



STEP EIGHT

PILLAR 6

STAGE: MASTERY

Pillar Six: Experience

Contrast: Block

Meaning: Once Peace, Love, Connection, Balance and Purity are understood - Attaining, maintaining and expanding Experiences allows for the Mastery of a healthy, happy and purposeful life.

Mind: Experience

Contrast: Block

You can either choose to Experience all that life is presenting to you or Block the Experiences and isolate yourself from life's exciting journey. Blocking, whether on a conscious, subconscious or unconscious level shuts you off from your path and the ease and joy of life. Connecting to the Positive in all Experiences allows for a heightened state of awareness of the meaning and usefulness of these Experiences.

Body - General Health Pillar:

Hormone Balance

Contrast:

Hormonal Imbalance

Meaning: Blocking our life's Experiences can manifest in blocking the Balance of the Endocrine & Hormonal Systems.

Hormones are regulatory messenger molecules that control and regulates certain cells or organs. If out of balance it can have a significant effect on the body's processes including common disorders such as Diabetes, Thyroid Disease and obesity.

Soul - Energy Pillar: Purpose

Contrast: Meaningless

Meaning: To activate the Experience you must sit with the connection of the Purpose of the Experiences. Seeing no Purpose in what you do moves you to a life of less meaning. All Experiences, seemingly Positive or Negative will lead you to your path of Purpose.



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Tool - Exercise: Soul Sealing

To SEAL - Self Energy Awakening Life

Meaning: Hands in the same position as Body Sealing, now to focus on your manifestations. Focus on really connecting into what you choose to manifest, either for your day if you are doing it in the morning or your major manifestations. Connect to seeing it in your mind, imagining that you have it in the now, really connecting to the feeling of what it is like to have what you choose.

EXPERIENCE ALLOWS FOR THE MASTERY OF LIFE



PILLAR 6 PART 1 - MIND AND BODY

DATE: / /

Pillar Name _____

Contrast _____

Emotion _____

Message _____

PILLAR 6 PART 2 - SOUL AND TOOL

DATE: / /

Soul Sealing - *Please refer to the audio files.*

Notes:

