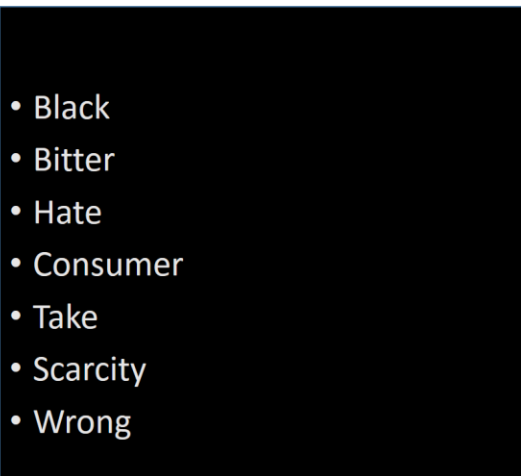


Dualities

Hardwired for Happy Class 2

Pictures and Quotes from Class

Dualities



- White
- Sweet
- Love
- Creator
- Give
- Abundance
- Right

We came to this earth with our own gifts and talents. We also came with our own perceptions, experiences and associations. The only thing we take with us through our spiritual progression, is the intelligence and light we are given through our own diligent obedience.

Since truth always demands something of us, we make choices as to whether we will abandon our current practice in favor of the truth or whether we will reshape our reality to suit us.

~M. Catherine Thomas

“The human understanding is like a false mirror, which, receiving rays irregularly distorts and discolors the nature of things, by mingling its own nature with it.”

~Francis Bacon (1620)

“The mind creates a perception, then clings to that view, in order to survive. We can become addicted to an identity, simply to justify our behavior. We NEED to be RIGHT”

Evil

Perfect

Good Better Best

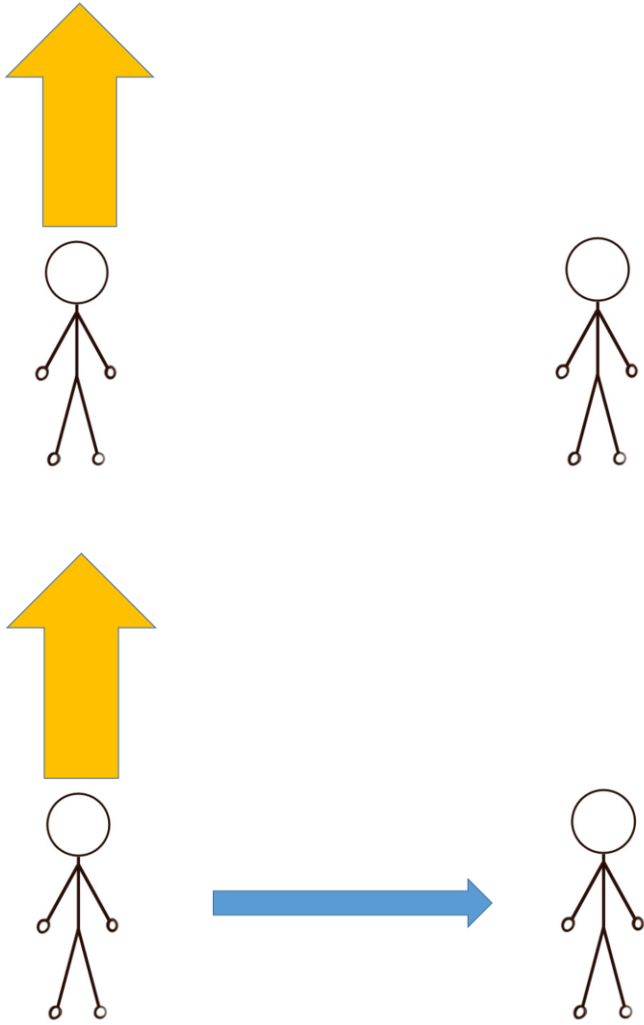


Relationships are more important than right and wrong.

Perfect is a million miles from Best. We need the Atonement to get to Perfection.

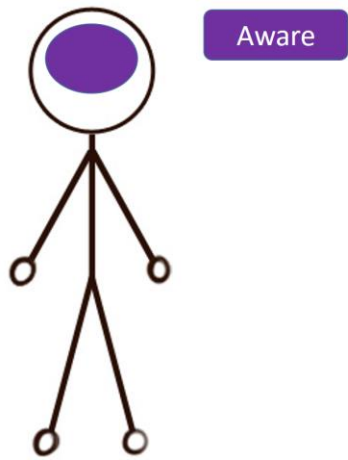


Take Affirmation from the Lord!

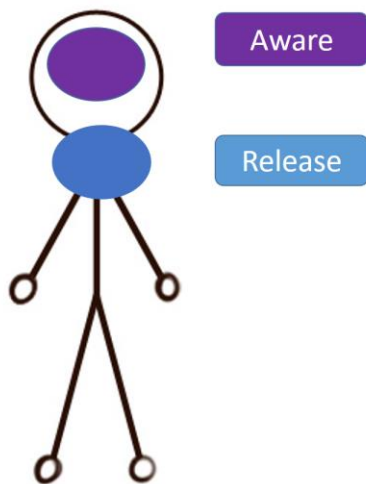


Co-dependency Want VS Need

Vertical VS Horizontal



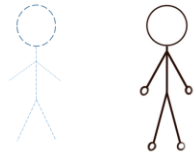
Meditation helps with Awareness!



