



STEP ELEVEN

PILLAR 9

STAGE: TRANSITION

Pillar Nine: NOW

Contrast: Past/Future

Meaning: Being in the NOW is vital for our life, for releasing the past and for accepting there is a beginning again on our path. Sometimes conclusions can be emotional, create sadness and a desire to hold onto the past. However, you must continue to choose and connect to the NOW. When a conclusion is revealed you can either accept it, embrace it and/or replace it.

Mind: NOW

Contrast: Past/Future

When you accept that all experiences in life are positive guidance on the path of Purpose, then all conclusions from the past can be appreciated and celebrated at a point when another door opens. If you are not living in your NOW, you are living in either the past or the future. In either case, you are unhinging the stability of life. A negative memory of the past brings grief and sadness, while the negative projection of the future brings anxiety and fear.

Body - General Health Pillar: Wellness

Contrast: Illness

On a physical level Pillar Nine represents total Wellness when you are in the NOW and BEing. This allows for healing and true Peace with flow and ease. When not in the NOW and BEing this allows for the Illness and slow healing, blocking your progress to flow into the next Stage of your life.

Soul - Energy Pillar: BE

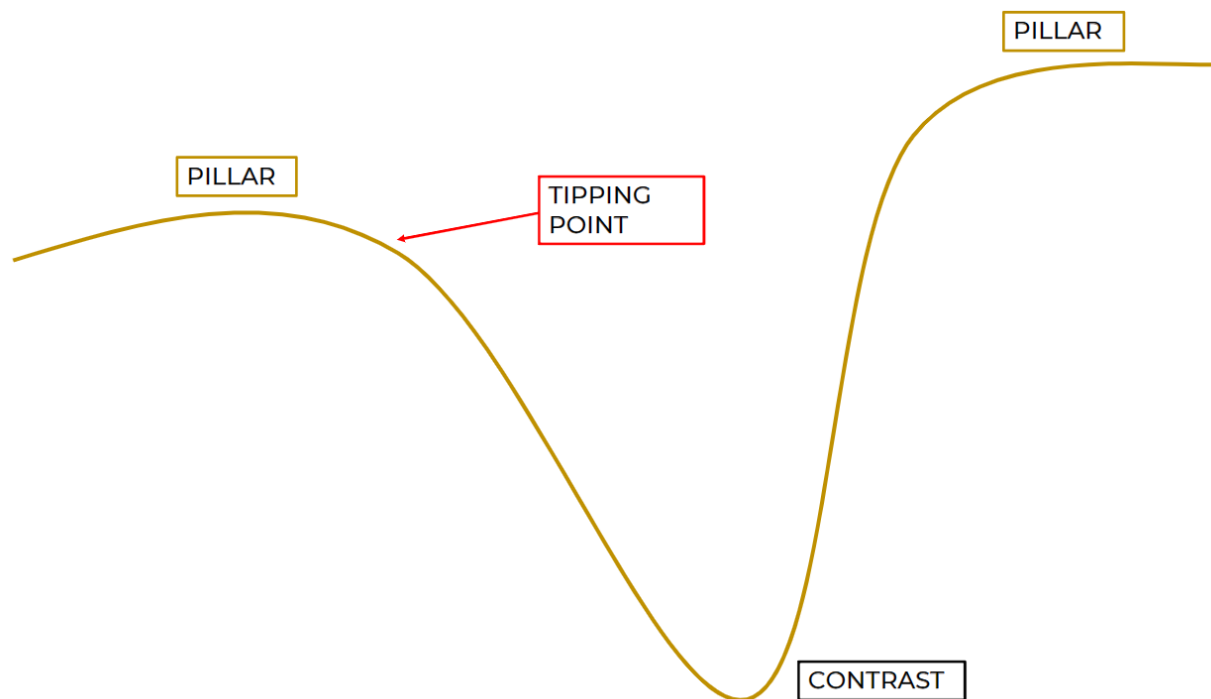
Contrast: Unconscious

Meaning: The activation of being in the NOW is the ability to BE. BE is an acronym for Beyond Enlightenment. This means that you have moved past the constant churn of life and have connected to your soul journey whilst remaining connected to the human requirement of living in the human world. For we are all souls having a human experience, so explore your journey and remember your soul existence.

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Tool - Exercise: Tipping Point



The Pillar Code is about building resilience, not reliance. Along the journey, you have been gifted and guided with many valuable tools to assist with navigating life with resilience, control, confidence and calmness. You are now also aware of what a contrast is, and although at the time of experiencing a contrast it may not feel great, if we are able to connect to your message, it enables us to lift and shift back into the Pillar with greater understanding and growth.

You may continue to experience contrasts within your life, but what you can do now is increase your awareness of when it is that you are starting to 'TIP'. By Tipping, you are moving into a Contrast and away from the Pillar. This is what we call our Tipping Point. It is a signal to recognise that you are starting to contrast.



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By having this awareness we can then action PEACE:

- **Pause** - Stop and focus on breath
- **Examine** - What has pushed me?
- **Assess** - What it is doing to me?
- **Clear** - How do I get out of it? (get your message, SEAL, treatments etc.)
- **Elevate** - through doing something nice for yourself

This is a process you can utilise at any time to align you back to the Pillar quickly, whilst still receiving your message.

What we are identifying today is what your Tipping Point is, and your key strengths and weakness within the Pillars.

By understanding your strengths and weakness, having awareness of your Tipping Point and actioning this process, it enables complete resilience, control, confidence and calmness throughout your journey. This is a brilliant tool to help you throughout your life.

PILLAR 9 PART 1 - MIND AND BODY

DATE: / /

Pillar Name _____

Contrast _____

Emotion _____

Message _____

PILLAR 9 PART 2 - SOUL AND TOOL

DATE: / /

Tipping Point Exercise

Meaning: It is important to understand your strengths, weakness and what tips you into a contrast:

Strengths:

1. _____ 2. _____ 3. _____

Weaknesses:

1. _____ 2. _____ 3. _____

Tipping Point :

