



Unconditional Love & Defining Life Experience to Positive

Hi. Welcome to the first training video for Discovering Your Strengths, Powers and Talents.

The first step in discovering our strengths, powers and talents is to connect with your Highest Self.

What you will learn

In this lesson you will be learning one process for connecting with your highest self.

Why it is important to connect with your Highest Self

What Is Unconditional Love and How Does It Look

How to Redefine your Life Experiences to Positive

I am excited for you to be jumping into this first step in discovering and expressing your strengths, powers and talents so you can wake up every morning feeling that way.

Right now you don't have to take notes; you can download the slides and script of this lesson. Just relax, sit back and listen.

So why is it important to connect with your Highest Self?

To discover and genuinely feel your strengths, powers and talents and express your true authenticity, you need to be connected to your Highest Self.

It is important to discern if your internal messages are coming from your Highest Self or your ego comparative mind. When you're connect to your Highest Self, you need to be in the Now moment and in a physically relaxed state. Being in the Now moment, requires you to clear yourself from regrets, fears and worries in that moment. When you are involved with these emotions, you are not connected to our highest self and are connected to your ego comparative mind. When you are connected with your Highest Self, you can know that the work you do to discover your strengths, powers and talents is good, right and true.

Another reason for connecting to your highest self first is so you can discern if all and any information provided to you in this course is true for you. No matter what I offer you here, your highest self's offering is the highest truth for you. So it is important that you be able to develop a clear connection with your highest self, so all the choices you make in this course are in your highest and best interest.

I highly recommended while you go through each step in this course, you take some time to connect with your highest self and determine if what is being offered is in your highest and best interest. The tip sheet for receiving messages from your highest self can be used for this purpose. It also contains many useful ways to ask your Highest Self how to work with you during this course.

Consider What Unconditional Love Looks Like

Unconditional love is love without conditions. It is love that says you don't have to do anything to earn it and you can't do anything to lose it. To live your life fully, loving yourself unconditionally is the key to being happy and joyful.

That means to let go of any judgment of "who you are" based on how you acted. You are still a spiritual being made in the image of the Divine. How you acted only measures your level of consciousness at the time you acted. That is how the Divine sees you.

Divine creation views you as a perfect reflection because you are made in their image.

Divine Creation views your actions as perfect because all life experience is meant to expand your consciousness.

I want to dive into this more, so you can more fully understand this.

You are loved unconditionally by Divine Creation and always forgiven instantly for any actions that you have taken. Let's consider some ways on how that may look.

How Divine Creation views you:

- They see you perfect always, even when you act in unloving ways. They always instantly forgive you because you are in the physical plane to grow and expand your consciousness. Each action you take is based on your level of consciousness. Evaluation of your actions shows you where you need to raise your level of consciousness.
- They define you as pure love and light. They would never define you as good, bad or wrong. They only define your actions as loving or sorrowful and based on your level of consciousness. They view you as pure love and light because you are made in their image.
- They see you as a part of them. They would never ask you to earn their love. They offer it unconditionally.

How Divine Creation wants you to evaluate life experience

- They want you to use your reality experiences to expand and not negatively judge yourself. Your reality experiences are neutral in judgment, not a reward or punishment from Divine Creation. We all have been taught to look at our life experience and reflect on it so we can learn, grow and change ourselves to be happier. We were taught in order to help our self and others, we needed to be critical of our self and others. Unfortunately, this has resulted in too much emphasis on looking at what we did wrong in each life experience to correct it do what is right. This very action results with you creating more "being wrong" experiences to learn. You are giving your subconscious mind the message to deliver you more "being wrong" experiences to grow and expand. Not only that, but most people do wrong things because they don't feel strong, powerful or talented. A much better way to view your life experience with unconditional love, is to see each life experience as a lesson to expand your consciousness to know who you truly are.
- Divine Creation gave you the gift of emotions to help you evaluate the impact of your actions and beliefs to grow and expand. Your reality experience is meant to

be a reflection of your beliefs and actions. Many believe that it is always a direct reflection. An example of this would be if someone is hostile to you, then you must carry hostility desires inside. That is not always true. A higher truth would be that your emotional response to the hostility is a reflection to expose a lie about who you think you are. As you understand the impact of your actions and their connection to your beliefs, you can expand by changing your negative beliefs about you to positive ones about you. So it is important to honor your emotions by feeling them to learn how beautiful and loving you are rather than stuffing them down to avoid any pain of criticism. Then love yourself unconditionally by believing your true nature of how loving and beautiful you are.

- Honoring your emotions is also the fastest way to let go of any resistances you may have for expanding. Your Highest Self offers you life experiences to ensure that you expand and grow. That is why life seems to offer surprises to you at times. Your subconscious helps you create your reality based upon what you consistently believe, say and do. Maybe you are like most of us on the planet and define your life experiences as negative. When you do that, your subconscious gets a message that you use negative experiences to learn and expand. So they deliver you more negative experiences to ensure your growth and expansion. Then a cycle of negative experiences occur until you can honor your emotions to change them to positive experiences.

In summary

Love yourself as Divine Creation loves you and you are on the more positive path of expansion. It is actually the way your were meant to expand. If you think about this for a moment, expanding your level of consciousness would be about getting to know the more true you in each life experience. If you are made in the image of the Divine, would not each life experience be about learning how strong you are, how powerful you are and how talented you are as a unique expression of Divine Creation?

Would you not automatically take right action because you already feel strong, powerful and talented?

So loving yourself as Divine Creation loves you can free you from learning by what you do wrong and move you to raising your level of consciousness. One way of loving yourself as Divine Creation loves you and loving yourself unconditionally, is to honor your emotions by redefining your life experiences as positive.

How do you honor your emotions when you hurt?

It isn't about getting rid of "bad feeling" vibes, but resolving them. Consider for a moment that every life experience is perfect, whether it is comfortable or not. Do you judge your life experiences as good or bad? Do you judge yourself based on your experiences? There may be an underlying belief that if you have a "bad" experience, you did something wrong in life and are being punished. Maybe you have a newer belief, that you just had a "bad feeling" vibe, so the Universe delivered you a bad experience. So you better change to a "good feeling" vibe, so the universe can treat you right. So you better get rid of those "bad feeling" vibes as quickly as you can.

This is an important point that I want to make because it has gotten so many confused about what to do with "bad feeling" vibes. Your subconscious mind delivers you a reality based on the consistency of beliefs you carry about yourself and actions you take. Many think that they need to have "good feeling" vibe to have a happy life. While in a general sense that is true, there is a higher truth. Resolving your "bad feeling" vibes is what expands you and raises your consciousness and results in "good feeling" vibes. What happens if you force yourself to having "good feeling" vibes, is that you run the risk of stuffing your "bad feeling" vibes down. Those "bad feeling" vibes were meant for you to look at, uncover negative beliefs you may have about who you are, and raise your consciousness to having positive beliefs about who you are.

What keeps you experiencing uncomfortable life experiences it isn't about having a "bad feeling" vibe as much as judging who you are with your life experiences. Defining your life experiences as bad is what keeps you feeling badly. Let me explain more clearly.

This way of defining your life experiences when uncomfortable feelings arise has gotten in your way of having a clear connection with your highest self. Giving negative meaning to your life experiences in how you view yourself, making you wrong, less than or more than in relation to one another person is what generates more "bad feeling" vibes.

All life experience has the purpose of helping you expand your consciousness to know more about who you really are. When you do this, you are contributing to Divine Creation knowing more of who they are. So Divine Creation sees perfection in all life experience, for it aids in reaching higher levels of consciousness. Each physical being has a unique perspective to contribute to expanding consciousness. That is why your unique perspective is so important to Divine Creation. So do not judge it or you as anything but perfection, because it and you serve a purpose of expanding all consciousness through your unique perspective.

When you start to define your life experiences by giving a positive meaning to them, you make a shift in your consciousness that is connected to the unconditional love within you, your highest self, and elegantly resolve your emotions.

Another way to look at this, is when you define life experience with negative meaning, you define yourself in a negative view and are connected to your ego mind and not your highest self.

Your ego mind compares you to others as being either less than or better than others.

Your highest self sees both you and others as each having encounters with each other to help all to expand each other's consciousness. They see all as pure love and light, regardless of actions taken. This does not mean to stop evaluating actions taken as positive or negative. You can still evaluate actions taken by another as negative or evil, but honor the light within those who took the actions. Their light may be dim, but there is light none the less. They acted in a way that their consciousness level was capable of. Honor them for their process of learning to expand their consciousness, not what they did. You can still evaluate their actions as sorrowful and not of value for you.

That is one way to define life experience in the positive. Evaluate the actions, not the person. Honor the light within another and honor the emotions within you for each life experience. It is much more important for you to not judge yourself for your feelings. It is your ego mind who judges who you are as good, bad, better than, or less than another.

