



STEP NINE

PILLAR 7

STAGE: SELF-AWARENESS

Pillar Seven: Positivity

Contrast: Negativity

Meaning: Once Peace, Love, Connection, Balance, Purity and Experience are understood - Attaining, maintaining and expanding Positivity allows for the ultimate Self-awareness of a healthy, happy and purposeful life.

Mind: Positivity

Contrast: Negativity

You can either sit with positive energy, expectation and intent or you can sit with negative energy, expectation and intent. Look at the results in your life, as the results reflect where your energy has been placed. There are no other Universal Laws as relevant as this one – Like attracts Like. Be positive and it returns, be negative and it returns. What is it that you have been choosing?

Body - General Health Pillar:
Elimination System

Contrast:
Block

Meaning: Negativity is linked to disorders in your Elimination Systems. Negativity is holding on to emotions and things that have hurt, frustrated or annoyed you in the past. Once you release resentments that no longer serve you there is only acceptance of the experience and the body can then release its disorder. Releasing allows you to empty the old so you can refill with the new.

Soul - Energy Pillar: Gratitude

Contrast: Greed

Meaning: To activate Positivity you must sit with Gratitude. Gratitude is the choice of life. Choosing to be grateful for all that was, all that is and all that will be – your choosing. When void of Gratitude you can only be in Greed. The greed of self, feeling a lack and wanting more or Greed from others whom you take from. Practice daily Gratitude and you will maintain your Positivity.



STEP NINE

PILLAR 7

Tool - Exercise: Gratitude Exercise

Write down a list as fast as you can of all the things you are grateful for in your life. Start with the things you are grateful for in the now, then move into things from your past and then finally a list of things you choose to be grateful for in your future.

This is a great tool whenever you feel a bit down or flat to pick you back up!

POSITIVITY ALLOWS FOR THE SELF-AWARENESS OF LIFE



PILLAR 7 PART 1 - MIND AND BODY

DATE: / /

Pillar Name _____

Contrast _____

Emotion _____

Message _____

PILLAR 7 PART 2 - SOUL AND TOOL

DATE: / /

Gratitude Exercise Notes

