



STEP TEN

PILLAR 8

STAGE: DISCOVERY

Pillar Eight: Truth

Contrast: Illusion

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

Mind: Truth

Contrast: Illusion

Illusions are the veils of life that you put up, either consciously or unconsciously, when you prefer NOT to see, realise or listen to the Truth. Accepting a Truth can be confrontational and maybe an inconvenience in the Minds planning of life. However, when you accept all Experiences in life are Positive guidance on the path of Purpose, then all Truths can be appreciated and even celebrated at a point of Clarity.

Body - General Health Pillar:
Metabolic Function

Contrast:
Metabolic Dysfunction

Meaning: Sitting in Illusion can also lead you to falsehoods regarding your health. Illusions around your health can be either that you are manifesting disorders or not looking at signs that are there to warn you. Illusion around Metabolic Function is common. Metabolic Function is connected to your energy levels amongst other important processes and represents your input, process and output on the mind, body and soul levels. Metabolic Function provides the set of life-sustaining chemical transformations within the cells of living organisms; therefore it is vital to deal with the Truth in this process.



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Soul - Energy Pillar: Knowing

Contrast: Void

Meaning: To activate Truth, you must sit with Knowing. The contrast of Knowing is Void which is a state of nothingness, neutrality, apathy, not living life. Void is not necessarily bad but once you have lived in the bliss of Peace, Love and Connection, Void is a very isolated place to be. Accepting a Truth will always move you into a greater level of Peace. When the truth is revealed you can either remove it, repair it and/or replace it.

Tool - Exercise: Allowing Sealing

To SEAL - Self Energy Awakening Life

Meaning: After the Soul Sealing, relax your hands by your sides, palms facing up. Focus on letting go of your breath, your mind and your body and just simply relaxing. You have done the work with the other Sealings, meaning you are now able to allow the Universe to deliver all that you are choosing into your world, in the now. This is a very relaxing Sealing and is great for revitalising the mind, body and soul.

TRUTH ALLOWS FOR THE DISCOVERY OF LIFE



PILLAR 8 PART 1 - MIND AND BODY

DATE: / /

Pillar Name _____

Contrast _____

Emotion _____

Message _____

PILLAR 8 PART 2 - SOUL AND TOOL

DATE: / /

Allowing & Releasing Sealing - *Please refer to the audios.*

Notes:

