

Eight Keys to the Ultimately Prosperous Business

Class 5

Recording for Class 5 on May 7th: attendthisevent.com/?eventID=37659414

Enter the Password: Prosper

Theme: Trusting the Process of Partnership

- Tools:**
- 1) List your beliefs about life, yourself and relationships. Reauthor the negative beliefs.
 - 2) Creation Box
 - 3) "God" Jar
 - 4) Emotional Freedom and Healing 2-Point Release

The main points for Class 5 are:

- 1) Trusting the Process of Partnership: What is Trust?
- 2) The Hawkins Map of Consciousness
- 3) Partnering in Trust and Acting on Your Instincts
- 4) Trusting your 6th Sense ,, Turning Your Boat Around
- 5) Trusting in Others
- 6) Emotional Freedom and Healing™ 2- Point Release

Trusting the Process of Partnership: What is Trust?

What is trust? One answer is that it's an inner knowing, confidence, or reliance that things/situations/desires will occur. Pay attention to what you trust in your life. Why do you trust those things or people? What don't you trust and why? We cannot create whatever we don't trust.

In the first class, we discussed the gyroscope as a metaphor of how we need to work in these very fast paced times. When we work from our intuition, we can become more and more stable as the pace increases, just like a gyroscope. The process breaks down though when we're out of integrity with our own heart. It's hard to be in integrity with what's in our hearts and use our intuition unless we trust ourselves and the Universe.

Trust is a key ingredient to using these tools and attracting whatever you want to you. Whenever we don't trust ourselves or the Universe, we have an energy block, which results in pushing away money or resources we want. The Law of Attraction works through trust. As we trust, we attract. As we don't trust, we resist. The things we feel

good about we trust and we attract. The things that we worry about, that we feel bad about, that we fear or are anxious about ... we resist and we don't trust.

A lack of trust often means we have gotten caught by limiting beliefs or bought into fear projections from the collective unconscious - the stories in the papers and the news. Especially now, we would like you to trust that all the changes in the economy are for our highest good. Out of this experience, we're going to re-build a sustainable economy for everyone. But doing this means we need to operate in trust.

Wealth and prosperity are already a part of you and not something you need to go get. We're asking you to shift from an outer or external direction to an inner direction and it takes trust to make this shift and to trust being in the flow.

The Hawkins Map of Consciousness

Dr. David Hawkins wrote a book called Power vs. Force in which he talks about the difference between working from your inner source or inner power vs. living your life reacting to outside forces.

The Map of Consciousness calibrates emotions on a scale that ranges from zero to one thousand. The calibration range of 200 is a critical point. It is the balance point. Everything below 200 is categorized as weak or negative energy and everything above 200 is categorized as strong or positive energy. At 600, the calibrations are very strong or powerful. Over and over again different tests demonstrated that the body goes weak in response to unhealthy mental stresses, emotions and attitudes and the body stays strong in response to healthy emotions such as love and joy.

The emotions throughout the scale are emotions that we experience throughout life. The important thing is to be able to spend more time in higher emotional and feeling states than the lower ones. It is important to have an ability (or tools and techniques) to pivot out of the lower emotions and move into the higher realms. The more you experience the higher emotions on a regular basis, the healthier and happier you're likely to be.

Read the Map of Consciousness from bottom to top. Emotions have different qualities and different energy signatures. All low emotions are not the same. The same goes for high emotions. Some states are better than others. For instance, if you are feeling shame and you can shift to feeling guilt or apathy, you have raised your vibration and improved your emotional state. You have moved up the scale. If you are in fear and you move to anger, you have also moved up the scale.

The Hawkins Map of Consciousness

<u>Level</u>	<u>Emotion</u>	<u>Calibration</u>
Enlightenment	Ineffable	700 –1,000
Peace	Bliss	600
Joy	Serenity	540
Love	Reverence	500
Reason	Understanding	400
Acceptance	Forgiveness	350
Willingness	Optimism	310
Neutrality	Trust	250
Courage	Affirmation	200
Pride	Scorn	175
Anger	Hate	150
Desire	Craving	125
Fear	Anxiety	100
Grief	Regret	75
Apathy	Despair	50
Guilt	Blame	30
Shame	Humiliation	20

Below 200, Hawkins found that life is about survival ... just getting through things. Above 200, people begin to care for others in addition to themselves. At the 500 level, the data shows that the motivating force is the happiness of others.

How we think and feel influences our life and what happens around us. We have complete power over our thoughts and feelings. The lower energy patterns, the ones that Hawkins calibrates below 200, are the ones that limit our health and happiness, while the higher energies and emotions are the ones that expand it.

Trust is the neutral zone. Trust is higher than the negative emotions and at the bottom of the higher emotions. Once you begin to trust, you continue to go up the scale.

“At the Neutral level a person can say, “Well if I don’t get this job, then I’ll get another.” This is the beginning of inner confidence; sensing one’s power, one isn’t easily intimidated or driven to prove anything. The expectation that life, with its ups and downs will be basically OK if one can roll with the punches is a 250 level attitude.

“People of Neutrality have a sense of well being. The mark of this level is a confident capability to live in this world.This attitude is non-judgmental and doesn’t lead to any need to control other people’s behaviors. Correspondingly, due to Neutral people’s value of freedom, they’re difficult to control.” p. 85 of Power vs Force, by David R. Hawkins

You can use Hawkins scale of emotions, to identify when you’re not in trust. If you are feeling or experiencing any of the low emotions, you are not in trust.

“Rising above barriers or opposition that dissipate one’s energy, the Neutral allows for flexibility and non-judgmental, realistic appraisal of problems. To be Neutral, means to be relatively unattached to outcome; not getting one’s way is no longer experienced as defeating, frightening or frustrating.”

Positivity, a recently published book (2009) by Barbara Frederickson, PhD. describes the science behind our feelings. When you embrace the hidden strength of positive emotions you overcome negativity and you thrive. Frederickson’s research has determined that a positivity ratio of 3:1 is the tipping point. Having three times as many positive experiences each day compared to negative ones, positions you to thrive.

We highly recommend this book. You can take a short positivity test online at www.positivityratio.com and receive your current positivity ratio.

Partnering in Trust and Acting on Your Instincts

Why don't we take our own advice and do what we "know" is in our best interest? It's simply because we don't trust ourselves. After we experience these types of events multiple times, sometimes at a great loss, many of us finally decide it's a good idea to trust ourselves and to pay attention to those valuable messages.

Partnering in trust with the Universe is like having a special bank account with unlimited resources in it. When those unexpected emergencies arise, you can just use this special account for whatever situation arises. Nothing can prevent us from accessing our special account and extra resources, except ourselves.

In order to use this special account, and trust that it's there for us, we need to be able to act on our instincts or messages. Science has already proven that our guts get the information before our brain does. This is due to neuro-peptides in our stomach and intestines, which are faster at processing the information than our conscious mind. Our guts know what's going on long before our mind does. It's a good idea to check in with your guts before you make any decision and listen to their message.

What's hard about listening to our instincts is that we've often been trained not to do so. We've been taught to second-guess ourselves and rationalize our choices by analyzing the pros and cons of our decisions. However, the major flaw in those methods is that our minds can't know all hidden aspects of the situation. What's great about our instincts though, is that our subconscious or higher self DOES know and it's giving us the message via our guts. So our first instinct is the correct one. If we could just relearn to use our instincts and trust ourselves, we could easily partner with the Universe to create *anything* we desire.

How can you tell the difference between your instincts, which are correct, and endless mental chatter? Our typical mental chatter is what we hear when we're in fear, worry or anxiety. Mental chatter commonly has a negative quality to it, talking to you about things you SHOULD do, instead of what you want to do. Whenever you hear the word SHOULD, let your red flags go off. That's a warning that you're listening to mental chatter and not your instincts. Another way to tell when it's mental chatter is when you hear negative comments about yourself. Your guts will never insult you. They're simply there to provide you with clear guidance in the fastest way possible.

What's important is to TRUST yourself completely and definitely to always trust yourself more than anyone else. No one else is walking your path. Everyone's advice to you will be filtered through their own experiences. Those experiences are *not yours* and may have nothing to do with your path.

Remember this when others give you advice that doesn't match your own instincts. Your path is different from theirs. Take your actions from your heart, trusting your instincts and intuition. That will allow you to stay in integrity, so your gyroscope can keep spinning in a stable and fast way through the changes we're all experiencing.

Trusting your 6th sense; Turning Your Boat Around

A few years ago Esther and Jerry Hicks wrote The Astonishing Power of Emotions. There is an excellent CD included with the book that we highly recommend. On the CD Esther tells a story about how she and Jerry were on a white water rafting trip on a river. She compared this trip to the river of life. She said that when you are white water rafting, you don't paddle upstream. The river is too strong and you wouldn't get anywhere. The process is much easier if you just drop the oars, let the boat turn around and let the current move you downstream. In other words, just go with the flow. This is a wonderful analogy for how we live our lives. Circumstances and events unfold more easily when we allow them to ... when we stop pushing, drop the oars and go with the flow.

Dabbling:

In Peg's experience, dabbling or going part way, does not work. You can't have one foot in and one foot outside the process, just in case it doesn't work. When you don't fully commit, the process requires much more effort. It also takes much longer. It is easier to manifest our desire when we fully commit ourselves and trust the universal process. If we go halfway, it doesn't work. We remain stuck. It might feel like you are moving forward and then have a setback, you go forward again only to have another setback ... the result is a lot of energy is expended but you are no further ahead.

A few of my clients are dabblers. They want to believe in prosperity and abundance, yet they only dip their toes in. They only go so far, just in case it doesn't work. What do you think happens as a result? They have to work hard for everything they receive. They don't trust that things can be easy and effortless. As a result, they struggle and wonder why they're not better off. They struggle because they don't believe that things can be different. They don't trust the Universe or the Universal process. They believe in themselves and in their ability to make everything happen for themselves. When they dabble, they demonstrate that they are not committed and that they don't trust.

Activating energy tools and techniques is one of the best ways to bring yourself back into alignment when you are in a low energy state. When you don't feel good, physical effort is not effective. The more you push and the harder you work, the more you find yourself spinning your wheels. You exhaust yourself remaining stuck in place. The next time you are in a low energy state, take a time out. Do a short meditation and breathe. Slow down, clear your thoughts and emotions and begin again. Visualize the way you want things to be and see them as already happening. Doing so will help you come into alignment with your desire.

Use the map of consciousness to move forward and up the scale. Consciously pivot to a new point of attraction. As humans, we experience the full range of emotions and we always will. It's important to be able to shift away from the emotions that drag us down and keep us in negativity. The more you practice shifting your energy and shifting your perspective, the easier the process becomes. Have your experience, feel what it feels like, and then choose to move away.

Trusting in Others

In order to expand our businesses, or even just to maintain them, we need to partner with and trust other people. Even if your business is something that you do by yourself, at some point you will need to work with an assistant, or a marketing person, or a tax accountant, a bookkeeper, or lawyer. At the very least, you need to work with your customers. In order to create a viable business, even if its just a job for yourself, you need to partner with and trust others.

We've talked about trusting ourselves and that without that you cannot trust the Universe. The second corollary to that is you can't fully trust and partner with others until you fully trust yourself. Now why is that? Because other people are always our mirrors and the law of attraction is ALWAYS working. Other people show us what's going on inside ourselves by their behavior. If you don't fully trust yourself, you will attract to you people you cannot trust. That's the law of attraction at work and it's always consistent. Like attracts like.

Whenever you encounter negative behaviors in others, ask yourself what you're doing to attract someone who is showing you that behavior? This is a key question. And once you answer it, you will know how to change the situation, simply by changing yourself or your focus.

To the degree that you believe that trusting others and partnering with them will be a positive experience, you will successfully partner with others and grow from it. We need other people to make our businesses successful, because it's other people that help us grow our businesses. We cannot do it all. Trying to do it all is just a prescription for burn-out. This is not the time to go it alone. Remember we're in the two energy now, as the millennium number, so partnerships and alliances with others is the way to go.

What's important when you partner with others? First of all, in order to partner successfully, you need to partner with others who have the same level of consciousness. If you believe in prosperity and abundance, it's not going to work well to partner with someone who believes in scarcity. If you believe in using good timing for important activities, it's not going to work well to partner with someone who believes that astrology is evil. If you understand how energy impacts the results of what you do, it's not going to work well to partner with someone who is oblivious to energy in a situation.

Trusting others is a matter of trusting yourself and remembering that they are a direct reflection of you and your energies. It's important to co-create with those who have similar levels of consciousness, and it's helpful to partner with others who grow at a similar pace as yourself. This is can be challenging to evaluate, so you need to check with your guts and trust your instincts. Your guts will know whether this is the person with whom you want to align yourself.

The Emotional Freedom & Healing© (EF&H) 2-Point process:

The EF&H Stress Release short version involves two points:

- a. The Heart Point which is that tender spot above the left breast, located somewhere underneath the collar bone (feel underneath the collar bone going towards the shoulder) and
- b. The bony protrusion on the back of the head where the skull meets the top of the neck.

Tonight we will focus on releasing fear of trust. We'll let go of the fear that the Universe may not deliver and we'll release the fear that you can only count on yourself.

Note how you are feeling about trust or lack of trust on a scale of 1 – 10, where 10 is a lack of trust and 0 is fully trust.

Focus on all thoughts and feelings you hold of not fully trusting the Universe that all you need comes to you easily and effortlessly as long as you let it. Gently rub the heart point and repeat after me:

“I intend, command and now let go of all limiting beliefs related to TRUST that I took on in this or any other lifetime.”

“I release, let go, transmute and clear my fear that the economic downturn is hurting me and limiting my prosperity.”

“I release, let go, transmute and clear all limitations that I must make things happen for myself now and forever.”

“I now let go of all the fears and thoughts related to my lack of trust in the Universe and any thoughts that I am separate from all my good.”

“I revoke, rescind and release all agreements, all bonds, all contracts that are no longer in alignment with my true life purpose.”

“I am entitled to miracles in my life now.”

Stop rubbing the spot and gently hold the point, taking a full breath in and out.

Now we'll state a series of affirmations. Either gently tap with a couple of fingers or use your entire hand to bring pressure to the bony protrusion on the back of the head, and repeat after me:

I am opening to trust.

I trust that everything unfolds in perfect and divine order.
I trust that I now see signs of economic improvement.

I deserve prosperity in all areas of my life.

I deserve the very best in life.

I am ready to live a life filled with love and ease.

I trust that all is well.

I know that everything I desire is within my power and within my reach.

I trust the Universe to deliver whatever I need when I need it.

Money comes to me easily for whatever I want to BE, DO or HAVE.

I trust that I always have the resources that best serve my highest good.

The Universe always delivers in perfect time and in perfect order.

I now have enough time, wisdom, money and energy to accomplish all my desires.

My business flourishes and prospers.

I trust that I have more than enough.

I deserve miracles in my life now.

“So be it. So it is!”

Take a deep cleansing breath in and out. Also, drink a lot of water for the next few days. Water helps to remove the toxins your body is releasing.

Tools:

- 1) **Homework:** Over the next two weeks, **list your beliefs about life, yourself and relationships.** Notice which beliefs are positive and which ones are negative. **Reauthor the negative ones into a new story.** For example, if you believe that life is hard, and you can only earn money through hard work, reauthor that to

something positive like, "Life is joyful and easy. Now that I've learned to trust myself and partner with the Universe, good things come to me easily and often."

We mentioned these tools last week, but we want to bring them up again, as they help with learning to trust.

- 2) **Creation Box** ... select a beautiful box, basket, or any container that pleases you. On the cover or the inside of the cover or even on the bottom, write: "Whatever is contained in this box, IS." Gather pictures, words, images, photos, stories of anything that represents your desires to you. It could be pictures of places you want to go, clothes you'd like to have, vehicles, furniture, money, emotions, people, health ... anything you desire. Cut these out and place them in the box. Trust that the Universe will bring them to you.

The more things in your box, the more matches the Universe will find for your box. The more ideas, the more your desire is focused.

The more focus, the more energy flows to you.

The less resistance you have, the more easily your desires come to you.

This is the ART of ALLOWING, which requires TRUST.

- 3) **God Jar** ... select a jar, a canister, a vase, a bowl ... any container of your choosing. Place all of your desires that are beyond yourself or too big for you to handle into this jar by writing them down, turning them over to the Universe and letting go. When you let go, you TRUST that the right solution will manifest. As you write your desire, write the essence of what you want. Leave the details up to God or up to the Universe. Ask the Universe to handle the situation. You are turning it over and letting it go. You can name this jar anything you want. A God jar, Goddess jar, a Spirit jar, a Universal manager jar, or a Manifesting jar. It doesn't matter what you call it. What matters is that you clarify what you want, let go of the outcome, and TRUST the Universe to bring it to you.

End of class quote:

The Power of Intention, by Wayne Dyer, p. 139

“Believe in infinite possibilities and you cast a vote for your own possibilities. Stand firm on the potential for humans to live in peace and be receptive to all, and you’re someone who’s at peace and receptive to life’s possibilities. Know that the Universe is filled with abundance and prosperity and is available to everyone, and you come down on the side of having that abundance show up for you as well. Your level of self-regard must come from your knowing within yourself that you have a sacred connection. Let nothing shake that divine foundation.”

Suggested Reading:

Power vs. Force, by Dr. David R. Hawkins

Positivity, by Barbara Frederickson, PhD

The Astonishing Power of Emotions, by Esther and Jerry Hicks

The Power of Intention, by Wayne Dyer

Notes:
