



5 Practices for Creating Inner Mastery

“Creating Your Life from the Soul-Side Out”



SOUL -- Become Soul-Centered

WILL -- Harness the Power of Intention

HEART -- Open Your Heart

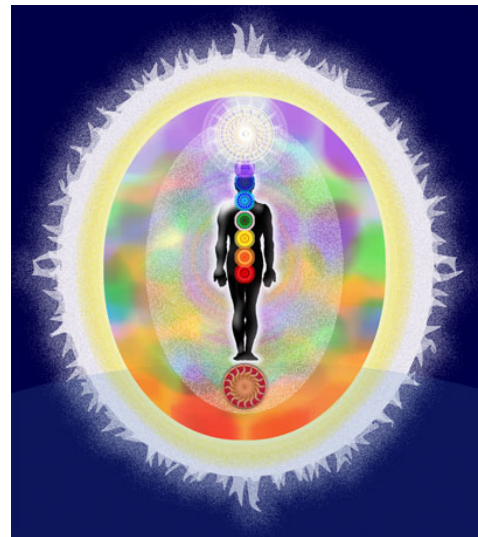
MIND -- Transform Your Thoughts

ENERGY -- Clear Your Light-Body



1) SOUL -- Become Soul-Centered

The essence of Inner Mastery is to operate as the Soul in the material world, bringing together heaven and earth. This requires that you shift from being ego-centered to Soul-centered, that you develop the ability to connect with your divine guidance on a constant basis, that you be able to achieve and sustain inner quiet and being present, and remove the barriers and allow your Soul qualities to shine forth. Subtle energy powers are a part of your divine heritage that are as natural for you as seeing and feeling with your physical body. These include intuition, psychic sensing abilities, and energy healing capabilities. All of these naturally expand as you identify with the Soul and raise your consciousness.



2) WILL -- Harness the Power of Intention

Your Intention is your divine power to create. Through the proper use of Intention you will be able to harness the divine forces and quantum field to manifest the life you want and fulfill your life purpose. This requires taking complete responsibility for everything occurring in your life and breaking the cycle of victim consciousness. Your Intention must be focused on the positive, what you DO want rather than what you DON'T want. Also, your intentions need to be consistent with your Soul's desires and your True Path or you will likely be disappointed in the results.

3) HEART -- Open Your Heart

Connection with Spirit and your Higher-Self is an aspect of "feeling," and your heart is the gateway to feeling. As a result of early childhood and ongoing emotional wounding many people build up energetic armor around their heart to protect themselves from getting hurt. However, in shutting off pain they also shut off the positive feelings - love, joy and happiness and connection with Source. This leads to feelings of numbness, emptiness, unhappiness, excessive reliance on logic, and the inability to have authentic open-hearted connection with people. In addition, most people have unhealed emotional wounding and repressed emotions bottled up in their physical and Light bodies that are barriers to feeling. Opening your heart and healing your emotional wounding will enable you to experience the presence of Spirit and Love in every aspect of your life.



4) MIND -- Transform Your Thoughts

Over 99% of your thoughts, feelings and behaviors are driven from the sub-conscious. In fact, every thought, emotion, or behavior that you do not choose intentionally is being driven by your sub-conscious. You are not having these reactive thought and emotions - they are having you. If you want to achieve your intentions and free yourself from ego-driven reactions, you must transform these sub-conscious programs to align them with your conscious intentions. "Negative" thoughts and patterns are comprised of very heavy energy -- transforming these raises your frequency and thus your consciousness.

5) ENERGY -- Clear Your Light-Body

Perfect Your Energy Bodies -- Your Light-Body is the vehicle for your Soul's growth. Part of the spiritual evolution process requires that you clear and "perfect" your energy body - removing negative energy and energy patterns and raising its frequency so that it can handle the Soul's down-pourings of ever higher frequency energies. For instance, your energy body contains unresolved energy patterns accumulated over many lifetimes that forms a "cage" of dense energy that lowers your frequency and interferes with your conscious functioning. Spiritual evolution requires eventually clearing this cage.

Clear Negative Energy Patterns -- Your energy bodies contain the blueprints for your life -- the vibrational energy patterns that manifest every aspect of your life. In order to create the life you want, you need to do more than change your thought programs, you must transform these energy programs and patterns as well, eliminating negative patterns and installing positive ones. Clearing energy patterns is an on-going daily or weekly practice.

Practice Energy Hygiene -- Your energy bodies interact with your environment and other people to pick up energy and information in a process called "Energy Empathy." In today's world, most of that energy is dense and negative, and can have significant impacts on your health, emotions, and thoughts. In addition, they dramatically lower your vibrational frequency, thus lowering the state of your consciousness and leading to increased ego-driven reactions. To maintain your health and a high vibration, you need to be able to protect, clean, and ground your energy on a daily basis.



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