



STEP TWO

PILLAR 1

STAGE: FOUNDATION

Pillar One: Peace

Contrast: Turmoil / Stress

Meaning: Attaining, maintaining and expanding true Peace is the Foundation of a healthy, happy and purposeful life.

Mind: Peace

Contrast: Turmoil / Stress

Sitting in a place of inner peace or more commonly referred to as calmness, irrespective of what may be going on around you, is a fundamental life tool to not only safeguard you from the stresses of life but to consciously and positively take ownership over your thoughts, words and actions.

Body-General Health Pillar:
Stress Response

Contrast:
Stress-Related Illness

Meaning: Stress is well known and documented as being the leading cause of many mental and physical disorders and pain. When you have awareness of how the past stresses have affected your body you can then accept the situation, stop the destruction and look at shifting towards the repair. Manifesting a healthy Mind, Body and Soul assists in allowing the removal of the Stresses of the past and shifting into what is required to allow for the total health of your present.

Soul - Energy Pillar: Belief

Contrast: Doubt

Meaning: To activate Peace, you must sit with Belief as believing in something (positive or negative) activates that action. Sitting in a state of Peace allows for the strong foundation of the purest form of belief. Manifesting a peaceful, healthy and purposeful life is a key tool to actioning Peace and all the benefits that come with Peace.



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Tool - Exercise: Manifestations

You will be given your Manifestation document to complete this exercise. The exercise includes:

1. The Acceptance (of what was);
2. The Awareness (of what is) and
3. The Gratitude (of what will be) – in other words, what it is you are choosing to bring into your life
4. What actions are required and
5. By When

PEACE IS THE FOUNDATION OF LIFE

PILLAR 1 PART 1 - MIND AND BODY

DATE: / /

Pillar Name _____

Contrast _____

Emotion _____

Message _____

PILLAR 1 PART 2 - SOUL AND TOOL

DATE: / /

Manifestation Exercise Notes:

