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Hello Everyone!

Welcome to

10 Minutes 12 Weeks to a New View of Life and You

A Self Study Course in Self Esteem

Week #11: Your Most Important Relationship: you and Yourself

Hello everyone! I'm Kathy Kirk, founder of Applied Spirituality. ***I am so glad you're here.***

I hope you have your notebook handy to take notes and write questions as I make my comments. Direct your questions and/or comments to me at coach@appliedspirituality.com

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Week #11: Your Most Important Relationship: you and Yourself

This Week I want to emphasize and make clear to you that your relationship with your **Self** IS your spiritual journey. It is your coming home to Self. You are first a vibrational being. You are an extension of Source Energy. In fact most of you is Source Energy, 96% remains in nonphysical Well Being. Merely 4% of you is physical and mental (body/mind) in the flesh on Earth.

The whole focus of what we are up to here is remembering how to reconnect with your larger Self.

When I speak about being in alignment with Self or out of alignment with Source or Well Being, what I'm talking about is that nonphysical 96% of you that remains in Well Being, that IS Well Being, that Is You, Source Energy. This is Who You Really Are. It is always calling to you to come "home", to align your human mind with It. This is the biblical story of the Prodigal Son.

We are so mesmerized by the physical "reality" of life, that we think it's the whole reality, which it is not. In fact, the physical reality is the effect (outcome) of our vibrational reality. So in this message I'm going to reemphasize what a spiritual life and a spiritual journey is. ***It is NOT a mystical event out-of-body event. It's in the body, right here, right now, in your personal physical experience on Earth.***

The Spiritual Journey is an emotional journey, feeling your way back into alignment with Self which ***always feels Good on any topic.*** Your Internal Guidance System is your personal, intimate connection with your Source. It's in the Zone, calling you to join It. When you feel Good, you're in alignment with your Self; when you feel any negative emotion, you are not (your human mind). ***Your IGS (emotions) is always telling you how you're doing in relationship to yourSelf.***

How do you know when you are in alignment with Self? ***It feels Good.*** You are energized, light, happy, giddy, playful, fun, intelligent, wise, healthy, clear, inspired. There are degrees of alignment (range of

emotions). Where we want to go next is **INTO THE ZONE**, where everything we've ever wished for or dreamed of already is; but even getting to the edge of the zone is a good, good thing. Once we raise our vibrational countenance to where we are nearly always on the edge of the zone, we have created a life of mostly good experiences. However, moving our vibrational countenance upward into the Zone is when we manifest the dreams, the money, the relationship, the house, the health, etc. These things are already in the Zone awaiting us.

How do we get into the Zone?

There is only one way anyone gets into the Zone; **you feel your way into it**. This is an emotional journey.

Folks, your eyes, ears, hands, nose, mouth, skin, your physical apparatus are for navigating the physical world. Your eyes translate the vibrations of sight; your mouth and taste buds translate the vibrations of taste; your ears translate the vibrations of sound, your skin translates the vibrations of touch. These get you around the physical planet. You know you prefer ice cream to raw sea urchin; you know you prefer lovely cotton sheets to scratchy ones; you know you prefer the song of a bird rather than the sound of kid next door practicing his drums; you know you prefer to see something beautiful as opposed to road kill. You are always choosing, you have preferences and always, always, you are preferring things that feel...GOOD, right? As we choose the things that we prefer, they are always more God, more Good...we **naturally reach for those things in the vast physical variety**.

It's the internal journey that we are focused on here. **Western Culture has discounted and obfuscated the importance of a personal, internal life; our emotions; but this is the heart of where your Nonphysical Self is always communicating with you.**

If you're not willing to feel your emotional guidance, you will remain lost on planet Earth until some huge Cosmic Goose event finally gets your attention. Many return to their inner world only through a huge thwack upside the head in their physical life, like a stroke or an accident or a breakdown or a job loss. Then, if and only if the pain of where they are is greater than the fear of going within do they begin having a relationship with themselves.

You don't have to wait for the huge cosmic 2x4; and by the way, this is not the Universe hitting you to get your attention, **it's YOU waking yourself up**. You have to lose the false beliefs of your human mind in order to regain your Real Mind, your Divine Mind, your nonphysical Source Energy, Well Being, All Is Good Mind to remember from whence you came and Who You Really Are and how powerful you Are.

Your emotions are how you navigate your relationship with yourSelf. This is your first relationship; This is your most important relationship. All through our day we are focused externally wondering what this one thinks, how is that one going to react, how is this going to affect someone else; what will people say, what will people think. We are constantly gauging the external response or reaction to us, but we never listen to where we are in relation to our own Inner Being.

