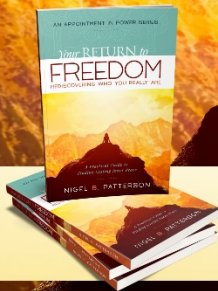


Workbook for

An Appointment in Power Series Online Workshop

Reclaim YOUR Freedom!

A 16-Lesson Online
Workshop



nigel **b** patterson

20 Sessions
16 Lessons
18 Video transcripts

100 Activities
Embedded exercise book
Self-paced

[Nigel B. Patterson Online Academy](#)

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Session 1: Welcome and Overview

Activity 1. Welcome to *Reclaim YOUR Freedom!*



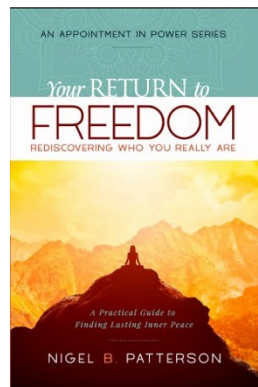
Welcome and thank you for purchasing this online workshop. Rest assured, you are ready to reclaim your FREEDOM – otherwise you would not be here! Together, we will journey through an amazing landscape of **Sacred knowledge** and **wisdom**.

As you step onto the Path of Awareness you WILL rebuild your Personal Power.

There are three steps to achieving this:

1. **Rediscover Ancient Wisdom**
2. **Restore Inner Peace**
3. **Reclaim Freedom**

My name is Nigel B. Patterson. I am the author and publisher of **Your Return to FREEDOM: A Practical Guide to Finding Lasting Inner Peace**. The book is the result of over 25 years of my personal immersion into, and the practical application of, Toltec, Shamanic and Mystical wisdom.



Nigel B. Patterson

While the book was physically written by me, the content is far greater than what I, or any one person, could come up with on their own. It was co-authored by Spirit with the purpose of **passing on wisdom from Spirit**. The intention is for the reader to **restore inner peace**, this being the gateway to reclaiming Freedom. This workshop serves this single-minded objective.

This workshop is based on the material contained in the book. Although it would certainly be useful to refer to the book during the program, it is **not necessary** that you have read the book prior to taking this workshop.

The book is the first in the An Appointment in Power Series of books. Power is defined as an attribute of God, or Divine Intelligence, or whatever label you wish to give the unknowable, a concept we typically refer to as God in the West. Included in the definition of **An Appointment in Power** is the following statement.

"When two or more people come together in an environment free of judgement something extraordinary happens."

As the definition says, an Appointment in Power manifests when **two or more people** come together in an environment free of judgement. You can certainly take the course **on your own**, and at your own pace. In this case, the two people who are coming together are you, the learner, and me, the presenter. I do not need to physically be with you to be effective – energy is independent of time and location – and I can assure you that at all times I will remain in an environment free of judgement. As a sole-learner, your challenge is to ensure you also **remain in a place of non-judgement**. Then Power will appear.

However, the experience will be **greatly enhanced** should two or more people work together on this program. I thus urge you to find a partner, someone you can fully trust to also be free of judgement, to participate with you in this program.

Together with a learning-partner you will:

- **Deepen** your experience
- Have someone to **support** you when difficult issues arise
- Hold each other **accountable** for working through the course
- Someone with whom to share what you are learning, thereby **enriching** the experience
- Someone to **celebrate** with and, most importantly, to have fun with!

The video material in this course was recorded during a **live workshop on the beautiful Big Island of Hawaii**, where I live. As there were many participants in the workshop, each in a place of non-judgement, Power was very present. You will now be joining them just as though you were physically there in the workshop. You do not need to be there to gain the full benefit of the workshop.

The material in the videos is charged with energy.
Power will be present as you watch each of the video
sessions – this is the way Power works.

This course will take you on a life-journey – YOUR life journey. You will learn how and why you lost your Freedom, and what you can do about regaining it. Just as important, you will be introduced to and taken on what the Toltec's call the **Path of AWARENESS**, a critically important process on your journey to reclaiming Freedom.

In addition, once you have completed the course, you will be well equipped to understand where others are on their own journeys and how to support them to find their Freedom. This is the **greatest gift you could give another.**

You are about to embark on a life-changing journey. It is there for everyone to claim, not just for a privileged few.

Please give yourself a huge hug of gratitude for being here. **You deserve Freedom**, and if you follow this program, you WILL learn where Freedom is to be found.

Freedom takes you to a place of love, happiness and compassion.

Freedom is your birthright. It is now up to you to reclaim it.

Activity 2. Overview of the Workshop

Some "Good to Know" Information

This online workshop is based on a **real-life highly interactive** 7 1/2-hour workshop held in Hawaii, which was video recorded. The identity of the participants has been kept confidential. The video material has been edited in such a way that this online workshop comes across as just you, the learner, and me, the presenter, being the only two present.

Structure of the Workshop

The workshop has a definite **structure** to it. It has been designed to make the technology behind delivering it as **unobtrusive** as possible. The objective is for you to **focus on engaging** with the material rather than being distracted by the delivery technology.

The main focus of the workshop is the **16-lessons**, depending upon the workshop version you purchased. (For the FREE and BASIC versions only, a limited number of lessons are included.)

The **lessons build upon each other**. The early lessons provide vital and comprehensive background information which support the later lessons which take you through an intense process to reclaim your freedom. You are highly encouraged to not skip over lessons.

Learning is enhanced when approached from a place free of judgement, a place I call "deep curiosity".

The workshop has been structured as follows:

Session 1: Welcome and Overview

This session (which you are currently in) provides background information on the workshop and how to get maximum value out of your purchase.

Session 2: Introduction to the Workshop

This introduces the workshop agenda and encourages you to sign an Agreement as though you are physically present in the live workshop. By doing this, you are being witnessed by the unseen realms and thereby fully supported as you step through the material. This is an important step.

Sessions 3 to 19: Lessons 1 - 16

There is a total of 16 lessons in the workshop. Each lesson runs over one session, except for Lesson 12 which is over two sessions. Each lesson is structured as follows:

- **Introduction and Special Instructions:** The lesson starts by welcoming you and sharing briefly the **objectives of the lesson**. It also includes any **special instructions** for the session to ensure you gain maximum benefit from that session. You are encouraged to follow these special instructions.

- **Watch the Video:** Each session has a highly informative and **information-rich video**. The videos are less than 10-minutes each, and all follow a similar style and format. The videos are a blend of me, your presenter, on the screen discussing the information together with a window showing supporting and reinforcing material. Occasionally you are invited to pause the video, so you may perform a specific task. A **transcript** of the video is provided for all versions, except for the FREE version. This may be downloaded and printed at any time.
- **Diving in Deeper:** The video is followed by a summary of the concepts and content. This is sometimes offered in a slightly different way than the video presentation to **reinforce the concepts**.
- **Take A Personal Awareness Quiz:** As this work is all about **gaining awareness**, at the end of each session a short quiz is offered. Again, this helps you anchor the concepts, so you may fully step onto the Path to Freedom! There are no "trick" questions. But some may challenge how well you have grasped the quite **subtle, yet challenging, material**.
- **Engage in the Conversation:** Finally, you are invited, and encouraged, to share your thoughts and any comments you may have. More importantly, this is an opportunity for you to ask your fellow online workshop learners their views, **experiences** and **transformations** as a result of this material. Please engage as much as you feel comfortable doing so - it will enrich the experience for all learners.

Session 20: Wrap Up & What's Next

Reclaiming your freedom is a **process**. It is never over (sorry to tell you that!) This session takes you through the options you have to **continue your growth**. It has useful information on how to prevent sliding backwards, and

tools and techniques for stepping fully into your Power! You are invited to work with me in the future as you truly **Reclaim YOUR Freedom!**

(Useful Tip: It is best to watch each of the videos in full-screen mode. This may be done by clicking on the screen icon on the bottom-right corner of the video control bar).

Workshop Structure



Activity 3. How to Maximize the Benefits

This Workshop is About YOU, for YOU!

Reclaiming your freedom, as you have already learnt, is a **process**. Each learner is **unique** in how they assimilate information. Some are more **visual** than others. Some are more **auditory** than others. And some prefer to be doing some **activity** during the learning process. There is no right or wrong way to learn (despite what you may have been told at school!)

Find what learning style works best for you and then honor it.

This *Reclaim YOUR Freedom!* online workshop uses elements of **all three learning styles**. The videos appeal to those who are more visual. However, they also have a large auditory component for those who prefer to learn through listening. And the exercises you are encouraged to engage in will work well for those who like to be *doing* something.

Do you learn best alone, or with a partner?

Again, there is no right or wrong answer. Some people prefer to be left alone when they learn. Others find it easier to stay focused by working with a supportive partner to hold them accountable. Your partner is there to support you and to hold the space, so you may get the most out of the material.

If you work with a partner (which can be very helpful), make sure you **both** remain in a place of non-judgment.

Take the Personal Awareness Quizzes

The fourth activity of each lesson consists of a personal awareness quiz. This is a short exercise designed to **reinforce the concepts** that you have just been exposed to. You will not be scored, and certainly not judged, on your responses. This is for you only!

Participate in the Online Discussions

Often through **sharing our experiences** with another we learn so much about ourselves. Other workshop participants may view the material in a different way, resulting in **rich discussions**. You are invited to become part of the community. Not only will this help you get to the place of freedom quicker, but it will also support others in reclaiming their freedom.

Take as Long as You Need

Each learner will have their unique pace in working through this workshop. This will be determined by where they are in their lives.

- For some, this could be the **first time** they are being introduced to such material and may therefore need time to process and assimilate the richness of the information presented.

- For others, they could be **highly advanced** on the personal growth and spiritual development path and find they are stepping through quite quickly (or at least through some of the sessions, if not all).
- Some may be dealing with **still-raw emotional events** which could be triggered by this work, in which case they may need to pause the workshop to heal from anything that may come up.
- Others may simply enjoy the material as a way of **reinforcing** they are already on the Path to Freedom!
- There is no single right reason for doing this workshop - they are **ALL equally valid**.

By distilling down the original 7 1/2 hours of material recorded during the live workshop in Hawaii to just over 2 hours, you will be receiving the essence, **the juice**, of the work.

It is therefore rich in content and information. **Do not rush** the learning process!

Pause the videos as necessary, share with another, journal, meditate on the information... In fact, do anything you are called to do. There is **no right or wrong way** of participating in this workshop.

However, it is beneficial to **step through** the workshop in the order it is presented. The material and concepts build upon each other. This has been designed to give you maximum opportunity for **transformation** and **growth**.

Most importantly, have fun doing the workshop!

Journal!

Throughout the workshop you will hear how important **awareness** is. Without awareness we are at the mercy of those around us. This is the surest way to fall into victim mode, and to stay there.

Purchase a book in which you **journal** your thoughts, feelings, and more importantly, those "coincidences" that WILL start popping up. In the Tollec teachings, coincidences are known as **omens** and **indicators**, messengers from the world of spirit.

In no time at all, a pattern of behavior will emerge. You may initially be **shocked** at how much on auto-pilot you have been through your life. You will be invited to review these patterns as they are usually no more than **beliefs**.

Over time, your journal becomes a **sacred object**. Treat it as such. Keep it close to you. Keep it confidential - it is for your eyes only! Be careful who you share with, as others who do not appreciate the deep transformations you are going through may not understand and could inadvertently bring you down.

All that is left is for you to enjoy the extraordinary
journey that awaits.

YOU DESERVE TO BE FREE!

Session 2: Introduction to this Workshop

Activity 4. Introduction and Special Instructions

Session Objectives

1. Introduce the workshop
2. Introduce the workbook
3. Introduce the agenda
4. Introduce the Agreement
5. Ask you to sign the Agreement

(Note: It may be beneficial to purchase a **ring-binder** to hold the documents you print during the workshop)

Special instructions for this session: In this session you will be invited to sign an **Agreement**. The reason why this is important is explained in the video. You may thus wish to download and print a copy of the Agreement in advance (the download link as *after* the window below). This way you will attain **maximum benefit** from the session.

The Agreement is on the next page.

🖨️ Print and sign this page

nigel **b** patterson

rediscover Ancient Wisdom - restore Inner Peace - reclaim Freedom

The Agreement

Learning is enhanced when we feel **safe**. We only feel safe when we believe we are **heard**, without judgement. This is how **trust** is established. It is of utmost importance you attend and participate in this workshop in the spirit of **openness, honesty and integrity**. What is discussed by you or others remains in the workshop. You agree to keep **confidential** and not share any information shared by others. You also agree to **suspend judgement** and to remain in a space of **genuine curiosity**, in a place of **discernment**.

You also acknowledge that this workshop may be recorded, or videoed, either in part, or in its entirety. In the event it is, it is understood that your identity, including what you share, will be kept confidential and not made public.


I, _____ agree to the above agreement.

Workshop Name: _____

Date of Workshop: _____

Activity 5. Watch the Video

Welcome and Introduction to Reclaim YOUR Freedom!

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

Welcome and Introduction

Video Transcript

Once again, welcome. We are just going through...in your pack, that's your workbook, your worksheets and it's got the program and where you can write things in there. That's what we'll be trying to cover. There's a lot of material in there. The idea is that it becomes very interactive and that you guys work together and go into a space, so you can actually drop into the work.

And if we don't get through it all, it doesn't really matter. We'll get through exactly what we need to. Those of you who know me know that I can plan to death and spirit just takes over and does its own thing anyway, so we'll see what happens.

Effectively we have it as an introduction period. We will go through that. These times are flexible. Explore what freedom means to each of you. We'll look at this concept of the Journey to Freedom, and what that means for us. What's the concept of power, because power comes into this and how do we lose power?

When we lose power, we lose freedom so power is an important aspect. How do we get our power back? We need to get our power back in order to regain freedom. We'll look at this Path to Freedom model specifically from the book and we'll build it up here. Then what do we do with that thing, the personal level?

That's quite our longest session, a whole hour there and then wrap up with what's next. That's kind of the program.

The Agreement

First things first, the agreement. Please, what this is about is I want people here to feel safe and safe to share. And so, whilst nothing of course is binding, it's just setting our conscious intention.

Learning is enhanced when we feel **safe**. We only feel safe when we believe we are **heard**, without judgment. This is how **trust** is established.

It is utmost importance you attend and participate in this workshop in the spirit of **openness, honesty** and **integrity**. What is discussed by you or others remains in the workshop.

You agree to keep **confidential** and not share any information shared by others. You also agree to **suspend judgment** and to remain in a space of **genuine curiosity**, the place that I call **discernment**.

Activity 6. Diving in Deeper

Key Takeout's from this Session

Reclaiming Freedom is a **process**. It has taken a lifetime to forget who you really are, and it will take time to reclaim your true essence.

Awareness is key.

Over the course of this program, you WILL find where freedom lies. And you WILL be able to reclaim it. The choice is yours, and yours alone. No one else can make you do it or do it for you. However, if you have come this far, then KNOW that **you are ready to reclaim your freedom!** All you need do is continue on this program. You owe it to yourself.

The **biggest challenge** in completing this workshop, and any other self-development program, is to **not lose personal power**. What this means and how you lose personal power will become clearer in Lesson 7. Your challenge is to not allow yourself to become overly **distracted by everyday events**, what I call the shiny-object-syndrome, or SOS for short! SOS is a sure way we give away our personal power, and this can be problematic when embarking upon any journey of growth and change. The little-self, the ego-mind, does not want change and will do anything to distract you and to keep you **trapped** in a place on the opposite side of freedom. Again, awareness is key!

Never forget... you are a soul having a human experience. This will become very clear as you work through this program.

Useful tip: It may be helpful to purchase a journal and record your thoughts, feelings and any events or activities around you that catch your awareness. The Toltec's call these **omens** and **indicators** from the world of spirit. They are there to send you messages. Your task is to listen, obtain clarity on what is being asked of you, and then act.



Activity 7. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 8. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 3: Lesson 1 - Listening

Activity 9. Introduction and Special Instructions

Session Objectives

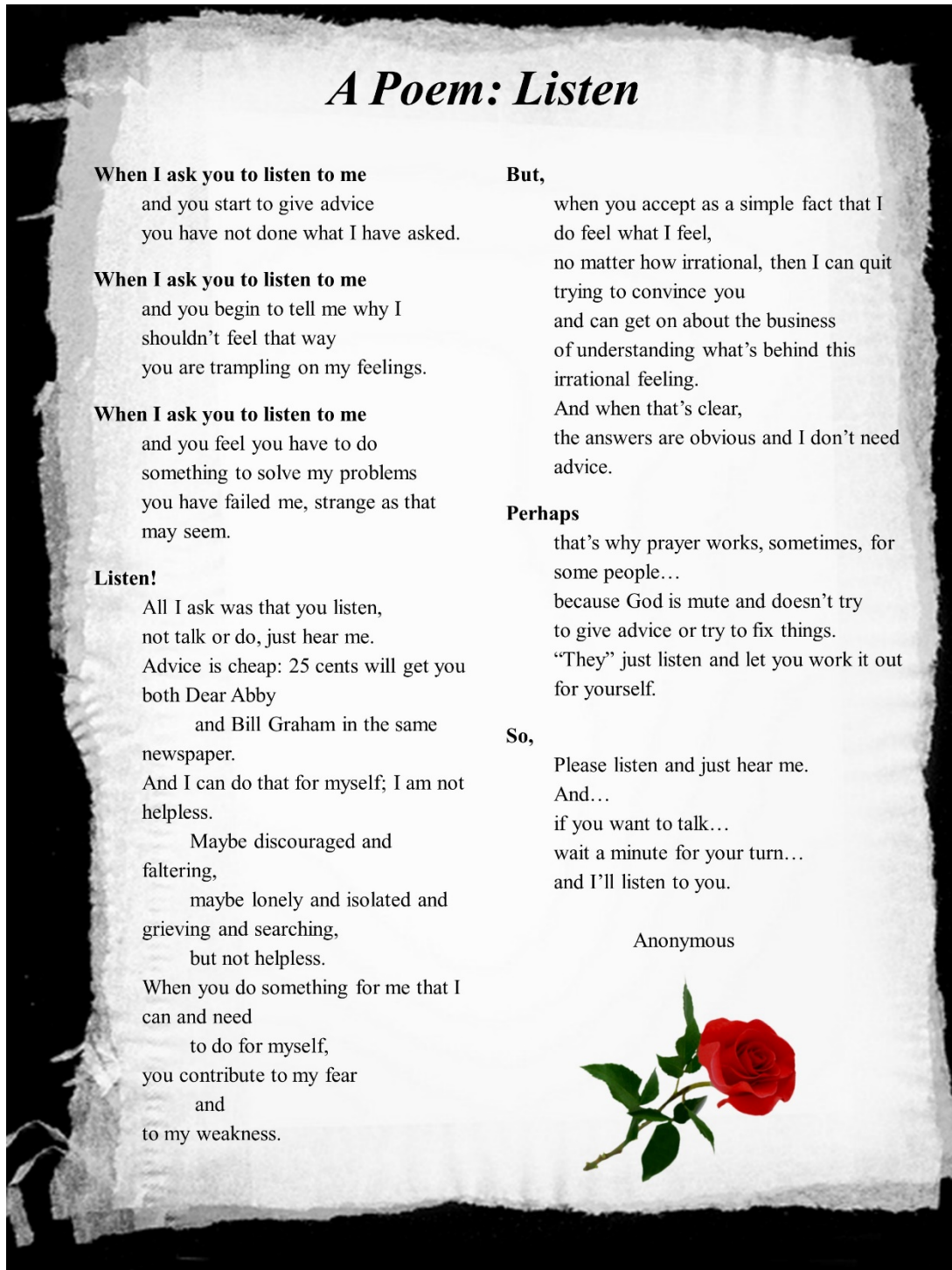
1. Introduce what **listening means**
2. Discuss "**rehearsing**", and the consequences when doing this
3. Explore if you really do **listen**, and why this is important
4. Explore the **archetypes** and how this ties into listening
5. Share a powerful poem called **Listen**

(Useful exercise: During the video, the presenter is discussing the topic of listening while at the same time different text appears in the main window. Become **aware** of how easy or challenging it is for you to follow *both* the presenter and read the different text concurrently. This may reveal something about your own **learning style!**)

If you are interested in **knowing more** about learning styles, download and read the article included in the link below the video.

Special instructions for this session: Stay alert to how well you **pay attention** during this session. It will inform you for the rest of the sessions that make up this workshop. You may just be surprised at how little

you really do pay attention, even if you think otherwise! Feel free to **download and print** a copy of the poem called Listen after the video.



👉 Handout for **Lesson 1 - Listening** (print this page now)

How well do you believe you listen?


Do you ever find yourself thinking about what to say next *before* the other person has finished speaking? Why?

What can you do catch yourself not listening fully? What little reminder you can give yourself in such situations?

What difference do you believe it will make to your life if you do begin to listen more attentively?

Activity 10. Watch the Video

Lesson 1 - Listening

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

Listening

Video Transcript for Lesson 1

For those who are not aware I'm actually a qualified transpersonal counselor. I trained in Sydney, Australia. It's a two-year program there. And one thing we were taught is the power of listening and the importance of listening in any of this kind of work. The one thing which really challenges us in listening, which really struck me, is this concept of rehearsing in our head.

When I hear something, or trigger something, I need to respond to that. I'm obviously rehearsing what to say and I don't listen to anything else that happens after that. Therefore, I could miss half of the conversation or two-thirds of it, maybe a critical point that the person is saying.

So, listening is quite important especially with us supporting each other, the concept of freedom. It's that rehearsing in our head which traps us in the place we often find ourselves, because we get stuck in our own narrative which is just a belief system at the end of the day, but that becomes our truth and our reality.

How many of us here can truly say we listen? Have you all heard of Caroline Myss? She's a medic intuit, and she has a great book called the Archetypes (and Sacred Contracts). We have our various archetypes and they are the pleaser, the rescuer, the taker, the prostitute and things like that. My archetype is the rescuer.

So, to feed my sense of self-importance, or my ego, I'll be listening for any signal which says, oh, goody I can jump in and rescue you and not listen to

what you are actually trying to tell me. Instead of just holding the space for someone I'll try and rescue and I have to be so aware of that.

Typically, when we go into a place or a time of stress we drop into the archetype because that's where our comfort zone is. That's where we feel safe. And when, like moving countries, moving jobs, moving house, whatever, the stressful situations we go into that archetype. I know for myself, when I am in the archetype I'm not listening. I know that for myself.

As soon as I know I'm stepping to rescuer mode I then know I'm not listening. It's about me, not about the other person. So, the challenge for today is to try and capture or catch ourselves if we are in that space of not listening. Again, the important thing is without judgment and we'll get into judgment as well. We don't want to berate ourselves. There are enough people making us feel guilty without us having to do it ourselves.

Activity 11. Diving in Deeper

 [Online Activity](#)

Activity 12. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 13. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 4: Lesson 2 - Opening Up

Activity 14. Introduction and Special Instructions

Session Objectives

1. Introduce the **Johari Window**
2. Explore how you **show up**, or present yourself, in a given situation
3. Show how you **build trust** with another
4. Discuss where your **blind areas** are and how to reduce them
5. Reveal where **growth happens** and the conditions required to get there

Please feel free to **pause the video** if you feel you need more time to absorb and process the information relating to the Johari window. It is a really useful model to learn and apply when engaging with others. It can help dispel assumptions we make about another when we first meet them.

Special instructions for this session: This session explores the concept of **blind areas**, or blind spots (we all have them). These relate to behaviors we are unaware of, but others see in us. When these are pointed out, it is quite easy to become defensive over them. Your challenge is to remain present and receive the feedback from others in the manner in which it is intended, and to learn the skills to share with others what their blind areas may be. Developing **mutual trust** a large part of this.

👉 Handout for **Lesson 2 - Opening Up** (print next two pages now)

Based on Johari's Window, how much of yourself do you believe you show in a new social encounter?

Why do you believe you are not revealing more of yourself?

How do you believe this impacts your ability to develop authentic and lasting relationships?

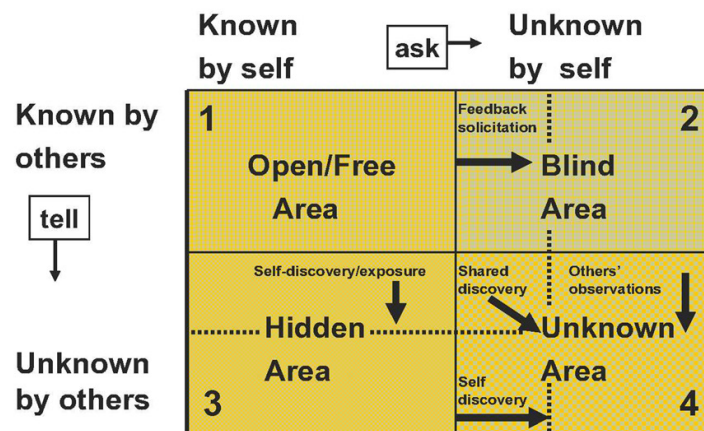
What can you do to feel safe to reveal more of who you are?

How do you react when other people give you feedback? Why?

Use the Johari Window below to explore how you believe you show up in social environments:


- When meeting people for the first time
- As you get to know people better
- Once you are completely comfortable in the company of others

The complete Johari Window Model



How prepared are you move into a space of shared discovery? How do you think this would make you feel?

Activity 15. Watch the Video

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

Opening Up

Video Transcript for Lesson 2

Who's heard of Johari, the Johari window? You have. Cool, okay. Johari, you know where the word comes from, Johari? There are two guys who invented this, Joe and Harry, so I guess the Johari window. The first axis is **known by self** and **unknown by self**. This is what I know about myself. This is my blind spot. I don't know this about myself.

So, I might be sitting here and not even aware of it! It might be my habits and you guys are saying what's wrong with you, why are you doing that? Doing what?

This here is **known by others**, what I'm showing of myself to you and this is what I'm hiding from you, **unknown by you** (others).

When we first meet people this area number one is quite small, the **open free area** because I'm not going to show too much of you of who I am until I can trust you. And why should I trust you until you give me a reason to trust you? And if I can't even be heard that's a damn good reason not to trust you, because what are you, you are going to trample over me, things like that.

That's your **open free area**. And the idea is as we come over here, as we start trusting others more, we open up more and more of who we are and reveal more of who we are. Over here is how do we **give feedback** to each other in an honest and respectful way without judgment? So, as I learn to trust you and you learn to trust me you'll learn to say you know Nigel, what you are doing is really annoying me, or are you aware you have that behavior?

That's the blind spot is the **feedback solicitation** is when I say I invite you to review what I'm doing. I invite you to give honest feedback. So, this is what I'm doing. That's what that there is about. As we show more of ourselves and as we invite people to feed back more to us we go to this place called the **unknown area or self-discovery**.

The idea of doing these kinds of workshops, this kind of work or any other self-development work is to go into the **unknown area**, otherwise why do we bother coming here? So, the unknown area saying, I've got to feel safe, I've got to feel trusted, I'm asking you to trust me and I'm going to solicit feedback from you but be respectful about it and as I show more of myself please do not judge me.

That's kind of what this is saying, the Johari window. Again, a nice tool, nice model to use in communication with others. Make sense? So, the concept of listening and when we really listen to someone we invite them to open up. When we will listen to someone we actually identify things which they might not even know about themselves and we wait for them to invite feedback as this said listen, don't just jump in there because I don't feel heard then. If I want you to give me feedback I'll invite you.

Activity 16. Diving in Deeper

 [Online Activity](#)

Activity 17. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 18. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 5: Lesson 3 - Who Am I?

Activity 19. Introduction and Special Instructions

Session Objectives

1. You will be invited to **select a card** from your favorite deck of cards, knowing cards have Power
2. Take time to **explore the meaning behind the card**
3. Take you through a guided meditation so you may **connect deeper** with your card
4. **Complete** the attached **handout** as a guide to where you are now, and where you wish to go
5. To **share** with a workshop partner what comes up for you (if you are not doing this workshop alone)

This is an exercise in **connecting with your soul-essence**, that part of you wishing to reveal itself. It also happens to be one which knows who you are, why you are here, and what you need do to in order to fill your karmic destiny.

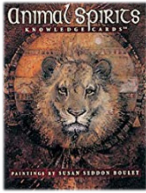
Special instructions for this session: It is now time to move beyond the intellect, the mind.

☞ You are invited to do the follow:

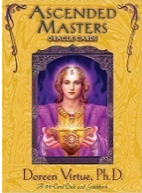
1. Before watching the video retrieve your **favorite deck of cards** (can be spiritual or self-help deck of cards).*
2. Holding the cards in your left hand (your receptive hand), close your eyes and **set your intention** for the session by asking the question, "**Who Am I?**"
3. Wait a moment for a **sense**, or feeling, to come to you. It could be as subtle as a gentle feeling of peace. Have no expectations.
4. Then shuffle the cards, and when you feel ready, **draw a card**.
5. Hold the card in your left hand while you proceed with **watching the video**.
6. Only at the end of the video, print and **complete the worksheet** for this lesson. Give yourself time to do it - there is no rush. Let the card speak to you and guide you in how to answer the questions.

** The live workshop from which this online workshop has been developed used the deck of cards called Animal Spirits Knowledge Cards. It does not matter which deck of cards you prefer - as long as the cards "speak" to you.*

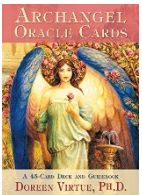
If you do not have a deck of cards that work for you, the following are available from Amazon. Any would be suitable.



Animal Spirits Knowledge Cards by Pomegranate Communications Inc, US



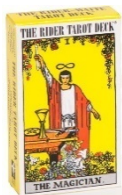
Ascended Masters Oracle Cards: 44-Card Deck and guidebook, by Hay House



Archangel Oracle Cards, by Hay House Inc.



Cat Comfort Cards, by Hay House



The Rider Tarot Deck, by Arthur Edward Waite

Click on the image above to find out more about each deck.

The above are just a few examples of what is available. There are many, many other card decks available.

👉 Handout for **Lesson 3 - Who Am I?** (print the next two pages now)

Draw a card. What Card Are You? What does the card mean to you?

What do you want to get out of this online workshop?

Of the following, rate the following from 1-5 (1=does not resonate at all, 5=important to be addressed):

- I am bored with my life _____
 - I am feeling trapped in my current situation _____
 - I am afraid of being judged _____
 - I want to overcome feelings of anxiety and uncertainty _____
 - I wish I had the courage to fully express my needs _____
 - I am not clear why I am even here (on this planet) _____
 - I wish my relationships were more fulfilling _____
 - I want to learn more about Freedom _____
-

What are three things you would you like to change in your life? How would this make you feel? How would it improve your life?


1.

2.

3.

Activity 20. Watch the Video

Lesson 3 - Who Am I?

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

Who Am I?

Video Transcript for Lesson 3

What we are going to do is we are going to get you to select one of these animal spirit cards. Take that card, just go into that space of inner feeling and find out what that card means to you. There's a little description on the back of it. And then I'm going to invite you on here to just make a note of what that animal spirit means to you.

Just give yourself a few moments and a few minutes to go there. And then when you get a sense of that answer the next question as well, what do you want to get out of today's workshop? So, I invite you to go and do that then ask the question, who are you, who are you as a human being and the ego self, your animal spirit and soul spirit?

Meditation

Allow whatever card you've got to speak to you. Spend a moment, just close our eyes and just acknowledge the card that chose us and what it brings to us. We'll hold on to the card for the rest of the day and the messages that are brought to us. Just allowing yourself to be present here in the moment, allowing any of the thoughts of the week to drop away, any anxiety you may be holding.

There is nothing to do other than be present here today. There are no expectations, no demands on you. Just feel yourself being held by Mother Earth, this beautiful, nurturing, being, feeling the absolute love, unconditional

love of Mother Earth, of our planet. Just invite in any of those in spirit who wish to be here; your guides, your healers, your teachers.

And be open and receptive throughout the day to their wisdom and their support in the knowledge that we never ever walk alone, no matter how lonely the path may feel at times.

Take a nice deep breath in. Fill your lungs, fill your belly with that beautiful loving energy and just let that out. Bring yourself back to a place of non-judgment, a place of presence.

Why don't you actually as you are in this space, just complete the rest as well on that front page then you can introduce yourself around all of that and share whatever you wish to share or not share.

THE GARDEN

I come to the garden, unknowing
And look around
Her beauty remains hidden in the recesses of the mind
Until stilled

As the cloak of the self is removed
Awareness presents herself
At first through ideas and images
And then through feelings and oneness

She welcomes me as a friend would
Without conditions or judgement
But in her wisdom she knows
That I have a long road to travel

With patience she waits
And supports me
As she has done for others who have travelled the same path
Without reservation

Her embrace is gentle and complete
Her faces many
And each place I turn
I see her waiting

NIGEL B. PATTERSON

Activity 21. Diving in Deeper

 [Online Activity](#)

Activity 22. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 23. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 6: Lesson 4 – Exploring Freedom

Activity 24. Introduction and Special Instructions

Session Objectives

1. You will define what **freedom means** to *you*
2. Identify where freedom **is not**
3. Explore and compare the concepts of **knowledge** versus **wisdom**
4. Look at what we mean by **a tension**, or attention
5. Encourage you to begin to **Reclaim YOUR Freedom!**

It is now time to explore what freedom **means** to you. We use words liberally, but often do not stop to think what we actually mean when we use them.

Words contain Power. Use them wisely!

Special instructions for this session:

☞ You are invited to now do the following:

1. Create **two columns** on a piece of paper, or a white board*
2. Label the left column, "**What does freedom mean to me?**"
3. Label the right column, "**What is stopping me from attaining freedom?**"
4. If using a piece of paper, **write down your responses** to each of the questions below under the respective column headings.
5. If using a white board (or a wall, or a chart, or any other large surface), use Post-it® notes to write **one response per note** and paste them under each column. (This is the preferred method as we will later reposition the notes.)
6. **Watch the video** before starting the exercise. You may want to pause it after the first slide so you can participate in the process as though you were present in the live workshop - this will ensure Power is with you as you do this exercise.
7. Below the video is the **worksheet** for this session. Print this and complete it. This will provide additional clarity on what freedom means to you, and what you need do to reclaim it.

** During the live workshop, participants were invited to write as many thoughts as they wished, one on each Post-it® note and then place them on the white board. This resulted in a collage of ideas from many participants. If you are working through this online workshop with someone else, it is suggested you also do this. It creates a **richer experience**, thereby encouraging Power to step in and support you.*

👉 Handout for **Lesson 4 - Exploring Freedom** (print next three pages now)

This handout supports the learning experience for Lesson 4. You are encouraged to print this document, complete it and place in your workshop folder.

What does Freedom mean to you? (complete below or use Post-it notes)

"What does freedom mean to me?"

What is the gap between where you are now and where freedom lies?

What are your EMOTIONS when you think about the gap and what is holding you back?


Where do you think Freedom lies?

Who is responsible for you attaining Freedom?

Who is responsible for your happiness? What do you think you can do about it?

Activity 25. Watch the Video

Lesson 4 - Exploring Freedom

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

Exploring Freedom

Video Transcript for Lesson 4

So, let's have a look at those Post-it® notes. Have you all taken a stroll around and checked out what's happened on the two halves? Comments around that, how was that exercise? What stands out for you? But isn't that kind of interesting, we all want freedom but it's kind of hard to figure out what we want?

And that to me, is the first step here. We use these words, but we actually don't know what they are. And as we know, words have got power. And if we can't define what we mean by freedom, how can we give it power to manifest? And that's what this whole workshop's about, how do we give it power to manifest and we don't even know what it is? That's the crux of this work. I want it, I deserve it, okay So, tell me what it is.

And interesting, on this here, there's some great things here but what's also jumped out at me a little bit on the "what does freedom mean", and I have no idea who wrote these, so you don't have to own up to any of this, it's okay...

- no one controlling me
- no unconscious restraints
- absence of limitation
- and so on.

Some of these here freedom was defined in a negative term, and that's interesting. If it's like freedom means, "I deserve happiness", guess where

happiness is then? It's somewhere over there. As opposed to, "I deserve happiness". No, "I am happiness."

If I can't be it it's always out there somewhere. "I deserve abundance to get my yoga studio going". Guess where abundance is? It's out there somewhere. You will see on the What Is Stopping You (column) that is so clear on the Path to Freedom Model©. What you guys wrote there, that's actually nice.

I hope by the end of the day you can either cross them out or change some of the words and move them across or remove them altogether. We'll see what actually is left of these affirmations.

What struck me is we're defining freedom in something outside of ourselves.

What's the gap between where you are and where freedom lies? Any takers on that one? It's interesting we come to what is wisdom versus what is education? They are two very different things, because one's knowledge which I say is man defined, man-learned.

And what is wisdom? Our education system doesn't teach us. It doesn't define wisdom or teach us wisdom. It stuffs us full of knowledge but whose knowledge and for whose benefit? So, I feel we need to unlearn a lot of what we've learned to gain wisdom, to gain freedom.

And emotions, well, how did you feel doing this exercise? And when you saw those gaps, what was the feelings around it?

Yeah, that's often really, really hidden in that hidden area, the blind spot area, and the shadow sits down there, often. And even sometimes previous lifetimes can come into that. Because it's what we sometimes come in to resolve that stuff, so that's part of why we even chose to incarnate, because

one thing, we're never given more than what we can deal with ever, ever,
ever.

So, to wallow in self-pity is credibly unserving.

Activity 26. Diving in Deeper

 [Online Activity](#)

Activity 27. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 28. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 7: Lesson 5 - The Eagle's Gift

Activity 29. Introduction and Special Instructions

Session Objectives

1. Share Carlos Castaneda's poem **The Eagle's Gift**
 2. Explore an **interpretation** of this short poem from the book of the same name
 3. Encourage you to closely examine the **meaning** behind this poem
 4. Consider **how to use it** as a way to step into your Power
 5. Reveal a **South American prophecy** regarding the Eagle and the Condor
-

"When the Eagle and the Condor unite peace on earth will prevail" - a South American prophecy.

Special instructions for this session: Go with the flow! Tap into the **intention** behind this lesson. Reflect on what it is you need to **do** to claim the Eagle's Gift.

🔗 Handout for **Lesson 5 - The Eagles Gift** (print this page now)

What areas in your life or issues do you believe you are hanging onto or defending?


Why are you hanging onto those identified above?

Who is this affecting, if anyone, other than yourself?

What action can you take to release the need to hang onto, or defend, the issues identified above?

Activity 30. Watch the Video

Lesson 5 - The Eagle's Gift

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

The Eagle's Gift

Video Transcript for Lesson 5

The Eagles Gift. This is (by) Carlos Castaneda, one of my great teachers... the teachings of Don Juan.

I am already given to power that rules my fate.

And I cling to nothing, so I will have nothing to defend.

I have no thoughts, so I will see.

I fear nothing, so I will remember myself.

Detached and at ease,

I will dart past the Eagle to be free.

(Carlos Castaneda - The Eagle's Gift)

Now look at this, **I am already given to the power that rules my fate.** I'm surrendering to God, infinite wisdom, infinite intelligence. I'm already given to that power that rules my fate. In other words, I am no longer allowing the mind of man to rule my fate. I'm already given to the power that rules my fate.

And I cling to nothing, so I have nothing to defend. The things we cling to most are our belief systems and our limiting beliefs and that stuff on the board there, what is stopping you? We cling to them. They become part of

our narrative, part of our story. As soon as we cling to something, we need to defend it.

“Oh no, I'm telling you right now that I certainly cannot afford that yoga studio. Believe me, it really is tough.” If we cling to it, we have to defend it... “because you have no idea what I've just been through the last year.” Okay. You've been through it. Guess what, you're over it. Do you define yourself by that or by what you want in the future? So, I cling to nothing, so I have nothing to defend.

I have no thoughts, so I will see. That's interesting. So thoughts is our story round and round and round and round. I have all these different inner selves which results in my unhappiness. It's a thought. I have no thoughts I will see.

And that goes back straight into Eckhart Tolle's *Power of Now*, in the now there are no thoughts. He says to have thoughts is madness. Yeah and so I have no thoughts I will see.

I fear nothing, so I will remember myself. That's an interesting one. It's in that face of fear, I call it conformance, compliance, control, it's (where) I don't know who I am, because I'm taken out of myself and taken out of who I am and I don't remember who I am then.

Detached and at ease, I will dart past the Eagle to be free. The eagle here, in my feeling, is what we call the matrix, the group mind. The eagle is a symbol of the US.

The US is a very powerful place, which whilst we talk about the freedoms we have in the US, my goodness, does it also control us?

Nice. So, you can stick up your wall, whatever. I just love this thing. I keep on going back to it when I feel sorry for myself. I cling to nothing, so I have nothing to defend so why am I feeling sorry for myself? What am I defending in myself-pity? Why am I wallowing it? Yeah?

I don't know what you're talking about exactly. Interesting, the eagle is the symbol of North America, not just the US but North America. The condor is a symbol of South America. The condor is the feminine, the eagle is the masculine. And in Native American mythology is when the eagle and the condor come together we will find peace on earth. So, the eagle is very much that clear-minded masculine energy focus, focus, focus, eagle, eagle eye which is a masculine energy which is North America.

The Eagle and the Condor is an ancient prophecy of the Amazon that speaks of human societies splitting into two paths - that of the Eagle, and that of the Condor. The path of the Condor is the path of heart, of intuition, and of the feminine. The path of the Eagle is the path of the mind, of the industrial, and of the masculine.

The prophecy says that during the next 500-year period, beginning in 1990, the potential would arise for the Eagle and the Condor to come together, to fly in the same sky, and to create a new level of consciousness for humanity. The prophecy only speaks of the potential, so it's up to us to activate this potential and ensure that a new consciousness is allowed to arise.

Source: <https://blog.pachamama.org/the-eagle-and-the-condor-prophecy>

Activity 31. Diving in Deeper

 [Online Activity](#)

Activity 32. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 33. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 8: Lesson 6 - The Personal Journey

Activity 34. Introduction and Special Instructions

Session Objectives

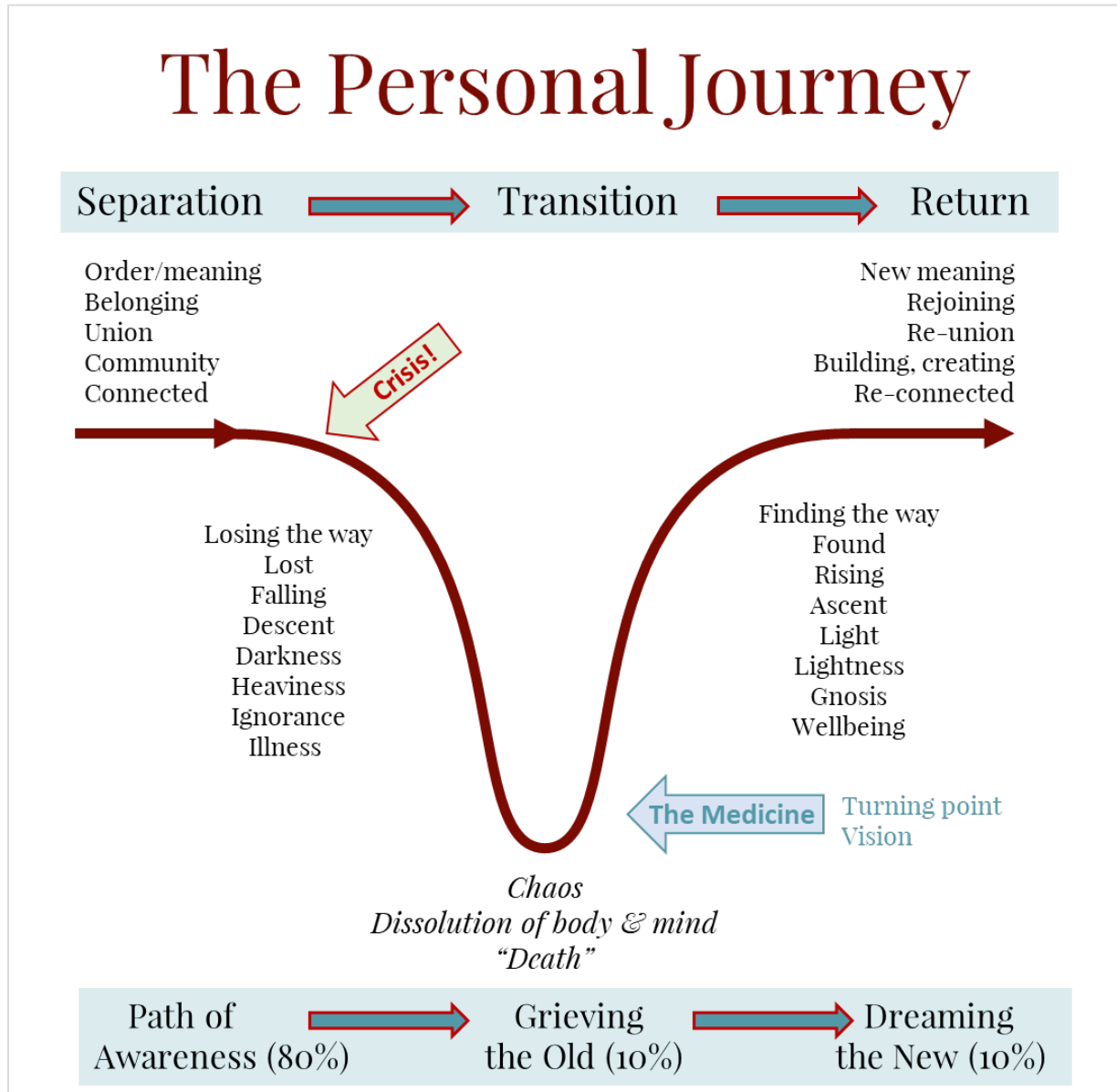
1. Explore why you **love certain movies**
2. Discover the **common themes** in successful movies
3. Introduce a **version** of renowned psychologist Joseph Campbell's **The Hero's Journey**
4. Show you how to use the hero's journey for **self-discovery**
5. Invite you to **plot where you in your life**

This lesson introduces a very **useful model** for understanding where you are in this journey called life. It is a simple, yet powerful, tool you can draw on at any time, both for yourself, and for others. Once again, this lesson further reinforces the critical element of **awareness** as you journey to reclaiming your freedom.

In the movies we love we want our hero or heroine to succeed!

Special instructions for this session: You are invited to honestly assess your **current life path** and then plot this on the personal journey

model. This will enable you to review where you have come from, and more importantly, what **lies ahead**.



🔗 Handout for **Lesson 6 - The Personal Journey** (print this page now)

What movies do you love? Why? What do they have in common?


Choose one issue you wish to work on. Describe it below.

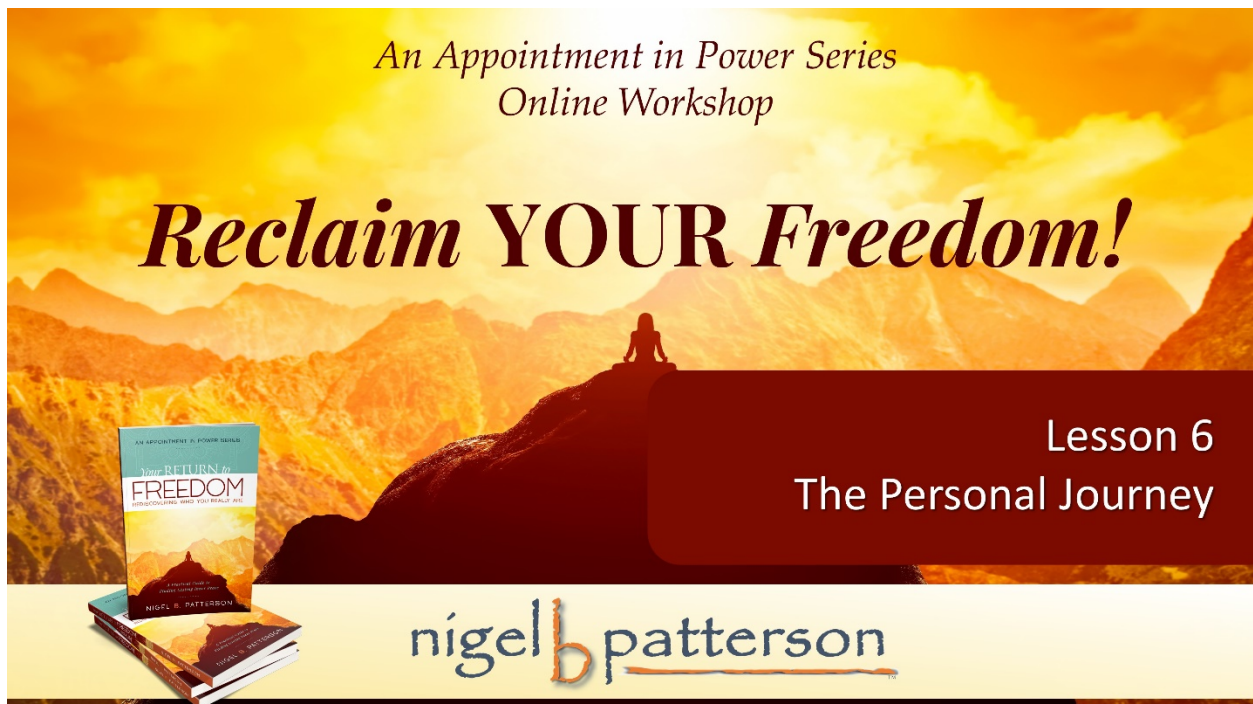
Based on the Personal Journey Model plot where do you believe you are relating to that issue?



Activity 35. Watch the Video

Lesson 6 - The Personal Journey

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

The Personal Journey

Video Transcript for Lesson 6

What are the movies you love? Name some of the movies you love.

I love The Matrix - overcoming control, overcoming manipulation, overcoming the group mind, overcoming the matrix, becoming free, for me. As does Shrek, as does Pretty Woman, as does Avatar, as does Star Wars, as do all the Star Trek movies, they all follow this pattern of our hero or heroine.

This is a variation on Joseph Campbell's The Hero's Journey. So, what is it saying? We are coming along, everything's going fine in life. There's order, meaning, union, belonging, feeling connected, and then something happens. Crisis. Look at Shrek, he's living in a swamp quite happily. And he gets given this notice of eviction, get out of the swamp.

So, then you go downhill; losing the way, lost, fallen, decent, darkness, heaviness, ignorance, illness. And we go down and where we lose... it becomes a dark, heavy place. It's called chaos, dissolution of body and mind or death, metaphorical death where nothing matters. That's a *Nadir*, The Dark Night of the Soul, nadir so it's down there.

That's a place where it's a really horrible place to be, where we think total desperation, what's this about. Many things take us there. It's when we don't pay attention to spirit it'll create crises for us through divorces, separations, deaths, job losses, car accidents, illness, stuff like that will manifest we are not paying attention of what we've been asked to do in our inner work.

It'll take us down here until we actually surrender and just release that need to stay so-called self-control, total control, just let it go and start trusting. When that happens, that turning point, the medicine here, or vision... the medicine is interesting, the medicine comes in the form a book, a workshop, a movie, a telephone call.

It doesn't really matter what it comes in, but something comes in and triggers and says *wow*, that just makes so much sense. Actually, I need to follow through this with some with more kind of thing. And with that, we come up the other side, finding the way, found rising ascent light, lightness, gnosis and wellbeing until now hero or heroine arrives back again.

Shrek arrives back with Princess Fiona. New meaning, rejoining, building, creating, reconnected. That's the kind of of journey we go through. That's what the journey of life is about. We've all been through these and we are going to go through more. That's what being born human's about. It's not always nice and easy like this.

It could be very flat, (then) car accident or something, bang! And then long, long, long recovery up. Or it could be a gradual, slow decay in a relationship until eventually, *wow* Prince Charming or Princess Fiona or something steps in and suddenly it's how cool is that? The shape, it takes on different forms but it's generally the same kind of thing.

I know that all seven of you are here because you're over there somewhere, in something in your lives, Because I know I always arrive. I've been in this work 25 years. I know when people arrive in my life for this kind of work... it's over here. I'm part of that medicine. I don't really work with people here. I work with people there, which is interesting.

There's something each of us are dealing with, at your own level, where you said I'm actually over this, I've had enough, I need to resolve this. It could be over I'm fear about my studio or something, whatever it might be, I'm just over it. And you do something about it and it might be... whatever it might be.

Just think about that. It could be I'm over this meaningless existence supporting a bloody farm and all this is draining me and exhausting me. I'm just over this. I want to surrender. I'm open to new possibilities, whatever it could be. And so it carries on. So we each will have something we are with dealing with because invariably when I arrived in people's lives is here. The pattern has been too entrenched for me not to recognize it now.

This is put in this part of this program as well because this is where we are here as well. We've kind of done all this freedom stuff, that whiteboard stuff. We've been gentle. We've only got one day. We can't go too deep into this.

We are kind of being gentle coming through it, we will come up now as well in this program. Makes sense?

It's actually nice to be able to plot yourself and say where am I, what's happening? This is called the separation. This is called the transition, the dissolution... the transition and this is called the return... the return of the hero.

From a shamanic point of view, this, the **path of awareness** is about 80% of the work. Why? awareness, awareness, awareness. Why am I feeling this way? Where does it come from? What's the history behind it? What external influences are there? What do the cards tell me? What is that music telling me? What is a rooster trying to tell me?

All these omens and indicators, that's part of awareness. And we get to that place of saying, okay I need to now make this change. We then allow... in change, even if it is surrendering to the belief system, or getting rid of the belief system "I can't afford this". I say I'm tired of that, I'm tired of whatever history that's whatever's caused that beliefs in history behind that.

We allow that grief of the old. We allow it as part of the grieving process. We don't indulge in it, but we don't deny it either. It doesn't matter what it is. I'm tired of being held captive to the farm. You know, guess what? You do a ritual. Release it. Grieve. Whatever energy was locked in there, you grieve the loss of that energy, the loss of that belief. You allow it to go.

You bid it farewell and then you dream the new. That's the shamanic path of doing this stuff. That's about 80%. That's about 10%. That's about 10%. There are a lot of tools around that, because invariably there is this waiting. There always is. That's where you will find freedom is in what you are defining.

Whatever the issue is at the moment that's caused you to be here, that's where freedom lies. It's when you reconnect, reunite, reunion, rejoining. It is always there, it's never not there. It's what we choose to do here that matters.

Activity 36. Diving in Deeper

 [Online Activity](#)

Activity 37. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 38. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 9: Lesson 7 - Introducing Power

Activity 39. Introduction and Special Instructions

Session Objectives

1. Introduce **Astrological Ages**, and focus on Piscean versus Aquarian Ages
2. Reveal which **Age we are in**
3. Share the **significance** of this
4. Explore **male/female energies** (rather than male and female sexuality)
5. Ask you to **stand in your Power**

In this lesson we touch upon an extremely important and largely misunderstood concept in the West, **sexual energy**. Male sexual energy will be associated with an astrological age and what this means, as will female sexual energy.

Sneak preview: Power is a female *energy*.

Special instructions for this session: Put aside whatever you have been told before! Keep an open mind. *Feel* through what is being presented. **Your awareness is about to become expanded!**

🔗 Handout for **Lesson 7 - Introducing Power** (print next two pages now)

When you think of Power versus Strength, how much of each do you think you embody?

Power - on a scale of 1 -10? Why?

Strength - on a scale of 1-10? Why?


As you answer this question, keep in mind that Power and Strength are *energies*. If you are a *woman*, how would you feel about who you are if you had more Strength than Power? What would this mean to you? If you are a man, how would you feel about who you are if you had more Power than Strength?

Have you ever caught yourself bullying (or abusing) another person? What made you do it? What do you think this says about you?

**How well do you believe you stand in your Power, without giving it away?
What makes you surrender it to another?**

Activity 40. Watch the Video

Lesson 7 - Introducing Power

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

Introducing Power

Video Transcript for Lesson 7

Some of the large issues around this are Piscean versus Aquarian era, and I talk about this in the book, though globally I believe we are going through a transition we've moved out of that Piscean era but we are inside the age of Aquarius. In 1960s Hair came up with a song Age of Aquarius.

I think we are firmly in that. The Aquarian era is the feminine era. Piscean is the masculine. Piscean is dominance, control, manipulation, patriarchal. That is dying. And the whole *Me Too* movement is kicking in. The age of Aquarius. Interesting, the age of Aquarius that's defined by technology, which is interesting. Technology is part of that feminine energy.

And so we're seen people starting to embrace it, women coming to their own power. Power is a female affair, strength is a male affair. Let me repeat again. Power is a female energy, strength as a male energy. And what do men crave more than anything else? Power.

And how do they get it if they don't do their inner work, because there's abundance of power of course.

Where does that abundance of power come from? God, Source, absolutely. And if men don't do their work to actually bring that in, they will manipulate and bully women to get it from them.

And we are seeing that women are saying enough - because men are being forced to do their work now and they are kicking and fighting. We're seen that.

Women are coming up, and of course what happens fear feeds and fuels anger. Women have been living in the space of fear for quite a long time. They've had enough of it now. The *Me Too (movement)*, they are now angry. But again, this is in Chinese medicine, but anger controls the ability to show empathy and sympathy.

"I don't want to be around you just right now until you deal with us as well", so the pendulum is swinging. So, we are coming into that matriarchal era. We are coming into the collaborative decision-making process, not the hierarchical. That's happening. And so I really urge women to claim that power, but also be aware of what power is, the extraordinary energy behind power and not to try and meet men on their terms which is strength.

If you remove power from a man he just becomes weak. What does a man hate most in a relationship? The silent treatment. They can't stand it because you are not giving me power I want. How do I do this? How do I respond? I feel like a little boy. I feel scolded. Oh my God, how do I do this?

Remember I was saying in this thing - path of awareness, awareness, awareness. It's all part of awareness; that power's a female affair. Men crave it.

Again, in each and every one of us there's the yin and the yang. There's the feminine energy and the masculine energy in each one of us; divine feminine, sacred masculine.

The archetypal female has obviously more feminine energy and the archetypal man has more of the masculine energy. We are seeing that crossing over more and more where people are incarnated with a lot of either crossover or blended (energies). That to me is part of the universal evolution, not just human evolution but universal evolution.

From the big bang separation, we are coming together again now to create a new star where the two come together and the humans are reflecting that. We'll see what blocks us in freedom and belief systems how we become so, stressed around that. These are big issues happening around this, and how do we become, find that inner peace so we can just allow that to happen and not get knocked out of our center while these things are happening.

It's important that you find your way to speak your power in a way that works for you. Each person will be unique in where they are and what that works for them. The way I speak my power is through this path of awareness stuff. That's how I speak it.

We'll talk about the ambassador versus the activist as well this afternoon. So I take on the role of ambassador. I don't take on the role of activist, and hence the teacher role. We'll discuss it this afternoon and what roles can we take on. But the important thing is don't shrink from your power.

There's a client... she's got the phrase, she says (and I use in my book) Stand in Your Power, without apology. I love that. Stand in Your Power, without apology. Never apologize for your power even if it threatens other people. Say, dude, I'm sorry if you're threatened by my power. I will back off, but I'll never apologize for it. That's who you are. How can you apologize for who you are?

Activity 41. Diving in Deeper

 [Online Activity](#)

Activity 42. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 43. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 10: Lesson 8 - An Appointment in Power

Activity 44. Introduction and Special Instructions

Session Objectives

1. We will explore what is meant by **An Appointment in Power**
2. We will question if **money** really is Power?
3. Attempt to **define Power**
4. Resolve the issues around **Power and Strength** (and further build on Lesson 7)
5. Invite you to **fully embrace** Power

Rebuilding your Power is critical if you are to **reclaim your freedom**. In this lesson we build upon the learnings from the previous lessons. This lesson provides further insights into how we can step out of the trap of conformance and compliance, the place where we most lose our personal Power.

Power only manifest in an environment free of judgment.

Special instructions for this session: You will be challenged to put aside judgement. Can you do it?

🔗 Handout for **Lesson 8 - An Appointment in Power** (print this page now)

When you think of An Appointment in Power, what comes to mind?


Have you ever experienced An Appointment in Power? Describe the circumstances surrounding this. Who were you with? What stands out?

How do you think society confuses power for Power (note spelling)? Do you have examples?

What can you do to embrace Power? How would this help you?

Activity 45. Watch the Video

Lesson 8 - An Appointment In Power

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

An Appointment in Power

Video Transcript for Lesson 8

An Appointment in Power - what I call in the book is The Appointment in Power series, because is there a bunch of them coming out. And the definition there is:

When two or more people come together in an environment free of judgment—critical—something extraordinary happens. With nothing to defend, they become totally present in the moment.

A depth of wisdom not normally accessible is attained. Insights into pressing issues, some not even yet conscious, are presented resulting in a moment of rare clarity.

It's as though the forces of the Universe conspires to support and liberate us so we move forward with confidence and manifest our deepest desires. We call these moments "Appointments in Power".

The important thing is when two or more people, here we've got eight of us, come together in an environment free of judgment, which is why I spend so much time right upfront going through what is listening about, what's the Johari window about, what is your power animal card about, what are you about...It's to get to that space free of judgment. Something extraordinary happens.

We are starting to see, that's starting to drop in now, we are starting to get insights.

With nothing to defend – we're back to Carlos Castaneda – they become totally present in the moment. It's only when we defend things do we lose our center and we are no longer present.

A depth of wisdom not normally accessible is attained. When we have nothing to defend, we can really empty our minds and that's when we can listen because God is always talking to us or spirit is always talking to us, wanting us to hear. But we need to empty our minds. It's not going to say excuse me will you shut up your mouth?

Someone said to me we've got two ears and one mouth, use them in that ratio, because there's plenty for us to hear. It doesn't matter how desperate situation might be in that nadir, it's when we reach that metaphorical death is when we start listening.

Till then we are defending ourselves, defending, defending, defending, it's all your fault, your fault, your fault. The world is against me, I'm defending myself. We can't hear. So when we start hearing...

Insights into pressing issues, some not yet even conscious – that's a key point here – are presented resulting in moments of rare clarity.

It's as though the force of universe conspire to support and liberate us so we may move forward with confidence and manifest our deepest desires. All we have to do is accept what we are given. Just accept it. That's all we have to do, nothing else.

We are talking about appointments in Power, we are talking about losing Power, we are talking about stuff around Power and how we have to try and retain our Power, so what is Power? It's like what is freedom? We use these

words liberally, but what are they? What is the thing we are trying to retain?
And you thought it was going to be easy today.

Participant: Money

I believe we've given power to money. Money itself is not power. So, what is power? What have we given to it? What is that thing we've given to it? Because what is the most powerful thing that we know of in the universe?

Participant: We are unlimited.

Unlimited. We give it a label. What label do Christians give it?

Participant: God.

God. It's the most powerful thing. They say God is omni power omnipresent, most powerful. God isn't money. We made money God in the US. In God We Trust we write over our money now. So when we use the word power what do we mean by it? It's a really, really challenging thing.

Power is neither invisible nor visible. I can't see power. Power can be felt, but it's not a feeling. Power is both an object – money – but not an object at the same time. Power can only be known through direct experience.

It's a paradox, this thing called Power. But all we will crave power. So, we say Power is an attribute or quality of the Creator, infinite intelligence, the divine, God, whatever you want to call it, is an attribute of God. We'll just use that word here for now.

In the US we use the word power where we should be using the word strength.

Yeah, or strength or influence, like the Office of the President is an office of influence. It has no power. It has a lot of influence but where's the power? So we use the word power, it's been claimed... and I think it's been claimed as this patriarchal thing over 2000 years of men stealing that word.

So take that one example further, what is in our federal budget, what takes the most amount of money? Military. And what is that? That's pure strength. So we use the power of money to buy strength. I think we've made money an object of power and we use that as a bully tactic to keep control people and manipulate people.

You can see why our world order is starting to collapse because strength is a male energy. Power is a female energy and women are saying enough, enough. This male patriarchal Piscean energy is cracking and collapsing. Power is almost indefinable. It's just kind of an attribute of whatever you want to call God, infinite wisdom.

So when we talk about power, that's what we are using as the definition here. So an Appointment in Power is an appointment in embracing that quality of God and being present in it and allowing that to manifest. That's what that's about and we all have that within us, every single one. We have a choice whether to shut it off or not shut it off.

Activity 46. Diving in Deeper

 [Online Activity](#)

Activity 47. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 48. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 11: Lesson 9 - Discrimination versus Discernment

Activity 49. Introduction and Special Instructions

Session Objectives

1. We will explore what **judgement** means
2. **Link usage of judgement and "discrimination"**, and why this may be problematic
3. Explain the **overuse** of terms
4. **Suggest** using the word "discernment" when we that is what we really mean
5. Become **aware** when choosing words, as **words contain Power**

It is the opinion of the author of this workshop that we **use** the term **discrimination quite liberally**, when instead the word **discernment** may be more appropriate. Having grown up in an environment of **legalized discrimination** (in South Africa under [apartheid](#)), the author is well aware of the energetic charge behind the word discrimination. **Words carry Power**. We need to use them wisely.

As soon as we judge something, we have a need to defend our position. This is a sure way to lose personal Power!

Special instructions for this session: So far in this workshop, you have been asked to suspend judgement, to keep an open mind. The reason for this request will now become clear. It is important **not to judge yourself** for times when you may have used the word discrimination inappropriately.

🔗 [Handout for Lesson 9 - Discrimination versus Discernment](#) (print this page now)

Do you believe you have inbuilt discrimination (this could be a blind area)? Provide examples, specifically how your formative years influenced you.


What does the above say about you? How do you feel about this?

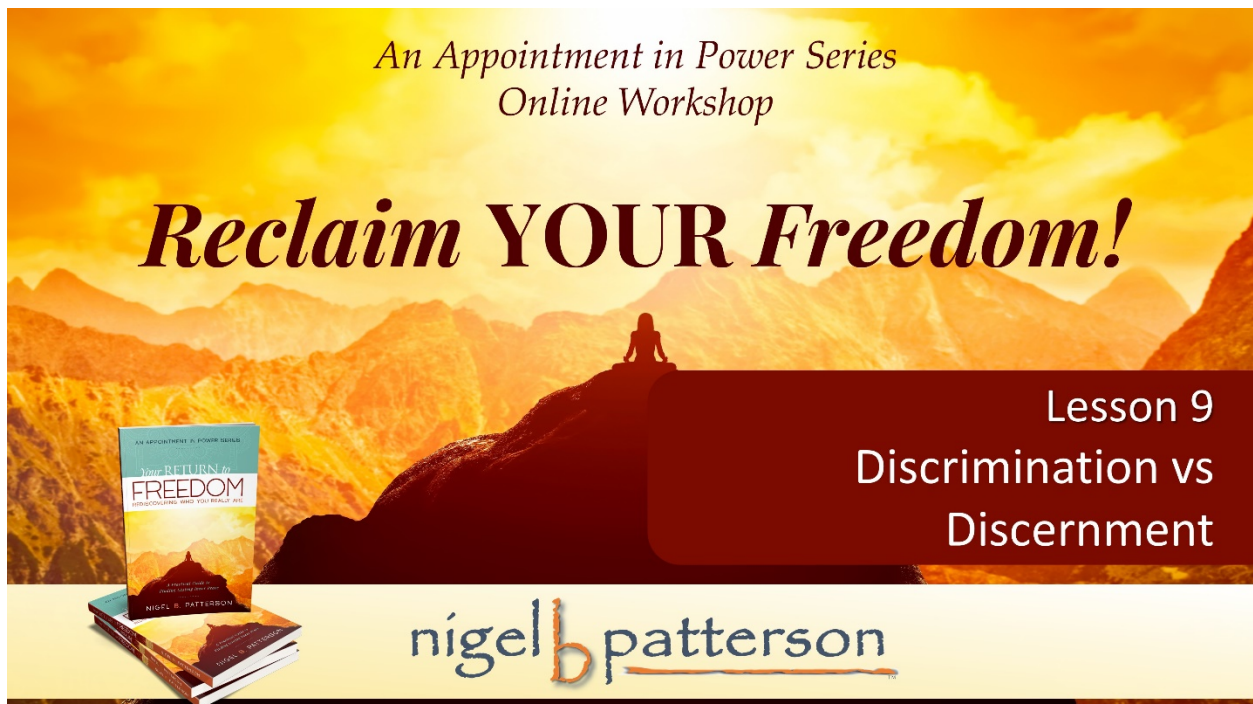
Provide example(s) of how you could rather use discernment in place of discrimination (or judgment)?

How does this now make you feel about yourself?

Activity 50. Watch the Video

Lesson 9 - Discrimination Vs Discernment

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

Discrimination Versus Discernment

Video Transcript for Lesson 9

Okay, in an environment free of judgment, so let's have a look. The next point in your notes, what is discrimination to you, what does that mean?

Participant: It's a thought.

It's a thought. What do thoughts often do?

Participant: Better than another

Better than another. It's a judgment. Ok, so discrimination is judgment.

Anything else around that?

Americans use the word discrimination quite liberally, I've noticed. Coming here as a foreigner I hear these words. Coming from a country called South Africa where discrimination, or apartheid, was entrenched in law I'm very sensitive to these words. But we hear it very liberally in American language, discrimination.

I believe words are charged. They have meaning. And I'm kind of curious why or how the word discrimination became so liberally used in this country. What was the intention or who manipulated that such it became liberally used like this? It would be interesting to follow that.

The ability to make considered decisions or come to sensible conclusions, from Google or a misfortunate or calamity viewed as a divine punishment. That's obviously the biblical term of judgment, Judgment Day. Judgment is a noun. There is no noun for nonjudgmental. It's an adjective.

It's *avoiding moral judgments* which is fine and *not judged or judging on the base of one's personal standards or opinions*.

Okay, that sounds interesting, so what? So, we now look at judgment or discrimination (or judgment), *discrimination is the unjust or prejudicial treatment of different categories of people or things especially on the grounds of race, age or sex*.

We use it very liberally here, and I think we need to catch ourselves with that word discrimination. Because what happens, we get back to what we've been talking about, as soon as we judge something or someone we immediately have a need to defend our position.

And as soon as we defend our position, that's an act kind of discrimination, and as soon as we defend our position, guess what happens? We lose personal power. It drains out of us, it just flows. And guess what personal power is? It's a female energy. It's a creative energy. It's a Shakti energy. It's the yin energy. It's what personal power is. It drains out of us.

So what's a better option around that, instead of using the word discrimination?

Participant: Acceptance.

So, acceptance would be accepting what?

Participant: Other people and their ideas, differences.

And before you can do that you have to do what? Listen. Just hear them. Identify they are different. Discernment, just go into a place of genuine curiosity. So, you're different to me, that's curious. You've got different belief

to me. I'm curious. Not, you absolute idiot. How can you possibly think this person is a good leader?

Discernment is a perception in the absence of judgment with a view to obtaining spiritual direction and understanding. Interesting in the word discernment, the word spiritual comes in in the definition.

I think we overuse discrimination. I believe we should rather be using discernment, taking the judgment out of it, just being present. Genuine curiosity is so important. (Discernment is) simply an act of acknowledging that differences are real and are neither good nor bad, they are just normal. Again, all of this is in the book there by the way, around this area.

Activity 51. Diving in Deeper

 [Online Activity](#)

Activity 52. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 53. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 12: Lesson 10 - How You Lose Personal Power

Activity 54. Introduction and Special Instructions

Session Objectives

1. We will explore **how you lose personal Power** (spelled with a capital 'P')
2. Share a **list of behaviors** that lead to a loss of personal Power
3. Focus on just **one behavior** to consider
4. Review how **affirmations** can help us regain our personal Power
5. Don't forget...**Awareness of your behaviors** which lead to loss of personal Power is key

If you own the book **Your RETURN to FREEDOM: A Practical Guide to Finding Lasting Inner Peace**, page 152 includes a comprehensive **list of behaviors** that lead to a loss of personal Power, together with their **counter affirmations**.

I have no need to convince another. Stillness is my friend.

Special instructions for this session: You may wish to download the handout **Six Steps to Reclaiming Your Personal Power** and have this on hand when watching the video. There is a link online.

Your RETURN to
FREEDOM
Rediscovering Who You Really Are
NIGEL B. PATTERSON

Six Steps to Reclaiming Your Personal Power

Behaviors Leading to Loss of Personal Power	Affirmation for Regaining Personal Power
You knowingly defend the indefensible You often defend the unknowable You defend personal beliefs, equating them to values	1. <i>I refuse to get into arguments over what cannot be proven. To argue is pure madness.</i>
You need to always have the last word You need to feel you are always right You believe you are more important than others	2. <i>I have no need to convince another. Stillness is my friend.</i>
You have a hard time taking personal responsibility You often blame others for how things turn out You sometimes think or say, "It's not my fault"	3. <i>I may not be able to control what happens to me, but I can choose how I react to it.</i>
You feel concerned for how others perceive you You believe others are responsible for your happiness You sometimes regret a course of past action	4. <i>I alone am responsible for my happiness. I take charge of my life.</i>
You take others' opinions of you too seriously You are afraid of offending another You fear speaking up and stating your views	5. <i>I am not responsible for the thoughts or behaviors of others, only for my own.</i>
You like to control others You try to change how other people behave You sometimes harbor resentment towards another	6. <i>The only person I can change is myself. I allow others to be who they are.</i>

TO DISCOVER THE SECRET TO FREEDOM, GO TO [HTTP://YOURRETURNTOFREEDOM.COM](http://yourreturntofreedom.com)

ANCIENT WISDOM FOR MODERN TIMES

🔗 Handout for **Lesson 10 - How you lose Personal Power** (print this page now)

On a scale of 1 – 10 what do you believe your current level of personal Power is?

1 = extremely low

10 = extremely high

If on the low end, how do you give you Power away? (Use the card to explore options)


What can you do to NOT give your personal Power away?

Add to the list on the card (including Affirmations)

- 1.
- 2.
- 3.
- 4.

Activity 55. Watch the Video

Lesson 10 - How You Lose Power

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)

Optional: The file below the video (Six Steps to Reclaiming Your Personal Power) may be useful to have available when viewing the video. It is a copy of the card which is referred to in the video. Click on the link below to download and print a copy.



An Appointment in Power Series
Online Workshop

Reclaim YOUR Freedom!

Lesson 10
How You Lose Power

nigel b patterson

Record additional notes or thoughts for this video in the space below.

How You Lose Personal Power

Video Transcript for Lesson 10

So in what ways do you believe you lose power? You have a little card in your pack, *Six Steps to Reclaiming Your Personal Power*.

So if you look at it there are two columns there, **behaviors leading to loss of personal power** and there are three on each of those and then an **affirmation** which can pertain to all three **to regaining personal power**.

Of course, number one is the one which had we gone around, I would have said *I defend the indefensible*. I find myself defending stuff which I know I should not be defending. I give away my power that way.

So, have a quick read through there and pick one or two, which you think may just pertain to you on the left-hand column.

**Behaviors Leading to
Loss of Personal Power**

You knowingly defend the indefensible
You often defend the unknowable
You defend personal beliefs, equating them to values

You need to always have the last word
You need to feel you are always right
You believe you are more important than others

You have a hard time taking personal responsibility
You often blame others for how things turn out
You sometimes think or say, "It's not my fault"

You feel concerned for how others perceive you
You believe others are responsible for your happiness
You sometimes regret a course of past action

You take others' opinions of you too seriously
You are afraid of offending another
You fear speaking up and stating your views

You like to control others
You try to change how other people behave
You sometimes harbor resentment towards another

Recognize any?

Participant: It's not what you think.

How do you know what I think?

Participant: There are some.

Okay, would you like to pick one which you think you can work on? I'll add for myself, *you need to always have the last word.* (The Affirmation is) *I have no need to convince another. Stillness is my friend.*

So that on page 152 - I've actually separated a lot of affirmations... for each of them they have its own affirmation, as opposed to lumping them together.

I couldn't put enough on a card so I kind of just grouped them together on the card, but they are separate there. And again, I encourage in as the exercise in that book is create your own list and create your own affirmations. These might not work for you as Alan says. It's okay. However, this seems more appropriate for him and that's also fine, so create your own affirmations. T

he main thing is just to become aware of your behaviors. These behaviors on the left are how we lose power. And gosh, we spend our days draining ourselves of power nonstop. End of the day, we are exhausted. You look at those behaviors, check, check, check, check, check, check, oh, what a busy day I had.

Activity 56. Diving in Deeper

 [Online Activity](#)

Activity 57. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 58. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 13: Lesson 11 - Introducing the Path to Freedom Model© Framework

Activity 59. Introduction and Special Instructions

Session Objectives

1. Introduce the **Path to Freedom Model© Framework**
2. Explain the **Axis of Control**
3. Show the place of **total control**
4. Show where **Freedom lies**
5. Discuss the **attributes per axis**

We now come to the part in this online workshop where we explore **where** we are on our journey called life, **how** did we get there, and **why**. This lesson introduces the model which will form the basis of the next five lessons.

The model was developed over several years. Do not be deceived by its **perceived simplicity**. Over time, you will become adept at plotting **every one of life's events** on the model.

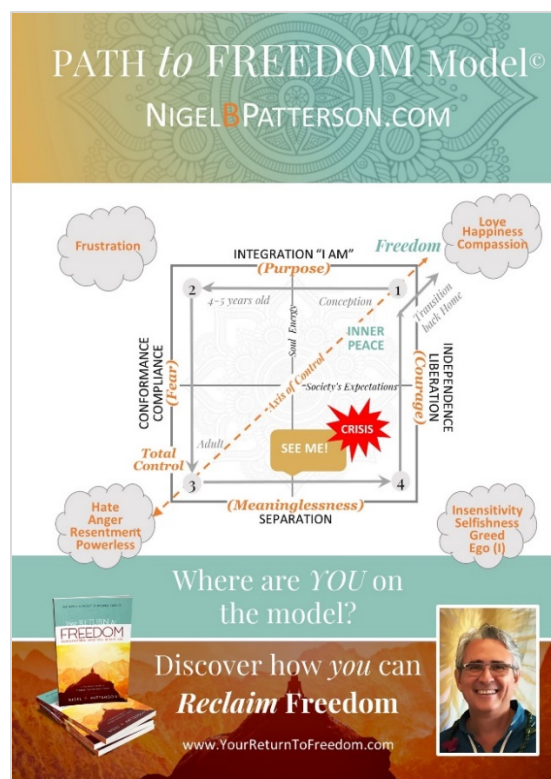
The model serves as a **powerful mechanism for becoming detached** from the drama of everyday life. It is a useful tool to teach us discernment, stepping away from our natural behavior called judgment and

discrimination. Become familiar with the model, and how to use it, and you will find your own journey to freedom takes on **extraordinary clarity**.

The Path to Freedom Model© is a gift to you from Spirit

Special instructions for this session: Watch the video **as many times** as you need to until you become **totally familiar** with the framework. The notes that follow under "A Useful Summary" provide additional clarity.

You may wish to **download and print** the Path to Freedom Model card prior to starting this lesson. Use this to write additional notes, particularly where you feel you may be in the model. This all supports **awareness**.

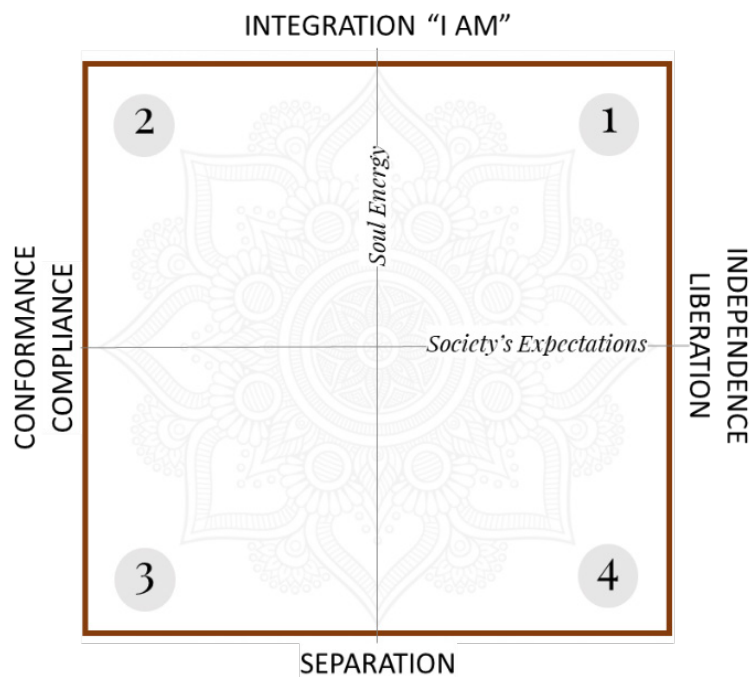


👉 Handout for **Lesson 11 - Introducing the Path to Freedom Model© Framework** (print this page now)

What does the horizontal axis *Society's Expectations* mean to you?


What does the vertical axis *Soul Energy* mean to you?

Looking at the above two axes, where would you plot yourself on the Framework (this is just a guess and will become a lot clearer later)?



Activity 60. Watch the Video

Lesson 11 - The Path to Freedom Model© Framework

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

The Path to Freedom Model© Framework

Video Transcript for Lesson 11

We have a lot to get through now, so I'm going to go straight into this thing here and we'll build this up. Don't worry about your notes for now. We'll come back to notes later. This thing here, then is the framework for the Path to Freedom Model©. Some of you've seen this before... but I've been working on this for quite a number of years and every time I see it I see something new anyway.

Basically, two axis: society's expectations and soul energy. We use society's expectations as you see what's on that, what's blocking, stopping you, a lot of that sits there. On the one hand we have **conformance and compliance**. That I've heard as a common theme right through here, "I feel I need to conform and comply to what's expected of me.

And I'm expected to struggle in starting up a new business. Everyone said to me oh, you shouldn't do it like this. You should do it like that. You need to conform to the way it's always been done. Who do you think you are to actually break the mold of how things should be done?" Conformance compliance, it's right there.

The same as conformance compliance, well this is how relationships should look. This is how you should behave in a relationship, conformance, compliance.

On the other hand we have over here **independence and liberation**. So we have independent and liberation. This is where the soul soars over there. This is where we struggle.

Down here... **integration "I am"** is I am one with God, I am God, I am the creator energy, I am spirit. The soul and I are one and the same. Oh, that doesn't serve the most powerful name organization on the planet which is organized religion, the Catholic Church. Oh my god, what do you mean you are one with God?

How on earth can we make you feel guilty and how do we get money out of you? Through **separation**. So everything conspires around organized religion to create that separation from your soul aspect... that the only way back to God is through me, is through us, the organization.

So here we have conspiracy from religious organizations to separate us from who we really are, and here we have society and laws restricting our freedom and independence.

That's kind of what the model came out as. That's what I was given by spirit, this model. So we'll look at this and travel around. It goes one, two, three, four and back up.

This here we talk about **control** and there's stuff on the board there on control. I feel under control. I'm lacking control. I feel I need to take back control, stuff like that.

That's the **axis of control**. Here we feel totally under control and there is the opposite, so it's this way here. So, again we build that up. Total control is when we falling under rules and regulations and we've been separated from who

we are as soul beings, then we can be manipulated and completely controlled by others. Because who am I then?

On the other hand that's where **freedom** is up there... where we come in. I'm liberated, my soul energy is liberated, I am one with God, I'm one with spirit, I am spirit, I am God. That Shirley MacLaine book/movie *Out on a Limb* is great for that here. I am God! I can't say that, I can't say that, and her teacher says, say it, I am God. No, no, no, no. I am God.

Eventually she said, I am God, because yes, every single cell of me is God, everything is God everything. It's all the same. Who am I to say I'm not? Oh you are not worthy of it. Who do you think you are to say that? Yeah, so we've got to believe that I am. I am one. And then over here of course is when we find that independence and liberation.

I'm not saying... this is independence and liberation from having to conform. It's not saying I'm going to break all the laws. It's liberation from oh I feel so exhausted by having these laws around me. I'm just go with the flow. So it's not surrender in terms of I give up.

It's a case of like in the Matrix... with Neo... The matrix sits down here, there's the matrix, and he had to go through and break out of the matrix to find that freedom. But in that freedom he was completely bound by universal laws, different types of laws.

Down there, life becomes quite **meaningless** where all I am is just told what to believe, what to think, how to behave, what a good boy means, what a good girl means.

If I do this, I'm going to hell. If I don't do that, I'm not going to go blah, blah. Who am I in this picture? Where do I fit in? I don't anymore. I'm just... where is me. I don't know who I am anymore. Where is the soul? Screaming to get out. So what's happening up there then? That's **meaninglessness**.

What takes up there? **Purpose**. I love the Hawaiian word, *kuleana*. When I know my purpose, I have a responsibility and a duty to fulfill that purpose. That is why I am here. I am here for a purpose. I know what my purpose is, I have a duty to fulfill that purpose. The soul energy is completely integrated.

I am going to step into my power, into my purpose, and I'm going to manifest the glory of the God within me. That's my purpose.

What happens here, then? What keeps us there? Rules, regulations. What holds us in that place? Laws. Those are things but what's the emotional energy around that?

All the laws of the land, if you do this, you're going to jail, if you don't do that you're going to get fined, if you speed you are going to get booked. We are **fear-based** compliance. Everything is fear-based our compliance. And you then tie that in with of course the church stuff. If you are a naughty girl, you don't come to church every Sunday morning and have a meaningless life you're going to hell, fear-based.

So what sits over here? How do we get there? **Courage**. You have to have courage. Just have courage. Just do it. Trust, have the courage to step into that space. Have the courage.

Activity 61. Diving in Deeper

 [Online Activity](#)

Activity 62. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 63. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 14: Lesson 12 - The Path to Freedom

Model© Explored - Part 1 of 2

Activity 64. Introduction and Special Instructions

Session Objectives

Because of the richness and scope of the material, this lesson is delivered in two parts. This session addresses part 1. Part 2 will follow in the next session.

1. Explore "**soul-choice**" prior to conception
2. Reveal the "**split**" at age 4 - 5, a critical event in everyone's life
3. Discuss **sexual orientation**, and what how this is determined at a soul level
4. Consider the **known, unknown and unknowable**, important concepts from the Toltec teachings
5. Review the **Adam Archetype**, a place of dominance and control

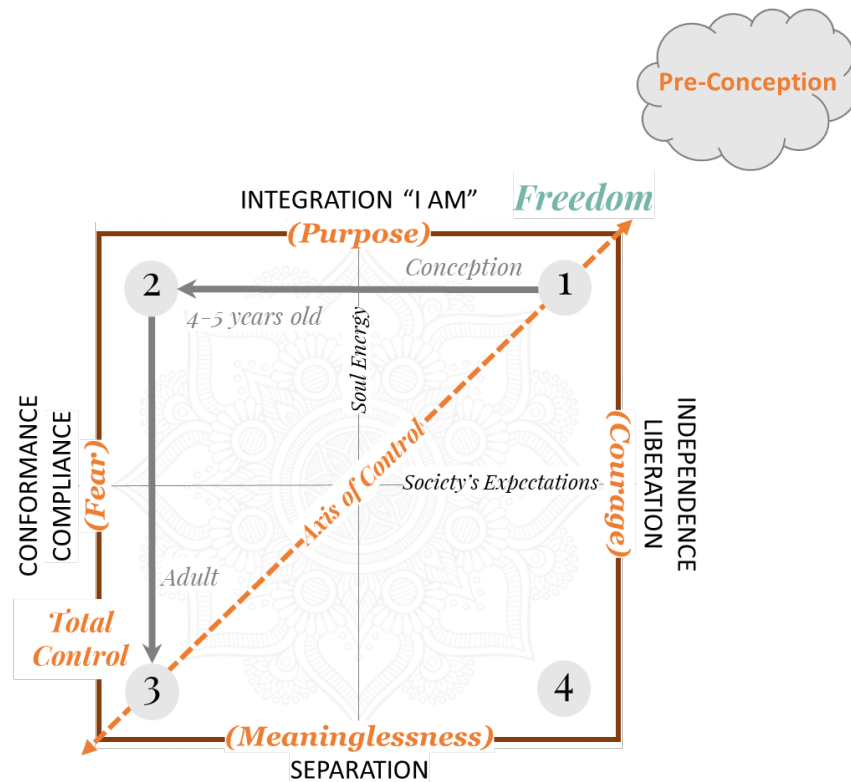
As explained in the Personal Journey model in lesson 6, you are still exploring circumstances in your life which has taken you to the Nadir, the "dark night of the soul". This **turns around** in lesson 14 when you begin to recognize your own journey and **what you can do** to reclaim your freedom.

Rest assured this workshop does take you a place where **renewal, growth** and **inner peace** are to be found. However, like the

heroes in the movies we love, we too need to travel the path of challenges before emerging out the other side, the side when a **new-found freedom** lies.

The content from the next two lessons are fully described in Part 2 of **Your RETURN to FREEDOM: A Practical Guide to Finding Lasting Inner Peace.**

Special instructions for this session: In the next two sessions, **new concepts** will be introduced. **Take your time** processing the information. Try and **relate** to your own life experiences as you go through this lesson.



🔗 Handout for **Lesson 12 (Part 1 of 2) - Path to Freedom Model©**
Explored (print this page now)

Who are your parents? How would you best describe their lives?


What life-choices did you make pre-conception (think about your life now as you explore this)?

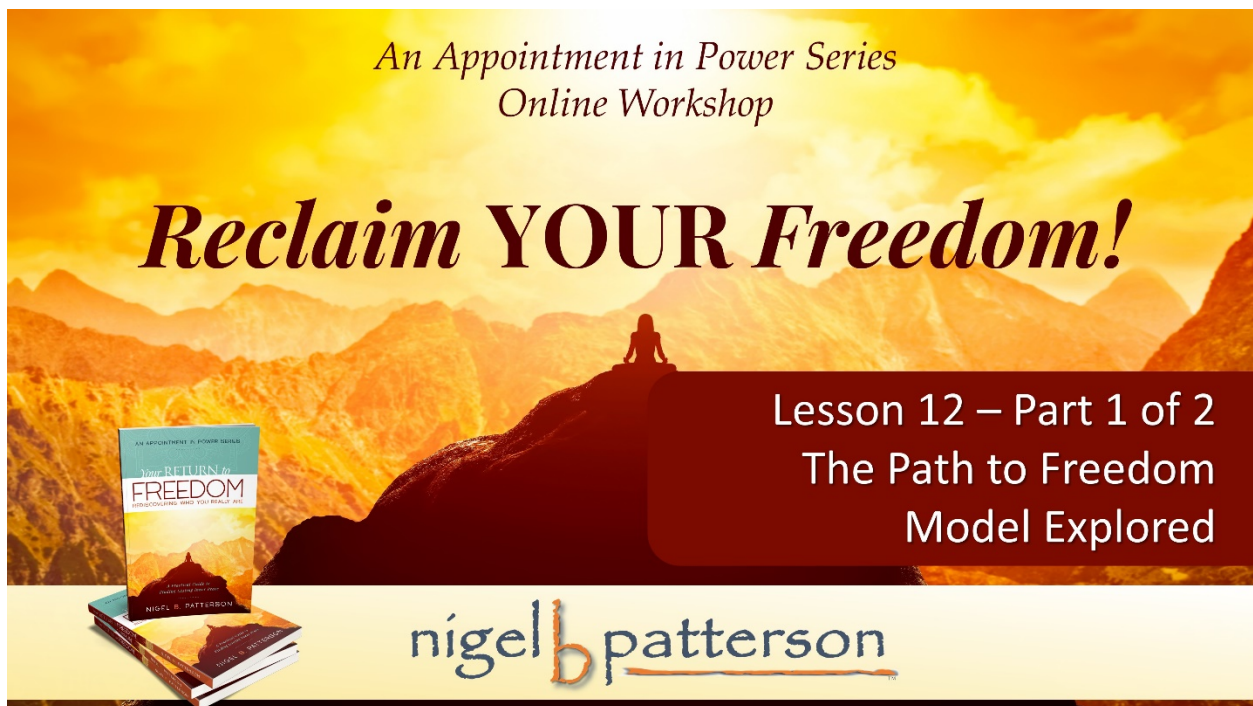
How do you live your life in relation to *Society's Expectations* of you?

What beliefs have you adopted from childhood onwards (religious, social)?

Activity 65. Watch the Video

Lesson 12 (Part 1) -The Path to Freedom Model© Explored

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

The Path to Freedom Model© Explored

Video Transcript for Lesson 12 (Part 1 of 2)

So let's look at this model here, what happens? Outside the model is preconception. And I say that's where we as souls, waiting to incarnate, saying I want to accelerate my evolution as a soul being. The one way I can accelerate my evolution is by incarnating as a humanoid. How exciting is that?

Because we compress the energy into this very dense thing, and with dense energy we accelerate our growth. So, instead of drifting around in the ethers and maybe take 1000 years to learn these lessons, I can do it all in 80 years. How cool is that? So let me see, what are we going to come in, as?

That's what I said at lunchtime. I had a lesson that little star seed, what am I going to incarnate as? And so each of us has made the choice so no point feeling sorry for ourselves for where we are, we made that choice. And what do we do? We go out hunting. Who's going to be mom and who's going to be dad?

Because they are part of the co-conspiracy, and like in adoptees case who's going to be adopted parents? They all part of the same conspiracy. Caroline Myss, going back to her work, she has a thing called Sacred Contracts a book around that, that we choose to come in or choose to have lives as certain people. And only once we fulfill that contract are we then free of those people.

You may find in your relationship situation is a contract there but once you've learned the condition of what was holding you in that contract, work it

through you are then free to choose what to do: whether to remain there or not remain there. It doesn't determine what you should do. It just means you have the freedom.

We are trying to find freedom. We are not trying to say what's right and wrong because that's judgment. What we want is freedom.

So we come along so conception takes place, and that point of conception, you can't suddenly say, okay I've got this white mom and a white dad.

Conception happens said, you know what, I just thought I'm going to be a black kid coming in this lifetime. Well, a bit late, dude, you made the choice.

So once conception happens, choice is taken away. Same as I say being born gay is a choice, preconception to say what does it mean to be in a same sex environment? Let me explore that, let me try this out this time around. We've all had that experience sometime or other, let me try that out.

I can't suddenly decide after conception, well you know what, that's not such a cool idea after all because I might be a bit of an outlier. I'm not sure I want that. I think I want to be born straight instead. Too late. So thereafter choice is no longer there. Electroshock therapy to try and turn me straight, that isn't going to work, dude. It doesn't work that way, because the soul aspect is saying something different.

So you come along, conception, then we learn... So we are totally free, we are one with God, this little baby, little babies are born. That's an expression of God, the expression of spirit, pure little thing, innocence. Totally liberated, it comes in and very rapidly it moves to that place there just to stay alive. Now, while my arrows go the outside here, they go on the outside only for graphic

purposes, this is an all over the place journey. It's not a nice square journey but it's kind of this direction.

So we come in there, four to five years old, we learn to conform, we learn to comply. We learn that if we're going to be horrible, miserable little babies, we get smacked or beaten or deserted or abandoned or whatever might happen, unless we have a very, very patient mother.

We learn by that stage there we basically come into place a conformance already as a human being, we've learned to conform. Now something happens here which is something big and this is where mythology comes into it. The mythology tells us we know why it happens, the how is unclear, around about the age of four to five years old a part of us splits off. An aspect splits off.

You watch kids at that age can become quite clingy, because what happens from a seer's angle that age is the soul aspect, that thing, your double, your soul being moves off, splits off. The how is unclear. Again, going back to the Toltec teachings is we have the concept of the known, the unknown, and the knowable.

The known world is the stuff around us. We know the stuff. I know this is a mouse. I wouldn't have known that hundred years ago. It would have been quite different a mouse. That's a mouse today. So it's the known world. The unknown is stuff which I can still know. I have the capacity to know.

Each one of us has capacity to know an enormity. We have the capacity to know everything inside our aura cocoon, our auric field. The fact that we spend our lives just in one part doesn't mean to say we don't have the

capacity to find other parts. That's a whole different discussion, different workshop around that. I don't want to go into that stuff.

The unknown is the energies beyond our auric field, the stuff we don't have the power to contain. When there's enough energy to contain what's outside there they call it the unknowable. In the teachings, the Toltec teachings, a concept of God is an unknowable. What do we do? We spend our lives fighting and killing each other because my definition of God is better than your definition.

It's an unknowable and the Toltecs say this is sheer madness. Having religious wars is an unknowable concept. This whole idea of why or how the split takes place is a little bit unknown, whether it's unknowable or not I don't know. But what we know happens is we become either distracted from the spirit who we are, the soul who we are, by all the incredible stuff around us, shiny object, reaching, reaching, reaching, reaching.

All our attention goes to this stuff. But in the process of that this thing next to us splits off. In that, that thing which splits off, now I've been trained to see this... by *seeing* what happens here next to a person you can tell the sexual orientation of that person, that concept of sexual energy comes into it.

We are living in a world where sexual energy is becoming a powerful thing rather than sexuality. Because you as the physical being (for example), as a female, you carry a female energy body in your physical body. So next to you what split off is the male aspect of who you are. The yang has split off.

Now because I can see, it's embodied in the male body, he has a male form, it has a male form, you are therefore a straight woman in terms of the labels we give people. If that was in a female form, but it was a male in a female form,

we would call that a butch lesbian in terms of the labels, and you'd become the lipstick dyke in terms of labels, how we label things in our society.

That's where I can kind of see... when you start seeing these things you start realizing how complex society really is and how many people, because of this need to conform and comply to labels, are living in fear of who they really are, a huge amount. And as they become adults, as that thing splits off more and more they come down here and the church and formalized religion make sure you are really terrified of it, that you can't be who you really are.

You end up in the space here. Each of you will be feeling a different tension, for whatever reason it might be and the *Me Too* women's movement of is saying, no. When did women's suffrage come through? Gosh, that's quite recent in modern history and they are saying enough of this, I don't want to be there.

In the Catholic Church, can you have women priests? No. It's still sitting there, this stuff. We are still sitting there. The thing which controls this here is typically the archetypal male archetype. The Adam archetype sits controlling there. Not even the Eve archetype has can actually operate here as the Adam archetype sits there and controls that. That's an archetype. You can see that.

We sit there and we look at some of these things on the board and you wonder why there's so, much dysfunction going on, because we're not that. We've become very blended beings now. As we move into age of Aquarius this is being challenged head on. This is the old Piscean energy. There's a huge challenge that are happening, and I think a lot of tension we are feeling is around this at the moment.

Activity 66. Diving in Deeper

 [Online Activity](#)

Activity 67. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 68. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 15: Lesson 12 - The Path to Freedom

Model© Explored - Part 2 of 2

Activity 6g. Introduction and Special Instructions

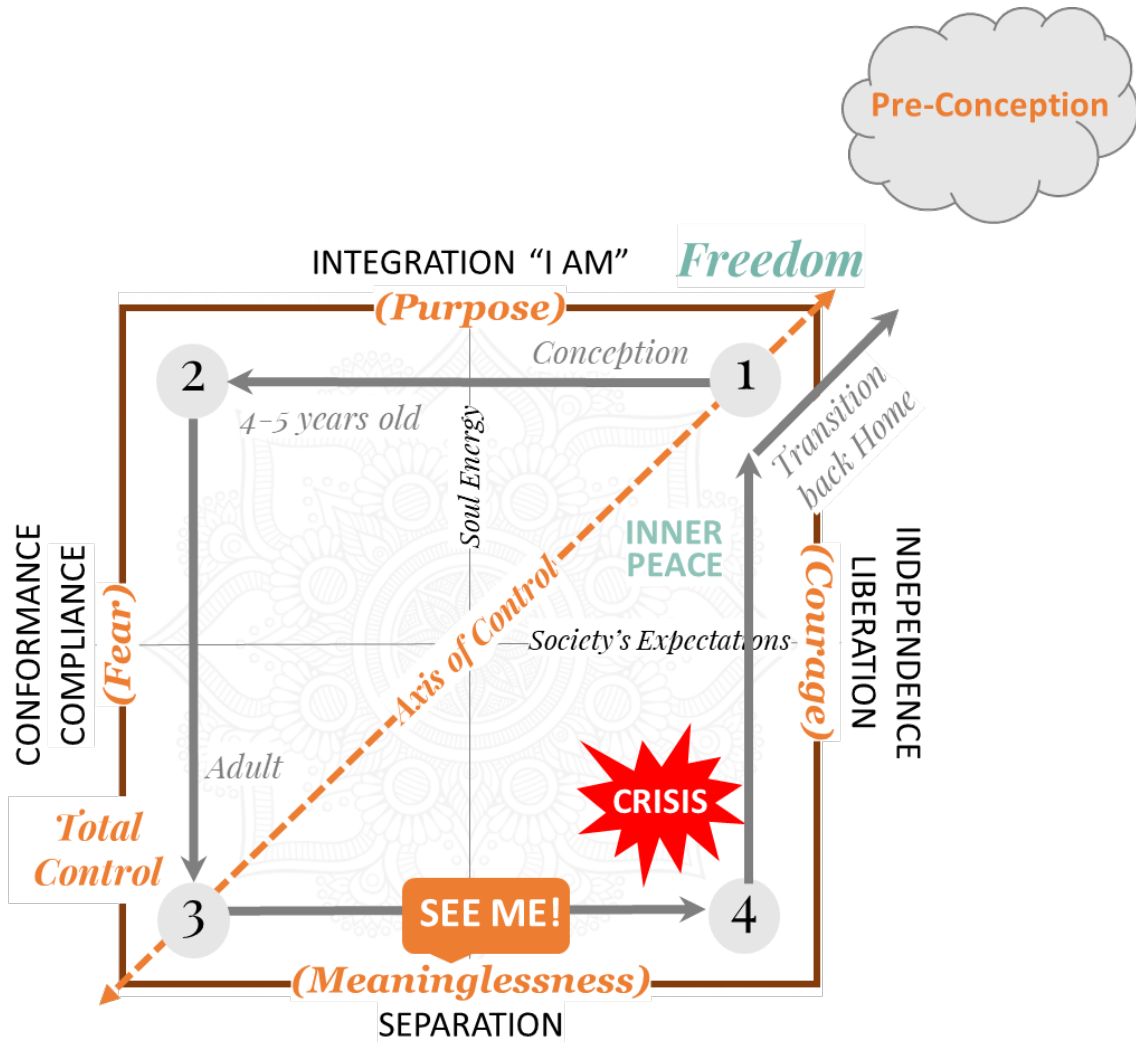
Session Objectives

Because of the richness and scope of the material, this lesson is delivered in two parts. This session addresses part 2 of 2.

1. Reveal the "**Trickery of Spirit**", and what this means
2. Explain why we **fall in lust** (as opposed to in love)
3. Recall where **total control** is (and what to do about it)
4. Explain "**false freedom**", the place many get trapped
5. Show how we **Return to Freedom** (and inner peace)

Part 1 of this two-part lesson explored the soul's journey from pre-conception to birth, and then through the critical age of four to five and onto adulthood. Part 2 picks up from here and explores what happens in adulthood, and how many people go through **life crises** as they find their way back to **inner peace**, and finally **reclaim their freedom**.

Special instructions for this session: It is important you have studied and understand the concepts in Part 1 of this lesson. This Part 2 builds on the journey already explored.



🔗 Handout for **Lesson 12 (Part 2 of 2) - Path to Freedom Model©**

Explored (print this page now)

Reflecting on your life today, have you ever felt you were fulfilling another's desire of how you should live your life? Explain.


Has there been a time when you have felt "unseen"? Explain.

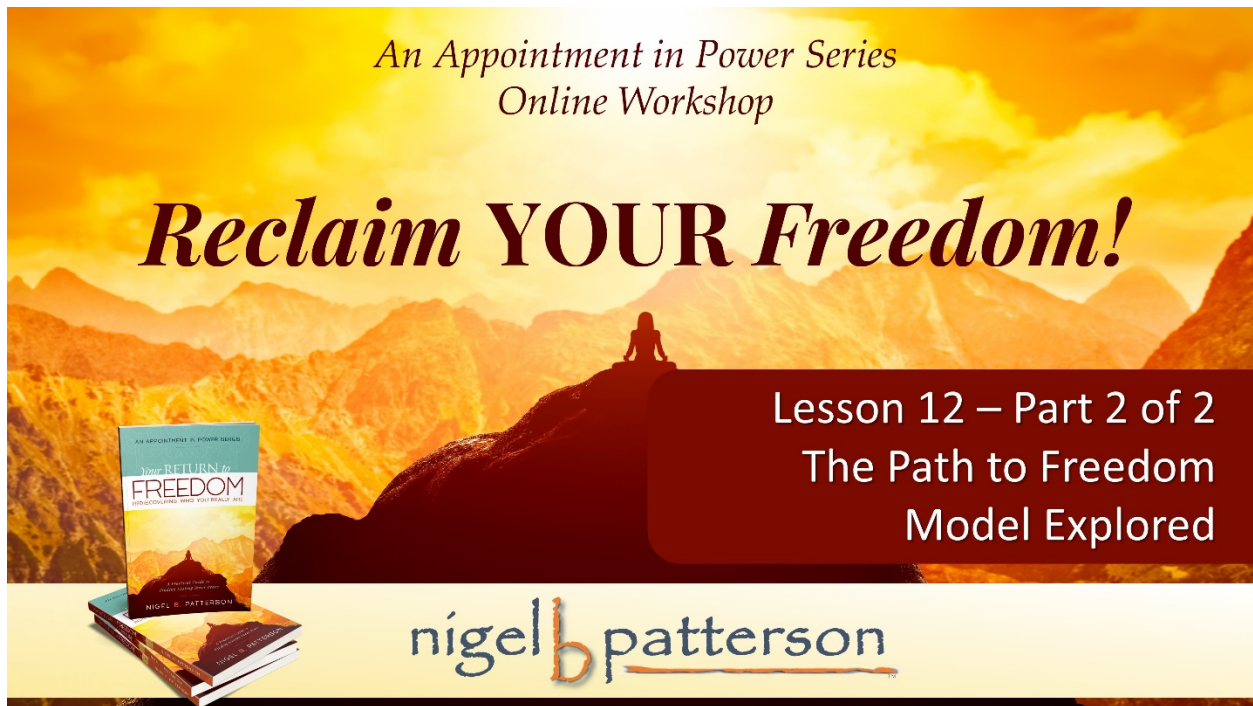
Do you believe you have been through some form of life-crisis? Describe. How old were you? What was happening in your life?

How did you come through this crisis (if at all)?

Activity 70. Watch the Video

Lesson 12 (Part 2) -The Path to Freedom Model© Explored

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

The Path to Freedom Model© Explored

Video Transcript for Lesson 12 (Part 2 of 2)

The fastest or the most rapid learning that we know of is in the human form, in this dense world. Now if I'm a soul wanting to come here I've got to find a human form to come into if I want to have that learning to slow down my vibrational frequency. Now, if there are no babies to come into, how the hell do I get in here?

So trickery spirit is we split this thing off, we split that off and guess what you do for the rest of your life? You go hunting for that thing, but you don't know that's what you are looking for. You just know something within you is missing. I'm feeling empty, I'm feeling unfulfilled and I go out hunting for it in relationships to fulfill that part of me which has that need, that emptiness that hollowness in the hope or expectation that I will find that in another person to make me feel good about me.

Note the language I'm using, to make me feel good about me. I never once worry about what they might feel or like. It's about make me feel good about me because I need to feel whole again to try and get that bit back. What's set up there is in doing that, we fall in lust, we mate, new little bodies are created, soul vehicles, we've done our job.

Okay, so this is part of trickery of spirit to ensure the procreation or the continuation of the human species. But once that happens, and we've done that part we then go on the journey of saying who am I, what am I because I'm down here? It's getting meaningless. I've had all these children. I've done

my job. I've done that. I need to get back up there now, get a sense of purpose, meaning.

We can talk about the return of Saturn as well around that age, around the age of 29, 30 comes back and says, who am I from this is who I am. Look at me, look at me, look at me, look at me. Who actually am I? The return of Saturn.

This is a critical part of this model is this thing here, how we get down there and how the advertising industry takes us, shiny objects distract even more from who we are as integrated beings. If you don't have the latest iPhone you are a failure. Really? If you don't have the latest Gucci handbag, you're a failure. So we have this peer pressure.

Schools teach what they want to teach. This is complete manipulation. At some point we are saying how about me? I want to be seen as an individual, where do I fit into this, what's going on? Because I'm feeling empty. There's no satisfaction here. Freedom is there, don't forget. This is completely the opposite. I'm not feeling free.

Laws by the way, aren't always bad things. I said the ones below the line are there to control and manipulate people, above the line are there to support people. Above the line would be like driving on the right-hand side of the road. That's quite handy, we will stay on the same side of the road. That's a useful law. It's a way of staying alive so my little soul aspect can actually do its work.

But denying me of marrying someone of my own gender, just because, that is total control, manipulation and taking power. I lose power in this place. As long as I'm in there I'm losing power. This is where I lose power most. I want to

be seen. So we move across through here. Again, to your point, guess what happens here?

As we move there more and more and more we think we find independence. We think we find freedom over here. "If only I could have my own yoga studio I'm going to be free. If only I could have my own company I will be free. If only I could move the island and screw everything happening on the mainland I will be free. If only, I'll be free."

But guess what happens? We just take our suitcase full of stuff to the next island, to the next relationship, to the next job. Wherever I go my suitcase comes with me, because freedom doesn't sit here. I haven't done my work yet. And that's what we doing here, doing about this work.

Sitting there eventually what happens is bang, because when we break through we are back there. The whole idea is to break through before you die and find freedom before you physically die so you can actually go there, that place of freedom, that place a spiritual awareness, the place of just wholeness, inner peace, because up there is inner peace.

And so in the same incarnation, the same lifetime, the same physical body while I still have the awareness and wisdom with me, I can come back around and deal with the next layer I have to deal with, the next layer, next layer.

Activity 71. Diving in Deeper

 [Online Activity](#)

Activity 72. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 73. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 16: Lesson 13 - Where Are You on the Path to Freedom Model©?

Activity 74. Introduction and Special Instructions

Session Objectives

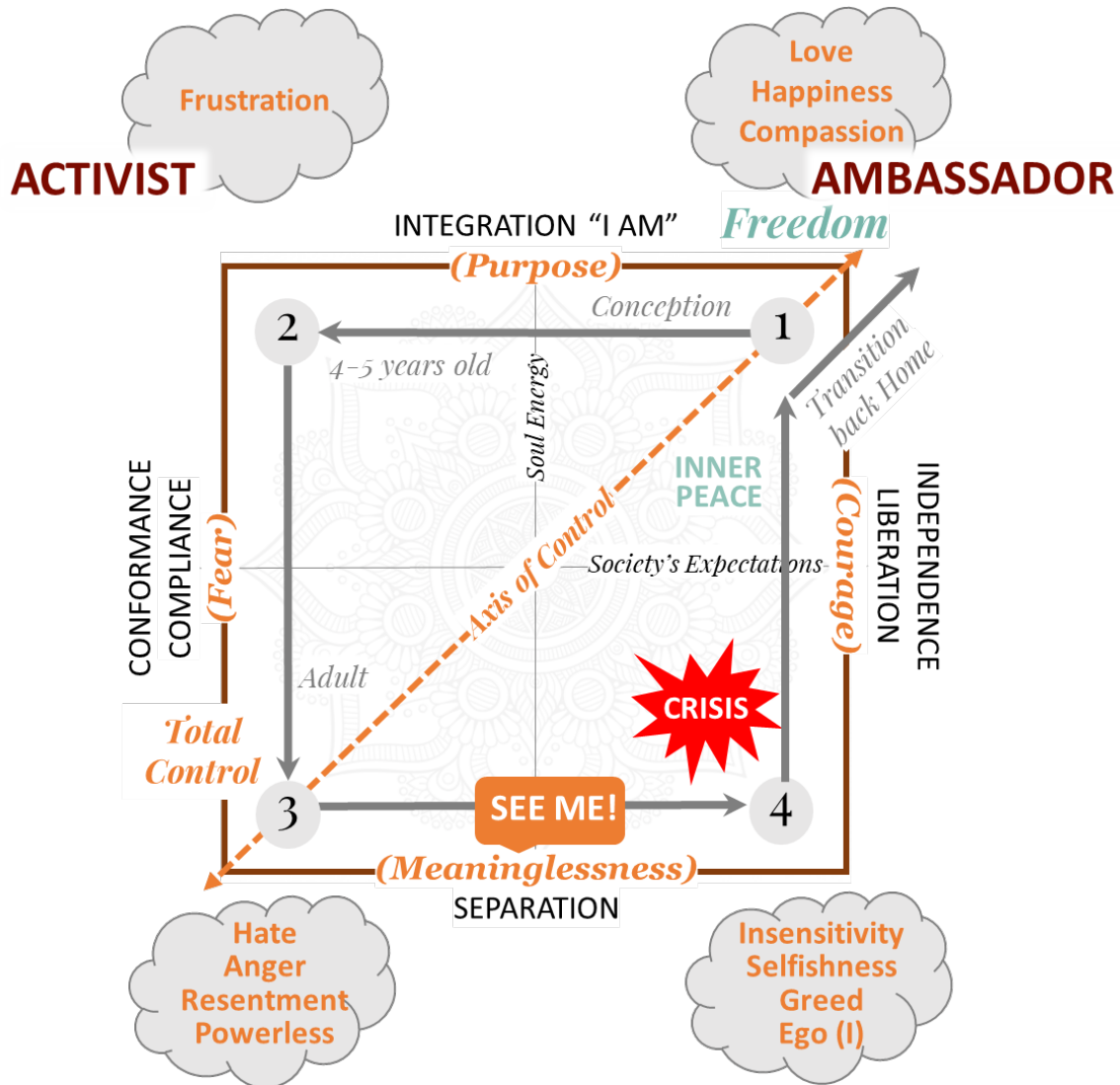
You now have everything you need to review your **current life circumstances and** plot where you are on the Path to Freedom Model©?

1. **Where are you** on the Path to Freedom Model©?
2. Identify the **tell-tale emotions** to help plot your position
3. Invite you to **consider an issue** in your life you wish to resolve
4. Show the position of the **Activist & the Ambassador**, and ask which one are you?
5. Reveal the "**grand conspiracy**", and why this is so.

Keep in mind that life is like an onion, it has **layers**. We resolve each layer, one at a time, until there is nothing left except the beautiful core essence of who you are, **a magnificent being of Light**.

Special instructions for this session: As you work through this lesson, think of **an issue** which is currently top-of-mind and which you want to **resolve**, to let go of, to be free of. The African proverb below may be helpful:

"You must act as if it's impossible to fail" - African proverb



👉 Handout for **Lesson 13 - Where Are You on the Path to Freedom Model©?** (print next two pages now)

What issue do you have in your life you would like to explore?

List your emotions around the issue.

**Now identify where your emotions are on the Path to Freedom Model©.
Which group of major emotions do they closely align to?**

Now plot yourself within the model's framework. In which quadrant are you?

Quadrant 1 – feeling spiritually integrated **and** free from the conditioning of society

Quadrant 2 – feeling spiritually integrated **but** feeling over-controlled by society's expectations of me

Quadrant 3 – feeling I have adopted the beliefs of others **and** feeling over-controlled by society's expectations of me


Quadrant 4 - feeling I have adopted the beliefs of others **but** free from the conditioning of society

Can you relate to the position on the model based on the issue you are dealing with and the emotions around it?

Describe how knowing where you are on the model now makes you feel.

Activity 75. Watch the Video

Lesson 13 - Where Are You?

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



An Appointment in Power Series
Online Workshop

Reclaim YOUR Freedom!

Lesson 13
Where Are You
on the Model?

nigel b patterson

Record additional notes or thoughts for this video in the space below.

Where Are You?

Video Transcript for Lesson 13

How do you define where you are in this thing? By looking at the emotion you are harboring. And you just take it... this is not you as your life. This is an issue in your life... so which issue am I dealing with. And those sitting down there, hate, anger, resentment, powerless is the word you used. People feeling powerless, feeling under control. Does that resonate?

We come over here. What happens in here? Here we are, I think I'm free but I've completely... So, I've gone and bought all the shiny objects. I've got a gold-plated toilet. I've got all these people in my control, thinking that's bringing me closer to God. We said that in the US money equals God, or power. But it's not. It's just a false god but we've given it the power... insensitivity, selfishness, greed, ego.

So what happens up here? So you are sitting in this place of having to conform and comply, but you know, as a soul aspect, you've done your spiritual work, you've done that stuff, you've done all your workshops but you are still sitting there thinking I'm still in this place of compliance... frustration. I'm frustrated.

I've done my spiritual work. I've done this. I'm still allowing myself to be disempowered by society's expectations. I'm still allowing it to happen. I'm feeling frustrated.

And what happens then? I've done my work... love, happiness, compassion.

Just choose an issue in your life, something which you brought in. We said what is it you want to get out of today's workshop? Just go back to that one issue and say, where are you on this regarding that issue? You can see the hero's journey on here by the way. That's the crisis. This is the nadir coming down, drops down there, then back up as you go there... you can almost plot it on there as well. Referring to the Path to Freedom Model© where are you and why? So just take that one issue.

The easiest way to figure out where you are is go within and just feel any of these emotions. That's the way to find where you are. It's the easiest way. As you start getting to work with it you can actually work with other people, and you see someone's really frustrated and say okay what's that about?

This work is never finished by the way because just when you finish one thing another thought comes to mind. We deal with that as well. Then another one comes to mind which is why having a journal is so useful. And we just use this and say okay around that issue let me journal where I am.

Clear that out of the way because when we journal we clear, and then can leave space for our next issue. Journal, clear. We can find repeat patterns going on and then choose what to do with them.

The activist, where's the activist on this model? You wait. She's so fresh out the book!

No, no, on the model, where would the activist be plotted? Yeah, somewhere over here. Activist sits over here, that frustration, why can they just not see this is not right? What's going on here? My purpose is to go and protect the animals. What is going on here? Why are these people... why have they not got a sense it's not okay what they're doing? So it sits over here, the activist.

Again, conformance compliance, but it's getting more to that soul place.

Where does the ambassador sit? Yeah, just live your truth. If we all become the ambassador there would be none of this. The only person we can change is *moi*. So I've got a choice where I want to be and I choose to be there.

Society conspires to keep us here with rules and regulations, which can either frustrate the hell out of you or crush you, and then capitulations to others' beliefs. We got a war for the stuff. Capitulate to others' beliefs, holds you down here. So it conspires to keep us there.

Now the interesting thing with this there is no direct link back up there, note and that's by design I believe.

It might be subconscious design, but I think it's by design and the whole movie The Matrix was around that, the three series of how to break out of that place, to get back up there. There's no direct link without us doing our work. So, may the warrior within you awaken.

Activity 76. Diving in Deeper

 [Online Activity](#)

Activity 77. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 78. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 17: Lesson 14 - What Is Your Path to Freedom?

Activity 79. Introduction and Special Instructions

Session Objectives

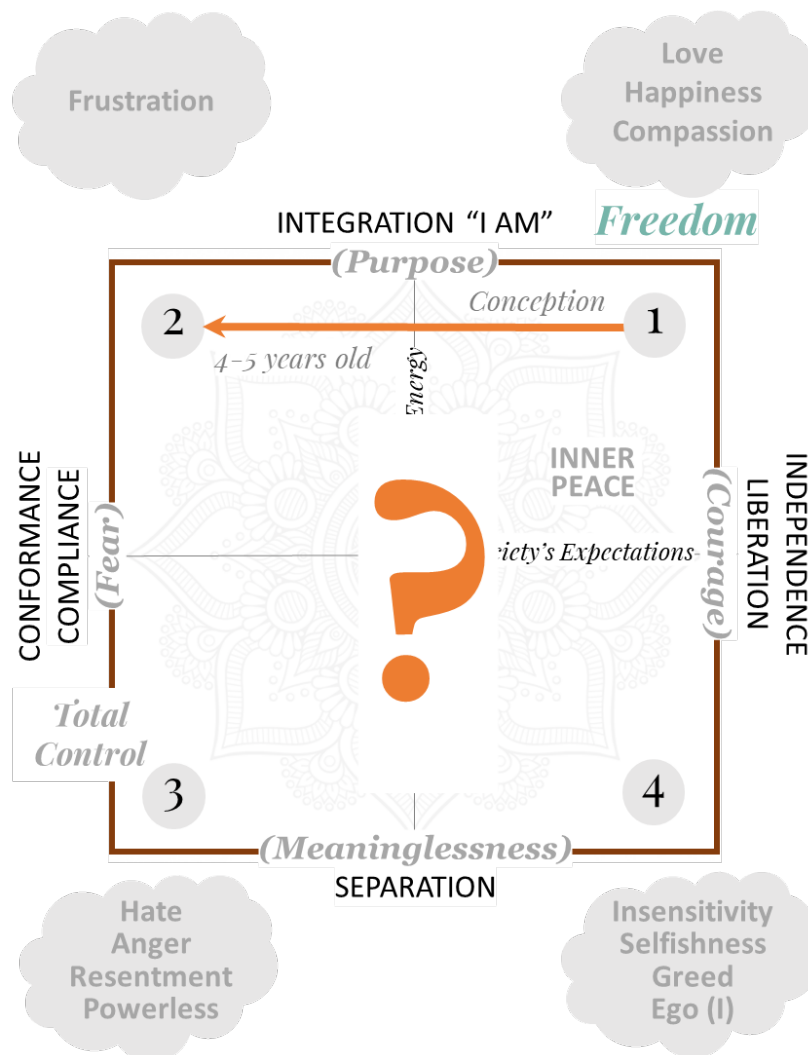
By being aware of your emotions over any particular issue, the previous lesson helped you plot where you are on the Path to Freedom Model©? This lesson will explore the **potential paths** to freedom. There is no single path. The path you find yourself on will be determined by your environmental factors, social, socio-economic and socio-political

1. We will **review** the various potential paths to Freedom
2. **Explore the options** for growth based on external factors
3. Encourage you to consider what **path you find yourself on**
4. Ask you **embrace your path**, and take responsibility for your growth
5. Invite you to **grow**

The content of the video which follows is closely aligned to the book Your RETURN to FREEDOM: A Practical Guide to Finding Lasting Inner Peace. For each of the paths discussed, the book contains substantially more information.

Special instructions for this session: It may be useful to go through this video with **another person** and share what comes up for you. Having another person to **reflect back** to you could be valuable.

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path" - Buddha



👉 Handout for **Lesson 14 - What Is Your Path to Freedom?** (print this page now)


Considering the five alternative paths described in the video, which path has your life taken? Why do you believe this?

What can you do to return to Inner Peace, and reclaim your Freedom?

In what ways do you think you are giving up your Personal Power?

Activity 80. Watch the Video

Lesson 14 - What Is Your Path to Freedom?

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

What Is Your Path to Freedom?

Video Transcript for Lesson 14

Different paths. Okay, here. These little labels on the side... I call this **freedom for the advanced soul**. This is a whole section of the book. You can read about each one of these. So I'll go through it quite quickly. This is saying what I call the advanced soul... and we see more and more of them being born now... where these kids come in, youngsters come in and they say no, I'm not going to put up with this stuff here. It doesn't mean anything to me, I'm not interested.

I'm not going to conform to society's expectations. What do you mean this religious stuff? What on earth would I want to go through that for? I'm so connected to spirit, I'm so connected to source. What is this church thing? They are around us all the time now. They come in. From what I've been told, we all go through the separation thing, because that's where it helps us get into the place to keep the species going.

But then the advanced soul says okay, I'm out of here. I don't need to drop into this meaningless stuff. I don't want to hang around fear and conformance and compliance. I'm heading myself back up there. You see this a lot with children who've got advanced spiritual parents who have done their stuff will support their kids back here.

They don't need to go to the stuff here. Just lucky ones like us, we end up in the murk down there. So they become I think the avatars, the messengers for us. Our job is to listen to them, and not say, oh you dreadlocked hippie-

looking thing, how dare you be so free? You really piss me off because I'm stuck down there and you are really exposing me for my inability to be free.

It's saying... the rules, I don't, the society expectations, I'm going to create my own set of rules which serve me as a soul incarnate. It's really what this is saying.

Next one, **the advanced souls challenge**. So, let's say these advanced souls get born into parents like us... who says, are you nuts, what do you mean there's this little lion friend sitting on the window sill, an imaginary friend?

Get a real life. What do you think you can just be a hippie and hang out at the airport and eat organic food and kombuchas? Go and get a real job. That's what this here is about... they are dragged in and out and saying, well, I don't want to be there, I don't want to be there, and they go through this and eventually come out.

Then we have the majority, no, a bunch of us, come in what I call **from exhaustion, to chaos, to freedom**. And a lot of us come in and we just come in, we get down there and we go round and round and round and round, but we become exhausted, run out of energy, and say, I'm just over this, and we find ourselves in workshops with teachers, with everything and with that we surrender and we find ourselves back up here. Most of us sit in that place.

Those who actually awaken in time have got you **a shortcut from control to freedom**. They come and say oh, oh, not good, not good, don't like this place, I'm out of here. I'm going to do my work early. They are the ones who've got an awareness and get out of there early. Most of us don't, but that's a nice option if we are going to find ourselves down there. Most of us haven't had that luxury.

And then **spiritual crisis leading to freedom** comes through here, messiness, messiness over there. Crisis, and up we go.

These are the kind of the options I see. I think most of us can plot with somewhere on one of those five predominantly or a combination of some of them.

For different things we do, we are on different parts.

Participant: What does "See me" mean?

I'm tired of being invisible. I'm tired of not mattering. I'm tired of being just a pawn in the game. What am I even doing here, this being seen by society? I just want to be noticed. I want to matter. I want to count. In a relationship I'm tired of being trampled on. In an organization I'm tired of just being the dog's body. Careful how you ask for it, though, could end up with this mess here. Try and do it in a neat way.

Activity 81. Diving in Deeper

 [Online Activity](#)

Activity 82. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 83. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 18: Lesson 15 - The Importance of Personal Responsibility

Activity 84. Introduction and Special Instructions

Session Objectives

By now you may have realized that no one but **you** can set you free. It takes **courage** to challenge and rise above the forces that conspire to entrap you in the system. This lesson explores the **single most important behavior** that leads to rebuilding your **personal Power**.

1. We discuss **personal responsibility**
2. Consider **Elders** and **Elderhood**, and what defines them
3. Define **what makes you a man or a woman** instead of remaining the man-child or woman-child
4. **Where** on the Model is personal responsibility to be found?
5. What work you **still need to do**?

Special instructions for this session: This session may further **challenge** some of your held beliefs. Remain in a place of **genuine curiosity** as you work through this material.

🔗 Handout for **Lesson 15 - The Importance of Personal Responsibility** (print this page now)

This handout supports the learning experience for Lesson 15. You are encouraged to

List several incidences in your life you have blamed other's for?

1.

2.

3.

On a scale of 1 to 10, how quick are you to blame another for why things do not work out as you wish they would?

1 = very quick

10 = not at all, I take full responsibility


Do you yet consider yourself a woman (or a man)? Explain why?

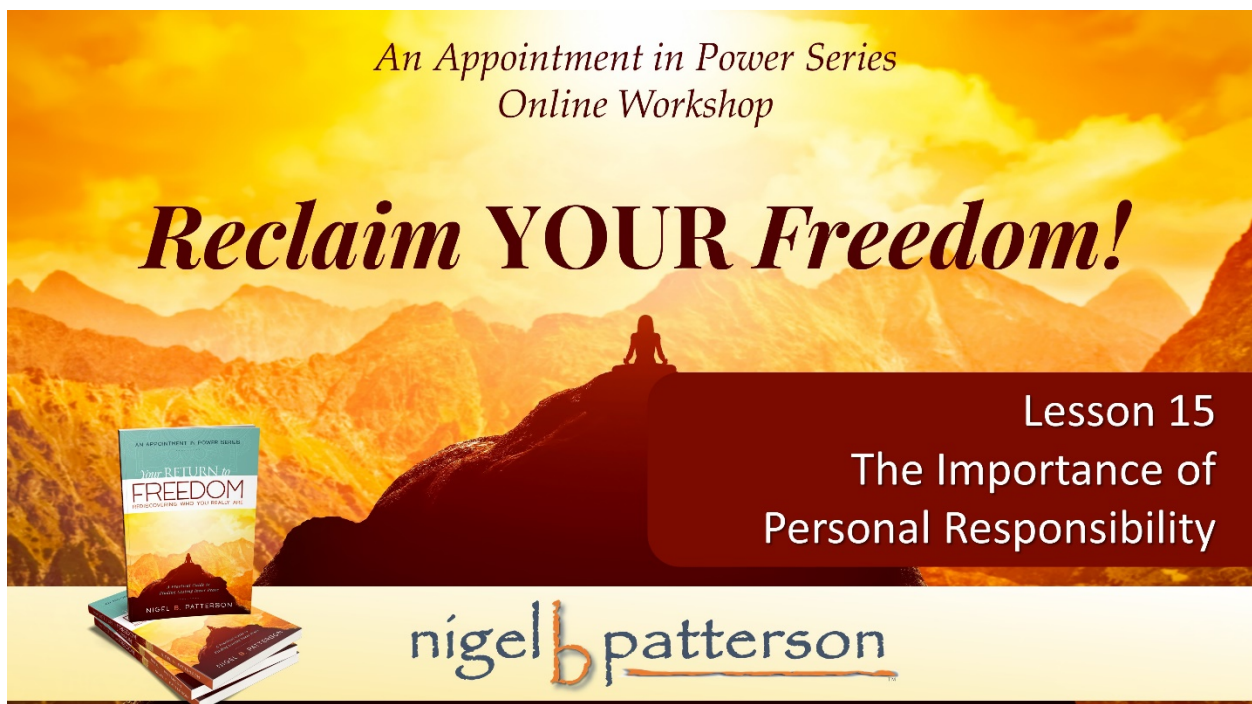
What more can you do to take full responsibility for what you do to yourself, to others and to your environment?

Do you aspire to become an Elder? Explain why?

Activity 85. Watch the Video

Lesson 15 - The Importance of Personal Responsibility

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



An Appointment in Power Series
Online Workshop

Reclaim YOUR Freedom!

Lesson 15
The Importance of
Personal Responsibility

nigel b patterson

Record additional notes or thoughts for this video in the space below.

The Importance of Personal Responsibility

Video Transcript for Lesson 15

Moving forward. We'll look at these questions, what is personal responsibility? Arrghh! Personal responsibility is about how to take responsibility for those things we are giving power away to. That's really what this is about, and you can share that. The next question is going to be interesting, are you a man or woman yet? And we'll go into that.

So, who would like to share what they believe personal responsibility is?

Participant: Moving into your values.

So, understanding and moving into values, anyone else to add to that?

Participant: Becoming aware of our feelings.

But what have you all your feelings?

Participant: Not to become indulgent.

So not becoming indulgent. You don't do indulgence, do you? Yeah, right, anyone else? It might be interesting to look at what's the opposite of personal responsibility, to help define what personal responsibility is.

Participant: Recklessness.

Recklessness, right? How do we often feel when we are stuck in that quadrant three? Powerless and we feel like we are the **victim**.

It all feeds into this next question? So, are you a man or a woman yet? Who would like to take a stab at answering that? Anyone else would like to add whether you are a man or woman yet? I'm letting women answer for the women question and the man for the men question.

I want to differentiate between becoming the father figure versus becoming the man.

Let me explain or give an example where this question even came from. Years ago, I was living in Sydney and I went on an elderhood program. It was a four-day or five-day residential or something, and off we went... for just men from about the age of 50 to about 75. First of all, what came through very clearly, one cannot claim elderhood. It has to be bestowed upon you.

That came very clear. Some people say well I'm an elder for the society. It's exactly the opposite then. You cannot claim it. It has to be bestowed upon you by society. That was nice. But the question I asked is okay, hang on, we are talking about becoming an elder. We are coming from somewhere to become the elder. Where are we coming from?

It was a men's group. Oh, we are coming from manhood to elderhood. I said well I don't even know if I'm a man, yet. What defines manhood? Ah, that was not part of the script. Okay. And I became really angry around that. So, I said okay, let's explore that. The instructor there, beautiful soul, had all these magazines of girlie magazines and cars and sports and all these naked women and what have you.

He says, okay, do a collage from your life thing in a lifetime and what point what happens when you become a man? So there these guys are and there are all these bosoms and breasts and butts and cars and big engines and

thighs, and I thought...and I just looked at this lot and thought... so I sat there, and they are all having their collages out there on a piece of paper. I said, guys, seriously?

So, when you had your first shag in the back of the car did that make you a man? Actually, no. Okay, good. And so what about you, when you've scored your first try something of the rugby? No. When you had your first child? No. And we actually went round and round trying to understand and define what it was which defines manhood.

That's where the question comes from, what makes me a man and what makes you a woman. How would you define that? It was a very tough question for us to have to answer. We took a long time over it, I'm just throwing it in here as part of this because there are strong elements from the rest we are doing here.

It was very interesting to go there because we lack rituals in our society from boyhood to manhood. We don't have these rituals. Women go through menstruation, so they've got more of a inbuilt biological ritual. Boys don't even have that. They've got nothing. So they join gangs and get into that mischief around that.

And some of these really ruthless gangs... is you are only accepted if you commit your first murder in the worst case, and then you are a real man. No, you are not. You are a murderer. So around that conversation... it was a very difficult conversation to have around that. We did settle on one theme which is what I will share with you.

So I'm just asking that question because it applies... we then bounced it off women... it's exactly the same for women. It's no different, the theme.

Are you ready for the big unveiling? So, you can either read it for women for men. It's the same thing. It's actually in the book. So I will read that out because I'm a man. I can't read for women.

I'm actually going to get one of you women to read for women because I think this is important thing for us stepping into our power and taking responsibility.

I can only call myself a man when I stop complaining I am a victim of my circumstances and instead take full responsibility for my thoughts, deeds and actions.

Until then, while I may physically no longer be a child, I'm still trapped in my boyhood ways and do not deserve the label of man.

As a man I take personal responsibility for all I do to myself, to others and to the physical environment in which I live. I'm fully accountable for all I do.

Until then I'm just a man child.

So, would one of you women like to read it out for the women? I'd like to hear that from a from a woman's power point of view.

How does that resonate for you guys, that definition? I'm saying in the work we did, and it's in the book, is when that happens is when you become that (an elder) automatically. You don't need to claim it, others bestow it upon you.

So going back to this here... and we are in interesting territory now... from my perspective I can only be a man when I'm up here. And therefore this concept of being greedy, selfish, egotistical, driven is actually not being part of being a man. To me that's a man child, greedy, mine, mine, mine, me, me, me, me. It's

a man child. I want, I want, I want, I want about me, so I don't see it as part of that. When I'm up there I'm up there I'm on purpose.

Activity 86. Diving in Deeper

 [Online Activity](#)

Activity 87. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 88. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 19: Lesson 16 - Reclaim YOUR Freedom!

Activity 89. Introduction and Special Instructions

Session Objectives

We now come to the final lesson in this online workshop. By now you have:

- Learned to **listen** effectively
- Become comfortable with how to **open up** when engaging with others
- Explored the power and nature behind **cards** and the messages they may reveal
- Examined your beliefs around what **Freedom means**, and what is stopping you from reclaiming it
- Plotted yourself on the **Personal Journey** highlighting the path ahead
- Recognized that **Power** is an extraordinary concept which is to be approached respectfully
- Learned what we mean by **An Appointment in Power** and the conditions for them to manifest
- Understood the important distinction between **discrimination** and **discernment** and when to use either term
- Realized how easy it is for you to **lose your personal Power**, and what to do about it
- Taken the extraordinary journey around the **Path to Freedom Model**© and learned how to plot yourself on the Model
- Identified your own Path to Freedom and the conditions to **attain Freedom**

- Accepted that taking **personal responsibility** for all your thoughts, deeds and actions is critical if you are to reclaim your freedom

You are now ready to Reclaim YOUR Freedom!

In this final lesson, you will be:

1. Reminded of the importance of **personal responsibility**
2. Challenged on the "**how?**"
3. Asked **what is stopping you?**
4. Focused on the **NOW**
5. **Supported to become free**

Special instructions for this session: **Honor yourself** for coming this far. Rest assured, provided you have worked through each of the lessons, **you will never be the same again**. It is almost time to celebrate your freedom!

I have the perfect life for my growth right now

👉 Handout for **Lesson 16 – Reclaim YOUR Freedom!** (print the next two pages now)

How do you now define freedom?

On a scale of 1 to 10 how worthy do you believe you are of freedom? Why?

1 = not at all worthy, I do not deserve freedom

10 = totally worthy, in fact I am already living a life of complete freedom!

What is the ONE thing you can commit to doing from now on so you stop losing your Personal Power?

Review the card you drew in Session 4, Lesson 3. Meditate on it. Based on all you have now been through, what does your card now mean?

How can your card now support you moving forward in achieving the ONE thing you have committed to doing?

Thinking back, why did you chose to be born through your parents (or have chosen your adopted parents)? What do you all bring to each other?


List any paradoxes you have become aware of in your life.

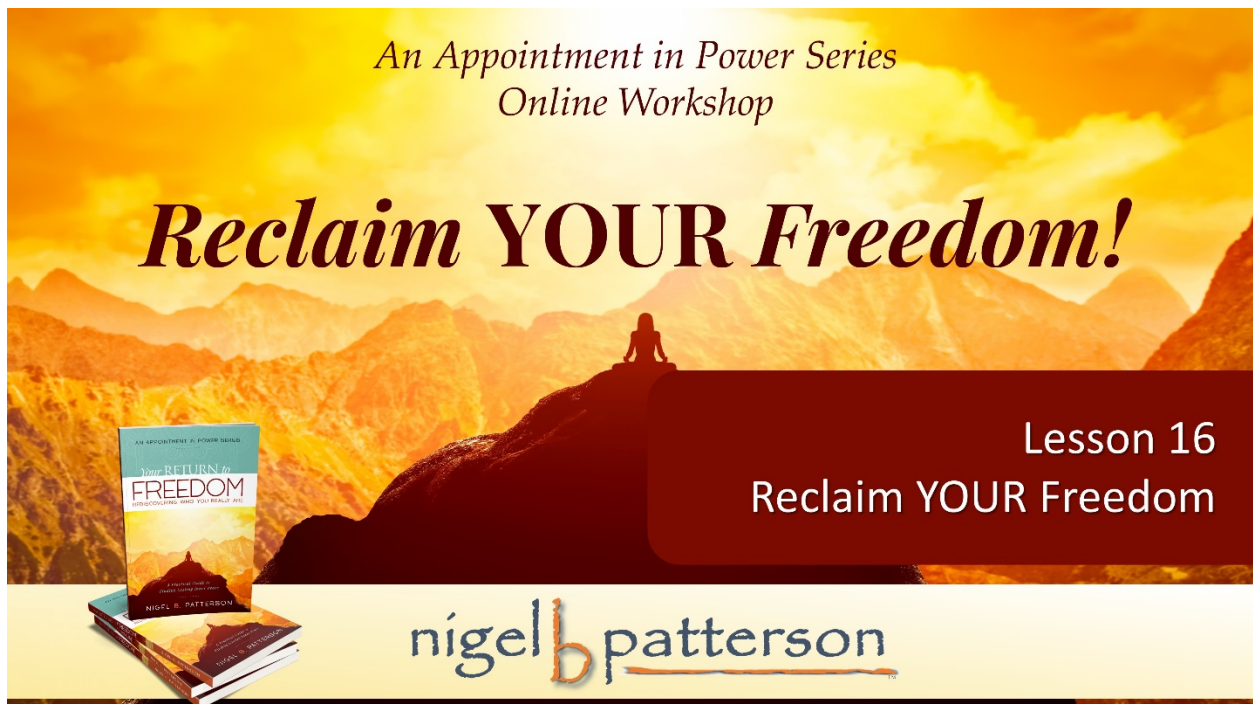
Recall any recent "coincidences", and any *omens* and *indicators* that have caught your attention. What do they mean, or signify?

Are you now ready to Reclaim YOUR Freedom!?

Activity 90. Watch the Video

Lesson 16 - Reclaim YOUR Freedom!

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

Reclaim YOUR Freedom!

Video Transcript for Lesson 16

So, if it's about taking personal responsibility for all we do, our thoughts, our deeds and actions... because the next question is what can you do to return to freedom? How do you now define freedom? What is it I can take responsibility for and what's stopping me? And how can I further enhance or... a lot like I deserve freedom, I am freedom, that kind of concept, those affirmations?

So what is the one thing you are going to commit to when you walk out of here to reclaim freedom? The one thing you can do today to reclaim power, and you can use the cheat sheet if you want to which was in the back of this thing, these cards, because it all ties in together, it's a whole circular thing this.

As we say reclaiming power... just take one small step at a time. Don't try and do it all in one hit. So just one thing today, one thing tomorrow, one thing the next day. So what's the one thing you can start with?

Review your animal spirit card again and bring that into your one thing. What does your animal spirit card now say as you stick into your one thing you are going to do bring the two together?

Why did you choose those parents and how have they been a gift to you? So you can think about it on your own time. Instead of blaming them for being this idiot father, say wow, what an amazing man to help me deal with the stuff I had to deal with and I came through.

And then also life's paradoxes as we go more into the spiritual journey, paradoxes appear more and more, the harder I try, the less I achieve. It's a typical one. The more I fret over something, the less it manifests. It's those kind of paradoxes and they become more and more apparent as we go through. And look out for them and just laugh when they come.

The same thing in the shamanic or Toltec traditions, you talk about omens and indicators. Pay attention to omens like, that was interesting so and so just called me out of the blue, oh what a coincidence! No more coincidence, what is that telling me? I haven't spoken to that person So long, they called me because they've got a crisis in their life let's say.

Wow, I must be building light within me which is attracting that person towards me. That's an omen saying or an indicator saying I am doing my work, I'm building light within me. Light is beyond boundaries of time and space, light energy. So look for those kinds of things.

Or if someone cuts you across the road instead of saying, you freaking idiot say okay, what do I do with this? I stay in my power. I don't let my power go by accusing them thinking I'm the victim, they did it to me because they don't like me. They don't care about you. They don't know who you are. They are just doing their stuff.

So look for those. Everything is there to teach us. There are no coincidences. I love the word by Deepak Chopra, synchrodestiny. Things happen for a reason along our path.

We look for them, we pay attention to them. And remember I said on that hero's journey thing, path awareness it's about 80% of the work. So with this work you do, just become aware, aware, aware, aware, you never stop doing

this work. But as you do it... it doesn't actually become any easier, I hate to break it to you.

It just becomes more enriching, because you say wow, I really chosen this as a soul aspect to really deal with this work now, what an absolute blessing? How gifted am I to be able to actually do the work while I'm still alive and not come back next time around. So it actually piles up more and more but only as much as we can deal with. It's never more than we can deal with.

Activity 91. Diving in Deeper

 [Online Activity](#)

Activity 92. Take the Personal Awareness Quiz

 [Online Activity](#)

Activity 93. Engage in the Conversation

 [Online Activity](#)

Record additional notes or thoughts for this session in the space below.

Session 20: Wrap Up and What's Next

Activity 94. Congratulations!

You are well on your way to Reclaiming YOUR Freedom!

This online workshop has taken you on a **journey**. While this may be the end of the workshop, it is just the beginning of you **celebrating a new YOU!**

The program you have been through is challenging in many respects. Having started off gently, it rapidly introduced **new concepts and ideas**, many of which most likely questioned many of your held beliefs and views of the world.

Most of the material in this workshop was gifted by Spirit during several Appointments in Power.

This final session will take you through the following:

1. Offer **tools** for moving forward
2. Encourage you to **find support** on your journey
3. Describe **powerful programs** which will support you in your transformation
4. Invite you to **engage with me on a personal level**
5. Suggest you **read my book**: [Your RETURN to FREEDOM: A Practical Guide to Finding Lasting Inner Peace](#)


Special instructions for this session: **Breathe!** You have emerged on the other side of the Personal Journey Model, the "Return". Celebrate. Share. Don't take life so seriously. Have fun!

I am free to be me!



Activity 95. Watch the Video

Wrap Up & What's Next

(Useful Tip: The video is best viewed in full-screen mode - click on the  icon in the bottom right corner.)



Record additional notes or thoughts for this video in the space below.

Wrap Up and What's Next

Video Transcript

With that, let's have a quick wrap-up here. What's next? Reclaiming freedom is a process. It's not I think I can go to for a workshop for six hours, how cool is that? I'm going to walk out completely liberated, at total inner peace and I'm totally transformed. And guess what? You'll see me walking on water to the next continent. Not going to happen!

Ongoing training, peeling the onion, I was sharing to you that I have my own coaches. Every week I talk with them. It is part of how I deal with my own journey, my own unfolding and they just don't give me a break. Find someone to journey with you, hold you accountable for your own growth. Otherwise we do slide back and all the self-talk and negative talk and all the stuff comes creeping in.

As the onion peels it just keeps on opening up more and more and more. We'll get there one day.

I have this thing here. It's an eight-week transformation program. It's a really, really rich program. It's quite different to what this work is about and there's stuff in there. This is the work I do privately.

Create a New YOU!

An 8-week Journey of Transformation



SIGN UP TODAY!

Is This Program for YOU?

- You are ready for *lasting change*
- You are *tired of talk therapy*
- You desire a *holistic spiritual approach*
- You know *healing comes from within*
- You want *tools to empower you*
- You recognize the power of *unconscious*
- You want **FREEDOM!**

Meet Your Transpersonal Coach



Nigel B. Patterson calls upon ancient wisdom teachings and traditions to inspire, lead, motivate and support clients to break free of their limiting beliefs. His work allows them to find FREEDOM and INNER PEACE by reclaiming their innate power.

Nigel believes FREEDOM is everyone's birthright, easily accessible to all. His unique style makes his clients' journey of self-discovery both fun and highly rewarding.

YOU *will* Transform

The Transpersonal Journey

(created by Nigel B. Patterson)



Where: Kailua-Kona (Hawaii) or Skype
Program: 8 Sessions plus online support

Investment: **\$1,695.00**
Enquiries: (808) 747-4654



THIS IS ONE-ON-ONE. Book NOW!! Read more.

www.nigelBpatterson.com/create-a-new-you.html

I take people privately on this whole journey which if you look inside your notes, in your things at the back on the right hand side there's like a nautilus shell there.



Created by Nigel B. Patterson

It shows some of the work which I've had to go through and I take other people through, that one with a shell on it. There are four major sections there. The first one we call **exploring the landscape**. The landscape there,

again this is very much transpersonal stuff, **trans** being beyond, **persona** beyond the mind ego kind of work. So it's not psychotherapeutic, it's quite different.

Exploring the landscape is we come in believing what our issue is, or thinking what our issue is. We've seen on the board today some of the stuff. **Mapping the terrain** is a chakra mapping thing where we actually speak into the chakras each one at a time. What is actually happening? Am I safe? Am I in control? Do I give and receive love? And so on.

It is actually from that one recognizes what is it I'm actually trying to deal with here? It might be an issue around lack of control, or lack of safety, or fear of being heard, and so on and the **real issue then is revealed** that real issue is generally and most times different than the perceived issue. So we can come to these workshops and think what we are dealing with.

The **tribal environment** is more for team-based stuff for organizations.

Breaking the patterns, that's quite a powerful area where we go into these **constraints and negative belief systems**, that negative talk over and over and over and over. We go in there and say, okay what is this? What are these patterns? To find those patterns can actually take quite a long time. They can come quickly, or they can take a long time.

They can take an hour to find them or they can take two months to find them. It depends what is going to reveal. In the transpersonal world, your own soul-self speaks through you and it will let me tell you what it wants you to hear at a time.

Creating a new vision that's now taking that and changing that into saying what does a new reality look like.

So going back to the hero's journey, what we are saying is constraints and negative beliefs, what is taking me down that slippery slope and what do I want the return to look like? What do I want my outcome to look like, the hero's journey? That's what that **creating a new vision** looks like. And then attaining clarity around that saying how would my life look if I was in that space.

Point three is my favorite part, **the transpersonal journey**. Myth, ritual and theatre is a whole area around that. When you write your life as a mythology, and a mythology it cannot be you. One which I really like which I wrote because I've written several in this process, was the lighthouse.

How the lighthouse was on the shore of the coastline and it thought it had the most wonderful, fabulous light. It would run up and down the coastline telling everyone look how fabulous my light is and not for one minute realizing how ridiculous and dangerous it is to mariners that are trying to be guided by the lighthouse. And then some people came along and said what a terrible, ugly, dirty lighthouse. Who would ever want to love a lighthouse like that? And over time the lighthouse's light went out and out and out.

That's a metaphor of my own story. Until one day a new lighthouse keeper came onto the island and recognized the beauty within the lighthouse. He then slowly nurtured and restored the lighthouse to its former beauty, where today can now shine its light without needing to impress anyone or anything. Just being there shining its light.

There's a whole story I wrote around that as a metaphor. So, one finds that metaphor for what it might be and people have written about the star seed, dragons, butterflies, princes and princesses and so on. And every good story has a beginning which it starts with... *once upon a time*. It then has the story as

it goes through the hero and heroine and ends with *lived happily ever after*. They have a happy ending.

So we actually write that story, the hero's journey, we actually write it, but in metaphor terms because if you write it in your real life terms you get stuck in that story. You can't break out of it when you write it, if you write about yourself. But if you write about the metaphor of the lighthouse, for example, you can actually write that happy ending.

And then the **sacred theatre** around that you actually act that story out and that is amazing, amazing work to act that story out. And then we do the **journey**, we come out the other side and there's **consolidation, resolution, integration and review**. That's quite a powerful process. That's a whole transpersonal journey process and I do that privately.

I've had clients who might be with me for several weeks, a couple have been with me for several years because there are layers of the onion just peeling. It depends on what their karmic journey is and what they choose to go through. This is really beautiful work. Anyway, so that's that.

Hangout sessions, go to my website and see what hangout sessions mean. Go for a cup of coffee at Kaya's (café) or down at Daylight Mind (café) for a hangout session and see what appointment in power. They are always fun. There are some people in here that say, hey let's go for a hangout session. There are a few people I do that with. That's always very cool to see what comes through. They could last 20 minutes, they could last two hours, what Power wants.

Reclaim YOUR Freedom Online Workshop Workbook



Learn more at: www.nigelBpatterson.com

Okay, the book. This book was downloaded. There's a lot of richness in that book. It's not Nigel's ego in the book. There's a lot of richness in there.



Stay in touch. There are lots of ways of doing it. We live in a connected world.



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www.linkedin.com/in/nigelBpatterson/

Activity 96. Future Action

What Can You Do Next?

Remember, reclaiming your Freedom is a **process**. Do not believe anyone who promises a quick-fix solution to an issue which you've likely lived with for decades.

There are no quick-fix solutions, only persistence together with Personal Responsibility and Commitment.

However, having traveled this far, there are **several options** for continuing your commitment to reclaiming your freedom. These are:

1. [Sign up](#) for an 8-week one-on-one **Journey of Transformation Program**
2. [Contact me](#) for what I call a **Hang-out Session**
3. **Read my [book](#)**
4. [Stay in touch](#) and join the discussion (via Social Media)
5. Join a **residential intensive** workshop with me (sign up to my [Newsletters](#) to stay informed)

Activity 97. Create New YOU! Transformation Program

Create a New YOU! An 8-week Journey of Transformation

This is my **premium program**. In just eight weeks you **WILL be transformed**. Otherwise I will give you a full refund! It takes the decades worth of work I have been through and compresses it in to a highly structured and personalized program. [Find out more.](#)


Create a New YOU!
An 8-week Journey of Transformation

SIGN UP TODAY!

Is This Program for YOU?

- You are ready for *lasting change*
- You are *tired of talk therapy*
- You desire a *holistic spiritual approach*
- You know *healing comes from within*
- You want *tools to empower you*
- You recognize the power of *unconscious*
- You want **FREEDOM!**

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Nigel believes **FREEDOM** is everyone's birthright, easily accessible to all. His unique style makes his clients' journey of self-discovery both fun and highly rewarding.

YOU will Transform

The Transpersonal Journey
(created by Nigel B. Patterson)


1. Exploring the Landscape
 - The greatest time, problem or opportunity
 - Mapping the terrain
 - The next issue needed
 - The ideal environment (for home)
2. Breaking the Patterns
 - Conditions and negative beliefs
 - Creating a new vision
 - Allowing change
3. The Transpersonal Journey
 - Recognizing freedom
 - Identifying self-worth
 - The support
4. Consolidation
 - Trusting & integration
 - Rejoice

"I am, we are"

Where: Kailua-Kona (Hawaii) or Skype
Program: 8 Sessions plus online support

Investment: **\$1,695.00**
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www.nigelbpatterson.com/create-a-new-you.html



This is a unique program that has transformed many clients' lives.

Testimonials

"Nigel is a wisdom teacher and motivator, who generates the energy needed for propelling the client into a personal spiritual quest in order to find answers to issues or problems. It's one of the qualities I found very compelling in him; there's nothing passive about the way he interacts with people." Gareth Davies – Business Owner

"Thank you for your wisdom and insight! You are an extraordinary coach and teacher." Dr. Nancy Fry – Executive Coach

"Nigel is an impeccable coach. He is a great mix in professionalism, being down to earth and respectful. He is a unique mix between the professional world and the spiritual world, a balance I'd never seen before." Javier Temponi – Professional Engineer

Activity 98. Join me for a Hang Out Session

Let's Hang Out and Enjoy An Appointment in Power

Recall the definition of **An Appointment in Power**:

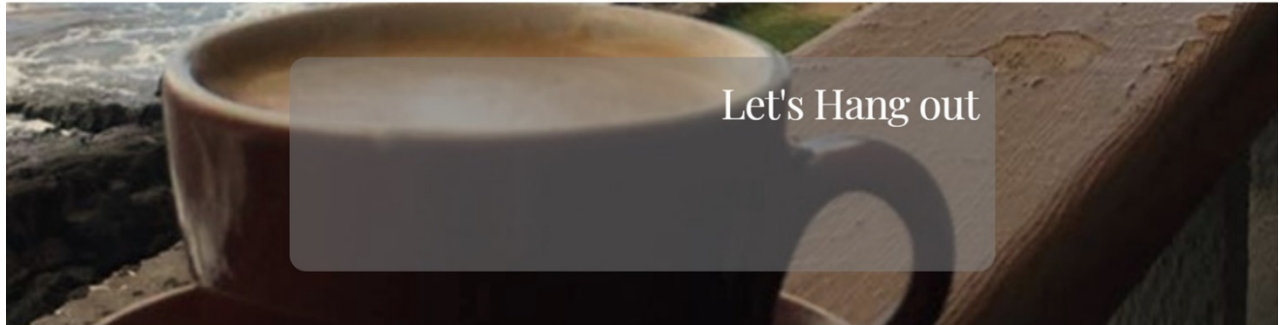
*When two or more people come together in an environment **free of judgement** something extraordinary happens. With **nothing to defend**, they become totally present in the moment. A **depth of wisdom** not normally accessible is attained. **Insights** into pressing issues, some not even yet conscious, are presented resulting in moments of **rare clarity**. It's as though the forces of the Universe conspire to **support and liberate us** so we may move forward with confidence and manifest our **deepest desires**. We call these moments "**Appointments in Power**".*

Hang Outs are a fun way for us to connect and allow **Power to join in**. Who knows what may be come up? Hang Outs are **unstructured** and **free-flowing**. We explore whatever is revealed, without judgment while remaining in a place of deep curiosity.

Only that which needs to be revealed will show up. There are **no risks** in Hang Out sessions.

Why not try one today? We can meet in person (if practical) or via Skype. Either way, they are both equally effective.

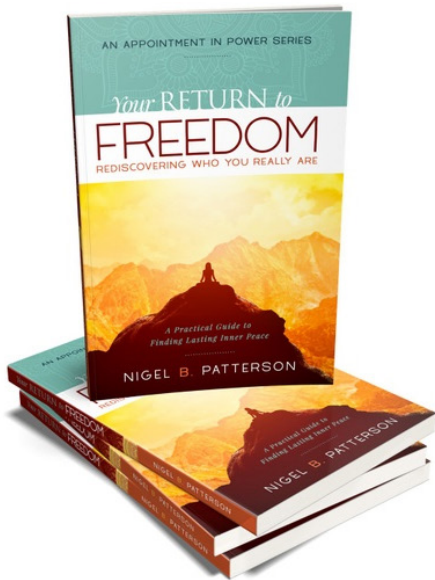
Click [here](#) to find out more and to connect with me for a Hang Out session. You may just be surprised!



Activity 99. Purchase My Book

Your RETURN to FREEDOM: A Practical Guide for Finding Lasting Inner Peace

This online workshop is based on my book, which was first published in March 2018. The book **took over 25 years to write**, mainly because I had to be ready to receive the information from Spirit in a way that it could be distilled into a form understandable by the reader. I also had to **find my own courage** to share the teachings in the book. Each time I reread it, I find something new, even though I am supposedly the author.



If you have not already read the book, I urge you to do so. **The Path to Freedom Model©** is presented in a way which enhances your understanding and accelerates your transformation.

Click [here](#) to learn more about the book.

Click [here](#) to order a copy directly from Amazon (and to read the reviews).

You ARE a magnificent, spiritual being. What is stopping you from fully living this? Perhaps you feel trapped or confused—knowing there must be something more, but you can't quite figure it out? Or you sense a more-powerful YOU, just waiting to break free, but you're not sure how to proceed?

Your Return to Freedom shows a way forward. Drawing on ancient wisdom and teachings, you'll explore how, and more importantly why, you feel there "must be more to life." Learn why you became separated from your true, spiritual nature—starting in childhood—and how to reconnect to the real, powerful YOU.

This book introduces the groundbreaking Path to Freedom Model® to help identify "where" you currently are in life, and what you need to do to reclaim your true essence. It will take you on a mind-expanding journey to find psychological and spiritual freedom—showing you how to free yourself of society's conditioning and control, liberating you to experience inner peace, love, joy and happiness.

*This revolutionary book will guide you to a place
where your soul can once again soar!*

RECLAIM YOUR BIRTHRIGHT TO FREEDOM, NOW.



NIGEL B. PATTERSON

was born in Tanzania, Africa and has lived in four countries across three continents. A significant life-crisis at the age of thirty-five shattered his carefully constructed ego-based self, and propelled him onto the path of the spiritual warrior. Today he is a counsellor, coach and spiritual teacher living in Hawaii. He supports clients around the globe in their quest for freedom.



Activity 100. Let's Stay In Touch

I would love to stay connected, especially as reclaiming your Freedom is a process which unfolds over a period of time. **The work is never done.** I am here to support you. Here's how.

- www.nigelBpatterson.com
- facebook.com/nigelBpatterson/
- twitter.com/nbpatterson/
- linkedin.com/in/nigelBpatterson/

Finally, A very BIG thank you for participating in this workshop.

If you were looking to reclaim YOUR Freedom, with regular practice of the teachings, **you WILL achieve your goals.**

RECLAIM YOUR BIRTHRIGHT TO FREEDOM, NOW!

