



Module 3. The Fine Art of Allowing and the Energy of the New Earth Grid

Allowing: Live in the Moment



Module 3 The earth grid of consciousness has shifted and the warrior nature is no longer the prevailing way. The heart pattern is the amplifier, and alignment is the new wave of creation. In this session, we will explore the very nature of allowing. You'll learn when you are pushing and when you are truly allowing. There are clear signals to know how to navigate the terrain of the new earth grid, and not only will you learn them but begin to put them into immediate practice in your every day reality.

The skills you will learn are how to:

1. Live in the moment for making conscious choice
2. Allow yourself to be guided toward higher states of awareness

Concept 1: Live in the moment for making conscious choice

Every moment of your life you are making a choice. I'm not talking about the kind of choice that says breath or cough, wake-up or sleep. These are choices that happen without you even having to think about it, unless, of course a drastic change takes place and all of a sudden the situation demands your attention for making the decision on how to breathe. Or you may be called to quickly determine the root cause of that cough, or why you keep waking up or sleeping so long and hard.

Outside of unusual circumstances, your body's consciousness has those kinds of choices covered. That auto-pilot part of your mind is even making choices on relationship, diet, exercise, your political or religious views, your attitudes and even your life direction without your active participation. Your mind is even making choice about a plethora of people, situations and life stances. If your heart is not engaged, you will eventually become fearful of the unknown or discontent.

Those kinds of choices can be taken over by the kind of unconscious programming that occurs when you are not staying present with what is showing up in the moment. Just because you made a choice once or twice does not mean that you will make the same choice again. The stuff of life demands that we stay present and focused on the heart of who we are and make choice from that awareness. If we vacate on any level of awareness, we are surrendering our opportunity to flow more light into our creations.

Key: Your life, without presence, become like a ship with no captain. Stay present in the moment and fully engaged with your heart.

Habits are choices that you make without your heart fully engaged. Each time you make a choice in this disengaged way, your mind will actually begin to believe that there is no other way, no other choice.

The question is why? The mind only knows what it has been told so has a huge fear of the unknown, which is programmed into us and is an integral part of our human experience. How do you know that you are not living in the moment? Those auto-pilot areas of your life start pinging you through the emotional body and send signals that make you feel heavy, bored, frustrated, or demoralized. Conscious choice-making turns your desire to create more joy, love and peace in your life into actionable steps.

Exercise: Unconscious to Conscious Choice

This first exercise is designed to spotlight any areas of your life where you have been hanging out in auto-pilot mode, over-riding your heart and / or resisting going with the greater flow.

Question: In the left column, list the parts of your life where you feel stuck, frustrated, bored, resentful, at a loss or feel aimless or confused? In the right column, describe the prevailing emotional state that defines this situation.

| | |
|------------|---------|
| Situation: | I feel: |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |

If you have listed more than one, prioritize them by putting a number from 1 - 5 (starting with one being the lowest most frustrating situation while 5 the highest) to the left of your list.

Choose one in your “1” range and describe how you want this life situation to be different, envision what you want to feel. Afterward, I invite you to make a commitment. It might be something like this:

“I am making a commitment to put my focus back in the present moment and making only the choice that best honors the heart of who I am by the feelings I have just described here”:

Concept 2: Allowing

These choices are not made in isolation of all the levels and layers of consciousness you are swimming in. Your life is a big pond connected to a much larger cosmic ocean of others. Whether you are feeling stagnant or stuck, you are still in the mix of that larger flow. This is where the fine art of allowing comes in. It’s your ability to navigate the energetic waters.

The life experience you are having creates a kind of echo that comes back to you in the form of feeling. That feeling is filtered through your senses: your emotional, mental and physical bodies provide that feedback loop. If you are allowing of the choice to accept all the goodness, pleasure, adventure—the bliss—that is yours to receive, you are in the present moment.

Your ability to allow rather than push recognizes that there is a natural flow to life, and if you are a willing participant in this flow, then you are sensing the way in the moment-to-moment happenings of your life.

What are the signs of being in the present and allowing yourself to sense and feel the choices? Timelessness accompanied by the kind of joy that feels like magic. An elevated sense of no time permeates your whole being. In your very next moment you may feel quite different but in the moment that you are allowing, and aligned with that embodied state, you are in the flow.

