

# BREAKING THROUGH THE EGO

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## The EGO Programmed Mind EGO: EDGING GOD OUT

The EGO mind is the software program that runs within our brain, which is the organ. These are two different things. The mind is like a virus which has corrupted the true and organic use of our brains and literally means to Edge God Out. The EGO was created by the Dark as the first fearful thoughts that were injected into the collective consciousness, so in turn humanity would stay ignorant, asleep, and in fight or flight. This would ensure we would never remember who we truly are and would stay enslaved.

The EGO can only exist in the past or future, it DOES NOT exist in the present moment of NOW. The EGO takes past experiences and projects them into the future, so that you keep recreating the same lower experiences over and over again. The EGO is robotic, it likes what it knows, it does not like the unknown and being uncomfortable.

The EGO was designed and implanted into the collective consciousness by the Dark. This was done intentionally so that we would remain in fight or flight, survival, and in ignorance. The EGO's specialty is attachment, ignorance, obsession, and fear. This presents itself through many different programs, each needing to be dissolved and transformed in the collective consciousness. The EGO mind is the root of all dysfunction on this planet, and is the block to being in the heart and rising to 5D frequencies.

## The EGO Blackhole

The EGO represents everything the opposite of love. The EGO is programmed to only focus on lower consciousness realities and thoughts. It sees everything as negative. This can be seen by humanity's deep embodiment of shame, guilt, fear, unworthiness, and lack of self-love. The EGO looks at any situation and finds what is "wrong" with it, rather than seeing everything as a miracle and lesson or blessing, as love does. Because humanity is still living in the EGO programming, they can only project and see the negative in everyone and everything around them, but they cannot see that they themselves are the problem.

The EGO can never be satisfied or fulfilled. It seeks external things to fill the hole that can never be healed until it looks at itself and acknowledges all the ways in which it is self-sabotaging through delusion, avoidance and projection. The EGO is a black hole that sucks the life force from the being, and in turn, the being

needs to take energy from others around them in order to sustain. One of the biggest ways in which the EGO tries to fill itself is through food and sleep.

This is why there are so many who can eat endless amounts of food but still be hungry, or sleep many hours per night and still be tired. The EGO is a parasite.

Humanity has no self-sustaining Source connection because they are still in the illusion of separation from God and from the Oneness energies. The biggest addiction on this planet is to energy. This was the product of the EGO program constantly needing to steal energy from others in order to continue to survive. This is done through control dramas and trying to manipulate and power-over others.

The EGO feels entitled to things, especially the energy of others. The EGO believes it deserves something from everyone. This is the flip that keeps humanity in lack consciousness and unwilling to give to others. In true reality, everything is an equal energy exchange. Universal law states that when you give, you receive. When one is living in the heart, in love, it gives freely out of love and receives abundance in return.

The EGO expects others to do the work, and feels that they have "done enough" or "it's not my problem". That is the disease of separation. The EGO is cut off from feeling so it has no awareness of what is going on around them, which is the opposite of love who has full feeling and consciousness in all moments. The EGO always needs to know things, as it has no trust or faith. It is always asking the same questions when it already has the answers because it wants proof. True love trusts in God and the divine plan and has full faith that they will be taken care of.

### Awareness Transforms Into Consciousness

In order to begin dissolving the EGO mind, you must first become aware of it. The EGO thrives and stays alive through your lack of awareness, or ignorance, of it. To deny you have EGO, or to be ignorant of its programmings, is to give it power. Once we become aware of a programming, the programming can no longer function. Through consistent self-awareness, we eventually come to dissolve our programmings and operate at a higher dimensional level. This is not to say that you will never experience EGO again, far from it.

Once you begin dissolving your EGO and begin reaching higher levels of consciousness, the EGO can sense its own death and it seeks to fight to maintain power. Sound familiar? This is the same tactics that the Cabal have used-clinging to power at all costs. It is the ONLY thing the EGO knows how to do because it cannot surrender, it cannot let go. As you move up the consciousness scale your EGO will fight back until the end, however, it has lost its power and through the tools & techniques it is quickly and easily transformed.

It is important to understand and realize that many of you will have, what we call, “core programmings.” These are your main programmings that are deeply ingrained in your DNA through ancestral karma. These programs have been passed down and these are the hardest to transform. They require full accountability and honesty with yourself. When we are first transforming core programs, we often have an attachment to those energetics, as they are the most familiar to us. This will manifest for us as an external attachment or behavior pattern that is difficult to break. True dedication and heart willingness is required to get through these.

Once you have finished learning about each of these programs, sit with yourself and be truly honest about your core programs. Once you have identified them, you will have to cut chords with your attachment to these programmings and the habits or behaviors. You must go cold turkey with these attachments. The reason is that until the attachments themselves and habits are broken, the energetic will not be transformed. Eventually, after you have mastered the attachments, you will then be able to come into balance with these habits, behaviors, or external things/persons.

It is very comparable to someone who struggle with addiction. Humanity are ALL energy addicts, we all just express this in different forms. The greatest addictions of energy are to control dramas, sex, food, sleep, drugs, shopping, relationships, validation, etc. In order to heal any energy addiction, you must first completely be “sober” with the behavior. The difference is that the label of “addict” has become a crutch used. Those in 3D who suffered with alcohol or drug addiction then convinced themselves that they had to be “sober” for the rest of their lives, that this addiction is so overpowering of them they cannot even engage in the behavior without spiraling. This means that “addicts” have never really healed the underlying energy of their addiction, because if they had, the lower energy addiction would no longer be there and they would be able to neutrally engage in that behavior or action.

When dealing with the EGO, we must take a “sober” period from our attachments, however, this does not mean we allow it to have power over us. We are not victims, nor are we under the control of our EGO’s and attachments. We are able to master our energy and once again come into balance with the things we love, in a purified state. Once you have identified the attachments and core programs, commit yourself to 30 days cold turkey from that attachment. Use your tools & techniques throughout this process to keep aligned, transforming, processing & expanding. After 30 days, work with yourself on coming into balance with these behaviors or things/people. This will continue in a trial and error process of correcting and adjusting as you become more and more self-aware and self-correcting.

## THE EGO PROGRAMMINGS

### LACK OF WISDOM

Lack of wisdom can appear in two ways: it can come from a lack of experience or a lack of growing from experiences. Wisdom is gained through seeing the lesson and the blessing within every experience. When one does NOT learn the lesson of the experience, they repeat the lesson over and over again. These beings are embodying lack of wisdom. They have lacked the awareness and personal accountability to fully see their role in manifesting their experiences.

Most with this programming will be in denial that they have it. That's the nature of lack of wisdom, it always thinks it knows something when it really doesn't. The easiest way to know if you have this, is if you are afraid to say you don't know something, always have to have a response to everything, or you have repeated lessons that continue to appear in different forms.

If this is a core programming for you, you must look at where you are repeating patterns that are creating pain and suffering. This could be through repeating toxic relationship patterns, repeating lower behaviors that continue to manifest lower experiences for you, or any other situation or experience that repeats itself in which you have not mastered the lesson of. To transform this requires self-reflection, taking accountability, and mastering the lesson of the experiences. Choosing to stop the repeating loops.

### LACK OF EXPERIENCE

This ties in with lack of wisdom but also presents itself by resistance to change. The EGO does not like new experiences, as it often makes them uncomfortable because it is unknown. Now, you may be someone who thinks, "I love new experiences. I love traveling and trying new foods & meeting new people." This is a good sign that you are open to new things, however, look at the areas in your life in which you have resisted new things. This will typically come in as a resistance to doing something we don't like, or "think" we do not like, or something that our EGO does not want to do.

For example, it is easy for one to be open to traveling to new places, experiencing new people and environments, but that same being might have resistance to learning how to sew, trying a sport they've never tried, or camping in the cold. We often embrace new experiences that align with what we "think" we want, what our preferences are. However, we usually resist new experiences that go against what our EGO's wants, need and desires are. We are only open to some new experiences, if it meets our wants, but not open to ALL experiences.

If this is one of your core programs, you will see a pattern within your life where you often stayed comfortable. You didn't go outside the box or try new things. You didn't take leaps of faith or take on any challenges. You played it safe. In this case, you must start saying YES to life. Feel into what you have the MOST resistance to doing and do that thing. Say yes to new opportunities or things you wouldn't normally say yes to. This breaks the programming and also opens you up to things that help you grow.

### LACK OF COMPASSION

This is a very common programming for masculine or feminine who have an over abundance of masculine energy. Lack of compassion comes from the root of judgment. When we judge others, we make an assumption about them or we perceive them from our own lense of experience. This creates a separation between you and that person, leading to a lack compassion for that soul and their journey.

If you struggle to find compassion for others, or find you are overly critical of others, cold, detached, then you have to heal your lack of feeling as well. The reason we blame and judge others is because we can't feel them. If we could truly feel ourselves, we would fully feel others as one with us. To judge another or be harsh or cold to another, is to do the same to yourself.

If this is one of your core programmings, your focus must be on learning to feel. Once per day, focus on deep breathing. Breathing in love through the nose and out the mouth. Feel the breathe permeating the entire vessel and then imagine love flowing back out into your environment. If you can focus on your breathe and your body for just a few minutes per day, you establish a conscious connection with your body. This begins to open up the feeling centers.

Also focus on where you lack self-love. Wherever you judge, criticize, or are hard on yourself, that is where you will find your lack of compassion. Everything begins with us, WITHIN. However, we treat ourselves is how we treat others. Find your self-compassion first and accept yourself fully as you are.

### LACK OF PASSION

Where lack of compassion is the lack of feminine energy within a being, lack of passion is the lack of masculine energy within a being. This can come through feminine or overly feminine masculine. Passion is a divine trait, the fire and divine will of Source. Passion is untamed and often gets perceived as anger, yet the frequencies are entirely different. Anger is based on resentment, blame, and judgment. Passion is based on honor, integrity, and inspiration.

Organically we are all full of passion! We are inspired, excited, motivated and dedicated beings. We are galactic souls. However, we lost some of that passion while in a physical vessel because the 3D realm can be so dense to navigate. There is control, authority, power over, manipulation etc. Do not allow this to put out your fire. Remember that you are more powerful than anything outside of yourself.

If this your core program, you must get back in touch with your inner fire. Passion is inspiration in action. This can come through speech or creativity but is expressed with vigor! Look within at where you are afraid of your own power, and there you will find your lack of passion. When did you give your power away? What is stopping you from taking your power back? Use whatever tool helps motivate you into action. This can be music, listening to motivational speeches, physical movement, or verbal expression (this can be yelling).

### LACK OF PERCEPTION

As humans in the mind, we only perceive 5-6% of all energies in existence. This comes from our dense bodies as well as our limited belief systems which prevent us from perceiving other energies. We have been limited to our 5 senses in the 3D body. Our "6<sup>th</sup> sense" or intuition, begins to develop as our consciousness expands. This can only come through inner work and experience.

Lack of perception appears when one is very limited in their scope of understanding based on limiting belief systems, lack of intuition, lack of experience, etc. This prevents a being from having a higher perspective, one that does not see things as good/bad/right/wrong. If you lack perception, it is because you are making judgments, assumptions, or opinions when you are unable to understand all of the energy at play.

To transform this energy, we must reheart ourselves that we do not know shit. We know nothing. Yet when we know nothing, we know everything! Only an empty vessel, one without an EGO lense, can truly access full perception and cosmic wisdom. A great practice to transform this energy is repeating the mantra, "I don't know shit," and consciously letting go of what you think you know.

If this is a core program for you, you must cut chords with all of your opinions and judgments. Catch yourself as soon as you begin to have a lower thought about another person, an experience or situation. Say out loud, "I don't know shit", then come to a place of feeling into this person or situation rather than looking at the surface level story. Realize that everyone is acting from a place of their own wounding, and the experiences that happen are always for our highest growth, and not everything needs a label or an explanation. Focus on the higher in all people and experiences, and there you will find the divine perception.

## LACK OF INTEGRITY

This is a huge energetic for humanity. Lack of integrity is both an internal and external energetic. Lack of integrity externally will present itself as someone who cannot follow through on tasks, or says they are going to do something and do not do it. These are beings who are not in integrity with their words or actions either consciously or unconsciously.

Lack of internal integrity presents itself when we fail to honor ourselves and what is highest and best for you. There are thoughts, emotions, behavioral patterns, and dynamics that we know do not serve us, yet we stay in them because we lack integrity with ourselves. We fail to keep ourselves accountable and we allow ourselves to make inner compromises that slowly deteriorate our soul.

If this is a core programming for you, your biggest challenge is going to be self-accountability. To transform this energetic, you must focus on following through-finish a task from start to finish and making sure that anything you tell yourself or say out loud that you are going to do, you do it. This keeps us in full integrity both within and without.

Discernment is a key divine trait to utilize when transforming this programming. We often commit to things or say we will do something simply out of obligation, guilt or trying to please others. Then we cannot follow through on our commitment because we truly were never aligned with it. Discern each moment what is actually best for you as a soul, what will help you grow and expand, and commit to those things only.

## LACK OF HONOR

Lack of honor is the brother of lack of integrity. When we lack honor, we do not value ourselves nor do we value others, and all life. Honor comes from the knowing that we are one with all and that everything in existence has the spark of Source within it (besides those things created by the Dark). Lack of honor comes from the deep belief system of being separate.

This plays out in numerous ways. One, is that we do not treat ourselves with honor. We do not care for ourselves, nurture ourselves, or take accountability for ourselves. We make excuses and justifications, often focusing on the external rather than the internal. Two, we do not treat others and everything with honor. There are many examples of this such as a disregard for others and their feelings, a disregard for the Earth, and a lack of care of things.

To transform this, we must return the sacredness to all life. We must feel and remember how amazing it is for everything to be in existence, to see all things as part of Source and have respect for that. This includes the people in our lives, ourselves, the things we have.

When we honor each and every being, animal, item and environment, we also honor ourselves.

If this is your core programming, there is a lack of feeling involved with this. You must focus on developing your own self-worth and as well as seeing the higher and the beauty within others and all things.

### LACK OF EMPATHY

Lack of empathy often gets confused with lack of compassion. Compassion is the ability to hold space for another for where they are in their journey, or for yourself in exactly where you are. Empathy involves the ability to truly feel what another is feeling. This requires the opening of the heart and vulnerability.

When we lack empathy, we have a block in our hearts from being able to feel what another is feeling. You are able to share, in your own vulnerability, a connection with that being's experience. Even if we cannot live in that other being's experience, we can resonate with the underlying emotional wound and we can meet them there.

To transform this, it requires working with opening the heart chakra and first being able to feel your own emotions, your own wounding, and your own traumas. Most humans have stuffed down or locked away many parts of themselves in an effort to stay "safe" from experiencing pain again. This actually stores the trauma within the body and the body becomes sick.

If this is one of your core programmings, you should focus on your breathe. Breathing deeply and consciously in through the nose and out through the mouth, for a few minutes each day, you begin to ignite the feeling centers and open up the heart portal. You become in tune with your body, your emotions, any pain that has been stored. Through breathing and focusing in the frequency of love, you begin to heal these parts of you, while also being able to feel more deeply.

### LACK OF FEELING

Lack of feeling is one of the most wide-spread programmings amongst the collective. We have been taught to cut off our feelings and operate solely from the mind through thought. We are also disconnected from our emotional bodies because of distractions. When we are not still with ourselves, we become disconnected to our feeling. Society today is made up solely of distractions, stress, and flight or flight. We are unable to be still.

Lack of feeling causes many dysfunctions especially in any relationship. Those who are able to feel deeply often feel they are going insane because those around them cannot understand why they are so "emotional". The challenge with this, is that all energy must be expressed whether consciously or unconsciously. Those are cut off from their feeling centers are not able to process their emotions, and those lower emotional frequencies are then expressed unconsciously. This greatly effects those in their direct environment, as well as these frequencies get dumped into the collective consciousness. Those who feel

energies strongly are then disproportionately effected by this and must process more for those who are not processing.

Because we do not like to feel pain, we choose to feel nothing instead. This cuts us off from actually healing and being able to feel things like unconditional love, bliss, true joy. To transform lack of feeling comes through patience and practice with yourself. Deep breathing allows for increased feeling, as does stillness.

If this is one of your core programs you will focus on being still. For many of you, this is quite the challenge. For others, you may be able to be still externally but no ability to be still internally. Practice being completely still, cutting chords with all thoughts, and just feeling and being completely immersed in the present moment of now. This will take practice, again and again and again. Finally, you will become still enough to feel all of the emotions that need to come up. Allow these to be expressed and processed, and use your spiritual disciplines to do the healing work.

#### LACK OF SELF-LOVE

We cannot truly love others because we truly do not love ourselves. Many people “think” they have self-love but it is actually vanity, self-obsession, or externalization. Self-love is shown by discipline, integrity, honor and nurturing of one’s SPIRIT. Humanity has confused self-love with the worshipping of the body but has completely forgotten about the self-care of the soul.

This is apparent through our lack of tolerance for others or certain experiences. We are so reactive as a collective, we cannot love others unconditionally. This is all stems from being unable to love ourselves unconditionally. Those who lack self-love will typically also have co-dependency, lack of integrity, lack of honor, unworthiness, vanity, lack of self-care, victim consciousness, and projection.

To heal this, focus on nurturing your soul rather than your physical body or your needs, wants and desires. The soul requires stillness, breathe, spiritual disciplines, healing and also passion. When we love ourselves we strive to be our grandest selves because we love US! When we love ourselves it is easy to love others unconditionally because you see them as part of you.

If this is one of your core programmings, focus on getting in tune with your higher self. Spend time with your higher self and begin to see and focus on all the brilliant aspects of your soul. See the beauty within yourself and remember that you are part of Source, you were made in perfection. Write a love letter to yourself, do your spiritual disciplines, take care of your physical vessel, and do the things that make you feel fulfilled.

## UNWORTHINESS

Unworthiness lies within all of us and will be one of the core programmings for each being. This programming was instilled so deeply in order to keep us enslaved to the 3D system and believe that we were not worthy of more. It is the mindset that we should be happy with what we have, never striving for greater, to allow things into our lives which are not good for us but have been made "normal".

This presents itself in many ways. Working at jobs we don't like because we do not feel worthy of a grander role. Staying in relationships that do not really fulfill us out of fear or unworthiness that there is nothing better for us. Keeping ourselves small and our dreams small because we do not feel capable or worthy of a better life. We play it safe, we stay in line, and we stay comfortable.

Transforming unworthiness takes moments and is a long process. The greatest tests during our transformation is to confuse worthiness with entitlement. We are worthy of unconditional love, joy and abundance. These are our birthright as souls. However, we also cannot be entitled to what we think this looks like, especially if we are not embodying these things. For example, if you feel you are worthy of a better relationship, reflect on whether or not YOU are being the greatest version of yourself and being the best partner you can be. You are worthy of abundance yet are you entitled to it but do not actually want to put in any work or dedication?

Entitlement comes from laziness. It is an unequal energy exchange. You want something but are not willing to give it in return. Becoming worthy means realizing that you are both worthy of receiving grandness, but also being grand and giving grandness. This is true worthiness. If this is your core programming, look at the places in your life where you have made yourself small. Where you have accepted less than what you have earned, and also look at the areas in which you are expecting something but have not given it yourself.

## IGNORANCE

Ignorance means lack of awareness. This comes from ignoring love because love is awareness, is consciousness. Unconsciousness is ignoring or denying the frequencies of love. It is to stay in the dark rather than step into the light. This is the battle between the heart and the mind. The heart is always seeking to love more, grow more, gain more awareness. The mind on the other hand seeks to take, stay comfortable and safe, and to stay ignorant of truths that make it uncomfortable.

The good news is that this programming typically dissolves the moment we awaken to a higher truth. The moment we become aware that there is something more going on than what meets the eye, we begin searching for the truth. This is the moment when the ignorance dies because are beginning to seek the truth rather than run from it.

The greatest test for this is to be able to hold space and compassion for those still choosing ignorance. This takes patience and a high level of non-attachment to others and their journey, so that we do not seek to force them into awakening as they must choose it themselves.

## ARROGANCE

Arrogance lies at a vibration of 190, just below 200 which is the threshold where you move from life draining frequencies and into life enhancing frequencies. There is a very thin line between arrogance, to pride, to courage. Arrogance comes from a wound of unworthiness where a being feels the need to place themselves above another, or to create the façade of greatness when only weakness lies beneath. Arrogance comes from a deeply wounded child.

The positive aspect is that it is not far off from being able to be flipped to a higher vibration of courage. To transform arrogance into courage, we must drop the façade. We must be able to humble ourselves and realize we are above no other, yet we can inspire others through our passion and courage, rather than seeking to put ourselves on a pedestal. Inner child healing is essential for this process.

If this is one of your core programs, dive into how you felt as a child and where you are holding onto any childhood wounding such as separation, abandonment, neglect, abuse, repression, guilt, etc. Through forgiveness and self-love, you come to the place of knowing your brilliance, but also acknowledging the higher in others as well.

## ATTACHMENT

Attachment presents itself in obvious and more subtle ways. This can manifest as a deep co-dependency in relationships, need for validation from friends and family, making choices based on the expectations of others, etc. This can also present as fear of new experiences, wanting to stay in the same place on the same schedule, same routine. Finally, it can present as a reliance on possessions or constantly seeking to buy and consume to fill an inner void. Being unable to let things go.

This can be both obvious and subtle. Many beings don't believe they have attachments, yet they cling to things unconsciously. They may jump from one thing to the next, to the next. They may not be attached to single person/thing/place, but they have an attachment energy that always needs SOMETHING to hold onto, no matter what it is.

To transform attachment, we must anchor in acceptance. Once we realize that we are all on our own unique journeys, we realize that we cannot control any else's experience. We can only make choices based on what is highest for ourselves. We no longer view things in the same way as society taught us. We don't choose lower experiences just because we are

afraid of the unknown, or a new experience. We welcome change and trust our own journey.

If this is one of your core programs, you must learn to let go. Control will be your biggest challenge to overcome as you realize how much you cling to the external. If you are attached to people, you must learn to give others space, to let them make their own choices and not take them personally. Stop changing yourself to meet the needs of others. If you are attached to places, you may need to feel into whether or not you have resisted change and a new environment out of the need for familiarity. If you are attached to things, cleaning your space and letting old things go makes way for new things to come in. You may also need to refrain from excess buying and consuming.

### TAKING ENERGY

Energy is the greatest addiction on the planet and all human minds have this addiction. Because we have lived in the 3D realm which is based on fear, pain and suffering, we exist in a constant state of fight or flight. This keeps our vibration below 200, which are life draining frequencies. This means that 95% of human beings are constantly in a life draining state and must take energy from the external in order to sustain. When we exist at life enhancing frequencies, which is anything above 250, we then have a connection with Source and are self-sustaining beings.

Taking energy comes through so many behaviors including: control dramas, guilt, blame, projection, expectation, food, sleep, sex, etc. Humans take energy from one another all day long through these lower frequencies. Anytime we are embodying a lower frequency we are in an energy taking state. Even being caught in a thought loop is a form of taking energy. You may be able to feel someone close to you who is in thought, as low frequency energy begins to emit from them and you can start to get a headache or feel agitated.

Transforming this programming takes moments and comes from self-awareness and transparency. Being totally honest with ourselves about what our frequency currently is, will help us accept that is where we are. This neutralizes the energy from denial to acceptance. Example: If I am angry (150 level vibration), I am in a life draining state. If I am in denial that I am angry by saying, "no I'm fine", or I stuff down the anger and pretend everything is okay, I will sink even lower in vibration. However, if I acknowledge to myself that I am angry, I accept that this is my current state, I neutralize the energy. I become an observer of myself rather than being caught up in my emotional state. This immediately begins to transform the energy and I rise in frequency.

If this is one of your core programmings, you will have a hard time sitting still with no distractions. That is a clear sign that you are in a state of needing to take energy. Practice your conscious breathing in through the nose and out through the mouth, cutting chords with all thought, and finding a place of stillness within. Once you begin to master your frequency and can stay centered and present without the need to distract or move or fidget, you can then move through your day within your centeredness. This is a daily practice of

mastering your vibration to stay in a life enhancing state. Once you realize everything outside of you is within you, you become a master of your own energy.

### INCUBUS & SUCCUBUS ENERGY

Incubus/Succubus is the taking of energy through words, touch, sex, etc. This is a common energy that comes through in “flirting” but is a particular form of taking energy. It is the seduction through both obvious and subtle forms. This energy wants attention, validation, and to physically take energy through another.

This can come through either a masculine or feminine who uses very enticing words, often having a particular frequency in their voice that can be described as “sexy” or lustful. This can also come through touching, even casually. It is a mechanism of flirting that seeks to casually touch another, on the arm, or back, or hand, etc., to literally take energy through the touch.

Sex is the most obvious example of how this energy comes through. Unless BOTH parties are holding a frequency of unconditional love (500 level vibration) there will be some sort of taking energy through the sexual exchange. Because the act of sex is so intimate in nature, energy chords are literally created between the two beings and physical, emotional and spiritual energy is exchanged. If one being is holding trauma, wounding, low frequencies, toxins etc., this will transfer to the other being. There is always one party who is holding a higher vibration than the other, and this vessel gets siphoned from. Most often this is the feminine getting siphoned from due to the feminine vessels holding more yin energy which carries more energies of love, compassion, heart opening. However, this can also easily come through feminine who in the lower energies of sexual manipulation or jealousy.

To transform this energy, one has to truly look at their intentions and energy when speaking, touching, or engaging in sex with another being. If there is lust energy, control, jealousy, vanity, validation, or any other low frequency intent, it is an immediate taking of energy. We as a collective must lead with our hearts instead of our bodies now. Although we are still on a physical journey, the sexual energy of humanity will be transformed into an energy of pure love. Because the sexual energy is the energy of creation, this is how the Cabal siphoned so much from the collective, through the sexual/lust energy.

For many on the spiritual path, they will go through a phase of celibacy. This is a personal choice, yet essential for anyone on the path of truly transforming their programming. There must be a solitary period where one has no external influences of energy. This allows you moments to feel fully into the energy within you, and to cut chords with all other beings who could be effecting your energy system. This allows you to take your power back and harness your Source energy through creative expression rather than unconscious taking energy.

## CHILDHOOD TRAUMA

Childhood trauma can be from physical, emotional or mental abuse. However, trauma also presents itself through different ways. Trauma itself comes from wounding and all human beings are wounded in one way or another due to the programming of their parents and their DNA line. The wounds of repression, guilt, shame, rejection, denial, abandonment, betrayal, etc., play out in every single family.

Once we realize that all trauma is just karmic residue that is presenting through the DNA, we stop taking it personally. The first step in healing trauma is to forgive. Forgive those who have caused you trauma or wounding because they themselves are traumatized and wounded. Next, we must take accountability for all of our experiences. This does NOT mean we are at fault, or we are to blame for the trauma we experienced, but we do take accountability that our higher-self agreed to such experiences in order to take it on for transformation.

Before we incarnate, we are well aware of the karma we are taking on as part of our contract for awakening. Our Higher Selves sign contracts based on the highest service to the whole, not what is best for us on an individual level such as wants, needs and desires. To transform the trauma that we have taken on, it's a large focus on our physical vessels and our triggers.

Trauma gets stored in the body as physical density, illness, disease and pain. This also creates emotional triggers, fears, anxiety, and lower emotional responses. This is a lot to unpack and having patience with ourselves is essential. Noticing where the trauma is stored in your body and what emotional triggers it creates, can help us learn to embrace the triggers as they show us exactly what needs to be healed. Then we can breathe deeply into those parts of ourselves, bring them forward, face them, and love them again. If this is your core programming, most of your healing work will be aimed at overcoming your triggers and healing your nervous system.

## CHILDISH BEHAVIOR

Child-like and childish are two very different frequencies. Child-like wonder is excited and has joy for life, filled with open curiosity and acceptance. It is organic, open, loving, and innocent. Childish behavior comes from the wounded child within us being denied its wants, needs or desires. It is our reactionary behavior to not feeling supported, safe, nurtured or loved. We learn these childish behaviors through our parents.

Transforming childish behavior involves taking accountability for the energy, and then looking at your reactionary patterns. Do you often throw tantrums, get agitated, passive aggressive, etc., when you do not get what you want? Are you resistant to taking accountability, apologizing, or letting things go?

To transform this, one must focus on responding rather than reacting. Responding involves acknowledging when we have an emotional trigger, breathing, and pausing before we respond. We do not react out of impulse or anger. We choose the higher road in all situations, no matter how much the other person or experience is triggering us.

If this is your core programming, your communication style will go through a transformation. You have not learned how to effectively communicate what you are feeling and what you are asking for. Instead of communicating vulnerably, you resort to reactionary behavior or outbursts which is a way of taking energy and getting a response from the other person, or getting your way in a situation. Work on communicating how you are FEELING rather than what triggered you will help transform this.

### ROBOTIC HABITS & BEHAVIOR

This is a big programming for most of the collective due to the way society has programmed us to live our lives. We live very robotic lives that are filled with linear time schedules, routines, and auto-pilot behaviors. This keeps us from being in the present moment of now which is organic, intuitive and in the perfect flow of nature.

Most of our routines and behaviors are actually outside of the flow of nature by design. We have to unprogram ourselves to function on this inorganic, rigid way of being. To transform this, we must first reflect on our current lives. How much of our day is done on autopilot?

How many things do we do exactly the same every day, at the same time? There is a difference between discipline and robotic and that comes with discernment. Discipline is a divine trait that entails being consistent with yourself, your spiritual disciplines, and your soul work. However, when it becomes linear, repetitive, forced, or overly structured, then we are becoming robotic.

If this is one of your core programmings, focus on how much of your thought process is linear. Are you always thinking logically, trying to plan things, figure things out? Start getting in tune with your body and you feel doing certain things. Allow your body and intuition to guide you on what is best to do in any certain moment versus forcing yourself to do something. Of course notice where you have resistance to doing something, may be the EGO not wanting you to expand or go outside the comfort zone, versus not feeling guided to actually do that particular thing. Start by mixing up your routine and see how it makes you feel. Anything that feels repetitive or robotic may need to be shaken up so that you can evolve to the next level.

## DISRESPECT or HATRED TOWARDS THE FEMININE or MASCULINE

Our society has long pinned the masculine and feminine against one another, which is a direct reflection of the inner battle we have going on between our inner masculine and inner feminine. The yin and the yang are complimentary and harmonious in every way. However, due to the suppression of the feminine energy, the masculine have come to over-power and reject the feminine energy, while the feminine have built up anger and resentment towards the masculine. This creates severe energetic imbalance within, which then creates all sorts of dysfunctions such as gender confusion, sexual confusion, and trauma.

Hatred of the feminine runs very deep in BOTH men and women. We have been taught to not only suppress, but reject and mock the feminine energy. This is why most feminine now embody the dark feminine energy instead of the Divine Mother energy. The feminine were suppressed from expression and dominated as the "weaker" gender simply because feminine hold more empathy, compassion, and the ability to bring healing and receiving. This created hatred in the masculine because the feminine are holding the energy they seek to have within themselves but cannot access.

Feminine then became dark feminine, using the power of sex, lust, manipulation, bitch, victim, etc., in order to feel love or gain approval, since the pure feminine energy is so rejected. Society now glorifies these lower feminine energies which is extremely dysfunctional. This has also created the deep hatred for the masculine and their abuse, power over, and rejection. The truth though, is that the masculine are extremely wounded. Their own inner feminine has been suppressed and they are devoid of feeling and true intimacy.

Both of these energies, hatred of masculine/feminine, lie within each and every being. These are more pronounced if the being has deep Mother/Father wounds, abuse, toxic relationships, etc. These energies must be healed within by getting in tune with your inner feminine and inner masculine. Forgiving everyone in your life that has hurt you, abandoned you, rejected you, abused you etc., allows this healing to take place. Loving others unconditionally, understanding that they too are wounded, allows further healing. Boundaries are also important as you can love another but not enable them, or not allow them to steal energy from you. The more balanced we get within, the more harmonious our relationships are with one another.

Balanced Harmonics is the perfect inner union of masculine and feminine energies and are as follows:

Masculine: 51% Masculine/49% feminine

Feminine: 51% Feminine/49% Masculine

## GAY/TRANSGENDER CONDITIONING

This is by far the most controversial conditioning. While reading this portion, we suggest you first feel into any reactionary energy that seeks to come through. Read with an open heart and without judgment. The organic energy of the universe is Yin/Yang, Masculine/Feminine. These are the divine counterparts and complimentary energies that make up everything in the Universe.

Each masculine in a balanced harmonics state, holds 51% masculine and 49% feminine, and vice versa for the feminine. In a balanced harmonics union, the masculine and feminine would come together to fit a perfect whole. The issue arises because there are no humans on the planet in balanced harmonics. Masculine have been hyper masculine with very little inner feminine energy, and feminine have been hyper feminine with very little masculine energy.

Now what we are seeing, is the Dark seeking to further disrupt our energetic balance by pushing masculine to be over feminine, while pushing feminine to be over masculine. This creates such an energetic confusion and imbalance within, that confusion is expressed through our sexuality, gender identity, etc., as everything is based on energy.

If we look at the design of the human vessels, we will see that it was divinely created for feminine to be the carriers and creators of life, as the feminine is the Creator of the Universe, and the masculine to be the supportive, action energy as it is in the Universe. The experience of sexual or gender confusion, will always stem from an imbalance within. **THERE IS NO JUDGMENT TO THIS**, as all of humanity is imbalanced within, but expressed in different ways.

There are mainly two reasons why a sexual confusion occurs: one is trauma, the other is severe energetic imbalance. These can be inherited through the DNA or can be learned through experiences or environment. This is why many believe that being gay/bi/etc., is genetic because in a way it is, but it is still stemming from trauma or imbalance.

When one has a trauma experience with one gender, the body creates an unconscious resistance to that gender out of fear, or they may actually unconsciously seek out that gender's approval in order to resolve the internal trauma. For example, if a young boy is sexually abused by an adult man, this could create confusion about his sexuality. He may unconsciously then seek out masculine sexually, in order to resolve the confusion he has within, or become resistant to masculine as a whole, struggling to maintain friendships. We seek to love what we cannot understand, this is the design. Similarly, if a young girl is sexually abused by an adult masculine, she may unconsciously hold fear and resentment towards men and will gravitate towards women to find love, or she may develop a dysfunctional view about sexuality with men that re-creates the trauma.

The other scenario is a deep energetic imbalance. This is also often inherited or picked up from the environment. For example: if one is born with an energetic imbalance through trauma, substances, or programming of the Mother, this will effect the child's development. If you are a feminine, but you feel very masculine internally, you will either then seek out feminine sexually in order to balance you out, or you will believe that you are actually a masculine and seek to then change your external vessel. All of this is simply energetic.

ALL MASCULINE SOULS INHABIT MASCULINE VESSELS & ALL FEMININE SOULS INHABIT FEMININE VESSELS. There is much disinformation regarding the soul and the body. All souls are either feminine or masculine, and they inhabit vessels that match that essence. We do not switch between masculine and feminine vessels as this would cause confusion to the soul. Many believe that the etheric realm and angels are all androgynous and so gender is a construct. This is only partly true. The angelic realm is BALANCED, so masculine and feminine actually operate more alike than different, as masculine would be 51% masculine and 49% feminine, feminine would be 51% feminine and 49% masculine. However, they serve very different roles and these roles cannot be ignored or denied.

This is the only programming in which we will not write about dissolving or transforming. The reason being is because your feelings and your journey are very specific to your soul contract. Many of your contracted for the experience of being gay, bi, transgender, fluid, etc., and those soul contracts are honored. Again, there is no judgment in this, but a deeper awareness. In the 5<sup>th</sup> dimension, there are many partners, pairs, unions that may be of the same gender, as these are soul families and soul pods that choose to exist and co-create together. However, these unions are not sexual.

The biggest dysfunction within this programming is that it is completely derived on sexual preference. In 5D, there is no sex, there is only making love and that even will be a completely different experience and expression than how we see it today. Instead of looking at this conditioning as needing to be dissolved or transformed, we instead encourage you to simply become aware of where you are out of balance internally between your inner masculine and feminine, and where there is trauma that is unresolved. Next, we encourage you to view your relationships as partnerships and divine unions that are not based on sex, but on love, companionship, growth and communication. This will transform any underlying dysfunction and give you a much deeper awareness of the beauty of these connections.

For those that do not feel resonance with the gender of their vessel, we encourage you to love yourself MORE. All parts of you that you do not like, you wish to change, etc., you must radically love those parts of you. Work to nourish yourself, practice self-love disciplines, accept yourself, forgive yourself, and have compassion for yourself. As you continue on your journey of self-love, you may come to remember that YOU are the most unique, brilliant, and amazing being and that your journey is beautiful, no matter what it looks like.

## PREFERENCE TO PAIN & SUFFERING

Here on Earth we exist in a pain and suffering paradigm, also known as the karmic plane. In the 3D world, we feel separate from God, from others, and from love. This creates the illusion that we are all separate beings in a separate experience. None of this is reality. We are all part of the SAME source, living parallel experiences through different lenses. Here on Earth, we had to learn lessons through pain and suffering in order to understand the karmic consequences of our thoughts, emotions and actions. Free will is an illusion, as all acts outside of Universal Law must eventually be reconciled and aligned.

The challenge is that because we have been stuck in a linear time and space plane, the karmic lessons we were learning were often lifetimes after the karmic action. This created confusion for the soul because we were unclear why a “bad” thing was happening to us. In truth, Karma is not bad or scary. Karma is very simple-unlearned lessons will continue to present themselves. We will manifest the same experiences lifetime after lifetime until we arrive at realizing the greater lesson. What within us must be healed, let go of and transformed so we do not have to repeat this lesson?

Because the pain and suffering is deeply ingrained into our DNA, we are addicted to it. We often unconsciously reject joyful and loving experiences because they are so different from the rest of our experiences. We believe things are “too good to be true.” This goes into a very deep wound tied to the programming of unworthiness, which tells us that we deserve pain and suffering. This may not be a conscious choice, but you must reflect on the experiences in your life you have continued to choose or manifest, which is a clue that this is reflecting an addiction to pain and suffering.

