

THE "FLOW" OF *Self* -TRANSCENDENCE ALCHEMY

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

Remember, you can't be your thoughts, feelings, belief, sensations or behaviour, you merely observe these.

- use the prompts below to practice Alchemy

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...

WHAT IS THE UPSET

I'm upset, it's about me – describe...

WHAT ARE THE UPSETTING EMOTIONS

Zoom out, take your mind to Truth, in doing so you recruit the Wisdom of Spirit & look with compassion, without judgement at all that arises – take your time!

WHAT ARE THE THOUGHTS/STORIES/FEARS/BLAME

What are you afraid will happen? Who do you blame? What thoughts & stories can you notice?

WHAT ARE THE BELIEFS?

These feelings, thoughts, stories, blame & fears prove that I'm right that...

WHAT WAS YOUR DESIRE/DECISION?

What did you really want instead of this 'upset'?

APPLY QUANTUM FORGIVENESS (HEAL THE MIND)...

APPLY QUANTUM PRAYER (ALIGN THE MIND)...