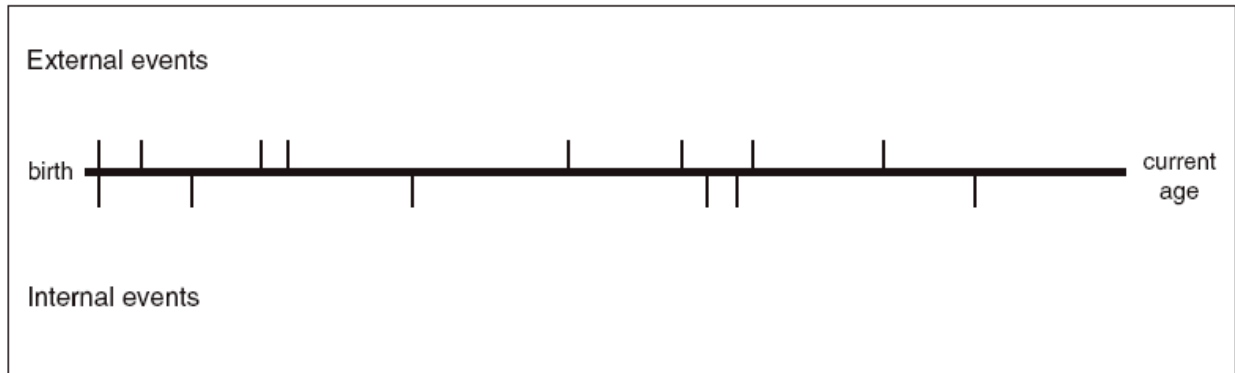
Medicine Wheel Timeline



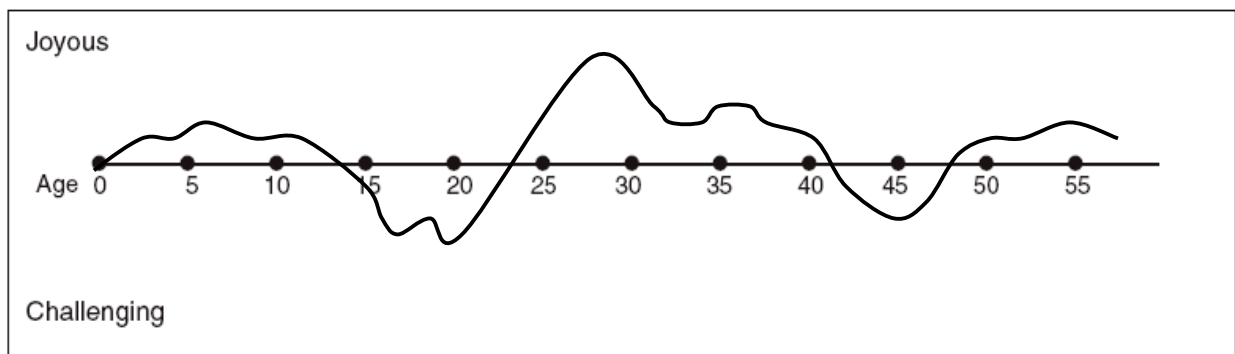
Use the Medicine Wheel to tell your life story. Let your story begin with one of the Directions or in the Center. Place your life events inside or outside the circle or wherever it feels right. You may have some significant event that ties with the South, or when you tell of your childhood the East seems to “resonate” with you. Be your own guide – it is *your* story.

