



Module 2



Module 2

- Check In
- More on Observation & Steps 1-3
- CCT Intentions
- Step 4
- Homework



Connect, Call in Sacred Space

Your Creation Vessel

Open to Receive



Clarification of Steps 1-3

- Everything that is happening right now means you are right on target!
- The first three steps keep you focused on the path forward! This is why you need to do them everyday.
- They will go faster and get easier the more you do them.
- Simply stated they are:
 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?



How did your week of *SURRENDER* go?

As you continue to do the process, you may get to the point where you (mistakenly) think that you have worked through everything. You have reviewed all your stories and there is nothing left to clear. If you get to this point, here are some prompts adapted from Barbara Stanny's book Sacred Success, that can help you dig deeper...

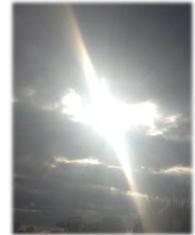
- What are the rules you have been living by? Where did they come from? Which ones served you? Which ones don't? Which of these rules need breaking?
 - If you asked my father about me achieving greatness, he'd say...
 - If you asked my father what he thought about _____ (money, love, health – insert whatever your miracle manifestation of choice is), he'd say...
 - If you asked my mother about me achieving greatness, she'd say...
 - If you asked my mother what he thought about _____ (money, love, health – insert whatever your miracle manifestation of choice is), she'd say...
 - If I manifest this miracle, I worry I will...
 - I want to manifest this miracle, but...
 - To me, manifesting this miracle means I have to...
 - What terrifies me about manifesting this miracle is...
 - What excites me about manifesting this miracle is...
- (I have included a handout on the classroom page with these and more!)



STEP 4: FORGIVE OTHERS AND FORGIVE YOURSELF

"Miracles are everyone's right, but purification is necessary first." –A Course in Miracles

As you are going through the list of all the reasons why you should not have what you desire, you, no doubt have come across memories of events that have caused you to feel this way. Maybe you grew up poor. Or there was co-dependency or alcoholism, or abuse, or negativity, or food addictions, or...I could go on, but you get the idea. These stories usually involve other people. In order to get this mindset totally out of your system, the first step is to make peace with those who helped you embrace these faulty beliefs. Then you need to make peace with yourself, holding them so long and making yourself miserable in the process.



EFT & Ho'oponopono – The Magic Keys to freedom!

First of all, let me say that I was introduced to both of these practices many years ago. Apparently, they were too powerful for me because I picked them up and put them right back down. Several times! For whatever reason, they did not resonate with me. I realize now that I wasn't ready for them. I wasn't ready for the kind of shifts they were going to bring on...what I would have to give up...The literal physical changes that would have to take place in my life. My ego self still had a lot of attachment to those belief systems we uncovered. Even though consciously, I didn't want them and knew they weren't true, subconsciously, they had a very deep foothold. They were keeping some very big FEARS at bay. FEARS I wasn't ready to face.

But remember that part about "getting hungry?" When you are hungry...desperate...you will do just about anything to change your situation. In that position, that place of SURRENDER, Spirit can truly work with you. When I finally found myself there, these tools suddenly lit up for me and I was able to see their value very quickly. Below are explanations and "how-to's" for both. I recommend that you take all the items on your list of why you don't deserve what you want and do both techniques with them. Do the Ho'oponopono for both other people and yourself. Then any place you find that you have been harboring a false belief, thinking ill of yourself, or making bad choices, use EFT to "tap" it out.

Ho'oponopono

"Miracles are natural signs of forgiveness. Through miracles you accept Divine forgiveness by extending it to others." –A Course in Miracles

Ho'oponopono is a Hawaiian practice of reconciliation and forgiveness. The Hawaiian word translates into English simply as correction, with the synonyms manage or supervise, and the antonym careless. This practice has its roots in the Huna tradition. It has been made popular among healing circles because of the powerful transformation it can create.



One of the stories that really has brought attention is offered here with excerpts from Joe Vitale:

It is the story of a therapist in Hawaii who cured a complete ward of criminally insane patients – without ever seeing any of them. **The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness.** As he improved himself, the patient improved. His name is Dr. Ihaleakala Hew Len. He worked at Hawaii State Hospital for four years. The ward where they kept the criminally insane was dangerous. Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

Dr. Len never saw patients. He agreed to have an office and to review their files. While he looked at those files, he would work on himself by using the technique described below. As he worked on himself, patients began to heal. After a few months, patients that had to be shackled were being allowed to walk freely. Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed. Not only that, but the staff began to enjoy coming to work. Absenteeism and turnover disappeared. They ended up with more staff than they needed because patients were being released, and all the staff was showing up to work." Dr. Len believed that he was healing these individuals by simply healing the part of himself that created them. He explains that **total responsibility for your life means that everything in your life – simply because it is in your life – is your responsibility. In a literal sense the entire world is your creation.**

"A miracle is a service. It is the maximal service you can render to another. It is a way of loving your neighbor as yourself. You recognize your own and your neighbor's worth simultaneously." –A Course in Miracles

I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, for Dr. Len, healing for him and in Ho'oponopono means loving yourself. If you want to improve your life, you have to heal your life. If you want to cure anyone – even a mentally ill criminal – you do it by healing you.

Turns out that loving yourself is the greatest way to improve yourself. And as you improve yourself, you improve your world. "Let me give you a quick example of how this works: One day, someone sent me an email that upset me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message. This time, I decided to try Dr. Len's method. I kept silently saying, "I'm sorry" and "I love you." I didn't say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating the outer circumstance. Within an hour I got an e-mail from the same person. He apologized for his previous message. Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying "I love you," I somehow healed within me what was creating him.

In short, Dr. Len says there is no "out there." It would take a whole book to explain this advanced technique with the depth it deserves.

Suffice it to say that whenever you want to improve anything in your life, there's only one place to look: inside you. And when you look, do it with love."

Here's the process:

Whenever a place for healing presents itself in your life, open to the place where the hurt resides within you. After identifying this place, with as much feeling as you can, say the below four statements:

- I'm sorry
- Please forgive me.
- Thank you
- I love you



This process is greatly enhanced when you write it down as if you are having a conversation with the other person. For instance:

"Mom, I am sorry that you had to grow up in poverty and had to experience so much fear from not having a mom all your life. Please forgive me for judging you and the way you raised me because you never had a healthy example of a parent. Thank you for all you gave me and how hard you worked to support me and give me life experience that has made me the person I am. I love you."

When you do this, it's like emotional surgery. You can literally feel the shift inside of you. Things start to untangle. Things begin to move. Then the next step is to move the energy and retrain the negative thought patterns with EFT: **Emotional Freedom Technique.**



EFT: Emotional Freedom Technique

Emotional Freedom Technique (EFT) is a revolutionary treatment method that offers healing from physical and emotional pain and disease.

Without the use of needles, this form of acupuncture uses the fingertips to stimulate energy points on the body. Developed by Gary Craig, this is an easily mastered technique that can be performed virtually anywhere. This treatment sprang from the idea that, "The cause of all negative emotions is a disruption in the body's energy system."

TAPPING GIVES YOU THE POWER TO HEAL YOURSELF, PUTTING THE CONTROL OVER YOUR DESTINY BACK INTO YOUR OWN HANDS.



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.

How does it work?

The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 9 of the body's meridian points. Tapping on these meridian points – while concentrating on accepting and resolving the negative emotion – will access your body's energy, restoring it to a balanced state.

According to Dr. Dawson Church, "Acupoint tapping sends signals directly to the stress centers of the mid-brain, not mediated by the frontal lobes (the thinking part, active in talk therapy)." Because EFT simultaneously accesses stress on physical and emotional levels, he adds, "EFT gives you the best of both worlds, body and mind." In fact, it's EFT's ability to access the amygdala, an almond-shaped part of your brain that initiates your body's negative reaction to fear, a process we often refer to as the "fight or flight" response, that makes it so powerful.