To truly transform this programming, and if it is a core programming you have, you must get to the root of your own unworthiness. Reflect upon the experiences you have chosen over and over, and how it is reflecting your energy and unhealed parts of yourself. Choose to love yourself, choose to break the pattern of suffering and finally learn the lessons you were meant to learn. Then, you embrace greater and grander experiences and know that you are deserving of them.

## SUPERIORITY

The partner of superiority is judgment. When we have judgments of good/bad, right/wrong, etc., it creates a lense in which we see ourselves as better than someone or something else. However, judgement ALWAYS works in both directions. If you are judgmental of others or external experiences, you are also judgmental of yourself. It is always a two-way street, because how we view the external is always a mirror of how we view the internal.

Superiority, therefore, is simply a mask to cover up our own self-judgment. When we are judgmental of ourselves, we begin to compare ourselves to others or outside ideas in order to rationalize within ourselves why we are BETTER than that other person or thing. It makes us feel better about ourselves. However, when one truly loves themselves, and is embodying divinity, they see nothing as right/wrong, black/white, they only see the higher perspective in all things. They would never place themselves above another because that other is them.

To dissolve superiority, you must dig deep into all the ways in which you judge things. These can be very obvious but also very subtle. If this is a core programming then you likely have both very obvious and very subtle judgments. Obvious judgments are when we react or are triggered by certain things and immediately feel like “that isn’t right” or “that’s bad”. The more subtle frequencies will present themselves as areas in your life or things about yourself in which you are embarrassed. Anytime we feel embarrassed or humiliated by something about ourselves or our experience, we have created a judgment.

Looking at everything from a neutral and higher perspective, dissolves superiority and judgement. You understand that Earth is a game of trial and error, learning and re-learning. Every soul has set up certain experiences for themselves in order to learn a lesson, and the Etheric realm has no concept of what is “moral” or “right/wrong”, there is no such thing.

That is a concept of the mind. Once we respect every single soul’s journey and the experiences they chose to have for themselves, we dissolve the need to judge it or feel the need to place ourselves above them.

### THINKING YOU KNOW BETTER

This programming can go along with superiority but is deeply ingrained with belief systems. This programming can often come through those who have a lot of 3D education, but not always. It is the belief that you know more than others. It is a sense of arrogance based on “knowledge” or thinking you know something no one else does. This is such a deep programming because everyone wants to prove they know more than everyone else! The funniest part is that we all share a collective consciousness, so we all “know” and are able to access the same amount of wisdom. However, 3D “knowledge” is not real and most of what we learn in 3D is not even true, therefore, we are extremely arrogant to think we know better. Those in the mind can only perceive 5-6% of ALL ENERGY, compared to those who have expanded their consciousness can see anywhere between 15-40%. Even then, we have not even reached capacity to being able to see 50% of all energy, therefore, we know nothing!

To best transform this, utilize the mantra “I don’t know shit.” Use this over and over everytime you feel yourself going into the energy of “I know better.” Understand that we all have internal knowing, experience, and wisdom to share, but this must come from a place of non-attachment and not arrogance. Allow others their journey, allow others to develop their own intuition of what resonates for them and what does not, and release the need to control.

If this is one of your core programmings, practice listening more than you speak. Do not make assumptions, and instead, listen and seek to arrive at a deeper and greater understanding of life. Share your wisdoms from the place of non-attachment, and release needing to convince others you are right or seeking validation for being right.

## ENTITLEMENT

Entitlement comes from having lack of boundaries. We often think of entitlement as for beings who are “spoiled” or “demanding”, however, we all have different levels of entitlement that we hold. Entitlement is believing that we deserve a particular thing, person, experience, action, etc., and we take it personally when we are denied this thing. For example: many parents believe they are ENTITLED to dictate their child’s life, and that the child must make choices and actions to make the parent happy or because the parent demands it. Another example: many beings believe they are entitled to energy from others, and this can be through guilt, validation, or dumping energy. They believe they are entitled to your energy and that if you do not please them, listen to them dump energy, enable them, coddle them, etc., that you have somehow “hurt them.”

Entitlement comes from expectations of others as well as ingrained belief systems about the way the world functions. If we do a certain thing, we follow the rules, we make the “right” choices, then we are entitled to a certain result. This deeply frustrates us and creates a brat like energy when we do not get the results we were expecting. I often refer back to the phrase, “I am entitled to my opinion.” That phrase holds so many belief systems within it. Essentially, we are saying that we deserve to have a belief system about something, and not to be questioned on that belief system. We are entitled to our illusion and no one must break that illusion for us. How ironic!

To break this programming, we must start shifting the perspective from expectation to acceptance. The only person we can ever change is ourselves. We must have stronger boundaries, stronger self-love practices, and stronger acceptance. When we let go of expectations, assumptions, or EGO desires. When we love ourselves, we feel WORTHY, not entitled. We know we are worthy of love, joy, happiness, etc., but we are not entitled to anything. We earn our grandness through being grand ourselves.

If this is a core programming, you must look at your needs, wants, desires, and expectations. These will all have to be reflected upon and dissolved. Once you stop feeding the EGO’s needs, wants and desires, you realize you stop seeking so many external things. This is where we stop embodying entitlement, because we aren’t actually seeking anything and we are not expecting anything. Stay in the frequency of acceptance, allowance, and gratitude.

## SELF IMPORTANCE

All human beings are in self-importance, to some extent. Those who have awakened and are consciously on the path of service have dissolved most of their self-importance, but it will still come up from time to time. We are in self-importance because we are in the mindset of separateness. When we feel separate, we view the world through our own bubble. We think about US, not about the whole, which causes us to be solely focused on serving our EGO needs, wants and desires.

If we look, everyone in society is focused on themselves or their families alone. We put ourselves and our nuclear family over all others and all things. This is a deep sense of ancient tribalism that prevents us from remembering that we are all one large, interconnected soul family. Once we remember that we are all One, the way we live our lives will completely change.

To dissolve self-importance is simple: be in service. Being in service to the greater good dissolves your frequency of self-importance. Being in service is also through doing your own inner work, being kind and compassionate to others, & transforming yourself. If you are dedicating your energy to transforming yourself, be your grandest version, and to help and assist others in your unique way, then you are completely aligned with your Higher Self.

If self-importance is one of your core programmings, you will have to actively monitor your wants, needs and desires. Take stock of all the things in your life that truly are not important. Start spending less time on these things and more on what is truly good for your soul. The more you continue to make those higher choices, the more you will naturally move into a service based life.

## DELUSIONS OF GRANDEUR

This programming runs alongside arrogance, Spiritual & Super Ego. This presents itself as the belief that you are above others, more important than others, and are more "special." This often shows up in the spiritual community, scientific community, or any community in which people develop an identity about who they are and what their role is. Any attachment you may have to who you are or what your role is, must be let go of.

To transform this programming requires both compassion and a deeper understanding of Oneness. There is a balance between knowing you are worthy of love, and knowing that you are important, versus falling into the trap of feeling MORE important than any other being. We all have different roles and paths, as some may have the role of the leader, teacher, etc., while others have the role of the being the mirror, the student, the supporter. We are all equal in our roles yet they have various responsibilities.

Take accountability and responsibility for your role, knowing in your heart your purpose, but let go of any notion or thought that it is more important than any other role. We can see how this programming created the external manifestations of Royalty, Monarchs, Elites, Celebrities, etc. We all are seeking to feel that specialness about ourselves and because we cannot find it, we create external versions of it to strive to be.

If this is a core programming for you, focus on having compassion for others and also seeing the beauty of each being's journey, role and essence. See the higher self within every single being, see the beauty of everything ever created, and there you will find the true nature of oneness and harmony.

## FANTASY

Fantasy is focusing on anything that is outside of the present moment. If we are thinking about the past, contemplating or worrying about the future, constantly in thought about things that are not important to our present moment or becoming attached to external information, then we are in fantasy.

Dreams, visions, and goals can of course be imagined, especially during meditation, however, we are connecting with the dream we wish to manifest and matching our frequency to that dream. This is different than fantasy where we are chasing or seeking something that never manifests into physicality. This is where illusions of the past and future keep us in a fog.

If your thoughts and being outside the present moment is a struggle for you, then your focus needs to be on cutting chords with thoughts and begin mastering being quiet. Stillness and presence dissolves everything that is not real. It brings us back to center where anything that is real will always be there and will always return, we do not have to keep thinking about it.

If this is one of your core programmings, practice writing everything down. Write down your feelings, your thoughts, your experiences, your questions, your synchronicities, everything. Once you write it down, let it go. Do not keep revisiting it. Whatever is not real will dissolve away and whatever is real will always come back. You can always ask your angels for confirms and synchronicities as well to give you guidance and confirmation of anything you are feeling or questioning.

## NEEDING TO BE RIGHT

The judgments of right versus wrong is non-existent in higher realms. Everything just is, and there is always a higher purpose for it. When we feel the need to be right, or we fear being wrong, what we are saying is that “wrong”=“bad”, and this is taken personally as a reflection of self. The mind makes us personalize everything, even though everything is just a reflection of everything else, there is no “personal”. If we are wrong, we believe this is negative reflection of ourselves as a being, which is an illusion created by the mind.

The EGO always has to be right because it can only function in linear and concrete ways. Things are either left or right, black or white, square or circle. It works as a computer, it can only define things based on the category it places it in. Everything has to have proof, an answer, an ending. This is contrary to everything that Creation is. Creation is always changing, always evolving, everything is multi-dimensional, unknown and always dying and being born again.

To dissolve this programming, notice where you are on the defensive, needing to have the last word, always wanting to debate. These are signs that you are attached to being right. Begin seeing your thoughts, beliefs, and opinions as just a passing energy. It is not you, nor is it part of you. Its simply a wavelength that has come to you to interpret. This allows you to let go of needing an answer and instead, embracing that you do not and will never know anything. This is the beauty of the unknown and requires a deep surrender and trust.

If this is one of your core programs, utilize the mantra “I don’t know shit” as often as you need to. Be open to all new information and truths, and only hold onto what resonates and let the rest go. Allow your childlike wonder to keep you in curiosity and openness rather than rigid and closed.

## CONTROLLING

Control is an energetic that we embody when we are in fear of something. Usually, we have underlying wounding and trauma that we wish to avoid being triggered, so we control others and our environment to avoid having our fears surface. Giving up control is one of the most challenging programs to dissolve. It takes a lot of surrender and patience with yourself once you begin noticing all the ways in which you exhibit control.

The most obvious way this presents itself is in relationships. One or both beings are usually exerting some level of control over their partner and their choices/actions. This can also present itself through parent/child dynamics, where very often either the parent or child is controlling the other through manipulation, emotional guilt, expectations, etc. The other way this presents is through OCD, micro-managing, or anxiety often displayed in career settings with bosses and/or with your life.

To dissolve control, we must start surrendering. We must see our need for control and perfection is simply reflecting a deep fear we have about not being good enough, having our wounds triggered, or being uncomfortable. By controlling, we do not allow miracles to occur. Miracles and surprises can only come when we are in surrender and willing to embrace the unknown.

If this is one of your core programmings, begin by getting in tune with your body. Feel where there is tension and pain, often in the upper back, shoulders and neck. This will allow you to breathe into those spaces and release the tension energy. When our body is in fight or flight, survival mode, we go into control even deeper. When you feel control coming up, breathe, surrender, and repeat the mantra "I accept, embrace, and allow."

## UNGRATEFUL

Humanity is widely ungrateful and entitled. This seems contrary to our reality as we see all suffering in various forms, not having enough to survive. However, the energy of gratitude naturally brings more blessings to you. The reason we have poverty, lack, and survival mode, is a reflection of our fractured consciousness that is in lack, fear, and ungratefulness. We don't appreciate the beauty of life, instead we seek things that are not heart-filled such as material possessions, money, clothes, sex, entertainment, etc.

We are ungrateful for our host, Mother Earth, who provides endlessly for us, yet all we do is take her resources and pillage her into barrenness. This is the epitome of ungrateful. Our higher selves create a divine plan for our lives, certain experiences and connections we agreed to have for our greatest soul growth, yet we are ungrateful for the challenges and instead we complain, play the victim, and blame.

To dissolve ungratefulness, we must start seeing everything in the higher perspective. Start appreciating life itself, the Source spark that lives within everything and comes back to our hearts. When we start enjoying the simple things such as the sun, cool water, a hot shower, a cup of tea, the birds chirping in the morning, the feeling of the ocean...then we will truly be grateful for all that we have.

If this is one of your core programmings, start a gratitude journal. Commit yourself to writing in your journal everyday the things that you are grateful for. Repeat the mantra, "I am grateful," and bring that energy into your heart center. The more you focus on gratitude, the more you truly feel it, and that is where the magic begins to happen. Start saying thank you for the lessons, the challenges, the people that hurt you. Say thank you to it all.

## NO ACCOUNTABILITY

No accountability stems from denial and the need to be right. However, taking accountability does not make your “wrong”, it makes you divine. Most beings are afraid to take accountability because they do not want to feel blamed, guilty, or wrong for something. Once we see these thoughts as illusionary, we realize that taking accountability is the divine action because everything is a reflection of ourselves, so by taking accountability we help transform that energy for all.

For example: if you see someone who is acting in a way that is not in alignment with love, our first reaction is normally to point it out to the person, complain about the behavior, or blame them for the way it has effected you. Instead, you first take accountability within YOURSELF for where that is a reflection of you, and how you have embodied this same energy. Once you’ve done that, then you can work to transform that energy, and in doing so, you can share with the other person your observations of the energy, how you are taking accountability for it as well, and how you’re working to resolve that. This is true leadership by example.

If this is one of your core programmings, you will need to feel deeply into what the root of your lack of accountability is. Are you afraid to be wrong? Were you blamed as a child for things that weren’t your fault? Are you afraid of being judged or rejected? Once you can identify the root of your resistance, then you can actively change it.

If anyone calls something out in you, brings something to your awareness, or triggers something in you, you can follow the process of first taking accountability, reflecting, and then committing to changing. You do not need to prove anything to the other person, nor do you need to apologize or feel guilty. You simply own your own truth and your own energy, and that is all you can truly be accountable for.

## SPREADING OR PARTICIPATION IN GOSSIP

Gossip is speaking about the lower aspects of someone else, without being able to compassionately call them out. Gossip energy, at its root, is just a way beings cover up their own dysfunctions and issues by focusing on someone else’s. Venting can sometimes be confused as gossip. Venting is the process of sharing an experience, or sharing about an interaction with another being, and expressing your feelings and emotions in order to process them. There is no judgment in the process of venting, but simply expressing.

To transform gossip, one should always first reflect on their intention of sharing something. Is this being shared to give an awareness, or share a perspective? Or is this information being shared in order judge or shame someone else or a situation? If the gossip involves your opinion about another being, the question is have you called this person out with compassion on their dysfunction? If the answer is no, then one should consider doing that first.

If this is one of your core programmings, feel into the root of the gossip. Do you feel some level of inferiority or unworthiness? Does focusing on someone else's dysfunction make you feel better? Be aware of the energy you share things or speak about others. Be conscious of your intent, and realize that every being is doing the best they can in the consciousness they are in.

## JEALOUSY

Jealousy is extremely common, especially amongst the feminine. The root of jealousy is desire and attachment. When we are jealous in a relationship, we have the fear of "losing" our partner to someone else because we are attached to them. Its also rooted in a deep competition which they have plagued on the feminine to always be against one another. When we are non-attached, which means we love unconditionally, we do not feel jealousy but rather allowance.

When we are jealous of another person or situation, it is because we desire to be like that person or to have what the person has. The energy of desire comes from the mind's place of comparison. We are constantly comparing ourselves to others and desiring something we think is better than what we have, or are.

To dissolve jealousy, one must truly feel into the nature of this physical experience. Every single being's soul is a fractal of Source, which means every being is divine and perfect at their core. The vessels we chose to come down in, and the experiences we chose to have, have now shaped our physical expression of this essence. We judge and compare ourselves based on our vessel, 3D lives, and external circumstances, where we are all truly one at our cores.

If this is one of your core programmings, you must focus on your own self-worth. The more you love yourself, the more you dissolve jealousy. When you recognize the unique brilliance within yourself, you begin to see that same unique brilliance in all others. We realize that our exact essence can never be recreated, and our exact path can never be taken from us because it is our destiny. We stop competing and we start appreciating.

## VANITY

Vanity at its core a deep lack of self-love and unworthiness. It is our human mind's arrogance to think that we are all separate and having separate experiences. This is how vanity takes hold, because we believe that we are our bodies, clothes, car, house, partner, etc. We don't love our souls enough, and we don't feel worthy, so we cover this up through external beauty and possessions.

This will present itself as an over-focus on the external. You may find yourself constantly obsessing about your skin, hair, body shape, clothes, makeup, tatoos, etc. This over-focus on

the external creates an obsession with it, which keeps us further and further away from really seeing our own soul. This can also translate to an over-focus on your image or persona. In this day in age, most teens to early 20's are stuck in vanity. All they care about is how something looks on the surface.

To dissolve vanity, you need to focus on the internal rather than the external. Anytime your focus gets pulled towards an external thing, immediately bring it back into yourself. Focus on how you FEEL. Bringing spiritual disciplines into your life will also assist this process. This brings the energy inward, focusing on nourishing the soul rather than the external. Tools like the mirror technique (I AM affirmations), journaling, and meditation are great tools to keep the focus on your inner self.

If this is one of your core programmings, you will likely need to cut off many of your external habits. For instance, if you are overly focused on your appearance, you will need to change your routines. If you are spending too much time each day doing things with the intention to make you look a certain way (i.e. makeup, hair, working out, tanning, getting ready), then you will have to cut out those routines. Spend as much time as possible being organic and in your natural state. Start to appreciate everything you have to offer inside of you and start detaching from the outside.

## LACK OF BEAUTY

This goes hand in hand with Vanity. Lack of beauty works two ways: seeing a lack of internal beauty within yourself, and not seeing the beauty of things outside yourself. When this presents as an internal issue, one cannot see the beauty within themselves. They are in vanity, so they only focus on the outside. Or, one finds themselves beautiful on the outside but cannot see the beauty of their soul. This can also present itself externally in one who never sees the positive in life and is rather pessimistic.

To dissolve this programming, one should follow the techniques for vanity, as well as starting to appreciate the beauty of the little things. Appreciate the little things about yourself: your laugh, your eyes, the way you smile, your heart, your kindness, your humor. Then start to notice the little things in the external world: seeing a butterfly, a sunset, your dog, a beautiful flower.

Your greatest tool here will be art. Art is the expression of an emotion, a feeling, a vision, an experience. It is the bridge that brings life to a story. When you allow yourself to freely create art such as drawing, coloring, painting, weaving, knitting, pottery, carving, etc., you start to see what beauty truly is. It is a pure expression of love.

## DESIRE

Needs, wants and desires are the basis of the EGO. However, these desires can actually never be fulfilled because they come from the place of lack, the void that can never be filled. When we desire something, its like a craving. We are seeking something we feel is going to make us feel better, temporarily heal the pain, or fill the void we feel inside. This presents itself in different ways such as desiring a person, a food, a certain role, or a fantasy.

This can also present as wanting to be desired. We can seek to be desired by another being, desired in a way that others “need” us, or we are sought after for some skill or power we possess. The want of being desired stems from the need for validation and a lack of self-love.

To dissolve desire, we have to be able to recognize it. Whenever we feel that deep craving for something, and we want it NOW, that is a sure sign that it is desire and not an aligned want. Stop, take a breathe, and feel into what it is you are ACTUALLY desiring. If you are desiring sex, are you really seeking love, connection, or intimacy? Those are very different things. If you are desiring certain foods or sweets, is there an emotion you’re seeking to numb or a seek to escape feeling something? If you are desiring a certain job or role in life, are you really seeking validation of your worth?

If this is one of your core programmings, you must get honest with yourself about the things you are desiring. The biggest challenge is to actively not feed the black of hole of desire and instead, to take a step back, wait, and move through the emotions of what you’re feeling rather than continuing to seek for the instant gratification. The more you uncover what it is you are truly seeking, you will stop desiring things and instead move into allowing things naturally aligned for you to come.

## VALIDATION

Validation is the need for others to agree with you, give you confirmations, and to give you confidence. This is all based on a lack of trust in God and oneself. When we do not trust Source or ourselves, we question everything. We want to make sure we are pretty, successful, a good person, doing the right thing, etc. We have a whole laundry list of things we want to be validated for, because we do not trust our intuition, our actions, and our feelings.

Validation also covers up a deep insecurity of unworthiness. When we feel unworthy, we constantly seek an external validation of our worthiness. This happens often with children who grow up with overbearing parents, they want to gain their parent’s validation, gifts, or approval. Many feminine fall into needing validation from the masculine, because they have not come to fully love their own feminine essence. Masculine will seek validation often from eachother or through external things such as money, status, title, etc.

To dissolve validation, we have to start trusting ourselves. The first step in learning to trust yourself is by trusting Source. Fully knowing that all things are perfect and divinely designed. When we trust that ultimately, everything serves the highest good, we loosen the control of thinking we need to fix, overcome, or seek something. When we start trusting Source, our connection opens up more and we begin developing a connection with our hearts, our angels, and our higher selves.

Being able to feel means quieting the internal chatter enough that our intuition can share with us. When we have a feeling or a nudge to do something or take a certain action, or to not take an action, we must trust our choices. There is no right or wrong choice, ever. Either way it will be a lesson or a blessing that is perfect for us in that moment. When we doubt ourselves and seek validation, we will never have a true sense of self and will constantly be giving our power away.

If this is one of your core energetics, reflect on all the ways in which you seek validation. Start affirming things for yourself by committing to your own truth and by trusting your feelings, without question. Notice where you feel the need to constantly people please, apologize, or explain yourself. Ask yourself if you need to set more boundaries. Focus on mirror technique and I AM affirmations to begin speaking to your heart in a loving and positive way.

#### WANTING TO FOLLOW OR BE FOLLOWED

This programming shows itself deeply in the religious and spiritual communities. The religions of the world have created a false god that is outside of ourselves, and that must be worshipped. This is the complete opposite of the true nature of Source, which is a feminine essence, and is the yin/internal energy. We are all God with God. The spiritual community also created the energy of wanting to be followed, by placing themselves in a higher or more prestigious position than the rest of humanity. Because they woke up first, they believe they should be followed because they know something more than anyone else.

Trust followings are about unity.

This program can present itself in a few ways. If you want to follow others, then you have a deep energy of needing to be saved. You do not trust yourself, nor have you developed your own empowerment. You would rather follow another who tells you what to do, then to have to make your own choices and follow your own guidance. Religious programming would fall under this category. Wanting to be followed presents itself as someone who seeks to have minions. We sometimes see this in teenagers where one feminine or masculine rises as the leader of a group of friends, and everyone follows that person. This is an unconscious god complex because it has been woven into our DNA that god is to be worshipped and followed.

To dissolve both of these energies, as they are two sides of the same coin, one must dissolve all internal savior programming. Realizing that you are one with God, and so God is not above you or even outside of you, but is part of you. We are all empowered and responsible

for ourselves. We are not responsible for any other being on the planet, this even includes children and family. Each and every soul on this planet is responsible for their own path and journey, as per their contract.

If this is one of your core programmings, then you must take your power back. Focus on empowering yourself and also letting go of any illusion of obligation to others or the urge to try and “save” others. This is all the same frequency of lack of empowerment. Be the best you can be and focus solely on yourself and your own growth. You will come to feel the depths of how divine you are, without needing to follow another or to be followed.

## FAKE

Being fake is not being genuine and is also associated with compulsive lying. When a being is fake, there is a deep discomfort in embracing who they are. There is self-hatred that is creating a fear of being real and authentic. This could be an irrational self-hatred based on paranoid thoughts, or this could be based in guilt or shame because of something you’ve done or experienced in your life.

Those who are fake cannot be vulnerable or authentic, and often lie about even small things, telling many white lies. Fear of being judged or rejected can also be at the heart of this frequency. You will know you have this programming, if you find yourself saying one thing but really thinking another, lying about small things out of embarrassment or compulsion, pretending to like a thing or person because you are afraid to express yourself.

To dissolve fakeness requires transparency. Whole truth heals. When we can openly express ourselves, even our biggest fears or thoughts we have about ourselves, we dissolve the barrier between “you” and “them”. When we are authentic, we fully own who we are, our story, our challenges and accomplishments, we see the beauty in everything so we have no reason not to be real.

If this is one of your core programmings, there is something you are hiding from others or yourself that you are afraid to face. If this is belief about yourself, then it must be examined and seen for the illusion that it is. If this is a guilt or shame over an experience or action, you must extend forgiveness to yourself, all others, and all situations. Once you begin to peel back these layers, you will organically become more open and authentic with others as you will have no fear of anything.

## REVERENCE OF THE MIND

This programming most often occurs in the education and elite circles of our society. Those who place a higher value on “education”, degrees, status, accomplishments, knowledge, and words, are those that have reverence of the mind. Essentially, these beings favor the mind and the analytics of things, while pushing away the feeling and emotion of things. When one has reverence of the mind, they often strive to be the smartest or most knowledgeable person in the room, often being overly concerned with things like credentials, grammar, and big words.

We as a society have put our focus on the mind rather than the heart, however, a being with this programming actually values the mind over the heart. It is the belief that analyzing, linear thinking, and logic are more important than feeling, compassion, love and empathy. These beings have a deep lack of feeling and must go through the process of getting in tune with their hearts again.

To dissolve this, one must focus on their hearts and their feelings. For those that are very disconnected from their hearts, the first step is to deeply feel your body. Spend moments each day focusing on your breathing, in through the nose and out through the mouth. Breathing love in and breathing love out. You will begin to notice the sensations of your body which can be pain, stiffness, aching, tightness, or tension. Keep breathing into these places, cutting chords with thoughts, and feel into the emotions stored in these places. Different emotions get stored in different places, for example, anger typically gets stored in the sacral or solar plexus, fear gets stored in the root chakra and legs, grief gets stored in the chest and arms, and trauma can be stored often in the throat and mouth.

If this is one of your main programmings, you must cut chords with linear thinking. Commit yourself to focusing solely on how you feel, and not on what you think. This process takes patience and practice, but returning yourself to feeling and receiving will activate your inner feminine energy. Understand that the mind an illusion and was created only to serve fight or flight. In true reality, there is no seeking, no answers, no logic. Creation is made out of love and the unknown.

## SEEKING REVERENCE

Seeking reverence often displays itself as one who has a belief system about divinity. We see this often in churches and some spiritual communities. We have beliefs like wearing white, talking softly, wearing jewels, holding silence., etc., makes us divine and others should revere us. This is an illusionary belief system that creates a worship energy.

When we are seeking reverence, we are seeking for others to see us on a pedestal. This is different than wanting to be desired, or wanting to be feared, this is more of a god-complex. These beings are seeking to be held up above others and to be seen as a holy or pristine figure. All is based on fantasy and illusion and what are false belief systems around God and divinity are.

To dissolve this programming, one must realize that all thoughts of the way one “should be”, are based in the mind. Thinking that you are a godly or holy figure that should be revered means you truly don’t understand God. Divinity is raw, real, honest, playful, expressive, organic and follows no rules or constructs.

If this is one of your core programmings, you must feel into the root of wanting to be revered. Do you actually believe you are God with God and that you as a soul are perfect and divine? The answer is likely no which is why you are seeking to be revered, it is a much deeper form of validation that stems from the belief that we are separate from God. When we heal that wound, we drop all need of being revered or seen as holy.

## REVERANCE OF ANIMALS

Many do not feel they have a reverence for animals but this is a common programming. This is when we place animals above human beings, or above all other things. We see this commonly in extreme animal activists where they place the safety and “rescuing” of animals even above human lives. This is a deep form of savior programming and victim consciousness. However, this can also present itself subtly with those who own animals. They treat the animal as if it a human being, and this is dysfunctional.

Many do not truly understand animals or their contracts. Animals already exist in unconditional love. They are purely in the present moment of now, connected to Source, and exist in 5D frequencies. Animals do not have EGO’s nor the mind, therefore they function solely in unity consciousness and intuition (what some refer to as instinct). Animals do not experience pain and suffering as we do. Because they exist in unconditional love, they do experience pain but they do not experience suffering. Suffering is when we are attached to pain, which animals cannot be due to their high frequency.

We as humans suffer, due to our attachments and belief systems. We project this suffering onto animals, which is why we have the abuse of animals as a reflection of the abuse we put ourselves through, and then we seek to “save” and “rescue” the animals due to our inability to see that we must first save ourselves. The animals have contracted to be on Earth to help humanity hold a higher frequency and to anchor in unconditional love to us. They have also contracted to provide themselves as a food source, and also as companions.

To dissolve this, remember that animals are always in love, we do not need to try and validate them, spoil them, or save them. Now this is NOT to say we should not be striving to care for animals better, and to create safe spaces for them. This is just to say we do not revere animals more than we revere human life. Owners of animals need to look at their dysfunctional tendencies such as spoiling animals as if they are humans, prioritizing their animal over others and things, obsessing over the animal rather than focusing on your own well-being.

If this is one of your core programmings, you likely need to create more discipline and better boundaries for your animal, or animals in general. Remember they are divinely intelligent and they have their own paths and contracts.

## JUSTIFICATION

This programming pairs with denial and needing to be right. When we are in denial about something, or we feel the need to be right about something, we justify ourselves. We refuse to accept accountability and we create an illusionary support for why we did or said something. This often presents itself as need to explain yourself, always having a story for why you did or said something, and an inability to receive a call out from another person.

When we feel the need to justify ourselves, it can come from a place of needing to be right, or it can come from the place of fear of being wrong. These are two sides of the same coin but they present differently. If you are always over explaining yourself, wanting the other person to see your point of view and fearing what others think, then you have a fear of being wrong. If you refuse to take accountability for things and often get defensive by justifying your actions, then you have a need to be right.

To dissolve this frequency, start letting go of the need to be right, and the fear of being wrong. Realize that no one outside of yourself can ever validate you. You must be able to both receive from others and trust yourself. If someone calls you out on something, say “thank you I take accountability and I will feel into that.” If you feel into it and the call out doesn’t resonate, then you let it go. If it does resonate, then you graciously look at what you still can transform. If you are giving your power away by always justifying and explaining, pull your power back to yourself and just honor others for their perspective, but don’t take it personally.

If this is one of your core frequencies, accountability and empowerment will be your two biggest focuses. The more you take accountability, even for things you don’t feel responsible for, the easier AND more empowering it will become. Have proper boundaries and own your choices and truth, use the mantra “I return all energy to sender” when you feel you have taken on other’s opinions or projections.

## PROCRASTINATION

This programming pairs with laziness, as they both delay actions due to resistance or a lack of self-love. Love in action is the highest vibrational frequency in existence. When we constantly prevent ourselves from taking action either through resistance, fear, apathy, or laziness, we prevent our own transformation. Our greatest growth will always come from a feeling and an action. When we take action, we are manifesting energy into physicality, which has a profound ripple effect within the collective.

We often procrastinate due to resistance or fear. We have ideas and dreams we wish to actualize, but we are so unsure of ourselves or in fear that we stop ourselves from even taking the first step. This is our self-sabotage because our EGO knows once we can take our first step forward, we will make a breakthrough.

We can also procrastinate out of laziness or apathy. When this occurs, our body is trying to tell us something. If we cannot feel the motivation or the passion to move forward in our lives, then this is a signal that there is grief, wounding, or trauma that needs to be released. Nurture yourself, honor your feelings, and rest if you need to. Then gather your strength and push yourself to take a few small steps a day in the right direction.

The key to transforming any form of procrastination is to focus on the small step in front of you, not on the whole staircase. When we focus too much on the bigger picture we can easily get overwhelmed which creates fear and resistance. Ask yourself each day, "what steps can I take today, right now, to move in the right direction?" Organize your schedule and write down a few things each day that you can accomplish. The first step is always the hardest.

If this is one of your main programmings, you will need to establish whether you are self-sabotaging or you are internally exhausted. Spent time with yourself feeling into your dreams, your goals, and what is no longer working in your life. Often times we need to clear something out so that we can move forward. We can literally feel bogged down by emotional baggage, mental baggage, and physical baggage. Clear out your physical space, take stock of thoughts and emotions that are no longer serving you and then release them, then and then integrate spiritual disciplines as well as tasks into your daily routine.

## BARGAINING

Bargaining occurs when we have a block to truly giving and receiving. We may find that we are always seeking to get something for what we give, or to get more out of others. This typically is a cultural or environmental programming that tends to run specific areas of the world. For instance, in poorer countries, they are often very reliant on tourism. They are taught to bargain with the tourists and to focus on selling as many items as possible.

Bargaining can also occur between friends or business associates. We ask for a favor and in return we offer to give something, or we are seeking for the other person to give more and for us to give less. There is always bargaining happening in business on some level. It stems from lack consciousness and also wanting to "win". If we receive a bargain, such as getting an item on sale, our mind convinces us that we have won something, we came out on top. This is the energy of bargaining. On the same token, we also value things we see as more expensive because our mind convinces us that the higher the price, the higher the value, hence we "bargain" so that we can receive something for less.

To dissolve this frequency, we must come to the realization that there is no winning. Every situation should be a win-win for all parties, not a win-lose scenario. Other's joy is just as important as our own joy, and other's fulfillment is just as important as our own. We should always be seeking for love to be present in all transactions. Be open to giving as well as receiving. Gratefulness also helps dissolve this frequency.

If this is one of your core programmings, you may often find yourself in the energy of trying to get what you want, at all costs. Focus on giving to others, without any expectations or wanting to receive back. When you receive something, receive it with gratitude and worthiness, and do not feel you have to give something back for the sake of doing so.

### POVERTY CONSCIOUSNESS

Poverty or lack consciousness has been deeply programmed into humanity in order to keep us in survival mode. Whether you are "rich" or "poor" does not matter, all beings hold a certain degree of poverty consciousness. This programming presents itself through fear, anxiety, and worry about not having enough. The irony is that no matter how much money or possessions we have, we still feel there will never be enough.

This Dark used this programming to convince us that things like money, resources, food, love, jobs, etc., are all scarce. This creates competition and survival as we feel we need to take from others so that we can thrive. The irony is that it is only the belief that something is in lack that actually creates the lack. A great example of this is during the pandemic when we were told that certain items such as toilet paper were becoming scarce. This created a poverty consciousness which caused beings to over buy and hoard toilet paper for no reason, thus CREATING the lack. This tactic is very often used with other resources.

This programming also presents itself as having the belief that things like happiness, stability, safety, and support are hard to come by. We must work hard to earn these things, when really, they are freely given. We become attached to these things and refuse to let go because we fear we will never obtain them again.

To dissolve this programming we must realize that nothing is ever in lack. The Universe is abundant, and we are abundant. What we are poor in is spirituality and connection to Source. The more we fulfill our connection to God and to our own spirit, the more abundant we feel. The energy of gratitude also dissolves this lack consciousness. Once we start focusing on all the blessings we DO have, the less we focus on what we don't have.

If this is one of your core programmings, understand this is a genetic programming that passes down through the DNA. It takes moments to fully dissolve this, but by focusing on the things that matter such as family, love, service, joy, inspiration, the more fulfilled we feel and the more abundant we feel. Actively flip your belief systems and utilize the mantras of "I am abundant", "I trust in Source", and "I always have everything I need exactly when I need it."

## ADDICTION TO SUGAR

Many may not think this is a programming but it is a very deep one! Although we are all powerful beings who can transmute anything we eat or drink, sugar was created as a very specific drug to keep us addicted, brain damaged, and distracted. Sugar is the only food or substance we highly recommend limiting or cutting out altogether. Sugar highly effects our brains and creates an addiction cycle as well as a numbing and escaping.

Our brains use sugar as a way to fill a void or need that is actually emotional. You may notice you crave sugar at particular times of the day or during stressful or emotional moments in your life. If sugar is a daily craving for you, feel into what the sugar means to you. Are you addicted to the sweet taste? Are you addicted to the energy? Are you trying to create an external joy because its lacking internally? There are many reasons we crave sugar, mainly because it triggers the same satisfactions in the brain that drugs and sex do.

To dissolve this addiction, one must first go cold turkey with it. Once cannot balance out an addiction by simply reducing the usage, our system needs to first detox from the addiction, dissolving the emotional attachments to it, and then we can re-integrate it into our lives again with balance.

If this is one of your core programmings, commit yourself to at least 7 days with no sugar. This will give your body time to purge the toxins out of the system and allow it to stabilize. Feel into the emotional aspect of the addiction and then work to give yourself what you're actually craving which may be joy, energy, happiness, or the sweetness of life. Once you have dissolved the emotional attachment, and you are coming into balance, each time you are craving sugar feel into whether or not your body is asking for it energetically, or you are giving yourself some joy. As long as it is ingested with integrity, sugar can be digested occasionally.

## LINEAR THINKING AND ACTING

The mind can only think in linear terms, meaning it can only relate something to the past or worry/speculate about the future. Linear thinking includes planning, analyzing, thinking logically, micro-managing, etc. The truth is that time is not linear, time does not exist as the construct we know it as. Time is a spiral, and we are always merging many different timelines and moments into the present. If we are attached to "time" based on future and past, we are not in the heart and we miss vital opportunities to experience miracles and synchronicities.

When we are in the linear mind, we are not in the flow of the Universe. We miss the signs, the gentle nudges of our angels, and the miracles that Source is showing us. We plan so much on the future, trying not to re-create the past but ironically we are always re-creating the past when we are in the mind.

To dissolve this programming, we have to stay in the present moment of now. This takes practice and patience, but is the key to opening our hearts and entering full consciousness. Whenever a thought comes in that is not relevant to the present moment of now, say out loud, "I cut chords with everyone and everything and all events. I re-attach all of my energetic chords with everything that is whole, pure, and in resonance with love."

Understand that nothing is linear, and we will always be going through the ups and downs of the healing process, but we learn to take this with grace and to embrace these waves as part of the process. We no longer judge ourselves or others based on how far along we think we should be, or what we should have accomplished.

If this is one of your core programmings, watching your thoughts will be key to your transformation. Give up planning or thinking about the past. Practice gratitude, praying, setting intentions, and cutting chords with thought loops. Take each day as an adventure, while still taking steps towards your goals and dreams. Let go of control of how something unfolds, or when, or why. Trust in your heart that everything is happening according to the divine plan and in divine timing.

## EXTERNALIZATION

This programming exists for every being who has not mastered their inner work. The mind itself can only externalize, because seeing itself would mean its aware of itself, which it cannot be because awareness is consciousness. The EGO hides to protect itself, to keep your awareness away from the EGO because awareness would begin to dissolve it. The EGO keeps you focused on the external to keep you distracted.

Externalization means that we view everything as outside of us, we cannot see that everything is a reflection of ourselves. This creates blame, projection, anger, control, and victim consciousness. Anything that triggers us in another, or in our experience, is because we have an unhealed part of ourselves. The sooner we accept that, the faster the transformation. Anything in the world that you do not like, you must first take accountability of how your unconsciousness help create that, and how you have enabled or contributed to this manifestation. Then you focus on what you CAN change, within yourself.

To fully dissolve this programming, focus on completely detaching from the external. Take accountability for everything outside of you that triggers you, and pull all the focus onto your internal self. Heal yourself, transform your triggers, and change your own thoughts, habits, and behaviors. Hold compassion for others and situations without judging them, and continue to lead by example rather than trying to change your external circumstances.

## PRINCESS/PRINCE CONDITIONING

This programming is very prevalent within the lower feminine. This pattern of behavior is often passed down from the Earth Mother, and enabled by the parents. The Dark created the princess programming to convince feminine that they are damsels in distress, needing a masculine to save them. We have taught feminine to be spoiled, entitled, demanding, and co-dependent.

Princess programming can present itself in many different ways: resistance to physical work, entitlement to material things, always seeking a savior or for someone to do something for you, wanting to be coddled or pampered, believing you are a prize or trophy. The underlying energy of this program is lack of self-love and lack of empowerment. This difference between a princess and a divine feminine, is the divine feminine is fully empowered while at the same time, appreciating and allowing the masculine support, not demanding it or relying upon it. The princess wants to be served whereas the divine feminine seeks to serve others (with self-love). This conditioning is most often seen in "daddy's girls".

Prince programming works the same way but in masculine. This conditioning is typically seen in "momma's boys". These masculine believe they should be catered to, taken care of, spoiled, pampered, and put on a pedestal. Those with prince programming also may have resistance to physical work, often caring about their appearance and false sense of power and they wish to be served.

To dissolve this, first reflect on where you may have this conditioning and then seek to break those resistances. Notice where you are seeking to be served, rather than to serve. Dedicating yourself in service to others, while also loving yourself, will dissolve this programming. Seek to be in empowered service where you are grateful and open to receiving gifts and blessings but you are not seeking them or feel entitled to them.

If this is one of your core programs, the biggest transformation for you will be physical service. Cleaning, building, learning how to clean your own car, change our own oil, cut your own grass, chop your own wood, etc., will be the greatest and fastest transformation of this programming. Then you will focus on service to love, rather than service to self. Remember that you are worthy, NOT entitled.

## BITCH CONDITIONING

This conditioning is very deep within the lower feminine collective. Bitch conditioning is learned and taught based on our parents. The root cause of the bitch is a fear of not being loved, and underlying anger/rage at people or experiences from your life. We, as a society, have glorified and even encouraged this bitch conditioning by teaching feminine that this makes them "strong" or "empowered". We often hear phrases like, "bad bitch", which gives the impression that this makes the feminine cool or beautiful, or strong. This is all illusionary.

Bitch often presents itself through sarcasm, condescending tones, superiority, and projection. You will notice those who have bitch conditioning are often very reactive and very defensive because they fear rejection. They take everything personally which is why they then lash out through bitch. It is a protective mechanism. The Divine Feminine speak truth and have passion, but are also filled with compassion and empathy. They are open, receptive, and centered.

To dissolve this programming, first look at any underlying anger or rage you are carrying. Who do you need to forgive? Where does the anger stem from? Focus on releasing this anger through crying, journaling, forgiving, etc. Focus on breathing and feeling sensations in your body and feel your heart once again. If you are triggered, take a breath and respond rather than react.

If this is one of your main programmings, your focus will be on loving yourself, and speaking with love to others. Whenever a bitch energy comes in, catch it, cut chords with it, and instead respond with love. You will begin to feel your heart soften and you will realize that vulnerability makes you stronger, not weaker.

#### ASSHOLE CONDITIONING

This conditioning presents itself in masculine through arrogance, lack of feeling, condescending, superiority, and lack of vulnerability. The asshole and the bitch are the same frequencies but present through different vessels. The root of the asshole is a lack of self-love, and a fear of being rejected. Every asshole chooses to lash out on others, out of a fear that if they are loving and vulnerable, they will be rejected. This is just another safety mechanism.

An asshole actually desires to be loved, but is so afraid to give love that it puts up barriers and walls. This is taught by parenting and environment. This is further perpetuated by the masculine/feminine dynamics which encourage this behavior because we teach feminine that a masculine who is an asshole to them, actually love them. While this may be true, it enables the behavior, and round and round we go.

To dissolve this conditioning requires a deep level of feeling. First, you must recognize the behavior and take accountability for it, then work to begin feeling more. This starts with feeling your vessel and into the sensations within your body. Do you feel any pain, tension, stiffness, etc.? Practice sitting with yourself and just breathing deeply, in through the nose and out through the mouth. Cut chords with any thoughts that are trying to come in. The more you breathe, the more different emotions may surface or tension may arise. This will give you a clue of where the blocks to feeling are, and they are mostly in the heart chakra.

If this is one of your core programmings, you need to focus on self-love and nurturing of yourself. When is the last time you cried? When is the last time you expressed yourself vulnerably? These are going to be your biggest transformations. To get in tune with any anger, grief, pain or hurt stored within you, to acknowledge it, release it, express it and heal it. Putting your guard down and opening yourself up to others will completely dissolve this programming.

### SEVERE IMPATIENCE

When we are impatient, we are struggling to surrender. Impatience stems from fear. Fear that we need to speed things up or rush because there is not enough time. We are so focused on the destination that we miss the journey. Anxiety within the body creates this severe impatience. When we are in anxiety, rushing, forcing, we are missing the messages, the guidance and the syncs which can only come when we are in the present moment. With impatience, we are always living in the future.

To dissolve impatience, one must first reflect on where it is coming from. Are you easily distracted? Are you in fear of the future? Are you feeling anxiety? Once you can identify the underlying emotion or feeling you can work to resolve that. This takes deep focus and discipline to actively slow yourself down. By slowing down we are present, in the moment, which is where we feel peace and clarity.

If this is one of your core programmings, you will have to discipline yourself on slowing down. Meditation will be your biggest transformation. For many of you, sitting still for 5 minutes sounds hard enough let alone cutting out all thoughts. Yet, this will be where you breakthrough. Practice once a day sitting still, cutting chords continuously with any thought that tries to come in. Listen to music if this helps, and just keep breathing until you arrive at the place of stillness and inner peace. Hold this for as long as you can until this becomes organic for you.

### EASILY DISTRACTED

All of humanity is easily distracted, by design. The Dark has created an addiction to distractions to prevent us from ever getting still and going within, which is always where the transformation and quantum leaps occur. We have both outer and inner distractions that we must transform.

Outer distractions include clothes, vanity, food, social media, news, Netflix, rules, tasks, bills, sports, etc. This list is truly endless as far as our distractions go. Any moment that you are focused on anything that is outside yourself that prevents you from hearing your own voice within, your own heart, is a distraction. Inner distractions usually present as a constant worry, fear, anxiety, or thought loop that keeps us in a state of distraction. We are so focused on this particular fear or worry that we lose the present moment of now.

Transforming distraction is simply done by staying in the present moment. This often sounds harder than it is, but it does take patience and practice. Be very aware of how you live your days. If you wake up, immediately start thinking about what you need to do, or you automatically jump on your phone to begin consuming messages and news, then you are already beginning with the energy of distraction. We highly recommend carving out at least 15 minutes, as soon as you wake up, to staying present. You can do your morning routine but without thinking, without planning, without consuming anything. You are beginning your day in a meditative state.

Notice how often each day you have to be doing something. Reading something, listening to something, talking to someone, focusing on something external. Stillness again will be your greatest friend. Within your stillness is clarity, wisdom and knowing. You can access everything through your stillness and discovering who you truly are. Meditation practices as listed above for impatience, will apply if this is one of your core programmings. We often live in a state of distraction because there is a wound, belief system, or some unhealed energetic within us that we have to face if we are still and present.

## QUITTER

A quitter is someone who gives up every time they reach a challenging experience. They are unable to push through uncomfortability. There is a balance between quitting and knowing when something is no longer in resonance with you, so you let it go. The difference is that quitting stops you from ever mastering the lessons or mastering dedication. You quit before the lesson is learned. Letting something go because you have learned the lesson and mastered patience, dedication, and consistency, means you are ready to move onto the next level.

Reflect on anything in your life where you gave up. Where you quit before the breakthrough occurred. You may notice that similar situations, people, or lessons have continued to come back around for you in different ways. We can always see what our higher self is guiding us to face because it will continue to be brought to us, until we face it. Often we quit because the uncomfortability is too much, or whatever we need to face within ourselves feels too big.

To transform this, you must commit yourself to digging deeper into your patience, compassion, and self-reflection. Often, the lesson lies within ourselves. Maybe the test is patience so we continue to be presented with situations that are calling for patience, yet we give up when it starts to take too long. Maybe you wanted to try a new hobby or sport but because you weren't getting the hang of it quickly enough, or you felt you weren't improving, you gave up. This lesson may keep coming back around for you to test your strength and persistence.

If this is one of your core programmings you must identify what pattern has repeated itself. Next, commit yourself to pushing through any next challenges that come your way. As soon as it feels too hard, too much, too overwhelming, etc., dig deep into yourself and commit to making it through the lesson this time. This will be where your greatest breakthrough occurs.

## INCONSISTENT

Inconsistency is one of the roots of aloofness. It is a being that often cannot commit to anything, or if they do, they cannot follow through on it. Quitting energy ties into this as well as lack of discipline. Many people were never taught consistency nor they did ever have consistency in their childhoods, so this is an inherited or taught programming. Many parents don't push their children to stay consistent with anything. They allow them to do things as they please or they are not required to be disciplined in anything.

If you were taught inconsistency, then you are responsible for de-programming yourself. Only you can commit to consistency. This is one of the programs that takes time and focus to transform. Be patient with yourself but also recognize where your EGO is constantly trying to break your consistency, it wants to keep your energy scattered.

To transform this, we highly recommend choosing one spiritual discipline that you agree to stick to for 30 days straight. 30 days is the allotted amount of time that the brain needs to turn a habit into an organic behavior. For example, if taking a walk each day is your preferred discipline, then commit to doing it EVERY day for 30 days. You will notice how many times you EGO tries to fight you to prevent you from completing this. When you can observe this from a non-attached state, you will begin to see how the EGO works.

If this is one of your core programmings, focus on the 30 day challenge and then begin reflecting on other areas of your life where you are not consistent. Do you often miss deadlines at work or you aren't able to complete things on time? Do you often commit to things and then flake on them, or struggle to commit to anything at all? Focus on where you can make changes with how you spend your energy and on what. If you commit to something, follow through with it. If you are given a deadline, commit to honoring it. Often we are inconsistent with things we don't enjoy and thus we are then inconsistent with things we do enjoy or are good for us. The strength comes from being consistent even with the things we DON'T want to do, as this will then assist us with being more consistent on the things we do genuinely want to do that will fulfill us, but the habit of inconsistency has been holding us back.

It is often helpful, that if this is one of your main programmings, to have an accountability partner. This also works for transforming lack of follow through and lack of integrity. Have a designated person whether that be your partner, friend, boss, family member, neighbor, hold you accountable and follow up with you on things you have said you are committing to doing. Often if we are not held accountable by someone we struggle to follow through if we haven't mastered it yet.

## COMPLAINING

Complaining is one of the lowest frequencies on the vibrational scale. It carries with it the underlying energies of ungratefulness, ignorance, prince/princess programming, and victim consciousness. When we are complaining, we are basically saying "I don't like xyz, and I want it to change."

We are ungrateful with this energy because we are not honoring the lesson or the blessing that this situation or person is showing us. We think something should be a particular way, and because it's not, we are not happy. This is ignorance, because we are not aware of all the reasons why something is the way it is. Everything is divinely designed. Often princess/prince programming comes in as the part that wants someone else to fix something for us. Our EGO is so big that we are complaining so that someone else takes care of something, that is really a lesson for us! Victim can also come in as "cry me a river", complaining about circumstances or a person that you manifested are responsible for.

