

PART 6

ALIVE AND THRIVING

- ▶ Getting Out
- ▶ Initiation
- ▶ Love
- ▶ Diversity
- ▶ Natural Healing
- ▶ Unlimited Potential
- ▶ Finding Super Powers
- ▶ Healing from Trauma
- ▶ Not a Slave
- ▶ Trauma Bonding
- ▶ Equality
- ▶ Roar of Freedom
- ▶ Mind Body Spirit
- ▶ Code of Ethics
- ▶ Force vs. Violence
- ▶ Conscience
- ▶ It's Up to You



GETTING OUT OF CULTS, RELIGIONS and OTHER ABUSIVE RELATIONSHIPS

Five Stages of Deprograming:

- 1) Discredit the figure of authority
- 2) Present contradictions (ideology vs. reality)
- 3) The breaking point: When a person begins to listen to the new information, when reality begins to take precedence over ideology.
- 4) Self expression: When the subject begins to open up and voice gripes against the cult.
- 5) Identification and transference: when the subject begins to identify with the deprogrammers, starts to think for him or herself
- 6) Complete separation
- 7) Identify, Challenge and Replace Programing

The first and most difficult step is to realize that one has been the victim of programming.



INITIATION

“BEGINNING”

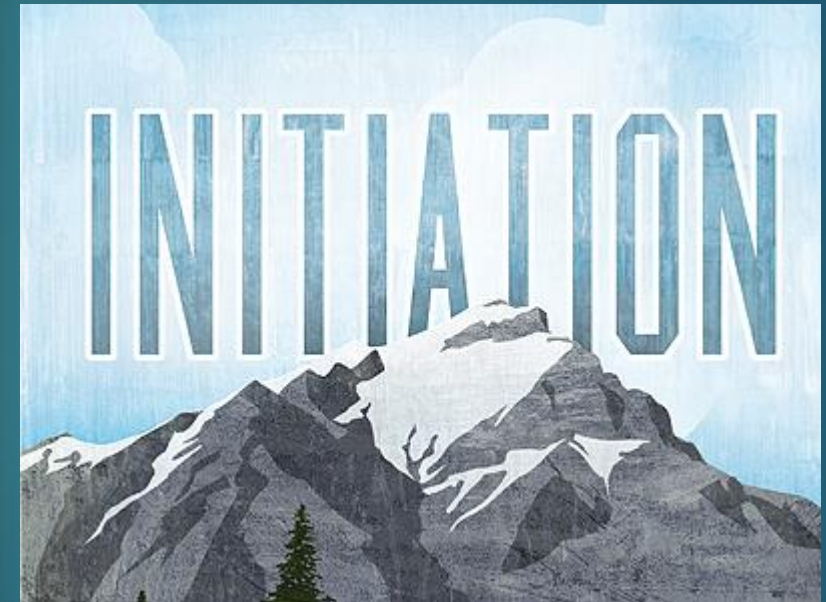
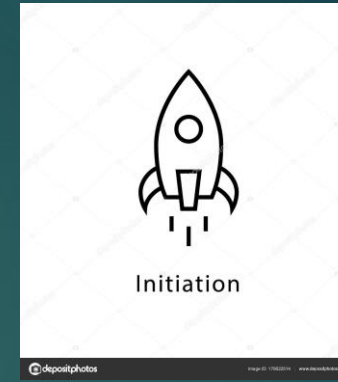
Stop Lying (Especially To Your Self)

Stop Dreaming (Cognitive Dissonance)

Learn How To Think (Trivium & Quadrivium)

Live In The Present Moment

Activate The Physical Body



LOVE is ESSENTIAL IN THE EQUATION



- ▶ When Love of Self equals Love of Others, then LOVE guides everything., and we are Safe amongst each other.
- ▶ When we realize we are all equal in the eyes of creation, we see the importance of honoring ALL living beings.
- ▶ We SEE THAT WE ARE ALL ONE
- ▶ In addition to being whole as individuals , we are all inter-connected and interdependent as a species , as a humanity.
- ▶ Together, in harmony with nature, we can create wonders.





Compassion is the awareness of a deep connection between yourself and all creatures.

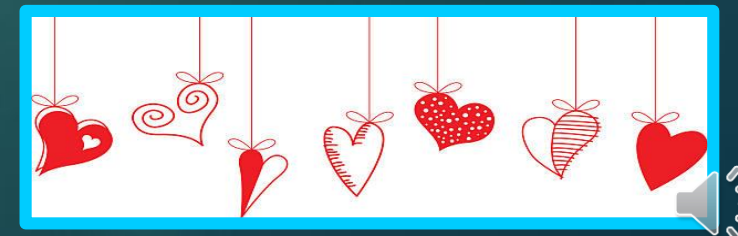
The universe is a complete unique entity. Everything and everyone is bound together with some invisible strings. Do not break anyone's heart; do not look down on weaker than you. One's sorrow at the other side of the world can make the entire world suffer; one's happiness can make the entire world smile.

Shams Tabrizi



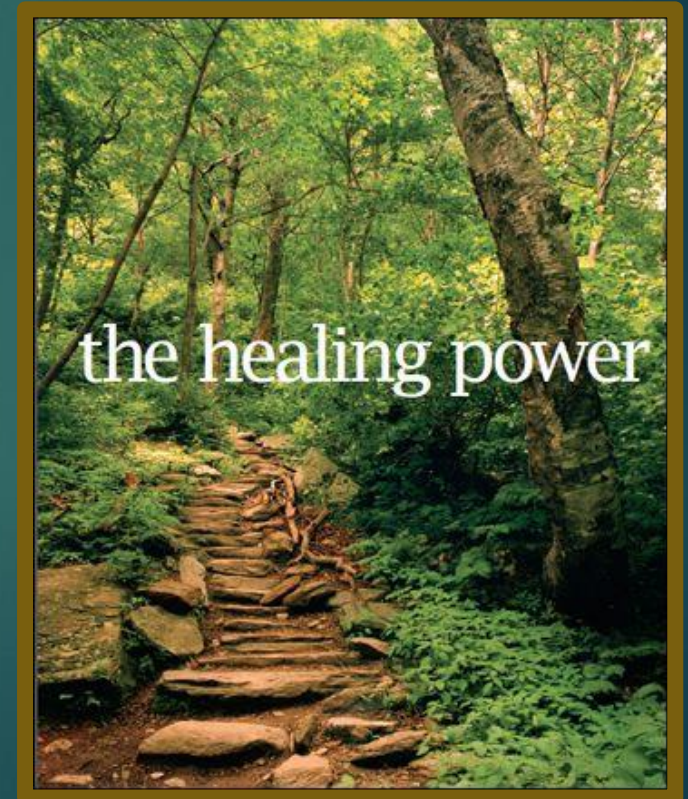
Our DIVERSITY

- When allowed to prosper in creative brilliance through the expression of FREE WILL,
- Along with the guiding principle of LOVE and TRUE CARE,
- Within the guidelines of NATURAL LAW,
- Can be expressed as the Greatest Potential of everyone and unlock a MAGNIFICENT SOCIETY.



Natural Healing

- ▶ There is a natural impetus towards healing, integration and life itself.
- ▶ Our body, like the earth, regenerates itself.
- ▶ The brain creates new pathways after injury.
- ▶ Cuts heal without us doing anything to make it happen.
- ▶ Our mental and emotional trauma can be healed.
- ▶ Sometimes we get in the way of our natural healing.



OUR POTENTIAL FOR TRANSFORMATION

- ▶ Epigenetics
- ▶ Neuroplasticity
- ▶ Brain Science
- ▶ Inherent drive for REPAIR
- ▶ There is something bigger than us
- ▶ Decipher between: Personal Perceptions, Expressions and Manipulations and Actual Occurrences and Moral Principles.

“Spend time contemplating who you want to be. The mere process of contemplating who you want to be, begins to change your brain.” Joe Dispenza



FINDING YOUR SUPER POWERS

- ▶ YOUR BIRTH RIGHT
- ▶ UNTAPPED POTENTIAL
- ▶ GETTING OUT OF YOUR OWN WAY
- ▶ GETTING OUT OF POWER STRUCTURES THAT LIMIT YOU
- ▶ Dissolving Core Negative Cognitions and Self-Defeating Scripts
- ▶ CLAIM YOUR POWER TO OVERCOME ADVERSITY
- ▶ PERSEVERE
- ▶ DEVELOP A POSITIVE SUPPORT SYSTEM



HEALING FROM TRAUMAS

“The greatest damage done by neglect, trauma or emotional loss is not the immediate pain they inflict but the long-term distortions they induce in the way a developing child will continue to interpret the world and her situation in it. ...

Unwittingly, we write the story of our future from narratives based on the past...Mindful awareness can bring into consciousness those hidden, past – based perspectives so that they no longer frame our worldview. Choice begins the moment you dis-identify from the mind and its conditioned patterns, the moment you become present...Until you reach that point, you are unconscious.”

- Gabor Mate

- ▶ **Core Negative Beliefs**
- ▶ **Scripts of your wounding**
- ▶ **Behavioral Patterns**
- ▶ **Relationship Patterns**
- ▶ **Triggers with Over-reactivity**
- ▶ **Trauma patterns that play out over and over.**

Healing doesn't mean
the pain never existed.
It means the damage
no longer controls
our lives.

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WHAT IS **PERSONAL SOVEREIGNTY**?

WHAT IS TRUE FREEDOM?

- ▶ Sovereign = Above Ruler-ship or Control
- ▶ A State of Mind
- ▶ A State of Being
- ▶ The Freedom to be you, express yourself and do what you choose as long as you are not hurting others.
- ▶ Sovereign means NOT a subject or a slave.

NOT A SLAVE





SOVEREIGN

A **Sovereign** is a **Monarch** (*mon-*: "one"; *archon*: "ruler"), a Single Ruler who rules only The Kingdom **Of SELF**. **Sovereignty** is a state in which one controls one's own **Thoughts, Emotions, & Actions**, and by bringing them into Unity / Non-Contradiction / Non-Duality, attains Mastery of one's own Consciousness.

Self-Control = Self-Mastery = Self-Ownership

NOT A SLAVE



HEALING INVOLVES CLAIMING OUR PERSONAL SOVEREIGNTY

NATURAL LAW



SAMUAL ADAMS

"The natural liberty of man is to be free from any superior power on Earth, and not to be under the will or legislative authority of man, but only to have the law of nature for his rule."



Freedom and Sovereignty result
from healing both our Internal and
External Trauma Bonds.

I'M READY TO
HEAL MY
CHILDHOOD
TRAUMA

TOM BRUETT
THERAPY

I AM WILLING
TO HEAL.
I HAVE THE COURAGE
TO HEAL.
I AM READY TO
BECOME MYSELF.



Trauma Bonding

(An understandable way to survive ongoing abuse)

Victims of abuse often develop a strong sense of loyalty towards their abuser, despite the fact that the bond is damaging to them.

Healing From Complex Trauma & PTSD/CPTSD
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Conditions necessary for trauma bonding to occur include:

- To be threatened with, and to believe, that there is real danger
- Harsh treatment interspersed with very small kindnesses
- Isolation from other people's perspectives
- A belief that there is no escape

PACE - Parents Against Child Sexual Exploitation

Trauma bonding

Traumatic bonding occurs due to the cyclical nature of abuse and the emotional roller coaster the victim goes through due to abuse. The alternating phase of reward and punishment creates powerful emotional bonds that are hard to change.



EQUALITY

Under Natural Law

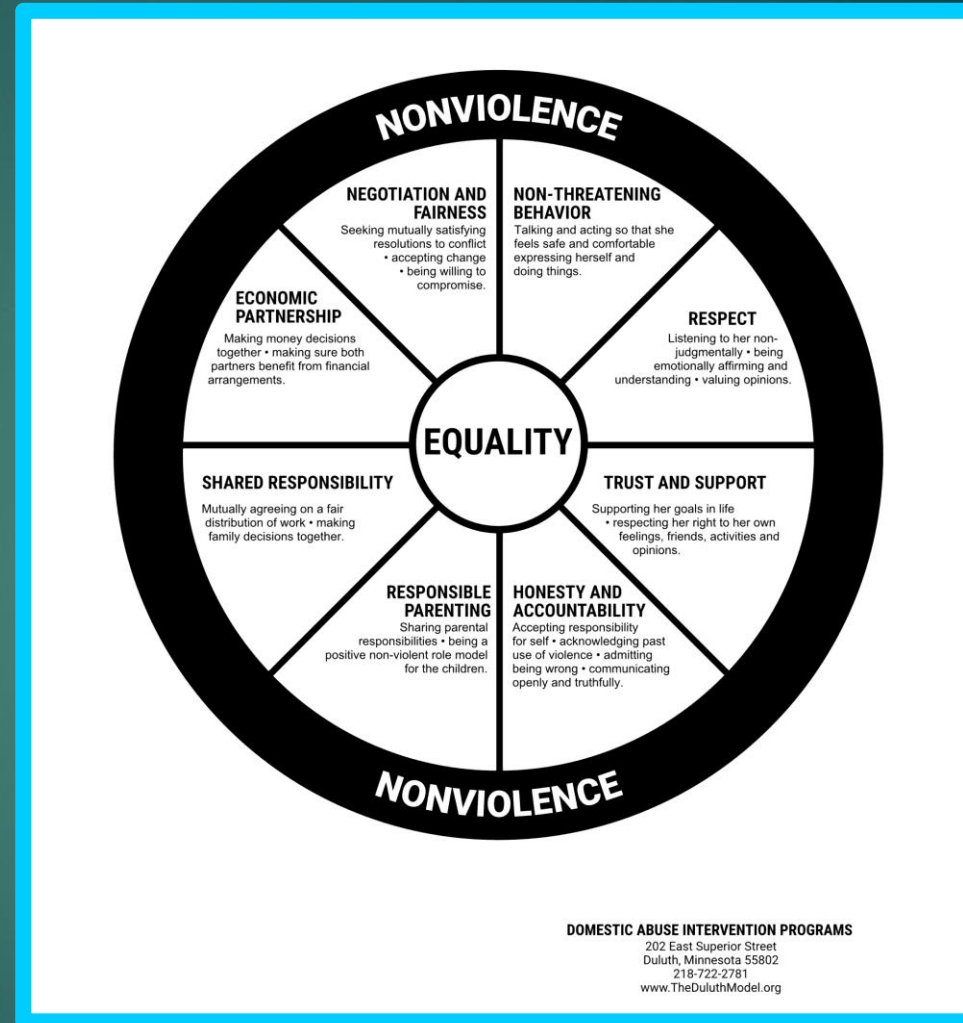
EVERYONE has the exact **SAME** Rights. No one has any more or less Rights than any one else. Also, since Rights are not created by humanity, and since they are the **birth-right** of humanity, gifted to us by the Creator of the Universe, no human being or group of human beings is actually capable of “***granting***” Rights to anyone else, nor is any human being capable of “***revoking***” Rights from anyone else.

How do we find Equality in such an unequitable world?



Equality Wheel

- ▶ Non-Threatening Behavior
- ▶ Respect
- ▶ Trust and Support
- ▶ Honesty and Accountability
- ▶ Responsible Parenting
- ▶ Shared Responsibility
- ▶ Economic Partnership
- ▶ Negotiation and Fairness





YOUR ROAR of FREEDOM

“The greatest fear in the world is the opinions of others. And the moment you are unafraid of the crowd you are no longer a sheep, you become a lion. A great roar arises in your heart, the roar of freedom.” – Osho



STRIVING FOR PERSONAL ALIGNMENT of **MIND, BODY, AND SPIRIT**

THOUGHTS
FEELINGS
ACTIONS



MIND, BODY, SPIRIT, HOME.



VALUES: LIVING WITH A CODE OF ETHICS

- ▶ During Chaotic times, We all need a CODE to follow
- ▶ Do No Harm/ The Non-Aggression Principle
- ▶ Care about Others
- ▶ The Right to Self Defense



The Warrior Code:

❖ Honour:

You will uphold what is just. You will perform your duty with integrity, uprightness and trustworthiness.

❖ Courage:

You will face danger, fear or changing circumstances with self-possession, confidence and resolution. You will be brave in both mind and spirit.

❖ Mercy:

When not in combat, no matter how provoked you will forbear to inflict harm when you have the power to inflict it. When it is within your power you will offer compassionate treatment of an adversary or offender. When it is within your power you will offer clemency.

❖ Loyalty:

You will be faithful to your commitments and obligations. You will be faithful to the Warrior Code.

❖ Fidelity:

You will observe all promises and duties made as a Warrior. Failure will mean breaking faith in your beliefs and the Warrior Code.

❖ Honesty:

You will refrain from lying, cheating or stealing.

Above all else a Warrior must value the Warrior Code. Failure to do so will result in banishment from the Warrior Class.



42 Ideals of Ma'at

1. I honor virtue

2. I benefit gratitude
3. I am peaceful
4. I respect the property of others
5. I affirm that all life is sacred
6. I give offerings that are genuine

7. I live in truth

8. I regard all altars with respect
9. I speak with sincerity
10. I consume only my fair share
11. I offer words of good intent
12. I relate in peace

13. I honor animals with reverence

14. I can be trusted
15. I care for the Earth

16. I keep my own council

17. I speak positively of others
18. I remain in balance with my emotions
19. I am trustful in my relationships
20. I hold purity in high esteem
21. I spread joy

22. I do the best I can
23. I communicate with compassion
24. I listen to opposing opinions
25. I create harmony
26. I invoke laughter
27. I am open to love in various forms

