

Week Two

Day 6-10 "Footprints"
Lets Go!!!

Blessed Love, Blessed Ones!

It is said that 10% of our mind is conscious and the other 90% is subconscious. The 90% holds life situations, environmental factors and trauma that have caused us to establish a finite identity of who we are. However:

Energy is infinite therefore so are we

Think of events in your life that may have caused you to limit your idea of yourself.

Use this space and time to recall at least three positive or negative events that have left significant footprints in your life.

Let's make another list ...this time with three columns and plenty of room for writing.

Age	Significant Event	Impact/Role Created/ Limited view of self

What benefits do you hold from each event?

What benefits can you gain by releasing emotional attachment from each event?

Significant events can effect or daily thoughts and our overall view of ourselves.

Even "positive" characteristics can limit us. Categorizing ourselves through strict labels, titles or specific life roles can constrict our abilities to learn and grow. What limitation can you break through?

Choose one "box" to step out of throughout the next five days. This choice should be made out of love for self, not dislike or hate towards something else. Choosing to rebel takes an understanding of what we should rebel against.

Remember, holding values is not the same as constricting the spirit. Our values or priorities should stem from our spirit. Our physical or external roles are the "boxes" we want to break

through.

We are infinite beings with infinite possibilities.

Steps to stepping out:

Challenge Your Reason- Why rebel? How will this lift or free your spirit, not your selfish or physical desires.

Change Your Mind-Reflect on last weeks exercise, how do your thoughts about yourself keep you in a limited place.

Embrace Your Emptiness-Leaving a role behind can be a big step and possibly a lonely event. Fill your emptiness with spirit and joy. Replace any darkness with light.