

Blessings from a Thousand Generations
Companion Workbook

Donna Evans Strauss



Ten Keys Publishing LLC

Copyright © 2011 Donna Evans Strauss
Graphics Copyright © 2011 Heather Kabat

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the publisher except in the case of brief quotations embodied in critical articles and reviews.



Because of the dynamic nature of the Internet, any Web addresses or links contained in this book may have changed since publication and may no longer be valid. The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher, and the publisher hereby disclaims any responsibility for them.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this book for yourself, which is your constitutional right, the author and the publisher assume no responsibility for your actions.

Any people depicted in stock imagery provided by Thinkstock are models, and such images are being used for illustrative purposes only. Certain stock imagery © Thinkstock.

ISBN: 978-0-9834428-0-6

Printed in the United States of America

Ten Keys Publishing LLC



Contents



Introduction.....vii

Part 1

Chapter. 1. Realizing. God. Within. the. Family.....3
Chapter. 2. Faith. Required.....11
Chapter. 3. The. God-Realization. Genogram.....17

Part 2

Chapter. 4. The. Ten. Spiritual. Keys.....53
Chapter. 5. The. First. Commandment: The. Key. to. Wholeness..... 67
Chapter. 6. The. Second. Commandment: The. Key. to. Fulfillment..... 75
Chapter. 7. The. Third. Commandment: The. Key. to. Meaning..... 87
Chapter. 8. The. Fourth. Commandment: The. Key. to. Peace.....103
Chapter. 9. The. Fifth. Commandment: The. Key. to. Belonging.....117
Chapter. 10. The. Sixth. Commandment: The. Key. to. Respecting. Life.....125
Chapter. 11. The. Seventh. Commandment: The. Key. to. Unity.....143
Chapter. 12. The. Eighth. Commandment: The. Key. to. Potential.....159
Chapter. 13. The. Ninth. Commandment: The. Key. to. Ourselves.....177
Chapter. 14. The. Tenth. Commandment: The. Key. to. Manifestation.....191

Part 3

Chapter. 15. Restoring. Your. Divine. Qualities.....207
Appendix.....221
Bibliography.....251



Introduction



Overview

The Blessings from a Thousand Generations Workbook will guide you step by step through the God-Realization Process so you may reclaim the light within you, your family and your ancestral tree. The workbook is organized to work in tandem with each chapter in the *Blessings from a Thousand Generations* book. If you are single and want to venture into this process, you will take a certain path and finish the reading and exercises that illuminate your Divine heritage. For those of you in relationships, married, or building a family, you will be guided to compare and contrast your personal with your partner's God Realization Genogram to illuminate both the positive and negative love bonds. This workbook intends to guide you toward unification and self-mastery over generational negative love bonds and help you claim and build the positive love bonds you want for yourself, your relationships, your family, your friends, your work, and of course, for the world. Regardless of whether you are in relationship or not, working on the process for yourself will enrich your life and restore the Divine within you.

Part 1: Our Family Tree Of Knowledge

Chapter 1: Realizing God Within the Family

In this chapter you will answer several questions about how you perceive your family today. These questions will help you deepen into the wisdom held within your Family Tree of Knowledge. Give yourself time to contemplate and answer each question. By following this process you will learn to identify both your positive and negative beliefs and unresolved emotions that are part of your family mind field.

Chapter 2: Faith Required

Exploring our faith is an essential key to the God-Realization process. For many of us our faith defines who we are today. By contemplating and answering the questions in this chapter your faith will appear before your eyes. You can see how your faith has brought you through the hard times, guided you through the good times, or possibly lies dormant under heartache and pain. Our faith goes beyond religious ideas, it is something inherent in each of us. You will explore your parent's and ancestor's faith and how your faith impacts your children.



Chapter 3: The God-Realization Genogram

In this section, you will start by exploring your Family Tree of Knowledge and create a God-Realization Genogram. In order to master anything, you need to see it, bring it outside of yourself, look at it with fresh eyes, and explore the many options you have for change. Your Family Tree of Knowledge is important since it helps you identify both maternal and paternal generational positive and negative love bonds. The positive love bonds are those that help you along this path. You must name them, respect where they came from, and assure yourself of the light that is already shining within you. This is an important stage and sets the template for further exploration and self-mastery over the negative generational love bonds that hold you hostage to past beliefs, feelings, and behaviors. You will create both a maternal and paternal genogram that identifies both types of patterns—positive and negative—in your family. There are information forms and genogram symbol charts that will help you create your God-Realization Genogram. The Ten Spiritual Keys Chart will be used to identify any ancestral patterns in which your relatives became disconnected to the Divine within them. There are case examples from the main book on how to create your God-Realization genogram and use each of the charts.

Identify Positive and Negative Generational Love Bonds

Now that you have finished filling out information forms and creating your genograms and charts, in Part 2 you will identify both positive and negative generational love bonds. There are several ways to chart your experiences in order to reveal both the positive and negative relational issues you were born into. In this workbook, you will use the concentric circle chart to show the waves of consciousness you had to adapt to as an infant and growing child. The Personal Light Chart will help you see what outer influences affect the light within you and how you may be hiding your light under these unresolved conflicts. The Spiritual Key Chart will help you identify where the family relationship with the Divine was strong, divided, or broken. Each exercise will bring clarity and expand your awareness of the forces you want to change, heal, and restore. To restore ourselves to wholeness, to holiness, we need to see and know what is in the way. If you are single and working on specific issues, you will fill out all the charts, create your genograms, identify the Spiritual Keys that refer to God-Realization in your family. If you are in a partnership, you will compare your charts with your partner's charts and identify specific positive and negative love bonds you bring to the relationship.

Compare Chart with Partner

In each section, there are charts for your partner. You will compare your

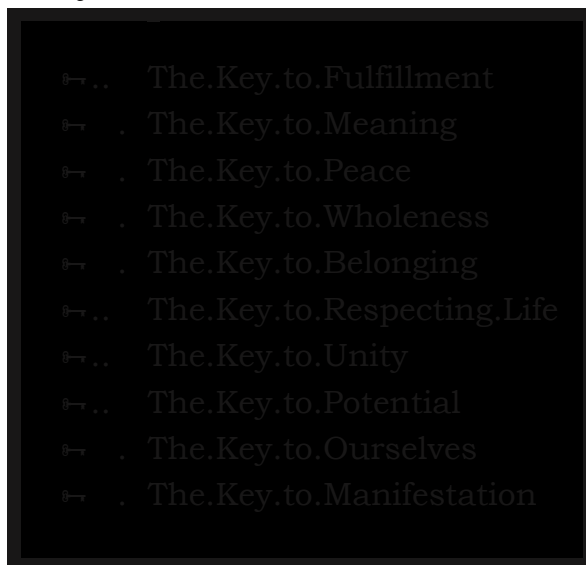


maternal and paternal genograms with your partner's genograms. Both of you will identify and compare your Spiritual Key Chart to identify the keys that affect your relationship today. You will also make and compare concentric circle charts to identify the specific beliefs, feelings, traumas, and so on that surrounded you at the time of your birth. You were born into the Family Tree of Knowledge; the more you know and understand these hidden forces you will be able to overcome them. You will compare your chart with your partner's, and vice versa, in order to see and support each other to grow and heal. The charts will also show both of you the positive attributes each of you bring to the relationship.

Chapter 4: The Ten Spiritual Keys

In Chapter 4, you will look at each key as it relates to opening your heart, soul, eyes, and hands to emanate the Divine light within you. For each of the Ten Spiritual Keys, there will be meditations, exercises, questions, and worksheets that will allow you to explore how each key works in your relationships with your heart, soul, eyes, and hands. The Keys activate the sacred triangle of light within you for self-mastery and healing. You will also explore the keys in relationship to your relationship with God, your relationship with your partner, and your relationship with your children.

The Ten Spiritual Keys Are:



Part 2: The Ten Spiritual Keys

The Ten Spiritual Keys sections coincide with chapters 5-14 of Part 2 of the *Blessings From a Thousand Generations* main book. You are invited to return to each respective chapter for insight into each Key while working on the meditations, prayers, questions, and worksheets. This process is designed to help you identify how the Spiritual Keys (Ten Commandments) directly relate.



to both your positive and negative generational love bonds. Each section is designed to work in tandem with the chapter in the book so you have an opportunity to restore the light within you, heal your ancestral heritage, and receive the *blessings from a thousand generations*.

Part 3: Next Steps

In this section, you can explore the *I AM Meditation* practice that is useful in balancing your mind, body, and spirit. The mantras of the *I AM Meditation* ignite the Divine qualities within you to restore them. The Divine qualities are:

- Divine Trust
- Divine Self-Love and Self-Acceptance
- Divine Respect
- Divine Interpersonal Love
- Divine Communication
- Divine Vision
- Divine Wisdom

You will be invited to work with each quality to help you reach your Divine potential in any given moment. In relationship with your partner, the *I AM Meditation* is a quick and easy way to break a negative love bond and restore your ability to relate and communicate from trust, love, and respect. These qualities are necessary for fulfilling, stress-free relationships. In a different exercise, you will be invited to use the Divine qualities in tandem with your work with the Ten Spiritual Keys. You will see how the keys and Divine qualities are the foundation for building a healthy life with God as your rock.







Part 1



Our Family Tree Of Knowledge



Chapter 1 Realizing God Within the Family

*Embracing and healing our Family Tree of Knowledge is our
journey home into oneness with God.*

How to Use This Section:

The sacredness of your journey through the pages of this book begins with your Family Tree of Knowledge. We are born into both the positive and negative . generational love bonds within our family... All of us are born of light and take the decent into all the beliefs, feelings, and behaviors of our family... Most of which reside deep within our cellular memory... In this section, we will begin to explore the basic principles of God-Realization and our soul growth journey.. The awakening process happens when we understand how our mind, body, and spirit carry this ancient wisdom and how we can reclaim and restore our Divine heritage...

Take a moment to contemplate and meditate on the concept that you are born of light, wisdom, and grace.. This light never changes yet may be covered by generations of love bonds passed onto you from your parents and ancestors. The following questions will help you unravel the greater mystery of the spiritual journey of your family..



Contemplate for a moment the light within you. Describe both your connection and disconnection from your Divine light.

Can you think of areas in your life where your light shines forth? For example, you may express it in your family as love, or in your work as creativity, or with your community as service. Describe your experience.

Describe any areas in your life where you feel your light is inhibited, suppressed, or caught up in a negative love bond. Where in your life do you feel troubled, confused, or hurt? Explain.

Make a list of both your positive and negative attributes. Next to each attribute, write down the person in your family that carries the same one.



Do you ever doubt that you are born of light? How does self-doubt block your ability to seek the light within you? Do you see the light in others before yourself? Describe.

Can you list ways in which you or your family members have lost the connection with the Divine light within? Describe.

Positive and Negative Love Bonds

Describe some of the positive love bonds in your family. For example, perhaps your father always helped aging and disabled neighbors with their home and lawn care. You may have learned how to recognize the needs of others and offer your services.

What are some of the negative love bonds in your family? For example, perhaps your mother used criticism bonded with love as her way to make you a better person... You may have adapted this trait by being critical with others.. Unconsciously, you stay in a negative love bond with mom when you criticize yourself and others..



Consider how your limbic system responds to your relationship with God. How does the concept of God make you feel? Does it bring you a sense of peace or anxiety?

Do you have your own spiritual practice that brings you joy and relaxation? Describe.

How has your spiritual practice helped in releasing your negative thoughts and feelings? Describe. If it hasn't helped you, describe what you feel is blocking you.

The Ten Spiritual Keys

What are your initial thoughts about the Ten Commandments as Spiritual Keys towards self-mastery and enlightenment?

How were the Ten Commandments taught to you as a child? Were they.



presented.as.moral.codes.or.as.a.way.to.open.you.to.listen.to.the.still.small.
voice.inside?.Describe.

The.Secrets.of.Our.Ancestors

Name.some.of.the.generational.and.cultural.wounds.that.your.family.carry..For.
example,.if.you.are.descendants.of.the.holocaust.how.has.it.affected.your.life?

Which.of.the.Ten.Spiritual.Keys.or.Commandments.feel.illuminated.within.your
.family?.Make.a.list.

Can.you.name.a.few.of.the.Commandments.or.Keys.your.family.is.working.on.
for.spiritual.growth?.Were.some.of.the.Keys.disregarded.because.of.trauma.or.
hidden.secrets?.Make.a.list.with.what.you.understand.about.the.situation.

Family.Tree.of.Knowledge

Consider.your.nervous.system.as.a.tree.with.branches.traveling.throughout.
your.body..How.does.your.nervous.system.respond.to.the.concept.of.God?.
Describe..



Describe how your nervous system responds to the positive love bonds in your family. For example, when you are playing with your children or have a special moment with one of your parents, how does your nervous system respond?

Describe how your nervous system responds to the negative love bonds in your family? For example, when you are in a stressful situation or argument with your children or parents, how does your nervous system respond?

Describe how you experience love in your family.

What is your definition of love?



Chapter 2

Faith Required

Build your life on faith, not fear. ~Dr. Michael Beckwith

How to Use This Section:

Faith is within each of us and shines forth in many areas of our lives. Many times our faith is renamed as determination, persistence, or a positive attitude.

Yet, beneath all of these traits is the Divine quality named faith. In this section you can explore your faith in relationship to God within your personal life, your relationship with others and your community. Knowing that your faith is the quality that makes you whole, can inspire you in the hard times and guide you during the good times.

Faith and the God-Realization Process

Consider how your faith has guided you through a difficult time. How did it help you? Describe.

Can you describe how your parents' faith or lack of faith affected you growing up?

How has your faith impacted your partner and/or family? How? If it hasn't, why not?

Do you engage in any specific activities that activate and restore your faith? Explain.

How has your faith helped another through hard times? Explain.

Is there anyone you can name whose faith has inspired yours? If so, who? Have you ever lost your faith in another person? What happened in you? How did your lack of faith impact them?

Sharing Faith with Our Life Companion

How do you and your partner share your faith with each other?



How has your partner's faith in you inspired, changed, or healed you?

Has your partner's lack of faith affected you? If so, how?

How has your faith inspired, changed, or healed your partner? Describe. What can you and your partner do with each other to nurture the Divine quality of faith in each other and your relationship?

Sharing Faith with Our Children

Can you name some of the ways you share your faith with your children? For example, sharing meals, attending church, synagogue, or other religious services with your children. Perhaps, volunteering to help the needy with your child(ren).

Has your children's faith inspired or changed you in any way? Describe.



Are there other people in your child(ren's) life who inspired their faith? If so, who? For example, a grandparent, teacher, or neighbor might encourage your child.

Are there other ways you would like to build faith in your family? Make a list

How has your faith helped your child through a difficult time? Describe.

How do you share your faith with your friends?

Has any of your friends' faith helped you through a crisis? If so, how?

How do you share your faith with your community? Describe.



Has your community inspired your faith in any way? If so, how?

Chapter 3

The God-Realization Genogram

If you look deeply into the palm of your hand, you will see your parents and all generations of your ancestors. All of them are alive in this moment. Each is present in your body. You are the continuation of each of these people.

~Thich Nhat Hanh

How to Use This Section

This section of the workbook coincides with Chapter 3 of the *Blessings From a Thousand Generations* book. You may refer to your book to refresh your memory about the God-Realization Process and the Family Tree of Knowledge. Each of the forms in this section will guide you in creating your own God-Realization Genogram. There are some general information forms to fill out first. These will help keep you focused when you are creating your maternal and paternal genograms. You will use the Family Genogram Symbol Chart to record the different types of generational love bonds in your family. If there are other types of relationships you want to highlight, feel free to create your own symbol to represent that relationship issue. There are two sample genograms that highlight different patterns in both the maternal and paternal diagrams. Use these as a guide to creating your own genograms. Once you complete both genograms, use your Ten Spiritual Keys Chart to identify any spiritual breaks in your ancestral heritage.

God-Realization Family Information Forms

It is important that you fill out the God-Realization Family Information Forms. These forms are the basis for creating your genogram and keeping track of vital information. They will also be used as a resource throughout your process. You may add more information as you discover it through explorations of your heritage. You can also add questions that are not included.

GTR God-Realization Family Information Form

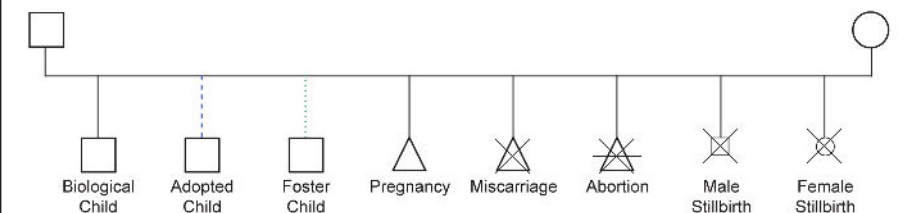
Name				
Relationship To Me				
Adopted?				
Birth Date				
Marriage(s)				
Divorce(s)				
Religious Affiliation				
Culture				
Medical History	Diagnosis		Onset	
	Family Effects			
Psych. History	Diagnosis		Onset	
	Family Effects			
Main Emotional Colorings				
Positive Beliefs and Patterns Positive Love Bonds				
Negative Beliefs and Patterns Negative Love Bonds				
Fears				

Additional.Charts.Located.in.the.Appendix
Family.Genogram.Symbol.Chart

This.chart.will.help.you.track.the.complexities.of.relationships.in.your.family..

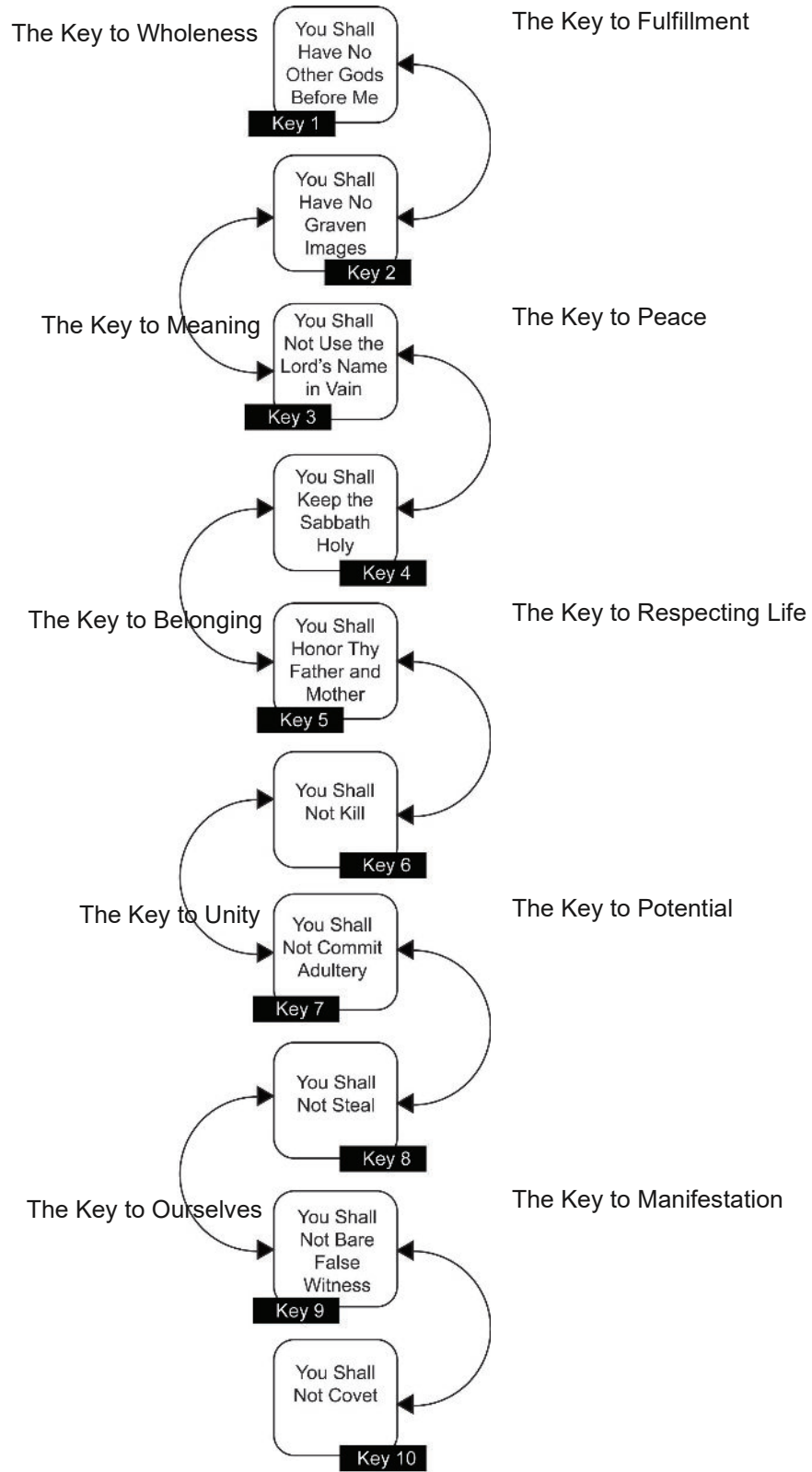


These symbols help you identify patterns of healthy relationships, as well as other issues that may signify a negative love bond pattern such as divorce, uncomfortable living arrangements, estrangement, abuse, abandonment, adoptions, and isolation, etc. Locate the symbols that best represent the relationships between people and record these on your genogram. Again, you can also include symbols for situations that are not on the chart.

Family Genogram Symbols			
□	Male	⊗	Male (deceased)
○	Female	⊗	Female (deceased)
◇	Pet	⊞	Pet (deceased)
?	Unknown <small>(Stillbirth, Miscarriage, Transgender)</small>	⊗	Unknown (deceased)
Child Link and Special Birth Symbols			
			
Family / Emotional Relationships			
□ — Marriage — ○	□ — Separation in fact — ○		
□ — Legal Separation — ○	□ — Divorce — ○		
□ — Widowed — ○	□ — Cohabitation — ○		
□ — Rape / Forced Relationship — ○	□ — Cut off / Estranged — ○		
□ — Indifferent / Apathetic — ○	□ — Distant / Poor — ○		
□ — Friendship / Close — ○	□ — Intimacy / Very Close — ○		
□ — Hostile / Conflictual — ○	□ — Violence — ○		
□ — Physical Abuse — ○	□ — Emotional Abuse — ○		
□ — Sexual Abuse — ○	□ — Neglect (abuse) — ○		

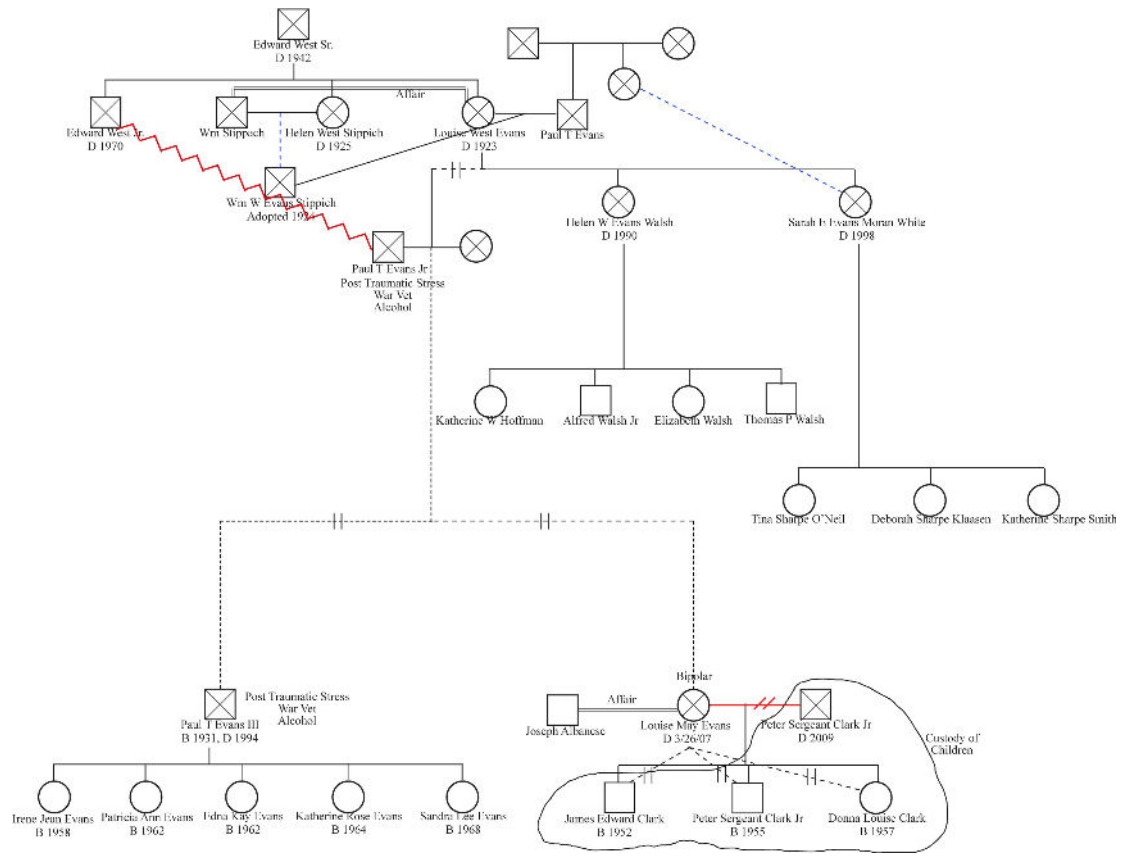
The Ten Spiritual Keys



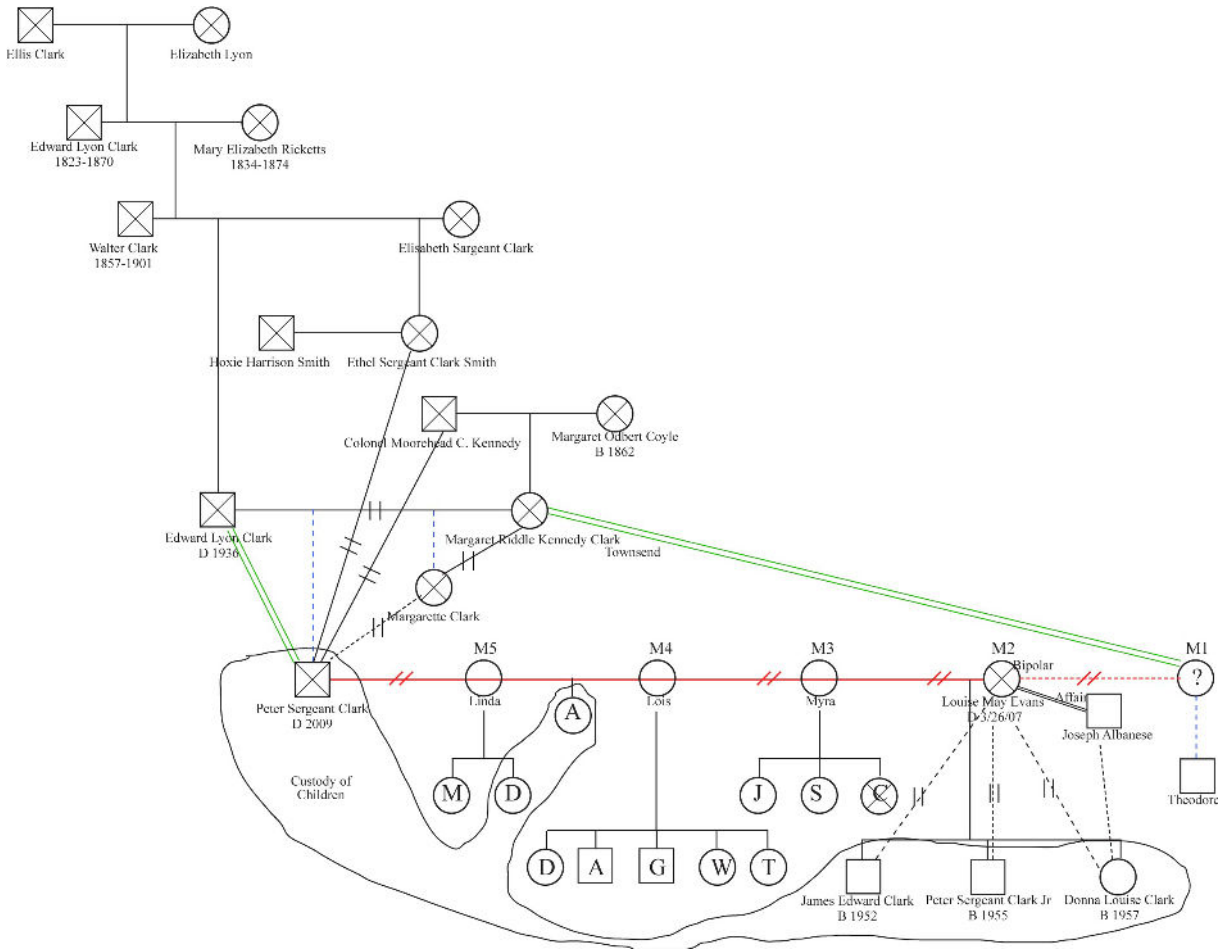


Sample.Maternal.Genogram





Sample.Paternal.Genogram.



Now draw your own genograms on the following pages...



. . . Name:

Your.Maternal.Genogram. .



. . . Name:

Your.Paternal.Genogram. .

.



. . . Name:

Partner's Maternal Genogram.



Partner's Paternal Genogram.

Name: .



Identify Positive and Negative Generational Love Bonds.

How to Use This Section

This section will guide you through the process of identifying both your positive and negative love bonds. It is important that you see both patterns in your genograms. This way the positive aspects can support your work with healing negative love bond patterns. You are born into both positive and negative love bonds, even though it might not be apparent in the beginning. You may find that someone in your family did something negative, yet there was positive growth as an outcome. Keep your mind open to contemplate the story lines in both your maternal and paternal genograms. We are born into our Family Tree of Knowledge—the beliefs, emotional colorings, environmental stressors, and DNA patterns of both parents. All of this is etched within our cellular memory beneath our consciousness. You will need to contemplate, search, and question some of your assumptions, rigidly held beliefs, and unresolved emotions. Identifying them will help you track their origins and how love bonds have formed in your family. Some patterns will be evident, whereas others may be hidden beneath family secrets.

Identify Generational Positive Love Bonds on Maternal and Paternal Chart

Every family has records of positive love bonds, where family members relate to each other in healthy, productive ways. In this section, record all of the generational positive love bonds you can identify in both your maternal and paternal genogram charts. You may notice patterns of loyalty, generosity, respect, trust, love, and acceptance between people. Think of all of your positive qualities. Who did you learn them from, and how were they passed down within your family? Did some come from your paternal genogram and others from your maternal family tree? We are the sum total of all the experiences of our ancestors and parents. You may list all the people that are positively bonded in your genogram. For example, your mother and her sisters may have a strong love bond. Your father and his brother may trust, love, accept each other, and respect each other in a way that shows Divine interpersonal love. Map out each pairing of positive love bonds from both your maternal and paternal chart. Who are you most like and bonded to? What patterns do you embody today?

Identify Positive Beliefs, Emotions, and Behaviors That Relate to Bonding

Our perception, beliefs, and emotional colorings are formed from early

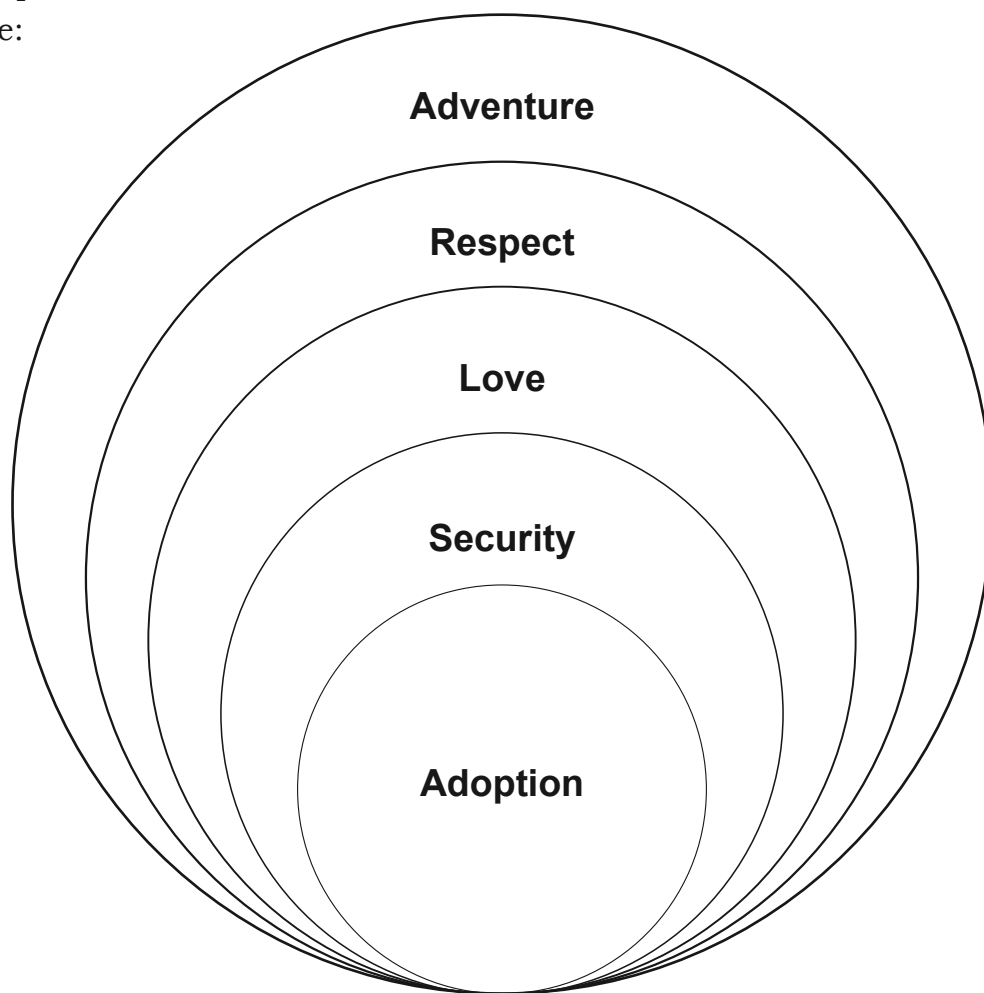


childhood into adulthood. Both of your parents carry perceptions, beliefs, and emotional colorings from their family of origin. Write out the main positive beliefs of both of your parents. Identify some positive beliefs you carry today, such as "I can achieve anything" or "I respect and love others" or "I love and accept myself, regardless of my faults or shortcomings." You may notice beliefs you have around generosity and helping others. Who in your family carries these attributes? What beliefs, emotions, and behaviors did you witness?

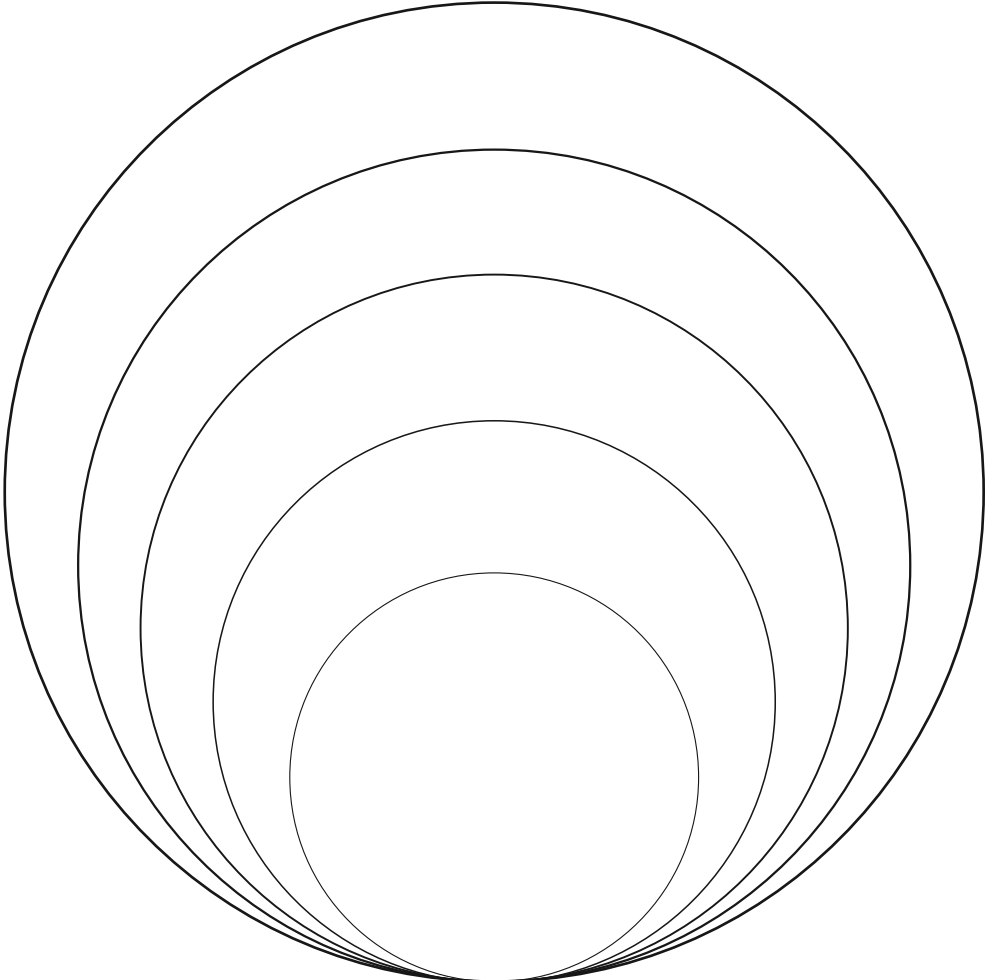
Concentric Circle Chart of Positive Beliefs and Emotions

The Concentric Circle Chart is a diagram that can help you visualize the family energy field that surrounds you. I call this the family mind field, or in some cases, mine field. This field is the one you were born into, the one you adapted many of your attributes to. Imagine each of these positive attributes, beliefs, emotional colorings, and behaviors as energies that surrounded you each day. These energies had a direct effect on your deep limbic system and brain. You are encoded by the energies that surround you to feel a sense of peace, love, and acceptance.

Example:



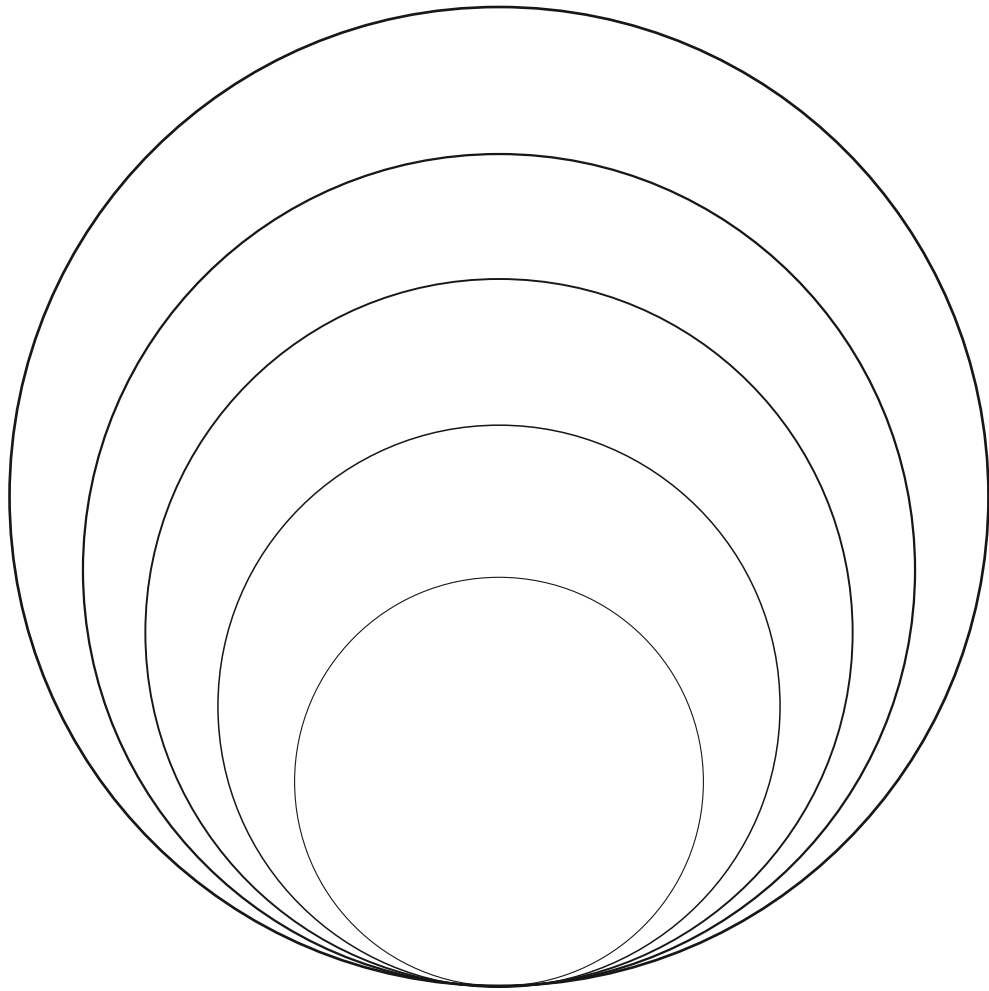
Positive.Maternal.Concentric.Chart.1



Positive.Maternal.Concentric.Partner.Chart.1

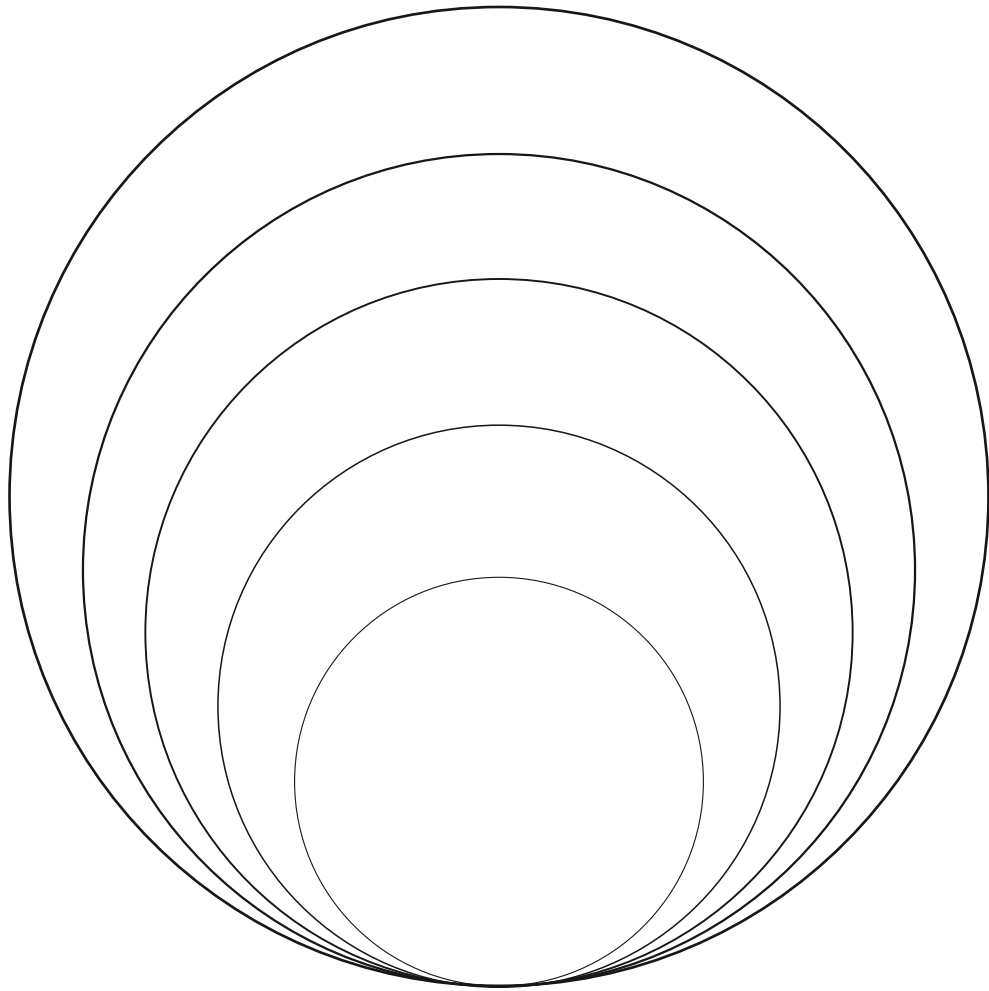
- .
- .





Positive.Paternal.Concentric.Circle.Chart.2

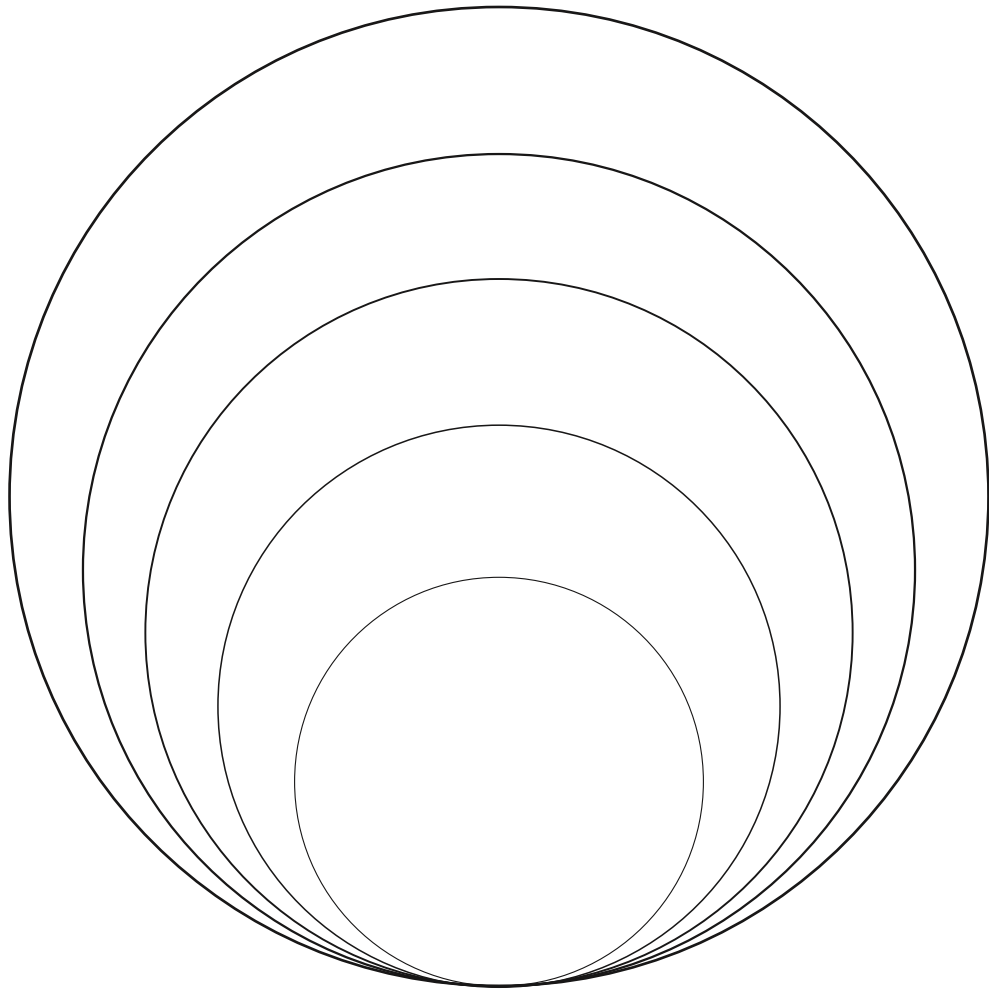




Positive.Paternal.Concentric.Circle.Partner.Chart.2

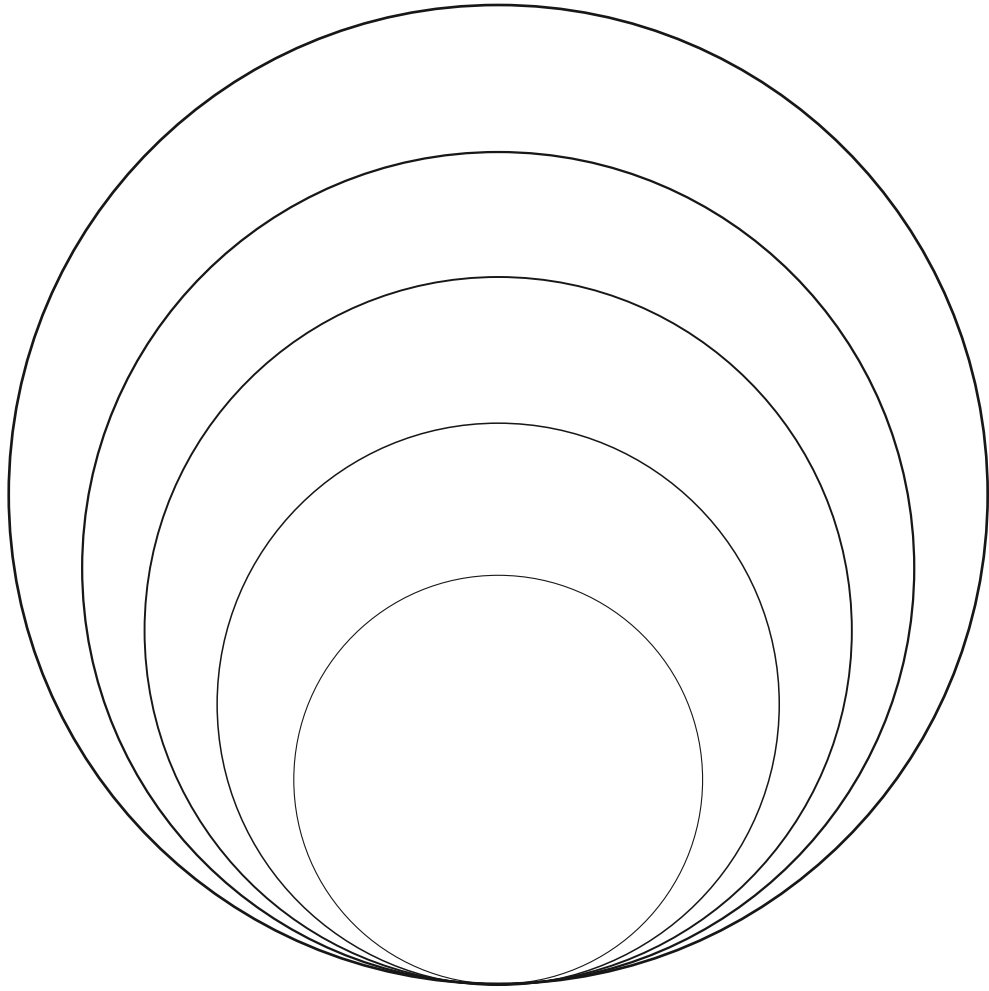
-
-





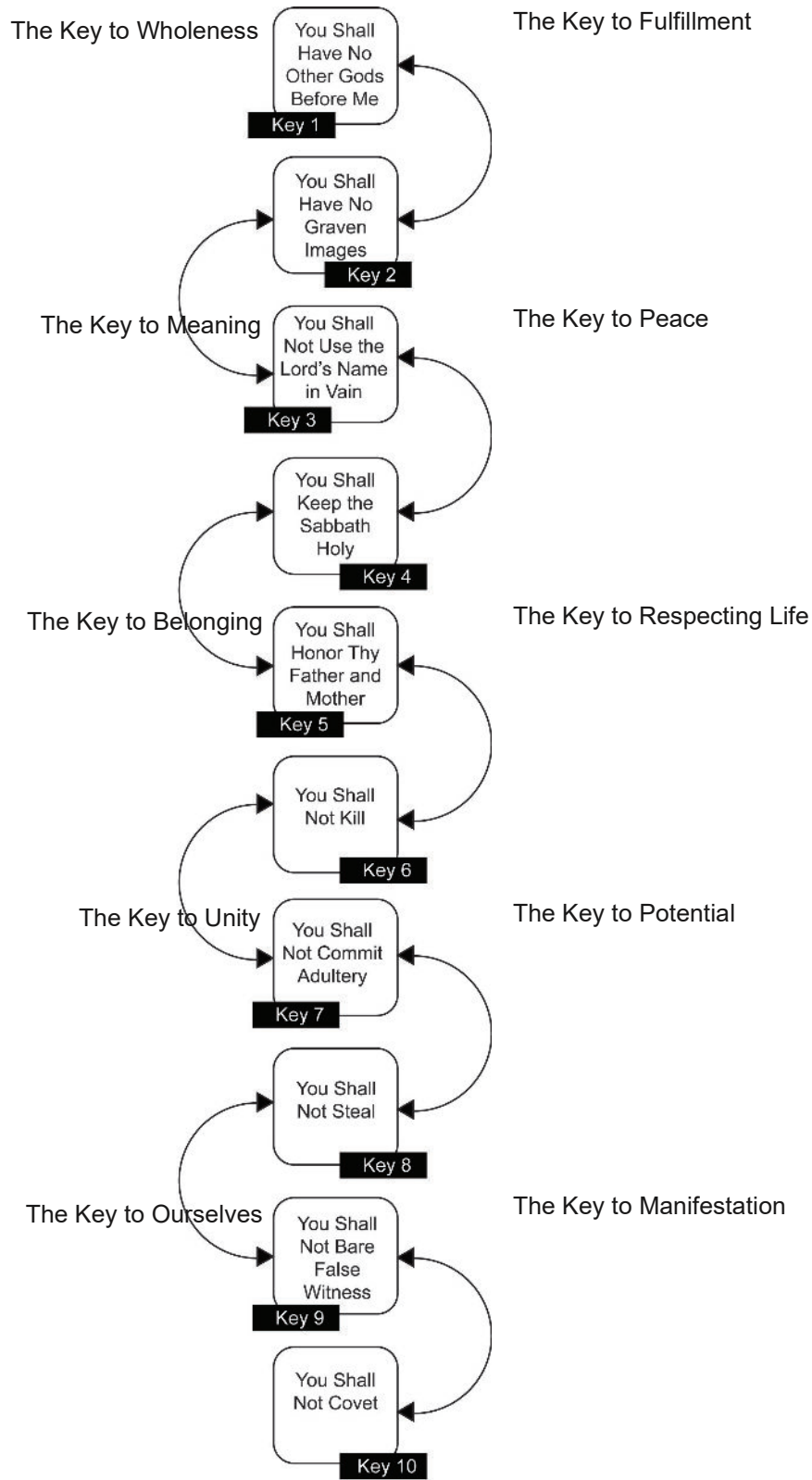
Positive.Combined.Concentric.Circle.Chart





Identify.Any.of.Ten.Spiritual.Keys.That.Are.Activated



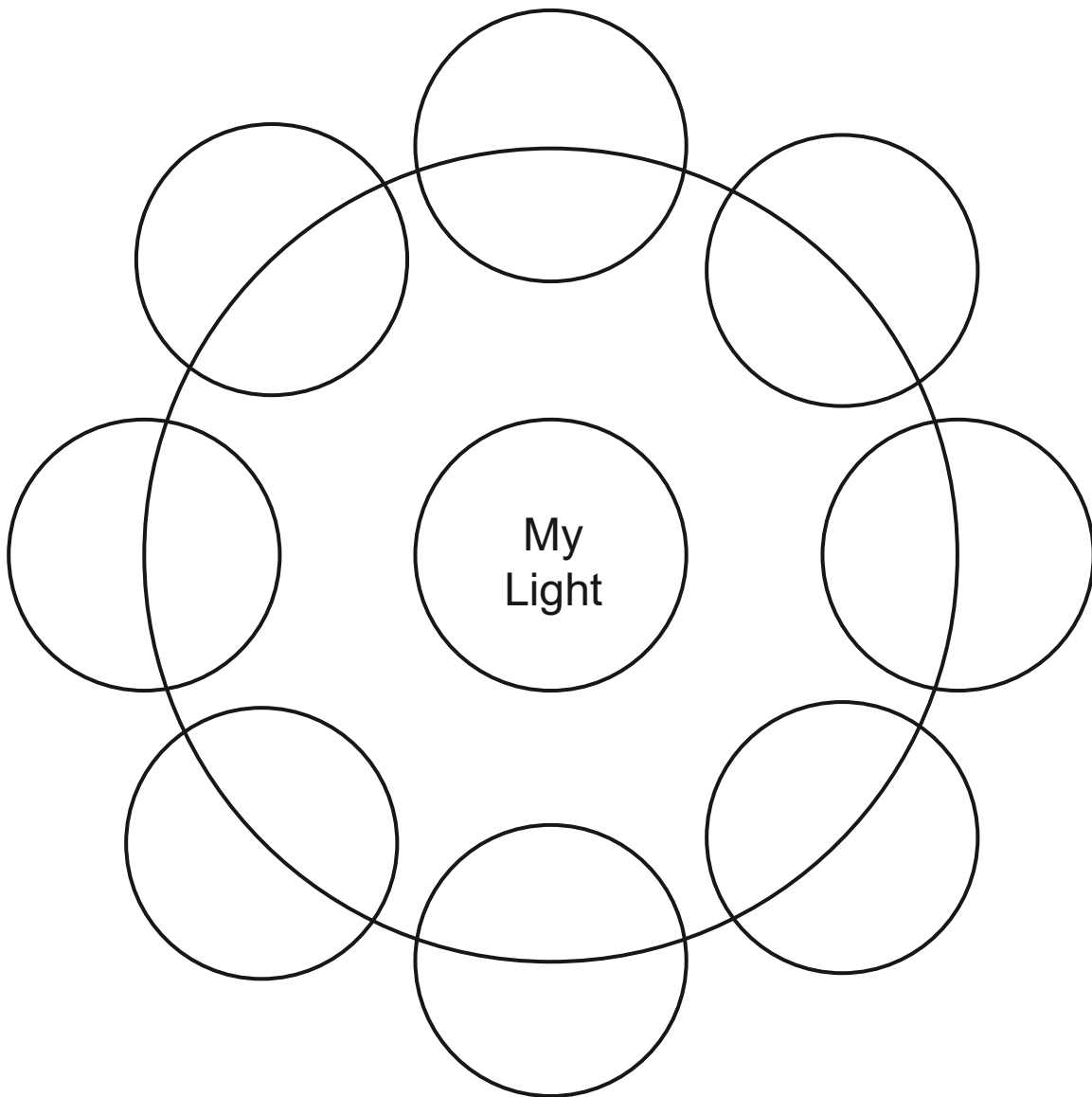


Your.Light.Chart.with.Positive.Experiences



You are blessed by the Divine light within you. This light never changes. It is either mirrored by the light and love of others or is surrounded by other forces, negative beliefs, or feelings. Use this chart to illustrate what kind of positive family energies surround you today. These positive experiences will help you explore the negative experiences. You need to “balance the scales”, as they say, so that when you venture into your negative love bonds, you are grounded by your positive love experiences and the light within you.

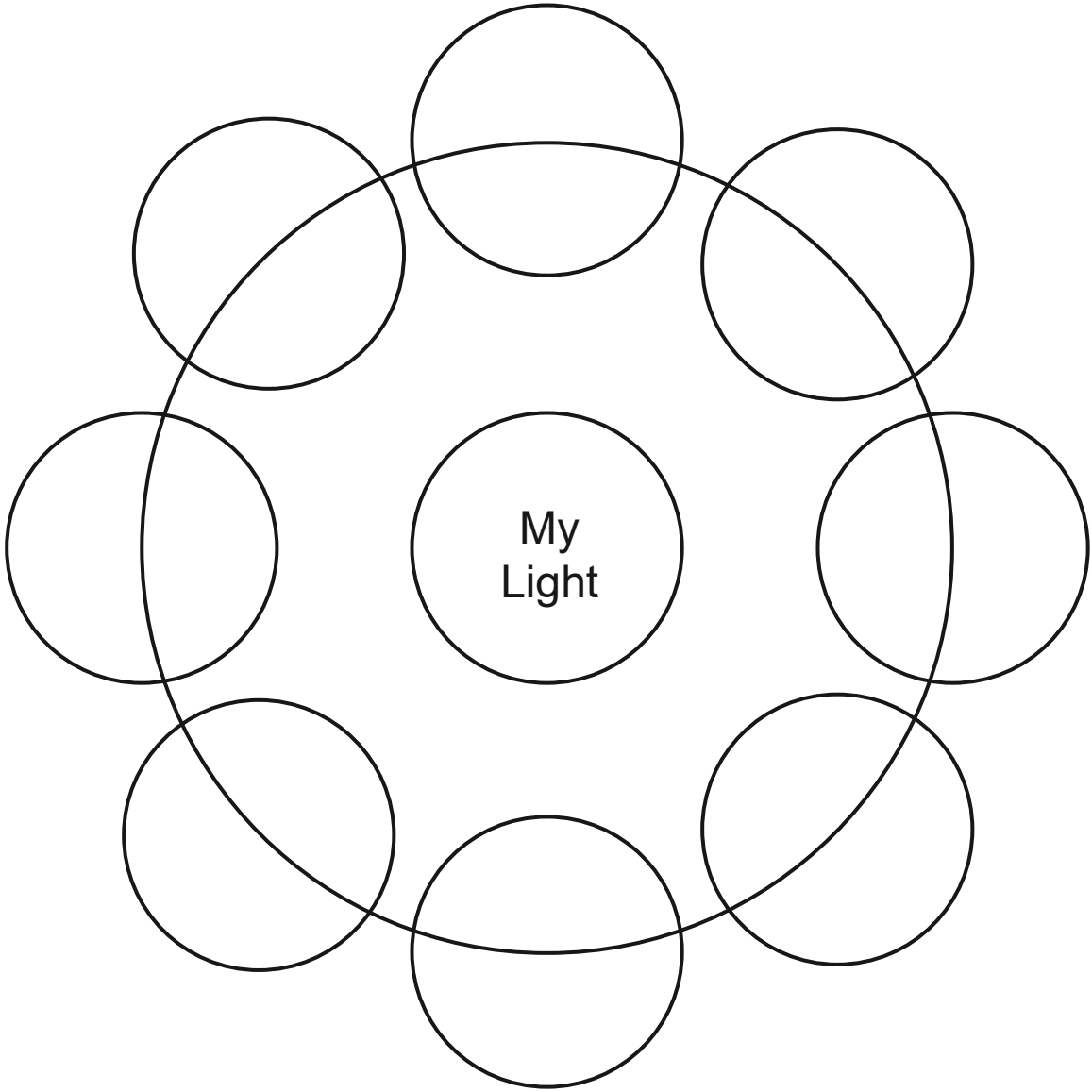
Light Chart. 1-Positive Orbits



Partner Light Chart. 2-Positive Orbits

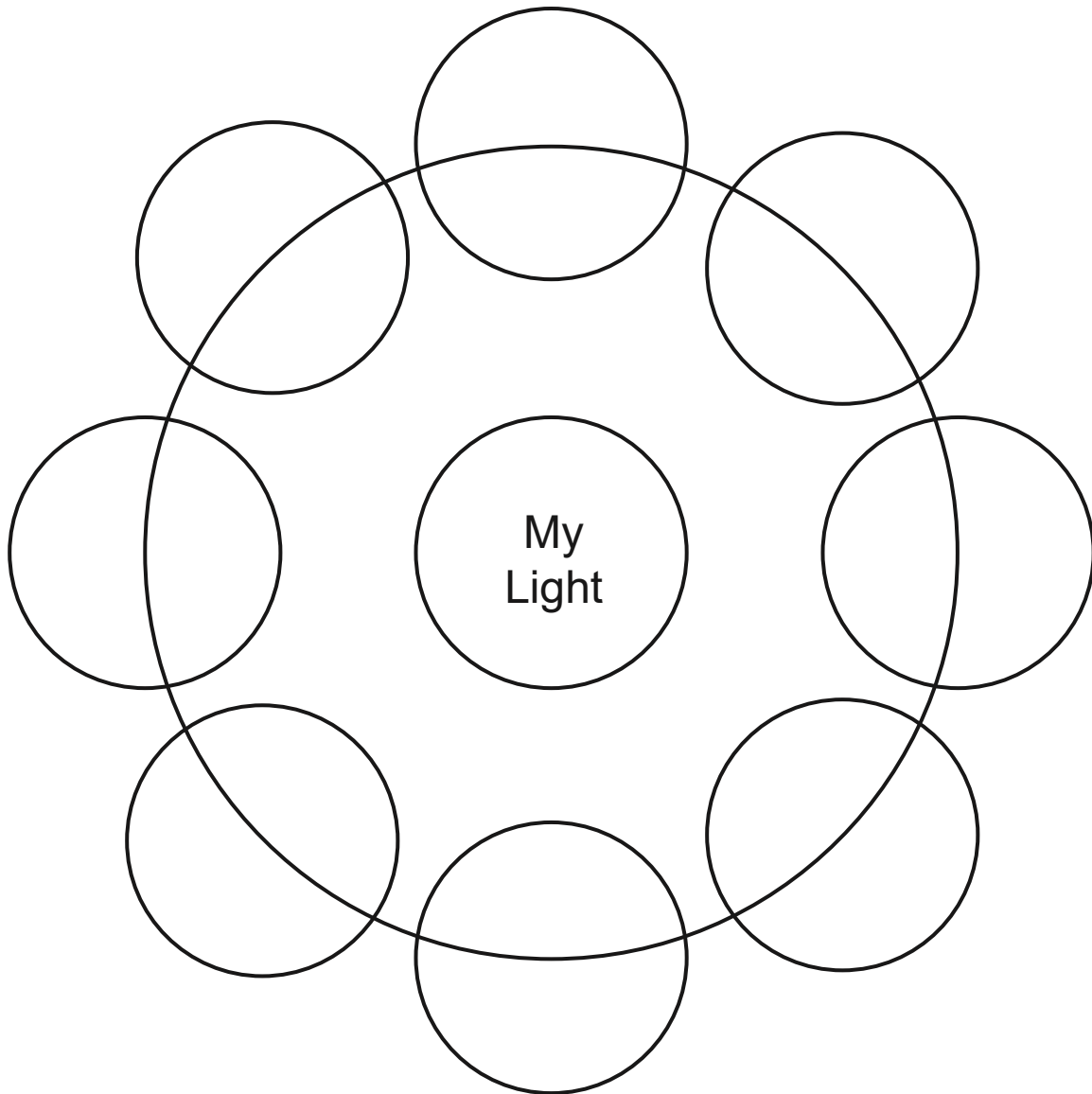
.





Combined.Light.Chart.3-Positive.Orbits





Identify Generational Negative Love Bonds on Maternal and Paternal Chart

Just as you were able to map out your positive love bonds, it is time to identify both your maternal and paternal negative generational love bonds. It is important that you hold this part of your work in light and love. It may be difficult at first, since many of us hold onto our negative experiences and focus on what we see as “dysfunctional”. Here is your opportunity to rename the so-called “dysfunction” in your family as a generational negative love bond. Your parents and relatives on both sides of your family experienced wounds, hardships, losses, and other unmentionable tragedies. Many of these experiences have generational roots. It is important to expand your cone of perception and ask questions about the types of situations in your family. For instance, if someone is an alcoholic, what happened that triggered a negative



love bond to alcohol? Perhaps the cause was a tragedy like abuse, financial loss or ruin, war, or a death in the family.

Keep an open mind when you track these negative love bonds. You see, we naturally love human beings. We are made to love, and our love will adapt to and become bonded with negative experiences, beliefs, emotions, and behaviors. Some of these directly relate to post-traumatic stress; these can include some mental health disorders, substance abuse, depression, and anxiety disorders, to name a few. Our family members have had to adapt to a myriad of negative experiences. Their love and those experiences became bonded together and are held deep within the family mind field. Some of the hidden painful experiences are like walking through a mine field. You may never know what will trigger a negative response until you activate one.

Moreover, there were limited resources for personal and psychological growth before the early sixties. For example, the term “dysfunctional family” didn’t arrive on the scene until the late seventies and early eighties. This paradigm and belief system became mainstream to the point where people today halfheartedly joke about coming from a dysfunctional family. It is now thirty years later, and with modern science and positive psychology, we can reclaim our families and identify situations where our love was bonded in negative ways. The brain is like a computer in that it doesn’t know the difference between positive and negative love. It only replays the encoded messages it received over time. Just remember that when you’re acting out in a negative way, you are possibly replaying the act of love in your family. Your brain senses a deep need to bond and replays the negative love bond tape. Some of my clients laugh at this realization and say, “Wow! I have been trying to love you to death. Yikes!”

The awareness of the negative love bond ritual also frees us to see that our partner’s pattern isn’t about us, per se. It is the way they learned to bond. It may not feel good, but knowing this information helps us become less attached and reactive to the pattern. We begin to gain some self-mastery over these patterns and start to build new ways of relating. The family mine field is revealed for healing and restoration.

List all the people you feel are negatively bonded. For example, your mother and her mother may have a negative love bond based in criticism. There may be family members who are estranged or isolated. Map out each of the negative love bonds in both your maternal and paternal genograms. Which negative love bonds affect you today? Are you unconsciously staying bonded to this person(s) because this is what love felt like in your family? On a subconscious level, to change it may feel like a direct threat to survival because



love in your family became bonded in a negative way in order to survive through difficult times. These patterns are just beneath consciousness and hold the richness of your family's love.

Identify Negative Beliefs, Emotions, and Behaviors That Relate to Bonding

In this section, you want to clarify the generational negative beliefs, perceptions, emotional colorings, and behaviors that mostly affect your life today. You are bound to find more as you work through this process. Keep a list of these to work with later. For now, let's focus on the ones that are the most troubling for you. For example, if you carry a belief that you can't do anything right, trace this belief to find its origins. Write out the main negative beliefs from both sides of your Family Tree of Knowledge. Notice and record the emotional coloring around the belief, such as anger, depression, resentment, grief, or sadness. Who in your family carries these attributes? What beliefs, emotions, and behaviors did you witness?

Maternal and Paternal Concentric Circle Charts of Negative Beliefs and Emotions

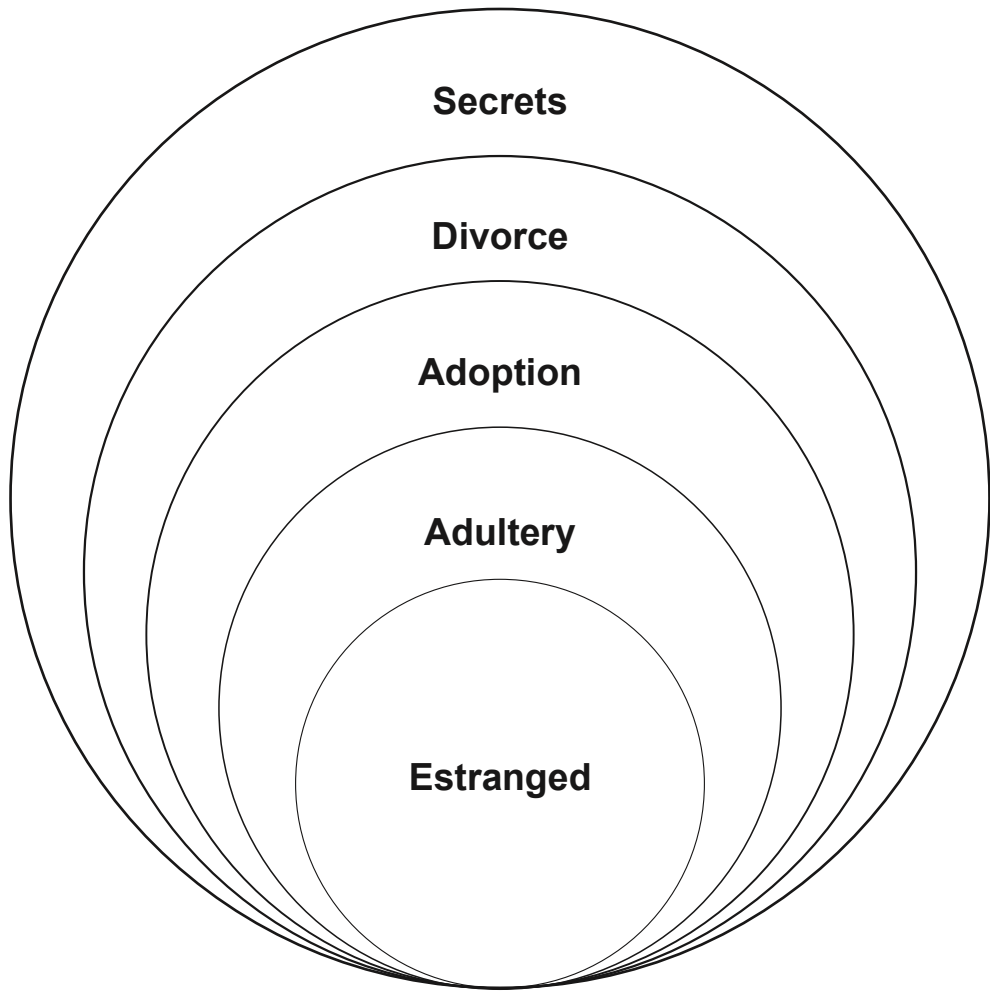
This chart will show you the negative family energy field that has surrounded your light. It is a wonderful visual of the energy and consciousness you adapted to growing up. When you see it on the chart, imagine this field surrounding you. How did you adapt to it? What were your autonomic nervous system responses? Were you afraid, disappointed, or scared? These beliefs and emotional colorings program our brains and deep limbic system for survival and bonding. Your love and need for others encodes these experiences as negative love bonds. You can now see how your brain acts as a computer and replays the program over and over, always with the same results. Seeing this will help you empower yourself to shift and change by inserting a new program or tape into your computer.

Negative Concentric Circle Chart Example

.

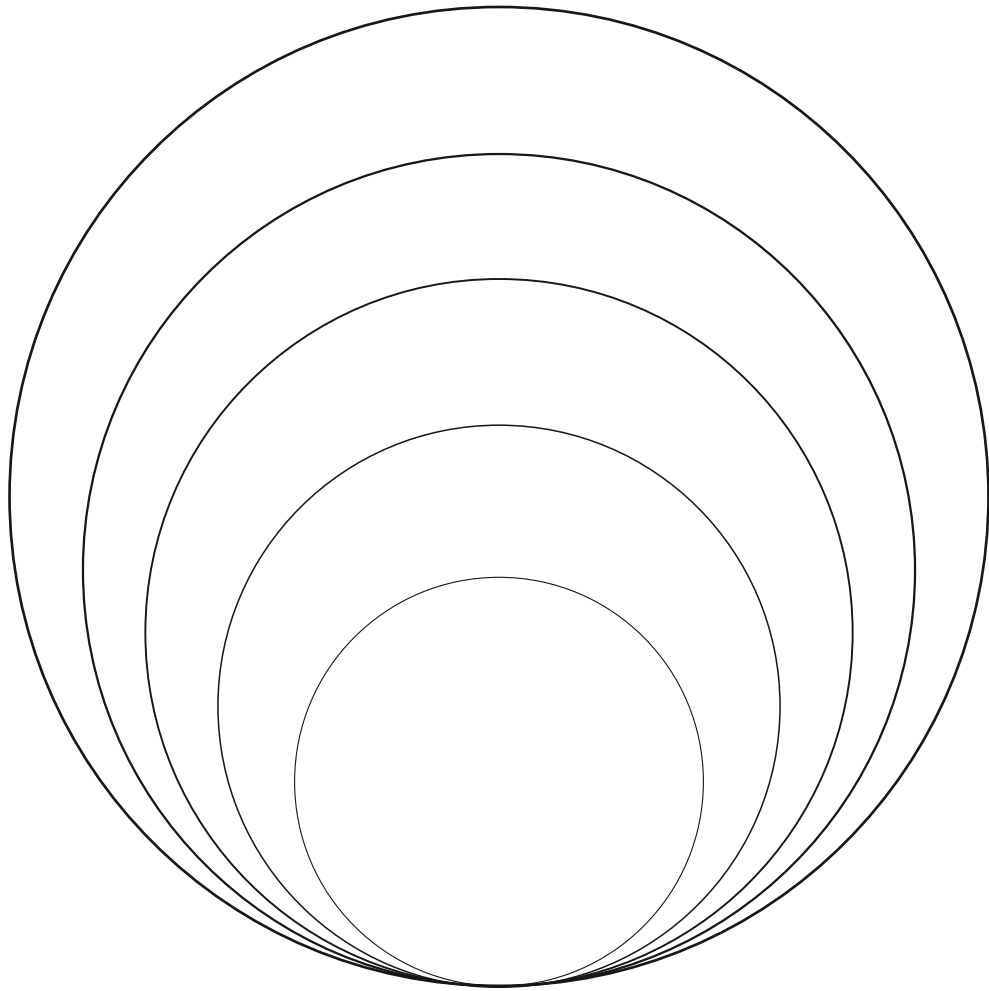
.





Negative.Maternal.Concentric.Circle.Chart.1

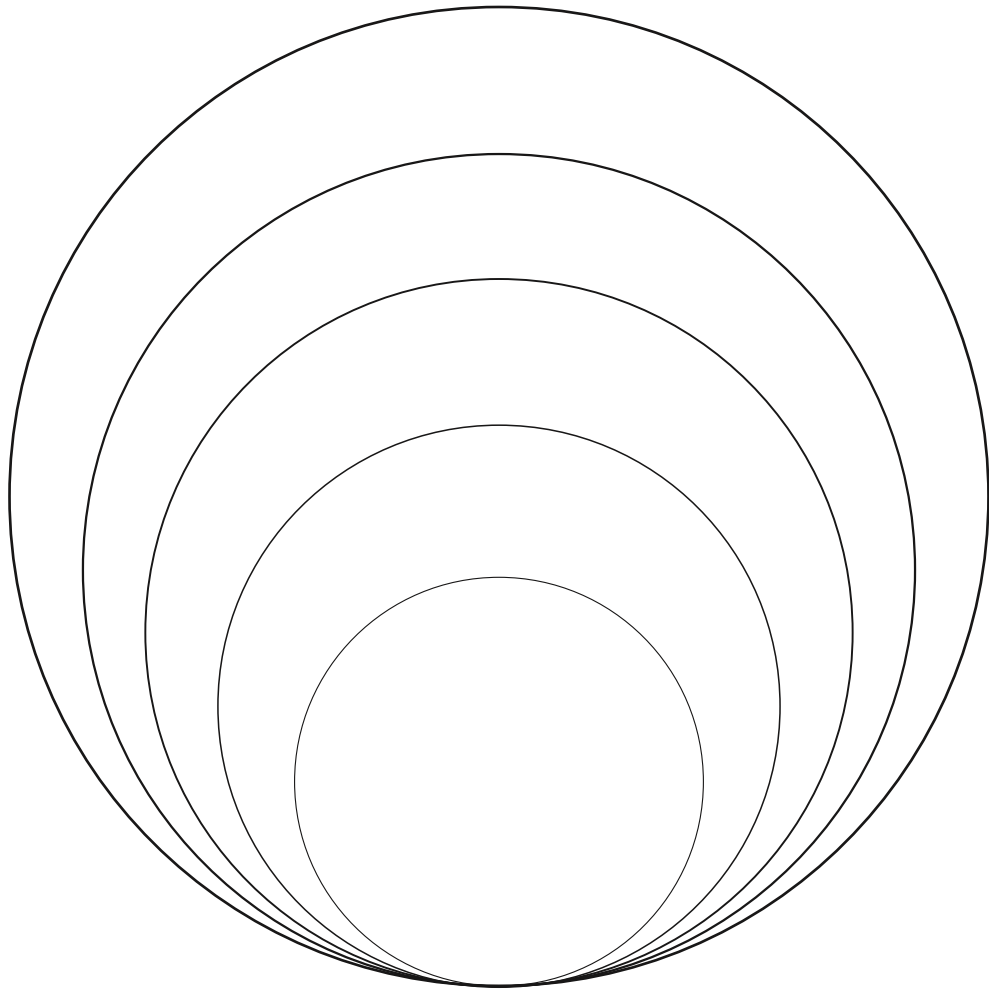




Negative.Maternal.Concentric.Circle.Partner.Chart.1

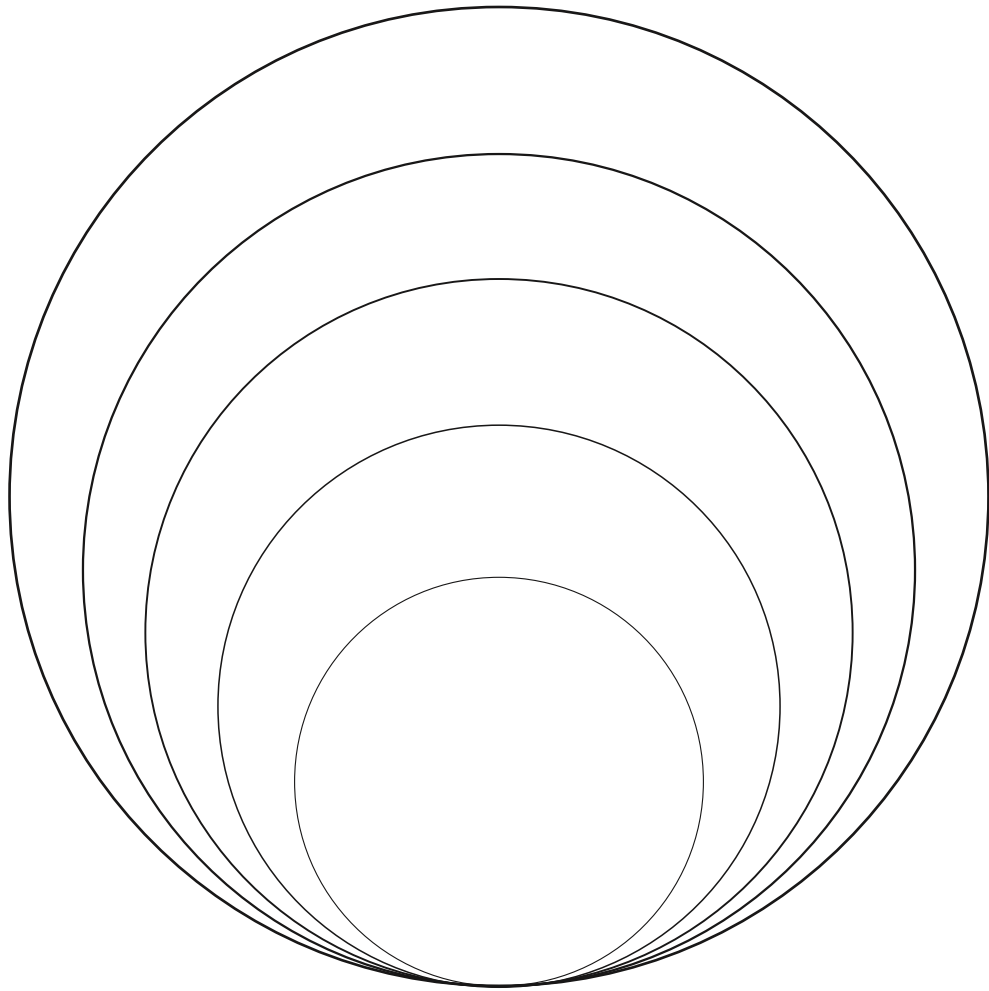
·
·





Negative.Paternal.Concentric.Circle.Chart.2

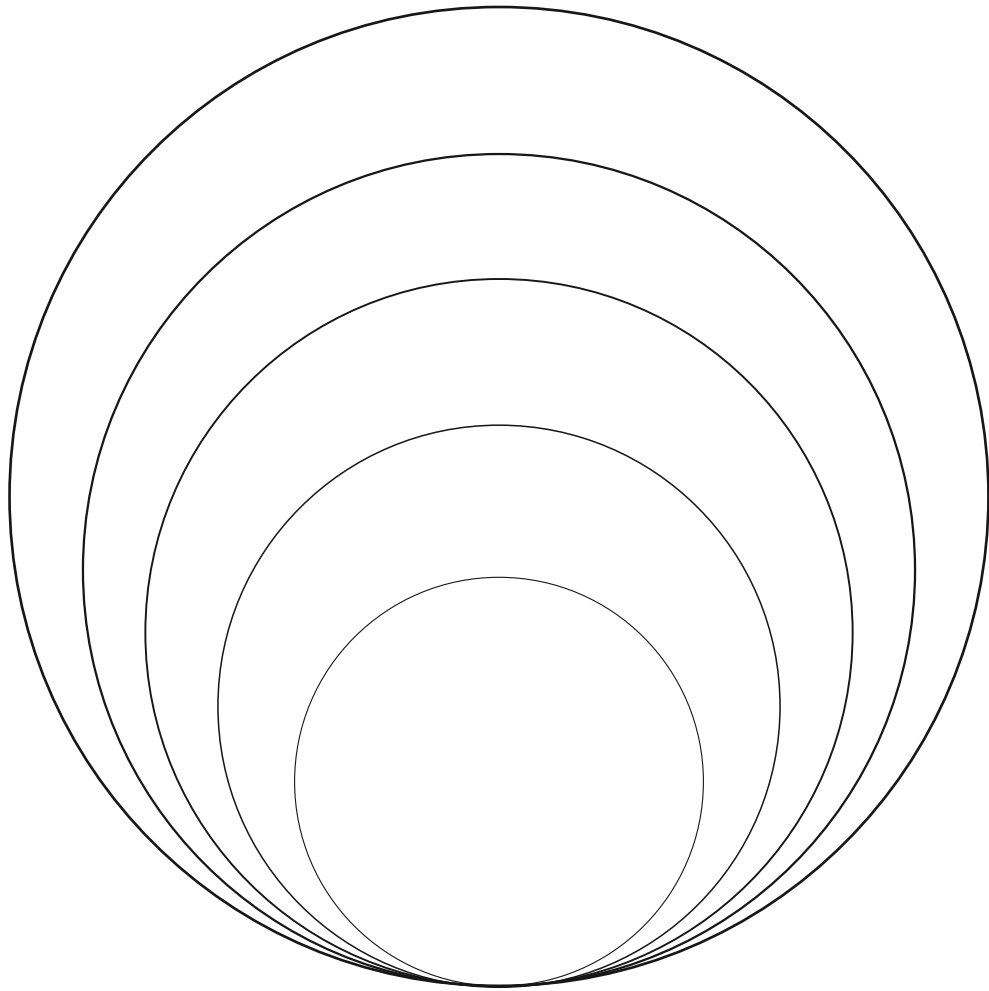




Negative.Paternal.Concentric.Circle.Partner.Chart.2.

