



10 Minutes – 12 Weeks – A New View of Life and You A Self Study Course in Self Esteem

Message #2 Free Will: It's Your Sovereign Choice

Hello Everyone! I'm Kathy Kirk, founder of Applied Spirituality™. Welcome to Message #2 Free Will: It's Your Choice in the series 10 Minutes – 12 Weeks to A New View of Life and You: A Course in Self Esteem.

- If you haven't heard Message #1, Choosing You and done the homework, I strongly urge you to go to my do so now. Download the message in PDF format and listen to the mp3 file. Then do the home work assignments, as these messages build in both content and momentum to your benefit.
- Please remember that all information is proprietary information and is copyrighted. Nothing may be reproduced without expressed written consent.
- This is a religion neutral zone, meaning all religions are included here.
- You need a fresh notebook; so get one. You'll want to use it to take notes, ask questions, communicate with yourself, and do/apply the lessons in your homework assignments.
- Direct your comments and/or questions to coach@appliedspirituality.com I will answer personally.

Now, let's begin with

Message #2 Free Will: It's Your Choice

Free will and the ability to make your own choices is the trump card we all have. This is the sole arena where we have ultimate, sovereign power. No one can usurp your free will choice, ever.

Now sometimes in life you might be looking at circumstances where it appears that you "have no choice". However, that is the ultimate illusion under which we all labor until we awaken and realize this has been one of the biggest lies on the planet.

In the first message I cautioned you to take this information slowly and methodically, as we are confronting some very long standing beliefs and exposing them as untrue. I'm sure there will be resistance from your human mind as we proceed. So here's where you need to consciously choose to keep your mind open –listen- and feel the Truth of what's being said.

Let's start with a simple example. Let's say that you have a situation that is presenting to you that you don't like, and it feels like you're backed into a corner; that you have no choices or that they are limited choices, none of which you like or want . An example might be that the doctor tells you of a terrible diagnosis.

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This could be in any context. Finances. Relationships., etc. It appears you have limited choices or no good choices. It appears that what “they” are telling you is finite and definitely doesn’t feel good at all, eliciting a strong, *negative emotional response* from you. Could be you’re scared, panicked, depressed.

The truth is that you do still have choices. The first and most important one is whether or not you want to feel better. That’s obvious, of course you do. The second choice is: are going to accept their truth as your truth? Does what they say carry more weight than what you say? Does what they think/believe carry more weight than what you think/believe? **Here I want to remind you of your commitment to yourself that you made last week.**

If someone were to pass you on the street and say, “Hey, you’ve got 3 months to live,” would you accept their statement to you as true? Obviously you would say to yourself, “This guy’s nuts. Thanks for sharing.” And get on with your life without a second thought, unaffected by his statement in anyway. You chose. You chose to feel Good. You chose to disregard it. You chose to believe in your own complete and perfect health. You chose to believe in You and your Well Being.

Now let’s go back and you hear the same statement from a doctor. Do you realize you have the same choice even in the face of a professional with the “facts”? You can choose to believe or disregard it, and believe instead in your complete and perfect health and believe in your Well Being. I’m going to pause here to just let you consider that moment of choice. It is the same choice in each situation. You can choose to believe in Well Being or not. Your mind, I know, wants to argue that the test said...blah, blah, blah. But what if the test was wrong? What if the test was someone else’s? What if the doctor was wrong? What if you really are fine? What if you just chose to **believe** you were fine?

We have infinite choice points in every now moment. This thought or that thought. This belief or that belief? And in every single one of those choices is your free will, sovereign power to choose either more Good and feel better or not.

Now, what usually happens is your human mind intrudes and tells you all the logical and “rational” reasons that you cannot possibly think in terms of Well Being, but rather it pushes you along the path of all is not well and doom. But in fact, you still have **the choice to choose the thought that feels better.** Why would you choose a thought that feels better? Because Good is a synonym for God. And when we feel Good we are aligning our human mind with our Godmind.

Whether you know it or not, every time you experience something in the physical world that evokes a negative emotional response, you have instantly asked for the opposite of that experience vibrationally, whether you did it consciously or subconsciously. You have asked. The Universe has instantly answered your request. As you take the emotional journey from a negative feeling to positive, new choices begin



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to appear. When you have aligned your human mind with your Godmind, you have the manifestation of what you asked for in the physical experience.