Linear Timelines

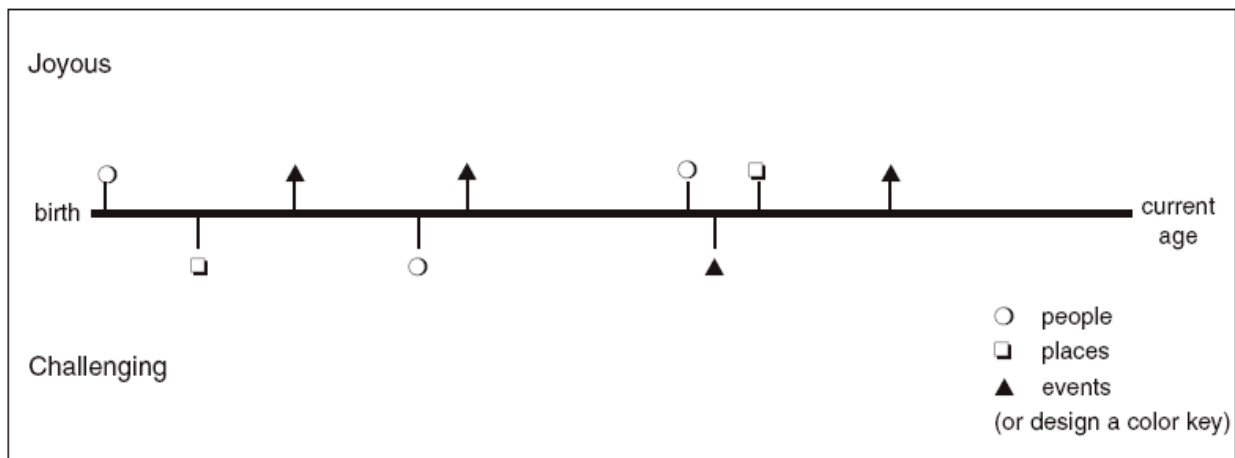
Example A



Example B

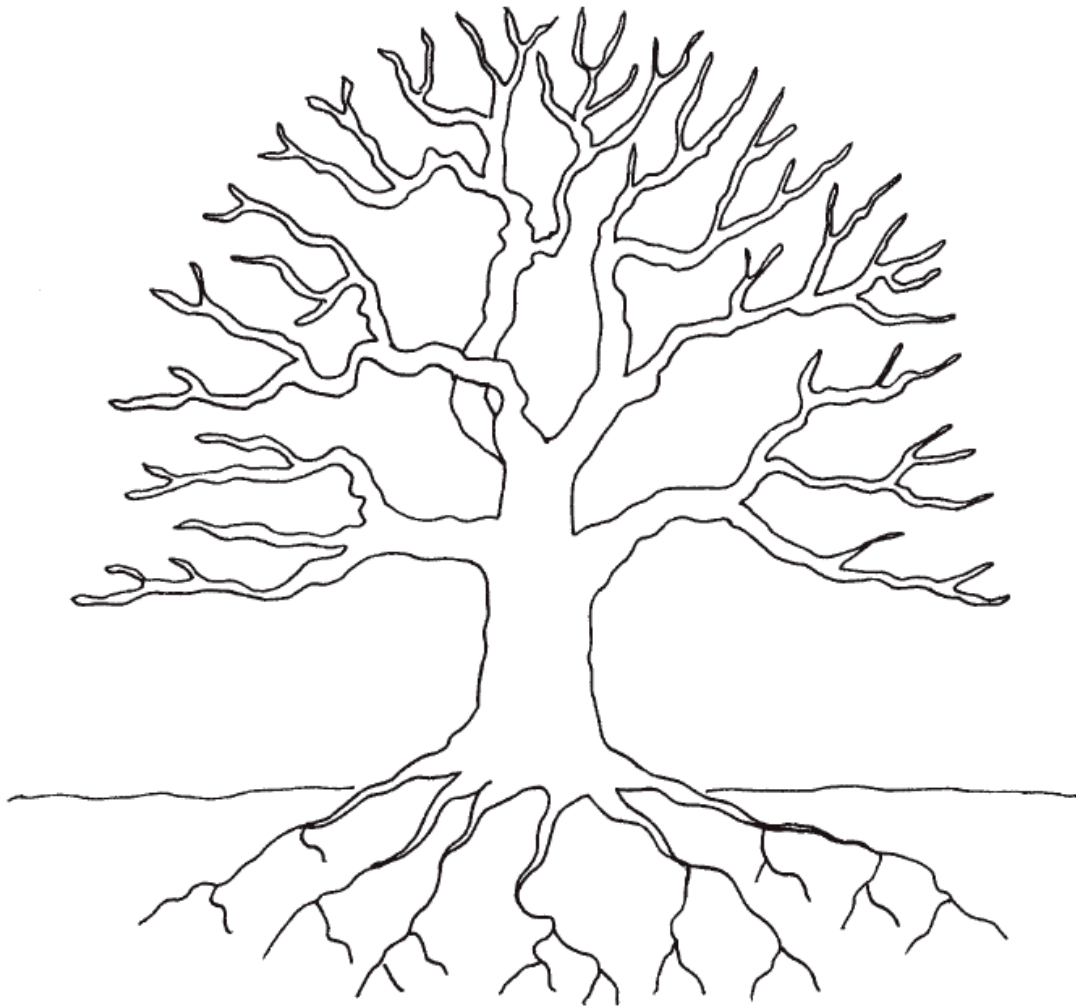


Example C



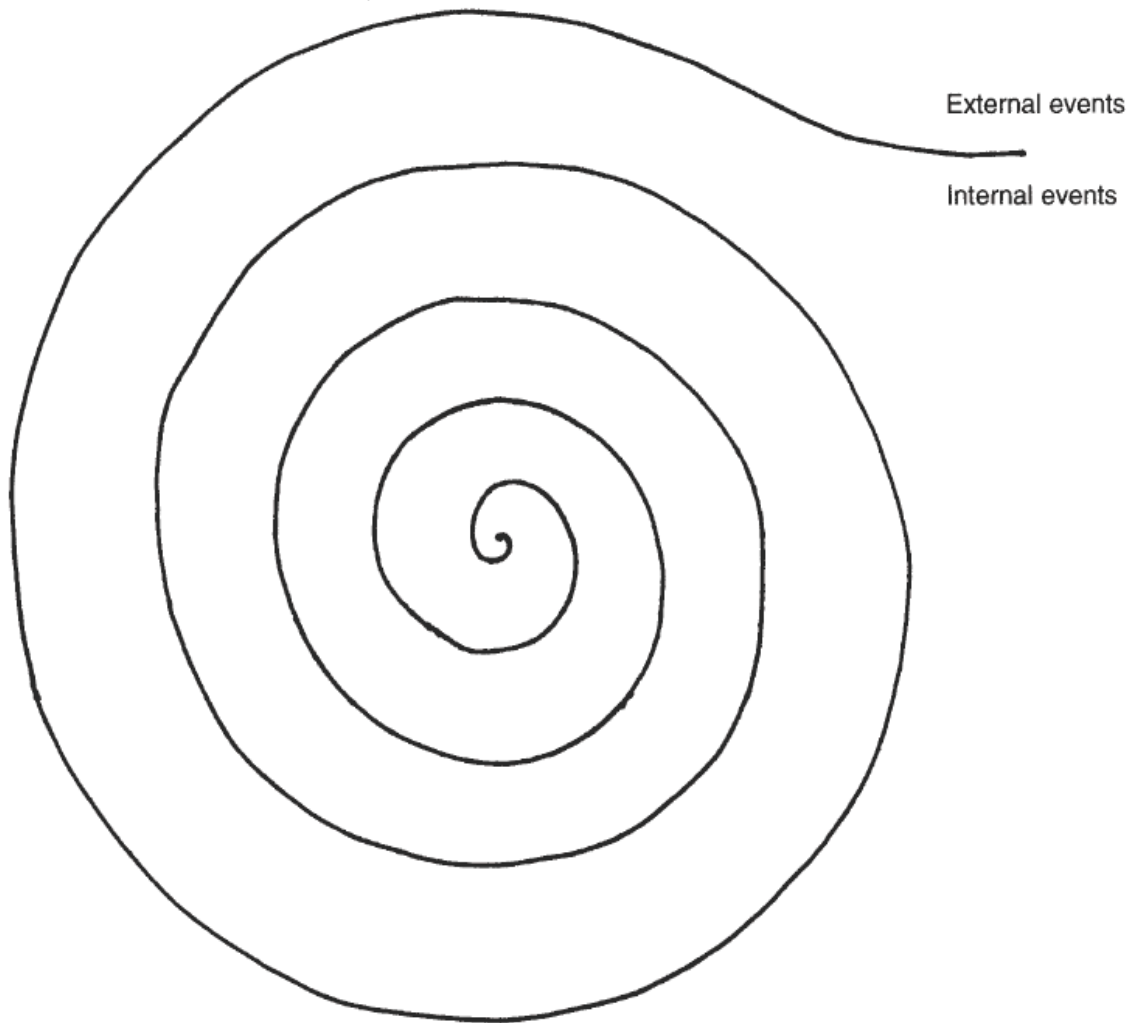
Use these examples of linear timelines to help you identify and remember the external and internal (joyous and challenging) events of your life. Find the one that works best for you or use these examples to create your own. Your story is important and these tools will help you write that story.

Tree of Life Timeline



Use the Tree of Life to tell *your* story. The base of the trunk could be your beginning with each of the branches representing your growth and life events. The roots could represent your spiritual development or connection to Mother Earth. Or perhaps the trunk is your core and the branches are the events that shaped you. You get to decide!

Spiral Timeline

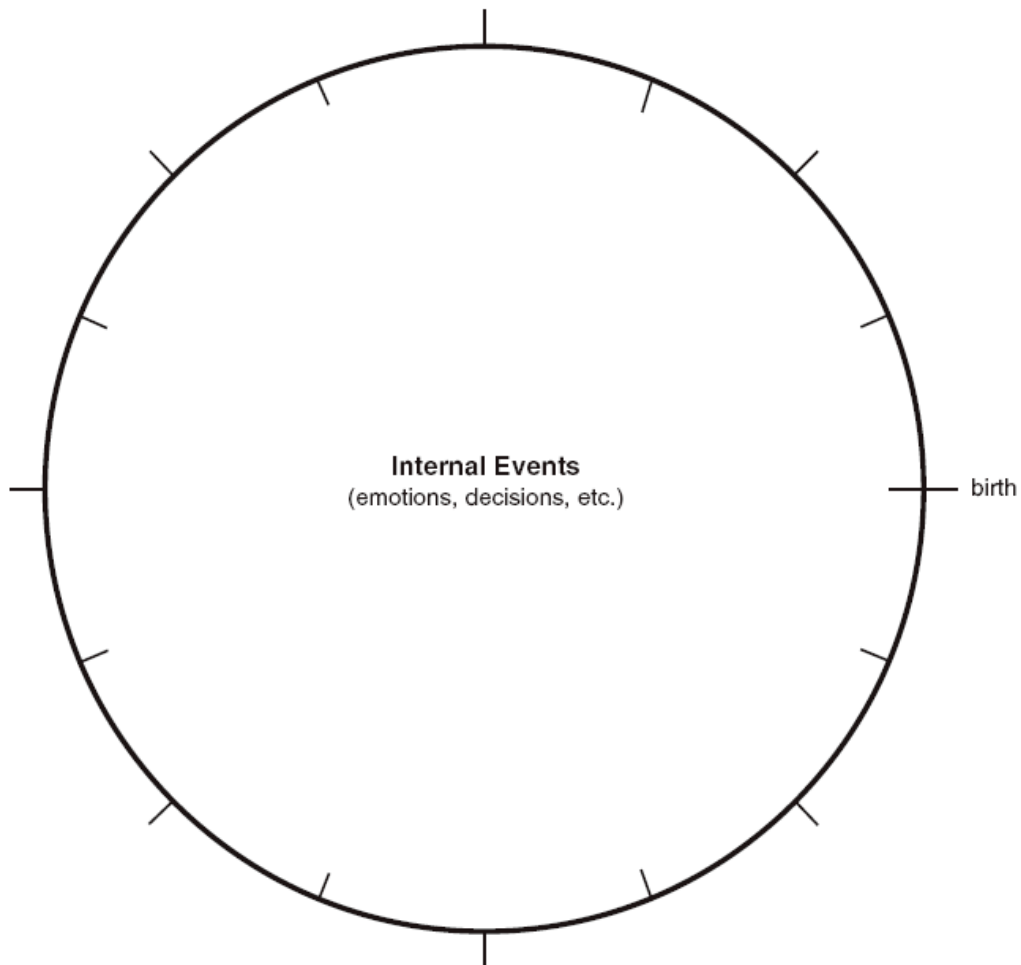


Use the metaphor of the Spiral for your timeline. At the very center is your birth. Your life unfolds as you journey out through the spiral. Mark your external life events on the outer edge of the line and your internal events (emotions, decisions, etc.) on the inner edge of the line as it spirals out to where you are today. Be creative – it's *your* life story.

