


A vibrant landscape featuring a golden field of tall grasses in the foreground, leading to a bright sun on the horizon. The sky is a clear blue with a white contrail streaking across it. The overall scene is bright and uplifting.

Staging An
Awakening world!

If you want to awaken all of humanity, then awaken all of yourself. If you want to eliminate the suffering in the world, then eliminate all that is dark and negative in yourself. Truly, the greatest gift you have to give is that of your own self-transformation.

Lao Tzu

A vibrant landscape featuring a golden field of tall grasses in the foreground, leading to a bright sun on the horizon. The sky is a deep blue with a wispy white cloud. The overall scene is bright and uplifting.

**Centered in Love
we celebrate God
expressing as peace,
wisdom and abundance
in this awakening world.**

Every good and perfect gift comes out of heaven. The gifts are rivers of light cascading down from the Father of Light.

James. 1.17

I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.

Matt. 16.19

**For the measure you give
will be the measure you get.**

Matt. 7.2

We are all united with an Invisible Force which is creative and we are already One with a Universal Mind which can do anything. We are centers within this Mind and the sum total of all our thoughts is either silently attracting Good to us or repelling It from us. We can change our thinking and, in so doing, cause the Law of Good to act affirmatively for us instead of negatively. When Jesus said that it is done unto us as we believe, he implied that **there is a Power that can, will, and must react to us.** This Power acts as a Law operating on our beliefs.

Ernest Holmes – *Living the Science of Mind*

Human beings have the awesome ability to take any experience of their lives and create a meaning that disempowers them or one that can literally save their lives.

Tony Robbins

4-F Formula

FOCUS >

FEELINGS >

FREQUENCY >

FREEDOM

- OR -

FLOP

Forms of Focus

- Expectation
- Anticipation
- Belief
- Attention
- Thought
- Feeling
- Words
- TV
- Reading
- Internet
- Anger
- Fear/Worry
- Longing for
- Love
- Passion
- Intention
- To-Do list
- Impatience
- Goals
- Actions

We sometimes think one thing and manifest another because the conscious thought of the moment has not yet worked itself into the subconscious phase of mind – it has not been felt or realized. Until thoughts become a part of the feeling nature they do not produce results in our bodies and affairs.

Richard & Mary Alice Jafolla – *The Quest*

Changing Your Focus

- What to transform/create?
- Write a Statement of Intent
- How I'll think, feel, behave?
- How life will change for the better
- "I like it when (result) because it (why it makes a difference.)"
- Visualize the end result
- Divine Quality
- Focus til feelings agree
- Watch your words