

Hello Everyone! And Welcome to 10 Minutes for 12 Weeks To Your New Life.

I'm Kathy Kirk, Founder of Applied Spirituality™. I'll be your Sherpa for this journey to an amazing New View of Life.

For you to get the most out of these talks over the next 12 weeks, there are a few housekeeping items to bring to your attention before we get started.

1. **First, this is a religion neutral zone.** What this means is that every religion is included in what you hear and learn. In fact if you have no religion; if you're agnostic; if you're atheist, you are included in everything here, as well. Even if you consider yourself a spiritual person, having studied ancient texts and explored spiritual ideas, you are also, in the right place. The only requirement for being here is that you are a human being, which I am assuming no aliens have joined in. But if there are, you're included too. We are all here to learn a new way of looking at life and how powerful we are, no matter what the current situation. So the bottom line is, no matter who you are, what your circumstances or your personal story, you can and will benefit in the coming 12 weeks, if you take the time to think about what you're going to learn here and make the effort to apply these things to your everyday life. You will, absolutely be a changed person – for the better. I promise.

I will even say this, You could be perfectly happy and content, and still find ways to expand into even greater heights of personal freedom, happiness and joy. So once again, let me welcome you whoever you are and wherever you are personally in your life. Things have just begun to improve. It's no accident you are here.

2. **Your willingness is fundamental.** In order for you to expand, you must come to the table with an open mind and an open heart. You must be willing to grow yourself, and reach beyond where you are now. This means you must let go of the things that are holding you back.

Let me use the example of a mountain climber. At base camp the climber begins his/her ascent with all the necessary gear: a spirit of adventure, courage, pitons, ropes, food, good shoes, camping gear, etc. And, of course, a trusted guide to show him the way. This Sherpa is the one who will get the climber to the top of the mountain. In our case, the top of the mountain is a view of life that enables you to see more clearly, feel freer than you do right now, and feel safe and confident in your own hands. I am your guide; and I promise you that at the end of 12 weeks you will feel freer, safer and more confident in your own hands.

A mountain climber, in his ascent uses a piece of gear called a piton. A piton is a metal stake (usually steel) that is driven into a crack or seam in the rock with a hammer, and which acts as an anchor to protect the climber against the consequences of a fall, or to assist progress in *aid climbing upward*. Pitons are equipped with an eye hole or a ring to which a carabiner is attached; the carabiner, a mountain climbing clip, can then be directly or indirectly attached (through more equipment) to a climbing rope. Our journey is akin to **Roped Soloing** which is the safest form of Solo Climbing. Along the way, the climber pounds pitons into the rock to give a strong footing, a base if you will from which he/she moves upward. Consider each piton as a personal belief. Every belief you've held in your life has served to move you upward in your understanding of life. But certainly the ones you used at base camp are no longer the ones you're using mid climb. We have to release ourselves from the tether to old beliefs or we cannot climb any higher. If we don't unhook ourselves, letting them go for new beliefs, they drag on us, making the climb harder, and ultimately will hold us back from any progress until we cut them loose and let them go. Of

course we place new pitons (new beliefs) as we go, and these facilitate our climb at higher levels. So, I repeat, you must be willing to expand and grow, which means letting go of what no longer serves you.

**3. Everything you hear here, every recording, handout is proprietary information and may not be reproduced in any way, shape or form.** Everything is protected by copyright and may not be reproduced in part or in whole except without expressed written consent by myself.

**4. Every week I will deliver a 10 minute message to you, when taken together over the 12 weeks will build not just in information, but in momentum.** If you actually participate and do the lessons suggested, think about the message delivered throughout the week, and actually implement and **apply them into your everyday life**, you are going to experience life in a new way, a better way, a more empowered and enriched way. What you do with the information, of course, is up to you. That's what free will is all about: your choices.

**5. Get a fresh notebook for you to take notes.** In your notebook you will write down your ah-ha's, questions, comments, and most importantly your thoughts, which are your communications with yourself. This notebook is going to become very important to you over the coming weeks, because this is where you will be *communicating with yourself*. Communicating with yourself is probably something most of you do not do now, but you will come to appreciate it over the weeks; then, you'll wonder how you got this far in life without communicating with yourself.

6. Any questions or comments or feedback you might have you can direct to me at [coach@appliedspirituality.com](mailto:coach@appliedspirituality.com). I will answer you personally.

Now let's get started with Message #1.



### **Message #1 Choosing You**

Most of us in Western Culture were raised to think about everyone else before ourselves. This was the promise of unselfishness: if you sacrificed yourself, great was your reward – later.

Sacrifice in our culture is revered. We applaud those who “sacrificed for country”, we honor those who “give up so much”. We have an operating belief in the sanctity of sacrifice. So has been our example, our belief system, our collective thought; but sacrifice and suffering are not required.

There's a giant fallacy in this thinking, for no one knows better than you do what you need, want or desire. Furthermore, no one can provide those things to you but yourself. How this is, we will get into great detail later. For now, let us set ***the first premise that no one is more important than you. And so you don't freak out, I'll add the statement that everyone is equally important. Everyone is created equal; everyone is equally important.*** What's been missing from the equation is that I am important. What I think; what I feel; what I need; what I want; what I desire is not only important, but critical not just to my health and happiness, but critical to the health and wellness of the Whole of mankind.

Stop here for just a second to let that digest with you. Imagine. What if your contribution to the world was important? Now what happens to that contribution of yourself when you're operating from the belief that

selfishness is a bad thing. Who then is taking great good care of your contribution? ***Who then, if not you, is answering the needs, wants and desires of your Soul?***

Here at the very beginning is the most important and crucial step, so take this slowly and methodically, because you're going to come face to face with some long standing collective beliefs of thousands of years. What beliefs? They are that you don't matter and sound like these...

- I am insignificant. I am unimportant.
- I have nothing of value to contribute.
- I'm a disappointment. I'm not enough.
- I'm not good enough.
- My kids are more important.
- My spouse is more important.
- My country is more important.
- My religion is more important. (Jump in here and add your own to the list.)

When we operate out of a belief that encourages us to diminish who we are and what we have to contribute in any way shape or form, we deprive ourselves of our own fulfillment, but we also deprive the world of our gift of Self.

Again, I will ask you to consider: ***if you are not tending, nourishing, nurturing and contributing your gifts and talents to the world, who then, will?***

***“The important thing is this: to be able, at any moment, to sacrifice [let go] of what we are - for what we could become.”*** - Maharishi Mahesh Yogi

For whatever reason you have come to hear or read this – you may have begun a weight loss program, encountered an illness, perhaps facing some life challenge of any nature or simply feel dissatisfied or restless – you are seeking to become either more empowered, more free, more happy, or more joy; and this is right and good and as it should be, for this is how the Universe expands, evolves and grows through our seeking more Good by any descriptor.

But before anything can change or will change, there is a fundamental brick at the foundation of you that must be either replaced or repaired or shored up or perhaps put into place for the first time. This brick is your commitment to You.

## **Your Commitment to You**

We make commitments all the time. Commitments are promises that we intend to fulfill. These range from small thing like promising to take out the trash to large things like signing up for the military or getting married. We make commitments to family, nation, job, religion, friends and all types of causes. We are happy being committed to something that in fulfilling that commitment makes us feel Good. We feel focused. We feel a member of something, like we belong to something larger than ourselves. We feel productive, purposeful and useful. These are all good things, to be sure; but here's a news flash: ***making a commitment to Yourself is all of that, and more.***

What I am talking about here is not the “me, me, me” thing. Shoving in line to be first, taking the biggest slice of pizza, grabbing for what’s yours or what you think ought to be yours. What I’m talking about here is:

- being your own best friend,
- your closest ally,
- your truest love,
- your most valued advisor and cheerleader.

What I’m talking about is being so “for” yourself, that there is nothing in the world that you could ever do or not achieve that would cause you to forsake yourself, hate yourself or diminish yourself... ever.

We can identify how this feels as perhaps the way we feel about our children or a pet.

I can remember when I first saw my son. My heart sprang open so wide that it physically hurt. I was blasted by such a wave of Love that it nearly knocked me over. I had no idea that kind of love existed. I had no idea of it whatsoever, and I’d always thought of myself as a loving person.

Imagine now having such a bolt of love go through you, cracking your heart wide open but this time, it is for You. Imagine you are feeling this kind of love and cherishing for yourself. How would this change your life? How would this uproot, over turn, and negate the beliefs that now operate within your human mind about yourself as unworthy, undeserving, useless, worthless, powerless, or an unimportant creature?

What if in one fell swoop you felt this utter and complete love and appreciation for You, how then would you regard your needs, wants and desires? Certainly if your child wants something, if it is within your power, you know you would do it. I knew in that moment that I would throw myself in front of a bus for him, walk burning coals or go without, because I loved him that much.

What if you felt that same way about yourself? This begins with you making a personal commitment to you.

Assignments for this week:

1. Write a statement of love and commitment to yourself; make this agreement with yourself and do it as if you were making this promise to spouse, child, God, country or any other cause you deem worthy. Write it out.
2. Consider what that would be like, if you felt unconditional love for yourself. Take your notebook and answer the question: If I loved myself unconditionally, how would my life be different? Take up the question every day in a different way; how you live; who you hang with; decision you make, etc.
3. Make a list of the things you really love and appreciate about yourself. Everyday add at least 5 new things to the list with no repetitions.
4. Before and after each writing period, I want you to sit quietly and breath in and out, focusing only on your breath. Breathe in to the count of 3 and out to the count of 5. Do this for at least 3 minutes.
5. Periodically throughout the day, perhaps when you take a bathroom break, sit quietly and breathe for 3 minutes focusing only on your breath.
6. Finally do this breathing exercise before you go to sleep.



10 Minutes; 12 Weeks – A New Life

Notes: