

RE-SOURCE

Part 1

Restoring inner valYOU



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PART 1:

RESTORING INNER VALYOU

1 RE-MEMBER

To remember who you are, you first have to recognize what you are not. Understand how your identity was shaped, what type of CEO you are, and how to use your GPS to get your life moving in the direction you desire.

2 RE-PLAY

To “know thy self” one must replay their life from an expanded perspective of love, this allows for a more whole experience of the past. The process of change and evolution becomes playful and loving rather than scary and shameful.

3 RE-WRITE

You aren't the Author of your life, you are the narrator and co-author. Learn to use the practice of turning L-E-F-T (Love, Energy, Focus and Time) ASAP (Allow, Surrender, Align, Practice) so you can begin narrating the story you want to live.

4 RE-STORE

Learn how to use experience as a tool of restoring the self after a lifetime of Inner Dissociation. Restoring your Inner Divinity is a process of deconditioning your mind and body. Practice patience. Returning what was, so you can make space for what is, and is to come.

PART 2:

RESTORING OUTER VALYOU

5 RE-SEED

You never needed to be programmed, you needed to be nourished and cultivated, just like a seed. As we restore our unique seed of divinity within, we allow ourselves to come into fruition; naturally gifting the world with our unique gifts.

6 RE-CONCIEVE

More and more we are collectively realizing it is time to reconceive how resources are acquired and allocated to raise the quality of life for all living beings. No one person has all the answers, to conceive a new plan to reform society will take conscious, collaboration, and action.

7 RE-CREATE

When citizens truly unite, the governments can't fight. Our energy and our labor is what props up societies, not the validity of the societal structure itself. It is time to come together in C-E-L-E-B-R-A-T-I-O-N and reform our world!

RE-SOURCE Acronyms

- 1. PEACE** Present, Embodied, Attunement, Co-Creating, Everywhere
- 2. PROBLEM** Present, Responding, Observer, Boundless Energy Momentum or Passive, Reactive, Obedient, Bound, Lost, Energy, Momentum
- 3. GPS** Inner Guiding Perceiving Spirit or Outer Guided Preference System
- 4. ID** Inner Divinity OR Inner Dissociation
- 5. CEO** Conscious Embodied Observer OR Controlling Entitled Owner
- 6. IOU** Inner Outer Unity OR I owe you, you owe me
- 7. TBD** Trust, Boundaries, Distribution OR Total Body Darkness
- 8. ASAP** Allow, Surrender, Align, Practice
- 9. LEFT** Love, Energy, Focus, Time OR Lost, Energy, Focus, Time
- 10. SOFTEN** Stuck, Outside, Fighting, Turn, Energy, Neutral
- 11. BIG** Breath, Inner Divinity, Grace
- 12. AND** Access, Nature, Depth
- 13. OD** Opinionated Disagreement
- 14. DUE** Disagreement, understanding, evolves
- 15. CELEBRATION** Connected, Eternal, Love, Embodied, Birth, Right, Attention, Tune, In, Others, Nature
- 16. BUT:** Better, Understand, Truth
- 17. LID** Love, in, Diversity or Lost in Division
- 18. STILL:** Silent, Truth, Inside, Loving, Life
- 19. ALL:** Always, Loving, Light

RE-SOURCE Definitions

RE:

Restoration of a former state. Latin Root for again, back.

Source:

Intelligence in form. Earth is the source of food, food is the source of nutrients to the body, conscious the source of experience etc.

Natures Values:

Universal resources required to sustain Embodiment.

Divinity:

Connection to Natures Loving Intelligent Source Creations.

Dissociation:

Disconnection and distrust of Nature's Loving Intelligent Source Creations; preference for conditioned personal or collective values.

Consciousness:

Pure awareness rooted in the sacred reverence for all life, connecting all life, intelligently supporting all life.

Conscious:

Inner, limited Awareness supporting gift of diversity and evolution.

Embodied:

Conscious in Human Form.

Collective:

See spirit definition.

Conditions:

Survival needs.

Conditioning:

External World Internalized. Diverse as life itself, conditioning is what your life experience taught you and it shaped your preferences.

Soul:

Intelligence guiding the desire for inner & outer life congruence.

Spirit:

Collected, Collective or Cultivated Energy presently gathered inside or outside.

Energy:

Existence itself.

INTRODUCTION

This eBook is about unifying the naturally occurring RE-SOURCES inside and outside of you for an improved life experience.