Circular Timeline

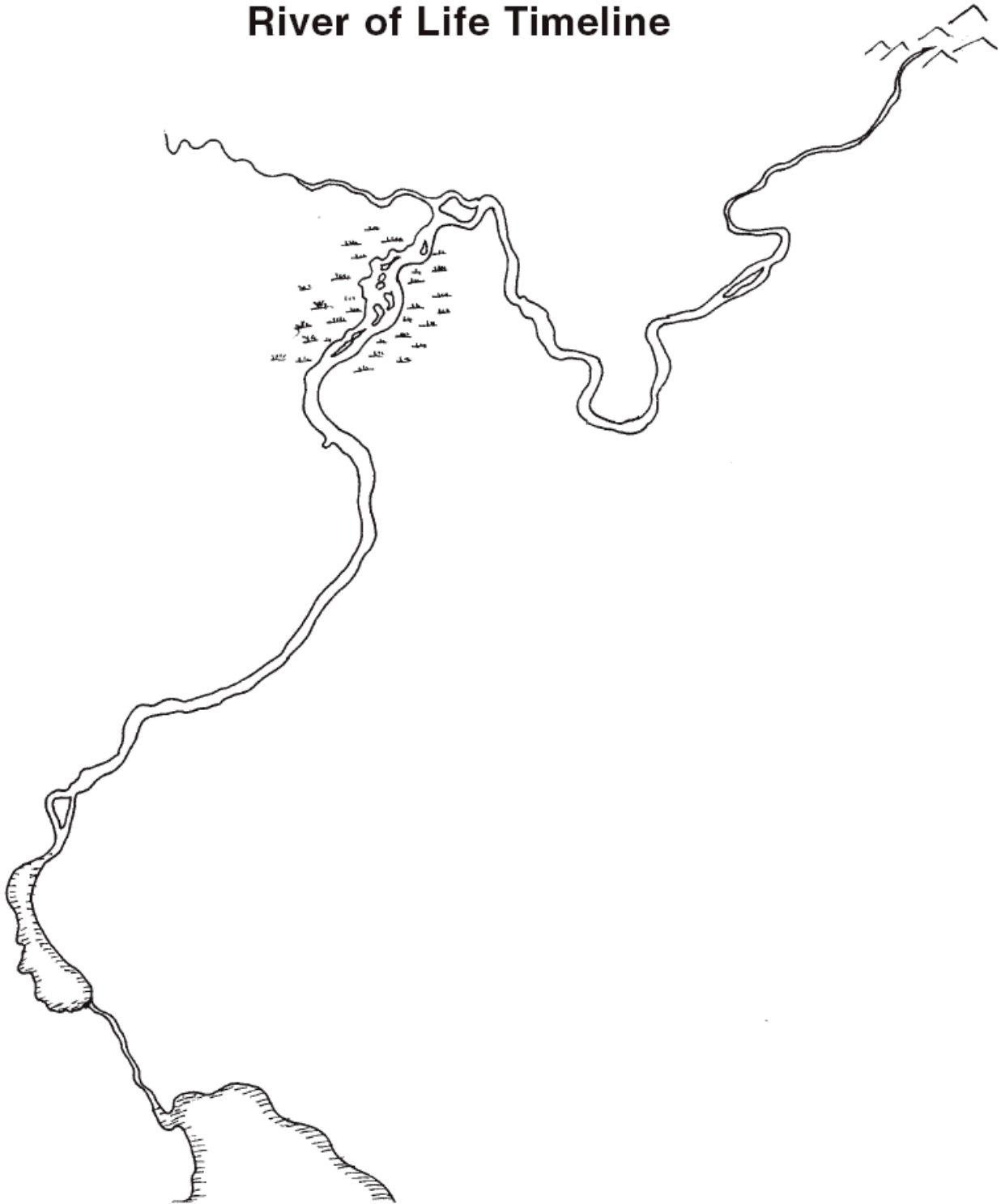
External Events

- start with your birth date
- finish with your current age



Go clockwise around the circle starting with your birth. Outside the circle write your external events as you remember them (tie them to your age at the time). Inside the circle write your internal events (emotions, decisions, etc.). This is your timeline – add as many lines as you need to tell *your* story.

River of Life Timeline



Use the metaphor of the River for your timeline. Start at the source of the river with your birth. Your life unfolds as the stream becomes a river and the river travels to the ocean. There are boulders, rapids, and waterfalls in some places, and then quiet areas where the river flows wide and slow creating swamps and wetlands. Perhaps your river sinks underground in the desert or is held back by a dam. Dramatically or quietly the water is released to flow freely again. Use your imagination – you can tell your story better than anyone else!