

the GAME of LIFE Mastery Program

Class Module 4

Welcome home to our community of Love and Light! I'm Kate Large and this is the fourth class module of The Game of Life Mastery Program!

Today I want to celebrate you --- making the stand to BE in your power and refusing to give up when energy that's painful is revealed to you. I'm human, too, and I understand that as exhilarating as it is to expand and take your power back - its also extremely painful when hidden fear is first revealed.

I want you to remember something... you live in a human body and that human body must acclimate to the higher frequency of love that you're shifting to. So be gentle with yourself as your body aligns with your internal energy shifts as well as the fluctuating energy of our planet.

In today's call we'll be exploring the power of our words - and identifying the resistance within us for what it is - a golden opportunity for expansion into a new awareness of power from deep within!

But first, we'll begin with some Admin info:

First I want to remind you that the recording and transcript of this call will be available within 48 hours and our next class module call will be next Tuesday, July 28.

This class module will be about an hour and immediately after our class completes, I'll be answering any questions that have come up for you. If you're on the phone, you'll want to push *2 - or if you're on Skype to raise your hand and if you're listening on the web, please type your question into the queue.

I know there has been some problems with my voice breaking up when you're on the web or on skype, but the recording will be good - and I'm going to do my best to speak up!

I've added some tools to the Mastery Tool Library on the Mastery website. I've added the Clear Your Chakras with the Healers of the Light guided journey - that's one of my absolute favorites! And the Healing Circle of Love as given to me by Princess Diana and Mother Teresa - that intro and guided journey have both been added there. And I've added the full program of How to Create Your Heaven on Earth. Be sure to download these so you'll have them to refer to when you need them.

I just noticed that the class call schedule does not have the tools listed that go with each call. I'm so sorry. I'll be adding that information to this web page and let you know when I've done that.

Fourth Class Module

Okay... so this is our fourth class module and I trust that you've completed your homework - reading the third and fourth chapters of the workbook - The Power of the Word and the Law of Non-Resistance and completed the Workbook Sessions. But don't stress if you haven't completed it - simply allow the universe to guide you as to what will make the greatest impact on your life right now and follow through with that! The rest of the information will always be there!

We've been exploring the nuts and bolts of how we create the reality of our lives through our energy. And we're learning how to re-write our subconscious records - those neural pathways of belief that no longer serve us. If you're having trouble re-writing your pathway of believing you deserve to be happy, please contact me by email or through the Facebook community - we want to support you and help you process through whatever is holding you back!

We've explored how everything is energy and that you have a choice as to your energetic frequency. We've learned how powerful it is to choose our energy - taking us out of auto-pilot to reclaim our power and focus our energy to create what we really want.

And we know that choosing is a two step process:

1. you must know what the energy you wish to BE in feels like and stay there as much as humanly possible - and we've discussed in previous calls, how to choose that energy.
2. is to recognize what less than love energy of resistance feels like and take the necessary steps to restore your love or above energy.

There is a surplus of tools in the Mastery Tool Library on the Mastery Website - plus the private Facebook Community and don't forget all the tools you've brought with you to help you transmute out of and process and heal resistance energy.

Maintaining love or above energy as much as humanly possible re-writes your neural pathway of belief - re-writes your subconscious record and creates a new reality.

Acceptance

Today we're going to talk about the power of your words and thoughts, plus how to BE non-resistant, but first I want to shine the spotlight on Acceptance - specifically the energetic state of Acceptance.

You've come to this program because you know there's something more for you...

You may be miserable in an area or all areas of your life -- or your life may be wonderful, but still you know there's something greater than what you're experiencing now available to you --- but you just can't quite access it.

That's where I was, when I was introduced to Florence and her teachings. I was miserable in most of the areas of my life and I had known throughout my BE-ing – for

years – that there was something more for me – something bigger than me -- that if I could just access it, I would find the happiness that I longed for.

But somehow, it kept eluding me. I didn't know why and I didn't know how to change what I was experiencing to something better.

I've learned a lot since that day Florence's Game of Life and How to Play It landed in my hands.

That day the door opened to something better for me and I never wanted to go back to the miserable existence I had been living – being a victim, struggling in an abundance of lack, feeling separated from God by sin, searching for the love that I knew existed – somewhere...

Through the years I've almost drowned in fear and I've been showered in blessings. Through it all, I've persevered holding to faith and trust that something better really does exist.

And now I've found it. I've discovered the key to my version of heaven on earth. and I've been living in a form of it for a few years, but now, I not only feel like I've achieved it, I understand it.

And that's what I'm going to share with you. Shifting into and breathing into and living your version of heaven on earth - when that happens, it's a moment in time when you shift from "trust" and "faith" to "Knowing" -- Knowing without doubt or hesitation that you are Divinely supported – you ARE lovable, deserving, good enough, and worthy. Its that shift from trust and faith to knowing that BE-ing happy is more than a possibility, because you've moving into the BE-ingness of what happy is for you in the moment.

This is a process that you breathe into. One day you realize you're living your version of heaven on earth because even though your life may not have all the bells and whistles that most people think they need to make them happy, you have within you a profound, enduring sense of peace --- and the closest human word I can relate it to is "contentment" - and you feel that within you and that feels amazing. And you're blanketed - you're surrounded with and supported by a cushion of love that defies description.

The key to being able to take in the joy when your life is miserable... is acceptance.

Acceptance.

Acceptance doesn't mean you're in agreement with what you're currently experiencing.

BE-ing in acceptance of the status of your life opens the door for you to create something new. BE-ing in acceptance transcends your energy from denial and the disbelief that your status quo could possibly be your life - and so many times we don't want to accept what our life is.... because we think it will keep us stuck there --- and that's not true.

BE-ing in acceptance of what your life is in this moment - pulls you into the present and restores your power to create a higher vibration of living.

I've been teaching acceptance and transformation for a long time. And every time I teach this program I ascend my energetic vibration to a level I've never experienced before. And you will experience that too, every time you revisit Florence's work - whether you participate in your Lifetime Membership of this program every time its presented - or you just pick up the book and read it.

No matter where we are on our spiritual path, there is always another level of expansion to experience. I believe if we ascend them all – raising our energy to the highest vibration possible, then we will – poof – simply cease to exist in human form – we will be “beamed up” to a frequency of existence that ascends human form.

The energy of acceptance begins the dissolution of the pain that has been our staple while inhabiting a human body. Acceptance sets the wheels in motion to ascend your current experience and open the door to a new experience.

So today, I want to ask you to step back as the observer of your life and simply accept it - whatever it is.

Know that you cannot control what other people say or do.

The only one you have any control over is YOU and you've made the choice to transcend the pain of this physical world. You've made a commitment to yourself to heal the fear within you and reconnect with your Higher Self to live into your version of heaven on earth.

By accepting your life as it is, you'll open the door to get really clear on what you do like and what you do not like.

Non-Resistance

So lets talk about non-resistance. *What IS Non-Resistance?*

Non-resistance is feeling-no-Resistance. Florence used the example of how water is perfectly non-resistant.

Things happen in your life and you either flow with it or you feel resistance to it. This is your human reality in continual interaction with cause and effect.

You know what resistance feels like now - and when you feel resistance in your body its your sign that you're out of alignment energetically with your relationship to a person, event or situation. The resistance is an energy leak.

Write that down - "Resistance is an Energy Leak."

When we feel resistance within our body, our higher vibration of love energy is leaking - our energy is draining and we're shifting back into less than love energy. You'll find in the Mastery Tool Library a PDF file called Energy Leaks that will help you identify when your energy is leaking.

We cannot control what other people say or do. So our control - and some people don't like the word control, but it's really important here... Our power of control - is in being non-resistant to our relationships with other people, events and life situations.

Some people look at being non-resistant as giving your control away - but BE-ing non-resistant is where your *Power IS!*

Write that down - *MY power is in being non-resistant.*

Being non-resistant doesn't mean that you don't care or you're giving up. BE-ing non-resistant shifts your energy from anxious to peaceful, calm assertive love or above energy. From this vibration you will have clarity - and you'll have the power to BE Happy more consistently. As a result you'll be able to create the highest possible outcome in relationships, life situations and manifesting material things.

Being non-resistant dissolves anxiety, anger and frustration. Being non-resistant eliminates the feelings of being helpless and powerless.

Being non-resistant means transmuting the energy of painful desperation energy surrounding what you want to take your power back!

Your access to your limitless supply of creation energy lies within BE-ing non-resistant - and... its an energetic choice.

We've been talking about and looking at the vibration of our energy for a few weeks now. As a result you've been seeing that when you're resistant to situations, you feel like you have no power - you feel like you're helpless.

When you become non-resistant, you no longer feel helpless and powerless and you produce the opportunity to create a higher outcome.

And... options and opportunities that you did not see before are then revealed to you.

When it comes to creating something new in our lives, its our human nature to want to know the "how" something is going to happen and we want to micro-manage the way the universe delivers.

When we get clear and detailed about something we want, what we're really doing is getting clear on the energy of it.

From the state of BE-ing non-resistant we're then flowing in grace and ease - we're able to then allow what we want to form as the highest possible outcome - we're able to allow that to manifest - whatever that is.

The Energy of Thoughts and Words

Now lets explore the power of our thoughts and words. We want to really get our minds around this fact: The energy behind your thoughts and words create an energetic container and that container molds formless matter into form that results in the experiences of your life.

Write this down - if you're reading the transcript, underline, highlight and STAR this because its really important!

The energy --- behind your thoughts and words create an energetic container that molds formless matter into form that results in the experiences of your life.

The energy of our thoughts and words is magnetic and powerful - the question is, is the energy of love or above creating something wonderful or is it of fear and toxic creating disaster?

We do this all the time - saying words that create a reality that we really don't want. Using words without conscious thought to the energy that they hold.

Right now, lets look at the energy of our words and get really clear on their vibration.

Let me ask you this... In the past few weeks, have you made this statement, "I'm tired"? Because of the energy that's fluctuating around the planet, I'd say, you probably have. As your body has been working to align with the new energy, if you haven't been grounding enough, you've been exhausted. I would guess that "I'm tired" or "I'm exhausted" have been in your thoughts whether you've actually verbalized them or not.

And what about these power nuggets for creating negative outcomes: "I'm lonely" or "I'm tired of being broke" - "I can't afford this" - "I hate my job" - these are Negative Power Nuggets.

Have you said or thought any of these statements? More importantly, have you caught yourself saying them?

They all hold negative, less than love energy - and they're just as powerful as positive statements.

The "key" to changing this negative, low vibratory path is to catch yourself using these kinds of negative thoughts and statements, identifying the energy and shifting out of it into love or above.

I want to ask you to please set the intention to be consciously aware of these types of thoughts and words. Identify any phrases you use that are negative and hold the less than love energy - something that you're creating for yourself that you don't like and post it in the Facebook community - so we can support you to change that energy. Also post the words, thoughts or tools you're using to shift your energy into the higher state of love. If you need help shifting your energy, please ask for help, we're here to support you!

I just want to mention here very quickly about the word "Not" - when we say, "I don't want ___ fill in the blank ___" - we're holding - in our bodies a very strong energy of something we DO NOT WANT - its a less than love energy and we REALLY don't want it, but we're embracing that "Don't Want Energy" with both hands, so most of the time we create exactly what we Do Not Want - if we don't catch ourselves and shift our energy. The universe matches energy to energy - regardless of saying the word not.

We use our words to express our energetic vibration. Our words hold that energy.

Many people say Affirmations don't work - what works is the energy behind them, so define your energy - is your vibration of the energy you Do-Not want to experience? Or the energy you do want to experience?

Fake it till you make it

I want to address the statement: Fake it till you make it.

When we set our intention to create something that is no-where in sight, some people may look at this energy shift to be "Faking it till you make it."

But the reality is, you don't want to FAKE anything. You really want to shift your energy into whatever it is that you wish to BE.

Faking it is saying what you want and affirming what you want **without** the energy of what it would feel like to *have what you want behind it - its just lip service.*

To create something new or different, to create something better - to transform the current life you have now into something so darn awesome that you love getting out of the bed in the mornings - because its time to party - only requires that one simple first step:

Expand your consciousness and awareness into the energy of what it would FEEL like to be --- do --- and have what makes your heart sing with joy - when there is no sign of the changes you wish to experience --- in sight!

If you want a new job or to create your own business, then shift your energy into what it would FEEL like to have that new job or to have your own business!

If you want to move to a new house, then shift your energy into what it would FEEL like to move into that new house! That's what I did when we were looking for a new home - I

couldn't get to what it would look like - I didn't know what it was going to look like - didn't really care what it would look like, but I knew what I wanted it to FEEL like and it was easy - EASY - to BE the energy of what it would FEEL Like! And here we are in a beautiful house that we moved into a year go in June.

If you want a loving relationship, then shift your energy into what it would FEEL like to experience that loving relationship!

If you want more cash flow, then shift your energy into what it would FEEL like to have increased cash flow! What would it FEEL like to have a wallet crammed, jammed with high value bills - hundreds and fifties and twenties - not just ones? What would that FEEL like?

Faking it would be wanting and affirming a new job or business, but focusing on how much you hate the job you have - or focusing on the despair you feel at not having a job or your own business - instead of shifting into the energy of what it would **Feel like** to have the new job - or business.

Faking it would be affirming and wanting to move to a new house, but focusing on feeling stuck because of money or ability to move instead of shifting into the energy of what it would **Feel like** to move into the house you love.

Faking it would be wanting and affirming a new loving relationship, but focusing on how you do NOT have a loving relationship - instead of shifting into the energy of what it would **Feel like** to have a loving relationship.

Faking it would be wanting and affirming increased financial flow, but focusing on how broke you feel, or how little money you have instead of focusing on what it would **Feel like** to have more money than you can spend!

If you have trouble shifting your energy around money - keep in mind that what you want money for is what it buys for you - freedom from obligations, vacation, new home, new car, car that's reliable, clothes that are stylish and fit well, great food. Shift your energy around money to what it would be like to HAVE what money buys for you.

When you change a statement or thought like "I'm tired" to "I'm EXCELLENT" ---- the vibration of "I'm Excellent" holds an energetic value so you shift into the energy of what it would FEEL like to BE Excellent, you're not "Faking" it.... and you're not "Lying" to yourself.

What you're doing is ***shaping the creation energy within you to form a "New-Reality of Experience" outside of you.***

You're setting the foundation to LIVE INTO the energy of what you wish to create - and when you do that - when you consistently stay present in that energy of what it would

FEEL like to have what you want as much as humanly possible... **that creation becomes inevitable!**

Beginning with a thought of what you wish to BE, Do or Have - you choose and anchor the energy of what you wish to experience.

You form the thought and that thought --- begins the shaping of raw physical energy into form!

Again, this is NOT lying to yourself - or even faking it.

This - is - creating - a - new - reality.

And you do this with Everything!

A new job.

A new home.

A new relationship - or improving on your relationships.

A healthier body.

A more intimate relationship with God, Source and your Higher Self and Angelic A-Team.

When you set the intention for what you wish to experience - shift your body into a Full Body Yes energy --- experiencing within your body what you wish to be, do or have, you're not faking it - you're setting the wheels into motion to create the energy within you as an external experience.

Affirmations

And one very powerful tool is to use the energy container of Affirmations. Affirmations are positive statements designed to help us create and maintain an energy within us to create something we want - when there's no sign of it in sight!

Remember... you don't need to know what that job, house, relationship, or even money will LOOK like - what you need to know is what it will FEEL like!

If you can see it all in your mind's eye too, its just an added bonus! The Most-Important thing is to SHIFT your ENERGY into what it feels like!

Affirmations aren't just statements to help you fake it till you make it – they are **Statement-Containers** of profound, deep Creation Energy. That's why you want to word your affirmation in such a way that it HOLDS the energy you wish to experience!

Affirmations ascend the power of your words to a new extraordinary level!

Affirmations worded properly are the muscle to shape your creation energy and manifest what you want into your reality.

Dr. Anne Marie Evers tells us that: *"Affirmations when properly done Always Work!"*

Dr. Anne Marie Evers IS the Affirmation Doctor - she's been using affirmations to create miracles in her life for 60+ years! And she teaches us to add the Safety Clause to our affirmation energy containers - and that Safety Clause is this: **for the highest good of all parties concerned, thank you, thank you, thank you!**

Adding "for the highest good of all parties concerned, thank you, thank you, thank you" anchors the energy and infuses it with love for all.

The physical world teaches us that wanting things for ourselves is selfish - so if you're feeling some guilt through your judgment - and that's ok - you're human - that's ok - if you're feeling some guilt that wanting something is selfish - I get that. The safety clause, neutralizes that resistance energy of feeling selfish when you use it - for the highest good of all parties concerned, thank you, thank you, thank you - its not just for you, its for the highest good for all parties concerned - its perfect!

In Dr. Anne Marie Evers beautiful loving book of support, she shares with you exactly how to use the powerful energy of your words as affirmations to create everything - ***and I mean everything that you wish for.***

AND... using an affirmation from the highest vibration of love possible, takes the sting out of demanding what you want - because sometimes we feel uncomfortable demanding things from God. When you use your affirmations properly - from the energy of love or above that love or above energy that you want to be, have or do - and you include the safety clause - you powerfully claim into existence something for the highest good of all - whatever that is.

I'm delighted to share with you that Dr. Anne Marie has given me permission to share with you her Master Affirmation Contract and Magic Magnetic Circle from her book, *Affirmations: Your Passport to Happiness*. You may download a pdf file of both of these very powerful tools from the Membership website - from the Mastery Tool Library.

The Affirmation Contract is: A proven method to get really clear about what you want and anchor your intention by placing your order to the universe to be, do and have what you want. Its a contract you enter into with yourself, binding the energy of what you want to create throughout your body to externalize it as your reality.

The Magic Magnetic Circle is: A powerful affirmation to set your intention for your day - or ***realign*** your intention for your day. It utilizes your senses to fully shift into and anchor the energy that you wish to be in and the energy you want to attract to you. The

PDF file contains the full directions on how to use this powerful action tool. Be sure to download them from the mastery website.

In order for your affirmations to be the most powerful you must be in full energetic alignment - your conscious, subconscious and superconscious - and that's where rewriting those neural pathways come into play - if you feel resistance, you know you're out of alignment and there is less than love energy that you **MUST** address - because its holding you back!

To create affirmations that Always Work:

1. Get really clear on what you want and what it would *feel like to have, be or do what it is you want*.
2. Create a positive statement that reflects that energy - and TEST it - if you feel any resistance in your body, address it immediately either by re-writing the affirmation or neutralizing and healing the resistant energy! You'll know from the feeling - that feeling of the energy which one to do.
3. Use the affirmation to help you stay in the highest vibration of love and joy possible - the energy of what it would FEEL like to receive what it is you want. And its not that you're asking God or the universe over and over and over again for something. Its helping you to maintain your energy - that's what the Affirmation is for - to help YOU maintain your energy!

And I want to highly recommend the book *Affirmations, Your Passport to Happiness* by Dr. Anne Marie Evers.

The Power of BLESSING

Florence teaches of the power of blessing some-one or some-thing. Lets face it things happen in our lives that we're not in agreement with. Things that cause us to feel uncomfortable - that uncomfortable resistance that's in our bodies - its a flag that we're not in love energy.

Florence talks about the man who wanted to sell the machine on page 51 of the workbook. The man had a machine to sell, but there was a competitor on the scene who also had a machine.

Florence instructed the man to Bless his competitor and she claimed that the right machine would be sold by the right man, to the right man.

By blessing his competitor, a really significant event occurred:

When the man blessed his competitor, sincerely from his heart, he raised his energy to the highest state of love possible - when you bless someone, you're sending them love energy.

And remember, fear cannot exist in the vibration of love - so by blessing the competitor, the man took his power back and stood fearlessly, fully in his power to create the highest possible outcome as his reality. AND by sending blessing and sending love sincerely from his heart, he was then NON-Resistant to the outcome - there was no anxiety or fear surrounding the outcome.

Blessing some-one or some-thing sincerely - SINCERELY - from your heart wipes out fear within you. As Florence points out, blessing someone sincerely from your heart destroys the enemy of fear within you and the truth is that our only REAL enemy is the fear within us.

Florence knew that all her students - everyone she met - everyone walking the soils of Mother Earth is capable of creating the highest possible outcome as their reality.

I believe that of you - you - listening to my voice right now, whether you're listening live to the call or to the recording. I hold that safe space for you to step into and claim your power, forming and shaping energy to create everything that your heart desires.

I KNOW its possible for you!

Energy Shift Exercise

So... right now together, we're going to shift our energy into the highest possible state of love and set into motion the transformation of the less than joy filled areas of our lives. We'll begin by quieting our minds...

Get comfortable...

Place your feet flat on the floor. With your hands gently in your lap, close your eyes.

Focus your attention on your heart and take a deep breath and slowly shift your focus to gratitude of the blessings in your life. Embrace things that you are grateful for. Feel the surge and joy of gratitude.

Ask yourself these questions – don't try to answer, just ask:

Who am I?

What do I want?

What's my purpose?

What makes me happy?

Now simply allow yourself to be aware of your physical body. Your hands in your lap – your feet flat on the floor.

Now focus again on your heart – allow yourself to hear the beating of your heart as a sound or feel it as a sensation.

Take a deep breath and we'll ground.

With another deep breath allow roots from your feet to travel down into Mother Earth - down to the core light of healing love within her.

Take a deep breath and pull that healing light of love up through the soils of Mother Earth to your feet, up through your legs to your heart.

With a deep breath, we want to ask our angels who are with us to come in really close, so that we may feel their energy - we feel the love they hold for us.

Take a deep breath and allow yourself to feel that love.

Love is everlasting so whether you're listening live or to the recording of this call, take the loving hands of the angels next to you as we form a circle - all of us together.

As we form the circle, holding hands with an angel on our left, and an angel on our right, we breathe deeply of the love energy...

The angels will hold this space for now and every time you participate in this experience.

We begin by sending love and blessings to each other - all those who are in our circle.

Breathe deeply and send love, send light, send hope, send the energy of possibility ---- send blessings of love and light to you, to each and everyone around the circle.

I bless you sincerely from my heart and I hold you in the light of BE-ing fully capable of creating the highest possible outcome as the reality of your life.

I see you as the beautiful light BE-ing of possibility - of limitless possibility that you are - now and always ----- no matter what is going on in your life at this moment...

I see you as you truly are... Powerful... and fully capable of creating a new reality for yourself - your version of heaven on earth!

Breathe in the loving support from all who surround us - all those of the angelic realm and above - all those of this physical world that have come together in this program.

You're here where you're supposed to be in this place to expand your BE-ingness into Joy, Love and Light - you are one with the Creator of All That Is and you have the POWER to shape your energy into all that makes your heart sing with joy - for the highest good of all concerned --- in all directions of time...

Together, we magnify our power of joy filled creation brilliantly to manifest the highest vibration of love possible within our bodies... to radiate LOVE from within to without...

Breathe in the love of limitless possibility that you are!

Now, place in the center of the circle, your life - everything in your life - all the good stuff and all the not so good stuff - everything you wish to change.

Now, together, you and I send love - all the love of our hearts - the love of the highest possible outcome -- to your life that now peacefully rests in the center of the circle. The good things in your life expand into greatness and the less than love things in your life expand into love or above.

With a deep breath, claim your power to create the highest possible outcome as your reality in all areas of your life... Claim the loving energy of light that is yours to create as your reality... your version of heaven on earth...

...and the life that is yours in the center of the circle, fully transforms to the life that you love, the one that is the vibration of joy and happiness from the inside out - for the highest good of all - in all directions of time...

Breathe in deeply of this exciting, love energy...

Breathe in deeply the joy at experiencing what makes your heart sing with happiness...

Breathe in the loving blessings of our group who have come together as one from all across the soils and water of Mother Earth.

I send you love, I send you light, I hold you in the light of BE-ING fully capable of creating the highest possible outcome as your reality - now and always... no matter what your life looks like in this moment...

Claim.... what you wish to experience! And firmly anchor the energy of what you wish your life to BE...

Breathe in the love and embrace it to your heart...

Bring this love back with you - back to this moment in time...

We thank the angelic beings of love and light who have held this space of energy for us and I thank you, for holding this beautiful space.

Now we ground this energy firmly into the soils of Mother Earth down to the core light of healing love at her center... and with a deep breath, pull her vibrant healing light back up to your feet, up through your legs to your heart.

Breathe deeply, firmly anchored in the powerful, loving energy that you are... and when you're ready... open your eyes...

Wrapping Up

Know that you no longer need to "fake it till you make it..." -- know this. Now you understand the energy behind creating a new reality - whether that reality is something you WANT or something you do NOT Want - you're still creating your reality with every breath, every thought, every word through the energy behind it.

So... From this other side of understanding energy... what do you want to create first? Do you FEEL an expectancy of excitement at just how powerful you truly are and that, YES! you can create whatever you wish?

You're *Living the Dream* - your dream! If there's something about your dream that you're not happy with, make the decision now to transform it. Identify the energy you wish to be in and address the resistance energy between you and BE-ing that energy full time.

Our human brains typically have no concept of how truly powerful we are. Now its time to fully implement that power through your focused energy of love or above!!

These past few weeks, you've been getting really clear on what it is you want to create or transform in your life.

As you've been gaining this clarity, resistance has come up in your body and you've been addressing it - instead of stuffing it. If you've been in so much fear that you've stuffed it, don't beat yourself up - use your mastery tools to pull out the less than love energy of resistance and transmute it to love or above energy. If you need help, reach out in the Facebook community - we are here for you!

With the clarity of what you wish to create or transform in mind, I want to ask you to go to your Personal Journal Page in the workbook and write affirmations that ring true to your soul and embody the energy of what you wish to create.

Write them and test them to make sure they hold the energy of having already received whatever it is you wish to Be - Do - or Have! Use them to maintain your energy when there's no sign of the changes you wish to create in sight!

The Best-Day-Ever

Florence states, "It is safe to say that all sickness and unhappiness come from the violation of the **law of love.**"

When you bless those that harm you, when you bless life situations that zap you and drain your bliss, when you bless these people and/or events sincerely from your heart, you shift your energy into the highest state of love possible for your human body... and when you do that... you bring in the light and fear cannot exist in the light of love - there is no room for it.

The light illuminates the darkness...

Then there you stand in your power with the world at your feet, awaiting your command to create more that is of your love energy.

I want to suggest prior to going to bed, before going to sleep, get really clear on what energy you want to BE in. Get really clear on what it would FEEL like to experience whatever it is you want to be, do or have - whatever you want to transform or create. Get really clear on that FEELING.

If you sense resistance in your body, use your tools - to dissipate the darkness of fear within you with your light. And give your worries to your Worry Angel.

Ask you dream guides to help you process through less than love energy while you're sleeping and only remember what will help you in your waking hours. And if you're not familiar with your dream guides - go to the Mastery Tool Expert - and listen to the recording with Lynette Turner - that's in the mastery website. She tells us all about our dream angels and dream guides.

Then when you fall asleep, you'll be in the highest vibration of love possible.

Then when you wake up, define your energy level and shift into the highest vibration of love possible. Set your intention for the day - whatever you wish to have - my favorite wake up affirmation is: ***This is the BEST-DAY-EVER!***

The Best-Day-Ever really resonates with me - its my favorite Positive Power Nugget, but you choose what resonates with you and access that energy before you ever get out of bed - create your Positive Power Nugget - and use it!

Send LOVE to your day - you may want to use the Shift Your Energy to Love meditation to send love to every aspect of your day - send all the love of your heart with sincere blessings and anchor the love of what you wish to experience!

It only takes a few days to make this, your new normal process of waking and stepping excitedly into your day - even for those of you who don't like mornings...

Remember, you're not faking it till you make it - and you're not lying to yourself You're creating a new reality when you shift into the energy of what *it feels like to be, do and have what you want.*

Monitor your thoughts and words to maintain the love or above energy as much as you possibly can and use the magical energy of affirmations - remember: *"Affirmations when properly done Always Work!"*

I'm going to ask you to post your experience in the private Facebook group so we can celebrate with you and also give you support to fully shift your energy into that higher state of love. And... post your Positive Power Nuggets - I'd love to hear what you're using!

Complete

This completes our class module. I'll be answering questions in just a moment. If you're listening on the phone or Skype and you have a question, please push *2 on your keypad. If you're listening on the web, you may type your question into the queue. Next week's homework is to read Chapter 5, The Law of Karma and The Law of Forgiveness and complete the Inside Assignments

AND... create your process of magnifying and solidifying the love you wish to be in when you wake up in the mornings and claim your BOLD affirmation of empowered energy - play music that empowers you and gets your fun juices flowing!

Continue to daily use the re-writing your Neural Pathway exercise from our first call and PLEASE if you're having any trouble implementing it - or anything else, post your experience in the Facebook or email me - you don't have to do any of this ALONE! You're fully supported!

I want to remind you... your time showing up powerfully is a tremendous investment in transforming your life. I want to celebrate your effort and dedication to creating a more joy filled life for yourself!

Thank you for sharing your time with me and stepping to the plate to claim your power to transform your life in beautiful ways!