Words are a tool people use daily to navigate their world. You know as well as I do, words help us to increase understanding and ease OR dis-ease in connection. To ensure, YOU and I, have the same understanding of the keywords used in the book, such as “Divinity” review the definition page.

I happily admit that all the RE’s, YOU’s and RE-SOURCE Acronyms are registering pretty high on the cheesy scale, thank the brain. Acronyms and subtle deviations from the norm, like spelling words meaningfully rather than “correctly,” stand out increasing learning, retention, and most importantly your ability to integrate through actYOUlizing your understanding.

I gave myself the authority to write this eBook, but only the reader, YOU, can give it any credibility. It is intended to be written as self-evident, as you read it you won’t have to check sources outside of your mind, body, and life experience to determine the validity of what is being shared.

You don’t have to understand how your body and nature work together, for them to work together. You don’t have to understand photosynthesis and the unconscious mind to breathe air automatically, nonetheless, both impact your ability to do so. Similarly, you don’t have to understand the reproductive system to have a baby, yet through understanding it you have a better chance of intentionally conceiving a life.

By bringing awareness to how you are consciously, subconsciously, and unconsciously co-creating your life with the world around you, you gift yourself the opportunity to align with your desired life experience.

From an expanded consciousness rooted in love, we collectively have the power to change the world by choosing to place our energy and focus on co-creating a better quality of life for all. “Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it's the only thing that ever has.” Winston Churchill

RE-SOURCE is a way of being intentional with your life and all life. It’s not a quick way to fix surface problems, rather how you define and perceive problems will change as you verify this information for yourself. **May the Divine Spirit within us evolve our souls until suffering is just an experience, not a collective state of being.**

Rights re-served as Divine Intelligence intended. Every part of this book may be used or re-produced to increase the quality of your life if you will it so.

I love you, be well and enjoy.



RE-MEMBER

“None are more helplessly enslaved
than those who falsely
believe they are free.”
Goethe

Awakening with the Sun & Moon

Breathe intentionally as you Imagine, Sense and Feel:

You are surrounded by darkness anticipating the light, your eyes focused East, the sun rises. Sunlight dawning new life as the darkness of the world is condensed to shadows. Light and dark casting new perspectives, new colors, new vision, **for it is in the dance of dark and light the world takes form.**

Walking East towards the sun, you notice **it rises slowly, but steadily.** You observe all the people and things around you cast a shadow. While walking towards the light it is easy to see shadows cast by everything else, but you. You don't often see your own shadow; the warmth and wisdom of the sun cast it behind you, as you, yourself begin to rise and awaken. Continuing to walk towards the light, continuing to mostly see the shadows cast by "outside."

The sun is directly overhead now, hardly a shadow cast, **you bask in the full light of the sun.** Fully seen, fully integrated into the light. For that moment all is right in your world.

The sun begins to set behind you. You continue East, your shadow cast in front of you now, asking to be seen. The warmth and light of the sun at your back, still glowing inside you, as you bravely observe your shadow. Less distracted with the shadows of others, **curious as you watch the shadows dance.**

As the sun sets, your shadow merges with the darkness all around you. Fear of the unknown is but a temporary impediment of darkness, never a match for the power of light. **Surrendering to the dark,** cold world, you glimpse the light of the moon. **Returning to presence,** you welcome the moon as your teacher.

In its whole state the moon lightens the darkness, shining brightly on the usually hidden night life below. The moon skillfully maintains its light energy by **moving through darkness in cycles,** naturally shifting in size to safely meet the darkness night after night bringing it light.

Like the moon, you will learn to gracefully and lovingly shine light into the darkness of each day, accepting your own and others shadow for what they are, the darkness of the unknown. **The dance of light and dark is the dance of known and unknown influences in your life.** When your inner light integrates the darkest night within there is **nothing to hide, nothing to present. You become a celebration of a unique conscious bringing the light of love to the world.**

Spirit of Creation

The pursuit to understand what *already exist* is called Science. Understanding something Scientifically or Intellectually is entirely different than experiencing it. Understanding getting shot is a painful experience requiring a recovery period, is not the same as experiencing the pain of being shot and requiring a recovery period.

Do you see and feel the pain of humanities untreated suffering? If you aren't in a suffering state yourself, can you think of people you "know" who are? It is apparent collectively, universally a recovery period will benefit all.

