



## Module 3

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## Module 3

- Check In
- More on Observation & Steps 1-3
- CCT Intentions
- Step 5-6
- Homework

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Connect, Call in Sacred  
Space

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Your Creation  
Vessel

Open to Receive



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How did your week of **FORGIVENESS** go?

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## STEP 5: RECOGNIZE AND REFRAVE

*"Miracles bear witness to the truth. They are convincing because they arise from conviction."* - A Course in Miracles

Once you have done the exercises in steps 1-4, you will have removed much of the emotional baggage around these false beliefs. You will also have begun to let go of them and reprogram your mind to embrace your value and worth. This will make this next step much easier. Once again, you want to get that list of false beliefs and ask this question:

*"Is it true? Is it really true that I don't deserve...?"*

Obviously, the answer is going to be "no." But if it isn't true, **"What is the truth?"**



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You want to begin to have a new outlook...to begin to see things differently. So as you are pondering these truths, a helpful prayer to pray is this:

***"I humbly ask for a miracle. Please, help me to see things differently. I am willing to see differently."***

Once you have prayed that prayer, just begin writing. You will be amazed at what will flow out on the paper. This is your new mindset. Your new way of thinking and being. Write your new story of how your life will unfold. And if nothing comes, then move on to the next step. It will. For now, you have cleared a ton of room and it is time to put some more positive energy in its place.

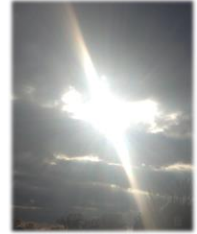
#### EXAMPLES



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#### Do this practice right now...

1. Pick a false belief that came up in your work last week. It doesn't have to be a heavy one. It can be something like: "I don't deserve to have what I want, because..." Write it in your journal.
2. Then pray: ***"I humbly ask for a miracle. Please, help me to see things differently. I am willing to see differently."***
3. Ask yourself, is this true? If not, what is the truth? Let the answer pour out on the page.
4. Then ask, "What do I want?" And write that down.
5. Then, "Why do I deserve to have it?" (or whatever pertains to your specific false belief.)



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#### STEP 6: THINK AND BELIEVE THE NEW THOUGHT

***"Miracles restore the mind to its fullness. By atoning for lack, they establish perfect protection...Miracles are examples of right thinking, aligning your perceptions with truth as Divinely created."***—A Course in Miracles

This is the real work. Once we have cleared the debris it is time to begin to reprogram that thought into our brain. I like to really go deep and program my subconscious for success. The golden rule about this is repetition. Obviously when you begin, you may experience resistance. But just commit, to reading the following every day for the next six weeks. In the morning when you do your work and in the evening before bed. See if you don't see some positive changes.

(Note: Substitute whatever word resonates for you with regard to Divine Source. It could be God's Wealth or Creator's Wealth or Universal Wealth or the Goddess's Wealth, Mother Earth's Wealth, Divine Source's Wealth or even LOVE. Just make sure it feels good and true for you.)

***"I am now writing into my subconscious mind the idea of Love's Wealth."***

***"I know that God-Goddess is the Source of my supply. I know that God-Goddess is the Life Principle within me and I know that I am alive, and all my needs are met in every moment of time and in every point of space. God-Goddess's wealth flows freely, joyously and ceaselessly into my experience and I give thanks for God/Goddess's riches forever circulating in my experience. God-Goddess is my instant supply, meeting all of my needs right now."***

***"I am born to succeed. I am born to create miracles. The infinite wisdom within me cannot fail. Divine law and order govern my life. Divine peace fills my soul. Divine Love saturates my mind. Infinite intelligence guides me in all ways. Divine Creator's riches flow to me freely, joyously, endlessly, and ceaselessly. I am moving forward in all ways, spiritually, financially, physically, mentally and emotionally."***

***"I know these truths are sinking into my subconscious mind and I know and believe they will grow. Divine Source is my supply. I am infinitely guided in all ways. The Goddess always opens a new door."***



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***"A miracle is a correction introduced into false thinking...It acts as a catalyst, breaking up erroneous perception and reorganizing it properly."***—A Course in Miracles

You can also support yourself with short simple affirmations that you can recite throughout the day whenever you think about it. What to supercharge your practice? Do these on a mala! Here are some examples:

- I am worthy of receiving every desire in my heart.
- I am here to do sacred work, and that work is always supported.
- The Universe is conspiring to manifest my desires always.
- I am ready for the next step.
- I know that I am always supported.
- I am worthy of my every desire.
- I know I am being guided.

- I was made for miracles.
- I create miracles every day.
- There is always more coming in than going out.
- I deserve all the health, wealth and abundance the world has to offer.
- I am enough.
- Making money comes easy to me.
- My divine right partner is with me now.
- I deserve love.
- This is my time.
- I joyfully receive money into my life.
- I love money and money loves me.
- I always have more than I need.
- My work is of high service and worthy of massive compensation.
- I am offering my gifts to the world and being generously rewarded.



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It is helpful to pick a few of these and write them every day. Commit some of them to memory and repeat them as many times a day as you can. Notice when you say them, if there is any "pull back" internally. That will simply mean that there is still a place where you don't believe it. Take it back through the EFT and Ho'oponopono again.



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#### So Here's The New Drill:

1. What am I supposed to be learning right now?
2. What do I want?
3. Why don't I believe I can have it?
4. Forgive: EFT and Ho'oponopono
5. Is this True? What's the Truth? Help me see differently.
6. Read Affirmation Daily: *"I am now writing into my subconscious mind the idea of Love's Worth."*  
*"I know that God-Goddess is the Source of my supply. I know that God-Goddess is the Life Principle within me and I know that I am alive, and all my needs are met in every moment of time and in every point of space. God-Goddess's wealth flows freely, joyously and ceaselessly into my experience and I give thanks for God/Goddess's riches forever circulating in my experience. God-Goddess is my instant supply, meeting all of my needs right now."*
7. Pick an affirmation from the list or one of your choice to recite every time you think of it!



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The practice consists of tapping with your fingertips on specific meridian points while talking through traumatic memories and a wide range of emotions. Meridian points are certain points that can be mapped throughout the body. Energy circulates through your body along this specific network of channels. You can tap into this energy at any point along the system.

All negative emotions are felt through a disruption of the body's energy. The body, like everything in the universe, is composed of energy. Restore balance to the body's energy, and you will mend the negative emotions and physical symptoms that stem from the energy disruption. Tapping restores the body's energy balance, and negative emotions are conquered.



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#### Module 3 Homework

##### ➤ Do steps 1-6 everyday

1. What am I supposed to be learning right now?
2. What do I want?
3. Why don't I believe I can have it?
4. Forgive
5. What's the Truth
6. Affirmations: Read & Recite

- Text me your intention for CCT if you haven't already
- If you get stuck you have a coaching call. USE IT!



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*Made for Miracles*

#### Questions

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#### Integration Dance

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**Closing Sacred Space**