

LIFE RELATIONSHIP FLOW CHART

Behavior pattern scale on life relationship.

God/Source View

Abundant
Inclusive
Giving
Beneficial
Embracing
Creating
Trust



Energetic Life View

Freedom
Endorsing
Prosperous
Enthusiastic
Expanding
Inspiring
Relaxing



Relationship View

Overflowing
Benefactor
Fortunate
Growing
Promising
Gracious
Satisfied

TRUTH

Undecided

FALSEHOOD

POWER

Neutral

FORCE

Non-attachment

Rational
Comparing
Unstable
Adversary
Commanding
Antagonist
Denied



Strategic
Competitive
Survival
Demanding
Entrapment
Opposition
Pointless



Positive/Negative
Validation
Security
Begging Request
Distress
Refusing
Exhausting

* Source material inspired from David Hawkins, M.D., Ph.D., *Force vs Power*.

Looking at the chart, write down the word/words that quickly jumps out as your predominant feeling of experience for the following questions. We are going for rapid stream of consciousness; the less censorship of your initial answers the better. These questions have no right or wrong answers. They are designed to guide and indicate dominate patterns. If the question doesn't apply to you, skip it.

- What is the predominate **desirable** state of being you experience or feel with your intimate partner/spouse?

- What is the predominate **undesirable** state of being you experience or feel with your intimate partner/spouse?

- If you do not have an intimate partner/spouse, then choose the predominate **desirable** experience you feel NOT having one?

- If you do not have an intimate partner/spouse then choose what is the predominate **undesirable** experience you feel NOT having one?

- Is there a relationship in your life that has been stuck that you desire improvement or a shift in? Find the word/words closest to naming the predominate state of being that exists right now.

- From the chart find, the words that most closely describe your career/purpose path right now.

- What is the predominate ***desirable*** state of being you experience around finances, money.

- What is the predominate ***undesirable*** state of being you experience around finances, money.

- What is the predominate ***desirable*** state of being you experience around your health and body.

- What is the predominate ***undesirable*** state of being you experience around your health and body.

- What is the predominate ***desirable*** state of being you experience around expressing yourself in difficult situations.

- What is the predominate ***undesirable*** state of being you experience around expressing yourself in difficult situations.

NOW CIRCLE THE WORDS ON THE CHART FROM ALL YOUR ABOVE ANSWERS.
Write down the column that has the most circled words. Write down the column with the second most circled words.

God/Source/Universe View ~ Life Energetic View ~ Relationship View

1. _____ 2. _____

Follow the format style of the questions and apply them to any other area in your life that has been weighing on you. Write a release; then write it right. This exercise is all about bringing clear awareness to changing the energetic relationship which has created a path of resistance. (Use sheets provided.)

Example Statements:

I relinquish the part of me that feels unstable with my relationship with Source energy. This gives me a trusting relationship with my finances and money.

I relinquish the part of me that creates a demanding stance with my intimate partner to get my needs met. I shift into satisfying and relaxing ways to get my needs met in life.

I relinquish the part of me that feels denied from choices to pursue my purpose. I move deeper into my relationship with Source energy that is embracing my heart's purpose.

STEPS ONCE YOU COMPLETE RELINQUISH STATEMENT SHEET:

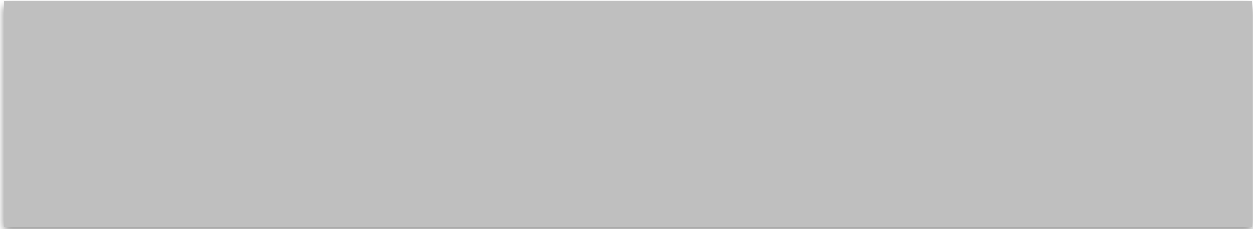
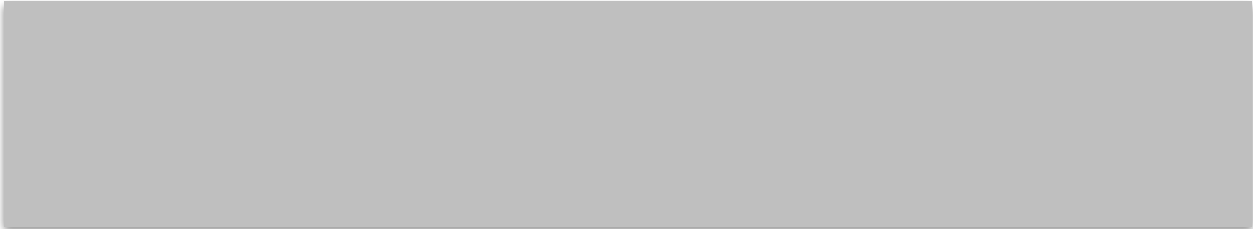
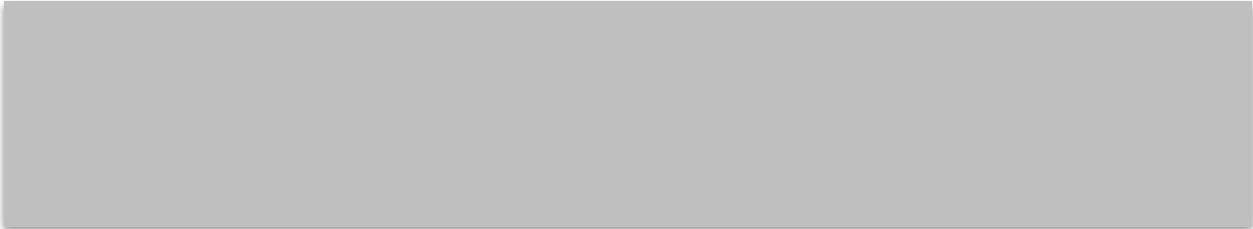
Place in envelope for release the relinquishing statements to surrender and release with your Full Moon Ritual.

Write on the envelope a statement of release. Such as:

I Release. I Relinquish. Be Gone!

Print off as many sheets as you need to fill the statements.

STATEMENTS TO RELINQUISH:

A solid grey rectangular box intended for writing a statement to be relinquished.A solid grey rectangular box intended for writing a statement to be relinquished.A solid grey rectangular box intended for writing a statement to be relinquished.A solid grey rectangular box intended for writing a statement to be relinquished.A solid grey rectangular box intended for writing a statement to be relinquished.A solid grey rectangular box intended for writing a statement to be relinquished.

Now shift the statements to a place of strength to create stronger stamina and renew.

From the chart, above the power line, create a reminding mantra word. This mantra word will allow your healing and transformation to take shape with new beginnings. You will write your mantra word on your candle for the Moon Ritual.

MANTRA WORD:

Now go the opposite to the state of being you want to manifest and create for yourself.