Whatever you believe is true, is true to you. You will instruct your life on your beliefs, accurate to reality or not. Beliefs limit and discourage Divine connection.

Words, thoughts, and beliefs are too limited to contain or completely understand *Natures Intelligent Spirit of Creation: an ever-evolving consciousness rooted in the sacred reverence for all life, supporting all life.*

Your soul will never stop knocking on the door of your conscious attunement, yearning life after life, for the embodied existence Divine Intelligence intended:

Peace or Present, Embodied, Attunement, Co-creating, Everywhere.

You don't have to believe in past lives to accept DNA is a reality. We have an ancestry traceable through our DNA showing our evolution through time and space. So even if this life is your only experience of life, your body carries a story of before. In fact, I am using language that was developed before anyone alive today uttered a single word. To write this I am using a tool of cognition developed before I, or YOU existed. Your mind, like your body is a co-creation that matters.

We are NOT THE CREATOR. We are matter co-creating with all that was, all that is, and all that ever will be.

Diversity & Congruence

Consider how nature's intelligence **NOURISHES** humans through diversity and keeps humans **SAFE** through congruence. Let that sink in. Diversity & Congruence are facts of life, undeniable felt realities of human existence.

Have you ever been emotionally hurt by someone disagreeing with you? Of course, if you are sharing something and it registers differently than intended, especially if you expected them to have the same feeling or belief as you, you are bound to disappointment. **Simply by honoring and accepting the nourishing quality of diversity of action, thought, belief, emotion, and perspectives in all others we have the ability to bring conscious curiosity to connection, rather than fear or the perceived pain of differences.**

What do humans fear most? Judgement. Check for yourself, why don't you say and do everything you want to do at all times? Most will determine either fear of negative judgment, which includes not wanting to hurt others, or lack of resources. What do humans love most? Receiving positive or accurate judgments of themselves from others. YOU easily share what you feel will be judged positively. Being supported, appreciated, and loved is a survival need.

You don't need to understand neurobiology, physiology, or the endless philosophies and psychologies dedicated to diagnosing and “fixing” the human condition. **You need to** learn to understand and regulate yourself. **You know** what it feels like to be regulated, comfortable in a state of ease and congruence with yourself and the world. You also know what it feels like to be dysregulated, uncomfortable, and in a state of disease or incongruence with yourself and the world. **Both Diversity and Congruence are required for survival.**

If I instruct you to get more comfortable, right now, just move your body in a way that makes you even more comfortable than you already are, you naturally know how to adjust your body. **I don't have to tell you what to do, you know how to move into comfort.**

Congruence is felt through the senses and regulated unconsciously prompting our instinct to conform for safety and survival. Have you ever been in a conversation with a complete stranger, said something, and immediately knew whatever you said they did not agree with? That is because you are unconsciously energetically reading every person you meet. **As you receive outside energy and vibration you automatically process it unconsciously (through autonomic nervous system), subconsciously (through past experiences) and consciously (through present state of observation).** This is why learning to differentiate what energy is generated inside of you, and what energy is generated outside of you, combined with a clear understanding of your real survival and connection needs is crucial to self-regulation. **Consistent self-regulation leads to self-realization or alignment with your highest expression of life congruence.**

The person that easily allows and honors diversity within and without, experiences congruence in their day-to-day life. **The more accepting you are of the variety of life choices present outside of you, the more opportunities of harmonized connection you receive.** However, if diversity or differences threaten your sense of self and ability for inner, outer congruence you are guaranteed to experience many incongruences and or soul-numbing conformity while trying to survive a diverse world. There are infinite ways of being, unfathomable volume of beliefs, and billions of preferences that exist whether you like it or not.

All that to say, you don't need to be told how to be you, you need to listen to yourself and allow your unique existence. Do you exist as you are, or do you “act” like you want to be perceived in a given moment (dissociate)? **Diversity is a gift that gives you permission to be as you are, no act required.** There are many varieties of flowers, and they all require different environments to flourish. Similarly, you flourish under certain conditions and only through your own conscious awareness can you determine what those conditions are. The flowers don't apologize, and you don't need to either, or do you? **Forgiving the self and others for being diverse, complex beings, filled with dark and light is a gift of awareness.** A gift you gift yourself.

Conditions or Conditioned?