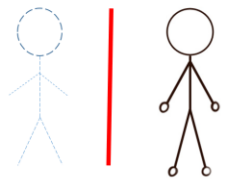
Conscious Awareness



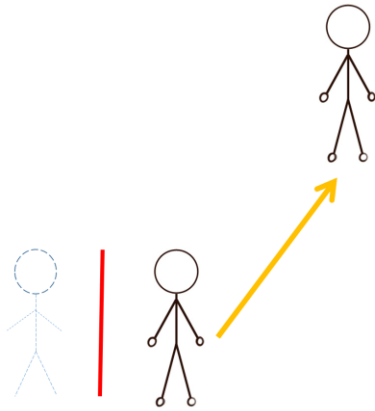
Conscious Awareness



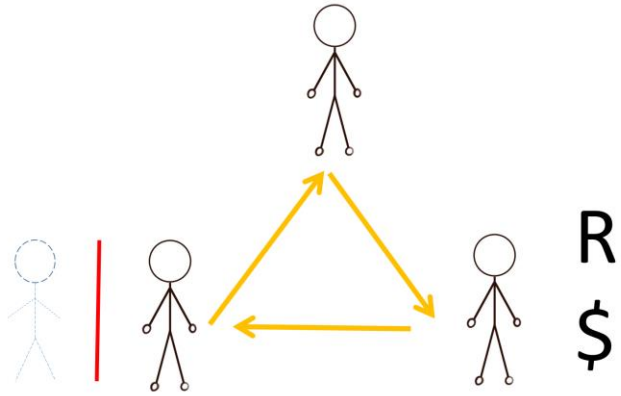
Conscious Awareness

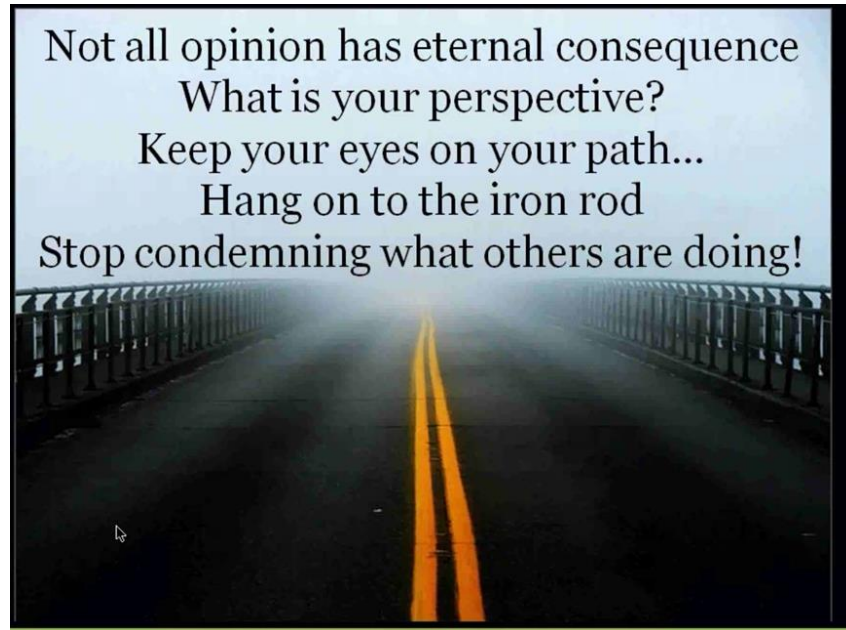


Conscious Awareness

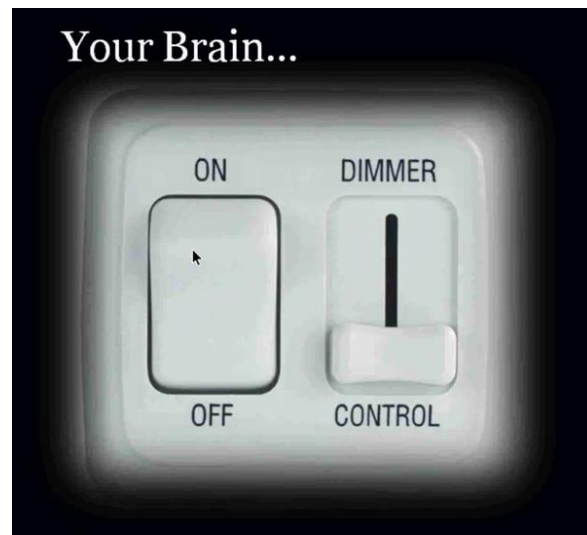


Conscious Awareness





Hang on when you are heading into the fog. Keep your eyes straight ahead. You focus on you and improving you and loving others. You don't have to love others lifestyle, but you don't have to spend time judging or condemning them. You will find you have an inside story about not loving and accepting yourself.



Dimmer switch allow us to find more light and truth in the world around us.

You are an eternal child of God trying to figure the best way to navigate this planet. We will uncover any self- judgment, find healing and repentance, whatever is needed for you to be whole and at peace. Release things that do not serve you and get your dimmer switch as high as you can.

“You gain light and intelligence better and faster when you stay at higher vibration. We create our story and it is a more joyful story when our vibration is high. Gratitude will help you shift the fastest.”

Sheridan

- Charity
- Gratitude
- Forgiveness
- Love
- Hope
- Peace
- Godly Sorrow
- Courage
- Neutral
- Guilt
- Worry
- Fear
- Anger
- Pride
- Blame
- Shame

Resources

Bruce C. Hafen talk on [Abmiguity](#)

[Light Switch](#) – tool to raise your vibration in the moment.