



## Module 8

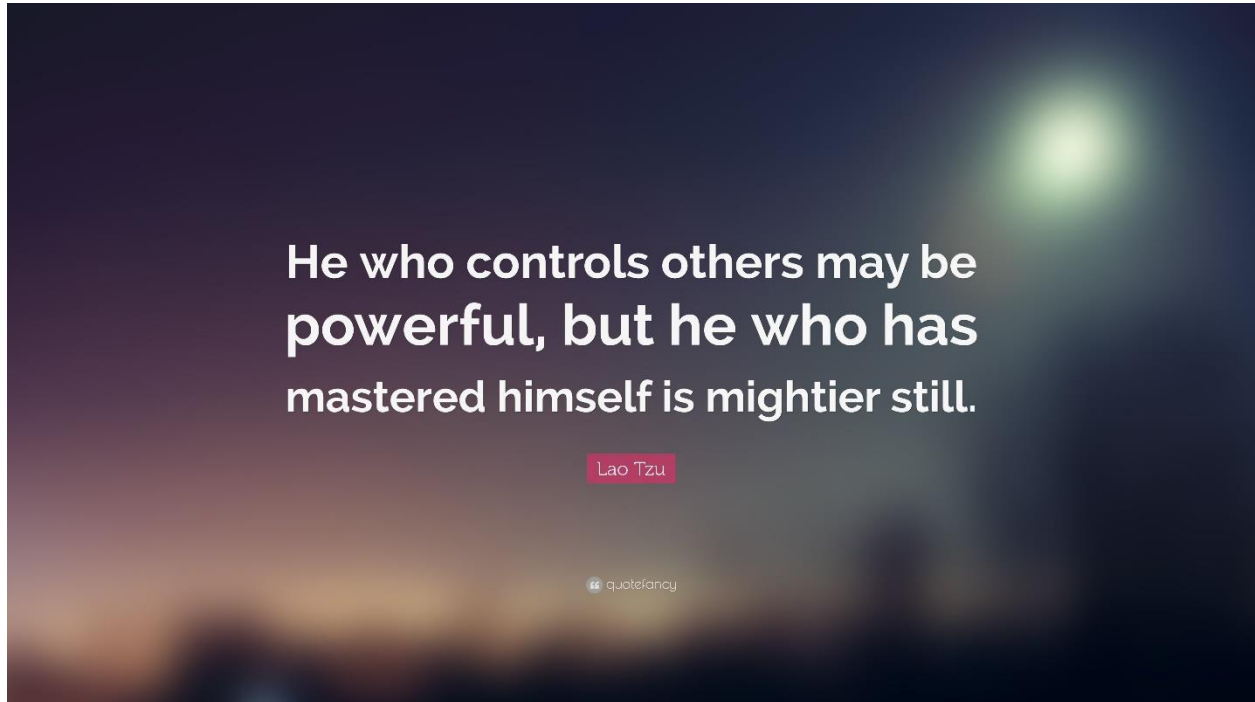
# SELF MASTERY

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*Desires. Beliefs. Manifesting.*

## Master Your Beliefs

**OHHH YESSS...** As we move into the final phase of your personal mastery, we shift from Self Awareness into Self Mastery...sailing on this journey becomes effortless and our destination becomes clear.



## Our Next Step Together...

Self Mastery is all about bringing together what you've learned so far and implementing the awareness's that will nurture & protect what you've built for long into the future.

In module 8 we'll explore:

- ✓ The crown chakra & how it relates to intuition
- ✓ Belief systems & manifesting
- ✓ How to align your desires & beliefs to manifest with ease

## Suggested Resources:

- ✓ 'The Power of Intention' – Wayne Dyer

# Learning: SELF MASTERY

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As we move into Phase 3: Self Mastery, we begin creating the systems that will support, nurture & deepen the learning, skillsets & habits that you've embraced over the past 4 months.

**Self Mastery** is about developing the systems & processes to protect, support & nurture your soul's growth. Similar to building a house, self mastery is like the roof that protects the foundation of self knowing & the walls of self awareness.

**What is self mastery?** It's one thing to have the tools and skills to support yourself through challenges, to re-find your focus and to stay present & grateful in life; but, it's a whole other level of mastery when you learn to be in control of the internal thought processes that guide your emotions, habits and behaviours.

Up until this point, we've been getting clear on what makes you tick – what fills you up & what shuts you down – getting clear on your motivations, passions and purpose in life. Now, we're going to dive another level deeper to get into the cob-webby corners of your mind, clear them out and set you up for manifesting what you truly desire in life! Self Mastery is all about 'aligning' your beliefs, attitudes, support systems and perspectives to support you in manifesting the life you desire...long term enjoyment of life!!

watch your thoughts...they become words;  
watch your words...they become actions;  
watch your actions...they become habits;  
watch your habits...they become character;  
watch your character...for it becomes  
your destiny

## Learning:

# CROWN CHAKRA

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**T**he crown (7<sup>th</sup>) chakra is located at the top of the head – it's considered our point of connection to God, Spirit & our Higher Self. This chakra reflects our ability to flow unrestricted in life – tapping into and aligning with spiritual wisdom.

This energy center asks you to shift from viewing life in the illusion of being separate from God to experiencing life from a space of being connected to All that is: people, plants, animals, spirit, god, etc.

The crown chakra reveals matters related to your belief systems, charity and Divine connection. Do you discern situations & people clearly or struggle with outside influences? Do you feel you are connected to the wisdom of your Higher Self or do you struggle to have your own sense of self knowing?

### In this chakra, we:

- Develop our sense of connection & oneness
- Learn to self reflect, deepen our discernment & trust in ourselves
- Acknowledge & let go of limiting beliefs and fears

### Healthy 7<sup>th</sup> Chakra

When our crown chakra is healthy and flowing, we find ourselves trusting in ourselves, our connection to God/Creator and our path. We feel connected, grounded & centered and experience a depth of 'knowing' & clarity in our decisions and choices. When balanced, we feel connected to Source, wise and full of joy.

When this chakra is overactive, we may find ourselves addicted to spirituality, craving attention or needing to be approved of or fit in. When underactive, we may feel misunderstood, find it difficult to have fun & unaware of/denying spiritual connection.

### How It Relates to Intuition

Our crown chakra is all about clearly seeing, sensing, feeling, knowing and hearing our Higher truth. It's about tapping into the wisdom of our Self that has lived many lifetimes and 'knows' the truth of All that exists from all points in time. The crown chakra is about learning to trust

and have faith in our divinely guided experience and wisdom in life – to tap into the knowing that we are never alone and that we are always supported.

## Tool #1:

# ASSESS YOUR CROWN CHAKRA

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### 1. Acknowledge the physical states related to your 3<sup>rd</sup> Eye chakra

**\*\*Circle all of the options below that apply to you**

Anxiety	Depression	Headaches
Stroke	Brain Tumour	Multiple Sclerosis
Parkinson's Disease	Attention Deficit Disorder	Lou Gehrig's Disease
Alzheimer's Disease	Mental Disorders	Other: _____

### 2. What do you find yourself saying, doing or being?

**\*\*Rate yourself out of /10 for each statement below (1/10- disagree; 10/10 – agree)**

I feel disconnected from God/Divine /10	I feel divinely guided & supported in life /10
I feel angry/abandoned by God /10	I feel watched over & cared for by God /10
I often feel frustrated/bitter at life /10	I trust in life & seek to learn from my challenges /10
I feel helpless/insignificant in the world /10	I feel like I 'matter' in the world /10

### 3. Indicate with an arrow how balanced you feel this chakra is:

Closed	Balanced						Overactive		
0	1	2	3	4	5	6	7	8	9 10

*Learning:*

# CORE BELIEF SYSTEMS

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**B**elief Systems...they're what govern and regulate all of our decisions, patterns and choices. We pick up beliefs through conversations and experiences; building, expanding and developing them as we travel through life. We also inadvertently nurture unwanted beliefs through our words, stories and conversations.

As individuals, we are aware of a certain portion of our belief system – our surface beliefs; however, there is a significant portion of our belief system that we are often completely unaware of – our core beliefs – and it's these beliefs that hold the key to unlocking our 'bad luck', self sabotage and patterns of struggle in life.

## *Success and Ease – Struggle & Hardship*

*Both are created by our subconscious belief systems*

**Imagine** a woman holds a strong desire to establish deep, long lasting friendships with other women. She holds 'surface beliefs' that a good friend is kind, supportive and easy going. As a result, she approaches friendships and women doing her best to embody these characteristics.

This woman likely has few problems socializing and establishing surface level friendships – after all, she is kind, supportive and easy to be around. However, on a subconscious level, she holds deeper beliefs that friendships with women are challenging to maintain, that women are backstabbing and that most friendships end up awkward and falling apart.

Her 'desires', her 'surface beliefs' and her 'core beliefs' are not in alignment.

**The result?** This woman will likely make friendships easily (desire + surface beliefs); however, over time this woman will subconsciously seek to align with her core beliefs and will fall into self sabotaging patterns to create and fall into alignment with her core beliefs. She will self sabotage – creating exactly what she doesn't desire – in order to (subconsciously) support her core belief system.

The pattern will likely repeat itself over and over again in this woman's life (much to her frustration and confusion) until she uncovers her core belief system and creates alignment between what she desires, how she approaches friendships and her core beliefs.

## **Beliefs ≠ Desires = Self Sabotage**

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*When our beliefs & desires are not aligned,  
we self-sabotage to align our reality with our beliefs*

**Those deeply held beliefs and negative statements that occasionally run through your mind?**

They hold the key to uncovering your core beliefs and manifesting your desires. Our avoidance of the negative perspectives or, conversely, our repeatedly talking about them – actually holds us back from what we truly desire.

Master your belief systems and you set yourself up for manifesting your desires in a way that you never imagined possible.

## Tool #2:

# ACKNOWLEDGE

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- 1. Let's begin by acknowledging where you desire to manifest change in your life** (Circle three areas that you most desire change in)

Love & Intimacy

Friendships

Relationships

Career & Purpose

Wealth & Abundance

Success

Focus & Motivation

Family & Sense of Community

Travel & Adventure

Freedom

Responsibility

Dedication

Impacting Others

Other: \_\_\_\_\_

From the 3 choices identified above, my top desire is \_\_\_\_\_.

- 2. Based on your top desire, answer the questions & fill in the blanks below**

(consider your positive & negative feelings on the topic, your fears, angers & frustrations and your hopes & dreams for inspiration and answers – don't hold back!!)

My \_\_\_\_\_ 'story' is best described as \_\_\_\_\_ because...  
(insert your desire)

In relation to \_\_\_\_\_, society or others imply that I should do/be/have...  
(insert your desire)

\_\_\_\_\_ is expected by \_\_\_\_\_ and \_\_\_\_\_.  
(insert your desire)

\_\_\_\_\_ is EASY/ AN EFFORT/ HARD (circle one) because...  
(insert your desire)

I learned by observing my Mom that \_\_\_\_\_ ...  
(insert your desire)

Requires....

Means I am....

Results in a LOW/MEDIUM/HIGH (circle one) level of fulfillment

I learned by observing my Dad that \_\_\_\_\_ ...  
(insert your desire)

Requires....

Means I am....

Results in a LOW/MEDIUM/HIGH (circle one) level of fulfillment

**3. What might your core beliefs around this desire be?**

**4. Are your core beliefs in alignment with your desire?**

**5. What are you realizing or becoming aware around your beliefs about this desire?**

## Learning:

# THE UNIVERSAL LANGUAGE

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**U**n-known to many, we are actually communicating our desires & dreams and creating our daily reality through what we think, say and do. The universe (our angels, & spirit guides) listen intently to our every thought, word & action – our words act as instructions for the universe to bring us more of our desires. The challenge, however, lies within understanding *how* this system of communication operates and in communicating our desires clearly.

There are only 2 rules you need to know to understand how to communicate your desires with clarity and ease.

### **RULE #1: EVERYTHING TRANSLATES TO THE POSITIVE**

Your brain and the Universe communicate in the positive. Two statements, although seemingly different, actually translate to the same positive statement.

Don't spill the milk!	→	Spill the milk!
I don't want to be broke.	→	I want to be broke.
I don't want to be alone.	→	I want to be alone.

Our brains & the Universe are *incapable* of processing negative statements – everything we say (regardless of whether it's something we do or don't want) gets turned into the positive. So, unintentionally, you end up creating the opposite of what you desire when you say "I don't want...".

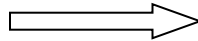
Just imagine how many times we use negative statements in a day – then imagine how many times the Universe and Your Self are hearing exactly what you don't want and creating that all around you.

Is it any wonder that you've experienced certain challenges repeatedly in life?!

## RULE #2: THE UNIVERSE IS ALWAYS LISTENING

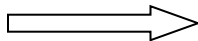
Your brain and the universe are ALWAYS listening – so, those negative, angry, bitter, self-defeating thoughts that you desperately try to avoid, push down, keep inside of you and ignore...Your Self and the Universe are in fact hearing and responding to them constantly.

Self-love is sooo hard!



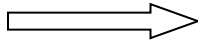
Work hard at self-love

It's difficult to get ahead



Difficulty building wealth to get ahead

Relationships are challenging



Experience challenging relationships

The challenge here is to move into a space or a frame of mind where you're *willing* to acknowledge & release your self-defeating thoughts, fears and insecurities.

Once you acknowledge and accept these 'undesirables', you create the space to acknowledge what it is that you *DO desire*, to release old, limiting beliefs and fears and to initiate a new, positive, more supportive pattern of thought.

It's only natural that we try to keep our fears pushed down, but, in the midst of avoiding, denying or numbing our fears, we actually *enable them to persist* (they are repeating all day long, day after day in the back of your mind!). The sooner you acknowledge, the sooner you release, the sooner you create something different.

## Tool #3:

# CREATE ALIGNMENT

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You've acknowledged your desires, identified your core beliefs and discovered the importance of stating things in the positive. Now, it's time to create alignment between your desires and your beliefs so you begin manifesting your desires with ease.

When we find that our desires are out of alignment with our core beliefs, we can use affirmations to create movement towards embracing a NEW core belief. However, we're going to take this one step further ('cause let's be honest, sometimes those positive affirmations just feel outside the realm of possibility!). Instead of an affirmation, we're going to develop a 'progressive statement' that will allow you the space to work *towards* embracing a new belief.

This is a simple, 4 step process that you can apply to any area of your life and any belief.

### 1. CREATE ALIGNMENT THROUGH YOUR INTENTIONS IN 4 SIMPLE STEPS.

- a. **Review your answers from Tool #2: Acknowledge. Choose a fear or belief that you identified around your desire & write it down below** (this represents what you don't want!)  
Ex. I don't want to be alone/ I must work hard to be successful/ I'm afraid of failing

- b. **Identify the opposite of your fear/belief – what is it that you DO desire?**  
Ex. I want to be in a loving, supportive, long-term relationship

- c. Choose a progressive statement.** (A progressive statement uses an action word to describe 'how' you will embrace this desire.)

Ex. I am learning (embracing/practicing/choosing/other) *how* to (establish and be in a loving, supportive, long-term relationship).

- d. Decide how you'd like to experience it.** (Do you want it to be tough to experience this (likely not!) or easy? Let's get clear about how you'd like to learn/embrace/discover this desire.)

Ex. ...with joy, ease and effortlessness

**Pull all 4 pieces together into a complete, progressive statement or intention:**

Ex. I am learning how to establish and be in a loving, supportive, long-term relationship with joy, ease and effortlessness.

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**As you embark on this journey of belief discovery,** know that adjusting your belief systems is a process. Expect that this process of adjustment may take 2-3 years (or more) to master. Your progress in this area of your life all depends on how persistent and dedicated you remain to acknowledging your subconscious belief systems and spending the time to adjust them as they come up.

Our belief systems are ever changing and evolving – that's okay, good & right. When you first start out, expect that it may be slightly overwhelming (you probably hold many beliefs that you had no idea about). Love yourself through this process – stick with it – and as you come out the other side, know that your understanding of YOU will be a whole lot clearer and a whole lot easier.

## Tool #4:

# WHERE ARE YOU AT?

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**After learning about the third eye chakra, beliefs & desires, I'm feeling:**

**\*\*Circle all of the words that apply to you**

Intrigued

Excited

Surprised

Motivated

Overwhelmed

Clear

Frustrated

Empowered

Fascinated

Other: \_\_\_\_\_

**As a result of becoming more self-aware and learning how to clarify my intentions, beliefs & mindset, I am appreciating:**

**\*\*Circle all of the words that apply to you**

Capabilities

Belief systems

Personal Power

My Life Path

Past Challenges & Struggles

Needs & Desires

Current Circumstances

Past Thought patterns

Potential in Life

Other: \_\_\_\_\_

**This Week's Daily Affirmation:**

I am learning to \_\_\_\_\_ and let go of \_\_\_\_\_

so that I experience \_\_\_\_\_ in my life, relationships and activities.