

ADVENTURE IN ONENESS PRESENTS

RETURNING HOME

TO

Love



 RIKKA
Adventure in Oneness™

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Chapter 1

Introduction

[Click Here to Download Vibrational Sound Healing](#)
["It's Time to Love You"](#)

When we hear the term "Self-Love", we tend to think: bubble baths, spa treatments, and other indulgences that we justify with our daily hard work. But Self-Love is so much more than that. By giving yourself the gift of Self-Love, you allow a constant smile to emerge in your heart and an ever-present feeling of peace to accompany every moment as an eternal river of love flows through you. At its core, Self-Love means returning to your divine energetic experience of truth where you are LOVE, are LOVED, and every experience becomes LOVE in its purest form.

It is within this deep and profound alignment with Love that you take a deep breath and relax. You know everything is perfect. Everything is already taken care of, leaving no room for fear, judgment, or separation. You know that you are, and have always been fully supported. Your every breath is a gift of Love for you to receive.

This knowledge liberates you because you also realize that you don't have to control your experience moment by moment. Instead, you can experience it from the eyes of an innocent child, a student of Love: divine in sight, sound, and sensation knowing that each moment is a miraculous lesson that teaches you "Who" or "What" you truly are. You are Love. You are Source. You are God. And you are also you.

When you embody Self-Love, you cease to experience yourself through the debilitating human filters of lack, suffering, and fear; rather, you cannot help but come to the divine realization that you are ONE with Love. ONE with Source. ONE with creation itself. God is never-ending, ever-present Love.

So in order to bring you into alignment with that love, YOU need to love you that much!

Self-Love is the single most essential key to living life to its fullest extent. It is the key to a joyful, fun, playful, fulfilling, passionate, and meaningful life. It is the key to a beautiful, nurturing, and loving relationship. It is the key to a thriving business and financial abundance. With Self-Love, you come to find a life that is more wonderful than anything you could have previously imagined.

It is by divine destiny that you have been lead to this book. This means that you are stepping up to the precipice of a beautiful new life, about to spread your wings and fly! You are at the point in your journey where you are ready to have it all. You are ready to BE it all. You are ready to return home to self-love. Are you excited? I'm excited!

And you have already taken the first step. By reading this book, you are working towards developing foundational tools and awarenesses to bring yourself into Self-Love. Your life will ignite with the magic of this love. You will watch miraculous possibilities appear instantaneously before your eyes. Your dreams will come true! Solely because you have chosen to love you.

Within these pages you'll find the foundation of tools, processes, vibrational sound healing and and energy aligning exercises that will walk you step by step into returning to Self-Love. Every step will walk you deeper into your divine destiny. This book outlines the first steps and understanding that will help you build your foundation of Self Love. As deep and profound as it is, by the end of this book we will have only scratched the surface.

Would you like to take your capacity to love to the next level? I would like to invite you to the most transformational programs I offer; my upcoming "The Self-Love Mastery Course." During this 12 week course we will take a deep dive into unraveling all of the old programs and patterns that are

keeping you from emanating the bliss, joy and total fulfillment of your Self-Love. The most common comment I get about this course is that it was the “game changer” it “changed their life more than any other course.”

To find out more information about tuition and how you can register [Click Here](#).

Chapter 2

How do you know if you're not loving you?

If I asked you, “Do you love you?” You would probably answer yes. Am I right? On the contrary, if you answer yes to any of these questions below that would be an indicator that you don’t yet love every part of you, and that it is time for you to finally embark on the journey that ends all suffering... Mastering Self-Love.

- ❖ Do you judge yourself? Yes / No
- ❖ Do you judge your body? Yes / No
- ❖ Do you think that you should be any different? Yes / No
- ❖ Do you feel inadequate as if you are not “enough”? Yes / No
- ❖ When changes arise, do you find yourself trying to control the outcome? Yes / No
- ❖ Do you suppress your anger because you feel that anger is “bad” or “wrong” in some way? Yes / No
- ❖ Do you stop yourself from feeling your emotions fully? Yes / No
- ❖ Do you stop yourself from saying what you need to say? Yes / No
- ❖ Do you feel uncomfortable around people or crowds? Yes / No
- ❖ Do you stop yourself from getting excited because you don’t want to be disappointed? Yes / No
- ❖ Do you feel loved in your life? Yes / No
- ❖ When someone says something nice about you does it make you feel uncomfortable? Yes / No
- ❖ Do you think you make “bad” choices? Yes / No
- ❖ Do you try and make “good” choices? Yes / No
- ❖ Do you find yourself stuck in your head? Yes / No
- ❖ Do you replay conversations over and over in your head thinking about what else you could have said? Yes / No
- ❖ Do you feel that if you had money, a relationship, or a healthy body, then you could be happy? Yes / No
- ❖ Are you waiting for a love relationship to show up in your

- | | |
|---|----------|
| life to make you happy and fulfilled? | Yes / No |
| ❖ Do you find yourself “working too hard” and putting your job, work or career before you? | Yes / No |
| ❖ Do you think about other people and what they want before you choose what you want? | Yes / No |
| ❖ Do you have expectations of you and other people? | Yes / No |
| ❖ Are you secretly scared that the other shoe is going to drop just when things get better? | Yes / No |
| ❖ Do you ever judge that you should be not feeling the way that you’re feeling in any moment? | Yes / No |
| ❖ Do you compare yourself to other people? | Yes / No |
| ❖ Do you find yourself competing and wanting to be “better than” other people? | Yes / No |
| ❖ Do you feel “wrong” or shameful about your past, your actions, or who you are? | Yes / No |
| ❖ Do you ever find yourself blaming yourself or anyone else for what is occurring? | Yes / No |
| ❖ Do you just wish the people around you would change so that you can be happy? | Yes / No |
| ❖ Do you ever find yourself defending yourself? | Yes / No |
| ❖ Do you want people to like you? Do you care what other people think about you? | Yes / No |
| ❖ Do you wish that you could go back into your past and do something different? | Yes / No |
| ❖ Do you feel like nobody sees you or acknowledges you? | Yes / No |
| ❖ Do you judge other people? | Yes / No |
| ❖ Do you feel alone? | Yes / No |
| ❖ Do you feel abandoned? | Yes / No |
| ❖ Do you feel not good enough? | Yes / No |
| ❖ Do you feel not safe? | Yes / No |
| ❖ Is money a problem for you? | Yes / No |
| ❖ Do you hide parts of you because you feel people won’t receive it? | Yes / No |

- ❖ Do you ever find yourself in reaction? Yes / No
- ❖ Do you feel “bad” for the debt that you’re in? Yes / No
- ❖ Do you not want to “deal” with money? Yes / No
- ❖ Does wealth make you feel uncomfortable? Yes / No
- ❖ Do you feel you have a hard time receiving? Yes / No
- ❖ Are you lonely when you’re by yourself? Yes / No
- ❖ Do you eat what you know your body doesn’t want? Yes / No
- ❖ Do you not exercise regularly? Yes / No
- ❖ Do you take time for you to honor your spiritual practice? Yes / No
- ❖ Do you try and help the people around you be happy,
Healthy? Yes / No
- ❖ Do you feel that if you had money, a relationship, or a
healthy body, then you could be happy? Yes / No

If you answered “yes” to any of these questions, then this is a sign that you don’t love you yet. By returning to Self-Love, you can end the suffering from these self-destructive patterns and never experience them again. Isn’t that exciting? Can you believe that your search for the solution to every bit of your suffering is over? I am so excited that you are here!

Are you thinking, “Of course I want that! But HOW exactly do I do that?” Don’t worry about that; I am here to show you. As soon as you implement these tools and this higher awareness, you will know that Self-Love is the key to transforming your entire life. I know because I’ve done it and used these same tools to transform my life and the lives of thousands of people all over the world.

Whatever it is that you are going through, whatever struggles you find yourself facing, Self-Love is your energetic answer.

8 years ago I was \$80,000 in debt. After applying these tools of Self-Love, was making 1.2 million within the next year. Last year, I was diagnosed with stage 4 melanoma cancer. I had 7 brain tumors in my head, (one was

the size of 2 golf balls) and liver, lungs, adrenals, colon, and all over my body. With the application of Self-Love and the combination of western & eastern medicine, I am now completely cancer free.

It has always been a dream of mine to live on Kauai and start a retreat center where beings like you can return home to love and awaken who you truly are. I now own 10 ½ acres of sheer magnificence, the plans are in permitting, and I am beginning construction in just a few months on a sacred property against a nature preserve. You can't see another house for miles! There is a beautiful fresh water river running through the property and 3 beautiful swimming holes. My aim was to create a heaven on earth, and I truly can't wait until it has been made a reality.

My life is a miraculous gift that I get to receive. I wake up every day and think, "Oh my God, I'm alive! This is the best day ever!" I GET to live! I GET to Love. I GET to be with you! How lucky am I?"

Chapter 3

This Universe Has One Mission; To Return You Home To Love

[Click Here to Download Vibrational Sound Healing
Coming Home To Love](#)

Your life has one mission: to return you to Self-Love. This means that everything you possess, from your experiences to your thoughts and emotions, shares this collective mission. Together, their sole intention is to bring you home to knowing, being, and flowing with the Love that you are.

At certain points in our lives, an experience will challenge us in a way that appears to lead us away from this Self-Love. However, these traumatic events can turn out to be the best gifts we can receive. Now, you might be thinking, “Hold on Rikka, you’re saying that every trauma I have experienced was a gift? That’s impossible! It was terrible, not a gift!”. I understand your sentiment exactly. But with every trauma and struggle we face comes a choice. Essentially, it is the Universe asking, *“Will you stand for love? Or will you stand for fear? What is your choice? What would you like to align yourself with now?”*

It’s a bit like that old Verizon commercial where the guy holds a cell phone and keeps asking, “Can you hear me now?”, except replacing it with, “Will you love yourself now? How about now? Will you love yourself now? How about now? How about now?”

This might make you feel like the rug is always being pulled out from under you or that nothing seems to work out for you. This is not the case. This is simply the universe working on your behalf to return you to Love. You might

feel that the situations in your life that are bringing up hurt, pain, or fear are trying to pull you away from Self-Love. They are not. They are actually trying to return you to Self-Love.

In reality, they are all helping you heal your initial separation from Source. The pain, hurt, fear, and anger that you experienced when you embodied in on this plane. Every experience in your life is trying to expand you into more Love. Be either raising your vibration into more Love. Or, if you still have trapped fear and hurt around your initial separation from Source it will try and help you re-experience that initial separation to bring it from fear and hurt into Love. It is always expanding your vibrational bandwidth and getting you in a stronger alignment with God.

Would you like to go on an journey that will act as one of the initial keys to assist you in returning home to love? Yes? Wonderful! Be sure to take your time. It won't help to just read this exercise. In order to transform into love, you must fully open yourself up to the experience. Participation is for your own sake. Will you love you so much that you actually take the time in this moment and give yourself the gift of experiencing this exercise? Yes! Good!

Step #1: First, connect your body to the earth. Feel your feet flat on the floor. Now feel your feet energetically reaching down into the center of the crystalline earth. Now take a deep breath and breathe that energy up through your feet and out through the top of your head. Feel yourself coming into the balanced and beautiful energy of our mother earth. Once you feel it completely, take another deep breath and breathe that vibration up through your feet and out through the top of your head. You are now even deeper into the earth. Feel the love from the divine mother: her peace, her tranquility, her balance, her magic. As soon as you've achieved this divine connection, breathe this vibration up through your body and fill your body completely flowing out the top of your head. (Total of 3 breaths.)

Step #2: Now bring your awareness up to the lightest, highest vibration of love that you can find. Open your heart as big and wide as you can. This will open you up to converse with your higher self and the angels in their native language of Love. Now feel it expand within you and take a deep breath breathing that vibration into your body, through the top of your head and with the exhale create that flow of love moving out your feet. Bring your awareness back up to the lightest and highest vibration of love that you can find. Now say, "I invoke all of the angels, my guides, my higher self and Source itself to come into my body and into my experience." Feel the Love from Source and the angels. Imagine that they are all standing around you pouring love from God through you. Feel it expand and broaden until it expands and saturates every fiber of your being. Now take a deep breath, breathing that energy in through your head and out through your feet. Feel the multitudes of this light and love pouring from the angels through you breathe it through your head and out your feet. Connecting you fully to your higher self, Source, and the angels.

(In the future we will be referring to Step 1 & 2 as: Connect to Heaven and Earth.)

Step #3: Now close your eyes and imagine that you are one with all of the love, lightness, possibilities, and God itself. Bring your awareness to this divine unity and imagine that you're taking an elevator into the highest dimensions of heaven. What does it feel like? Write it down below.

Absolute love

Light

Everything is possible

Blessed

Orgasmic

Ecstasy

Step #4: Now imagine that your soul is infinite. Receiving all the love, light, magic, possibility, feeling blessed, orgasmic and full of ecstasy that you truly are. It is all inside of you. God is inside of you. Life is inside of you. Absolute love, Lightness, Everything is possible, Blessed, Orgasmic Ecstasy. All of the energies are inside of you. Feel that and let it pervade every sensation.

Step #5: Now imagine that you have embodied into this illusion of separation. Your soul has been severed from all of this energy. Could you imagine how intensely painful that would be, to separate yourself like this?

Why does it cause so much pain? It means that hurt is the core of separation. And every “traumatic” experience in your life is trying to get you to re-experience that initial core hurt and return it to Love.

Let’s say that your partner that you love leaves unexpectedly. This would be traumatic for a lot of people, but only because they have this trapped pain of the core separation from Source within their system. So if this occurs and you are hurt, this is happening on your behalf to try and return this core separation home to Love. In fact, that experience can act as a catalyst for dissolving the illusion of separation between yourself and LOVE.

Who else has abandoned you? Your father? Your mother? In reality, you have never been truly abandoned because you are never separated from Love. Every experience of “abandonment” in your life is actually trying to heal this initial deep wound and return you home to Love.

Once you return to love, you live in a completely different universe because you realize that you have never truly been “left”. You have Source. You are Source. There is no separation. When you become aware that you have Source / Love, you realize that you have everything. Other people may flow in and out of your life but you can never be truly “left.”

Can you see how our core separation from Source or Love itself is at the core of every “traumatic” experience in your life?

You will also find that when you return home to Love, remarkable things begin to happen. Instead of people who separate from you, the Universe brings amazing people into your life who love and are grateful for the infinite being that you are. You draw people in with your immense love. How amazing is that?

Now you may be thinking, “That’s great Rikka, but I didn’t choose to have these bad things happen in my life!”

Chapter 4

Why are you here?

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“It’s Because of You”](#)

What if you came here by your own choice to experience separation from God so that you could experience the journey of returning home to Source, thereby assisting with the ascension of humanity as a whole? Your divine self was consciously willing to experience all of the layers of separation so that, when the time was right, you would transform every part of your experience into love and live in heaven on earth once again.

If your divine self chose this path knowing exactly everything that it entailed, perhaps the end outcome of this choice creates a greater version of you for you to experience.

Step #1: Connect with heaven and earth.

Step #2: Now open your heart and say, “I invoke all of the angels, my guides, my higher self and Source itself into my experience.” Keep feeling your heart open and expand. (The angels speak in Love, by opening your heart, you allow yourself to be vibrational compatibility with their messages, thus making yourself available to receive the gift of Love that they are wanting to give you.)

Step #3: Ask the angels to show you the energy of your former self before you came onto this plane of existence and into the illusion of separation.

Find a word to describe the energy they show you. Tune attentively into these energies and take 3 deep breaths to breathe them in.

Step #4: Now say, “Show me the energy of my being after I will have completed my journey with separation and returned every part of me to love.” Choose another word to describe this state of being.

Compare the two energies. Which one is bigger, richer? Which one embodies Source or love more fully? Which one is more self-aware? Interestingly enough, most find that it is the version that has transformed all experiences of separation into Love or God that is richer, fuller, and more aware of “who” they are.

This exercise shows us that you have chosen to come to this existence, that you knew the extent of what you were choosing, and that you are capable of developing a deeper, richer, and more fulfilled experience with God by coming here. Isn't that incredible?

Step #5: “Will you now release any residual separation, feelings or beliefs that come from not wanting to be here?” Using 3 breaths, release this resistance.

Step #6: Ask your higher self, “Did I choose to come to this planet?”

Yes! Right?

Step #7: Ask your higher self, “Why did I choose to come to this planet?” What does your higher self, Source, or the angels know?” Below are some possible responses you may receive.

- To undergo the adventure of experiencing what I am not in order to choose to remember who I truly am.
- To liberate all of the other angels on this planet by experiencing the initial separation from God then returning all of those energies back into love. Which then unravels it for the collective consciousness.
- To strengthen my knowledge of the purity, love and innocence of God in conjunction with the purity, love and innocence of myself.
- To experience the love, joy, and bliss of returning to God.
- To go on the adventure of being my own hero and giving myself back to myself.
- To learn just how special I am and just how much I love God.
- What else do you get?

Step #8: Ask your higher self, “Was I shown everything I was going to go through? And did I consciously choose it?” Truly connect with this divine version of you and surrender to their knowing.

After a few moments with your higher self, it will become apparent to you that you had already agreed to go through everything before coming to this plane of existence. But you were separated from this initial plan so that you could experience the gift of re-connecting with your omnipresent self.

Before you came here, you set up all of the souls that were here to betray you, (just as it seemed God had betrayed you,) in order to help bring up all of this separation from God and give you the choice to remember the connection that was there all along. Will you continue to believe in separation? Or will you remember? Will you choose the love that you are?

Or the fear and hurt that you aren't? Will you remember who Source or God, a.k.a. You truly are?

Chapter 5

What if there are Two 2 Versions of Your Experience, Your “Divine Self” and your “Human Self?”

Let's have a quick recap of what we've covered so far.

- ❖ Self-Love is the single most important gift that you could give you.
- ❖ All of the problems, issues, and patterns in your life will transform as you fully master Self-Love.
- ❖ We raised your awareness about the patterns that are behavioral indicators that you are not loving you.
- ❖ The Universe has one mission: to return you to Love.
- ❖ Everything that happens in your life is on your behalf to return you to Love.
- ❖ Every trauma that you experience in your life is designed to heal and transform your **core separation from Source**.
- ❖ You chose to come here and knew what you were choosing, to experience separation to enrich your experience of yourself as God.

Good we're all on the same page. In the next section, I will teach you how to use these traumatic experiences in your life as tools to end the initial separation from Source. Once you are healed, the Universe (and your life) will get to reflect back the Love that you are, instead of the hurt, fear and anger that you still have unresolved.

Let's begin by teaching you a very important concept that will shift the way that you look at your life experience and give you the clarity and awareness that you need to transform all of you into Self-Love.

What if there are actually two versions of you? And what if each of these versions is having its own unique experience?

Have you had those moments where you were fully experiencing the God or Love that you are? In that moment you knew it all because you were being it all: all the joy, all the love, all the peace, all the possibility! Only to then feel the complete opposite just hours later and feel the frustration of limitation, total separation, judgment and resistance?

This is because you are not just having one experience. You are a multi-dimensional being that alternates connection to either your “divine self” or your “human self” by giving focus to one of these experiences. When you do this, your life feels a bit like a pendulum swinging between high and low, human and divine.

Once you realize that you are having two different experiences, you can then navigate between them more efficiently and with ease. You can be honest about what each of them knows and feels. Sometimes, you may notice that they may appear to be entirely opposite of one another. Knowing that there is this contrast will allow you to honor each part of yourself more fully and you will no longer be trying to mix all of these emotions together and make yourself one person. When you do that, you will not judge your “human self” and invalidate what your human self is thinking and feeling with your divine awareness. Conversely, you will not invalidate your divine awareness with what your human experience is. This will allow you to embody a space of non-judgment, thus making Love more accessible to both versions of yourself.

Once you have returned your “human self” completely home to Love or God, your “human self” will have the ability to blissfully coexist with your divine self in heaven on earth.

How difficult has it been to try and define who you are? Impossible right? When someone asks you, “How are you?” How hard has it been to pinpoint the myriad of emotions that are being experienced in any given moment?

But that is perfectly acceptable because not only do you have one version of yourself to know, but you have multiple, some of which even contradict each other. Society argues that you should “know” yourself, and how you’re feeling, thereby limiting you to one experience. When you define yourself as just your “human self,” it cuts off your experience with your “divine self”, which contains all of the energies necessary for your human self to heal and transform.

There were two of me present when the doctors told me on May 11th, 2015 that I had 8 weeks to live: the human being Rikka and the divine angel Rikka. Both had two very different reactions. Both had two totally different stories. And eventually, both embarked on two very different journeys. However different they were, the destination was the same. This is the story of my own return to self-love.

The human being called Rikka was terrified and trying so desperately to be strong. My clammy hands kept reaching for my boyfriend John’s embrace as we crossed our legs and sat awkwardly. My human self wanted to run, to be absolutely anywhere except for that uncomfortable plastic chair, waiting for the doctor to come in. All the while, this inescapable voice of fear kept nagging, “I know what’s coming. They’re going to tell me that I’m going to die. I’m not loved. This world doesn’t want to keep me here. I’m going to die.” I had never been more terrified in my life.

Suddenly, the angel Rikka stepped in, took a deep breath, and said, “Ahhh... I have been waiting for this moment, I can feel the long awaiting transformation that is on the horizon. We are returning to love! We are about to embark upon the greatest journey of all!” There was nothing but joy and relief in her angelic heart, which made my human self extremely uncomfortable. It didn’t make sense that she could be joyful at a time like this. It didn’t seem to my human self like a normal response to getting results from a doctor that may kill me.

But my “divine self” kept saying, “It’s going to be all right. You’re safe. I’m here with you. Everything is going to be all right. No matter what they tell us, I know that we will make it through this, ok?” Let’s take a deep slow breath, 7 seconds in, 7 seconds out. I’m ok. Everything is going to be ok. You’re not going to die. Let’s just take this one moment at a time.” My divine self kept trying to comfort the human part of me.

Just then, the doctor bursted in the room. His face was almost green. As he opened his mouth to deliver the news, his lip began to twitch uncontrollably.

“You have Stage 4 Melanoma cancer that has spread to multiple parts of your body. We’ve detected tumors in your brain, your lungs, your liver, your adrenals, and your colon. The most dangerous are the 7 tumors in your brain, one of which is the size of two golf balls. Have you been feeling any symptoms?”

My human self thinks, “This can’t be happening. He must have been looking at someone else’s scans. I don’t have cancer.”

“Is there any way this is something other than cancer?” human Rikka asks.

“No, the biopsy confirmed that it is metastatic melanoma, meaning it has spread all over your body.” This is very serious. I am guessing that you have around 4 pounds of cancer in your body, and that percentage is extremely high considering the fact that you only weigh about 115 lbs. I’m recommending immediate treatment. I know a doctor in LA that has had remarkable results with melanoma that has metastasized to such a degree. Here is his information.”

As the reality of the situation began to sink in, my human self started to panic. I could only think, “Holy sh@t, this can’t be happening. This isn’t happening. This can’t be true.” Then I turned to John and said, “What are

you getting from upstairs?” (referring to his divine self). “Am I going to be okay?”

John said, “I get that you’re going to be okay. Do you get that?”

My divine self agreed, “Yes that’s what I get, too.”

And even though my divine self knew that everything was going to be all right, my human self wasn’t spared from every possible emotion that accompanies facing death.

This was the beginning of my realization that there were actually 2 different versions of me having two totally different experiences. The key to navigating this division is to learn how to use your divine self to heal and transform your human self and end all separation between them.

It’s probably normal for someone going through this to think, “Am I schizophrenic? Do I have multiple personality disorder? Part of me is in divine perfection and joy while the other part is in sheer terror!

This is exactly what our journey in returning home to love is: uniting with these parts of us that are stuck within the initial separation from Source that are experiencing fear, anger and grief. As we bring in our divine self, we help the Love that we truly are to raise our human experience into a divine experience. So everything in your life that seems “traumatic” is actually an attempt to get you to feel the initial separation from Source and return to Love.

Below is a chart of the qualities of the “divine self” and the “human self” so that you can determine which perspective of self you are operating under at any given time.

**Qualities of the
“Divine Self”**

Qualities of the “Human Self”

Knows that Love is something that they are intrinsically.	Thinks that they have to “do” something in order to prove that they are Love.
Knows and feels that everything is Love	Perceives energies as being something other than Love due to the illusion of judgment.
Allows themselves to flow with infinite energy.	Inhibits flow with infinite energy. Judges energies as bad (and tries not to be them) or good, (and tries to just be them; instead of the whole spectrum.)
Knows that everything is made of infinite possibilities and that everything is possible in any moment	Thinks that some things are just “not possible.”
Knows that they are infinitely loved and supported	Is afraid or feels like they aren’t loved and supported.
Knows that every experience is here to fully support them in knowing and being the Love that they truly are.	Believes that the world is acting against them in some way.
Knows and feels fully that everything in their past has been a gift that supported them and brought them to being the Love they truly are.	Tries to control and manipulate situations to prevent “bad” things from happening.
Loves themselves so much they would never believe in “wrong” or “right.”	Think that they are “wrong” or “right” and punishes/rewards themselves accordingly.
Embraces change knowing that God is ever-expanding. If things are changing, it signifies that God is making space for things to get better	Resists change by automatically assuming that change means that things will get worse.

Feels free to be themselves. All of the joy, love, peace, possibilities and magic.	Avoids disappointment. Your human self has been so disappointed and hurt that they avoid showing up so that they don't get disappointed.
Loves themselves infinitely and completely as they already are.	Thinks that there are things that need to change about themselves in order to be loved.
Knows that choice leads the way and that they can choose any life.	Invents excuses "why" they can't choose something. (Usually says that they don't have the time or the money) Also creates "no choice". It's the difference between making yourself sick so that you don't have to go to school and knowing you are healthy and simply choosing not to show up.
Knows that they chose every experience they were going to go through before they came to this planet and it is all working on their behalf to return them home to Love.	Feels like "bad" things just happen and have happened to them and therefore doesn't trust.
Holds the vision for the possibilities no matter what reality shows them.	When reality shows up as something they don't want the human self will try and settle to make themselves feel better by saying "I guess that's just the way that it is." Or fight the illusion, when that adds energy to the limited reality.
Knows and feels that everything is beyond ok; it is all a perfectly leading everything and everyone to love!	Tries to make everything and everyone "ok" because they believe that it isn't.
Knows that they are beyond worthy and deserving.	Feels unworthy or undeserving

Knows that everything that they have ever chosen has been from Love.	Feels like they need to make up for the “bad” things that they’ve done, even if they don’t know what they are.
Trusts knowing that everything is serving in the highest.	Doesn’t trust, is skeptical and doubting.
Knows that everything is possible and whatever is requested from their heart is in the highest possibility for all.	Doesn’t want to believe fully in their divine self and what’s possible because they perceive to have been disappointed in the past.
Knows who they are and doesn’t feel the need to prove anything to anyone.	Is always trying to prove something: they’re a “good person”, or that they’re “caring” or “loving” or “honest” or “kind” because they believe themselves to be the opposite.

Doesn’t need anyone to be any different. Knows that everyone’s path is perfect and that they need to experience exactly what they are experiencing in order to return to love.	Is always trying to “fix” “change” “help” “save” or “rescue” the people around them. This is because they feel like they need to be “fixed” “changed” “helped” “saved” or “rescued” themselves.
Has total compassion and love for the “grief” and “sadness” that the human self is going through.	Tries to avoid “grief” and “sadness.”
Feels one with and supported by all of God; they know that they belong.	Feels uncomfortable, like they don’t fit in and don’t belong. (Because they’re trying to belong (where they don’t belong) in the illusion.
Feels a part of God and the angels and everything. Knows that they are never alone.	Feels alone and is afraid of being alone.

Loves and honors space and “doing nothing”	Tries to always keep busy to potentially avoid facing the feelings and emotions that will come up if they stop doing so much.
Knows that each soul was an angels that agreed to come here and play any roles for them to help return them to love. Is grateful for the people that “betrayed them.”	Feel betrayed and hurt by people in their life.
Knows that every part of them; human and divine self, are un-judgeable and totally loveable.	Judges both themselves and others.
Knows that there is nothing that needs defending against.	Builds up defenses against things they perceive are attacking them
Would never allow a thought that didn't serve them to come into their consciousness.	Picks up on the judgments and thoughts from the illusion and believes them to be their own, judges themselves for being “judgmental.”
Entirely present and not wanting to miss a moment of this magical existence.	Uses beliefs, habits, personality, meaning and definition to run on autopilot.

Allows energy to flow through them knowing that all energy released will inevitably return to Love.	Tries to “hold on” and put “defenses up” against energy because there is not enough or it could do something “bad” to you.
Knows that everything is infinite and all energy is from an infinite source.	Thinks and feels that there is “not enough”.

How many moments have you felt both your “human self” and “divine self” experiencing these totally different worlds and thought that there was something wrong with you? Now that you know the different qualities

between your “human self” and your “divine self”, you can begin to differentiate which mode you are functioning in within your life experiences.

So next let’s go over what works and what doesn’t work to heal and transform your “human self”.

Chapter 6

What Your Human Self Needs to Know & Feel In Order to Transform

This next section will give you a framework for what works to return your “human self” to Love. Once you understand these principles you will be able to know exactly what your “human” self needs in order to heal and transform.

Works to Transform

Your Human Self into Love

Doesn't Work to Transform

Your Human Self Into Love

<p>Presence Being present with the depth of what your “human self” is going through. You can’t heal what you’re not willing to feel. Here is a secret that will help you get around your defense system. You can use your mind to help by saying to yourself, “I’m willing to feel what I don’t want to feel.” Choose to energetically go where you don’t want to go.</p>	<p>Not Being Present Avoiding or hiding the emotional content and feelings that your human self is feeling. You might find yourself checking out by daydreaming or letting your mind run when you are on the brink of total life transformation. When that comes up, make yourself be present and feel instead of think.</p>
<p>Patience Giving your human self the energy of “I will wait forever for you”, so that they know it’s safe and you aren’t going to judge and abandon them.</p>	<p>Being Impatient Getting impatient with your human self with “You should be over this already!”, not accepting that everything is happening in divine order.</p>
<p>Love Be loving. Tell your human self that you love him or her and tell them what they need to hear in order to believe you. What would you have to say, do, or be in order to repair the relationship?</p>	<p>Judgment Judging your human self and making it feel like it shouldn’t be feeling the way that it does. Feeling angry, shameful, or embarrassed that it has emotions coming up and you still have “work to do.”</p>

<p>Safety & Protection Your human self has to trust you in order to open up. Be that safety by being loving, kind, compassionate, and caring. Tell your human self that it's safe and that everything will be okay.</p>	<p>Feeling Not Safe or Protected Our human selves have been betrayed by the people we loved the most. We may have even been betrayed and hurt by our parents, whose whole job was to keep us safe, a lot of the time were the most harmful. The "human self" is hurt and needs to feel totally safe with you in order to let you in.</p>
<p>Perfection Seeing and feeling your human self as perfect the way that it is.</p>	<p>Illusion of Not Being Perfect Thinking "I want this to change" or "I want this to go away" or "I want to be done with this."</p>
<p>Knowing Your Special Make your human self feel special. They are special. Look at all that they had to go through to give you the experience of returning to love!</p>	<p>Believing That You Don't Matter Believing that you don't matter or are not worth giving your loving time and attention to.</p>
<p>Missed A lot of the time telling your "little one" or "human self" that you missed them will help them feel like they want to come back to you.</p>	<p>Not Missed Coming from the energy of "you don't matter." Or I don't care about you.</p>
<p>Needed The part of you that you are healing left you because it thought that it was a burden and you didn't need it. This will help repair that part of the relationship.</p>	<p>Not Needed Coming from the energy of your human self not being important.</p>
<p>Worthy and Deserving This is where you can honor your human self and claim back the things that you couldn't receive without healing your human self. Saying things like "You</p>	<p>Worthless Or Undeserving Thinking or feeling like you're human self is less than you.</p>

deserve to be successful!” “You deserve to be loved!”	
<p>Feeling Heard Your human self/little one needs to say what they need to say and be heard in order to complete the transformation.</p>	<p>Feeling Ignored Ignoring your human self by not listening.</p>
<p>Compassion & Understanding Your human self is trapped in separation because during the trauma they didn’t have the compassion and understanding to anchor love into reality.</p>	<p>Lack of Compassion & Understanding Not being compassionate and understanding. Your human self has been through hell and back. Be kind, compassionate and understanding with the way they feel.</p>
<p>Seen & Acknowledged When your human self went through the trauma that they are suffering from they felt like no one could see where they were really coming from. When you see and acknowledge what their true intentions are they are set free.</p>	<p>Not Seen or Acknowledged What would you have to say, do or be in order to have your human self feel seen and acknowledged?</p>
<p>Stood Up For When you are working with your human self you want to stand up for them. Let’s say your human self has been judged by your mom. You’ve got to stand up for them by saying something like “You didn’t deserve to be judged by your mom. I promise I will never let anyone judge you again!”</p>	<p>Unrepresented Not standing up for your “human self.”</p>
<p>Steadfast in Love You want your “human self” to feel and know that you will never stop loving them, no matter what happens.</p>	<p>Giving Up On Love Betraying your “human self” with going in and out of loving them.</p>

<p>You Matter to Me</p> <p>This can be a game changer. When your “human self” went through the trauma, they felt like they didn’t matter. Show your “human self” that they DO matter to you.</p>	<p>Unimportance</p> <p>What would you have to say, do or be that would make your human self know that they matter to you?”</p>
<p>Letting your human self be a complete victim</p> <p>Allowing your “human self” to feel everything it needs to feel and say everything it needs to say.</p>	<p>Invalidation of Your Human Self’s Pain</p> <p>Not letting your human self be a victim. Imposing aspects of your divine self before your human self has undergone what is necessary... Saying things like, “I’m strong, I’m not affected by this” or “this wasn’t that big of a deal.” This will invalidate your human self.</p>
<p>Divine Purpose</p> <p>This is the last part of the transformation. Once your human self has said and felt everything that they needed to, they will be ready to expand into the world of your divine self.</p>	<p>Not Recognizing the Divine Purpose</p> <p>Not allowing yourself to see the bigger picture and how this serves you and everyone returning to love.</p>

Chapter 7

Letting Your Human Self Be A Victim

One really important aspect of working with your human self is allowing your human self to be victim... completely. Your human self has been betrayed, lied to, cheated on, neglected, abandoned, left, judged and projected upon, beaten, hurt, wrongly accused, and everything under the sun. The statistics say that 1 in 5 women have even been sexually molested. 1 in 4 women have been beaten by a partner they were intimate with. 1 in 7 men have experienced severe violence at the hands of an intimate partner. And these are just the people that were willing to speak up. The actual number is likely higher when you include those who remain silent.

This level of violence, judgment and separation is not natural and is even more intense for you because of how highly aware and sensitive you are. You are not alone. We have all been through trauma in our lives and hold a lot of the same belief patterns until we're willing to do this work and shift these old vibrations into love.

Do you see how much compassion and understanding you ought to have for you with everything you've been through? Can you realize that the part of you that has been victimized by the traumas that have occurred in your life really ought to feel this way? And that it's okay that that part of you is hurt and feels unloved. Can you see that it's understandable that you haven't let anyone truly in to love you because that part of you doesn't trust people? And that you're always waiting for the other shoe to drop because of all of your life experience of being abused? Do you see how everything that this part of you is feeling is not "bad"; rather it needs you to be there for that part of yourself and love him/her back to health?

Are you willing to have total compassion for your "human self"?

What also doesn't work to transform your human self is allowing your "divine self" to invalidate what your "human self" is feeling. You may find yourself doing that because you know that you are divine. You know that none of this is real. You know that it was all a gift that was designed to return you to love. But don't allow your "divine self" to step in and invalidate your "human self's" feelings. When you do this, it matches the abusive energy of the initial betrayal and won't work to help heal your "human self" and return them to love.

Now that you know what works and what doesn't work to heal and transform your "human self", let's begin to put these energies into a language that you can use to return your "human self" to Love.

Chapter 8

*The Energies From Your Divine Self
that Will Help You Mend the Relationship
& Bring Your Human Self Home to Love*

The Energies	What to Say & Be With Your Human Self
Presence	"I'm here for you. I will never leave you."
Patience	"I will wait forever for you."
Love	"I love you."
Safety	You are safe. I am here now. I will never leave you. I love you."
Perfection	"You are perfect just the way that you are."
Specialness	"You are so special to me."
Missed	"I've missed you."
Needed	"I need you in my life. Please come back to me."
Deserving and Worthy	"You deserve to have ____." "You deserve to live in love with me. You deserve to be successful. You deserve to feel loved.
Heard	"I'm listening. Tell me how you really feel. Tell me everything!"
Compassion & Understanding	"This must have been so hard for you. I'm so sorry that you went through this. No one should have to go through this. I understand _____. I understand why you left me. I understand why you don't trust me."

Seen & Acknowledged	“I don’t see what you did as a bad thing. I love this about you. This showed that you were creative. That you weren’t going to take no for an answer. You only did this because you loved so much and you wanted them to be free. You did this for humanity. You are amazing, a gift beyond measure!”
Steadfast in Love	“I will never leave you. I will always be here for you.”
Stood Up For	“I’m here now and nothing like that will ever happen again.”
Divine Purpose	“Thank you for helping me return to love, I could have never done it without you. I’m so grateful for you!”
Ever Expanding-Ever Changing	“Don’t be scared “little one” things are just changing for the better. God is just making space for something even more amazing to show up.”

Whenever something comes up in your life essentially you are being asked to love that part of you back into love. Take time to give loving attention to your thoughts, emotions and feelings. They are a great key to show you the parts of you that you have not yet returned to love. You can use the statements above anytime to heal and transform any past emotional content that your “human self” is going through.

Ready for your next step in returning home to love? We’ve all heard that we came to this plane of existence because we have lessons to learn. Did we come to “learn lessons” or did we come to remember and be who we truly

are? We came here to remember who we are right? So each of the patterns that come up in your life are attempting to return you to the BEING of infinite God energy that you are. Once you are BEING these energies there is no longer a need for the pattern.

Are you ready for the vibrational alignment that will end all of the patterns in your life? That if you step into be-ing these there will be no more need for the illusion to teach you lessons? Yes? Good!

It is time for you to give yourself the gift of the 9 Essential Elements of Love / God. When you be these, it is like taking a short cut. Instead of making the illusion teach you painful lesson after lesson attempting to get you to open up into being these 9 elements, you'll get to go straight to being these energies. Thereby eliminating the future of suffering through these lessons. Is that amazing or what?

These are the essential elements you must give to your "human self" in order to fully transform it into Love. These are the elements that will return every part of you to Love. This entire reality is trying in every moment to bring you home to these Elements. When you master these elements it will end all of the "lessons that you have to learn."

This is the short cut for ending all separation, limitations, patterns and judgments.

Chapter 9

9 Essential Elements of God/Love To Eliminate All Lessons

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"I Love Me Activation"](#)

You came here to go on a divine hero's journey: returning you to Love. A quest where at every moment, you get to stand up for what you know and what you are (which is love) in the face of the illusion of separation. Before you came onto this plane, you agreed to go through everything you needed to almost fully forget who you may believe yourself to be. You were given the gift of experiencing the depth of this separation from God so that the separation felt completely real.

Before you came you set up all of the souls that were here to betray you, (just as it seemed God had betrayed you,) in order to help bring up all of this separation from God and give you the choice. Will you continue to believe in this separation? Or will you remember that you are one and the same? Will you choose the love that you are? Or the fear and hurt that you aren't? Will you remember who you truly are? Will you give yourself the gift of these elements of God that you are in every moment?

There are 9 Essential Elements of God that you are here to remember and be. These are the essential elements you must give to something in order to fully transform it. These are the 9 Essential Elements that will return every part of you to Love. This entire reality is trying in every moment to bring you home to these Elements.

These elements are the energies that you can use to:

- A. Heal your past and return it to Love
- B. Heal your human self or little one and return it to Love
- C. Heal your body and return it to Love
- D. Heal your relationship with money and return it to Love
- E. Heal your relationships and return them to Love
- F. Heal yourself and return you to love

Essential Element of God / Love / You	Truth of Knowing to Embody	Truth of Feeling to Embody	Indicator that you might be “learning” this human lesson. (thoughts, feelings, beliefs, or other patterns you might be experiencing)
1st Essential Element: God is Being Present	<ol style="list-style-type: none"> 1. You know you are, and have always been inside of God / Love. 2. You were never, and will never be, alone. . 3. Knowing that separation within the past and 	<ol style="list-style-type: none"> 1. Feeling a part of God in every moment. 2. Living in Love in this precious present, knowing that the past and future do not exist. 	<ol style="list-style-type: none"> 1. Feeling alone 2. Feeling like you have to do it all by yourself. 3. Having regrets/ judgments about the past or anxieties about the future.

	future don't exist.		
2nd Essential Element: God is Timeless & Infinite Patience	<ol style="list-style-type: none"> 1. You know that God will wait forever for you to know that you are love, and you are loved. 	<ol style="list-style-type: none"> 1. You feel deeply peaceful and spacious knowing that time doesn't exist. 2. There is no hurry and there is no waiting. 3. Everything that you came to this plane to do has already been done. 4. The energy of God will wait forever for you to open your heart to love. You're not late or early. Divine timing is infinite. 	<ol style="list-style-type: none"> 1. You might be impatient with the way your life is showing up right now. 2. You hear yourself saying "I want to be done with this transformation already." 3. You judge you in regards to time in terms of what you have and haven't accomplished.
3rd Essential Element: God is Never-Ending, Ever-Present Love	<ol style="list-style-type: none"> 1. You know you are always and have always been 	<ol style="list-style-type: none"> 1. Knowing and feeling that you are loved infinitely. 2. Knowing and feeling that 	<ol style="list-style-type: none"> 1. You don't love, cherish and honor yourself. 2. You put other people first.

	<p>infinately loved.</p> <p>2. You are safe, protected, loved and supported</p>	<p>never-ending and ever present love in every moment.</p> <p>3. Knowing you are safe, protected, and loved.</p> <p>4. Knowing that It is an illusion that you have died or been hurt.</p> <p>5. Knowing you are fully supported in all that you are.</p>	<p>3. You think that there is something you need to be, do or accomplish in order to be loved.</p> <p>4. You are still trying to get it “right” or “perfect” before you’ll allow yourself to be loved.</p>
<p>4th Essential Element: God is Divine Perfection</p>	<p>1. Knowing that you are divine perfection.</p> <p>2. Knowing your experience is divine perfection.</p> <p>3. Knowing your life is divinely perfect the way that it is.</p> <p>4. You know that nothing</p>	<p>1. Living the moment by moment experience of total perfection.</p> <p>2. Nothing needs to change, be fixed or be different.</p> <p>3. The total embracing of the perfection of each moment.</p>	<p>1. You are trying to “fix” or “change” you.</p> <p>2. You are trying to “fix” or “change” other people.</p> <p>3. If you are having any resistance.</p> <p>4. If you are anxious.</p> <p>5. If you are not feeling supported.</p>

	<p>needs to be fixed, changed, or altered in any way. It is all perfect. And it just needs to be seen as the perfection it truly is.</p> <ol style="list-style-type: none"> 5. Knowing you are fully supported. 6. Knowing that you can trust Love. 	<ol style="list-style-type: none"> 4. Having no resistance. 5. When you are living in perfection you feel totally safe, and you fully trust God, energy and the moment. 6. Knowing that whatever choice you, or anyone is choosing, it is perfect for what they need to experience to return to love. 	<ol style="list-style-type: none"> 6. If you feel like you can't trust God. 7. You try to control things and play the role of God. 8. You think you know more than other people.
<p>5th Essential Element: God is Infinite Compassion</p>	<ol style="list-style-type: none"> 1. Knowing you are infinite compassion. 2. Knowing that everyone is a part of you and since you have compassion for all of you, you have 	<ol style="list-style-type: none"> 1. Feeling the softness and spaciousness in your heart for the "human" sides of you and all other people. 2. Having no judgment about yourself or anyone. 	<ol style="list-style-type: none"> 1. You resist your "human" emotions. 2. You judge you. 3. You judge other people.

	compassion for everyone. .		
6th Essential Element: God is A Sacred & Holy Gift: You are a Sacred & Holy Gift	<ol style="list-style-type: none"> 1. That you are divinely special; this gift of life has been given to you! 2. Knowing that you are beyond worthy and deserving of this gift to live with God inside you. You are God. You are I AM. 3. You give yourself and your experience to God/Love in every moment. 	<ol style="list-style-type: none"> 1. Feeling and knowing that you have been given a sacred and holy gift... The gift of life. You GET to live. You GET to love. You GET to have God/Love inside of you. 2. Knowing how special you are, that there is not another one of you. You are preciously unique. God cannot replace you in its heart. There is not another one of you. You are one of a kind. Celebrate being you!. 	<ol style="list-style-type: none"> 1. You don't embrace and treasure every moment. 2. You feel as if life is more of a punishment rather than a gift. 3. You don't feel special or know how much you matter. 4. You don't allow yourself to discover your unique talents and abilities. 5. You think that someone else has something that you don't.

<p>7th Essential Element: God / Love is Ever-Expanding and Ever-Changing</p>	<ol style="list-style-type: none"> 1. Knowing that you are safe in the midst of change. 2. Knowing that the truth cannot be destroyed. 	<ol style="list-style-type: none"> 1. You surrender to every experience knowing that God is constantly expanding and changing. 2. You feel safe in that change. You even know that change is a sign of improvement. . You invite it because change is just expansion. 	<ol style="list-style-type: none"> 1. You try and control things. 2. When things are changing, you put the brakes on and resist it. 3. You fight the moment. 4. You judge things to try and keep you, your life, and other people stagnant.
<p>8th Essential Element: God is Infinite Possibility</p>	<ol style="list-style-type: none"> 1. Knowing that by embodying infinite possibility, you are returning everything to its natural state of magic and miracle. 2. You know that everything is actually 	<ol style="list-style-type: none"> 1. You feel the space and magic of infinite possibilities in every moment. You know that all you do is hold the space for the infinite possibilities and watch the magic unfold before you. 	<ol style="list-style-type: none"> 1. You believe reality when it “shows” you that nothing else is possible. 2. You’ve given up on creating your dream life because you decided it wasn’t possible. 3. You create expectations in order to

	<p>infinite possibility and not the way it appears to be.</p> <p>3. You know that all you have to do is hold the infinite possibilities and God or Love will raise everything to the highest order.</p> <p>4. You know that everything is actually infinite, and you let it be infinite. You don't limit the possibilities by creating judgments, conclusions, or expectations</p>		<p>control the best outcome in the future which limits the future outcome.</p>
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	that would limit what was possible.		
9th Essential Element: God is Light	<ol style="list-style-type: none"> 1. Knowing that you are light in form 2. Knowing that everything is made of light. 	<ol style="list-style-type: none"> 1. You experience the light in you, the light in nature. 2. Feeling the lightness in you and your body. 	<ol style="list-style-type: none"> 1. Feeling, heavy or tired. 2. Doing patterns of separation as a way to try and “find” your self. Like “searching” for something outside of you instead of just being you.

So, what if the patterns or limitations that you perceive are actually doorways to return home to the love that you are? What if every time you have a pattern come up, you celebrated! Yes! This means part of my divine self is trying to come through the illusion and return home to me! Woohoo! Would you allow yourself to celebrate the event when it happens?

Exercise: Divine Self vs Human Self

Let's play a game. Let's see how many divine aspects of you that you can come up with and match to their human counterpart.

What is also amazing about this is that every part of the illusion is trying to return us to Love. It does this by showing you what you aren't so that you can choose to be what you are.

Therefore, every pattern that emerges in your life is simply the presence of your magnificent divine self. For example, if you're feeling like you don't trust God, it is merely your divine self trying to show you the deep and expansive level of trust you have for God.

The following statement is helpful in pinpointing the relationship between the patterns of your human self and divine counterpart that is trying to return itself to you.

Step #1: Fill in the blanks; "When I am feeling like I _(limited pattern)_, that means my divine self is trying to bring me into _____."

For example: When I am feeling like _I can't trust,_ that means my divine self is trying to bring me into _an awareness of my knowing of how fully I can trust God._

Chapter 10

Giving Yourself The Love That You Didn't Receive & Rewriting Core Programs

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"I Give Myself To Me"](#)

You are a pure being of God's light and Love. Your true vibration is so high light, and beautiful that your Love makes the angels cry with gratitude. When you recognize the pure divinity that you are, your love awakens the planet in this universe and in all other universes healing and erasing what has been done in the name of fear and separation. Your love is a magic elixir that brings you, everything and everyone home to the fullness of God that everyone is meant to experience.

As we talked about above, because of your awareness of Love or God itself, you have chosen to come to this plane of existence and light the way for the awakening. You are the trail-blazer, you are the door-opener for all, you are meant to lead the whole back into love. Thank you for this. Thank you for coming here. Thank you for your sacrifice. The gratitude and love that exists on the higher planes for you is beyond what words can express. As a pure being of love untouched by separation, you have courageously come into a plane of existence to experience separation, or what is "not you." To then release what is "not you" and to be and know your true self so fully that you unravel what everyone else is believing that is them, that is not their true self, and set everyone free... That is truly wonderful gift.

When we came down to this plane, we each chose our energetic journey. We asked our fellow angels if they would come down here to embody and play roles for us to help us experience separation so that we could have all of the information we needed to forgive them and forgive ourselves while returning each of these experiences to love. This story is depicted in Neale Donald Walsh's children's book; "The Little Soul & The Sun."

[Click Here](#) to download it.

This role that our fellow angels would play would be perfect for bringing up all the separation from Source that we had. It would mimic all of the hurt & pain, fear, anger, powerlessness, shame, guilt etc. that we have experienced in each lifetime so that we would have a chance to fully experience the depth of separation from Source and then return it to love. Which sets us free!

It is now time for you to be there for you. To give you the Love that you haven't yet received in your life. When you do, Self-Love will be easy because all of you will simply emanate Love.

So where in your life did you not receive the love that you needed? For most, this may trigger memories from childhood. In order to release the part of you that is the victim, you need to let yourself feel and experience everything that you couldn't feel and experience when you felt unloved. Whatever you don't allow yourself to "feel" cannot "heal." For example, if you were to break your leg and the doctor didn't set it right, you would be walking around with a limp because the trauma didn't heal correctly. That

leg would have to be opened back up, and set right in order to heal right for you to have 100% capacity with your leg again.

The same thing happens emotionally during painful events and traumas in our lives. In the moment you experience this trauma, you didn't feel equipped with this healing spacious self-love, so you created ways to suppress, defend, create beliefs about and/or protect against what was going on instead of fully experiencing it. *(This was you as the doctor not setting your leg right.)*

In those moments you didn't have enough awareness, understanding, and connection to God or Source to stay in the vibration of love that you have now. So, you did the best you could at the time. However, now you can be there for yourself in a way that you may not have been able to be before. You can acknowledge that part of you that went through those experiences and is still hurting, be there for that part of you, love that part of you, listen to that part of you, and finally integrate that part of you back into the divinity and love that you now have to offer.

So in order to heal these parts of you, we need to let the part of you that is trapped and feeling unloved tell its story and release its feelings. The key is to not edit, change, modify, deflect, intellectualize, or analyze anything that this part of you is saying. The key is to not let your head take over and instead stay in your heart and in your body where the information about this trauma exists. The words that this "human self" or "little one" part of you is saying during this exercise don't define you and won't limit you. This is a

process of releasing this information that is trapped in this event and letting that part of you finally have a voice and say what it needs to say.

When you go through a traumatic event and aren't able to stay in Love part of you stays trapped or frozen in that event, and part of you splits off from your being. These are the parts of you that keep acting out in some form of betrayal from self; judging you, wanting you or your life to be different, judging other people, not letting you have the abundance, relationship or life that you deserve etc. These are the parts of you that you separated from were the parts that weren't safe in the experience. The energies and parts of you that you felt would be destroyed if you didn't hide them.

Lets begin looking at where in your life where you didn't receive the love that you needed and go back and give yourself that love so that you can begin to heal those old wounds and rewrite your core patterns. These questions will help you become aware of the wounds that still need healing.

Before we begin I wanted to share an example from my life that I returned to Love. My mom and I had a tough relationship when I was growing up. She was raising 5 kids, which sometimes caused her to act overwhelmed, angry and resentful. I remember really wanting to try and get my mom to receive my love. I thought it would help her love herself, and help her love me more. But every time I did this, I felt like she shut me down.

One Valentine's Day, I spent hours making a really nice card for her. I thought, if this doesn't work and get her to love me, nothing will and I'll give up trying. Finally, when I gave her the card I made with all the love in my

heart, she just looked at me suspiciously and asked, “What do you want?” I was devastated. I gave up on giving her any more love in that moment. It hurt too much. It felt like she thought of my love as a manipulation. I felt hurt and betrayed. I thought, why did you even have me if you were going to reject my love? I’ll write in my experience for you to get a sense of what this brought up for me as a guide to assist you with your processing. This is only an example; you can alter the outline to fit your own processing needs.

Step #1: “What did you want from your (mom) that you feel she didn’t give you?” This will begin bringing up the experiences from childhood that we need to return to love. Pick one of the experiences and ask these questions to open your awareness to what these events are bringing up for you to heal. Fill in the blanks for yourself and keep asking each one of these questions until you don’t feel there is anything else to bring up. You can run this process on where other people haven’t given you the love that you needed.

Step #2: When (my mom) - (rejected my Valentines Day card) it made me feel _____.

- A. *Sad*
- B. *Angry*
- C. *Disappointed*
- D. *Mad*
- E. *Lost*
- F. *Dirty*

Step #3: When (my mom) - (rejected my Valentine's Day Card)
it made me believe _____ about myself. (List all
of the beliefs)

- A. *That I was bad or evil*
- B. *That I wasn't a gift*
- C. *That I was a burden*
- D. *That my love was a burden*
- E. *That I was unwanted*
- F. *That my love was bad or evil etc*

Step #4: When (my mom) - (rejected my Valentine's Day Card)
it made me think _____ about my future.

- A. *That my love would never be received.*
- B. *That my love would cause rejection.*
- C. *That no one was ever going to love me.*

Step #5: When (my mom) - (rejected my Valentines Day Card)
I knew I would never let that _____ (part of me) to
show up any more because it wasn't safe.

- A. *Loving, gentle, sweet, vulnerable*

Step #6: When (my mom) - (rejected my Valentine's Day Card)
I decided to never _____ again.

- A. *Let myself express that much love*
- B. *Open my heart that much*

Step #7: When (my mom) - (rejected my Valentine's Day Card)
I lost the part of me that _____.

- A. *Knew my love was a gift*
- B. *Was able to love my mom*
- C. *Felt safe to open my heart*

Step #8: When (my mom) - (rejected my Valentine's Day Card)
I became _____ and that made me not
feel safe with me anymore.

- A. *Defensive*
- B. *Angry*

Step #9: What I needed from you, (mom) was
 A . What you
gave me instead was B

- A. *Love*
- B. *Judgment*

Step #10: (Mom) , you were supposed to
_____.

A. Love me. Why did you have me if you were going to reject my love?

Step #11: ___(Mom)___, you didn't give me _____
instead you gave me _____
_____.

A. Love, meanness.

B. Gratitude, judgment

Step #10: What is one of the beliefs that you have suffered from since the trauma?

A. "I'm not worthy." "I don't deserve to be loved."

Step #11: Did you suffer that belief in the lifetime before that?

A. Yes? And the lifetime before that?

B. Yes! Amazing right?

Step #12: Was experiencing this trauma and returning it to love something that you agreed to go when you came here?

A. Yes!

Step #13: How are these thoughts, feelings and beliefs affecting you today?

Now let's bring in the divine self and heal and transform the "human self" or "little one."

Step #14: Connect with the earth and upstairs. (See process on page 11)

Step #15: Now feel the part of you that went through this trauma. Imagine that she or he is hiding in a closet. Find that part of you by opening up to feeling the emotional energy associated with this trauma; this is your "human self" or "little one" that is trapped and frozen in that experience. Once you feel connected to the way that he or she is feeling open that door. Say hello and ask him or her, "How old are you?"

Step #16: Now become your greatest divine parent and talk your little one into coming out of the closet and returning to you. Tell your "little one" or "human self" the Top 5 Core Rewriting Statements™ that he or she needs to know from your "divine self" in order transform, heal, and return home to Love? As you're telling him or her each of these healing statements, feel into how much your human self or little one believes you.

With each of your statements on a scale of 1-10 how much does your little one believe you? 1 being not at all, 10 being that he or she totally believes you. Circle which applies to you.

Top 5 Rewriting Core Pattern Statements™

1. _____

_____.

a. (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

2. _____

_____.

B. (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

3. _____

_____.

b. (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

4. _____

_____.

B. (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

5. _____
_____.

c. (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

My Example)

1. Your mom rejecting your Valentine's Day card had nothing to do with you. She didn't do it to purpose to hurt you. She was going through her own feelings of anger, frustration, worthlessness, grief etc. She would have acted the same way to anyone inviting her to love in that moment. Little one, it had nothing to do with you.

a. (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

2. There is not anything wrong with your love.

b. (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

3. You deserve to be loved and have your love received.

c. (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

4. Your love is a gift not a manipulation.

d. (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

5. Will you now open your heart back up to loving as much as you truly do?

e. (1) (2) (3) (4) (5) (6) (7) (8) (9) (10)

You can use the chart of energies below from your "divine self" to determine what to say to your "human self" in order to heal and transform.

Feel free to improvise based on what your “human self” needs to hear. What you are doing is repairing a relationship. So what would you need to say, be or do in order to do that?

**The Energies From Your Divine Self
That Will Help You Mend the Relationship
& Bring Your Human Self Home to Love**

The Energies	What to Say & Be With Your Human Self
Presence	“I’m here for you. I will never leave you.”
Patience	“I will wait forever for you.”
Love	“I love you.”
Safety	‘You are safe. I am here now. I will never leave you. I love you.”
Perfection	“You are perfect just the way that you are.”
Special	“You are so special to me.”
Missed	“I’ve missed you.”
Needed	“I need you in my life. Please come back to me.”
Deserving and Worthy	“You deserve to have ____.” “You deserve to live in love with me. You deserve to be successful. You deserve to feel loved.”
Heard	“I’m listening. Tell me how you really feel. Tell me everything!”

Compassion & Understanding	“This must have been so hard for you. I’m so sorry that you went through this. No one should have to go through this. I understand _____. I understand why you left me. I understand why you don’t trust me.”
Seen & Acknowledged	“I don’t see what you did as a bad thing. I love this about you. This showed that you were creative. That you weren’t going to take no for an answer. You only did this because you loved so much and you wanted them to be free. You did this for humanity. You are amazing, a gift beyond measure!”
Steadfast in love	“I will never leave you. I will always be here for you.”
Stood Up For	“I’m here now and nothing like that will ever happen again.”
Divine Purpose	“Thank you for helping me return to love, I could have never done it without you. I’m so grateful for you!”
Ever Expanding-Ever Changing	“Don’t be scared, little one. Things are just changing for the better. God is just making space for something even more amazing to show up.”

Step #17: Now go back through your Top 5 Rewriting Core Pattern Statements™. When you say each of these to your little one what is his or her rebuttal? Then what would you have to say to your little one to get her to believe your divine self and join your divine self in Love?

My example) Your divine self says, "Sweetheart your mom rejecting your Valentine's Day card had nothing to do with you." Your little one says, "Yeah, but then why did she do it to me if it had nothing to do with me?" Then your divine self says, "Did mom love herself?" Your little one says, "No." Your divine self says, "Then she was just treating you the way that she treats herself. Her statement of "What do you want?" had nothing to do with you.

Step #18: Then bring in the energy of your divine self. If your human self needs to be loved, then bring in love from your divine self. In order to do that, bring your awareness up and feel the energy. Then bring those energies into your body through your crown and out through your feet. Feed your "human self" these energies so that they can join you in your divine experience.

Step #19: Continue the conversation and vibrational alignment with your little one or human self until she believes you and scores a 10 for each one of your Top Core Rewriting Statements.™

Now that we have completed the returning your "human self" to love let's bring in the divine conversation to raise your human self up to a divine level.

Step #19: Now connect again to the earth and upstairs. Bring your awareness up and ask for your angelic being and their angelic being to talk. Invite your (mom's) angel or higher self into your experience. What message does your (mom's) angel or higher self have for you? What

does your angel or higher self want to say to your (mom?) . What conversation could you have that would bring your relationship into a divine experience?

Here is an example of the conversation that my angelic being had with my mom's angelic being.

She said, "I love you so much. Thank you for being in my life. These places where I couldn't love you, I couldn't love myself either. I'm so sorry that I didn't love you the way that you should have been loved. You deserve to be loved. I couldn't give this to you, because I didn't have it for myself. Will you forgive me?" I said, "Of course I forgive you mom. I love you so much! Thank you for doing this for me. I had been suffering from these patterns and beliefs about myself for millions of lifetimes. And I don't have to do that anymore. We don't have to do that anymore. The pattern is done. We never have to repeat this ever again! Because of you I now know that me loving me is the most important thing. I now know that I deserve to be loved, honored, cherished. Thank you for helping me bring up these places in me where I had not yet returned to Love. I am so grateful." She said, "This was the hardest thing I ever had to do, betraying you like this. The truth is, I only did this because we arranged this before we came to set you and me free. That I would play this role for you and you would play this role for me so that we could be free to love fully. Thank you for setting me free too! Because of you I have forgiven myself. Because of you, I get to let this go too!" I said "Yes, Mom! I do let this go! I release the anger. I release the rage. I release the sadness. I release all of the beliefs that I am not good enough or not worthy of being loved. I release the grief. I release

how it felt to believe that “my mom didn’t love me.” I set you free mom! I set myself free.” “I love you mom” I love you Rikka” Now and always!”

Isn't that amazing? That they did this event FOR you instead TO you? Once you have completely returned this traumatic experience to love, you will see that the whole experience was a gift, and you will watch the person who didn't give you the love that you needed shift as well. You will have erased the pain and hurt and have transformed it into love and gratitude. You will have reconnected with the beautiful and special parts of you that you had separated from. You will feel free to fully be yourself! To love fully! To embrace the joy of life!

Because anywhere in your system where you have an idea of “this hurt me”, it makes sense that you wouldn't feel loved in that part of you. Once it's all returned to love and gratitude, you will be grateful knowing the divine purpose and gift that this experience has given you.

Isn't it amazing how much these past traumas are influencing your life today? This exercise has given you an awareness of whom you need to forgive in your life and why.

You can run this process on everything in your life to return it to Love. Where has money betrayed you and not given you the love that you needed? Where has your body done the same thing to you? Where has God not given you the Love that you needed? This process is the foundation of returning every part of you and your life to Love!

Ready for more? We've only scratched the surface of opening your heart to the self-love that would create your life as a dream come true!

We have just opened enrollment in my Self Love Mastery Course!

[Click Here For More Information](#)

Chapter 11

Your Next Step in Mastering Self-Love & Having a Life That's Better Than Anything You Can Imagine

Self love is single-handedly changed my life more than any journey in consciousness. Because it is the only journey. You may think that by having money, a relationship or a healthy body you will finally be fulfilled. That is not true. Without love you are a wealthy person plagued by sadness. Your relationships will reflect the lack of love that you give to you leaving you feeling empty and unsatisfied. If you attain your perfect body without loving you, you will miss the appreciation for the magic and gift of having a body.

Love is the only road that will lead you home and that works to create lasting change and transformation in your life.

We are love. So without love we are lost.

Mastering Self Love is the single most important gift that you could give to you. It's so important that I have made it my entire mission to return beings like you to the love that you are. So that your life can be better than anything you can currently imagine.

In order to take you through all of the tools, processes and vibrational shifts that you need to master self love I have created a powerful 12 week program entitled, "Self Love Mastery."

It would be an honor and a blessing to have you join us for your final journey returning home to Self Love.

For more information about the Self Love Mastery Course [Click Here.](#)

Chapter 12

Highlights From “Returning Home To Love”

- ❖ Self-Love is the single most important gift that you could give you.
- ❖ All of the problems, issues, and patterns in your life will transform as you fully master Self-Love.
- ❖ We opened up your awareness about where in your life you are not loving you.
- ❖ We covered that the Universe has one mission: to return you to Love.
- ❖ We showed you that everything, every experience, every trauma that happens in your life is working on your behalf to return you to Love.
- ❖ We unlocked your awareness that every trauma that happens in your life is trying to heal and transform your **core separation from Source**.
- ❖ We walked you through an exercise that showed you that you chose to come here (to this plane) and knew the energetics of what you were choosing, to experience separation and return to love in order to enrich your experience of yourself as God.
- ❖ You learned that there are actually two versions of you, your “divine self” and your “human self.” Each are having two totally different experiences.
- ❖ We outlined the qualities of the “human self” and “divine self” so that you can become more aware of which self you are functioning from in any moment.
- ❖ We gave you the foundation of what works and doesn’t work in order to return your “human self” to Love.
- ❖ We further investigated how to transform the “human self” by outlining the energies that your “human self” needs to feel and statements that this part of you needs to hear in order to fully return home to Love.

- ❖ We covered the importance of letting your human self be a victim and not invalidating your “human self’s” feelings with your “divine self’s” higher understanding.
- ❖ We unveiled the 9 Elements of Love or God that if you master these will eliminate all need for the struggle of “learning lessons” in your life.
- ❖ We divulged a deep and profound process “Giving Yourself the Love that You Didn’t Receive & Rewriting Core Programming!
- ❖ And gave you a quickstart guide to lead you into Love in your daily life.

Has this book expanded your life? Do you have a greater understanding about your life and how to love you? We’ve only just begun!

Find out more about my upcoming Self Love Mastery Course [Here.](#)

Chapter 13

Returning Home To Self-Love Quickstart Guide Of Tools, Processes, Questions and Vibrational Shifting Exercises

These tools will support you in releasing content, patterns, and vibrations that are not serving you within your “human self” and allow you to flow fully with divine love.

Tool: #1: 15 Second Breathing

How: Breathe in for 7 Seconds, hold breath for 1 second, and out for 7 seconds into your lower belly.

What will this do?

- A. Calm the nervous system.
- B. Help you move old patterns
- C. Bring you into presence

When would be a good time to use this?

Any time, and especially when you feel afraid or anxious.

Tool #2: Vibrationally Shifting into Higher Vibrations or Ascension Breath. This can also be used to “clear” heavier vibrations:

How:

Step #1: Feel your feet flat on the floor. Now imagine that your feet energetically are reaching deep down into the center of the crystalline earth. Feel that energy and take 3 deep breaths, breathing that earth energy up into and through your body and out through your crown.

Step #2: Bring your awareness up. Invite all of the angels, your guides, higher self and God into your experience. Feel into the lightest, highest vibration of love that you can find. Now take 3 breaths breathing that energy into your body and through your feet. Connecting you with heaven.

What will this do?

- A. Raise your vibration
- B. Open up a space of possibilities for easy shifting and instant manifesting
- C. Allow you to be the power of the Universe
- D. Open connection with guidance, the angels and your higher self
- E. Allow you to open up and flow with the vibration out of your box, in order to shift your box.
- F. Remember that if you begin connecting and you feel fear, reassure yourself and your identity so that it knows that you love it and will never leave it behind. Let it know that you are just bringing back higher energies for the two of you to enjoy!

When would be a good time to use this?

Anytime you feel you need a vibrational shift or to open a window of communication with your divine self.

Tool #3: Releasing your cords to limitation, separation, judgment etc.

How:

Step #1: Feel your feet flat on the floor. Now imagine that your feet energetically are reaching deep down into the center of the crystalline earth. Feel that energy and take 3 deep breaths, breathing that earth energy up into and through your body and out through your crown.

Step #2: Bring your awareness up. Invite all of the angels, your guides, higher self and God into your experience. Feel into the lightest, highest vibration that you can find. Now take 3 breaths breathing that energy into your body and through your feet. Connecting you with heaven. Open your body like a pipe.

Step #3:

- A. Ask archangel Michael to cut your cords.
- B. Ask your higher self to cut your cords.
- C. Fill you with so much love the cords pop out.
- D. You can also ask angels to take the cord attachments that you had to whomever and gift that person with whatever energies they were getting from you. (Have them take over the connection.)

What will this do?

- A. Allow you to feel free

- B. Allow more energy to flow through your body
- C. Allow you to create beyond reality
- D. Allow you to flow with love
- E. Create you as something the thought matrix or collective consciousness cannot find.
- F. Open up the field of infinite possibilities for you and others to create change.

Tool #4: Staying Free From All Attachments

This is the deeper work that will allow you to stay free from all your attachments. When you find yourself feeling heavy, bogged down or not free, it signifies that you are attached to the illusion in some way.

How:

Step #1: Ask, “Who am I connected to?” ex. my mother

Step #2: Ask, “Why am I connected to them?”
ex. I want her to know she’s loved

Step #3: Ask, “Is this in my highest good?”
ex. no

Step #4: Ask, “Is this in my highest good?”
ex. no

Step #5: Ask, “What is in my highest good?”

ex. giving myself that love

Step #6: Ask, “What is in her highest good?”

ex. me being the vibration of love for myself.

Step #7: Give you that energy & tell yourself whatever would create a shift.

ex. “I love you, I love you, I love you!”

What will this do?

- A. Allow you to feel free
- B. Allow more energy to flow through your body
- C. Allow you to create beyond what you perceive to be “reality”
- D. Allow you to flow with love
- E. Create you as something the thought matrix or collective consciousness cannot find.
- F. Open up the field of infinite possibilities for you and others to create change.

Tool #5 How to Release Suppressed Emotional Information & Heal Your Human Self.

Or, how to energetically go where you don't want to go.

Every stuck energy in your system was stored there because at that time, you couldn't stay flowing in love. So when stuff “comes back up”, you're going to want to resist it, run away from it, think so that you don't feel it, to

try and suppress it again. If you're doing that, you're also inadvertently making that experience more powerful than you, which isn't true.

If you continue that pattern, you are in essence rescheduling your divine appointment with returning your system to love. That is you listening to that old information instead of being in your choice of finally facing the hurt and allowing yourself to transform.

How:

Step #1: Start your 15 second breathing

Step #2: Do the vibrational shifting breathing exercise. (Connect your feet to the center of the earth, 3 breaths, connect with heaven, 3 breaths.)

Step #3: Create a tether between you and the heavens. Tell yourself "I am safe." Remember you are now connected to that tether.

Step #4: Override the system that's trying to get you to not heal this trauma telling you to run, hide, suppress, not deal with this, or whatever its story is. Tell yourself whatever you need to hear in order to feel safe. "I'm here for you. You are safe. I love you. It's ok, we can feel this. It's safe, little one, I'll be with you the whole time. I know you think we don't want to go here but can we go anyway?" And go where you don't want to go energetically. If emotions begin to emerge, simply be with them, give them your loving attention, and accept them as part of the healing process.

Step #5: While you're holding that tether, dive into those stuck energies. Feel them fully, let your human self be a total victim, give in or surrender to those energies, and let them return to space.

Step #6: Keep feeling them until peace and space is what you're experiencing.

Once this is done, you can bring in the 9 Elements of God or Love into your "human self." This will raise your human self's vibration to your divine level.

What will this do?

This will allow you to end the patterns in your life from a "traumatic" experience. The reason why the pattern exists is because of the trapped emotional content underneath. The pattern was put on top to help suppress the past emotional content. Once the content underneath is returned to a space of no polarity, you will then have the space to make a different choice in your life.

Tool #6 Embracing How Loved You Are by God

How:

Step #1: Do the shifting vibrational dimensions breathing exercise and add Step 2 & 3 below.

Step #2: When you breathe in that high energy, say to yourself "I am so loved by God! I am so loved by God! I am so loved by God!"

Step #3: On your out breath say “Thank you God I love you, Thank you God I love you!”

When to use this?

Anytime you would like to feel more loved.

What will this do?

Allow you to raise your level of love.

Tool #7 Talk to Yourself As If You Were Your Greatest Lover

Initiate loving conversations with yourself.

How:

Step #1: “I love you, you are amazing, God you are wonderful, you are so beautiful! I love everything about you! Etc.” You’re probably going to have to choose this until it becomes normal.

When to use this?

Anytime.

What will this do?

Allow you to raise your level of self-love.

Tool #8 Ignite Gratitude When Working With The Unseen Forces

When communicating or asking for unseen forces to “help” you, begin feeling their support and love and then ignite gratitude in your heart. This lets the unseen forces know that you are giving them a green light and they are free to help even more.

How:

Step #1: When you are asking for assistance or help with transformation from upstairs. Open your heart, and activate thanks and gratitude. This will help them know that you are open and willing to receive.

When to use this?

Anytime you are working with upstairs.

What will this do?

Allow you to receive even more.

Tool #9 Embrace Everything

You are an infinite energy being, meaning that you encompass all energies. The only reason why you're stuck in once experience is because it hasn't been embraced and returned to love.

How:

Step #1: When every you find yourself resisting, move into 15 second breathing and choose to embrace your experience instead.

When to use this?

Anytime you feel like you are resisting or judging anything.

What will this do?

Allow you to end the energy of separation in you and return every part of you to love.

Tool #10 Your Choice Creates Everything.

If you ever feel like you don't know how to make a jump to having something in your life or becoming something, (like infinitely loving you) just choose it.

How:

Step #1: When you are faced with a choice and you don't know how you're going to get there, simply say "Yes!" with every pore of your body and being and know that this simple choice will be enough to set the journey in motion. I've chosen so many transformations without knowing how I was going to get there by just choosing it.

When to use this?

Anytime you want to choose but don't feel you are ready, or know how you're going to implement what you're choosing

What will this do?

Allow you to bypass limitation and expand beyond what you've experienced so far.

Tool #11 Ask, “How is This Meant to Return Me to Self Love?”

You can ask this question about EVERYTHING! This will show you how God is at work in your life helping you remember who you truly are.

How:

Step #1: Ask, “how is this meant to return me to self-love?”

When to use this?

Anytime you don’t feel supported or loved.

What will this do?

Raise your awareness of how Love or God is tuning you like an instrument into more Love.

Tool #12 Ending Separation With “I Love That About Me!”

How:

Step #1: Ask, “What is the worst thing that anyone could ever say about me?”

ex) That I don’t care.

Step #2: Start claiming how much you love that about yourself.

ex) “I love that about me! I love that I don’t care! I love that I don’t care about anyone or anything. I’m an uncaring b#tch!”

When you embrace the judgment instead of resist it, it disappears into love. When you don't have any judgment of you, you don't have any judgments of anyone and you don't care what anyone else thinks about you. Others' judgments have nowhere to land on you because you don't have any judgments.

When to use this?

Anytime you find yourself judging or resisting you or anyone.

What will this do?

This will help you end judgment inside of you.

Tool #13: Releasing the Protective Mind's Effort To Understand & Figure Everything Out

How:

Step #1: Any time you go into "understanding" and trying to "figure out" you don't feel safe, instead say, "I love you. You're safe. There's nothing scary here. I've got you. There is nothing to understand. It's all insanity anyway, honey; there's nothing to figure out. Figuring out and understanding will not set you free, feeling the emotions that are underneath will." Just be present with the system that wants to understand and figure out as a way to be safe. You will soon find that as you bring it into love, it will relax and the fear will dissipate. The other thing you can do is say, "I know you're working so hard to do everything you can for me, but guess what? You've done it! You've done such a great job, go ahead and take a vacation!"

When to use this?

Any time you go into “understanding” and trying to “figure out.”

What will this do?

Allow you to release your cognitive mind and have your heart lead your life.

Tool #16 Sending “I love you’s”**How:**

Step #1: Connect with the earth and heaven using your ascension breath.

(Tool #2)

#2: Go into your heart.

Step #3: Take three deep breaths.

Step #4: Continuously send that part of you that is scared, anxious, or struggling an “I Love You” or a “You are safe”.

Step #5: You can actually send “I love you’s” to everyone and everything. Choose this to be your response to everything.

When to do this:

Any time at all.

What will this do:

Rewrite your entire system to respond with love.

Tool #17 Ending Judgment

Step #1: If judgment comes up, picture a stop sign

Step #2: Choose something that is more loving, fun, or beautiful.

When to do this:

Anytime you find yourself judging you, trying to fit in or be liked, or making comparisons.

What will this do:

This will end the program of judgment in your life.

Tool #18 What Are You Most Scared Of?

When past emotional content is coming up in your “human self”, you can ask “What are you most afraid of?” This will help you get to the core of the energetic situation faster.

How:

Step #1: Go to the mirror

Step #2: Use your ascension breath to connect you with heaven and earth.

Step #3: Ask your human self “What are you most afraid of right now?”

Step #4: When you ask your “little one” or “human self” this question, allow that which lies beneath the fear start talking. Listen to what it has to say, be there for them, give them love in the form of space, presence, and loving attention until its story is completely released and there is nothing more

coming out of it. The trick here is to neither add to the story nor buy into it. Listening and being present allows humanity giving up its story. “I’m here for you now, I love you, I’m here to keep you safe, I’m here for you infinitely!”

When to do this:

Anytime you’re mind is racing and you find that you don’t want to be present with emotions that are coming up.

What will this do:

This will help you get to the core of the energy faster.

Tool #19 Spinning White Light to Incinerate Reality

How:

Step #1: Use your ascension breath to connect you with heaven and earth.

Step #2: Bring your awareness up to the lightest and highest vibration you can find.

Step #3: Imagine that the vibration up there is spinning and so bright that you find you cannot look at it directly (like the sun).

Step #4: Allow it to expand continuously larger and brighter and larger and brighter above you.

Step #5: Take a deep breath and bring that spinning white light directly into your body. Breathe that energy out through your fingers and toes.

Step #6: Feel yourself ascend higher and higher into this spinning white light.

Step #7: Allow it come through the body spinning, so bright, all that exists at once. Allow it to move through your body feet toes, fingers.

When to do this:

Anytime you want to clear your field and fill it with light.

What will this do:

This will unlock you from the collective consciousness and clear your energetic field.

Tool #20 Letting Go of Sick and Tired Energies

How:

Step #1: Go to a mirror

Step #2: Look into your eyes.

Step #3: Feel into the part of you that is sick and tired. Ask, “What are you sick and tired of, little one?”

Step #4: Allow your human self or little one to tell you all about what they’re “sick and tired of” until you begin feeling spacious and can’t think of anything else.

Step #5: Bring in your divine self and to comfort and love your human self.

When to do this:

Anytime you find yourself tired or sick

What will this do:

This will help you feel (and return to love) anything you're sick or tired of.

Tool #21 Letting Go of Right and Wrong

Right and wrong do not exist....

The following is a series of questions that you can ask yourself in order to unlock yourself from the obligation of functioning in either universe so that you can simply be. Would you let go of all energies of rightness and wrongness, especially because they don't exist?

How:

Step #1: Go to the mirror and ask ask, "What am I making wrong (about me) (about my life) (about my experience) (about someone) that is not wrong?"

Step #2: Ask, "What am I making right (about me) (about my life) (about my experience) (about someone) that is not right?"

Step #3: Bring in your divine self and give your human self the energy and conversation that they need in order to let right and wrong go.

When to do this:

Anytime you find yourself in judgment of right and wrong.

What will this do:

This will end the judgment of right and wrong in your life and open up the channels that these illusions may have been blocking.

Tool #22 Letting Go of Trying to Fix Others and Releasing Attachments

How:

Step #1: Feel your feet flat on the floor. Now imagine that you feet energetically are reaching deep down into the center of the crystalline earth. Take 3 deep breaths breathing that earth energy up through your body and out through your crown.

Step #2: Now bring your awareness up. Feel the lightest highest vibration of Love that you can find. Now breath that energy into your body and our your feet. Invite all of the angels, your guides, higher self and God to be part of your experience.

Step #3: Who in your life do you want something for?

Step #4: Why are you attached to that person? Do you want them to be healthy? Happy? Successful?

Step #5: Is that serving you in the highest?

Step #6: Is that serving them in the highest?

Step #7: Will you release all of your attachments. Say out loud, "I release you to God (name) _____. Your path is perfect! I give you the gift of your suffering. I give you the gift of your pain. I give you the gift of your sadness.

I give you the gift of your _____. I release you to God! I ask that the angels take over my attachment and job of trying to give you _____.”

Step #8: Say, “I now invoke Archangel Michael to assist me in cutting all of the cords and root causes to those cords that ___(name)___ has in me, I now release all of the cords that I have put into ___(name)_____. I release you to God. Your path is perfect. Is there anything else you need to say in order to release these attachments?”

Step #9: Visualize that all of the cords are being unplugged from your system and all of the cords are being unplugged from their system by the angelic white light of Archangel Michael’s hands.

Step #10: Ask, “Did you release all of your attachments?”

Step #11: If not, why not? Your answer is likely the perfect information to lead you even more deeply home into what you need to address in order to fully return you to love.

When to do this:

Anytime you find yourself attached or trying to do the job of God.

What will this do:

This will set you free from these attachments and take the burden from your hands and restore it back to God’s.

Tool #23 A Prayer to See The Illusion as a Blessing

How:

Step #1: Create a conversation like this in your own words: “God, I am so absolutely grateful to be experiencing the illusion. I feel so blessed to get to have this experience of what I am not, so that I can fully know who I truly am. And who you are. The illusion brings me closer to God. Every experience in my life has been the perfect experience. I am so blessed to be here.”

Step #2: Fill your heart with all that love...thank you, thank you, thank you! Let the gratitude overtake you and breathe that love in, exhaling that love out all the way through your toes.

When to do this?

Any time at all.

What will this do?

End your resistance to the illusion of separation between you and God.

Tool #24: Letting Go of Unconscious, Subconscious and Conscious Programs**How:**

Step #1: Before you go to bed, say this: “I now invoke the angels to clear all of my subconscious, unconscious and conscious programming and return me to pure God Love.”

When to do this:

You can do it any time, but it can be especially effective before you go to sleep.

What will this do:

This will clear all of the subconscious, unconscious or conscious programming that is keeping you stuck and allow you to be completely free.

Tool #25: Calling All of You & Your Bodies Back Into This Moment**How:**

Step #1: “I now invoke that all of my selves come back to me clean, clear, abundant, and full of love and light.” You can say this 3 times.

Step #2: “I now invoke that all of my bodies come back to me clean, clear, abundant, and full of love and light.” You can say this 3 times.

When to do this:

Anytime you find yourself straying from the present moment.

What will this do:

This will allow you to take all of your energy back. Also, notice when you think you need to be the one out working in reality to make something happen. When you notice this, ask God and the angels to do it for you.

Tool #26: Telling Separation That You Don't Care When it Tries to Engage You

How:

Step #1: When separation, judgment, limitation, the need to defend or align with comes into your awareness, just say “I don’t care about that. Why would I care about that? I don’t care about _____!”

Step #2: Give your attention to something you do care about by saying “What I do care about is _____.”

When to do this:

Anytime you find yourself in separation.

What will this do:

This will set your intentions so you don’t get tricked by the illusion to believe you are something you’re not.