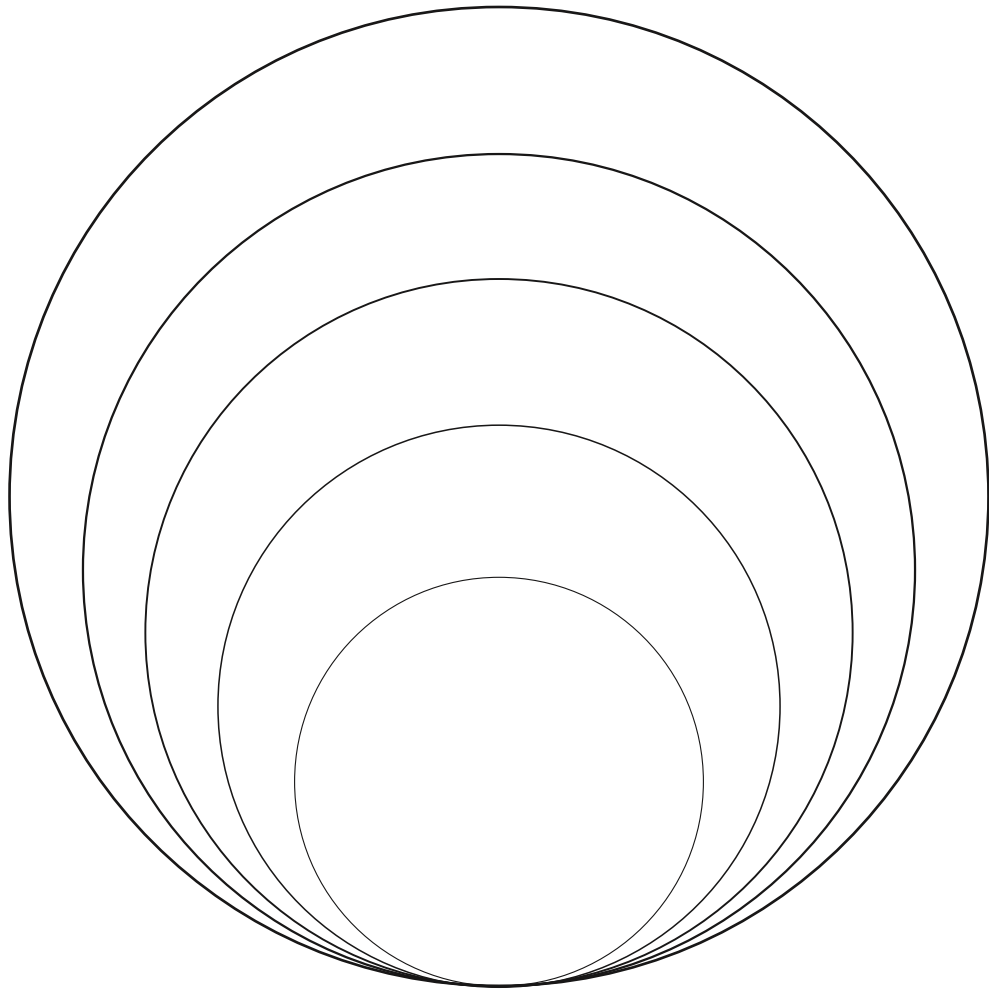
·
·





Negative.Combined.Concentric.Circle.Chart



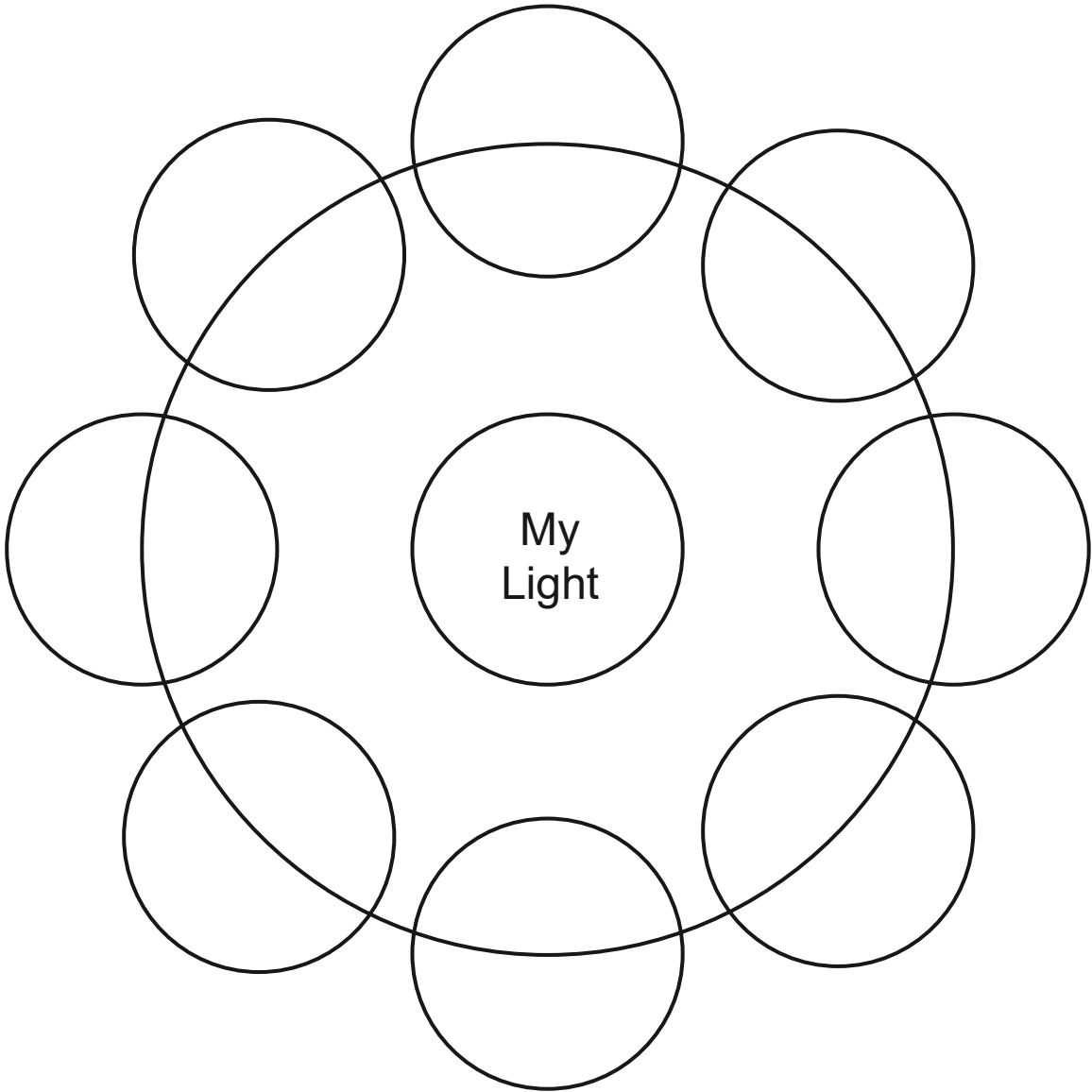


Your Light Chart of Negative Experiences

This Light Chart represents your light and your family's mind field that are current today. Certain negative energies seem to orbit around our light. This chart will give you a visual of these types of energies. You can learn how to bring your light out into the world and dissolve these surrounding negative forces. You become the master of your own Divine potential. In addition, when you view your partner's Light Chart, you can see the types of negative experiences both of you are trying to heal. You want to have a sense of mastery over these forces in order to bring your light into full communion with your companion. If you're not in partnership at this moment, don't worry! There are plenty of people in your life for which you can use this system. You can use the visual to help you understand others and consequently bring more light and love into your relationships. The visual representative of the mind field energies offers you the opportunity to empower yourself to change and not collude with negative beliefs, feelings, and attitudes of others. You can see beyond the limited perceptions, recognize the light within the other, and move beyond your self-imposed limited perceptions...



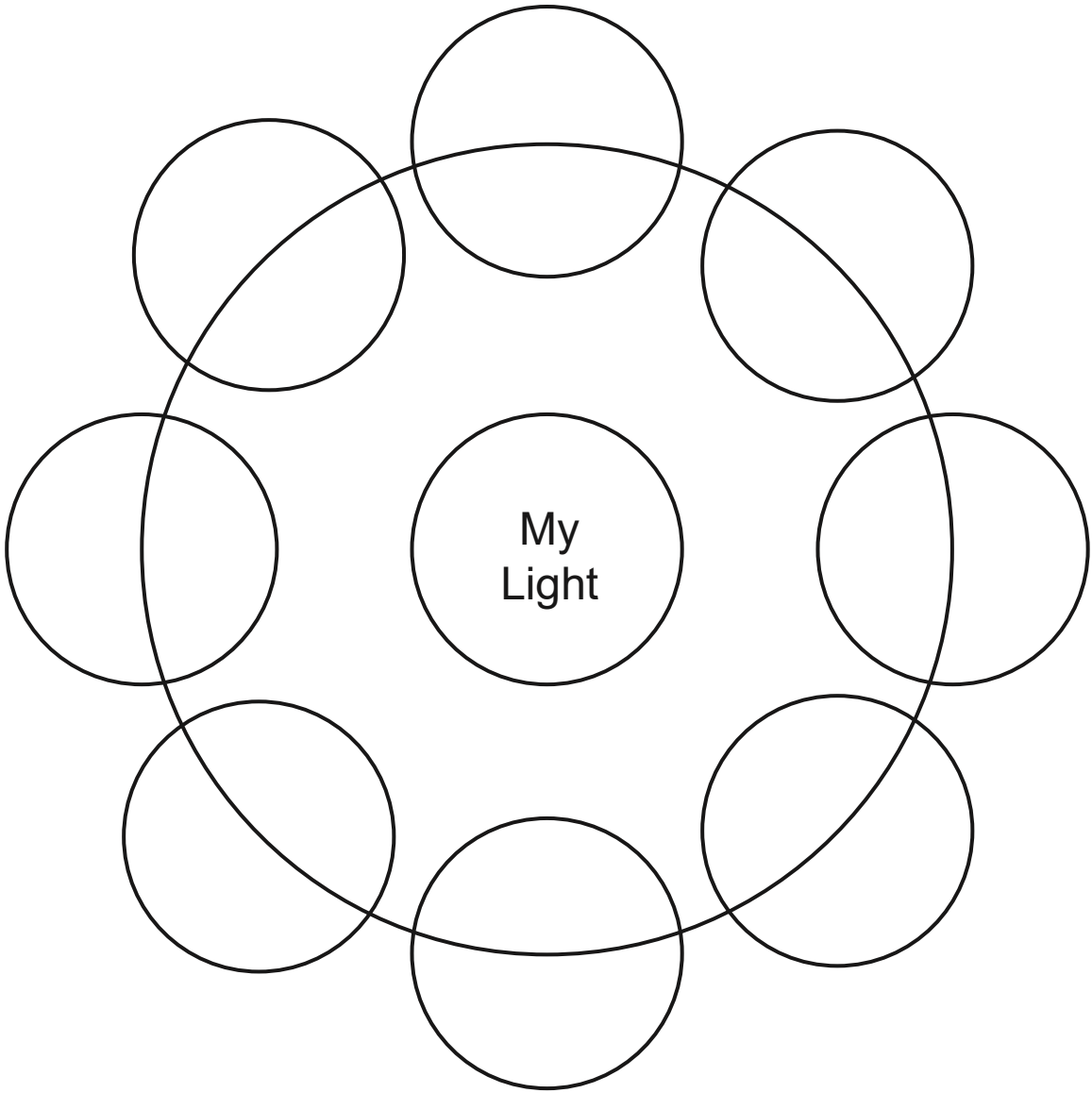
Light.Chart.1-Negative.Orbits



Partner.Light.Chart.2.-.Negative.Orbits

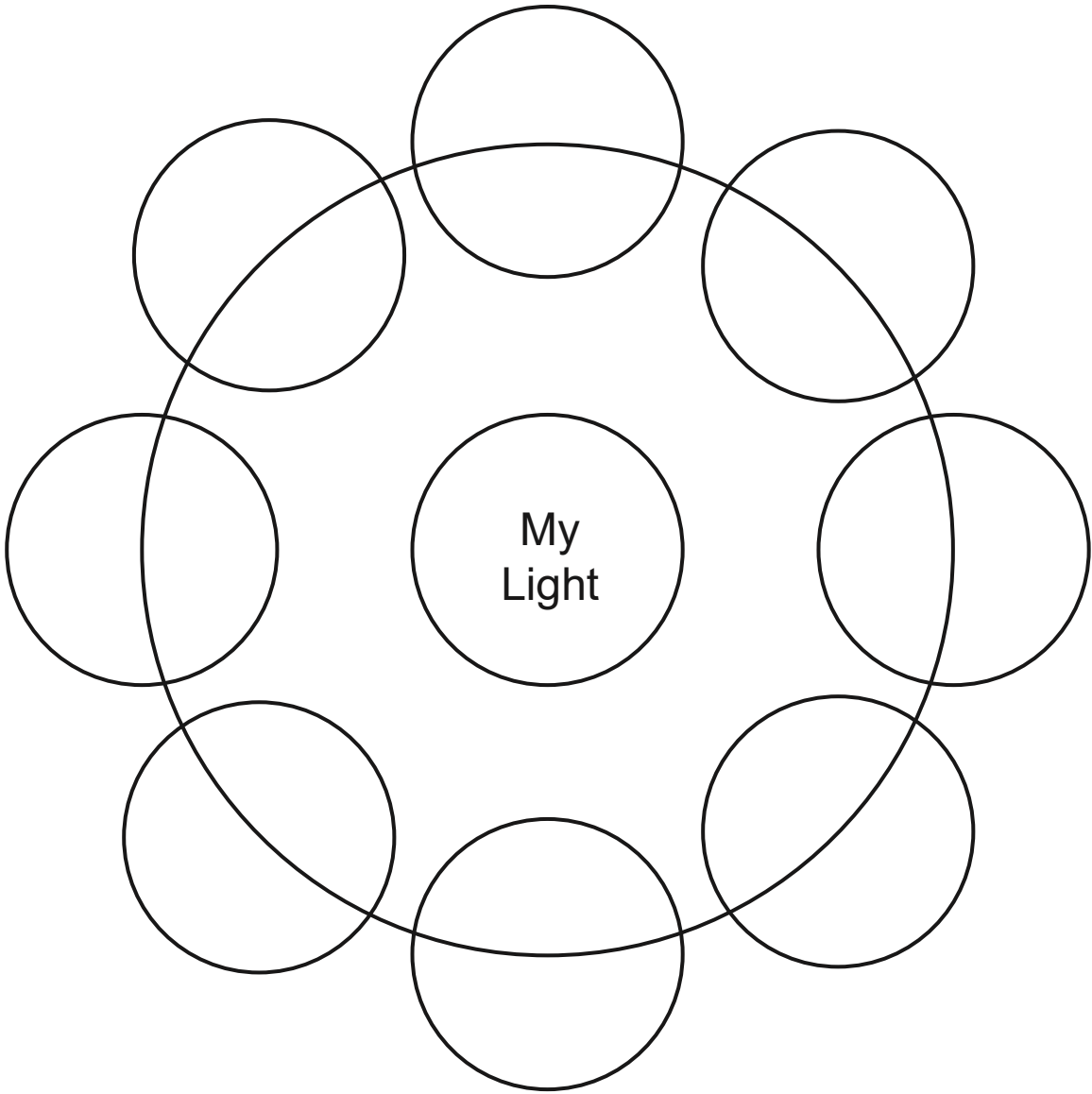
.
.





Combined.Light.Chart.3.-.Negative.Orbits





If you are SINGLE, work with relationship to
God, self, family, friends, and the world.
If you are in a PARTNERSHIP, compare charts.



Part 2 The Ten

Spiritual Keys



Chapter 4

The Ten Spiritual Keys

Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commands. ~Deuteronomy 7:9


“Therefore shall ye lay up these my words in your heart and in your soul, and bind them for a sign upon your hand, that they may be as frontlets between your eyes. And ye shall teach them to your children, speaking of them when thou

sittest in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up. And thou shalt write them upon the door posts of thine house, and upon thy gates.” (Deuteronomy 11: 18-20, King James Version)

How.to.Use.this.Chapter

In.this.section.you.will.contemplate.each.key.and.how.it.affects.your.heart,.soul,.eyes,.and.hands..These.keys.were.meant.to.open.a.pathway.to.directly.communicate.with.the.Divine.within.you.and.to.help.you.gain.a.sense.of.selfmastery.over.negative.beliefs,.emotions,.behaviors,.or.outside.forces..The.Keys.were.given.to.Moses.to.help.his.people.out.of.bondage.and.restore.their.Divine.heritage..You,.too,.can.use.the.keys.to.heal.your.negative.love.bonds.and.restore.your.Divine.heritage..Let’s.begin.by.visualizing.the.light.in.each.area..Can.you.see.how.the.Keys.can.open.a.force.field.of.light.so.you.can.transform.anything.in.your.life?.Your.heart,.soul,.eyes,.and.hands.are.programmed.for.Divine.communication.

Like.Moses,.you.can.open.your.direct.communication.with.God.by:

- | | | |
|---|---|---|
| <p>· ·</p> <p>· ·</p> <p>· ·</p> <p>· ·</p> |  | <p>.. Purifying.Your.Heart</p> <p>.. Purifying.Your.Soul</p> <p>.. Purifying.Your.Hands</p> <p>.. Purifying.Your.Eyes</p> |
|---|---|---|

We are told to bring this wisdom into partnership and teach it to our children and place the words on the door post of our homes. These words act as a covenant with the Divine. You may have other powerful teachings in your life; if so, try placing them in the same place. For instance, Catholics use the sign of the cross from the top of the head to the diaphragm and across the heart to seal the covenant with the Father, Son, and Holy Ghost... Although these types of rituals have changed over the years, most cultures use some method to represent a sacred covenant with the Divine. These rituals activate forces within and open doorways to Divine communion. Buddhists use hand mudras to activate the Divine consciousness. In this system, we use the Ten Commandments as Spiritual Keys to master our negative love bonds and restore ourselves to wholeness and holiness.

Contemplate, pray and meditate on each commandment in your heart, soul, eyes, hands, children, and home. You can go through them quickly the first time and write down your initial response. We will explore them in more detail in chapters 5-14. Describe your response to each of the Ten Commandments as a key to open your heart, soul, eyes, and hands. Remember you can rephrase the commandment as a positive affirmation. I included some here and you can write your own. Keep notes on your experience.



The.Key.to.Wholeness

First.Commandment:..*You shall have no other gods before me. ~Exodus 20:3*

Positive.Affirmation:.. *I honor one God, the eternal creative force of the universe.*

Heart:

Soul:

Eyes:

Hands:

Children:

Home:

The.Key.to.Fulfillment



Second.Commandment:.*You shall have not have any graven images. ~Exodus 20:4-7*

Positive.Affirmation:.*I surrender all attachments to the material world and know only one God.*

Heart:

Soul:

Eyes:

Hands:

Children:

Home:

.....
The.Key.to.Meaning



Third.Commandment:. *You shall not use the Lords name in vain. ~Exodus 20:7*

Positive.Affirmation:. *I surrender my ego, vanity, pride, and self-will and align my words, thoughts and actions with God's eternal love.*

Heart:

Soul:

Eyes:

Hands:

Children:

Home:

The.Key.to.Peace

Fourth.Commandment:. *You shall keep the Sabbath holy. ~Exodus: 20:8*

Positive.Affirmation:. *Each moment is sacred and I walk one with God. I honor God by spending time each day in conscious communion.*



Heart:

Soul:

Eyes:

Hands:

Children:

Home:

The.Key.to.Belonging

Fifth.Commandment:..*Honor your mother and father. ~Exodus: 20:12*

Positive.Affirmation:..*I respect my parents and their heritage. I deepen my understanding of my parents and pray for Divine respect and honor.*

Heart:



Soul:

Eyes:

Hands:

Children:

Home:

The.Key.to.Respecting.Life

Sixth.Commandment:.*You shall not murder. ~Exodus 20:13*

Positive.Affirmation: *I respect all sentient life. I have self-mastery over my inner killer (power to kill). I affirm all life with my words, thoughts, and actions.*

Heart:

Soul:

Eyes:



Hands:

Children:

Home:

The.Key.to.Unity

Seventh.Commandment:..*You shall not commit adultery. ~Exodus 20:14*

Positive.Affirmation:..*I respect my marital or relationship commitment and honor the sacredness of oneness between us.*

Heart:

Soul:

Eyes:

Hands:



Children:

Home:

The.Key.to.Potential

Eighth.Commandment: *.You shall not steal. ~Exodus: 20:15*

Positive Affirmation: I can manifest my own destiny. I honor others and their sacred belongings, life, and identity.

Heart:

Soul:

Eyes:

Hands:

Children:

Home:

The.Key.to.Ourselves



Ninth.Commandment: *You shall not bare false witness. ~Exodus 20:16*

Positive.Affirmation: *I am honest about myself and others. I honor the light in all sentient life.*

Heart:

Soul:

Eyes:

Hands:

Home:

The.Key.to.Manifestation

Tenth.Commandment: *You shall not covet. ~Exodus 20:17*

Positive Affirmation: I honor others' blessings. I am blessed! I honor God's blessings in my life. I can manifest my destiny. The universe is abundant. All



things are possible when I surrender to the wisdom of God's abundant grace and the universal life force.

Heart:

Soul:

Eyes:

Hands:

Children:

Home:

Compare Chart with Partner or Any Other Person (Family, Friend, or Colleague)

Identify and List Main Generational Positive and Negative Love Bonds in Your Relationship Using Your Charts

- Compare and List Positive Beliefs, Emotions, Behaviors, that Relate to Bonding.
- Compare Concentric Circle Chart of Positive Beliefs and Emotions.

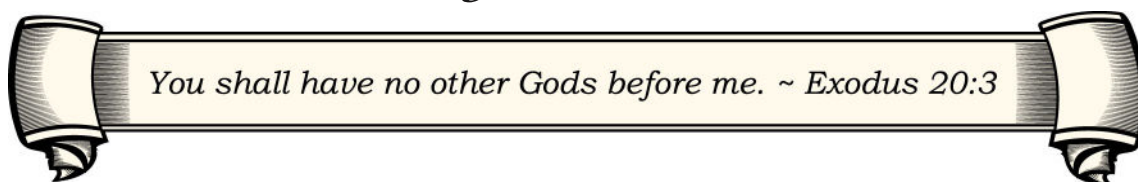


- Compare.Any.of.Ten.Spiritual.Keys.that.are.Activated.
- Compare.Your.Light.Chart.with.Positive.Experiences.
- Compare.Generational.Negative.Love.Bonds.on.Maternal.and.Paternal.Chart.
- Compare.Negative.Beliefs,.Emotions,.and.Behaviors.That.Relate.to.Bonding.
- Compare.Any.of.Ten.Spiritual.Keys.that.Have.Been.Breached.or.Broken.
- Compare.Circle.Chart.of.Negative.Beliefs.and.Emotions.
- Compare.Light.Chart.with.Negative.Experiences.



Chapter 5

The First Commandment: The Key to Wholeness



This key invites us to explore our relationship with the concept of God. Each of us is born into the beliefs of our parents, ancestors, and society when it comes to the concept of God. We have to comb through the layers of beliefs to find out what our concept of God means to us. The belief in one God, a monotheistic view, serves a universal purpose. Within this idea is a unifying principle that weaves us together in a magnificent tapestry. For me, the concept of one God matured with age. For example, I uncovered that my limited perceptions were adapted from my family's religious affiliation. Some of these were archaic and narrow, to say the least. The God of my childhood was attached to images of good and evil and to being a bad or good girl. These beliefs formed from my relationship with my parents, who were like God to me. They had the power and made the decisions. I could see them, while I couldn't see or conceive of an invisible force of God. My images developed from my perceptions of my parents' church, books, school, and friends.

Like most of you, these images and beliefs changed over time. My concept of God expanded beyond these limitations. In a world without walls and barriers, it is hard to hold on to beliefs that limit our perceptions of the vastness of God. It is a concept that cannot fully be explained by the limitation of our language or proven via scientific method. Yet currently, there are new brain research methods that try to locate the areas of our brains that are activated by our experiences of God. Most of us have explored the universal spiritual questions, "Who am I? Where did I come from? Why am I here?" In order to answer these questions, we need to explore and possibly change some of the images, beliefs, and emotional feelings we have toward God.