You were born and remain a dependent consumer of life's resources for as long as you live, do you not? You may be able to Love unconditionally, but you can't live unconditionally, at least not in a human body. **Most of the conditions needed to sustain your particular human life are universal to all human survival** (air, water, nourishment, sleep, touch, body temp regulation), **yet the conditioning that directs your mind and life course is as diverse as life itself.**

Conditioning is complex and covert because it is tied to your specific subconscious programming. If you don't like the conditions of your life, then you can change the conditioning of your subconscious mind. The subconscious mind influences you to feel that you “NEED” things when in reality you just “WANT” them based on conditioning. **Conditioning is the external world internalized.** Common sources of conditioning are family, society, culture, past experience, heightened feeling etc; they culminate into micro and macro beliefs known and unknown to you which run your life. You don't actually need much to survive and thrive. You either condition yourself or the world conditions you.

In fact, what you are conditioned to believe you “need” may actually be incongruent with your desired life experience of **PEACE**. **Discerning the difference between the conditions of your life, and the chosen and unchosen conditioning running your life is what the rest of this book is about.** Right now, just acknowledge to yourself: on a daily basis *are you most pre-occupied and driven by other people's problems and perceptions of you, your own problems and perceptions of you, or Divine Intelligence which solves all problems and is perception itself?*

Energy Matters

Have you ever said any of the following: "My energy is low today; I don't have the energy for this right now; Their energy was off; I don't like their energy; I love their energy."

Energy and Matter are a fact of life. You are energy condensed into matter or form with electric currents that carry information interacting with the chemistry and frequency generated inside and outside of you. Your internal energy radiates out from within your body, and you receive energetic information from outside at **ALL** times. **The world is an interconnected, bi-directional co-creation.** Your energy influences the world, the world's energy influences you.

You don't have to be a mind reader, telepathically, navigating through life to energetically experience someone's state of mind. Similarly, you can walk into any gathering and feel the "vibe" or the "spirit" of the connection. You consciously or unconsciously absorb energy (**accept & receive**), fight energy (**reject & receive**) or transmute energy (**neutralize & transform**). You know when you feel aligned with the energy of a person or environment, the question is, do you know why you feel aligned?

Energy, like life, is a cultivation practice. Thoughts and Emotions carry an energetic charge, they are fluid and temporary although reoccurring due to subconscious programming. When thoughts and emotions reoccur overtime, they create a strong energy state in your body. If you practice the energy of peace, you will cultivate the state of peace. If you practice the energy of insecurity, you will cultivate the state of insecurity. **This is true for any mental and emotional state, what you practice is what you experience. Desired or not.**

Energy awareness becomes a powerful tool for self-regulation: energy you don't want you can intentionally neutralize and transmute, and energy you do want you can intentionally cultivate and nourish expanding its existence within and without.

Your ability to co-create fulfilling and congruent life experiences increases as your internal and external energetic awareness increases. You project and emit your energy, and if you don't clearly know what energy you are projecting then you also won't clearly understand what energy you are receiving. This is why denial, and unconscious needs are so harmful to the human energy system. **Denial of energy doesn't stop its existence; it stops your ability to understand and transmute its existence.** You give, receive, and cultivate energy automatically, how consciously and intentionally you do this is up to you. How skillfully you work with energy, depends SOULy on how often and intentionally you practice.

Who or What's the Matter?

Some problems are universal when experienced (like starving). Some problems YOU consider a “problem,” and someone else would experience your “problem” as a “gift.” Universal problems threaten survival. Preference problems can FEEL life threatening but aren't. Majority of problems are simply just Preferences for reality to be different than it is. Collectively there are billions of differing personal preferences, right? That creates infinite opportunities to learn from preference “problems” natural to your diverse life experience. You will learn how to RE-WRITE Preference Problems in Chapter 3. For now, consider:

How have you cultivated the practice of problems in your life? How are “PROBLEM” emotional states impacting your energy level?

Emotional State = Energy State

Passive, Reactive, Obedient = Bound, Lost, Energy, Momentum

Presence, Responding, Observantly = Boundless, Loving, Energy, Momentum.

Denying the existence of unmet needs or preferences by not addressing them and instead entering passive, reactive or obedient states **deepens problematic life experiences, it doesn't stop them from existing and expressing.**

As with all things it's just a matter of if your “problematic” energy will express consciously or unconsciously, knowingly or unknowingly, in alignment with your values and desired life experience or in misalignment with your values and desired life experience.

Whatever you are cultivating you will have in abundance to share.

Identity Crisis

Humanity is experiencing a global identity crisis:

Merriam Dictionary:

1. Identity :
 - a. “the fact of being who or what a person or thing is”
2. Crisis:
 - a. “a time of intense difficulty, trouble, or danger”
 - b. “a time when a difficult or important decision must be made”
 - c. “ the turning point of a disease when an important change takes place, indicating either recovery or death.”
 - d. or All of the above :-)

Identity

Identity is synonymous with attachment. Whatever you identify with, you attach to and make personal. **Internalizing the external world is conditioning which forms Identity.** Buddha deduced “The root of suffering is attachment.” The more you believe or energetically need from the external world, the more you attach to the external world, and the more susceptible you are to experiencing the pain and loss outsourced identity guarantees. **The attachment forms the identity and conditioning influences the type of attachments that takes form.** *Learning to observe sensations and conditions inside and outside of you without attaching to them is the awakening process.* You are capable of deeply enjoying and loving something without attaching to it. Attachment is Powerful, choose it wisely in all matters.

States of Mind OR Conditions of Development?

**You don't control or rule your mind;
you cultivate and mature a state of mind.**

Conscious, Curious, Child

The conscious mind's job is to be in a present state of evolving observation. Your conscious mind is fluid and changes easily, **it's power is your conscious will which focuses attention.** Your conscious mind's ability to focus attention is actually responsible for programming your subconscious from ages 0-11 approx. Conscious mind is in conversation, presently asking for what it wants in all matters. Consciously narrating your life perspective in words and thoughts, internal or out-spoken. Like a child you love a good story.

If your conscious mind was compared to a state of human development, it would be the infinitely curious and free child. All it wants to do is explore and enjoy the world. It's the mind that is always wanting more connection, always wanting attention, look at me, look at meeeeeeee it screams out. Conscious fights with the Subconscious or Adolescent mind, like a sibling fighting for its needs and preferences. It rarely cares to hear it's loving parent, the Unconscious Mind. The paradox of the conscious mind is it wants to evolve and be fulfilled, yet it can only do that by calming and quieting itself co-creating with Subconscious adolescent mind and Unconscious parent mind. I don't know if you have met many children, but they don't often have the capacity to remain still while excited.

Subconsciously Stubborn

The Subconscious Mind's job is to store all Past and Present Conscious Observation from the Child Mind. Its intention is to move YOU towards what gives YOU energy (unconscious need) as it mediates between the Conscious Child minds power of Attention (Will) and the adult Unconscious mind's power of Survival. The Subconscious communicates its findings through a spectrum of deep to numb feeling states, much like adolescents.

Contrary to popular Scientific Opinion you don't reason with your Conscious mind, your subconscious reasons for you based on your conditioning and you justify that reasoning consciously with words. **The subconscious mind is the collectives greatest untapped internal RE-SOURCE. It is meant to automate your life.** You are designed to consciously move towards what gives you energy (**expand**), move away from what depletes energy (**contract**), receiving all that is in congruence (**hold**). Not consciously justify what you do not want (**stuck**). Incongruence is suffocating the power of your mind.

Your subconscious moves towards "preference" states formed consciously in childhood through attention. The subconscious reasons if you paid attention to a particular energy in childhood and survived, it must be good for you. Even if it wasn't good for you. The Subconscious is impressionable like the conscious mind, but less flexible, less gullible, still gullible though. Good and bad are subjective to life's conditioning.

The Subconscious is the Adolescent stage of development, storing all your preferences and all your beliefs stubbornly. **Its favorite statement is "I know," but really it only knows your experience and how you emotionally registered them.** It was primarily developed by age 11. That means any preferences and beliefs from 0-11, you act out 12- until you mature your subconscious programming in alignment with conscious will and unconscious survival need. **If you haven't consciously updated your subconscious life instructions with your survival needs and desires since your life conditions set from 0-11, you are still reasoning with your Child programming today.**

You can consciously choose to be in conversation with your Subconscious. You **can't** remove feelings from your life, feelings are energy, energy is very real. You **can** learn to re-move feelings and energy to more than just survive alive, **BUT: (Better Understand Truth) to thrive. Many "truths" can exist energetically at once.** You can expand your subconscious understanding of life to align your Conscious Will & Natures Divine Intelligence with your Ever-Present Parent, the unconscious.

Past Parenting that didn't meet your needs for conscious loving secure exploration of your senses 0-11, even if well intentioned, co-created problematic conditions that don't align with your current desired life congruence. It is easier to change than you may think. Like all stages of development communicating with the Subconscious just takes practice. Practice presence with your inner teen through your feelings, finding harmony between the conscious and unconscious internal resources boundless through playful patience.

Ever-Present Parent

Unconscious Mind or Survival Mind is the mature mind that has evolved slowly, steadily, over the span of human existence. Its power is expressed through energy levels. The Unconscious Mind is like the Sun, at high noon, sees and feels all. **In my experience it is approximately 0% gullible, the Subconscious that instructs/interprets for it can be though.** Also, Contrary to popular Scientific Opinion, it isn't primitive, it is **Divine Intelligence Embodied.** As you learn to listen to your Unconscious through its language, you will understand its Divine wisdom in a way Scientific inquiry can't.

The unconscious mind is our direct connection to the source of all life, the meditation of pure consciousness. Why do you think we have to unconsciously sleep every night to survive? We require Rest, Restoration, Now! You can only hear your soul through the rhythm of your conscious attunement to unconscious **PEACE (Present, Embodied, Attunement, Co-Creating, Everywhere).**

By emptying your conscious mind and entering a meditative state it creates healing naturally as it connects you with the Divine Intelligence inside YOU. You do this naturally, easily and once you realize that like breath cycles, all of nature's creations share a process of expansion, contraction and holding you will be more graceful with yourself. Notice what is Peaceful in your life? What creates stillness, presence, connection easily and naturally? You are now learning to cultivate a deep, meaningful connection to your wise loving Parent, the part of your mind and life you so desperately crave.

ID
INNER
DIVINITY

OF-ID
INNER
DISSOCIATION



Internal -Guiding
Perceiving Spirit.

GPS

Outer- Guided
Preference System.

Conscious, Embodied
Observer

CEO

Control, Entitlement,
Ownership

Inner, Outer Unity

IOU

I owe you,
you owe me.

Trust, Boundaries,
Distribution.

TBD

Total, Body Darkness

Love, Energy,
Focus, Time

LEFT

Lost, Energy
Focus, Time

Loves In
Diversity

LID

Lives in
Division



Let's see your ID

Inner Divinity (**ID**) and Inner Dissociation (**OF-ID**) are conscious matters of focused attention, therefore potentially fluid states of being. Inner Divinity is prioritizing the connection to your **Internal Guiding Perceiving Spirit (I-GPS)** which aligns to life giving universal values. Inner Dissociation is the degree you disconnect from the internal energies to prioritize the connection to external energies; seeking alignment to conditioning, perceived personal problems, and their values over internal universal value. **Inner Divinity is attaching Identity to the infinite intelligence inside; Inner Dissociation is attaching Identity to the infinite perception preferences outside. Are you inner or outer focused, and at what cost to Divine Intelligence?**

Are you Guided or Guiding?

Have you noticed some people enjoy being told what to do? They appreciate being told exactly what to do because it takes the **pressure** off of them to know exactly how they **“should”** be. Grammar is an example of that. Yet, other people do **NOT** appreciate being told what to do, because someone telling them **who and what to be** also creates pressure. **Pressure is inherent.** Everyone is learning to listen to the inside pressure of their **Guiding Perceiving Spirit** and flowing with the external pressure of preferences as is the way of connecting collectively. How well are you? Are you fulfilled within, inSPIRIT, inspiring life, embodying natures evolving diverse observations while firmly rooted in the eternal wisdom of congruence or **PEACE (Present, Embodied Attunement, Co-Creating, Everywhere).**

Flow CEO

You are the chief operator of your life due to conscious will and attention. Are you aware and awake to the **Guiding Perceiving Spirit** inside your body that is always talking to you? Observing it, rather than obsessing over it is the key to flowing with life. YOU will learn to balance the internal and external energies which create the experience of pressure. **When you are in the state of Flowing CEO, Conscious Embodied Observer, life is happening for you and you just dance along according to the perfectly natured Internal Guiding Spirit, SOULy a matter of your own energetic sensitivity and focus.** The power of conscious is the power of focus on desired and willed experiences and feeling states. Perception is reception; what you perceive you receive. Trust is restored in your guiding core valYOU's when you learn to flow with external pressure.

Whose Standards do you valYOU?

