

EXPOSING Mastery

Begins with: (taking responsibility at the level of Cause)

1. True Desire: There's ONLY 1 Truth – I am Love in the Mind of Love...
2. I have a perceptual problem because I am upset/out of Peace & Joy...
3. I am WILLING to see things differently & curious about the nonsense I've made real...
4. Invite Spirit (Infinite Inner Wisdom) to look with you, you're NOT alone...
5. BE thorough, approach this with exquisite focus & attention to the present moment...

Then launch into inquiry using any/all of the questions below to prompt you & deepen your personal awareness **THUS exposing ego...**

- What is happening right now? Just the facts...
- What specific emotion/s am I experiencing?
- What am I telling myself right now? Notice the thoughts/beliefs...
- What architects/archetypes are dominating in this situation?
- What am I making this mean about me, another, the world?
- So? And? Because? (ALL the way to the worse case scenario – empowered catastrophising)
- What am I making 'matter'? (aka personal/giving meaning to/giving attention to)
- What pains/tensions are being evoked in my body at this moment?
- What do my posture & face look like?
- What is the dance that my rational mind is doing to prove me right & everybody else wrong?
- What do I want to change in the outside world instead of doing the inner work of changing my own response to it?
- What sort of inauthentic (phony) front is my ego trying to maintain?
- What past events were particularly painful so as to give my 'biocomputer' this programming that makes me upset when a similar event happens?
- Have I suffered enough?
- Do I really want to be free from this automatic response whenever the here & now of my life checks me out?
- Exactly what am I rejecting in the here & now?
- What am I rejecting about myself?
- What's the payoff? (ie I get to stay comfortable & avoid what...)
- What am I willing to let go of?
- What threat does this person or situation represent to me?
- What is the worst that could happen?
- Could I accept this & still be happy?
- What am I defending?
- What am I hiding?
- What am I really afraid of here?
- What is it about me that I think people can't love?
- What do I imagine the other person is thinking?
- What mask am I wearing?

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- What dances are my pride & my prestige making me perform?
- What am I demanding in order to feel happy & enough? Of Myself? Of others? Of the outside world?
- What is the model I have of the way I should be treated?
- What are the specific details of the model that I have of the way the world should be in order for to be accepting, loving & flowing?
- What centre of Consciousness am I operating out of? (Survival v Spirit)
- If a magic genie were to appear at this moment, & could alter the situation exactly as I instruct, what request would I make of this genie?
- What expectation is hiding?
- What do I REALLY want? As in REALLY REALLY “Divinely” want?

When ALL is exposed, head into the ‘healing’ step of the Transcendence dance (Quantum Forgiveness). LET IT GO to Spirit, invite a Miracle, decree & declare the Truth with the “Tone of Authority” (FIERCELY)!