Step 1:



Write out your positive beliefs about God on Positive Belief Chart 1. For example: "God is loving, kind, filled with mercy and grace. God is forever present in all things. God is invisible. God is love."

Write out your maternal and paternal generational positive beliefs about God on Positive Belief Chart 2. These can relate to religious traditions.

Note any of your family members who had or have an intimate relationship with God within them on Positive Belief Chart 2. Write some of their attributes next to their name.

Write out your negative beliefs about God. For example: "God keeps an account and punishes us for being bad. God is destructive. God doesn't exist. God doesn't care about me. God is cruel."



Write out your maternal and paternal generational negative beliefs about God..

List any of your family members who were disconnected from knowing and having a relationship with God.. Write their attributes next to their name. Write your own positive affirmation about God.. For illustration, sometimes I chose to use this statement in my meditation practices, "I shall know God, the universal principle that weaves us together in one body, beyond anything else in my life.. God and I are one.. Without God, I am nothing." You may have affirmations or quotes that fit your current perceptions.. Use them when you practice, placing them on your heart, soul, eyes, and hands.. Notice the experience of energy and consciousness that is generated when you do so..



Step.2:

Explore how this Spiritual Key affects your heart, your soul, your eyes, and your hands. List instances where you made people, your problems, or other things “mini-Gods” and spent more time focusing on them. If you are in a partnership, both of you need to answer these questions and share your responses. Remember in partnership, we are building the bridge with God between us.

Does your heart feel the presence of God? Do you trust God? Explain why or why not.

Do you recognize God in your soul? Explain why or why not.
Do you see through the eyes of God? Explain why or why not.

Do your hands emanate God’s work? Explain why or why not.



What is your experience when you focus on this key? Do you feel alive and connected? Do you feel discouraged or frustrated? Explain.

From your work on the previous set of questions, where do you need to focus your meditations to open yourself to the Divine presence within?

If you are in partnership, identify areas where you could support each other in your meditation. Help each other identify what patterns of mistrust or negative statements need to be cleared to open each other to the presence of God. Make notes here.

. In a relationship, your meditation practices can become enriched by sharing the space with your partner. You can work individually with the key and then work with each other. When you work with each other, face each other in the meditation. If you are together, yet mediating on your own work, do not face each other, as this could cause some confusion. Wait to face each other when you are ready to build a bridge of light between you and your partner.

. This practice will build sacred spiritual energy in the room that supports each of you. When you work together in this way, the sacred space provides a clear vibration for your meditation and prayer. With practice and over time, your space will be filled with a high vibration of light and love. You will create a sacred mind field within your home, your healing space.

. If you have difficulty with any of the keys, turn to the section on the *I AM Meditation* and work with the first *I AM* mantra, *I trust in the I AM that I*



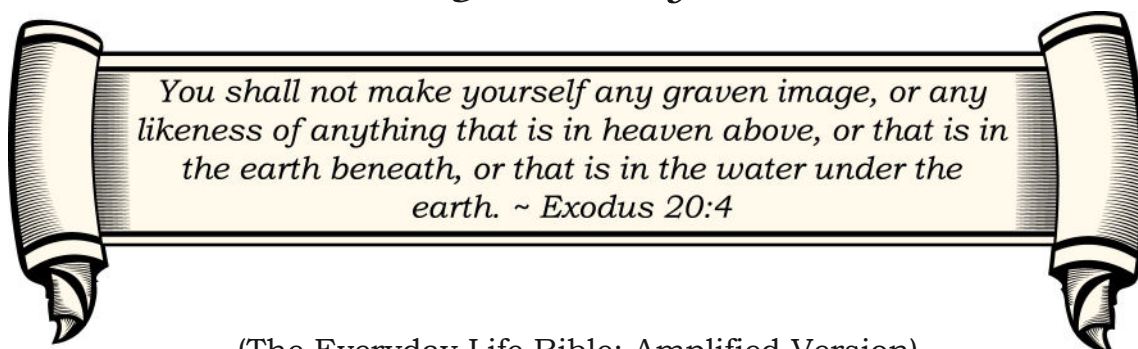
AM. Use the mantra in the way it is explained in the chapter. You will need to breathe trust throughout your whole body and into the deep limbic system. It will help you release any of the negative thoughts, beliefs, or emotions before placing the commandment on your heart, soul, eyes, and hands. Both processes can work in tandem together.

You want to work with this key long enough that you have a sense of self-mastery over the forces that inhibit your direct connection with the Divine within. This key is fundamental to all of the other keys. It is our key to wholeness—to be holy and full of light. Our trust in God as our foundation and rock is the sustenance of our very being. We want to know this place and open our direct communication with God in order to share it with our partner, our family, and the world.



Chapter 6

The Second Commandment: The Key to Fulfillment



(The.Everyday.Life.Bible:.Amplified.Version)

We are ready to explore the Key to Fulfillment, to let go of anything that inhibits our potential to create from the Divine within us. This key has stages to explore in order to free you from unnecessary struggles. First, it is important to explore how we might create attachments and form images about the world around us. These attachments and images become our perceptual reality. Without them, we struggle with finding our true self, leaving us to float in the abyss of nothingness. For some of us, our attachments become our reality. The images we have formed seem real. We become passionate about them without considering how they may inhibit our Divine connection and sense of true fulfillment. God felt it was important for us to review these attachments and free ourselves to explore our own creative and Divine nature. In this section, we will explore our attachment to images and beliefs, our ancestral images that either support or inhibit us, and the sacredness of using the key to opening our heart, soul, eyes, and hands to express our true Divine potential. If you are in a relationship, there are questions that encourage you and your partner to support each other in reaching your Divine potential individually and as a couple.

Step 1: Personal Inventory Chart

In this process, it is important to take a personal inventory of your attachments, beliefs, and images. You may gravitate in a positive or negative way to certain artists, religious beliefs, cultural biases, etc. On the chart below, you can record your personal attachment inventory. Be honest! If you love Elvis



. and spent twenty years collecting his memorabilia, record this on the chart..If you spend hours watching sports or soap operas, record this on the chart..Be honest! You can change and update your Personal Inventory Chart and move things from negative into positive and positive to negative..The important part is that you allow yourself to contemplate and review your attachments.. There is

also a column to record whether this attachment has brought you into a closer relationship with the Divine or not..For example, daily meditations on the symbol of the cross may open your heart to be more loving with your family, or it could take you away from right relationship with your family..Only you can decide the effect it has on you and your family..



Step.2:.Meditation.on.the.Key.. . . . Name:

Now.that.you.have.filled.out.your.chart,.I.invite.you.to.meditate.on.the.key.in.
your.heart,.soul,.eyes,.and.hands..Choose.any.one.of.your.attachments.and.
contemplate.how.it.either.opens.or.closes.your.heart,.blocks.your.relationship,.
expresses.or.covers.your.soul,.opens.or.blinds.your.eyes.from.seeing.your.
Divine.potential,.and.how.it.is.expressed.or.not.expressed.through.your.hands..
Record.your.experience.on.your.Personal.Inventory.Chart.

Personal.Inventory.Meditation.Notes:



Step.2A:.Meditation.on.the.Key.. Partner:

Now.that.you.have.filled.out.your.chart,.I.invite.you.to.meditate.on.the.key.in.
your.heart,.soul,.eyes,.and.hands..Choose.any.one.of.your.attachments.and.
contemplate.how.it.either.opens.or.closes.your.heart/blocks.your.relationship,.
expresses.or.covers.your.soul,.opens.or.blinds.your.eyes.from.seeing.your.
Divine.potential,.and.how.it.is.expressed.or.not.expressed.through.your.hands..
Record.your.experience.on.your.Personal.Inventory.Chart.

Personal.Inventory.Meditation.Notes:



Step.3:.Key.2.in.Partnership

If.you.are.in.partnership,.compare.your.Personal.Inventory.Charts..Identify.ways.in.which.your.attachments.and.images.either.bring.you.closer.or.cause.separation..Do.you.have.similar.interests,.such.as.listening.to.music,.watching.films,.antique.collecting,.or.green.energy?.Do.these.hobbies.or.professional.endeavors.bring.you.closer.together?.Do.they.connect.you.with.the.Divine.source.within.you?.Does.one.partner.spend.an.enormous.amount.of.time.pursuing.their.hobby.while.neglecting.their.partner.or.family?.These.are.important.questions.to.ask.when.we.want.to.build.the.foundation.of.our.relationship.from.the.Divine.within.us..

Notes:



Partners and friends will need to explore their beliefs, images, and other attachments or perceptions that bring about harmony or disharmony. You may have different religious or spiritual beliefs, attachment to ideas that bring you together or separate you... Write down similar and dissimilar beliefs, interests, or behaviors. How do these stimulate growth in your relationship? How do they hinder growth? Do they block you from exploring the true intimacy of the Divine in your relationship?

Notes:



Explore your perception of God within your relationship. Is anything blocking it? If so, what can you do to make a change? Consider this question: Is there anything you need to let go of in order to become closer?

Notes:



Meditate together with this key on your hearts, souls, eyes, and hands. Build a sacred bridge between you, creating one unified force of commitment for your relationship. Use the power of this meditation to reinforce the light within both of you. Notice your experience. You may need to practice this mediation together several times to release any attachments between you. You can release these by stating them aloud during the meditation and declaring to release them. Have fun with this meditation! You can laugh at yourself when you discover how many things—people, possessions, and so on—separate you from expressing and communicating from the Divine within. Remember that God wanted us to come together as partners, as one body without shame. How can we do that if we don't practice together?

Notes:



THE *I AM* MEDITATION

For some of us, it may be difficult to let go of our attachments. The *I AM Meditation* can balance you at the beginning of your meditations. Use the mantras as suggested to bring a peaceful resonance of energy and consciousness into your deep limbic system and brain. This will help you quiet your mind and go deeper into exploring this key on your heart, soul, eyes, and hands. The *I AM* mantras restore the Divine qualities within you so you can explore the serpent or uncomfortable energies that rise up to separate you from the light within. God gave us the Ten Spiritual Keys to master our life force, our impulses, and outer forces. Consider using both meditations together to bring about the results you want, especially when you become blind-sided by your resistance to change.

Record your experiences here:



Positive Commitment Chart. 1

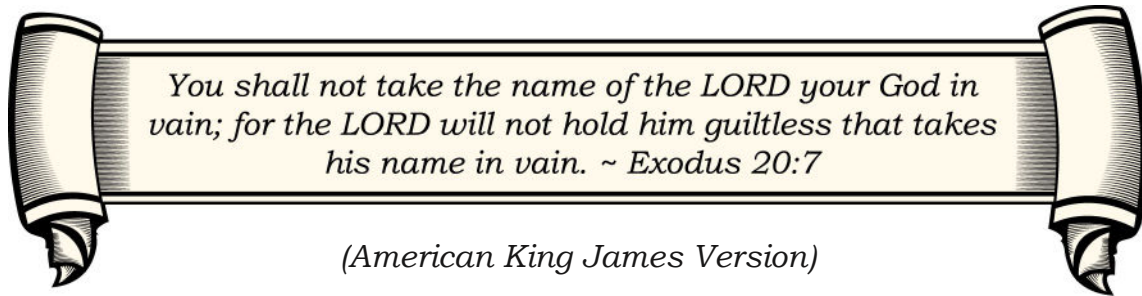
Create a chart of your positive commitment for change. You can do this with your partner or by yourself.

HEALTHY NEW BEHAVIOR	POSITIVE AFFIRMATION	HOURS PER DAY	POSITIVE EFFECTS	OLD BEHAVIOR	MEDITATION EXPERIENCE
(Example) <i>Meditation</i>	(Example) <i>I can have time for myself, God and my partner</i>	(Example) <i>2</i>	(Example) <i>Laughing, joy, more relaxed. New ideas, creativity, exploration</i>	(Example) <i>Laziness</i>	(Example) <i>Open to new experience, new energy, spending time with God and my partner.</i>

--	--	--	--	--	--

Chapter 7

The Third Commandment: The Key to Meaning



Why does God call us on our vanity? The answer is simple: He knows vanity and pride take us away from unified oneness. He wants us to be aware. Even our beloved biblical ancestors like Cain, David, and Jacob were ensnared by their own vanity. Their untamed desires and unbridled life force took captain of their ship and drove them toward destructive behavior. This disconnection from the Divine caused a trickle-down effect of years of negative consequences for them and their descendents. We only need to explore our own vanity to know how it separates us from God within and others. In this section, we will explore your vanity and pride, use the key to open our hearts, souls, eyes, and hands, and contemplate how the key affects our relationship to God, to ourselves, our partners, and our families...

We don't have to look far to see vanity messages in the media that reflect our obsession with success, beauty, weight, money, and power, to name a few. Take a moment to reflect on how you are inundated with vanity messages. At first, you might think this is preposterous and so overwhelming. What is real? What is not real? Is it okay to want success, beauty, a perfect figure, money, and power? Of course! Just as long as you are not attached to your desires and the material world over your relationship with God. You must understand that everything—all creation, including you and me—belong to God. The manifest and unmanifest world, the seen and the unseen worlds all belong to the one universal consciousness called God. When we manifest from this place, we are in right relationship with the Divine consciousness. Our desires and goals all



come from knowing this truth and practicing non-attachment.. So let's take a look at how vanity and pride take a part in your life.

Vanity List

Have fun with this exercise! You can either use the chart or make a collage of all your vanity desires.. If you are in partnership, it would be great for you each to do your own separate list or collage and then do one together as couple..

Once you make your list, consider whether the things on your list are aligned with the Divine within you or your ego and vanity.. Are you in the wave of Divine creation, or is your vanity trying to command the ship?

Notes:



Vanity.Chart.1. .

Name:

Create.a.chart.of.your.positive.commitment.for.change..You.can.do.this.with.your.partner.or.by.yourself..

VANITY/ PRIDE	BELIEFS	HOURS AND \$ SPENT	POSITIVE EFFECTS	OLD BEHAVIOR	MEDITATION EXPERIENCE
(Example) <i>My hair must be perfect</i>	(Example) <i>People won't like me if my hair is a mess</i>	(Example) <i>1 hour a day, 4 hours a month at the salon. \$150 a month</i>	(Example) <i>I feel better about myself.</i>	(Example) <i>My hair is not who I am.</i>	(Example) <i>Open to new experience, new energy, spending time with God and my partner.</i>

--	--	--	--	--	--



Vanity.Chart.2...

Partner:

Create a chart of your positive commitment for change. You can do this with your partner or by yourself.

VANITY/ PRIDE	BELIEFS	HOURS AND \$ SPENT	POSITIVE EFFECTS	OLD BEHAVIOR	MEDITATION EXPERIENCE
(Example) <i>My hair must be perfect</i>	(Example) <i>People won't like me if my hair is a mess</i>	(Example) <i>1 hour a day, 4 hours a month at the salon. \$150 a month</i>	(Example) <i>I feel better about myself.</i>	(Example) <i>My hair is not who I am.</i>	(Example) <i>Open to new experience, new energy, spending time with God and my partner.</i>

--	--	--	--	--	--



Vanity.Chart.3...

Combined:

Create a chart of your positive commitment for change. Combine a chart with your partner.

VANITY/ PRIDE	BELIEFS	HOURS AND \$ SPENT	POSITIVE EFFECTS	OLD BEHAVIOR	MEDITATION EXPERIENCE
(Example) <i>My hair must be perfect</i>	(Example) <i>People won't like me if my hair is a mess</i>	(Example) <i>1 hour a day, 4 hours a month at the salon. \$150 a month</i>	(Example) <i>I feel better about myself.</i>	(Example) <i>My hair is not who I am.</i>	(Example) <i>Open to new experience, new energy, spending time with God and my partner.</i>

--	--	--	--	--	--



. .

--	--	--	--	--	--



Vanity.Collage.1.

Name:

Create.a.collage.that.represents.your.vanity.or.pride..Use.images,.pictures,.or.words.that.show.what.you.are.working.with.and.notice.about.yourself.



Vanity.Collage.2.

Partner:

Create.a.collage.that.represents.your.vanity.or.pride..Use.images,.pictures,.or.words.that.show.what.you.are.working.with.and.notice.about.yourself.



Vanity.Combined.Collage.3.

Create.a.collage.together.that.represents.your.vanity.or.pride.in.your.relationship..Use.images,.pictures,.or.words.that.show.what.both.of.you.are.working.with.and.notice.about.your.relationship.and.image.



Vanity Chart Questions.

Keep a journal of your responses. Take time with these questions and be honest with yourself. Remember to explore your own perceptions.

What do you notice in your vanity chart or collage?

What is your first response to your vanity chart? Do you like what you discovered? How do you feel when you contemplate it? Do you judge yourself? Are you excited by it? Record your first impressions. Look again and contemplate, and then record your second impressions.

Notice your perceptions about vanity and pride. Have they changed? What do you notice?

What types of positive things do you see in your chart? How do they reflect your Divine potential?



In what areas in your life do you struggle with vanity and pride? Be honest and name a few. For example, "When I am with certain friends, I boast or brag or put down others." How does vanity and pride affect your relationships?

Create a list of areas you would like to change. You can use this list in your daily or weekly meditation.

Meditate with the key in your heart, soul, eyes, and hands. What do you notice? How does vanity and pride affect your heart, your soul? How do you see the world and how you use your hands in the world? What arises for you when you surrender vanity and pride in each area?



In the next week or so, make a collage of how you experience yourself without vanity and pride. Create positive affirmations that support your process. Return to the meditation daily to check in with yourself and God within you. How has surrendering vanity and pride changed your relationship with the Divine within you? If you have difficulty, remember to return to the *I AM Meditation* to help you restore and balance the Divine qualities within before working with this key in each location. Keep a journal of your experience and record some of your experiences here.

Compare Your Vanity Chart or Collage with a Partner

Write notes of your responses before sharing with your partner. Take time with these questions, and be honest with yourself and your partner. Remember to take responsibility for your own perceptions.

What in your charts or collages is similar? What is different?

What is your first response to your partner's vanity chart? Do you agree with it? Judge it? Feel intimidated by it? Record your first impressions. Look again and contemplate, and then record your second impressions.



Notice how your perceptual reality may cloud how you see your partner's chart.
. If it does, explain.

What types of positive things do you see in your partner's chart? How do they
reflect your partner's Divine potential?

What areas in your life do both you and your partner collude with vanity and
pride? Be honest and name a few.
How does vanity and pride impact your relationship? Do they affect your



personal connection, your financial relationship, your sexual relationship, or your friendship with others such as friends, family, or your children? Both of you make your own list to discuss.

After sharing and comparing your charts, what are some the changes both you and your partner would like to make? Create a list. You can use this list in your daily or weekly meditation with each other.

Meditate with your partner on this key. Bring your awareness to your heart, soul, eyes, and hands and then connect with your partner. Support each other in letting go of any unhealthy attachments that are based in vanity and pride. Allow a bridge of light to build between you. Visualize and name how you want your life to be together. How will you support each other in letting go of vanity and pride? Be clear with each other and name these in your meditation and prayer work...



In the next week or so, create a collage together. Gather pictures, stories, poems, and meaningful words that represent your commitment to let go of vanity and pride. Use the pages in this book to create your collage, or use another medium at home where you can both see it and use it for meditation and visualizing your life together. These types of visuals will help you both stay focused on what is important to you as a couple.

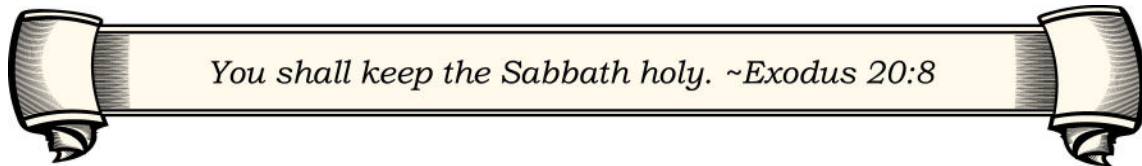
I AM Meditation

When you hit a bump in the road or feel stuck, use the *I AM Meditation* to clear your thoughts and restore each of the Divine qualities and then return to meditating on the effects of vanity and pride on your heart, soul, eyes, and hands. You may also want to reflect on how both vanity and pride impact your direct line of communication with God and with others... Keep a journal of your experience and write a summary of your notes here.



Chapter 8

The Fourth Commandment: The Key to Peace



How wonderful and splendid it is to find peace! The key to finding true peace is to keep the Sabbath holy. The sacred key of peace relies on our ability to create space, to free up our energy and consciousness to commune with the Divine. God teaches us that we need a day of rest to let go of our idols and graven images, to master our vanity and pride, and to find communion with our beloved creator. The two words Sabbath (meaning, “rest”) and holy (meaning “whole”) instruct us to rest to become whole... God instructs us to do this because He knows it is the key to spiritual wholeness. When you spend a day or even an intentional *Sabbath moment*, you mindfully connect yourself to the universal consciousness. You learn to clear away the other noise and tension of the week or day to experience your oneness with God.

Each of us is different. We gravitate and hold onto certain stressors in life. For some of us, this might be work; for others, it could be a family crisis; and for others, it could be attachment to worry or complaining. Whatever causes us to feel uneasy takes us away from creating what we want out of life. God clearly wants us to stay open to our communication with our Divine source. This key is essential to our health and wellbeing. We know that resting and contemplating our relationship with God can reduce stress and bring about a sense of peace and wellbeing. This key is not about God needing rest on the seventh day. Rather, consider the possibility that God wants to restore us with essential wisdom, love, and grace. We are vessels of Divine love. If we don't slow down, become quiet, and turn our attention over to God, we lose both our ability to be replenished with love and our ability to listen to the still, small voice inside. Our inner radio waves become static, and we lose our signal.



. In this section, you want to explore your relationship with keeping the Sabbath holy and what that actually means to you. God wanted you to contemplate this concept in your heart, soul, eyes, and hands. Why do you think God wants you to tune your heart, soul, eyes, and hands toward rest and peace? Is there a message here for you? Have you longed to open yourself to experiencing God within you? Have you desired to hear God's voice? What is in your way? Again, why is it important to attune your eyes to rest and focus on holiness? Do your eyes see better when they are at rest? Are you asking to see the answer to a question, yet feel blocked? Are you blinded to something going on around you? Your eyes can see clearly when they rest and are filled with holiness. Can you apply this key to your hands? What does it mean to place this key in your hands? Can you bring your hands into a place of Divine peace? Can you contemplate how your hands are used in the world? How they create your Divine potential? Why does God want you to rest your hands, to stop work? Do you use your hands to stay busy and become inattentive in your work? Do you rely on your own will rather than God's to manifest our creations?

Taking time out in your day can help you build the relationship you want. You can learn how to bring peace into each moment of your day. You may say, "I don't have time, especially not a full day to dedicate to rest." I assure you when you start this process, you will find that your day becomes effortless, and you raise your vibration to create what you want in your life. You begin to listen to the still, small voice and allow it to guide you. Your positive affirmations become powerful tools that activate your potential. So let's begin!

Personal Sabbath Inventory

Start by taking a daily inventory of the time you spend at work, with family, tending to personal business, watching television, talking on the phone, texting, and surfing the net. Many times, we don't feel there is time in our day to be quiet and still. If this is your situation, consider starting with a ten minute walk. Take the first five minutes to clear your mind and the second five minutes to contemplate making the Sabbath holy in your heart, soul, eyes, and hands. I call this "taking a Sabbath moment". You may want to positively affirm that you want to make space for communicating with God. Say your

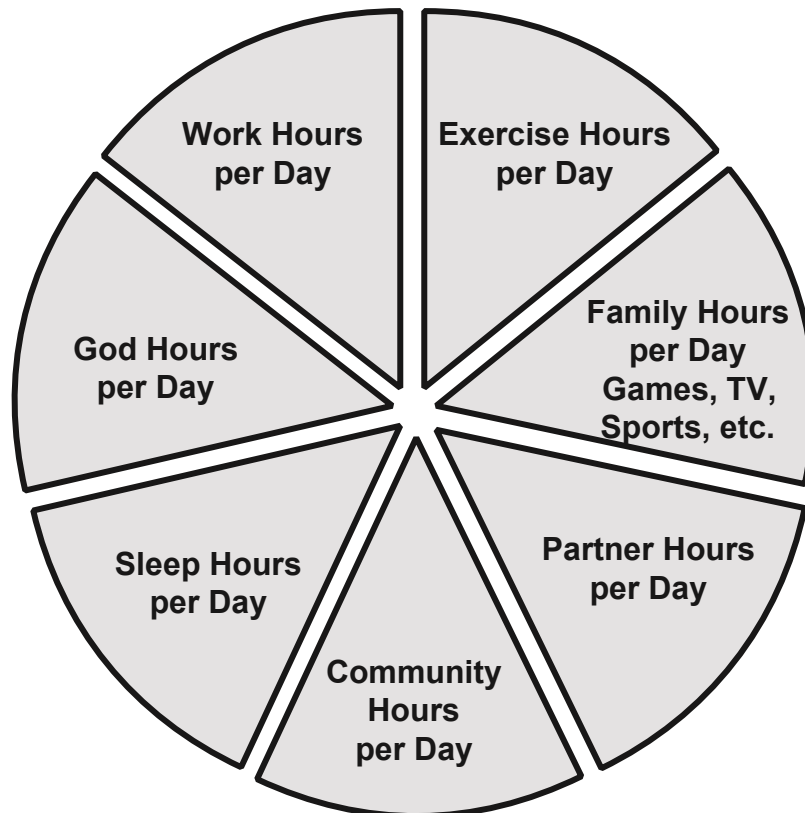


affirmation clearly: "God is important. Now is the time I make space to let God into my life!" This will get you started on the right path. Using a positive affirmation for your desire will activate your energy to find more time each day. After a while, you may find several *Sabbath moments* in the day.

Sabbath Pie: Sample Chart. 1

Record how many hours per day you spend in each of these activities. You may need to add other areas like school, studies, reading time, etc. Make your own pie chart and use the diagram to show how the slices of that pie are allocated to each activity.

In your own words, write down what the Sabbath means to you. Explore how you resist taking time for yourself. Look at your chart with new eyes. Is there time in your day to make room for God? What do you see? Here is a sample chart:



Sabbath Pie Chart. 1. Name: _____

Record how many hours per day you spend in each of these activities. You may need to add other areas like school, studies, reading time, etc. Make your own pie chart and use the diagram to show how the slices of that pie are allocated to each activity.



Sabbath.Pie.Chart.1A. . . . Partner:

Record.how.many.hours.per.day.you.spend.in.each.of.these.activities..You.may.need.to.add.other.areas.like.school,.studies,.reading.time,.etc..Make.your.own.pie.cart.and.use.the.diagram.to.show.how.the.slices.of.that.pie.are.allocated.to.each.activity..

Sabbath.Pie.Chart.2.. . . . Combined:

Combine.your.charts..Record.how.many.hours.per.day.you.spend.in.each.of.these.activities..You.may.need.to.add.other.areas.like.school,.studies,.reading.time,.etc..Make.your.combined.pie.cart.and.use.the.diagram.to.show.how.the.slices.of.that.pie.are.allocated.to.each.activity.and.time.you.spend.together..

Create.a.sacred.space.in.your.home.for.your.meditations,.prayers,.and.being.still..Try.to.find.a.time.each.day.(preferably.the.same.time).to.go.to.this.place.to.rest,.relax,.and.let.go.of.your.day..Try.to.find.thirty.to.forty.minutes.during.the.day.or.week.to.be.still.and.contemplate.this.key.and.work.with.other.concepts.in.this.book..I.promise.you.will.find.that.the.rest.of.your.day.or.week.will.become.less.stressful.and.effortless..Over.time,.you.will.build.a.field.of.peace.and.quiet.that.will.enhance.your.meditation.practice..See.the.sample.chart.on.the.next.page,.and.then.complete.your.own..

- . In.your.meditation.practices,.contemplate:
- . • Write.your.experience.of.each.place..
- . • What.does.it.mean.to.make.your.heart.holy?.
- . • What.does.it.mean.to.make.your.soul.holy?
- . • What.does.it.mean.to.make.your.eyes.holy?
- . • What.does.it.mean.to.make.your.hands.holy?.



Sample.Sabbath.Positive.Belief.Chart

DIVINE QUALITY	NEGATIVE BELIEFS	HEART	SOUL	EYES	HANDS
DIVINE TRUST	<i>I don't trust God, myself, or others</i>	<i>Heart closed. I trust to open my heart to God, myself, and others.</i>	<i>I don't trust my soul's path. I trust in my Divine potential.</i>	<i>My eyes don't trust what I see. My eyes trust what I see.</i>	<i>I can't trust my hands. My hands trust and create from God within.</i>
DIVINE SELF-LOVE AND SELF-ACCEPTANCE	<i>I judge, blame, or am ashamed of God and myself.</i>	<i>I love and accept myself for my faults.</i>	<i>I love and accept my path.</i>	<i>I can see with self-love and self-acceptance.</i>	<i>I touch and create with love and acceptance.</i>
DIVINE RESPECT	<i>I didn't respect God or myself.</i>	<i>I respect myself and God within me.</i>	<i>I respect the Divine potential in others.</i>	<i>I can see the Divine in others.</i>	<i>My hands respect the Divine.</i>
DIVINE INTERPERSONAL LOVE	<i>I judge and hold resentment of God, myself, and others.</i>	<i>I love and accept others, regardless of their faults. I forgive.</i>	<i>I relate to others from a soul level. I honor their soul's journey</i>	<i>I can see the Divine potential of love.</i>	<i>I touch and create with others with love and acceptance.</i>
DIVINE COMMUNICATION	<i>I cannot hear or listen to God, my inner wisdom, or others.</i>	<i>I listen and speak from the God within me. I hear and take in the wisdom of others.</i>	<i>I listen and communicate from a soul level.</i>	<i>My eyes are open to Divine communication. What I see, here, and know comes from the Divine within me.</i>	<i>My hands are a Divine expression and communicate God's love and will.</i>
DIVINE VISION	<i>I cannot see the truth. I only see my side of the story.</i>	<i>My eyes see the situation from God's within. I look through God's eyes,</i>	<i>I can see the Divine potential in this situation and another's soul.</i>	<i>My eyes see what God sees</i>	<i>My hands hold and create God's vision</i>



DIVINE WISDOM	<i>I am ruminating on negative thoughts.</i>	<i>I open to God's greater wisdom.</i>	<i>I open to Divine wisdom from a soul level.</i>	<i>My eyes are connected to Divine wisdom.</i>	<i>My hands express Divine wisdom</i>
--------------------------	--	--	---	--	---



DIVINE QUALITY	NEGATIVE BELIEFS	HEART
---------------------------	-----------------------------	--------------

EYES	HANDS
-------------	--------------

Sabbath.Positive.Belief.Chart.. .

**DIVINE
TRUST**

Name: _____

SOUL

DIVINE SELF-LOVE AND SELF- ACCEPTANCE					
DIVINE RESPECT					
DIVINE INTERPERSONAL LOVE					

**DIVINE
WISDOM**



DIVINE QUALITY	NEGATIVE BELIEFS	HEART
---------------------------	-----------------------------	--------------

EYES	HANDS
-------------	--------------

Sabbath.Positive.Belief.Chart.. .

**DIVINE
TRUST**

DIVINE COMMUNICATION					
DIVINE VISION					

Partner:

SOUL

--	--	--	--	--	--

**DIVINE
WISDOM**



DIVINE QUALITY	NEGATIVE BELIEFS	HEART
---------------------------	-----------------------------	--------------

EYES	HANDS
-------------	--------------

Sabbath.Positive.Belief.Chart.. .

**DIVINE
TRUST**

DIVINE SELF-LOVE AND SELF- ACCEPTANCE					
DIVINE RESPECT					
DIVINE INTERPERSONAL LOVE					
DIVINE COMMUNICATION					

**DIVINE
WISDOM**



DIVINE QUALITY	NEGATIVE BELIEFS	HEART
---------------------------	-----------------------------	--------------

EYES	HANDS
-------------	--------------

Sabbath.Positive.Belief.Chart.. .

**DIVINE
TRUST**

DIVINE VISION					

Combined:

SOUL

DIVINE SELF-LOVE AND SELF- ACCEPTANCE					

**DIVINE
WISDOM**



DIVINE QUALITY	NEGATIVE BELIEFS	HEART
---------------------------	-----------------------------	--------------

EYES	HANDS
-------------	--------------

Sabbath.Positive.Belief.Chart.. .

**DIVINE
TRUST**

DIVINE RESPECT					
DIVINE INTERPERSONAL LOVE					
DIVINE COMMUNICATION					
DIVINE VISION					

**DIVINE
WISDOM**



DIVINE QUALITY	NEGATIVE BELIEFS	HEART
---------------------------	-----------------------------	--------------

EYES	HANDS
-------------	--------------

Sabbath.Positive.Belief.Chart.. .

**DIVINE
TRUST**

--	--	--	--	--	--

**DIVINE
WISDOM**



Making the Sabbath Holy with Your Partner

In both the Torah and the New Testament, there is a promise that when two or more are gathered to read Torah or in God's name, the Shekinah, Holy Spirit, will appear. Our ancient Rabbis also teach us the principle of ten, that the energy of the Holy Spirit multiplies the more people are focused on this energy. Just imagine yourself at the last uplifting conference or concert you attended, the focus of energy multiplied by the number of people there. If you consider this basic principle of the law of attraction, you will know with certainty that your experience of the Holy Spirit will increase when you are meditating, reading scripture, practicing these exercises, and/or praying with your partner. What a beautiful promise that in partnership we can double our experience of the Holy Spirit in the room! We can support each other and build a bridge of communion and holiness between us. You may already spend quality time in prayer, meditation, and studying scripture with your partner. If so, it will be easy to adapt these exercises into your daily practice. If not, you may want to set aside a time each evening or morning to spend together and try building the sacred bridge of your partnership. It will be rewarding, I guarantee it! All you have to do is put in the effort and make a commitment.

If you are not drawn to Scripture, or if you and your partner come from different religious and spiritual backgrounds, I encourage you to write up ten basic keys from those traditions and practice these same exercises. You will find that the principle is the same regardless of the script you use. For some diverse couples, I encourage you to combine your ten keys to make a set of ten that integrates both of your traditions.

In partnership, we come together to heal our pasts and build our future as a couple. When you recognize this fundamental principle and work together with insight, you can build a healthy, sacred partnership. Everyone comes with gifts and baggage from their past. When you are awakened to this knowledge, you have power to overcome any obstacles. If you stay blinded, uninformed, and starry-eyed, you may miss the opportunity for true communion and union. This is what is meant by the marital scripture passage, "What God has brought together, let no man [woman] tear asunder." It is the bridge of light and communion between you that will ward off outside influences that strive to tear you apart. You learn the keys of self-mastery to bring wholeness and holiness into your relationship...

Step 1:

You may say, "But we are too busy to take time out of our day to pray, meditate, and share our experiences." Just as you need to create *Sabbath moments* for yourself, you also need to create them for your partnership. Your



relationship is worth it, and I promise your efforts will bring rich rewards beyond your imagination. Your relationship can be built upon the foundation of

Divine grace and love. Let's start today with this key. Make a commitment with your partner to create Sabbath space and time together to work with the keys in this book. Write your commitment here.

Step 2:

Once both of you complete your Sabbath Inventory Charts, share them with each other. Discuss the time you need for yourself for your personal work and find time each day or in the week to spend together. Bring your work together with a sense of joy and accomplishment. In this time, you can share and review the work you have done with other keys, as well as share your insights and wisdom. Support each other in the process. Now, begin your meditation session with keeping the Sabbath holy and express what it means to each of you.

Step 3:

Listen to your partner and support each other in the process. Start your meditation together, placing the key on your heart. Meditate on the key and, when you are ready, bring the connection together with your partner. Say out loud to each other what the key means to you and your relationship. Hold each other in the sacredness and wait for anything that may need to be lifted from your hearts to move or change. Allow the holiness of your Divine connection to connect between you and then move to the next key and so forth. Each key will help you open to new ways of relating to each other. It will provide the sacred space for both of you to master any decision you need to make about your lives. Try it!

Step 4:

If you are having a difficulty making a decision regarding family members or work, after you have created the space between you, bring into the space the questions or worries you have. Allow the influx of the Holy Spirit to open your hearts, souls, eyes, and hands to help both of you find the answer. With your combined energies, you can lift and transform your struggles and make positive affirmations for your future.

For example, if you are struggling financially, use the meditation to open to new possibilities. Say, "Together we can see this financial need or problem. We take responsibility for our contribution to the situation. We are committed to making the change needed for financial freedom and success. The universe supports us with new ideas and opportunities. I know we can be financially free of stress and worry." You may create your own affirmations for each



situation..Remember.to.lift.your.hearts,.souls,.eyes,.and.hands.when.affirming. what.you.want.to.create..Change.negative.statements.into.positive.ones..“We. know.the.universe.is.vast.and.provides.everything.we.need..We.can.do.it. together!”.

. I.am.not.saying.you.won’t.have.to.change.bad.habits.and.let.go.of. unnecessary.thoughts,.feelings,.and.behaviors..But.together,.you.CAN!. Together.you.can.access.the.Higher.Power.for.answers.and.support..You.can. lift.your.relationship.into.higher.levels.of.resonance.with.the.support.of.the. Holy.Spirit..Both.of.you.will.become.aligned.to.the.best.in.you.and.what.you. want.as.a.couple..

Family

Furthermore,.use.these.to.set.the.template.for.your.children,.home,.and.family.. You.would.be.wise.to.do.so..It.will.be.less.confusing.for.your.children.if.you. work.through.these.steps.together..It.is.an.important.step.toward.unification. and.building.a.sacred.bridge.between.you.and.your.loved.one..It.is.a.cohesive. wave.of.consciousness.for.your.children.to.grow.into,.rather.than.confusion. about.your.spiritual.beliefs.or.trying.to.choose.one.over.another..This.type.of. split.decision.often.leaves.our.children.confused.about.their.spiritual.journey.. If.your.beliefs.are.similar,.it.will.be.easier.for.you.and.your.family.

. Nevertheless,.children.are.undeniably.born.into.diverse.situations.and. asked.to.integrate.both.religious.views.of.their.parents.and.to.heal.the.religious. split.in.our.culture..You.can.support.this.process.by.finding.the.sacred.middle. ground.of.your.religious.traditions..Teach.your.child.about.the.religious. concepts.that.are.essentially.the.same.and.those.that.are.different..This.will. help.your.child.become.informed.about.their.heritage..It.also.helps.them. embody.the.full.light.of.unity.within.their.family.tree.

. Whether.you.are.single.or.in.a.blended.family,.you.have.the.same. opportunity.to.build.a.bridge.of.light.for.your.children..You.may.be.challenged. to.let.go.of.unresolved.feelings.about.your.previous.partner,.your.child’s.parent.

. Yet.it.is.important.that.you.create.neutrality.and.peace.within.yourself.and. transmit.this.to.your.child...In.addition,.you.may.have.decided.to.be.a.single. parent.or.adopt.a.child..Your.family.choices.can.be.mixed.in.a.variety.of.ways,. such.as.same-sex.marriages..The.promise.of.the.light.is.the.same.regardless.of. your.situation..Remember.that.Joseph.was.the.restorer.of.respect.and.honor. for.Mary.and.her.son.Jesus..You.have.the.opportunity.to.do.the.same—to. restore.the.light.within.your.family.today..



. For some, it can be unfortunate when our dreams have not worked out as we planned, but nonetheless, we can offer wholeness to our family. Our meditations on the Sabbath are just as important. We are blessed regardless of our situations. We can access the Holy Spirit and be guided to build a whole, holy family. Your God-Realization Genograms may look different. There may be more or less extended family members with complex relations. Yet the process is still the same. Understanding your Family Tree of Knowledge is the key to reentry into the Garden of Eden and receiving the *blessings of a thousand generations*.

. Our children need to be guided to their spiritual roots. This process is fundamental to their physical, psychological, interpersonal, and spiritual health, just as teaching them to read, write, and explore their creativity are important. Guiding them to explore their personal relationship with God can take many forms: attending Sunday School, participating in faith-based programs, yoga and meditation, or any other spiritual enlivening practice. Most of all, our children watch us and learn what is important. Helping children find a quiet space where they can foster their inner connection with God is a lifelong age-appropriate process. Find ways during the week to spend with your child exploring how to create *Sabbath moments*, to be still and know God. For young children, drawing, coloring, and listening to spiritual music can build the bridge to knowing God.

. Remember that we mustn't force our children to do anything. We must teach them by example so that they want to learn and be like us. Let's start by blessing them with the wisdom and knowledge of a thousand generations. Saying positive blessings over your children will build a positive, uplifting mind field of energy around them. Your child will be bathed in the light of your words and feelings for them. Let those words be uplifting and life affirming. Teach your children to pray and affirm their life, their family, their friends, the animal kingdom, their community, and the world. This practice will empower them for life.

. Whether you are married, in partnership, or single you can start today balancing your life with this key. Keep the Sabbath holy and reclaim the light within you, within your partner, and within your children. The next key takes you deeper into exploration of your family and ancestral heritage. It will help guide you into finding new meaning in your life.

Ask your partner, "Do you think we have a good marriage or partnership?"

What you put into the relationship is what you get out of it. If you put the same thing in and you are unhappy, you will get the same results. Are there things

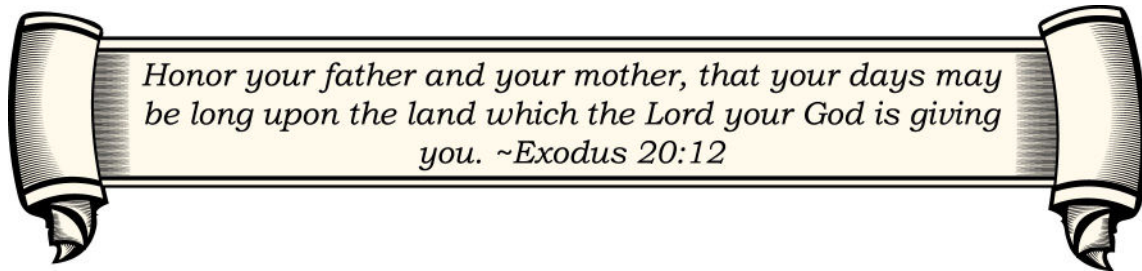


you keep doing in your relationship you would like to change? If so, name them here..



Chapter 9

The Fifth Commandment: The Key to Belonging



*Honor your father and your mother, that your days may
be long upon the land which the Lord your God is giving
you. ~Exodus 20:12*

(New King James Version)

The key to the Family Tree of Knowledge offers us an opportunity to understand where we came from and trace our family history back several generations. Honoring our mother and father requires that we mature beyond our limited perceptions of how we see them. If we don't expand our awareness to include our paternal and maternal ancestral tree, we may be limited by our current experiences and misconceptions of our situation.

Each family has a story to tell. Why does God think it is important to place this key on our hearts, souls, eyes, and hands? There must be a reason. All of the wisdom from our ancestors is encoded within the very fabric of our being. Our parents didn't become who they are without adapting to their parents and the generations before. You can unravel this greater mystery by looking for both the positive and negative generational love bonds that are apparent in your family today. Honoring this journey allows you to embrace the blessings from a thousand generations and to untangle the crooked paths that trouble us today. Our family tree offers us knowledge and wisdom into ourselves, our families, and our healing journey.

When you work with both your paternal and maternal genograms and outline your positive and negative love bonds, you can identify which of the Spiritual Keys are strong and which are weak. You may discover strong lineage to faith and religion in one area and a loss of faith in another. These are important for you to understand and release so your heart, soul, eyes, and hands can be free to express the light within you.

The previous four keys set an important framework for your exploration.



All the keys work in tandem together, yet when you work with the first four, you set a template for exploring your family. You can always return to a previous key to activate your relationship with God and provide a space to look into some of the painful situations of the past. You will be looking with new eyes, exploring areas where you blame others or others were blamed or scapegoated. You will unravel a greater mystery and find new ways of restoring the light within you and your family. Remember that we are born into our family with a myriad of positive and negative experiences. This is our work in this lifetime. If we were born into negative generational love bonds, they are within our Family Tree of Knowledge. By exploring your tree, you will understand the hidden secrets of the past and find your way back into oneness with God.



Step.1:

When you do your personal family tree, you will find several different patterns.. I encourage you to choose one or two to work with in the beginning.. As you gain more proficiency in using this key, it will become easier for you to access higher wisdom and unravel the crooked paths of your ancestors.. You will find peace, love, and forgiveness arising in your heart, soul, eyes, and hands.. This journey is sacred and will awaken both positive and painful moments in your life.. It will unlock your heart in ways you never expected.. You will begin to know what it means to forgive seventy times seven and free yourself from the web of illusion that held your family in profound forgetting.. I promise if you stay with the process, you will feel refreshed, enlivened, and filled with grace.. Your journey into God-Realization will be awakened within you.

Step.2:

In the beginning, it is highly suggested that you meditate on the positive love bonds in your family.. Choose one or two.. Use the same process of placing the key into your heart, soul, eyes, and hands.. When you feel a sense of peacefulness, consider the positive love bonds in your family.. How do your heart, eyes, soul, and hands feel?.. Is your heart open and free? Do you live life to its full potential? Do you see God, yourself, others, and the world with positive eyes? Do your hands reflect a positive creative process? Do they touch others with love? Are you generous? What is the web of positive connectedness that goes back generations? Which side of your family did the positive love bond come from? Was it both? Do both your parents emanate it? Make notes of your experience.

Step.3:

Choose one negative love bond pattern.. Can you trace it back into your maternal or paternal chart? In your meditation, use the first four keys to balance your heart, soul, eyes, and hands before contemplating the negative love bond (NLB) in your family.. Place this NLB on your heart and consider how it affects your ability to love.. Is your heart open or closed? In some situations, we have positive responses to negative situations.. It is not always black and white.. Move the situation into your soul and consider how it has affected your soul growth.. Did the situation support you in reaching your potential, or has it had the opposite effect? Now place this situation in your eyes.. How does it affect how you see God, yourself, others, and the world? Do the same with your hands.. Have your generational negative love bonds affected the way you use your hands and create in the world? How? Make notes in your journal or here.. Repeat this process with each negative love bond.. If you get stuck or frustrated, go to the next step and use the *I AM Meditation* to help you..



Partnership: Comparing our Charts

Wonderful! You are here at last. You have deeper insight into your family. You are ready to share some of your information with your partner. Each of you are looking for keys that will unlock the hidden potential in your relationship. This process gives you an opportunity to know each other, to respect each other's path, and to embrace new possibilities for your relationship.

Usually, we don't get a spiritual guidebook for relationship. We come as we are, fall in love, and off we go in a passionate tizzy for a while. For others, we are thrown together in other ways—maybe not so passionate—yet we are committed just the same... I am addressing this issue because most of us go blindly into relationship, not knowing or understanding the spiritual potential and growth. Many times we are blind-sided later by our partner's faults and find ourselves scrambling for ways to understand. The God-Realization Process can help you unravel the greater mystery of your relationship, support each other on your personal healing journey, and free yourself from bondage to negative generational love bonds. The process supports you in claiming the positive love bonds in your families of origin while creating new ones between you. Together, you have the power to master anything; use the keys to awaken your Divine potential.

Make a list of the positive love bonds in both your charts.



Make a list of the negative love bonds in both your charts.
Identify and compare positive beliefs. (“The cup is half full”).

Identify and compare negative beliefs. (“I am unlovable, unworthy, an idiot”).

How do both the positive and negative love bonds affect you as a couple?
What can you do to change a pattern? How can you support each other by not colluding or overreacting when a negative love bond is showing itself? What are your plans? Is there a specific word to let your partner know the NLB is in the room?....

Notes:



You can use a simple tool to stop, drop the interaction, disconnect your NLB from the other person, and reconnect with yourself. This simple formula can help you change a pattern. You may need to go to your meditation space, or have a time out, to reconnect to the truth before returning to your relationship. You also need to realize you are responsible for the reality you create. It is important to reconnect and discuss the situation in a less reactive way. Just remember to say to yourself, "Am I loving them in a negative way? I am trying to love them to death in the way I learned. This is not about them. It is about me."

I would be remiss if I didn't remind you that your partner has their own issues that get triggered. Our interactions are interdependent, and we know how to trigger our loved one's behavior. So, as a couple, you need to embrace the idea that both of you are accountable for your own spiritual health as well as the spiritual health of one another.

Step 4:

The *I AM Meditation* can help you balance your energy consciousness field. Use it when you feel stressed out about the situations you are exploring. Each of the *I AM* mantras are designed to restore and bring a higher vibration of resonance in your deep limbic system and brain. If you have trouble working with negative love bonds and are plagued by deep emotional feelings and negative thoughts, it is good to use the *I AM Meditation* and the first four keys to support you in the process of releasing negative love bonds.

Step 5:

Whenever we feel held hostage by a negative love bond, using the art of forgiveness is a key to opening our hearts, which then translates to each of the other areas. Christ told Peter he would need to learn forgiveness seventy times seven. Why is this so important? If we look at any given situation and open our cone of awareness, we may find a myriad cast of characters to forgive. This Spiritual Key helps us explore the intricate web that holds the love bond in place. We may need to go back several generations to unravel the mystery and open our hearts. Forgiveness seventy times seven is more than just paying lip service. It requires us to seek deeper meaning about how something was put into play. We also need to learn to ask for forgiveness for holding on to a certain belief and pain or colluding with others around certain painful situations. When we do this, our hearts awaken to the co-creative process of forgiveness. If we refuse to open our hearts, we may never truly understand the other. Some of us can hold onto pain, anger, and our story for eternity. It becomes like a badge of honor while the whole time, our hearts, souls, eyes,



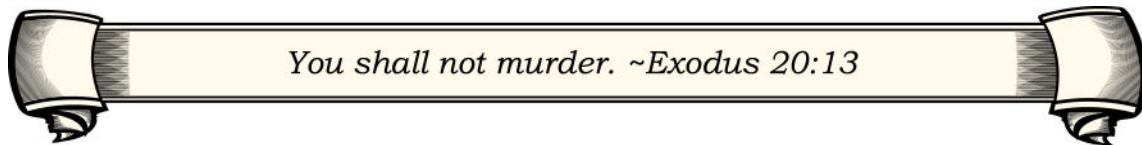
and hands are limited in expressing the Divine light within us. This is what is meant by carrying something to the grave, and it is often a heavy burden to bear that weighs us down over time...

Who in your family tree do you need to forgive? Start with one person and see if you can clear all four areas: your heart, soul, eyes, and hands. Please try not to get frustrated if you can't let go. In the beginning, some of our pain and heartache is hard to let go of. Give yourself time and space. You may spend a week or more with a particular situation. It will be worth it if you stay present and committed. Consider how and if this situation has affected others in your family. If so, who and how?

Notes:

Chapter 10

The Sixth Commandment: The Key to Respecting Life



The sacredness of this key is essential to your health and wellbeing. Your brain and deep limbic system responds to killing of any kind. God knows how the act of killing can redirect our awareness away from the light within us. It is the opposite of creation. We were born to create, and God is creation itself. God is expanding through us, just as our universe is expanding and creating new worlds. Our very nature is born out of the breath of God and the dust of this Earth. So why does God give us this key? How does killing affect your heart, your soul, your eyes, and your hands? How does it redirect your mind and program your brain and physiology? Any act of killing induces a tremendous amount of stress on all of the systems of our body and shocks our emotional body to respond in anger, hatred, and fear, or operate from survival mode. The mind, body, and soul of a killer is in constant unrest...

It is interesting to reflect on the teachings of Christ and review His Jewish roots. We are blessed when He reduces the Ten Commandments down.



to two: "Love thy Father with all your heart, your soul, and your mind. Love thy neighbor as yourself." When we read all the laws in Leviticus, we realize how Christ challenged the law. He aligned himself with the laws that supported taking care of the poor, the widows, the blind, and the deaf, while introducing forgiveness for sins rather than killing. It is safe to say Christ understood that killing breaks our covenant with God. How could the Jewish leaders be blinded to breaking this covenant with God? The old ways of sacrifice, stoning, and punishment for sins were part of the belief system of the times. For whatever reason, these old beliefs and traditions became interwoven with God's covenant. In an act of love for us, Christ was born to restore the truth and wisdom within the original covenant. Christ wanted us to know that the light is within us, that we have eternal life, and that we must forgive and love one another. Christ was a rebel and fought against the laws that were written by man. Instead, he understood the true teachings of the Lord. Ultimately, He would give His life to let us know the truth.

When Christ asks us to love God with all of our heart, soul, and mind, He, too, is referring to the purification process and these sacred centers. He knows how important it is to have the keys to self-mastery. Focusing our meditation on these two keys would be easier than reviewing all ten. He simplified the process for His followers in hopes that they, too, can find true salvation. For now, let us reflect on the key that says killing would create harm to our inner connection with God. Killing another has a direct effect on your heart, soul, eyes, and hands. It breaks the covenant to love your neighbor as yourself...



Step.1:

Can you reflect on your own life, your God-Realization Genogram, and take a personal inventory of killing in your family and document the information on the Respecting Life Inventory Chart? Look on both sides of your family tree and recognize who was affected by war. Record the positive and negative after-effects such as loss, addiction, divorces, and others. In another column, consider the idea of soul murder. Did any family members live through atrocities such as genocide, abuse of any kind, murder, suicide, satanic cults, mental illness and addiction, displacements, estrangement, or abandonment?

Respecting Life Inventory Chart. 1.-.Example

FAMILY MEMBER	WAR	TYPE OF ABUSE OR SOUL MURDER	ADDICTION, MENTAL HEALTH ISSUES AND EFFECTS	EFFECTS ON FAMILY NEGATIVE LOVE BONDS	EFFECTS ON FAMILY POSITIVE LOVE BOND
(Example) <i>Uncle Paul</i>	<i>Korean War</i>	<i>Loss of self and connection to family</i>	<i>Alcohol abuse PTSD Depression</i>	<i>Loss of relationships; anger, genetic alcohol abuse</i>	<i>Women who support veterans</i>
(Example) <i>Father</i>		<i>Outcast by adoptive mother. Loss of first son to adoption.</i>	<i>Isolation Infidelity</i>	<i>Anger toward women Divorces</i>	<i>Adoption of Children</i>
(Example) <i>Mother</i>	<i>WWI and WWII (Grandfather)</i>	<i>Outcast Loss of children to husband</i>	<i>Bipolar isolation Infidelity Alcoholism</i>	<i>Korean War</i>	<i>Korean War</i>
(Example) <i>Uncle Paul</i>	<i>Korean War</i>	<i>Korean War</i>	<i>Korean War</i>	<i>Motherless children Divorce Isolation Secrets</i>	<i>Strong relationship with father as mother Learn to love as mother from lack</i>



--	--	--	--

EFFECTS ON FAMILY NEGATIVE LOVE BONDS	EFFECTS ON FAMILY POSITIVE LOVE BOND
--	---

Respecting.Life.Inventory.Chart.1.-.Name:

FAMILY MEMBER	WAR	ADDICTION, TYPE OF MENTAL ABUSE OR SOUL ISSUES AND MURDER	HEALTH	EFFECTS		

				EFFECTS ON FAMILY NEGATIVE LOVE BONDS	EFFECTS ON FAMILY POSITIVE LOVE BOND

Respecting.Life.Inventory.Chart.1.-.Partner:

FAMILY MEMBER	WAR	ADDICTION, TYPE OF MENTAL ABUSE HEALTH OR SOUL ISSUES AND MURDER	EFFECTS		



				EFFECTS ON FAMILY NEGATIVE LOVE BONDS	EFFECTS ON FAMILY POSITIVE LOVE BOND

Respecting.Life.Inventory.Chart.1.-.Combined:

FAMILY MEMBER	WAR	ADDICTION, TYPE OF MENTAL ABUSE OR SOUL MURDER	HEALTH ISSUES AND EFFECTS



--	--	--	--

EFFECTS ON FAMILY NEGATIVE LOVE BONDS	EFFECTS ON FAMILY POSITIVE LOVE BOND
--	---

--	--	--	--	--	--



				EFFECTS ON FAMILY NEGATIVE LOVE BONDS	EFFECTS ON FAMILY POSITIVE LOVE BOND



Step.2:.Respecting.Life.Inventory.Questions

These questions are adapted from the *Blessings From a Thousand Generations* book. New questions have been added to help you with your self-mastery process. Write your answers in your journal. Both you and your partner can answer these questions to share later.

Review your chart. Make a list of any abusive, critical, or harmful actions, words, or deeds that caused you or others in your family emotional, mental, or physical pain.

How many generations back in history can you trace this pattern?

Do you carry any of the traits, beliefs, behaviors, or emotional colorings of the abusive person(s)? If so, what aspects do you carry today?



How have these actions affected you as a person?

Do you carry any painful memories in your heart? If so, how was your heart affected? Was trust broken? Was self-love and self-acceptance suppressed? Was dignity denied? Do you carry shame?

Do you have any painful memories that inhibit your soul from growing? If so, in what way do you perceive this painful event inhibiting you? What aspect of your soul (if any) was lost?



Do these experiences dictate how you view God, yourself, others, and the world?

Review your genogram and chart. Who else in your family was affected? Answer the same questions for each person that was affected. This will give you insight.

Step 3:

Once you identify any broken Commandments, set up a time to pray and meditate on each one. Use the Spiritual Key to open the doorway to your heart, soul, eyes, and hands. Start by using all the previous keys to set your inner awareness. Say each key in the heart, soul, eyes, and hands to expand the light within you and connect with the Divine. Now, consider how each one of these areas are affected by the experience of killing in any of its various forms. If you have difficulty staying present with the key, do the *I AM Meditation* and then bring the key into each area.

Notes:



Step.4:

Consider the process of forgiveness. You may need to practice it again seventy times seven to unravel deeper levels of truth and healing. Be patient with the process; you have time. Remember: these patterns have gone on for generations not only in your family, but also in the greater family of humanity. You may be surprised how many people may need forgiveness in order to unravel the greater mystery within your Family Tree of Knowledge.

Notes:

Step.5:

Write a positive affirmation that you can say several times a day to activate the life force within you. You can change the negative love bonds by affirming what you want now. You may say, "I know this happened in the past. It is not who I am now. I ignite the Divine within me today to be the best that *I AM*. My Love is free! *I AM* free! I was born to create positive loving relationships! I forgive this person and pray for forgiveness." Your situation is unique. You are unique. The Divine in you is unique and wants to be expressed. Remember when creating a positive affirmation to state what you want rather than focus on what didn't happen. In this way, you will enliven your desire with positive potential. Make a commitment to say your affirmations several times a day. Your words activate the light within you and all around you. Sense the power of your spoken word. It actually lifts your vibration out of the negative love bond into a new way. Your brain and deep limbic system align to what you want, not to what happened in the past.

Positive Affirmation(s):



Partner's Positive Affirmation(s):

.

Compare Partner Charts

When you are in partnership, all of the positive and negative incidents, beliefs, and painful memories that are a direct response to killing affect your relationship in a myriad of ways. It is important to share your Respecting Life Personal Inventory Charts and answers to the questions to identify the influences of energies that might exist between you. Self-mastery in partnership is when we can uplift each other out of our generational negative love bonds and reclaim our light and life force. Together you have the opportunity to unravel and free up the light within your combined family trees. You are capable of changing any negative love bond and restoring each other with true mercy, love, forgiveness, and understanding.



Step.1:

In comparing your charts, identify any negative love bonds that affect your relationship today. It is important to focus on those that are affecting you in the here and now. You decide together which ones to work with first, second, third, and so forth. Use your meditation time together to focus on this key and the effects on your relationship. Clearly write down what you have decided. For example, if you are going to focus on abuse in your partner's family, write down

who, what, where, and the negative love bond, beliefs, and feelings that are present today as a result of that abuse. You will do this for each situation you want to share. Your partner may have already done the work in the question section, so it will be easy for you to clarify what you want to focus on.

Notes:



Step.2:

Start your meditation by opening your heart, soul, eyes, and hands with the previous keys.. Build the bridge between you by first placing the key on your heart, soul, eyes, and hands, and then make a connection with your partner.. Together you invite in the negative love bond, beliefs, and negative feelings you are concerned with and ask for more insight.. You may want more information on how this impacts your relationship, on how to work towards healing it, and unraveling the light within your relationship.. Use your meditation time together to uplift the situation into the light and bring more awareness..

Notes:

Step.3:

As we've already mentioned, there is power in numbers, and the power of two can enhance your meditation.. You can use the power of two to work with forgiveness, holding the situation and each other in the light of forgiveness.. Together you explore forgiveness in the heart, soul, eyes, and hands to uncover if there is any residual holding on to the negative pattern.. You may gain deeper insight for each other about the other cast of characters who are also held in bondage.. You can free each other with the power of forgiveness.. Remember to encourage each other: "Release" and "Let go."..

Notes:

Step.4:



Write a positive affirmation upon completing your meditation. Both of you can take a few minutes to say this out loud. Your affirmation shows you understand the negative love bond and what it brought into your life. You want to claim that now you are free. You claim what you want now for your relationship. Each of you commits to say the affirmation for yourself and for the other. If your partner is working on a particular negative love bond, you commit to saying a positive affirmation to reaffirm their light and what they want. Both of you write out the affirmations, stating clearly what you want for yourself and for your relationship. Say these affirmations for yourself and your partner a few times a day. Visualize the words activating the life force within you and all around you. You are radiating your desire from the light within.

Combined Positive Affirmations:

Notes:

Step 5: *I AM* Meditation

Whenever you feel frustrated in your meditation, chant the *I AM* mantras to rebalance your mind, body, and spirit. Sometimes we need to focus on the mantra to help us let go of a negative belief or feeling. If this is the case at any time during the meditation, you can return to the mantras. Preferably, we start each meditation using the *I AM Meditation*, yet some of you may not have time to do both. In any case, know that the *I AM Meditation* is your own self-healing meditation when you get stuck or replay certain events. You may need to spend time with the Divine qualities of trust, love and acceptance, and respect before opening and letting go of old wounds in the heart. Our hearts can remain.



closed.if.trust.in.the.Divine.isn't.restored.

Notes.(Record.your.personal.experiences.working.with.the.meditation):.



Family

Our children naturally reflect the light within, unencumbered and free. They are born filled with Divine potential. When they are born into a family where this key is broken, where life isn't or hasn't been respected, their light becomes hidden under these experiences. Children adapt to their surrounding environments and are deeply affected by any act of killing. It is against their nature because innately, they are wired to love and bond. When this process is thwarted or an infant is abandoned without touch or love, they eventually die. This applies to all types of human relationships. Our only impulse or thrust in life is to bond with love. Love is the universal energy that drives us forward in life. It is the breath of God. Yet our brain doesn't register the difference between positive or negative love. We bond our love with either positive or negative experiences. Your children and family members are bonding in the same way they have for generations.

Consider how love is bonded in your family. How is it bonded around respecting or disrespecting life? Can you identify the positive and negative love bonds that form your child's inner world? Has your child been exposed to any type of abuse, killing, or estrangement in your family or with friends and peers? Isolation and abuse doesn't have to happen at home. Our children are exposed to positive and negative love bonds of their peers or teachers as well.

This is why God wants us to teach these keys to our children. It reinforces the Divine within them and builds an internal sense of connection with God, who can never be harmed. When we teach these to our children, they have the spiritual weapon to master their inner relationship with God, to claim their true identity, and to ward off negative experiences and energies from others. It enhances their ability to reach their true potential and shine their light into the world.



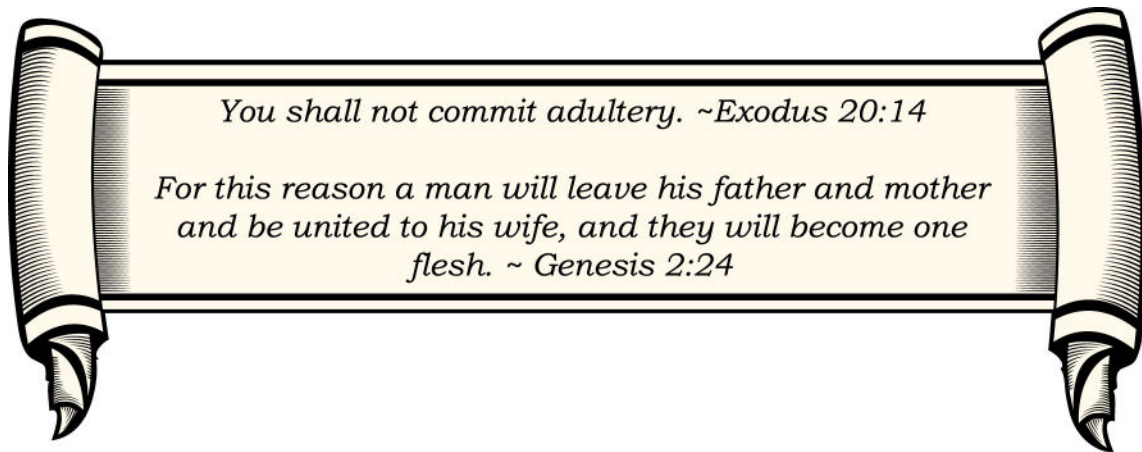
. When you meditate on each key, remember to embrace your children with this knowledge and wisdom. You can actually expand your consciousness around your children with this inner wisdom and light.

Notes:



Chapter 11

The Seventh Commandment: The Key to Unity



When you think of the word adultery, all types of images and thoughts are formed in your mind. Each one of us conjures up old tapes and experiences around this word. Just reading the chapter title may have ignited old wounds or ingrained thought forms. Our Jewish ancestors struggled with this key and even enforced harsh laws to prevent breaking it. Death was a consequence for breaking this covenant with God until Christ introduced forgiveness. You might say this key can activate strong impulses and feelings within each of us. For our work here, we want to explore why God has given us this key. There must be a reason beyond being right or wrong or bad or good. If we consider how the key affects our relationship with God within us, our understanding deepens... What does adultery have to do with your heart, soul, eyes, and hands? How does it circumvent your ability to be in unity?

When you consider how an extra-marital affair impacts your personal relationship with God, yourself, and your partner, and suppresses the seven divine qualities within you, this insight can empower you to master this impulse and stay in integrity. The knowledge of how trust, self-love and self-acceptance, and respect are covered by your self-betrayal, and betrayal of the light within you opens new possibilities for healing. This is always the case and needs to be considered first before looking at how adultery impacts others and sets up far-reaching consequences. Simply put, when we betray another, we



first betray ourselves and God within us. God doesn't want us to disconnect from the light source within us; He wants us to stay connected and in tune. . . How does adultery affect your partner and your family? . . . God wants us to experience total union without shame with our partner. . . We are to learn how to become one in the mind of God. . . It is the greatest gift of union. . . When you bring another person into that union, you break the love bond between you and your partner. . . Trust, love, and respect are all breached. . . Some of you may say, "Well, my marriage or partnership was dead. . . I needed an outlet for my passion or drive." I would agree that your relationship was probably dead in some ways if you feel so strongly about it, yet could you be honest with yourself to complete the contract with your partner before breaking it in this way? . . . Many people just act impulsively without considering the fallout for everyone involved. . . They make excuses later for being out of integrity that cover their inner disconnect. . . God wanted us to have union without shame. . . Adultery introduces shame into the partnership, among other hurtful feelings. . . Are there other ways to deal with an unsatisfactory marriage without compromising your own integrity and hurting others?

. . . After reading this material and working with some of the concepts, you may want to consider that your marriage or partnership was missing many other components that would be satisfying. . . Many of the other keys were broken or ignored long before you possibly considered an extra-marital affair. . . You may have lost your connection to God or the source within you. . . Both of you may be off in your jobs or overly involved with the kids or occupied in what you can possess rather than creating intimacy in your relationship. . . Relationships need time and tending to. . . People need to be touched, listened to, and loved. . . Without this, the relationship can wither or die, and you will inevitably grow apart rather than together. . . Marriage and partnership can be like having communion together. . . True intimacy brings us together as one in the bosom of God.

. . . Have you had that experience with your partner? Would you like to? Do you know how to get there? There are many marriage and family counseling books that help guide us along the way, but we receive an earlier instruction manual of how to build this bridge of light between us, becoming one without shame as God promised, in Genesis. . . Working with this key can bring you closer to the promise of union with your partner. . . So let's get started, you two!
Step 1: Personal Unity Inventory. Name:

Trace any themes of adultery in your maternal and paternal genograms. . . What were the effects and outcomes? Were there many family secrets around adultery? If your family never had a problem with adultery, identify the positive and negative beliefs, images, and feelings your parents and loved ones shared around the topic.



Have you ever been betrayed by someone? What happened? How does it impact you today?

Do you still need to work with forgiveness and letting go, reclaiming your light, trust, love, and dignity?

Have you ever committed adultery? Can you explore why? What happened?

How did you betray God, yourself, and the other?

What was the outcome? How did you feel about yourself?



How did you split your energy to carry this lie or secret? How much time and energy did you spend hiding it?

Who did it affect in your family? Consider the following people: your partner, your children, your extended family, and your friends.

Were there any far-reaching consequences?

Could you have done anything differently? Consider other possibilities that would support your integrity.

Does your situation reflect a pattern in your Family Tree of Knowledge? If so, how?

Step. 1A: Partner Personal Unity Inventory

Trace any themes of adultery in your maternal and paternal genograms. What were the effects and outcomes? Were there many family secrets around adultery? If your family never had a problem with adultery, identify the positive and negative beliefs, images, and feelings your parents and loved ones shared.



around the topic..

Have you ever been betrayed by someone? What happened? How does it impact you today?

Do you still need to work with forgiveness and letting go, reclaiming your light, trust, love, and dignity?

Have you ever committed adultery? Can you explore why? What happened?

How did you betray God, yourself, and the other?



What was the outcome? How did you feel about yourself?
How did you split your energy to carry this lie or secret? How much time and energy did you spend hiding it?

Who did it affect in your family? Consider the following people: your partner, your children, your extended family, and your friends..

Were there any far-reaching consequences?
Could you have done anything differently? Consider other possibilities that would support your integrity..



Does your situation reflect a pattern in your Family Tree of Knowledge? If so, how?



Step.2:.

Keep your responses here or in your personal journal..Meditate on the previous keys in your heart, soul, eyes, and hands..Once you feel centered, place this key in each place and become aware of how it was affected..Can you sense it in your heart?.How have you betrayed the light within you?.

What uncomfortable feelings have you set up with your partner?.How is your heart redirected toward another person?.

Now, move to your soul..Does your soul feel at ease or at unrest?.Does holding this secret or breach take your energy away from the ones you love or other projects you want to accomplish?.How so?.

Consider how your eyes are affected..How do you look at the world, your partner, or your children differently now?.Do you have fear or anxiety attached to your eyes?.Are you looking around for ways not to get caught?.

Can you see how this has changed your relationship with your partner?.



Does it affect how you see your children? Do you discount whether they would be affected? How their hearts may feel? Do you include your child in the deception or secret? Some people do. What are the effects? If you have problems with this key, return to the previous keys and use the *I AM Meditation* to restore the Divine qualities within you and try again.

Step 2A: Partner Answers

Keep your responses here or in your personal journal. Meditate on the previous keys in your heart, soul, eyes, and hands. Once you feel centered, place this key in each place and become aware of how it was affected. Can you sense it in your heart? How have you betrayed the light within you?

What uncomfortable feelings have you set up with your partner? How is your heart redirected toward another person?

Now, move to your soul. Does your soul feel at ease or at unrest? Does holding this secret or breach take your energy away from the ones you love or other projects you want to accomplish? How so?

Consider how your eyes are affected. How do you look at the world, your partner, or your children differently now? Do you have fear or anxiety attached to your eyes? Are you looking around for ways not to get caught?



Can you see how this has changed your relationship with your partner?

Does it affect how you see your children? Do you discount whether they would be affected? How their hearts may feel? Do you include your child in the deception or secret? Some people do. What are the effects? If you have problems with this key, return to the previous keys and use the *I AM Meditation* to restore the Divine qualities within you and try again.

Step 3: Forgiveness

You may want to work with forgiveness in each area. Start by admitting your faults and shortcomings to God. Ask God for forgiveness and know you are forgiven. This may be the easy part. What are some of your faults? Do you forgive yourself?

. Now, reflect on each area and recognize how you betrayed yourself, your integrity, and your honor. Ask yourself for forgiveness in each area. Notice if you have any resistance. Now, taking full responsibility for your actions, ask the spirit of the other person to forgive you again moving into each area.

. If you have insight into how this pattern is within your family, pray to unravel the mystery, to know the truth, and pray for forgiveness in each area. Open yourself to higher wisdom and release the crooked path so you can feel the presence of grace and light moving through you. Give yourself time and space with this exercise. You may uncover more information about the pattern, and the blinders will be taken from your eyes.

Notes:



Step.4:

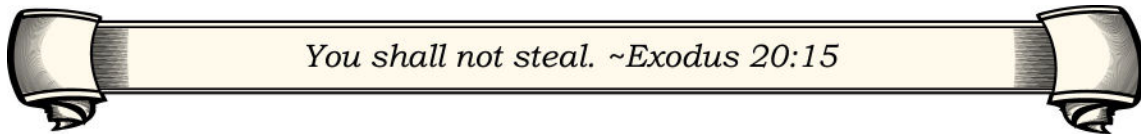
Partners,.compare.your.unity.answers...

When.a.child.is.born.into.adultery,.what.are.the.effects?.What.are.the.burdens.
placed.upon.the.child?.How.does.the.secret.affect.the.child?



Chapter 12

The Eighth Commandment: The Key to Potential



Reaching our Divine potential in life can be thwarted by the simple act of stealing. To steal means to take something that doesn't belong to you. In this section, we explore how stealing can affect our direct relationship with God and compromise reaching our Divine potential. Our biblical history is rich with stories that indicate the different types of stealing, from taking someone's birthright or inheritance to plotting to take another man's wife. In today's world, the concept of stealing can be complex and difficult to identify. Every day in the news we read of identity theft, Ponzi schemes, bank robbery, embezzlement of corporate funds, corporate fraud, missing children, and child pornography. We are inundated with story after story of how stealing affects our lives. It breaks down our moral fiber where we begin to think it is normal to steal. Some of us go blind with denial or become desensitized. We turn off the television, stop reading the front page of the newspaper, and pretend it isn't happening all around us. We take it for "Oh well. That's the way it is these days" and simply look away. Those who do step up to become whistle blowers are mistreated and set up as the bad guy.

Particularly in today's world, it is important for us to understand why God wanted us to write this commandment on our hearts, souls, eyes, and hands, as well as teach it to our children. It is the key to reaching our potential in this life. Without it, we can become lost in the world. Stealing blocks us from reaching our potential and finding the grace of God within us. We become dependent on the outside world for our sustenance rather than on God. We haven't learned the fundamental key of reaching our true potential by accessing the Divine force within us. Stealing can have long-term effects in families where people lose their identity, become outcast, or lose hope, having everything taken away. Nevertheless, God teaches us in the story of Job to stay faithful to Him and we can be restored. What a great promise and encouragement for reflecting on this key!



. In this section, we will look at how stealing has affected us and our families and unlock our true potential to create what we want in our lives. We will learn why it is important to help our children reach their potential in life and contribute to the betterment of society.



Step.1:

Refer to your family genogram. You may want to make a copy of it. Now consider the concept of stealing. Can you identify in your genogram anyone who was affected by stealing? If so, who? Make notes on your genogram and write down any of your thoughts and feelings. Has it directly or indirectly impacted you? For example, if someone stole your father's inheritance, how were you affected?

Notes:



Step.2: Name:

Meditate.with.the.key.on.your.heart,.soul,.eyes,.and.hands.

Describe.how.stealing.has.affected.your.heart..

Describe.how.stealing.has.affected.your.soul..

Describe.how.stealing.has.affected.your.eyes..

Describe.how.stealing.has.affected.your.hands..

Describe.how.stealing.has.affected.your.children..

Step.2A: Partner:

Meditate.with.the.key.on.your.heart,.soul,.eyes,.and.hands.



Describe how stealing has affected your heart.

Describe how stealing has affected your soul.

Describe how stealing has affected your eyes.

Describe how stealing has affected your hands.

Describe how stealing has affected your children.

Stealing Personal Inventory. Name:



Contemplate your life..Did you ever steal anything in childhood or adulthood?
If so, what was it?

What was happening in your life around the time you decided to steal something?
Was it impulsive or premeditated? Describe the details.

Have you ever received something because another person made a mistake?
Did you correct the mistake or feel it was their loss, your gain? What thoughts,
. rationalizations, entitlement, guilt, or shame have you adapted to cover your
action?

Do you still criticize or judge yourself for the stealing? How does this relate to
your sense of self and relationship with God?



Again,.balance.yourself.with.the.*I AM.Meditation*..Pray.and.meditate.on.each.situation.for.more.insight.and.understanding..What.do.you.need.to.heal.and.release.yourself.from.these.feelings?.

Do.you.need.to.pay.someone.back?.Do.you.need.to.do.a.good.deed.today.as.an.active.action.with.God's.grace.to.restore.your.personal.integrity?.Describe.

Pray.and.ask.God.to.help.you.with.self-forgiveness.and.release.of.pain.around.your.real.guilt..Write.out.your.prayer.so.you.can.repeat.it.as.needed.

Stealing.Personal.Inventory... . . . Partner:

Contemplate.your.life..Did.you.ever.steal.anything.in.childhood.or.adulthood?.If.so,.what.was.it?

What.was.happening.in.your.life.around.the.time.you.decided.to.steal.something?.Was.it.impulsive.or.premeditated?.Describe.the.details.



Have you ever received something because another person made a mistake? Did you correct the mistake or feel it was their loss, your gain? What thoughts, rationalizations, entitlement, guilt, or shame have you adapted to cover your action?

Do you still criticize or judge yourself for the stealing? How does this relate to your sense of self and relationship with God?

Again, balance yourself with the *I AM Meditation*. Pray and meditate on each situation for more insight and understanding. What do you need to heal and release yourself from these feelings?

Do you need to pay someone back? Do you need to do a good deed today as an active action with God's grace to restore your personal integrity? Describe.



Pray and ask God to help you with self-forgiveness and release of pain around your real guilt. Write out your prayer so you can repeat it as needed.

Step 3: Partners Compare Your Answers

Many times, we carry different beliefs in regards to stealing. We can be conflicted when asked, "Is it okay to steal to feed your family or to buy medicine for a dying child?" You might think it is okay to take pens and pencils from your work or not correct the cashier when you know she has made a mistake. These are important discussions for a couple to have.

Compare your answers with your partner's to identify any similar issues around stealing.

Compare your beliefs around stealing. What are they? Are they the same or different? Explain.



Does either one of you have a history of identity theft, fraud, missing children, or robbery in your family tree? If so, what are the positive or negative effects on your relationship today?
How has stealing affected your children? Explain.

Do you have a child that has a problem with stealing? If so, what can you do to help them develop their Divine potential?

Step 4: Name:

You can use the *I AM Meditation* to help restore all the Divine qualities within you while you explore the concept of stealing...

Contemplate how stealing has affected your ability to trust or be trusted.. Explain.



Contemplate how stealing has affected your ability to love and accept yourself. Do you have a sense of guilt or remorse, or are you carrying the shame of the person who took from you? Explain.

Contemplate how stealing has affected your self-respect and relationship with God. Explain if it was done to you or you were the one who stole. How did you feel? What were your thoughts about yourself or the other?

Contemplate how stealing has affected your interpersonal relationships. Explain.

Contemplate how stealing has affected the way you communicate. How do you listen and speak to others? Are you on guard or paranoid? Are you listening for ways you can deceive the other? Explain.



Contemplate how stealing has affected the way you see the world and envision your potential... Explain.

Contemplate how stealing has affected the way you connect to Divine wisdom.. For example, you may be confused by the incident and feel disconnected.. Maybe you know it is wrong and do it anyway.. Explain.

Contemplate how stealing has affected reaching your Divine potential.. You may feel the loss was too great to overcome, or you may think, "I can do it again!". Maybe you are not connected to your own Divine potential and only see the Divine potential of others.. Explain.

Step 4.A: Partner:

You can use the *I AM Meditation* to help restore all the Divine qualities within you while you explore the concept of stealing...

Contemplate how stealing has affected your ability to trust or be trusted.. Explain.



Contemplate how stealing has affected your ability to love and accept yourself. Do you have a sense of guilt or remorse, or are you carrying the shame of the person who took from you? Explain.

Contemplate how stealing has affected your self-respect and relationship with God. Explain if it was done to you or you were the one who stole. How did you feel? What were your thoughts about yourself or the other?

Contemplate how stealing has affected your interpersonal relationships. Explain.

Contemplate how stealing has affected the way you communicate. How do you listen and speak to others? Are you on guard or paranoid? Are you listening for ways you can deceive the other? Explain.

Contemplate how stealing has affected the way you see the world and envision your potential... Explain.



Contemplate how stealing has affected the way you connect to Divine wisdom. For example, you may be confused by the incident and feel disconnected. Maybe you know it is wrong and do it anyway. Explain.

Contemplate how stealing has affected reaching your Divine potential. You may feel the loss was too great to overcome, or you may think, "I can do it again!" Maybe you are not connected to your own Divine potential and only see the Divine potential of others. Explain.

Step 5: Partners Meditate Together

Support each other in meditation with the *I AM* mantras and stealing. You can build a bridge of light between you to heal any of the negative thoughts, feelings, or behaviors that have occurred from stealing. Build Divine trust, Divine self-love and self-acceptance, Divine respect, Divine interpersonal love, Divine communication, Divine vision, and Divine wisdom between you. Help each other explore your Divine potential. Support each other in unraveling the greater mystery between you. If you have children, expand this wisdom and light to each of your children. See your family held in the Divine light.

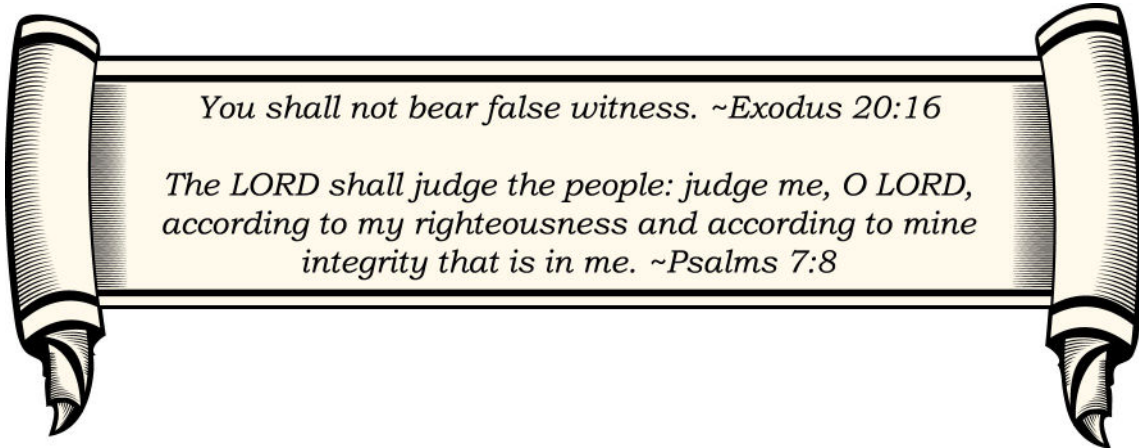
. If you have a child that is struggling with reaching his/her Divine potential, use this time to pray together and expand your light and love around him or her. Open to Divine wisdom for the situation you are praying about and listen for higher wisdom and truth. You may discover a new way to help your child overcome the effects of stealing and reach his or her Divine potential.