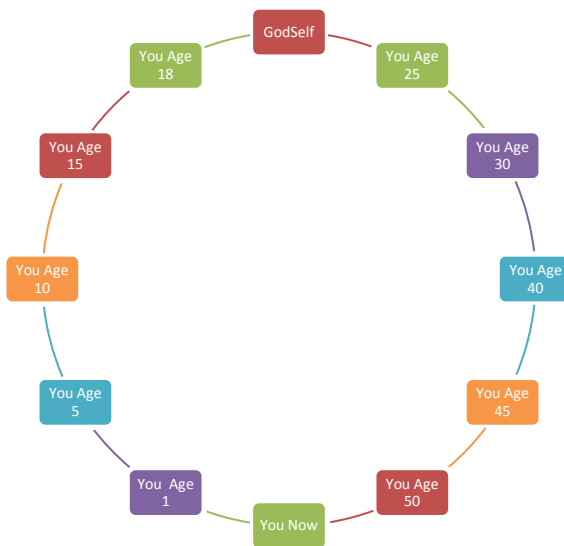
This is the spiritual journey, beginning with deliberate, conscious focus on the relationship with yourSelf, your emotional Guidance System. If you are doing the exercises and writing in your journal, having conversations with yourself, and reaching for your Divine Mind, you are doing the emotional journey, the spiritual journey, back to Self on many, many topics as you release the false beliefs of human mind.

If you are still telling yourself you don't have time to meditate; don't have time to journal; don't have time to go to coaching; don't have time to play or relax, your human mind with its false premises is still in full control. You're ignoring your IGS, avoiding your relationship with your Self. This is ok; no worries because left unattended, your vibrational countenance of false beliefs based in fear, lack, limitation and sickness will get bigger via the Law of Attraction. The 2x2 will become a 4x4 which will become a 6x6 Cosmic Goose event until it has your attention and you begin cleaning up your vibrational countenance, raising it back up into alignment with Source which is "home", your birthright; your inheritance.

The focus this week:

All day long no matter what you're up to, who you're with, what you're doing, you are going to be asking

yourself two things? ***How am I feeling? What do I prefer or want?***



This is not an easy assignment. It's going to take persistent focus and practice to make your default habit one of checking in with yourSelf first, before you concern yourself with anyone else.

When you ask yourself these question, you are checking in with your happy meter? Basically you're asking yourself, Do I feel Good? Am I feeling happy? Do I feel excited? Am I thrilled?

Am I in joy? Does this feel Good to me? Is this what I really love to do/hear/see/observe/think/imagine/remember? Am I enjoying this conversation? Am I loving the people I am with? Am I seeing the beauty of what's here? Where am I focused? Does it please me? If not, then what would I prefer?

Time to get to know the Kingdom of You and Reunify your Parts

A few weeks ago I told you about an exercise where you gather together pictures of yourself from as early an age as possible up to now and pin them up on a wall in chronological order in a place where you

see them often, especially when you're journaling. Now rearrange them into a circle. At the top of the Circle put a picture up of something that represents to you your Godself. It could be an angel, a star, a light, and make it huge. At the bottom of the circle, put a current now picture of you, Captain of your ship determining what you prefer, where you want to go next, and what you want to experience. To your left you place your youngest self picture and keep going placing all the pictures of yourself filling in the space between you and your Godself. These are the people of human mind that comprise your Kingdom. They are the keepers of all your false beliefs.

Now imagine your gang is a ship. And you are Captain setting the course by what you desire, wish for and prefer. Your Godself immediately expands into that which you wished for and dream of. You tell the people of your Kingdom to row in the direction of what you desire, your Godself. But they don't, because they can't. They cannot because they are believing in your limitations. They still think the earth is flat. A few, perhaps are attempting to row in alignment with your Godself, but the others are either not rowing, or pulling in the opposite direction.

The ones not rowing into alignment are the ones causing you to feel negative emotion. The mere fact that they are not aligned with Godself is the negative emotion. They will tell you what they are believing that is not true. This is where you, as captain, listen, and then gradually give them to a wee better thought, help them raise that limiting thought up, up, up, up until it's in alignment with Source and now that part of you is rowing in alignment with Source.

The only way you ever get your parts to all row in the same direction of your desires is ***to pay attention to how you are feeling.***

So practices to bring your focus of attention to your relationship with yourself

1. Ask yourself frequently: Am I happy? What do I feel right now? What would I prefer, if anything?
2. Use your breath to connect with your Self. Do it often throughout your day.
3. Journal.
4. Post the pictures of your many selves
5. Make your relationship with yourself your first and most important priority of every day; indeed, before you attempt anything. Get into alignment. Breathe. Then do what you need to do. Should you get out of alignment in the course of what you're doing, stop. Get back into alignment with yourSelf. Notice your negative feelings. Resolve to attend to them in the next Round Table.

There is no other work that of greater importance to you and everyone else, because your greatest gift to the world is your Godself, which no one else can offer.

Thank you for being here. Please join us for Sunday evening coaching. You can sign up at <http://www.appliedspirituality.com/coaching>.



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Until next time, this is Kathy Kirk from Applied Spirituality reminding you:

“You have nothing to fear; You have nothing to worry about. You are loved beyond measure.”

Notes: