

Making Your Journey Count

Freedom called you and you answered. Congratulations. However you arrived here, the response to your own heart and soul is an important step in the journey ahead.

The Power of A Journey

When I wrote *Breaking Free* and shared my personal journey, it occurred to me afterwards that this is how life plays out. It's a bit like a tapestry. On the one hand, my years of education had fallen short of the help I needed in such tough enduring circumstances.

My starting point was therefore marked by lack of clarity and feeling of inadequacy. I did not have a roadmap to guide me through adversity and transformation. Life did not unfold in neat formulas and predictable steps

At the same time a clear picture emerged in that it showed me the power of a journey to reveal an inner compass which imparts direction and capacity to navigate through the different seasons of life, as well as keys to manifestation.

I was given life experiences which delivered wisdom rather than theoretical knowledge as I opened my heart and found the courage and will to do the journey, and I have extracted them here and put them into a roadmap for you.

Your unfolding journey will be just as powerful. It's time to set yourself free. Start to think of this as a sacred journey rather than just an educational course, and it will power up your experience dramatically.

This is because the transformation you seek will be played out in the journey of life and not simply in your head. To journey is to experience life, and to experience life is to feel the truth you are seeking which will set you free. This is why your journey is powerful.

What To Let Go Of

In order to get the best out of this journey of instruction, be willing to let go of the need to have all the answers up front and get used to the idea of acquiring them en route. Let go of mistaking volume for value too.

Let go of the need to hang on to the old story and be willing to let go of the 'I will try anything once' mentality. Your life is sacred and deserves better attention than that.

What To Bring

In life and personal growth attitude is deemed to be vital. It determines your success. You may be familiar with the lesson that each letter of the word attitude relates to a number in the alphabet [A = 1] and when you add all the related numbers in the word it comes to 100.

This powerful mathematical relationship is used to underline the importance of your manner of approach to everything you do as a highly significant factor in what you can accomplish even if you have little knowledge to start with.

I want to propose a specific type of attitude required for transformation to underline the importance of an open heart and mind as you evolve. I call it heartitude.

Alongside each letter is a trait which you will experience running through the 9 steps of the roadmap for your personal transformation. It restores balance to the often neglected parts of you and your life, and dissolves a fragmented approach.

What's interesting about the word heartitude is that when you add up all the numbers of each letter in the word it comes to 111 which is a master number in spiritual circles, which is deemed to be related to awakening and new possibilities for life.

That fell nicely in my lap because this journey is all about awakening and inspiration based on the power of a journey rather than intellectual understanding alone, and the possibilities it opens up for a new life accordingly.

Heartitude

H - heart centered

E - empathy

A - alignment

R - reconciliation

T - transformation

I - inspiration, insight, intuition

T - truth

U - unconditional love

D - destiny

E - empowerment

The Journey

So what is the nature of the journey you need to make count? Below I am simply going to unpack the aerial view and road map view along with its core message.

The 9 steps will build on this in terms of imparting awakening and insight concerning the current story that may be playing out for you, along with the inspiration, guidance and tools to resolve the many conflicts, so you can create a compelling new story.

The Aerial View



The above diagram gives an aerial view of the journey. The bottom layer in the white area depicted by the robber speaks to the old story that has been playing out for the majority for so long.

The Old Story

In essence the old story revolves around a forgotten identity replaced by a mis-sold self image. How do I know?

Science has agreed for so long that we only use a fraction of our human potential, ten percent at best. So something is significantly off. Directly connected to human potential is self identity.

This means that you are operating from great restriction and your self image reflects that. The lack of proper education in the early years adds to the amnesia. You have forgotten who you are, hence the word **ignorance**.

In the absence of the knowledge and tools to correct this, **conditioning** sets in over time, and then **fear** seals this in as it becomes normal and much easier to go with the crowd. This keeps the truth hidden and **self sabotage** is the result where the pursuit of happiness and life aspirations are concerned.

There have been some brave enlightened souls who have bucked the trend showing humanity otherwise, but they have largely been described as the exception to the rule with extraordinary abilities which the majority lack. I am not the first nor will I be the last to bring this urgent message to you.

The New Story

The great thing about the old story is that it drops clues for redress. The rest of the diagram points to the process of remedy and therefore the new story. We are going to buck the trend and create a new story based on truth.

I will unpack and introduce it here, and the rest of this guide will introduce the 9 steps. On the horizontal bar are the three powerful journey principles which give a powerful context for your freedom journey.

H = Heartitude

B = Breakthrough Principle

MA = Momentum and Accomplishment Principle

AL = Abundant Life Principle

The three journey principles along with heartitude provide powerful context for the journey. On the vertical bar at the bottom you have the critical knowledge required for correction and transformation.

SR = Self Realization and Self Reconciliation

EM = Explorer Mentality

On the vertical bar at the top you have the stages of competency or skills needed for expertise and mastery starting from ignorance.

UI = Unconscious Incompetence

CI = Conscious Incompetence

CC = Conscious Competence

UC = Unconscious Competence

You also have an **interval training formula** which brings acceleration to your journey.

21 x IT - Habit and Skill Installation

90 x IT - Habit and Skill Building

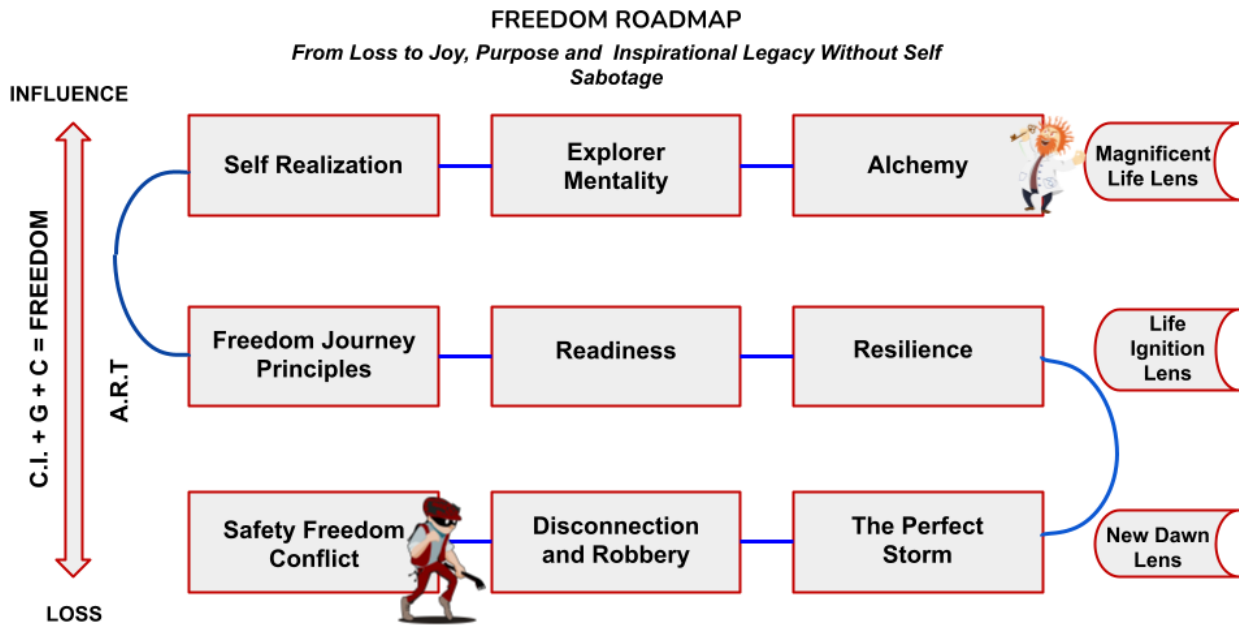
90+ x IT [repeated] - Expertise and Mastery

Beyond the knowledge and skill you only require the personal characteristics of **focus** and **perseverance** in order to realize human potential more fully.

To feel alive again it is not enough to simply overcome, as in the traditional hero's journey, hence the alchemist who takes you from overcoming to a more valuable state of abundant life through transformation.

An exciting future awaits which will be worth more than its weight in gold, so to speak. Let's zoom in to the roadmap.

The Freedom Roadmap



The roadmap allows you to zoom in from the aerial view to a ground level view. It is designed to take you from a place of loss to influence and legacy through a process of **alignment** and **reconciliation** which will result in **transformation** and freedom. The freedom formula is also designed to address gaps in the law of attraction.

The journey is deliberately streamlined to break the sense of overwhelm and complexity, while keeping things simple and powerful.

New Dawn Lens

The New Dawn Lens section is designed to combine insight with opportunity to show you a light at the end of the tunnel of your current reality, with a new day dawning. It gives you clarity and insight into why safety and freedom create conflict within, and how you trade and sell yourself off in the process of attempting to resolve the conflict.

It goes through how disconnection from self and life plays out in robbery and self sabotage, and finally reveals the golden opportunity of a perfect storm where loss can provide a powerful contrasting springboard to propel you into a new future.

Life Ignition Lens

This section is designed to ignite new life through a new definition of freedom while helping you to strengthen your immunity as you recover from loss through resilience. It assists you to become more responsive to new life via an inner culture of calmness, composure and readiness for greater transformation.

The three journey principles provide a powerful context to prepare you for freedom in a way that makes change easier, and imparts assurance concerning your destiny with a winning mentality right from the start, so that you can make your future more predictable in accordance with your life aspirations.

Magnificent Life Lens

This section is designed to help you increase your influential power by re-aligning and reconciling your self image with your true core identity, so you can reset and expand the boundaries of your potential.

The development of an explorer mentality with a new self partnership will expand your world, and the practice of alchemy will create a powerful ripple effect, magnifying all aspects of your life in true wealth and abundance.

Core Message

Now is the time to set yourself free because all you truly have is this moment now. It is never too late to do the right thing. **The two most important moments of your life are when you realize who you are and when you operate from that place.** Let the journey begin.

My New Journey Decision

In order to bring about transformation beyond theoretical knowledge I will.....

Each step of the roadmap will speak to the following life questions :-

Step	Core Question
STEP 1	How big do you play with your life?
STEP 2	How present and alive do you feel to self and life?
STEP 3	How well do you navigate adversity and challenges?
STEP 4	How resilient are you when recovering from loss?
STEP 5	How responsive are you to becoming the best version of you?
STEP 6	How well do you work with the natural laws of the universe?
STEP 7	How powerful is your self partnership?
STEP 8	How expansive is your thinking?
STEP 9	How well do you harness your inner resources towards your goal or destiny?