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Hello Everyone,

Welcome to

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

Week #8 You Are Enough – Dealing with Internal Changes.

I'm Kathy Kirk, founder of Applied Spirituality. I'm so delighted you are here and that you continue to Choose You.

A wee bit of housekeeping before we begin.

1. This is a religion neutral zone meaning that all religions are welcomed here or none.
2. Use your notebook. Journal daily, communicate with yourself. Pose your questions, note your revelations, talk things out with yourself. Take this time with yourself every single day.
3. Everything you receive here in audio or print is proprietary information and is copyrighted. Nothing may be reproduced except by express, written consent.
4. Nothing that I share with you will be of any practical use in changing your reality unless you actually apply it to your life. This part is entirely up to you.

Ok Let's get started with

Week #8 You Are Enough Part IV: Dealing With Your Internal Changes.

Recently I wrote a blog about the 8.8 earthquake in Chile and other big earthquakes in recent times, like the 7.2 quake in Mexicali just below San Diego on Easter Sunday 2010. I was inspired by the notion of unprecedented change and the seismic shifts that occur within us when we undertake personal responsibility for our life experiences. When an earth quake happens it is because the gases build up and put pressure on the Teutonic plates, when they shift it is by the pent up energy within the gases forcing the change. Often I have felt internally that the very "ground" I had built my view of life on had shifted so much that now up was down and down was up. It feels like an internal quake.

When we undertake to release who we thought we were for Who We Really Are – Source Energy in a physical body, often we experience these shifts internally that leave us feeling for a time without any familiar coordinates. What was once a belief that guided everything, now no longer exists. When it fell away, everything that we'd built upon that belief falls away as well. The ego is in turmoil to say the least. If I'm not my job, then who am I? If I'm not a Dad or teacher, then who am I? If I'm not my body, then who am I? If I'm not my mind then who am I? If I don't believe in this or belong to this group any longer,



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then who am I and now where do I belong? If I'm worthy, then where now? What now? What next? How?

In the beginning of my work I coined a phrase "God's Roller Coaster Ride". You decide you want to wake up and become who you really are, so you mentally, emotionally and spiritually get in your car, strap in and hold on....because the interior terrain is going to be upside down, inside out, unfamiliar, exciting and sometimes scary.

You've come to this place in your life because of something: tired of being fat, tired of being poor, tired of being alone, sick of it being hard, weary, sad, empty, sick of being a victim, whatever the case, it was your Cosmic Goose to remind you that now is your time to wake up. And you're going for it. Yahoo! You chose You for the first time in your life. You chose You before everyone and everything, because somehow you know that unless you do this work first, the second half is going to look and feel just the same as the first half.

So this week we're going to give you some guidelines to follow as you ride the roller coaster, internally.

Understand that **what is going to put up a fuss is your human mind or ego**. It's been in charge for a very long time, running the show, operating these false beliefs, which by the by, it adopted for your own protection. And you, ungrateful wretch that you are, are now going to retire it! Thanks for your years of service, here's your gold watch now go home. **Well ego doesn't give up that easily, and really you're not asking it to leave or die, you're asking it to take its rightful place**. It's been the tail wagging the dog; and now the dog is awake and choosing when to wag the tail.

I want you to do this exercise:

1. Find pictures of yourself for every year of your life from birth to now. Put them up on a wall in chronological order. These are the voices of your negative emotions; these guys are the ones who hold these false beliefs. They are you. They are executing orders based on false premises to keep you "safe". They need to be loved, respected, heard, listened to, and above all brought up to speed. They need to have a better feeling thought to believe in; better feeling marching orders from a place of Love instead of fear.

2. Now, call a board meeting with you at the head of the table. At the other end of the table is your Godself. Around the rest of the table are all of your parts (the pictures) from every year of your life. Hold a board meeting at least once a week and especially when something is up – a negative feeling is present. Someone in there has something to say. These guys are living that moment that this false belief was made. They are in pain, they are mad as hell, they are disappointed, they are something less than in alignment with your Godmind. Now you, as the leader, the captain of your ship, get to parent them, mentor them, hear them, love them, and coach them back into alignment by giving them the idea of where you're going, how they're going to be useful to you, what you want to them to believe and execute for you, serve you. And here's one for you...there are more. Some of your parts that need the

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most love and attention you've banished from your kingdom. If you'd like to read something that will give you a light hearted idea of what I'm talking about, read Richard Bach's book, [One](#). In it he revisits "little Richie" whom he hasn't communicated with in 30 years. Little Richie turns a flame thrower on him. It's great fun, but it's important information. For every part of yourself that you hate, reject, ignore...will be big time in your face in your current life. This Universe is about Love; your personal Universe is about Love and inclusion, as well.

So you're going to need some tools to navigate this internal journey.

1. Be courageous. For one thing these are only emotions. They can't kill you; and they are the key to setting yourself free from the painful wrong belief this part of you has been reliving.
2. Be kind to yourself; have mercy. If anything counts in this inner work the most, [it is about loving the parts of you that you think are unlovable](#). In fact, it's the key thing. So if you're having trouble loving yourself, think of your part as your child or your pet. Now, get about doing that bit of grace and unconditional love for yourself. All you have to do is listen, and comfort. You did the best you could, how could you have known. It was all a part of our plan. Etc.
3. Stop judging yourself; and if you do judge yourself, then at least be kind to yourself about that. ***There is no room for self condemnation and self hatred.*** None. I repeat. NONE.
4. Allow that what you're feeling and experiencing is perfect. Your Good is at play. It is guiding you through the dark night and out into the light. [You](#) will never leave you nor forsake you through this dark journey. Joy comes in the morning.
5. Begin developing new default thoughts to replace your old knee-jerk doom and gloom ones.
 - a. There is enough, time money, love, etc.
 - b. My Good is at play.
 - c. Wow. Isn't this an interesting drama, situation, person, thought idea...
 - d. It's all Good, so I'm going to watch and see my Good unfold here.
 - e. If this guy, idea, situation is God, or Good, then I'm going to ask for the eyes to see it.
 - f. I've asked; it's answered. I'm now on the lookout for my answer.
 - g. If I'm that angry, then it must be time for a Board Meeting. Somebody within needs me to listen and I need to update them.
 - h. If I'm that scared, then it's time for a Board Meeting.
 - i. I may not know the way, but I know there is at least one, probably infinite ways.
 - j. I'm eager to see how my good unfolds...this will be fun.
6. Develop a good sense of humor. It's not that serious folks, really. Remember the old etch-a-sketch boards. You wrote on it then erased the whole thing and started again? That's life. It's that easy. You get to write on your board anything you want to. By being here you want to draw fun things, joyful things, good things, abundant things, well now you get to do that, if you look through the lens of the etch a sketch. Erase, erase. Start again. It's easy, it's fun, it's an adventure. It's play.



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7. **Communicate with yourself at least once a day in your journal.** Happy, positive encouraging voices are your Godself; anything less is one of your parts...soothe them, guide them to a better feeling thought.
8. **Establish new Default thoughts:** this is a natural process, I'm loved beyond measure, I'm an integral part of this Universe. It's a benevolent Universe and It has my back. I have nothing to fear; I have nothing to worry about. I just need to refocus myself on where I want to be, not on where I am or where I've been. New thought. New moment. Next.
9. **Cultivate Faith in Natural Laws and the Universe** by observing Nature. Perfection. Cultivate Trust in your personal connection with all that is. You matter. You belong. You are...Source Energy in physical format hard-wired into the Main Frame. You can't be lost or forgotten.
10. **Pay attention to how you feel.** Do not do anything or agree to do anything that you don't feel Good about. You're not in alignment; and from there you abandon and betray yourself. Stop it. Give yourself room to change. Tell people I'll get back to. I'll check. Let me think about that. Don't say yes or do anything that you don't feel Good about. A good feeling is a yes. Anything less is a no at least for now.

Ok. Keep doing the other 8 exercises on the series of I Am Enough. There's a lot in there and it takes awhile to shift into doing these things naturally rather than responding in the old ways. Have patience and mercy on yourself. If you're only adding 1 of these practices a week, at least keep honoring that one practice, then add another in; but **keep moving forward, keep loving, honoring and appreciating yourself.** If you slip, just get back on the horse with no recriminations. Pat yourself on the back. **Be your own best pal, friend, cheerleader, coach.** Have nothing to say to yourself but encouragement, love and kindness. At the very least every morning remind yourself that you intend to appreciate You all day long and you are looking for ways to adore you. Now pay attention and add them to your lists. Give yourself a break! *You are more than Enough. You are deserving of all Good. You are worthy just because you are here.*

I'd like to remind you that every Sunday evening you are welcome to join Applied Spirituality's live group coaching. It's fun, we learn from each other and we are practicing become masters at deliberate creation. We'd love to have you, and you really do deserve to focus on yourself for two hours a week. You can sign up at www.appliedspirituality.com/coaching.

Direct your questions and comments to coach@appliedspirituality.com

Thanks so much for being here. Until next time, this is Kathy Kirk reminding you
"You have nothing to fear. You have nothing to worry about. And you are loved beyond measure."