

Hello Everyone!

Welcome to Week #3 of **10 Minutes, 12 Weeks to a New View of Life**. I'm Kathy Kirk, founder and creator of Applied Spirituality™.

Just a reminder that 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.

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You need a notebook, so get one right away and start using it to do your weekly assignments, take notes, draw conclusions, and most of all start communicating with yourself on a daily basis. Nothing shifts until you actually begin **applying** what you're learning here, thus "applied" spirituality!

Let's get started with Message #3 Who You Really Are

When I hear people say, "I'm only human" I feel sad. Not only are they excusing themselves from some behavior or for feeling powerless, but they are so in the dark about how powerful they really are.

The first time I heard the phrase 'Remember Who You Are', I was watching the movie, [Hook](#). If you haven't seen it, I'm assigning that to you to do this week. In the movie, Peter Pan has grown up and is now a Wall Street trader known as Peter Banning. He is married with two children and a lovely wife. They go to England to see Grandma Wendy receive an award where his children are kidnapped by Captain Hook and taken back to Neverland. Peter has to rescue them, but the trouble is, Peter doesn't remember that he's Peter Pan and that he can crow, and he can fight and he can fly. Wendy who is elderly now is trying to prompt his memory by showing him the picture book, [Peter Pan](#), written by JM Barrie when suddenly she realizes that he's actually forgotten. Wendy says, "**Peter, don't you remember who you really are?**" When I heard this a shiver ran through me as though she were speaking to me personally. And now I'm speaking to you, personally,

"Don't you Remember Who You Really Are?"

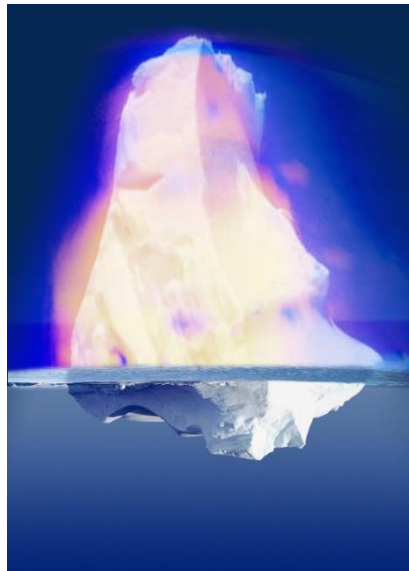
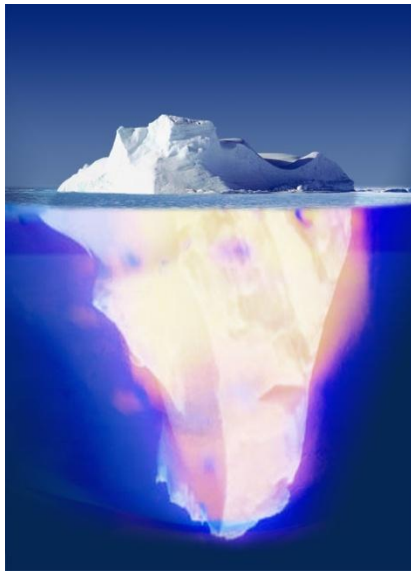
It's time to remember Who You Really Are. It's time for humanity to take the next step in the evolution and expansion of consciousness. Just as there was a time in history where we thought the world was flat and it wasn't; just as there was a time in human history where we didn't believe in flight; we did. Just as there was a time in human history where we didn't believe in electricity; there was the light bulb.

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Right now is a time of Renaissance and great awakening for mankind and that includes you. You chose to be here on earth for this great event.

You are way, way more than just human. ***You are nonphysical Source Energy focused into a physical body.*** Picture an iceberg. Some 96% of it is unseen under the water, while only 4% of it is above water visible to the eye, much like we are.



If you flip the iceberg image upside down with the tip facing downward, the tip of the iceberg is that 4% of you in physical form walking around on earth. The remaining 96% of you is nonphysical Source Energy rising up and out into infinity anchored in Well Being.

Now imagine one more picture. Imagine 6 billion people all as upside down icebergs with their 96%

nonphysical energy mingling together, all inter connected in nonphysical. This is how we are all One.

So what does this mean that 96% of you is nonphysical, Source Energy? It means that you in your physical body are the focuser of Source Energy (God if you will) – the Energy that creates worlds. Stop and consider that.

Through your mind, by your free will choice of focus, you create. And what you focus your attention on – your 96% Source Energy – is what you'll create. I'll say that again. ***You create by focusing Source Energy through your mind by choosing what you pay attention to. Anything you focus on will get bigger and manifest into physical reality.*** It's not magic, it's more like physics. Eventually I suspect this is going to be proved in String Theory. But for now we have enough scientific evidence that there is such a thing as mind over matter. ***The real scoop is that it is through your mind that you actually create into physical matter and manifestation into your own life experience.***

What does this mean to you?

It means that when you can master what your mind is thinking, believing and focusing on – deliberately and intentionally, you'll have the life you desire. What thoughts you think not only attract the next thought and the next . It also provides the basis of your alignment with your greater *Self- your 96%*. As you consistently and deliberately practice thinking and speaking more of what you *do* want and less of



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what you *do not* want or what is, you will find yourself more often in alignment with the pure, positive essence of your own Source.

Most of us are currently creators by default. Whatever goes by us, whatever gets our attention has our focus. Unfortunately, most of it is dribble, negative and not worthy of our attention. Yet we dwell there, creating more of the same. Here I want to remind you of your ***Commitment to Yourself*** made in week 1, where you promised to love and honor yourself. In light of that, I ask you: ***Is what you are focusing on honoring you? Is it worthy of you?***

There's a very important Universal Law called the **Law of Attraction** which became an idea in mainstream thought through the release of the movie, **The Secret**. However the Law of Attraction is not new and has been spoken about for thousands of years. It is only now in the evolution of man that we have the framework of math and physics in which to understand the concepts of vibration and matter. While you're at it, get the movie, **What the Bleep Do We Know** and watch that one, too.

The highest purest frequencies are those of Source Energy (God). They are without resistance and they ***always feel Good*** to us. We feel and describe these frequencies as love, joy, Truth, Beauty, Goodness, Health, delight, abundance, prosperity, glee, adventure, excitement, exuberance, fullness, etc. When we ***are in this state of feeling Good***, we have aligned our human minds with our 96% nonphysical Self which is always in Well Being because it is Source.

When we feel a negative emotion, it is telling us that our human mind is not aligned with our 96% that is Well Being – and ***it is this gap between human mind and Godmind that feels painful and negative to us***. This is our **Internal Guidance System** that we all came in with, which is always guiding us towards our Good, if we would follow it. But human mind is full of misperceptions and false premises that talk us out of our Internal Guidance and Intuition. ***It is within the space between your ears where you thrive or don't; succeed or not; be happy or not; suffer or not.***

We are completely free beings. We are so free that we can create for ourselves a prison, which we have done. This is the prison of fear and limitation. Yet, we can choose to believe anything we want to and then create a reality based on our new beliefs – if we had the courage and the discipline to focus our minds where we want them focused.

What stops us is group think or collective thought; in short peer group pressure. No, it's not just operating in high school. We as a society believe certain things that are simply not true.

False Premise: We believe if they get what they want, then I can't have what I want.

Truth: This Universe has the infinite capacity to grant everyone's request at the same time. There is enough for everyone. My good is never at the expense of your good.

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False Premise: We believe in a source of evil, a source of sickness.

Truth: There is only a Source of Light, Good and Well Being. Between your own ears is the only place where you can separate yourself from It.

False Premise: We believe someone can intrude and assert their desires onto us.

Truth: This is an attraction based Universe. Nothing is in your experience except by your invitation which you have extended by **paying attention** to something.

False Premise: We Believe in lack and limitation. We think there are not enough jobs; we believe there's not enough money or opportunity; fuel or food.

Truth: This is an infinite Universe. If we can conceive of a desire, we have the ability to realize its fulfillment in the physical.

False Premise: We believe that experts or authorities know more than we do and what's best for us.

Truth: We are wise beings and know what is best for us. We each have equal access to Source Energy. We are the sovereign choosers of every aspect and every minute of our lives. We always have been and we always will be. We are each a complete Godkit.

So, in short, you are the sole Creator of your reality, your life experience on Earth. No one else is.

The creatures in the forests, the microbes, the plants all are natural creatures without a human mind to interfere telling them they aren't worthy or deserving or that they ought to begin shopping for food before the other' get it all. They are wired into Source just as we are. We are natural creatures just like they are. The only difference is the human mind and its collection of misperceptions, myths, and false beliefs.

This week I've given you something very powerful and possibly disturbing to think about. So write in your journal. Open your mind and heart and feel the Truth of this. You are an amazing being with all the power vested within you – and **it's a natural process to access it and use it**. The only thing we're going to do in the remaining weeks is make you aware of how you are miscreating so you can become the natural intentional and deliberate creator you already are.

Homework for the week:

1. **Start using your Internal Guidance System.** Start noticing how you feel through the day. Whenever you're feeling tense or stressed – this is negative emotion in the body which is simply telling you that your human mind beliefs are not in alignment with your 96% nonphysical Self that is anchored in Well Being. Just becoming aware and allowing your feelings to be felt is a giant piece of work. Your feelings are your Internal Guidance System. Start noticing how it is talking to you 24/7. Start noticing how you stuff your feelings or mask them. Record this.



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2. **Use Your Breath.** When you have a negative emotion, stop and breathe. Use your breath exercises to quiet your mind. See if you can determine what the false belief is. Write it down, because then you can start changing that useless belief. It's the old piton and time to cut it loose.
3. **Choose your thoughts.** Start thinking about what kinds of thoughts you would choose to think and believe. For example: Life is easy. I get what I want. I'm deserving and worthy...make some lists of fun things to believe. If a belief is something you've simply thought for a long time; then how about thinking something new long enough that you believe it.
4. **Feel Good Longer.** Notice and expand upon the positive feelings, no matter how small they are. A grin, a smile, a giggle, a quick hug, the breeze on your face, the rain on your skin. Don't be so quick to pass that moment off and get onto the next thing. Make those Good moments bigger and feel them longer. Feel how good they feel. Revel in them. Remind yourself that Good is synonymous with God
5. **Have Fun.** Watch the movies. Hook, The Secret, and What the Bleep. Then, imagine if all this is true, which it is, then how might mastering my own thoughts change my experience of my life? And think how this changes the idea of self-responsibility. You now have the ability to respond.
6. **Journal.** This where you communicate with your human mind and sometimes your Godmind. Writing down what you think and feel is the way you "hear" what your two minds are communicating to you. For now if the message is fearful in nature, it's your human mind speaking. Do your best to soothe it. If it's upbeat and loving, it's your Godmind. Say hello and get acquainted!

Next week we'll talk about ways of changing your current life default responses and default thinking from fear/lack to optimism.

Remember every Sunday evening from 6-8:00 pm Applied Spirituality offers live, life transformational coaching calls where we practice weekly the techniques that help us to become masters of our own focus. You can sign up at www.appliedspirituality.com/coaching

We also have books with online self study courses. Available at appliedspirituality.com

You can send any comments or questions to coach@appliedspirituality.com, and I will personally answer each and every one.

I am reminded to tell you all *that "you have nothing to fear and nothing to worry about; that you are loved beyond measure"*.

This is Kathy Kirk from Applied Spirituality. Thanks for being here.