



# STEP SEVEN

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## PILLAR 5

### STAGE: OWNERSHIP

**Pillar Five:** Purity

**Contrast:** Impurity

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

**Mind:** Purity

**Contrast:** Impurity

Whilst being in the purest form of Mind, Body and Soul is a wonderful state of Ownership over everything in our life, when we are in an impure or negative state we are aiming to learn from the imbalance. A negative mindset, impure diet and lifestyle can highlight our requirement to be the teacher/student in our life and therefore take Ownership over our actions.

**Body - General Health Pillar:** Body Biochemistry **Contrast:** PH Imbalance

**Meaning:** Any form of Impurity such as toxins, poisons and chemicals that are absorbed from the toxic world in which you live can harm your Body Biochemistry. The PH balance and its relation to the autonomic nervous system - breathing, heartbeat, etc., have a stabilising or destabilising effect on all body systems. The Purity of the Body Biochemistry is an integral part of the overall harmony in which each cell, organ and process thrives or dies.

**Soul - Energy Pillar:** Clarity

**Contrast:** Confusion

**Meaning:** To activate Purity you must sit with the Clarity of Mind, Body and Soul.

When Confusion takes hold you are forced out of your decisiveness and Purity and tend to take the path of self-sabotage. Clarity represents your connection, your decisions and your ability to see your way forward with Confidence.



# STEP SEVEN

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## PILLAR 5

Tool - Exercise: Positivity Exercise

Meaning: No matter the situation, there will always be a positive outcome (silver lining), no matter how small. This exercise teaches you to look at the positive whilst still acknowledging the truth of the situation.

### PURITY ALLOWS FOR THE OWNERSHIP OF LIFE



# PILLAR 5 PART 1 - MIND AND BODY

DATE: / /

Pillar Name \_\_\_\_\_

Contrast \_\_\_\_\_

Emotion \_\_\_\_\_

Message \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# PILLAR 5 PART 2 - SOUL AND TOOL

DATE: / /

Positive/Negative Exercise

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