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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 #12: Living in Well Being Everyday***

I'm Kathy Kirk, founder of Applied Spirituality. Thank you for being here!

- This is a religion neutral zone, meaning that all religions are welcome here and if you don't have one, you're welcomed, as well.
- Everything you hear or receive is proprietary information and is protected by copyright. Any reproduction is expressly prohibited unless you have written consent.
- You should have a notebook in which you are interacting with yourself every day. I encourage you to continue this as your time with yourself, daily. Pose questions, listen/feel the inspiration to the answers/actions that Self offers you. You know by how it feels.

Ok. Let's get started with

Message #12 Practicing Well Being Everyday

Your best life is an inside job, as you well know by now. No matter what is going on in your life or in the world, your job (your **only** job) is to find that place of Well Being (connection with Self, Source) and hang out there.

Psalm 23:4 "[King James Bible](#) says, "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou [art] with me; thy rod and thy staff they comfort me." This refers to the state of personal ***internal beingness in Connection with Source; [your human mind in alignment with your Godmind]*** despite whatever might be happening. This is the "peace that passeth human understanding". In lay words, it's simply not freaking out. It's remaining centered in Well Being/YourSelf. This is the goal for each of us. It achieved moment by moment; it is **not** a leap into Enlightenment and you're done.

We can observe and experience things **and** still be deeply rooted in Confidence, Wellness, and Good. We don't have to go into doubt, fear, overwhelm, anxiety, rage or depression. We can foster and nourish this Connection with our True Self daily, thus raising our own personal vibration. Then by the Law of Attraction, our higher vibration begins immediately transforming the situation to something Better.

There are many causes afoot out there that you can get involved with. There's the green cause the sustainability cause, the sufficiency cause, the cancer cause... You name it, there's a cause to either save it, destroy it or defeat it. However, I caution you: **place your focus on your own internal state of being**



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(your relationship with yourSelf), your own vibrational countenance, your own Connection with Source before you attempt to “change the world” or do anything in the physical world. Why? Because one person connected with Source is more powerful than a million who are not; and you want to be a part of the solution, not adding to the problem. Right?

Let me illustrate: PITA is an organization that was created with all good intentions to protect the rights of animals. However some of the individuals cost them a lot of credibility when they not aligned with Source, attack people with fur coats by lopping paint onto them (This is not Connected with Source). Another example is the right-to-life folks who have gone so far off center as to commit murder themselves in the course of “saving lives.” You cannot change the world for the better or for the Good when you are not Connected with Source. It is not possible because you have left the Best part of you out of your words and actions. That Best Self is Love, Source Energy, Well Being.

Tend first your own garden daily...indeed, moment to moment.

1. Begin and end each day with quiet time with your Self.
2. Practice deep, rhythmic breathing (in to the count of 3 and out to the count of 5) until it is your default breathing pattern. Once you sync your physical breathing with Source, you have at your instant disposal the vehicle to regain connection forever...your breath.
3. Use your journal.
 - a. **Make lists of the things you love, appreciate, admire, adore and cherish.** Add new things to these lists every day. This makes you consciously awareness of how Good things are, raising your personal vibration daily. Don't repeat. Find new things everywhere you look.
 - b. **Take your troublesome issues to your journal.** Do not talk about them. This is where you discover what your limiting belief is that makes you see it as a “problem”. Once you've discovered your human mind's false belief, you can begin raising that belief up until it is in alignment with the Fullness of Source.
 - c. **Make the collage of all your people** from your youngest age up to the current. Whenever you notice a negative emotion, go in and check with your peeps and see who's believing what. Now you mentor, parent, and coach that part, updating its belief system to Love, not fear or lack. Call a weekly Round Table at minimum.
 - d. **Pose questions. Then relax and allow the answers to flow into you. Receive them.**
4. **Raise your vibration on difficult subjects one by one.** Get so that your default position/response to scary things is “That's interesting.” “This is my Good at play.” “I'm going to watch my Good unfold.” “All is Well.” “This will be interesting to see the Good reveal itself.”
5. **Decide to Love yourself unconditionally.** Continue to do the work on “I Am Enough” until you really, really do feel Love and Appreciation for yourself unconditionally, no matter what. Then you're ready to Love your neighbor as yourself.