28. I am forgiving

29. I am kind
30. I act respectfully of others
31. I am accepting

32. I follow my inner guidance

33. I converse with awareness
34. I do good

35. I give blessings

36. I keep the waters pure
37. I speak with good intent
38. I praise the Goddess and the God
39. I am humble
40. I achieve with integrity

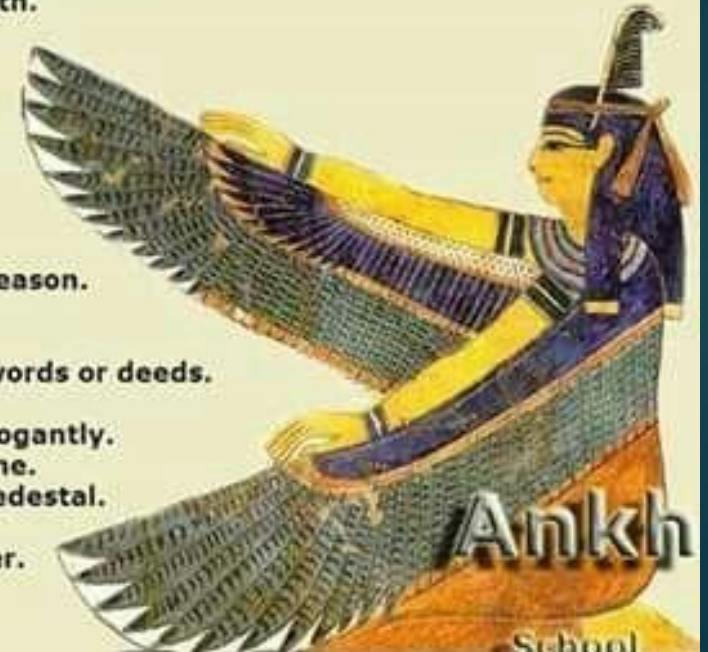
41. I advance through my own abilities

42. I embrace the ALL



The 42 Divine Principles of Maat

- 1- I have not committed sin.
- 2- I have not committed robbery with violence.
- 3- I have not stolen.
- 4- I have not slain men or women.
- 5- I have not stolen food.
- 6- I have not swindled offerings.
- 7- I have not stolen from God/Goddess.
- 8- I have not been exclusively angry.
- 9- I have not cursed God/Goddess.
- 10- I have not behaved with violence.
- 11- I have not caused disruption of peace.
- 12- I have not acted hastily or without thought.
- 13- I have not exaggerated my words when speaking.
- 14- I have not stolen what belongs to God/Goddess.
- 15- I have not overstepped my boundaries of concern.
- 16- I have not cursed anyone in thought, word or deeds.
- 17- I have not stolen from or disrespected the deceased.
- 18- I have not destroyed property belonging to God/Goddess.
- 19- I have not taken food from a child.
- 20- I have not been angry without reason.
- 21- I have not seduced anyone's wife.
- 22- I have not closed my ears to truth.
- 23- I have not terrorized anyone.
- 24- I have not disobeyed the Law.
- 25- I have not told lies.
- 26- I have not carried away food.
- 27- I have not cursed.
- 28- I have not polluted myself.
- 29- I have not committed adultery.
- 30- I have not made anyone cry.
- 31- I have not felt sorrow without reason.
- 32- I have not assaulted anyone.
- 33- I have not worked evil.
- 34- I have not used evil thoughts, words or deeds.
- 35- I have not polluted the water.
- 36- I have not spoken angrily or arrogantly.
- 37- I have not falsely accused anyone.
- 38- I have not placed myself on a pedestal.
- 39- I have not acted with insolence.
- 40- I have not been an eavesdropper.
- 41- I am not deceitful.
- 42- I have not stolen anyone's land.