To transform this is very simple. Every time you begin to complain about something, stop yourself, breathe, and reflect on the situation. What is it that is triggering you? What can you change within YOU so that you are no longer bothered or upset about this person or situation. If this is one of your deepest programmings, then you look within yourself at what you can transform or let go of, and flip your attitude to gratitude.

## LAZINESS

Laziness is very common in certain parts of the world. In the US, we have two extremes of those that are addicted to doing, working, and being busy, and then those that are extremely lazy. The issue is that we also have a skewed viewpoint about what laziness is. Taking proper rest and relaxation is not in fact lazy, but necessary as part of our spiritual growth and healing. True laziness is the inability to begin changing.

When we are lazy, we put things off, we procrastinate, and we make excuses for why we have not done something yet or why we don't want to do a particular thing. There are different forms of laziness. There is physical laziness that occurs when someone's vessel has no energy because it is sucking itself dry through expelling energy on things that don't

fulfill them. This also makes us put things off that we know we need to do but we can't find the motivation to do them.

Emotional laziness occurs when someone lacks feeling and is unable to dedicate emotional energy to others. These are beings that are very closed off, and do not often give others much emotional support or express vulnerability. They are emotionally lazy and do not want to do the inner work to transform their wounds and triggers, so they shut down instead.

Mental laziness occurs when we are too lazy to learn something ourselves, or to find an answer or solution, so we ask someone or something outside of us. We have seen this with the disclosure phase. So many beings are too lazy to do their own research about disclosure, they want someone to give them an answer on a silver platter or they just refute information without ever having done research themselves. We often don't take the time to actually inquire about something, learn, research, read, digest, discern, and come to our own truth and answer inside our heart. We want solutions, and for someone else to give us answer.

Spiritual laziness occurs when we do not dedicate the proper energy into our spiritual healing, connection with Source, and expanding our consciousness. All humans are souls having a physical experience, which means our spiritual selves need nurturing and healing just as much as our physical and emotional bodies do. This laziness creates the belief that we are separate from God and there is nothing divine about us or our lives. We live without sacredness.

To transform this, we must push through our resistance and laziness. The first steps will be the hardest but you must force yourself to get moving. Whatever you have been putting off, or felt like you haven't had the motivation or energy to do it, JUST DO IT. Once we push through the immediate resistance, we begin to build momentum which we then must balance with rest and reflection.

If this is one of your main progammings, setting small goals for yourself each day will assist. If you really want to transform this, write a list of spiritual disciplines you are going to do each day, then make a list of all the things you need to accomplish that you have been putting off, and a list of goals you would like to reach. Write these down on a piece of paper or on your calendar, and commit yourself each day to taking one step towards those goals and accomplishments. This will take effort but you will be amazed at the amount of energy this begins to move in your life. 45 mins per day of physical movement is also vital for anyone who is seeking to transform laziness.

## COMPLACENT

Complacency stems from defeat, apathy, and the feeling of disempowerment. When we feel we have no power to change anything, no power to make our lives different or better, we become complacent. Change is impossible for the EGO because it can only understand what it knows, it cannot understand the unknown, only the heart can. This is what causes us to stay in comfort zones, or to believe we have no ability to make a difference so why try?

Most of humanity is caught in this programming in one way or another. We are complacent with our lives the way they are because changing is just so hard to do. Letting go is so hard to do. Healing is so hard to do. So we don't try, we give up before we even begin. We are complacent with what we feel is outside our control.

To transform this program, we have to make a move. We often stay complacent because even if we do have ideas or dreams, we don't know where to begin so we just never start.

We have to just take a step, any step! We have to start being comfortable with being uncomfortable. The more we embrace change and being uncomfortable the more freedom we will feel. When we focus on the step that is right in front of us, rather than the whole staircase, then we can really get somewhere.

If this is one of your core programmings, your biggest challenge will be making changes. Take stock of your life and reflect on what aspects you want to make grander. Maybe you want to have a richer spiritual life but haven't taken any steps to actually make that happen. Maybe you've dreamt about redecorating your home to fit your energy but it seems like too big of a project to begin. Maybe its knowing that you don't enjoy your job but you haven't been able to take steps to find a new one. Whatever it is, identify where you want to make changes.

Next, focus everyday on the small steps that you are going to take to make those changes. Don't focus on the finish line or the destination, just focus on the small steps. Enjoy the process and congratulate yourself for making each small step. This makes the journey enjoyable.

## REACTIVE

Reaction comes from an unhealed nervous system and the reptilian brain. We can say that all EGO is technically reactive, as it produces a programmed response or action that is an autopilot response. This can present in a few different ways. One, are those who get extremely triggered by things. This could be a person, idea, word, etc., that triggers something within you where you react in anger, defensiveness, bitch/asshole, or arrogance. Those that are constantly triggered are always in a reactive state, their nervous system is essentially fried.

Reactive can also present itself as one who cannot receive. When you try and talk to this person about something, point something out that they are doing that's dysfunctional, they cannot receive and immediately shut down or throw energy back at you. They may appear calm on the surface but as soon as they feel uncomfortable, they react. This happens often with those who have low self-esteem and live under a persona. When that persona is questioned or that belief system is breached, the reaction is swift.

The key to transforming this is through the breathe. Responding versus reacting is the difference between the reptilian brain and the divine brain. As soon as we feel a trigger, anger, frustration, or defensiveness, we must breathe. Calm our nervous system first before we respond. A calm nervous system versus a fight or flight nervous system is the difference between response and react.

If this is one of your core programmings, you have to work on mastering your triggers and this will come through inner work. Identifying what triggers you have and what the root of them is, will allow you to begin transforming that reactivity. Dissolving anger and rage are also keys to transforming this.

## CULTURAL PROGRAMMING

Cultural programming appears in every culture and in every part of the world. These are the deeply ingrained belief systems, habits and behaviors, and culture "norms" that are passed down through the DNA. Often there are clues to these programming within the stereotypes we perceive about certain cultures. Although people often taken these personally, they are actually quite accurate in terms of showing us the program.

For example: the white culture has certain norms such as being educated, having a good job, getting married, having children, etc. There are deep while cultural belief systems about the way things should be done and what is acceptable. In comparison, we can look at the black culture and see how there are deep cultural differences between the two. This is what often spurs judgment or assumptions between these two cultures, rather than showing us where our belief systems lie.

To transform this, you must first be honest with yourself about the cultural programs you have. Look at your parents, grandparents, communities, etc., and reflect upon what the cultural norms are for you. Look at how these are different from other cultures, and realize that there is no ONE way to do anything. We are all free to create the life that resonates with us. Look at where you have conformed or adopted certain belief systems based on the culture you grew up in.

If this is one of your core programs, you may have to laugh at yourself that you fit the exact stereotype of that culture. Laughing at ourselves is the quickest way to transform. Then notice which of these norms or belief systems really don't resonate with your soul, they were just adopted out of obligation or judgment. Work to see every single person as an individual essence and look at yourself as an individual essence. If you had no cultural norms or expectations, who would you be? What would you love to do? What life would you create? Follow that.

## BLOODLUST

Bloodlust often appears in masculine but can be present in feminine as well. This comes from a deep lack of feeling, vengeance, and animalistic tendencies. This was ingrained in the DNA to allow the masculine to become hunters, warriors, and fighters. We created war and violence with our fractured consciousness, and so our species developed bloodlust as a way to cope with this.

If we look around at our TV shows, movies, music, we will see a large glorification of violence and bloodshed. Our animalistic brain has ingrained in us that we must dominate others, kill them, etc., in order to survive. We were always defending ourselves, protecting ourselves, and making sure that our tribe survived.

Those with this programming may find themselves drawn to violent things such as violent video games, violent movies, violent shows, and violent music. You may also struggle with physical violence; getting into fights, unable to control rage, breaking things etc. If you have this programming then your biggest challenge is feeling, non-reaction, and compassion.

To transform this, we have to truly see peace as our greatest ally. Peace and harmony are always better than violence or domination. When we see everything in life as sacred, we renew or respect for all life. We no longer wish to see pain, suffering, or blood on this planet. This takes a lot of healing and inner awareness. Focus your energy on things that are peaceful such as soft music, creativity, animals, children, and shows and movies based more on love or laughter.

## SUPER EGO

Superego is an advanced form of EGO characterized by extreme arrogance, thinking you know better, fantasy and racing thought loops. Most beings spend the majority of their time in superego although they are unaware of it. Superego presents itself mostly in those that are very educated. This is one of the biggest flips is that those who are more “educated” have greater amounts of EGO than those who are undereducated. This is because the more education we receive, the more programming and the more in the mind we become. If we look at some of the professions that require the most education we will see where the problem lies.

For example: to become a doctor, one must memorize and learn tons of information that is based on linear thinking, the past, and analyzation. So many doctors know all about pain, illness, disease, and medications, but they know nothing about energy, emotions, or how to connect with their patients on a heart based level. They have no intuition, which is why they often get so many things wrong. We look at lawyers, who spend 3 years focusing on analyzing a situation from one million different angles. There’s always an “answer” or a debate about an answer. It’s an endless loop of the mind. The Dark convinced us that the more education we have, the smarter we are, when in fact it is the opposite. The more education, the more in the mind, the more advanced the superego.

However, this can also present with those with no education or less education. Those with this programming always think they are smarter than others, they always think they know better and they have the answers. They constantly worry, analyze and think about things in their mind, with no ability to feel their hearts or their intuition. They are always seeking the answer to something. We see many who have psychotic breaks where they are hearing voices or hallucinating, this is an extreme version of Superego. To dissolve this programming, it takes dedication and extreme discipline with yourself.

Whenever you begin analyzing something, running it over and over again in your mind, trying to find the answer or worrying about the solution, stop and take an ice cold shower. Cold showers stop the mind because the body immediately focuses on the shock of the cold. The cold water also resets the symptom, flushes out the lymphatic system, and calms the nervous system. If you are unable to take a shower at that moment, then say out loud “I cut chords with everyone, everything and all events.” Do this as many times as you need until the thought loops stop.

If this is one of your core programmings and you often find yourself in this energy, then you need to shift your focus on your body, its sensations, the feelings and emotions you are having, and your breathing. Slow it down, FEEL, and let go of thinking. Anytime your mind wants to think it knows something, wants to figure something out, say out loud “I don’t know shit.” Surrender to NOT knowing, because it is within the not knowing that we know everything.

## SPIRITUAL EGO

Spiritual EGO is the fantasy version of spirituality where one thinks they have attained enlightenment when they haven't. Thinks they are above others and lacks accountability. This appears in any religious community and/or spiritual community. These beings are in the mind trying to understand God, spirituality, and energies. They are not feeling, they are thinking. The easiest way to spot a spiritual EGO is that they are convinced they have no more transforming to do, they have reached enlightenment, and have no ability to take accountability and reflect upon themselves.

This also presents in the information that is put out by any channeler or spiritual person. If the information holds any attachment, fantasy, or feels or seems complex, then it is Spiritual EGO. Love and 5D is very simple, there is nothing complicated about it. We see this also in the areas such as quantum physics. Quantum physics is the cross between science and spirituality, however, it is based in the mind. It is trying to rationalize and find a linear thread that explains everything. True reality is so multidimensional it can only be felt and understood through the heart, in a simple way.

To transform this, we must remember that no matter how much we "know" or how much work we've done, there are always more levels to expand into. Our work is never truly done, and as long as we are here on Earth, we will constantly be transforming until the entire planet ascends into a higher dimension. The higher the level we reach in terms of the consciousness, the greater levels of accountability, reflection, and letting of belief systems that will need to occur.

## SPIRITUAL DISCIPLINES

Utilize these spiritual disciplines to assist with breaking your programming and can be used for 30 days to anchor in consistency and discipline.

EGO DEATH CEREMONY

MIRROR AFFIRMATIONS

DAILY MOVEMENT (YOGA, WALKING, STRETCHING, RUNNING, DANCING)

DEEP BREATHING

COLD SHOWERS

CUTTING CHORDS

MEDITATION/STILLNESS

SUN GAZING

JOURNALING/AUTOMATIC WRITING

GROUNDING

LISTENING TO MUSIC

GRATITUDE JOURNAL

TALKING TO YOUR ANGELS

CREATIVE EXPRESSION

### HOLISTIC WELLNESS

Utilize some of these holistic healing and wellness options to help the body physically purge the density, pain and toxins and ground you as you are transforming your EGO.

LEMON WATER

APPLE CIDER VINEGAR

FASTING

GARLIC CLEANSE (7 CLOVES FOR 7 DAYS)

ONE SPOONFUL OF COCONUT OIL PER DAY

NO SUGAR

COLLOIDAL SILVER

TURMERIC

BLACK COFFEE

ORGANIC TOBACCO

LOTS OF WATER

RED MEAT