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Hello Everyone!

Welcome to

Week #7 of 10 Minutes; 12 Weeks to A New View of Life and You: A Self Study Course in Self Esteem: Be Who You ARE!

I'm Kathy Kirk, Founder of Applied Spirituality.; and I'm very glad you're here and that you have continue to be here. Good on you!

Housekeeping Reminders:

This is a religion neutral zone. All religions or none are welcome here.

- You need a notebook to be taking notes; doing the homework assignments; and communicating with yourself.
- Everything you hear here printed or audio is proprietary information and copyrighted. Nothing may be reproduced without express written consent.
- You can send questions [to coach@appliedspirituality.com](mailto:to_coach@appliedspirituality.com) and I will answer you personally.

Ok. Let's get started with the third week of our focus on

You Are Enough III - Be Who You ARE!

It's a big step to finally get to the place where you recognize that **you are the common denominator of all the experiences in your life**. Like John Kabat Zinn says, "Wherever you go, there you are." The moment of recognition that you are likely the single factor that keeps creating the same scenarios over and over again is a big one.

I recall the moment I realized that I was not the victim in my life, but a willing participant. It was in the wee hours of the morning. I'd been in my faithful rocking chair most of the night leaning into this



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horrible anxious feeling inside myself when at about 4 am this revelation sunk in. I was so ill at the thought, I threw up. It was a stunning moment that changed the course of my life forever. I was no victim. I had been willingly dancing a sick tango with anyone matched me. I'd adopted some way of being in the world that I carried into each and every interaction.

Of course, at the time, I was sick with dread, because I didn't have a clue what needed to change or any idea of how to go about it. As the old map makers would have said, beyond here there was no map. It was a blank, a void – a yawning abyss.

However, I did have an underlying belief that somehow I would know the way or be shown the way. And so it was and still is.

I promise you it is the same with you. The Universe is responding to your requests the same as it responds to the requests of every other living thing. You're an inherent and integral part of this natural world; you're hard-wired into Source Energy and the way it all works. You are a complete Godkit; and you are not alone or abandoned or without resources.

Tonight is Week #3 of our focus on You Are Enough. For those who are new, in a nutshell the fundamental underlying belief that we are not good enough is the belief that we are raising up into alignment with Source Energy. Most, if not all of our work here is about aligning our human mind withour Godmind, which is anchored in Well Being all the time. Your Godmind knows Who You Really Are and holds steady, beckoning you to follow It by how it feels, which is always Good.

The human mind that is not in alignment is the part we are dealing with. Poor thing got filled up with a bunch of nonsense when we were little. But were not little anymore. Were able to recognize that the junk that sits between the ears has been creating our reality by default for years and years and years. The jigs up. The human mind is not who you are. It is a processor. It collects data, stores facts and figures, and interprets vibrations in terms of sight, hearing, taste, touch, smell and sound. It executes, or is supposed to execute, navigational instructions on earth in the body from our Godmind.

But heres whats happened. The tail has come to wag the dog. By the way, dog is just code for God . we spelled it backwards so you could have some fun with that. Listen, nonphysical Source Energy is all about fun, joy and adventure. Were playing whether you have joined us or not. The object is for you to join us!

To do that youve got to learn to follow your Internal Guidance System. Your IGS. This nifty system is installed with each un so go for it. If it feels bad, its human mind stop. Pretty slick, right?

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Well it is a foolproof system. However it was hard to predict that humans would devise beliefs that said if it feels good, I dont deserve it; or if its not hard and painful, its not worth it. How weird is that? But this is the junk, misperceptions and false beliefs that are deflecting Source Energy as it flows through your human mind. Imagine a clear pane of glass. That's you when you're born. Source Energy just flooding through you. This is why babies are so irresistible and puppies and kittens, etc. They are clear transparencies for Source Energy.

Now, as you grow, the other humanoids sort of martinize you, socialize you, and get you up to speed with 'how it is on Earth'. Well God love 'em, they just told you what they were told. They imparted to you all that was imparted to them and so it goes. With each piece of misinformation splattered on the glass like you're not enough, it has to be hard, you dont get something for nothing, you dont deserve, you're sinful, you're poor, you're fat, you're this, you're that well, the window gets dirtier, and the light shining through it a bit dimmer. So by middle age we've got some pretty obscured glass. This is the junk in human mind, between your ears, which has been creating all the stuff you dont want in your life.

The Good News is that you never were any of the stuff between your ears. Never. You never were your body. Never. You always were Source Energy in this physical container. Remedy is pretty simple. We just start cleaning out the subconscious basement where over time people have dropped stuff in, and you let them.