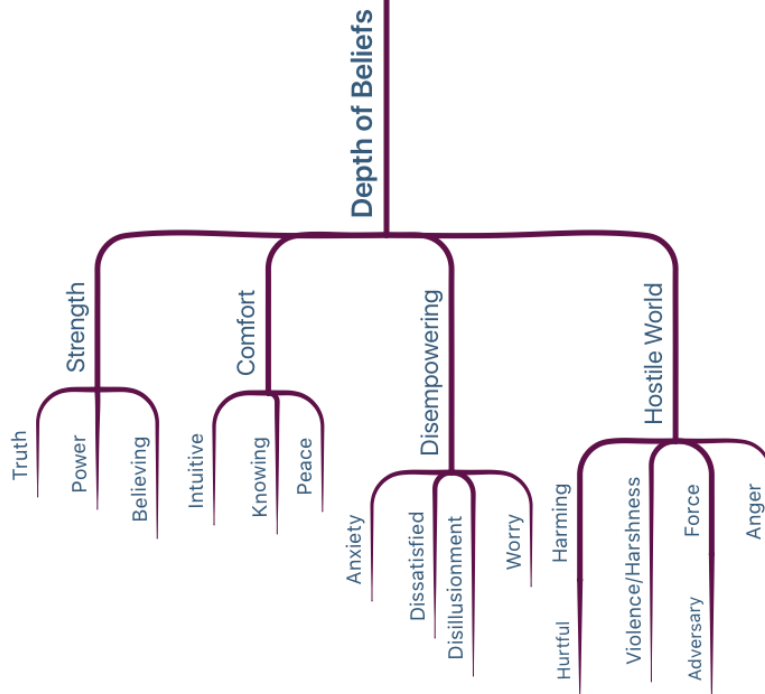
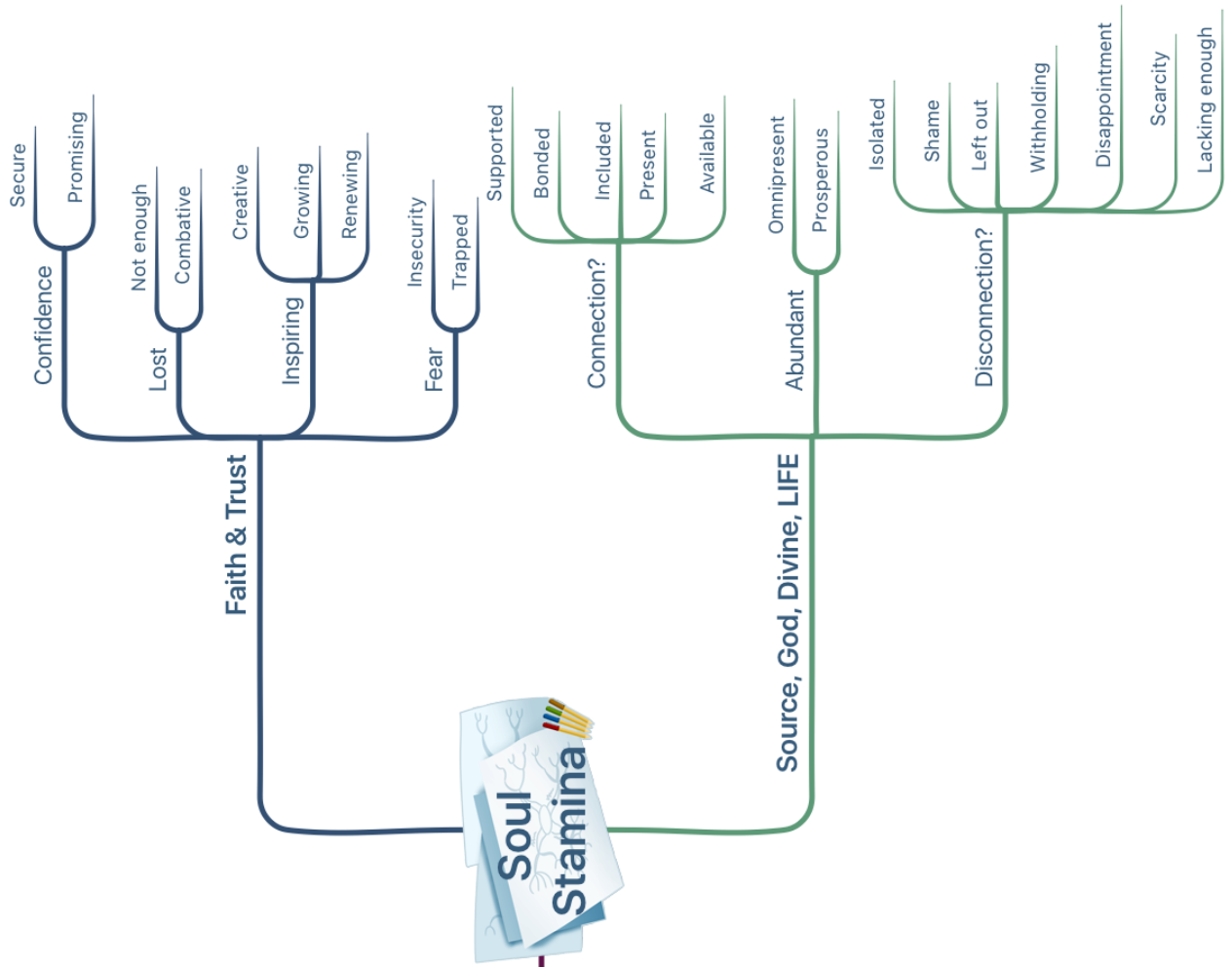
Example statements:

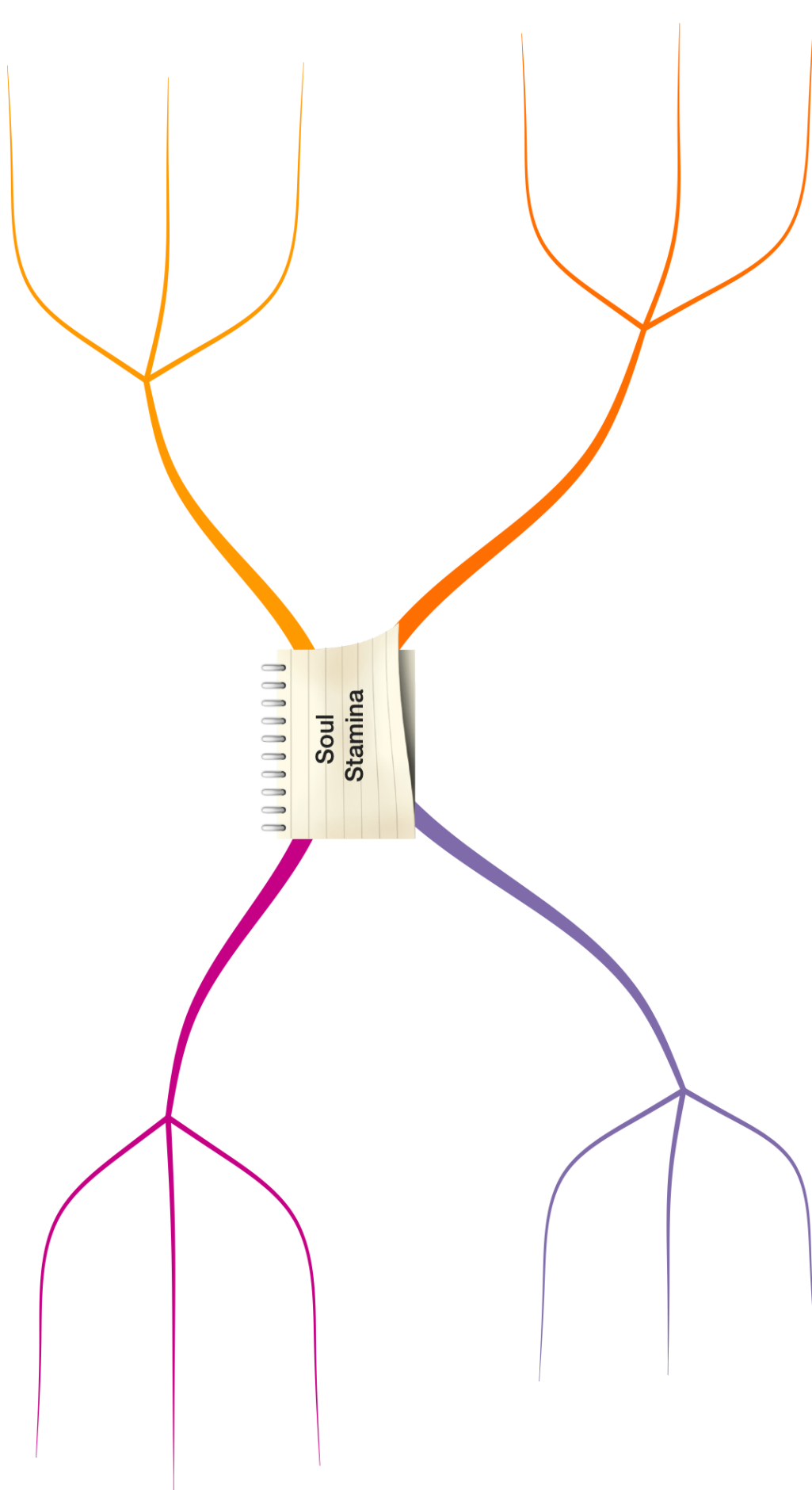
I am trusting with my relationship with finances and money.

I am satisfied and relaxed with the supportive ways my needs are met in life.

I move deeper into my relationship with Source (Divine) energy that is embracing my heart's purpose.

STATEMENTS OF MANIFESTING RENEWAL:





My focused skill-sets and systems & rituals plan:

Emotional



Character

Mental

Emotional: My Energy In Motion (Energy moving in my body, mind and life.)

Mental: My Energy Processing (Energy circulating, formulating and commanding in and around.)

Character: My Giving / Receiving Energy (Breath of My Soul -- inhale & exhale of energy.)

1. On the left make a list of your action steps that you will do to support your manifesting desires and intentions.
2. On the right match each corresponding action step with what you need from the Universe with your manifesting desires because you don't have the answers.
3. Now, do your part and surrender your intentions to the POWERS THAT BE to be brought forth in the perfect way for you.

My Intentions / Actions

Help/Support from the Universe

My Intentions / Actions

Help/Support from the Universe