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6. Upon waking appreciate, appreciate, appreciate. Decide that the most important thing is that you feel Good. Upon retiring: appreciate, appreciate, appreciate.
7. **Realize that feeling Good is simply the measurement of your relationship with your Self** and nothing else. Check in constantly throughout the day to see if you're in alignment or not with Self. It only feels Good. Anything less and you're out of alignment.
8. **Realize that you have the ability to respond to anything by simply choosing a better feeling thought and focusing on what you desire as if it were already here.**
9. **Realize that you matter**; the fact that you're feeling Good or not matters not just to you, but to the Whole of Us. When you feel Good, you are bringing your Best Unique Self to the world and blessing us all with your gifts and talents.
10. **Intend** your day, intend your moments, intend your life. Be deliberate. How do you see this going; how do you want things to feel; how do you want everyone to feel. This is the meaning of "I Go before you to make the crooked places straight."
11. **Realize that you are Source Energy having a physical adventure known as your life.** You chose to come to Earth to play, to choose joy, to experience expansion. In order to do that, you have to let go of anything and everything (ideas and beliefs) that hold you back.
12. Give yourself mercy, grace, and support. You came to assist in the ascension of the planet and the Consciousness of mankind. You're not new to this game. You're an old pro. Be sure you have support of like-minded individuals who will remind you that You are the Creator of your reality and not enable you to believe you are a victim.
13. **Trust your Self. Believe in You. You are unique.** You will see things in only the way you could see them, and this is beautiful and Good. It's A-OK to not be a lemming any longer, but to think for yourself and bring your wondrous Self to the table.
14. **Follow only those things that feel Good to you.** If you're intending to make big changes in your life, start small. Allow your Good to flow to you. Most of the work is all about relaxing into the Flow of Well Being and only about 10% of it is actually taking action.
15. **Think vibrational.** You are a vibrational being. You are creating by virtue of your vibrational signal. Be scrupulous about cleaning up your vibrational countenance. No one can do this for you.
16. **Alignment with Well Being, Source Energy is being in the Zone.** In the Zone is where everything you every wished for is...awaiting your alignment. Moment to moment, come back to feeling Good. Choose You.
17. **Love is who you Really Are**; Love is all that is Real. Ask to experience the True nature of Love.
18. **Let Go and Surrender your false beliefs and misperceptions of human mind.**
19. **Believe in You. Trust in You. Allow You.**
20. **You** is the Source of your Self Esteem.



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I want to thank you all for being here for these 12 weeks. I promise you, that if you really do apply everything you learned here consistently and **consciously** you will experience a beautiful new life and you will feel safe with yourSelf and you will love and respect yourSelf ; and all that will have changed is you. You will have released false beliefs about yourself that have clouded and distorted your own perception of You.

I want to remind you that you have a supportive community at appliedspirituality.com. We hold the space for you and welcome you whenever you need, want or desire to be supported and upheld in your personal path.

I know from my own personal experience that it takes constant and persistent focus to change course and see through new eyes, consciously choosing each moment to feel Good, reaching for a better thought and **handling earthly life problems by the process of changing your internal feeling state**. I know it works; I know it is True and I know that I am ready, willing and very capable of supporting you through your transitions and scary illusions until you're peddling on your own. I am also available for private coaching, speaking to your groups and customizing seminars and workshops just for you.

I know this hasn't been the usual Self Esteem course. It's the one that counts. It's the Truth.

It's been a great honor to have been with you. I remind you that you can reach me at coach@appliedspirituality.com

I also want to remind you of Sunday evening coaching where you can practice in a supportive community of folks, just like you who waking up to Who They Really Are. You can sign up at <http://www.appliedspirituality.com/coaching>.

Thank you so much for participating. Remember:

***"You have nothing to fear; You have nothing to worry about.
You are loved beyond measure."***

And you can take that to the bank.