This is why we're doing the exercises we're doing. We are choosing to focus on better feeling thoughts the ones that our Godchip is knowing and believing all along. Those feel better; those feel Good, which is now getting our human mind into alignment with our Godmind. This is why we make lists of the things we adore about ourselves, because our Inner Being is thinking those thoughts about us all the time. Again, we're changing our human mind, getting it up to speed with our Godmind which is Truth, Beauty, Wisdom, and Fun, and Joy and Freedom. This is Who We have always been and always will be.

This is Halloween week, which is a perfect time to be Who You Really Are. I think this is why grownups love Halloween or Mardi Gras, their True Self gets to come out and play. So the assignment this week is to pick your costume very carefully. You can be anything in physical format that represents your True Self: Free and Joyful. Choose your costume to move your human mind more into alignment with your True Self. For example, you want more freedom in your life? Why not be an astronaut? Want to feel more empowered, pick a superhero. Want to feel more what? Rich go as Donald Trump or Warren Buffet. But here's the real assignment. You have to get into character. You have to imagine what it feels like to be that. What thoughts would you think if you were really that? What plans would you be making? What friends would you be hanging out with? What kinds of conversations would you be having?

Get the costume. Get into character, become that which you imagine and now think those new thoughts, feel those new feelings.

This is fun, you know why? Because it is in perfect alignment with your Godchip; and it is really happy you finally came to the party! Cut loose your imagination. Spend real minutes, time being in the feeling state of where you want to be. This is how we Create on Earth. Flowing Source Energy through us and
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directing it towards what we want. Presto!

Its all a matter of practice. We create vibrationally. We are beings. We have to work really hard to create by doing; because we arent doings. Try it. Prove it to yourself. Use your imagination, and really feel yourself into where you want to be. The truth of the matter is that weve been doing it all backwards.

You are more than Enough, folks. You, me, we are God having an adventure in myriad forms here on Earth. You never were the ideas of human mind. Time to awaken from the dream and have a great adventure.

Homework:

Keep doing the list:

1. First you reaffirm your Commitment of Love to Yourself. Choose You. Reaffirm that vow to love yourself unconditionally, no matter what. You will never leave you. You will never forsake you. You will never abandon you.
2. Set your new intention to Love and Honor Yourself Unconditionally. Set your intention to accept yourself just as you are right this minute. As is. Warts and all, only this time it is the Allness you are now going to open up to see and realize. Your intention is to see and appreciate the Beauty and Goodness of You, the Brilliance of You; the Wisdom of You; the Divinity of You.
3. Post #1 and #2 in visible places so that you can see these easily. Sticky notes, 3x5 cards, poster board, dry erase board, tattoo it on the inside of your eyelids. Your Promise to Love Yourself; Your Intention to Accept ALL Yourself not just your "faults" but your Fullness.
4. Throughout your day you are now going to pay attention to every single time you are diminishing, criticizing, disrespecting or dumping on yourself. EG: You refuse to look at yourself in the mirror. You catch yourself. You acknowledge you just disrespected yourself because you think you're what, too fat, too old, too ugly, etc. Now, you stop.
 - a. You breathe a deep breath in, breathe in Life, relax your whole being and say, "I'm the fullness of Source itself here in this physical body. What I am is Good. I am enough. I am plenty." Or make up the words you want to belief, breathe that in.
 - b. Then reward yourself with \$.25 into a jar. Reward yourself for your awareness and shift.



5. In the morning and in the evening in your journal you're going to make lists of all the things you really admire about yourself. Come on, secretly you adore yourself but since it wasn't PC to boast and brag about you, you hid them. Make those lists. Come out of the closet in Love with yourself.
 - a. Make list upon list of all the ways you are unique,
 - b. wonderful,
 - c. talented,
 - d. gifted,
 - e. a joy,
 - f. A beauty and a light to the world.
 - g. What do you most appreciate?
 - h. What do you most enjoy about you?
 - i. What do you most treasure about you?
 - j. What would you never trade for all the tea in China?
6. Take those lists on your bathroom breathing breaks throughout your day and fill yourself up. Always begin with I am plenty. I am more than Good enough. I am the fullness of Source, Itself. And here's the proof...Breathe. Breathe. Breathe.
7. You may not speak anything negative into words. You can work something out in your diary or with your coach.
8. Create a Halloween Costume with the awareness that you are dressing to reflect your True Self. Get into Character and be that. Freedom and Joy...
9. Feel into the new thoughts and into the space when you're doing your breathing exercises to feel the vastness and wonder of you, being willing to realize your Good. Write down your experience.

I invite you to come to our Sunday Evening Group Coaching. You can sign up at <http://www.appliedspirituality.com/coaching>

Direct your questions and or comments to_coach@appliedspirituality.com

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

Thanks for being here. Until next week, this is Kathy Kirk wishing that you allow all in all your Good and the Realization of Who You Are."



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Notes:

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