Exercise: Assessing your resistance to being in the flow

The situation or life circumstance that you described in the first exercise is not created in isolation. We live in a world that is built on relationship. Our relationships offer

us clear reflections as to where we are in our awareness. While the first exercise was focused on the situation, this time I invite you to put your attention on your relationships.

As you run down the list below, first ask yourself the following:

How do I feel about _____?

Your answers are to focus on emotional charge that is invoked within you when thinking of that person.

Example:

This person makes me feel:

Heavy: angry, resentful, jealous, sad, demoralized, less-than, like a failure. If you are feeling really disturbed or not liking to be around this person at all or they annoy you, give this relationship a numerical range from 1-5 One (1) is the heaviest while five (5) is on the lighter end of the scale.

Mixed: conflicted, struggling to maintain the friendship, my equilibrium, love this person but I don't really want to be around them too much. The numerical range for this relationship is 6-10.

Light: feeling joyful, love, affection, gratitude, peaceful, comfortable, challenged in a positive way, enthusiasm, passion. The numerical range for this relationship is 11-15.

To review, your relationships will range from feeling heavy, mixed to light.

| <i>Relationship</i> | <i>Heavy</i> | <i>Mixed</i> | <i>Light</i> |
|---------------------|--------------|--------------|--------------|
| Parents / siblings | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| Spouse | _____ | _____ | _____ |
| Ex_Spouse | _____ | _____ | _____ |
| Extended family | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

| | | | |
|------------|-------|-------|-------|
| _____ | _____ | _____ | _____ |
| Friends | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| Co-workers | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| Others | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Heavy (1-5)

If you see that some of your relationships are in the 1-5 range, your relationships are reflecting your resistance to letting go of those life experiences that are mirroring back to you your own learning. Spend some time looking at these relationships and find where, within you, you are dissatisfied with where you are in your life. That same emotional charge is showing up somewhere in your own situation.

Relationships reflect aspects of self. Perhaps you have not yet accomplished what you set out to do, or feel thwarted or frustrated because of where you are, and where you want to be. Maybe you are holding judgment or feeling lack.

Examine the emotional quality of that 1-5 and you'll find the part of you that is still not showing up for you in present moment. Be as transparent as you dare by telling the story about the other but with a new twist. Turn the table and tell that same story as if that were you. By doing so, you will liberate yourself from this lower vibration once and for all. It's the gift of the shadow showing up in the other that you cannot see within self that is trying to get your attention.

If this is the case, go back to Module 2. Forgiveness and see what's there to let go of by practicing presence to do the release work.

Mixed (6-10)

There will be some areas of your life, as reflected back to you in ways that you feel very good about and others where you are still working to get clear within self. In this mid-zone, you have over-riden your heart some what and allowed your mind to take over until reengaging your heart. This may be a relationship that may have a history of ups and downs but you've stuck with it and are feeling much more peaceful now. Or, it could be a new relationship that feels right, on balance, with emotional charges that are coming up for you. In this case, there is still a teacher / student aspect of learning going on. In this mixed way, keep paying attention to how you are showing up in relationship and what pings you. When this happens, use the mirroring and story tools from Module 2 to help you to stay clear.

Light (11-15)

When you are allowing, each of these relationships will fall into the 11-15 range. These relationships reflect the openings in your life path that are affirming and feel good. They may have been hard, at times, to grin and bear but you feel light and joyful when you are in the presence of or think about these relationships. These individuals are mirroring your higher purpose and your heart back to you. Their stories are different but sound remarkably like your stories because they are couched in expressions of gratitude. These relationships represent aspects of how you are showing up with your heart fully engaged and are feeling optimistic about your life.

Key: Stay present and in the moment. Life is providing you with an opportunity to open your heart and allow the universe to show you the way to higher vibrational ground.

Your Practical Life Assignment

Pick one life situations and / or a relationship out of your Heavy (1-5) category and for the entire week whenever you think of this situation or person 1) hold the creation or person in a high state of appreciation, 2) inwardly ask yourself, "What is this situation with this person showing me?"

This situation / relationship is teaching me this about myself:

Notes:

Questions:
