

Hello Everyone!

Welcome to

## **Week #4 of 10 Minutes; 12 Weeks for A New View of Life and You.**

I'm Kathy Kirk, Founder of Applied Spirituality. It's truly my pleasure to be here.

I remind you that:

1. This is a religions neutral zone; meaning all religions are welcomed here.
2. Everything is proprietary information and may not be reproduced without expressed written consent.
3. Get a journal and begin taking notes; communicate with yourself; write questions; enter your ah-has' and do the homework assignments.

Recapping where we've been so far:

In week #1 I called on you to make a commitment to love yourself and be your own best friend and champion. I asked you to Choose Yourself for perhaps the first time in your life. If you haven't done that, consider why you haven't and move towards being able to do that.

In Week #2 I talked about Your Free Will Choice gently replacing responsibility for the focus of your mind and thoughts into your own hands. You sovereign over the realm of You, no one can ever – in the final analysis – make you focus anywhere you don't want to.

In Week #3 we talked about Who You Really Are – Source Energy focused in a physical format. Through your free will choice, you get to say what and where and how long you focus your powerful Source Energy. And by your choices of focusing your Source Energy you create into your physical experience.

This week we're going to talk about human thought. So let's get started.

### **Message #4 The Misperceptions, Myths and False Beliefs of Human Mind**

Human mind is referred to with various labels in our language. Ego and Intellect being two of them. Monkey Mind, is a [Buddhist](#) term meaning "unsettled; restless; capricious; whimsical; fanciful; inconstant; confused; indecisive; uncontrollable"

Human mind is the collection of myths, superstitions, false beliefs, stories, legends of varying degrees of Truth that we have been taught by other humans. The significant ingredient to human mind is that it is without connection to Source Energy or Truth or Beauty or Goodness or Infinite Possibilities or Wisdom. **It *is the mind that feels separated from God, unloved, fearful and in lack.***

To my thinking this is the real essential meaning of the Adam and Eve story. The story of Adam and Eve appears in the Christian, the Hebrew, and Islamic traditions. Note the yin/yang symbol of the Taoist. It tells the story of **when consciousness felt something other than God or Oneness**. We = Consciousness= became aware of something else. **Duality** or variety was born in our awareness... Every culture has reference to dualism: light/dark, good/bad, etc.



If we step back and recognize that every culture across the planet has a story of dualism, then this was a big event for mankind that was **experienced unilaterally** as painful. The Christians called it a fall from Grace- seen as a punishment and the human mind assumed it was punishment...and from there we were off creating all kinds of ideas about why we were kicked out. We must have been bad. We must have been unworthy....

Now, it's the 21<sup>st</sup> Century and we have the ability to consider things differently with a new view. What if we weren't being punished at all?

What if this experience of separation from Source and it's painfulness in the form of negative emotions is simply the consequence of nonphysical consciousness in Oneness choosing to come into physical, dense, format. **What if physical format is the farthest outpost from Pure Consciousness?**

Let me give you a picture in your mind to illustrate what I'm suggesting...

Consider the common states of matter: solid, liquid, gas and plasma. If we use water as our example and consider each state of matter as representative of a state of consciousness, then we have ice as the most dense (as consciousness on Earth); liquid water (consciousness on Earth in a less dense state); and humidity or water vapor (gas) and plasma (as consciousness in nonphysical Oneness with Source).

In other words, the journey of vibrational consciousness into a physical birth is from Oneness with Source (plasma and/or gas) into liquid and/or solid in the physical body. It was not a punishment, but the result of squeezing pure Consciousness into a physical form. Nobody was bad. It creates a duality and therefore, creates variety and choice.

An essential Nature of Source is variety, variety, variety. And with variety comes choice. And with choice comes infinite possibilities to create anything. What if it is all a part of the plan and how it all works?

**So what if we all misinterpreted the "pain of separation" as punishment? What if that's simply the rule of the "game" in order to have a world, a Universe of Infinite Possibilities. In Oneness there is no variety; we are all in Well Being; there is nothing "other than" God or Good, fulfillment, Joy. But here there is the game, where we are the leading edge of Creation. We are the very expansion of Source, itself, in infinite variety and form by our focus and choices. And by this the Universe expands as we wish for something new or better.**

Human mind has been the keeper of all limiting beliefs and myths from the beginning of time. All of us have participated in the game of human mind. These are the things we were taught as truth. It's the way it is. Like the world is flat. As we evolve and expand as a race, our consciousness expands and we are able to access higher levels of truth and wisdom.

Creations that we bring into physical form as a result of disconnection from Source or from human mind are without Life, Love, Truth, Beauty or Goodness. They are increasingly complex and convoluted. The study of psychology is the study of human mind and its myriad maladies. And if you've ever noticed for every creation there is a choice in its application to use it to affirm Life or destroy it: our choice. We get to choose.

Earth is such a zone of free will choice where anything and everything gets to be here. Sounds like the United States, an experiment in democracy where we say that every idea gets to be here. Obviously we're still working that out; and we will, because the United States is a microcosm and allegory for Consciousness. Once we understand how the rules work, that this is an attraction based Universe and nothing comes into our experience except through our personal, free will choice to pay attention with our thought, then we will be unafraid of anything that anyone else chooses to create. Such is pure Consciousness, God, if you will. All thought is within It. Everything is included. Nothing asserts into anything else unless invited in by our attention (focus).

Human mind lives in fear. This is the essence of current politics. Laws are made to protect and defend ourselves from the acts of others. Yet this is already in place vibrationally. As we get better at understanding how we create the whole of our own reality, we will realize that we have nothing to fear when we are focused on our joy alone, and we stop poking our noses into what others are up to. There is a term, *laissez-faire*. It comes from the French *laissez*, the imperative of *laissez* "to let, allow" + *faire* "to do." The term refers to a governmental policy of non-interference in a free-enterprise system; and by extension, ***a policy of not interfering with anyone's choices or actions***. In other words: mind your own business.

Left alone without interference, an organism and individual, will eventually choose what feels more Life Affirming. If this were not true, there would be no evolution or expansion or growth. But there is. There always is, and things always improve. Always. This is the Nature of the Universe. This is the essential Nature of Source. And We, as Source Energy in physical form will always move towards our Good, our Joy and our Expansion and Growth over time. The speed, of course is determined by the machinations and interferences of the false beliefs lodged in the human mind. As we release these, we evolve and expand returning to Oneness more rapidly.

What this all means to you.

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1. Consider the operating beliefs you now hold in human mind that hold you back, limit you, and make you fearful or powerless. These are human mind that serve no purpose.
2. Consider the idea that Consciousness, You, is God Itself and when squeezed into human physical format created a Great Game of variety and free will choice for the adventure.
3. Consider releasing the old view for a new view, freeing you to follow your Joy and Bliss.
4. Consider a world where we all understand that everything gets to be here; and you have nothing to fear or protect yourself from, because you know how the game is played. If you pay attention to it, you're inviting it into your experience. If you allow it to be, and don't resist or push against it, make it bad or wrong – but allow, it stays where it is and you don't have the experience of it.

Homework for this week:

1. Keep doing your breath exercises several times a day. Remembering that you are inviting in Life Force with your breath that enlivens you. It is Life itself. All is Well on each in breath.
2. Write into your journal an example of something that is in your experience now that is unwanted. Sickness? Rudeness? Disrespect? Excess weight? Now in light of what you're learning about the power of your focus on any subject, how much are you focusing on that every day? Consider how much you focus your Life Force on that subject in ancillary ways...how much does that thought affect other decisions and choices? USE THAT NOTEBOOK!
3. Remembering that ***a belief is only a thought that you've thought and practiced for a very long time***, now consider what thought you could begin to think and practice that would replace it.
  - a. For example; If you want more money, health, love, joy, etc. in your life, then you have to begin practicing thoughts where you HAVE THOSE THINGS IN YOUR LIFE.
  - b. Write down some statements, scenarios where you have what you desire. E.g. I love having complete and perfect health. My body feels so lean and responsive. I love the way my body feels when I walk, the way my arms swing so freely. I can feel the oxygen moving deep into my lungs, nourishing my cells. I love the way it's so easy to bend, stretch and jump. Skipping is really a trip! Continue with any topic. Now, ***practice thinking those thoughts more and more until they become your new default position.***
4. Write into your journal any "arguments" that are going on in your mind about the truth of what you are learning here. Get them out and down on paper. The acid test is whether you feel fear in letting them go. If ***you feel fear, it's your human mind caught in the act.*** Write down your fears. **Then write what if...it were True and I really am this free.** It would explain a lot, nes pas?
5. Renew your promise to yourself to choose you; to love and cherish you daily. Make your decisions from within this new promise of Love.

If you have questions, comments or feedback please direct them to [coach@appliedspirituality.com](mailto:coach@appliedspirituality.com) and I will personally answer you.



<http://www.appliedspirituality.com/>

Also you will benefit from participating in live, Life Transformational Coaching calls every Sunday evening from 6-8:00 pm EST. To register go to <http://www.appliedspirituality.com/coaching>

I am reminded to tell you,

**“You have nothing to fear and nothing to worry about; You are loved beyond measure.”**

Thank you for being here. This is Kathy Kirk from Applied Spirituality.com

## **NOTES:**