This is another important point I want to make. Many in the metaphysical community speak about killing your ego mind.

Your ego mind is meant to deliver you the content of life experience - period. It was not meant to evaluate you as a being as a result of life experience (the context of life experience). That is the job of your conscious self and your highest self. You need your ego mind for delivering content, so getting rid of your ego mind would not be in your best interest. You could not exist in the physical without your ego mind. Firing the ego mind from the job of evaluating life experience is in your best interest.

For example, you are on a plane and the person across the aisle from you bumps the flight attendant holding hot coffee, which then spills on you. You feel surprised, hurt and angry about having hot coffee spilled on you. Your ego mind is meant to deliver you the content that hot coffee has just been spilled on you including all the details of that experience. It did its job. What you do with that content is important. You want to take action to be safe and you want to use that experience to expand. We have been taught and have practiced many years to allow the ego mind to evaluate that experience, giving the meaning. The ego mind passes judgment on who these people

are in relationship to you so you either feel better than them or less than them. Your highest self would evaluate their actions and the value those actions are to you. The difference in who they are verses their actions is key to stop negative judgments of yourself and others. Their actions define their level of consciousness not who they are. So judging them as maybe careless and stupid would also be judging you as a victim of their stupidity and carelessness, Instead of feeling strong, powerful and talented, you are now are feeling a victim.

You can start defining life experience in the positive. The reason you want to do this is because you want to reprogram your subconscious mind to help you learn to expand with positive life experience rather than negative experience. This is no guarantee that you will only have comfortable feeling experiences. Defining your life experiences in the positive will provide you with a life of happiness and joy and clear the path to connecting with your highest self. It is a true path of least resistance. You want to be able to feel strong, powerful and talented don't you?

A 9 Step Process

So how do you begin redefining your life experiences as positive, when you may be feeling those "bad feelings" vibe?

There is a worksheet that you can download to help you with this. It details this 9 step process and will help you work through resolving your judgments that accompany "bad feeling" vibes. There is no need to take notes, these details are on the worksheet for you to download.

Let me guide you through that process.

Step 1 for defining your experiences in the positive:

Describe any experience that is currently causing you a challenge without judging if your feelings are justified or not. Write down the facts of events that happened, what actions you and others took.

Step 2 for defining your experiences in the positive: Now how do you feel now about the events that took place and the actions that you took and others took as well as the thoughts that go with those feelings. List all that come to mind.

Step 3 for defining your experiences in the positive::

Consider now the thoughts that accompanied the feelings you had. Now list what you think that someone would have to believe is true about themselves to feel and think that way.

Step 4 for defining your experiences in the positive:

Now ask yourself if you know that these beliefs are true. They are only true if they are true for everyone and they are only true if they don't require conditions for you to feel loved. Another way of knowing they are not true is if they cause you to feel better than or less than another. List the ones that are not true. These are beliefs coming from your ego comparative mind.

Step 5 for defining your experiences in the positive:

Take each belief that is not true, and write a new belief that does not require conditions to feel loved or does not elevate or diminish you in relationship with another. These are beliefs coming from your higher mind.

Step 6 for defining your experiences in the positive:

Make a choice now to stop believing the old belief that your ego mind has given you and to start believing the new belief that your higher mind has given you. Some people find it helpful to look in the mirror and say this to themselves if that helps.

Step 7 for defining your experiences in the positive:

Now forgive the person for acting the way they did and forgive you for acting the way you did and/or for having taken on these old beliefs from your ego mind. Forgiveness is important to release you from the impact of both yours & others actions or reactions to any experience.

Step 7 (cont) for defining your experiences in the positive: You can at least forgive that someone reacted or acted in a way that was in the level of consciousness that they had in that moment. This reason can be useful for you to let go of being connected to an event or someone where harm was involved.

Step 8 for defining your experiences in the positive:

Now list a positive meaning for this experience, even if only what you prefer now for life experiences, i.e. "I now know I prefer to have others treat me with respect and kindness". Another way to give a positive meaning is to define that experience as perfection to raise your consciousness.

Step 9 for defining your experiences in the positive: Feel gratitude to your highest self for helping you.

Download the worksheet now

As you become more comfortable with this process and use it more in your life, it can become second nature to you and help you define all of your life experiences as positive.

I know this process is going to help you feel better about yourself as you start defining your life experiences as positive.

So download the worksheet and start defining your life experiences as positive.