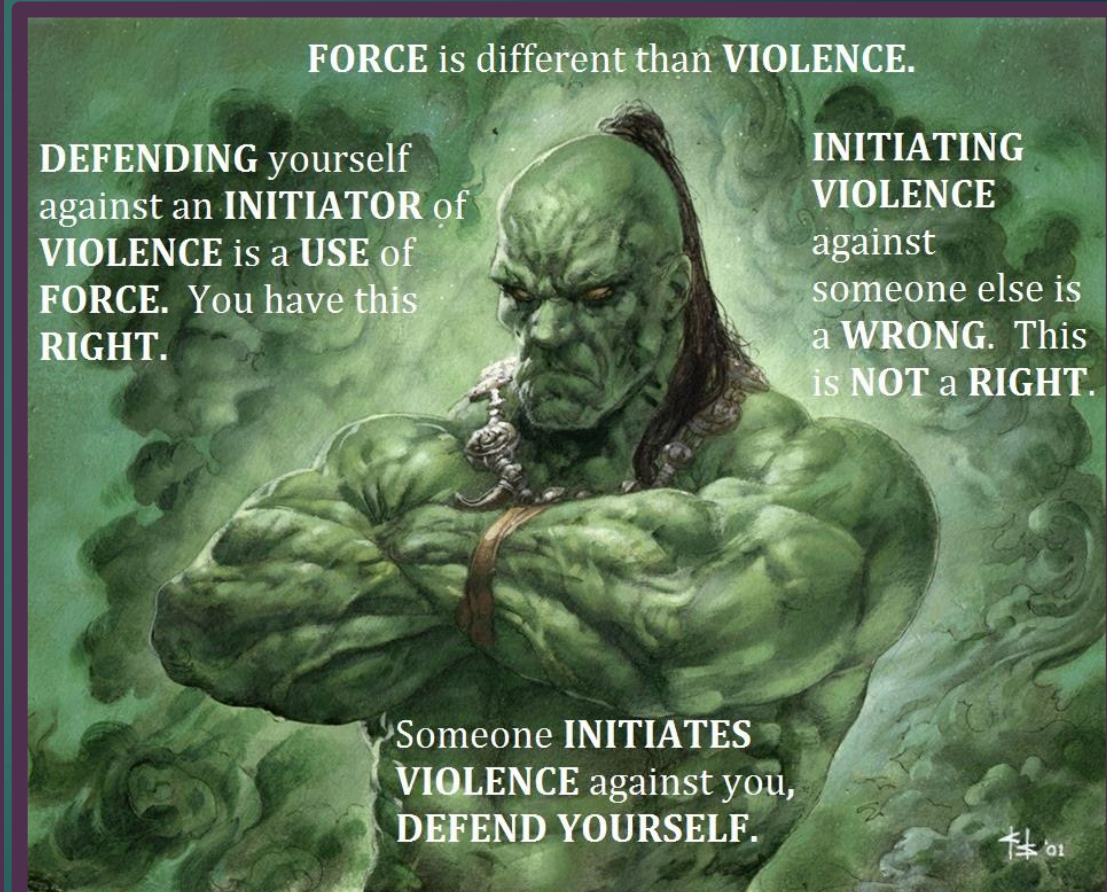
NATURAL LAW APPLIED

- ▶ Real Life Examples of living in congruence with Natural Law. CAUSE AND EFFECT.
- ▶ All our actions have consequences, although there is often a delay between cause and effect.
- ▶ If you eat too much sugar, over time you will gain weight, get diabetes or your teeth may rot.
- ▶ If you spend too much money, you will later come up short for something else.
- ▶ If you lie or cheat, you will lose the trust of that person.
- ▶ If you tolerate abuse, you will get more abuse.
- ▶ If you aggress against another, the other has the right to defend himself against you.
- ▶ The examples are endless.



Force vs. Violence. There is a Difference

FORCE	VIOLENCE
The capacity to do work or cause physical change; energy, strength, active power	The immoral use of physical power to coerce, compel or restrain
Action which is in harmony with morality and Natural Law because it does not violate the Rights of others	Initiation of coercive action which is in opposition to morality and Natural Law because it involves the violation of other's Rights
Action which one always possesses the Right to take (including defending oneself against Violence)	Action which one never possesses the Right to take



Conscience

CONSCIENCE is the KNOWLEDGE of the difference between Right and Wrong behavior. Conscience is NOT behavior itself; the EXERCISE of conscience is behavior.

Conscience is NOT the DESIRE or INTENTION to do the Right thing. This misconception causes many people to believe that they themselves or others have Conscience when they DO NOT. Someone can have all the desire or intent in the world to “do the right thing” but if they do not have the KNOWLEDGE to do so, they can never succeed in actually doing what is right.”

-Mark Passio WOEIH



IT IS UP TO YOU

- ▶ It is up to you, and no one else, to do the right thing.
- ▶ It is up to you, and no one else, to choose your path.
- ▶ The consequences of your choices fall upon you.
- ▶ If you commit violence, you are responsible for that.
- ▶ If you tolerate violence upon yourself, you are responsible for the consequence of allowing.
- ▶ Even if you ignore or deny the cause, there will be an effect
- ▶ There will always be a consequence.

