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MODULE ONE *Lesson One*
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UNCONDITIONAL LOVE & DEFINING LIFE EXPERIENCE TO POSITIVE

Discover Your Strengths, Powers and Talents



WHAT YOU WILL LEARN

- ▶ 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
- ▶ .

SO WHY IS IT IMPORTANT TO CONNECT WITH YOUR HIGHEST SELF?

- ▶ Genuinely discover and feel your strengths, powers and talents.
- ▶ Express your true authenticity.
- ▶ Discern the source of your internal messages.
- ▶ Discern if the information in this course is true for you.

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CONSIDER WHAT UNCONDITIONAL LOVE LOOKS LIKE

- ▶ It is love without any conditions.
- ▶ You are loved regardless of your actions.
- ▶ Divine Creation views you as a perfect reflection of their image.
- ▶ Divine Creation views your actions to expand your consciousness.

HOW DIVINE CREATION VIEWS YOU

- ▶ Divine Creation sees you as perfect.
- ▶ They define you as pure love and light.
- ▶ They see you as a part of them.

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HOW DIVINE CREATION WANTS YOU TO EVALUATE LIFE EXPERIENCE

- ▶ Use your reality experience to expand, not judge yourself negatively.
- ▶ Use the gift of your emotions of life experience to evaluate the impact of your actions and beliefs so you can expand.
- ▶ Honoring your emotions of life experience is the fastest way to let go of any resistance so you can expand.

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IN SUMMARY

- ▶ Life experiences are about getting to know more of the true you.
- ▶ Loving yourself as Divine Creation loves you is a more positive path of growth and expansion.
- ▶ One way of loving yourself as Divine Creation loves you is to honor your emotions by redefining your life experiences as positive

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HOW TO HONOR EMOTIONS WHEN YOU HURT?

- ▶ It isn't about getting rid of "bad feeling" vibes, but resolving them.
- ▶ Redefining your life experiences in the positive resolves your emotions and connects you with your Highest Self.
- ▶ Defining your life experiences in the negative stuffs your emotions and keeps you connected to your ego comparative mind.



LESSON ONE *Use the worksheet for Redefining Your Life Experience in the Positive*



STEP 1 FOR REDEFINING YOUR LIFE EXPERIENCE 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.**

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STEP 2 FOR REDEFINING YOUR LIFE EXPERIENCE 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.**

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STEP 3 FOR REDEFINING YOUR LIFE EXPERIENCE 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.**

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STEP 4 FOR REDEFINING YOUR LIFE EXPERIENCE 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.
A 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.**

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STEP 5 FOR REDEFINING YOUR LIFE EXPERIENCE 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.**

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STEP 6 FOR REDEFINING YOUR LIFE EXPERIENCE 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.**

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STEP 7 FOR REDEFINING YOUR LIFE EXPERIENCE 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.**

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STEP 7 (CONT.) FOR REDEFINING YOUR LIFE EXPERIENCE 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 REDEFINING YOUR LIFE EXPERIENCE 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 REDEFINING YOUR LIFE EXPERIENCE IN THE POSITIVE

**FEEL GRATITUDE TO YOUR
HIGHEST SELF FOR HELPING YOU.**

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DOWNLOAD THE WORKSHEET NOW

**Start defining your
experiences as positive**