When your energy WANTS to be told what to do, it is prioritizing Outer Standards. Standards of excellence in all areas exist diversely, ever-changing throughout time and space: Beauty Standards; Education Standards; Material Possession or “IN”- “COME” Standards on and on. If outer Standard Preferences, more than inner perception are guiding you, you are still learning to mature your connection to Divine Intelligence. Notice when you are operating out of your **Outer-Guided Preference System (O-GPS)**. Learn the difference between internal and external pressures to be a certain way. Some of the pressure is your restless Soul and Spirit; some is external preference, actually incongruent to your life fulfillment. **You are either being YOU OR letting the external world express its Outer Standards through YOU.** When your life feels incongruent it is because even **if your outer world aligns with outer values those values have to align internally to universal values and your unique soul and cultivated spirit's valYOU's to experience life congruence.**

Are you Fighting with Reality?

Fighting is a form of dissociation because Fighting is a form of not accepting reality 'as is'. You feel TWO ways at ONCE. You fight reality to bring it into congruence with preference attachments. Yet, you can limitedly fight fire with fire, anger with anger etc, evolving the energy and matter has to be the focus, **if the focus is on the FIGHT, not the RIGHT, then the war is never-ending.**

You can't even **Control** your mind. If you could your life would be in perfect order. If your life is in perfect congruence, thank you, teach us. YOU can't control, control is an illusion. YOUR conscious power is will and attention and that is the extent of your personal conscious mind's limited control. **Pure Attachment-less-Awareness is all powerful; its only desire is to perceive and align accordingly NOT control accordingly. Nurture is Nature. What you cultivate you have in abundance to share.**

Entitled- Or Preference-d. If your whole life you slept on a mattress, and then you go to a TeePee in Arizona, dead of summer, without a mattress you may be uncomfortable. How uncomfortable? Depends on your focus, how much do you lack? Regardless, your body is conditioned towards physical comfort. Whatever you believe you need or are conditioned to need, you will be less comfortable without. Learn to align conscious, subconscious and unconscious states of being to your desired states of being. Now, let's say instead of not having a mattress the Teepee didn't have air conditioning; suddenly the exposure to high heat could be much more than a preference problem. We have limits, by design.

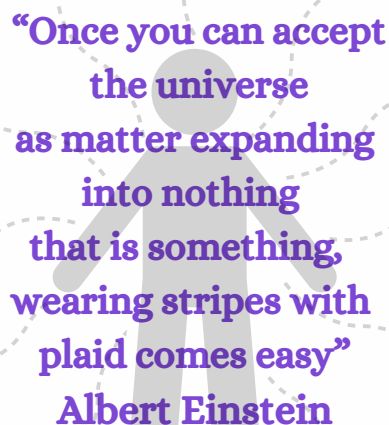
YOU are a Co-Creator NOT an **Owner**. You don't Own anything. Everything you are is a combination of resources cultivated inside and outside of you overtime, and will leave YOU when Divine Intelligence, the unconscious mind, stops operating on your behalf. Your will and creations on earth Re-sourced.

What you have experienced inside and outside of you gets stored in the subconscious, gets ruminated on or avoided consciously, yet is always energetically KNOWN by the unconscious. Any misalignments of the 3 minds cause your incongruent life conditions. **You either consume reality and fight with it OR you co-create reality and flow with it. Is your conditioning in the way of your desired life conditions, Love?**

Practice Wholeness

“We’ve got the Whole World in Our Hands” is more than a memorable nursery rhyme, it is the truth. Each day, each moment is whole. Made up of experiences that feel good and experiences that feel bad. However, good and bad are almost always subjective. How often do you let a bad experience, turn into a bad day, a bad week, a bad month, a “bad” life? What are you holding?

All emotions are energy feedback meant to aid you in your awakening process. Fear is interpreted as bad when it is holding you back from fulfilling your desired life congruence. Fear is interpreted as good when it alerts you to life threatening danger, or just an energetic incongruency present. Learning to discern the difference between life enhancing and life depleting energies to YOU, will be discussed in Chapter 2, RE-PLAY. You will learn to RE-PLAY your life from an expanded perspective of love. Chapter 3, RE-WRITE will assist you in editing or transmuting energies you no longer wish to hold onto. Through understanding, you will naturally begin to put your attention and will on cultivating the energies you wish to expand in your life.



“Once you can accept
the universe
as matter expanding
into nothing
that is something,
wearing stripes with
plaid comes easy”
Albert Einstein

Stay Tuned, loves.