Think of your amygdala as a personal alarm system. When you experience trauma or fear, the amygdala is triggered and your body is flooded with cortisol, commonly known as the "stress hormone." This intricate chain reaction – your stress response – significantly influences and sometimes even causes whatever it is that troubles you, whether that's an illness, injury, emotion, or even an external problem such as an issue with a friendship.

So this literally allows us to REPROGRAM our brains! Consider, the girl in the Ho'oponopono example:

This was a girl who grew up in a home where the parents grew up in the depression. Her mother's mother died of a stroke when her mother was two. There was a lot of "lack consciousness" in this home. I am sure many of you can relate. So as this girl grew up, every time she would experience a "lack situation" she would be flooded with feelings: frustration, anger, guilt, shame, all of it... These were not all her emotions. They were ones she learned and inherited from her family of origin, as well as her own, usually over choices she had made that had resulted in less than favorable outcomes... habits she had also inherited. These emotions would lead her to thoughts of self-loathing, which she would immediately cover up with the addiction of choice, be it food, alcohol, rage, blame, anger at others, judgement, gossip, sleep, tv bingeing... etc. Then this emotion and thoughtform would be buried and embedded in her system until the next time it was reinforced. And so goes our cycle. Right?

But now consider that instead of repeating the cycle endlessly, we disrupt it with Ho'oponopono. Then, instead of the self-deprecating thoughts, she reprograms those with the phrase, "even though I have made poor money decisions, I deeply love and completely accept myself," or something like that. This will literally move the toxic energy out of the body via our energy meridian AND reprogram the mind with a new thought of love and acceptance. **THIS IS THE WAY WE MOVE ENERGY! THIS IS THE WAY WE WORK MIRACLES!**



So, I know that some of you will experience resistance when you try both of these. I highly encourage you to do your best to push forward and try the techniques for a day or two at least, to see if you can move the resistance. You can even do an EFT session for the resistance itself. "Even though I am experiencing resistance to the EFT process, I deeply love and completely accept myself." Our goal will be to get ourselves so clear that we can do the whole process as part of a short morning practice to keep ourselves clear on any issue we are up against. Remember, every place we feel stuck is a call for a miracle. This is the practical way we begin to create them in our own lives and in our world.

So we are going to walk through this process together!

Right now, pick something that you have come up with in your work this week: A memory from childhood, a habit, anything that is at the top that you want to release. First lets journal our process of Ho'oponopono:

- I'm sorry
- Please forgive me.
- Thank you
- I Love you



Now whatever feelings come up... choose one and process it out with EFT.

EFT HOW-TO CHART

Focus on the distress you want to resolve. If you have several issues you want to work on, focus on the one that's most stressful right now.

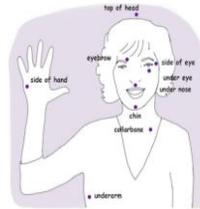
Assign a Subjective Units of Distress (SUD) to the problem. On a scale of 1 (lowest) to 10 (highest), rate how intense the distress is.

Create a setup statement. "Even though I [state the problem], I deeply love and completely accept myself." Repeat the statement aloud 3 times while tapping on the **feeling part** of the outside of the hand with the four fingers of the other hand.

Tap around the points. Tap lightly about five to seven times on each point in the illustration, starting at the top of the head and ending at the underarm point.

While tapping on the points, say aloud to yourself a short reminder phrase to keep the focus on the issue you're tapping on.

Remeasure your SUD level. After you complete a round or two of tapping, re-visit your initial distress. What SUD number would you give it now? If you're not yet at 0, begin the process again. The goal is to get your SUD to 0.



Module 2 Homework

- Do steps 1-4 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.
- Text me your intention for CCT
- If you get stuck you have a coaching call. USE IT!



Questions



Integration Dance



Closing Sacred Space