FACT: A negative emotion means one thing and one thing only: your human mind believes something that your Godmind knows is not true and is not joining you in that thought. This “separation” from Self or Source is always felt as painful, negative emotion.

Now let’s go back to the example and walk through how we might do this entire scenario differently.

The Doctor says, “You have three months to live.” Immediately you feel panic, fear, and disbelief. You feel badly. You feel disempowered. This “bad” feeling is telling you one thing and one thing only: What your human mind believes is not true, because the Source in you, your Godchip which is Well Being, knows you are a powerful Creator and there is no source of illness, no source of evil, no source of darkness. Your Godself knows you do have a choice. **You have the choice to change your human mind.** Your Godself knows It is Well Being, which is the fullness of health and all you have to do is to change your human mind bringing it into alignment with your Godmind.

Therein is all your power: you get to choose what you do with your human mind.

Viktor Frankl, the author of *Man’s Search for Meaning*, spent between 4-5 years in a German concentration camp during WWII. During that time where there was almost no place for anyone to feel free or good, he learned that the one thing they could never control was his mind. Certainly his physical circumstances offered little by way of upliftment, encouragement, or beauty. However, despite these grave physical realities, he was able to learn that he could take his thoughts anywhere he chose to take them, and feel Good. He could listen to Mozart in his memories, he could envision a time in the future where he was free and happy, well and healthy. He could gaze upward into the sky and think about the beauty of the clouds, the sun, and the night skies. He could by his own free will choice, choose his point of focus right here and right now to something that made him feel better or good.

Similarly Jack London wrote a novel, "*The Star Rover*" which centers on prison inmate who to escape torture, by withdrawing his focus of thought into dreams and the warden realizes he can never break him because he cannot control someone’s mind.

Homework Assignments:

1. Use your notebook. Consider throughout the week various situations and circumstances where you feel powerless or it appears you have no choices. Further consider what choices you might have that your human mind has previously ruled out as “not possible”. Include the worst choices.

For example, are you overweight and trying to lose weight? What has your human mind told you

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that are you only options? Starve yourself? Exercise 'til you drop? You'll always be heavy? It's too hard? It takes a lot of time? It's hereditary? Ok, **feel** how those beliefs **feel** to you? Good or bad? If they feel bad to you, then consider that your Godself knows this to be patently not true. So then, consider what is true? Write those NEW beliefs into your notebook. You can now choose to believe this.

For example, "Losing weight could be easy." "I'm not destined to be overweight and unhealthy, I get to choose that." "It might be really fun to imagine myself at a perfect weight." I like the idea of my body and mind using food for fuel and a source of pleasure." "I am enjoying the process of feeling stronger, and leaner and more Well." "I'm loving the process of discovering my Good along the way." "I choose joy in my body. I choose to see and feel myself as desirable and attractive."

Write as many statements as you can think of each day that *feel better and better* to you about your situation, always choosing statements that feel just a little bit better to you. Feel your way; do not think your way. When you say something that doesn't feel true, back off, and find another better feeling statement that does feel like it could be true.

#2 Continue your breathing exercises. This week add breathing in at the moment you feel something that doesn't feel good to you. Stop. Focus on your breath and breathe in to the count of 3 and out to the count of 5 for at least a minute or until you feel yourself ease and relax. The point here is to stop the old thinking patterns and stop the slide into deeper negative emotion, which is all **stress** by the way.

#3. After the breathing exercise, reconsider what your human mind now thinks about that scenario and why it felt bad to you. So now what's not true about that situation? What is it you are believing that your Godmind knows is not true? So what then is true? Remind yourself that you can change any belief.

#4. Begin writing new statements about that belief and situation that feel a wee bit better. This is to shift your belief from disempowerment to empowerment. Don't write down things you can't believe, yet...but take it incrementally, thinking a little better thought each time. Stabilize your new belief before you go on to improve it even more.

#5 Consider the phrases *infinite possibilities* and *infinite choices* with respect to any scenario that doesn't currently feel Good to you. What might those be? Write them down in your notebook. This is where you're going.

If you'd like to learn more, join me every Sunday evening at 6:00 pm EST live for affordable life transformation coaching. For more information go to

<http://appliedspirituality.com/coaching/affordable-group-life-coaching/> or e-mail coach@appliedspirituality.com



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Thanks for joining me. Now practice/apply this throughout your week no matter what the "issue" is!