. Keep notes of your experience together:



Chapter 13

The Ninth Commandment: The Key to Ourselves



You shall not bear false witness. ~Exodus 20:16

*The LORD shall judge the people: judge me, O LORD,
according to my righteousness and according to mine
integrity that is in me. ~Psalms 7:8*

The sacredness of truth builds a bridge into our authentic self. The effects of a lie can distort our energy and light, whereby we betray the deepest aspect of our connection with God. Lies can be at the root of many physical, psychological, interpersonal, and spiritual challenges. Bearing false witness is an act of lying to oneself. When we lie about another person, we set up a karmic tie that blocks being in right relationship with our true authentic self.

Sometimes we tell lies out of fear of telling the truth. We know it is wrong, yet our fear overrides this knowledge, and the lie is told. Rob Bell illustrates this essential truth when he shares a beautiful story in his Nooma video called Lump. He eloquently shares a story about a white ball that shows up in their steel bowl for odds and ends. Both his wife Kristen and he are curious about where it came from, so Rob asks his two sons. The younger son says clearly, "I don't know." The older son looks and starts to squirm and says, "Well, I don't know." Both Rob and his wife decide it isn't that big of a deal until a day later when both of his boys are fighting. The younger one says, "He hit me." The older one says, "No, I didn't!" Kristen says to her older son, "Like you don't know where the white ball came from?" Her older son freezes for a moment in complete acknowledgement that he is busted. He feels so much anguish that he runs upstairs... Kristen shares her day with Rob. Rob wonders how he will handle it when he gets home. He goes upstairs to look for his son.



and cannot find him until he goes to his bedroom and sees a lump under the covers on his bed.

Rob feels so deeply for his son and the amount of shame he is feeling. His son stays under those covers for two hours, hidden in shame, all hot and sweaty. Rob gently reaches over to touch his son and pulls the covers back and tells him, "There is nothing you can ever do that can make me love you less." His son's body started to relax and unravel. Rob continues to tell him, "Nothing you can ever do can make me love you less." He quotes Romans 8:38-9: "There is nothing that can separate us from the love God and from Jesus Christ our Lord and Savior." He invites us to take off the covers and know deep within the depths of our soul that there is nothing we can ever do to make God love us less. You can be touched deeply by watching Rob Bell's video on www.livevideos.com.

Rob's story inspires all of us to take off the covers and explore how God loves us even in our shortcomings. In this section, I invite you to explore God's love for you while you unravel the shame and hidden secrets around your own lies and the generational lies within your family.

Step 1:

Can you remember the first time you told a lie when you were young? Do you remember the circumstances and how it made you feel? Share your story here. How did your parents respond? Do they even know?

Now review your Family Tree of Knowledge. Can you trace how secrets and lies have affected your family over the generations? Describe what you find. How were people affected?

Does your family suffer any physical or psychological consequences of lying? For example, alcohol addiction, codependency, depression, and anxiety disorder can all have roots in lying.



Meditate.on.the.commandment.in.each.area.

How.is.your.heart.affected?

How.is.your.soul.affected?
How.are.your.eyes.affected?

How.are.your.hands.affected?



How are your children affected?

Step 1A: Partner:

Can you remember the first time you told a lie when you were young? Do you remember the circumstances and how it made you feel? Share your story here. How did your parents respond? Did they even know?

Now review your Family Tree of Knowledge. Can you trace how secrets and lies have affected your family over the generations? Describe what you find. How were people affected?

Does your family suffer any physical or psychological consequences of lying? For example, alcohol addiction, codependency, depression, and anxiety disorder can all have roots in lying.

Meditate on the commandment in each area.



How.is.your.heart.affected?

How.is.your.soul.affected?
How.are.your.eyes.affected?

How.are.your.hands.affected?

How.are.your.children.affected?
Step.2:.Partners.Compare.Your.Answers

Compare.your.answers.and.Family.Trees.of.Knowledge..Can.you.identify.any.



similar patterns? If so, explain and discuss them.

Do either one of you suffer from losing a connection to God based upon lying to yourself or generational lies? Describe and share with each other.

Can you identify how this affects your relationship? Describe.

What can you do to support each other to heal?

Make a positive commitment for change and support. Even if one person needs to seek outside support and counseling, make a commitment to support each other unless the situation becomes dangerous for one or both parties.

Meditate together on the commandment and build a bridge between you in each area. Explore together how this key affects your relationship and the light you build between you.

How are your hearts affected?



How are your souls affected?

How are your eyes affected?

How are your hands affected?

How are your children affected?

Step 3: Personal Explorations into Bearing False Witness

Have you ever told a lie about someone else? Explain. What was your personal gain?

What were the consequences for the other person? Were they hurt mentally, emotionally, physically, financially, or otherwise?



Identify any addictive patterns repeated through your family: alcohol, drugs, adultery, and divorce, to name a few.

Identify the underlying lie(s) or perceived causes to the problem.

Identify any of the other broken Ten Commandments.

Meditate on each of the commandments in your heart, soul, eyes, and hands. How is each of these areas affected by the breach in bearing false witness? Are other commandments broken? How? Pray with each commandment until each area is clear and illuminating the true light within you.

Step 4:

Using the information you gathered in the previous exercise, set aside time to meditate and pray to receive guidance and healing. Use the *I AM Meditation* to clear your mind, body, and spirit. Communicate with God and ask for what you need to restore yourself to wholeness and release this pattern. Notice how this situation affects you physically, psychologically, and spiritually. Open yourself up to receiving healing and ask for blessings. Let the Divine mind of God communicate with you.



What do you need to change for you? How do you plan to make those changes?
Write out your plan. This helps you stay on track and go deeper in your
personal journey.

Notes:



Step 5: Generational Effects of Bearing False Witness

From the previous information, identify and make a list of others in your family who were affected, both alive and deceased. You can use the GodRealization Genogram to record your information. What challenges did they face or are they facing today? For example, someone in your family may suffer from depression, isolation, substance abuse, or any mental health or physical disorder.

Set aside time to pray for each person. Ask that you receive more insight and that each person be forgiven and restored. If there was a break within a commandment for a person, pray for that person, that soul, to find God and inner peace. List those people here.

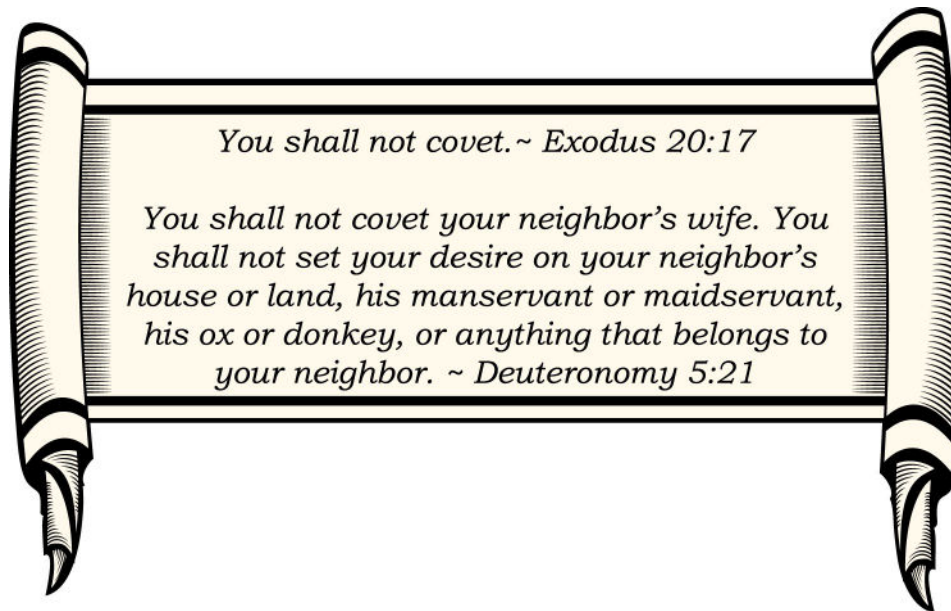
Identify any areas where you have either consciously or unconsciously colluded with this pattern, this negative love bond, and take time to pray for healing.

Refer to Next Steps. Use the *I AM Meditation* to balance your mind, body, and spirit and to restore wholeness. Remember that you may need to go back and forth between the positive and negative experiences, emotions, and thoughts to help the deep limbic system to change your negative love bond and receive insight, restoration, and healing. What is your experience?



Chapter 14

The Tenth Commandment: The Key to Manifestation



This commandment is about blessings and manifestation. What a wonderful gift and insight to know we are intimately connected with God and creativity! Every story we read in both the Old and New Testaments teaches us about the power of manifestation. First, we learn about this process in the first story of Genesis, where God creates the heavens, Earth, and all living creatures. We know there is a force of energy and consciousness that is fundamental to all life on Earth and the universe. God told Adam he was to be a guardian over all living creatures of the Earth, including his wife Eve. In this story, we learn that both Adam and Eve had power to make positive and negative choices that would either bestow blessings or create conflict based on separation from God and their egotistical desires. In the beginning, neither one could master their desires nor curiosity and fell from unified oneness into being human.

. They left the Garden of Eden to create their Family Tree of Knowledge and gave birth to two sons, Cain and Abel. Again in this story, God teaches us the importance of staying focused on this universal creative energy that can bring us blessings and prosperity or calamity. Cain was asked to



master his animalistic impulses and to stay focused on what he could create rather than coveting his brother's blessings. Cain's impulses were so great and overwhelming that he lashed out and killed his brother without any consideration of God's direct instructions. Again, we learn of God's vast love and forgiveness when he protected Cain and sent him out to learn the lessons of his actions. He had to leave the bosom of his family and embark on a new journey to find his way home. God tells us that killing can have consequences that are seven fold. These are lessons of positive and negative manifestation from the very beginning of our spiritual journey.

. The whole Bible is full of stories about our ability to manifest both blessings and negative consequences that can affect our family members for generations. God does promise that if we keep His commandments, we will receive the blessings of a thousand generations. But, if we break His commandments, there are direct consequences and effects for the generations to come. We are told up front just how important our thoughts, feelings, actions, words, and deeds are in relationship to this vast universal life force. We are given the power to create anything we want in our lifetimes. When we are ignorant and reckless with this knowledge, our lives can become chaotic. Christ teaches us, "Ask and you will receive." He knows the power of the spoken word can activate anything in our lives.

. In our world today, there are thousands of creative visualization and manifestation programs, books about the power of positive thought, and lectures and movies that talk about the ancient principles of manifestation. Many of us are inspired by these powerful teachings from the movie *What the Bleep Do We Know?* to bestselling books like *Experience Your Good Now* by Louise Hay, *The Power Of Now: A Guide to Spiritual Enlightenment* by Eckhart Tolle, *Power Thoughts: 12 Strategies to Win Over the Battlefield of the Mind* by Joyce Myers, or *Your Best Life Now: 7 Steps to Living at your Full Potential* by Joel Osteen, just to name a few. Yet, what happens when our thoughts and feelings create the opposite of what we want? What can we do when we work through all the steps in all the books and still can't seem to overcome some of our obstacles. Are there some fundamental steps that God teaches us in the Bible to help overcome our sinful nature, our negativity, and our negative creations? I believe so.

. The Ten Commandments are all about manifesting our destiny and creating the life we want. God gives us the keys to self-mastery and creating the life we want in ten easy steps. Christ even reduced these steps to two. When we place these keys on our heart, soul, eyes, and hands, the luminosity of light is released from within us. Wow! The keys to enlightenment were here for all of us to learn and embody. Unfortunately, these keys were used as laws to control the masses without the understanding that the masses need to use these keys to unlock this powerful potential within them. From this very place,



all.of.humanity.comes.into.oneness,.and.peace.on.Earth.can.prevail..Without.understanding.how.to.use.the.keys,.our.destiny.becomes.riddled.by.the.probable.futures.from.our.unbridled.choices..

. When.we.focus.the.commandments.on.our.hearts,.soul,.eyes,.and.hands.and.teach.them.to.our.children,.we.open.ourselves.to.receive.the.blessings.of.a.thousand.generations.and.heal.the.crooked.paths.of.our.deeds.and.our.ancestors..Many.of.our.Jewish.ancestors.knew.this.secret,.and.their.descendents.continue.this.practice.today..We.can.join.them.in.opening.ourselves.to.this.essential.wisdom..Let's.practice.by.working.with.the.questions.in.the.next.section.

Notes:



Step.1: NAME:

Can we learn anything about manifestation from Cain's story today? What are your thoughts?

How does disapproval, rejection, and feelings of abandonment from God, parents, and educators cause such hostility in a person that it may lead to destructive behavior—even killing? Can you think of any examples? How do these behaviors affect the principles of manifestation in your life?

How do you master your feelings of resentment, rage, and jealousy? Do you turn toward God for love, understanding, and healing? What do you do?

What situations in your own life can you recall that resemble the Cain and Abel story?



Step.2:. NAME:

Do.you.covet.another's.blessings.or.successes? . .

How.do.you.block.your.communication.with.God.and.your.own.blessings?.

Relate.this.answer.to.any.problems.you.have.focusing.on.the.previous.nine.commandments.

How.do.you.disrespect.God's.direction.for.your.life?.

Contemplate.and.practice.listening.for.God's.direction.and.pray.without.ceasing.throughout.the.day.for.guidance.in.this.area.of.your.life..



.

Do you slow down to observe and contemplate your own behavior?

Are you focusing on your own creativity and bringing forth your gifts and talents? If not, why?

Do you honor and respect God by giving back your first fruits, the best of your labor?



What do you need to change in yourself to connect with God within and work toward your gifts?

Step 3:

NAME:

Is there anywhere in your life where you are not successful but would like to be?..

List areas of unhappiness.. Meditate on each of these areas and the relationship to any of the Ten Keys..

Describe how you block your own success and or happiness..

Have you listened for God's direction and insight into these areas?.



.

What can you change or do differently?



Step.4:.

NAME:

Do.you.have.an.inheritance.story.to.tell?.Try.to.think.through.all.the.aspects.
and.their.effects.on.each.person..Did.it.turn.out.well?.Why?.If.not,.why.not?

If.you.haven't.considered.inheritance.in.your.family.lineage.over.the.past.four.
generations,.consider.looking.into.the.gifts.or.issues.around.money..Do.some.of
. these.unspoken.positions.affect.you.or.others.in.your.family.today?.How?

On.a.positive.note,.we.may.want.to.contemplate.how.coveting.another.
possession.has.inspired.us.to.work.toward.our.own.potential..Can.you.think.
of.people.in.your.life.who.inspire.you,.people.you.want.to.be.like?.In.some.way,.
this.is.coveting,.too,.albeit.in.a.good.way..You.are.not.giving.your.power.away.
but.choosing.a.good.role.model.to.follow..You.may.ask,.“How.did.they.become.
so.successful?.What.kind.of.time.and.energy.did.they.put.into.their.success?.
What.is.their.attitude?.Does.their.attitude.actually.impress.the.universal.mind.
of.God.with.positive.healthy.desires?”.Elaborate.on.who.these.people.are.and.
what.the.answers.to.these.questions.about.them.might.be..

Step.1A:.

PARTNER:



.

Can we learn anything about manifestation from Cain's story today? What are your thoughts?

How does disapproval, rejection, and feelings of abandonment from God, parents, and educators cause such hostility in a person that it may lead to destructive behavior—even killing? Can you think of any examples? How do these behaviors affect the principles of manifestation in your life?

How do you master your feelings of resentment, rage, and jealousy? Do you turn toward God for love, understanding, and healing? What do you do?



.

What situations in your own life can you recall that resemble the Cain and Abel story?

Step 2A: . PARTNER:

Do you covet another's blessings or successes? .

How do you block your communication with God and your own blessings?

Relate this answer to any problems you have focusing on the previous nine commandments.



.

How do you disrespect God's direction for your life?



Contemplate and practice listening for God's direction and pray without ceasing throughout the day for guidance in this area of your life.

Do you slow down to observe and contemplate your own behavior?

Are you focusing on your own creativity and bringing forth your gifts and talents? If not, why?

Do you honor and respect God by giving back your first fruits, the best of your labor?



What do you need to change in yourself to connect with God within and work toward your gifts?

Step.3A: PARTNER:

Is there anywhere in your life where you are not successful but would like to be?..

List areas of unhappiness..Meditate on each of these areas and the relationship to any of the Ten Keys..

Describe how you block your own success and or happiness..

.
Have you listened for God's direction and insight into these areas?.



What can you change or do differently?

Step 4A: PARTNER:

Do you have an inheritance story to tell? Try to think through all the aspects and their effects on each person. Did it turn out well? Why? If not, why not?

If you haven't considered inheritance in your family lineage over the past four generations, consider looking into the gifts or issues around money. Do some of these unspoken positions affect you or others in your family today? How?

On a positive note, we may want to contemplate how coveting another possession has inspired us to work toward our own potential. Can you think of people in your life who inspire you, people you want to be like? In some way, this is coveting, too, albeit in a good way. You are not giving your power away but choosing a good role model to follow. You may ask, "How did they become so successful? What kind of time and energy did they put into their success? What is their attitude? Does their attitude actually impress the universal mind of God with positive healthy desires?" Elaborate on who these people are and what the answers to these questions about them might be.



Part 3 The

Next Steps



Chapter 15

Restoring Your Divine Qualities

The I AM Meditation Process

The *I AM Meditation* is a self-paced process based on seven essential mantras. The mantras help you restore the Divine qualities within you and help you release generational negative love bonds, unhealthy thoughts, feelings, and behaviors. I will include an overview here with some exercises for you and your

partner. For more information, you can explore these mantras in the *Blessings from a Thousand Generations: Restoring Our Divine Nature: I AM Meditation Workbook*, or purchase a CD from my web site www.livingfromgrace.com, or read my forthcoming book: *Restoring Your Divine Nature: The I Am Meditation*.

The words of the meditation are as follows:

Wisdom



I Know Divine

from the I AM that I AM

I See Truth from the I AM that I AM

I Communicate Truth from the I AM that I AM

I Relate to Others from the I AM that I AM

I Respect the I AM that I AM

I Love and Accept the I AM that I AM

I Trust in the I AM that I AM

Before trying the meditation, review the picture and areas of light. The mantras correspond to an area of light on your body. This is the place for you to focus your attention. Once you say the mantra a few times, breathe into the corresponding area of the body. Allow your body to relax with the sound of the words. Then breathe the words up through the center of your body into your brain and limbic system. Allow the consciousness of the mantra to

fill.your.mind,.body,.and.spirit..For.some.of.you,.just.saying.the.mantra.will.
bring.up.disharmonious.thoughts.and.feelings..For.example,.when.you.say,“I.



trust in the *I AM that I AM*,” you might hear an inner voice that says, “I don’t trust anyone.” This is supposed to happen. The mantra will actually activate your negative love bonds and reveal to you any of the Divine qualities in your life that need restored. Don’t be discouraged! Allow the negative thoughts and feelings to come up for observation and healing. You may experience a deep emotional block and negative thoughts. Just allow it to come up, notice it, and then repeat the mantra several times. This will help you move back and forth from the negative experience to a positive one.

In each section, you are asked to use the *I AM* mantras and meditation to help you restore the Divine qualities before or after you work with one of the Ten Commandments. Both of these processes actually work in tandem together to help you restore the light within you. Sometimes saying one of the commandments will activate a negative love bond. You might feel stuck and unable to proceed. In this case, working with the *I AM Meditation* can help you release negative love bonds by restoring the Divine qualities within you. It will open you to working with the commandments on a deeper level. The commandments are Spiritual Keys that open the windows of light within your heart, soul, eyes, and hands. They actually help you master your impulses by communing with God. The mantras also help you restore all the Divine qualities within you in order to release any attachments to negative love bonds that exist within your deep limbic system. They allow you to restore each of the Divine qualities.

You can work with this meditation on your own or with your partner. The mantras are simple to say, and you can use them anytime in your day when you feel unrest.



This mantra helps you identify areas in your life where you either trust or mistrust God, yourself, or others. If you feel betrayed in any way, this mantra is for you. Choose any situation you want to work on where trust is a major issue. You may have already identified an area from the work you have done in the previous chapters.

Step. 1:

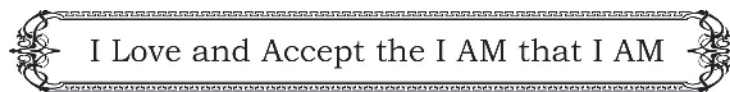
Find a comfortable and quiet place for your meditation. If you can’t find one and are in a stressful situation, repeat the mantra silently to yourself.

Step. 2:



Take a few deep breaths to relax and then start saying the mantra out loud several times. Notice if any thoughts of mistrust come up. Notice how these make you feel. Do you feel anxious, hurt, or angry?

Let those feelings just come up and observe them. You might discover certain negative thoughts that repeat over and over that are fueled by unresolved emotions. Once you observe these for a while, repeat the mantra several times again. Remember to breathe the mantra through the corresponding area of your body and up into the limbic system. Repeat the process several times and notice that you have power over your thoughts and feelings. You can move back and forth between trust and mistrust. This process can take some time, but it is worth it. Restoring your trust in God and allowing this Divine quality to emerge from you is the basis for trusting yourself and others. Without it, you put your faith and trust in other things and people. When those things don't work out or people fail (which is highly likely), you will be devastated by the effects. Trusting in the *I AM* within you restores the foundation of your being.



Divine self-love and self-acceptance is primary to having a healthy sense of self. The quality of love and acceptance comes directly from God. It is within each of us. We only need to access this profound quality to heal our negative self-judgments, self-hatred, and self-loathing. Many of us have a punitive super ego that runs amuck when things go wrong. In childhood, we learn to love ourselves for our shortcomings through the love and acceptance of our parents. If this process didn't happen, the Divine quality of self-love and self-acceptance can lie dormant underneath our unresolved conflicts. Sometimes even when we received love from our parents, we can become self-critical as children when we compare ourselves to others. These old tapes can still play today and cause us pain and confusion. Practicing self-love and self-acceptance can be easy to do when we use this *I AM* Mantra.

Step. 1:

Find a comfortable, safe place to relax and meditate. Give yourself some time to explore self-love and self-acceptance. You may have discovered in your previous work where love and acceptance was devoid in some relationships. You can use these experiences in your meditation.

Step. 2:



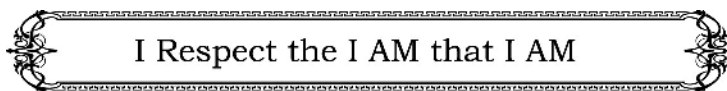
Start your meditation by using the Trust mantra first. It is always good to create a solid foundation with trust before using any of the other mantras. Trust is the basis for self-love and self-acceptance. You need faith and trust in God to try these exercises.

Step 3:

Now repeat the *I Accept and Love the I AM that I AM* mantra several times. Focus your consciousness on the corresponding light focal point designated on the picture. Breathe love and acceptance up through your body and into your deep limbic system. Stay with this process for a while. You may hear or experience self-judgments, self-anger, or other types of criticisms. Allow yourself to observe these thoughts and feelings. Notice how these make you feel. Do they affect your physical, psychological, interpersonal, or spiritual health and wellbeing? Once you become aware of these experiences, repeat the mantra again several times. Bring the energy and consciousness of the mantra up through your body and into the center of your brain. Allow the quality of love and acceptance to touch your self-judgments and anger. Bring the two opposites together until you feel some release. Go back and forth between the mantra and the uncomfortable thoughts and feelings until you experience a breakthrough.

Step 4:

After you have worked with the mantra, return to any one of the commandments you are working with and place it on your heart, soul, eyes, and hands. Do you notice a difference? If there are generational negative love bonds that are held in self-judgments and criticism, this process will help you overcome them. Give yourself time and have patience. Some of these patterns go back three or four generations—or even more. Restoring self-love and self-acceptance is a wonderful gift you can give to yourself and your family.



When you start to think about *I Respect the I AM that I AM* mantra, consider how it reflects your personal integrity. We often think about respect in regards to our relationship with others and ourselves. “Do they respect me? Am I being respectful?” Yet, where does the quality of respect actually come from? Each of us can answer this question in a myriad of ways. Consider now your own definition of respect and what it means when someone is disrespectful to you. Because of our differences, one type of behavior may be offensive and disrespectful to a person or group of people, while it is acceptable to another.

In this mantra, we ask you to consider that respect actually comes from the Divine and is an innate quality within us. When we focus our



consciousness toward God within us and respect that we are intimately connected to our Creator, the concept of respect changes. Putting God first, respecting God within us, is the basis for our self-esteem, integrity, and following our intuition. Respecting God is fundamental to respecting yourself and respecting others. Without this connection, we can lose focus and allow our own egotistical desires, wants, and false needs to run our life.

In essence, when we develop as humans, there are fundamental qualities that are needed for health and wellbeing. Trust, self-love and self-acceptance and respect are essential to forming one's identity or authentic self. When any of these qualities lie dormant, we can become riddled with fear, self-judgments, and low self-esteem. Restoring these qualities can be fun and simple when you work with the *I AM Meditation* process.

Step 1:

Find a comfortable place where you can relax and chant the mantras. Start by repeating the first two mantras to bring a balance to your mind, body, and spirit. Refer to the section on each mantra.

Step 2:

Once you feel relaxed and balanced with the first two mantras, repeat the *I Respect the I AM that I AM* mantra. You may notice different thoughts or feelings coming forward, memories of being disrespected by another or by your own self. (If you are working with the Ten Commandments and find yourself in this section, you may ask how Divine respect may be out of balance in your life before proceeding with the commandment you are working on.) Allow any of your feelings, thoughts, or scenarios to come forward. You may find that if you have disrespected yourself or have been disrespected by another, it is important to return to the previous qualities and work with them to release any negativity around trust and self-love and self-acceptance. These qualities help you restore Divine respect. Each quality is interwoven with the next so that they work in tandem together.

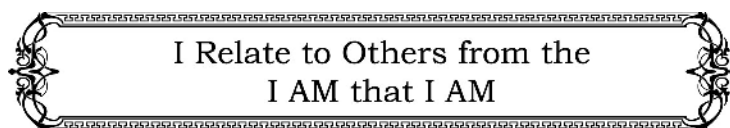
Give yourself time to go back and forth between your negative thoughts and feelings and the *I AM* mantras until you can find a sense of peace and stillness. Ask yourself what respecting the Divine within you truly means. If you discover areas where you submitted to another person and denied your own intuition and integrity, consider not judging yourself about it. If you start to judge yourself, return to self-love and self-acceptance to rebalance self-judgment. You might find that a myriad of thoughts and feelings come up to.



be cleared. This process can take some time, but it is worth your focus and presence. You can restore the qualities, build a healthy sense of self, and work through your negative love bonds by challenging your faulty thinking and emotions and replacing them with healthy ones. This process helps change how these thoughts and feelings are held in your deep limbic system. By working the process, you interrupt the old pattern—not deny it—and restore the Divine Quality that is being suppressed.

Step 3:

After you work with the mantras, return to your God-Realization Genogram and identify any commandment or key you want to work with. Now place that key in your heart, soul, eyes, and hands and notice what is activated in you. If you are working with a negative love bond that relates to any commandment, use the Divine qualities to help you open to Divine trust, self-love and self-acceptance, and respect. When you place the commandment on one of the areas, take time to recognize if these three qualities are present. Maybe your heart was broken and trust needs to be restored before you open it and can see clearly. You can do this by working with both the commandment and the Divine qualities.



Authentic unconditional love for others arises from each of the previous qualities being available for yourself before being available in your relationships. In order to love and accept others, we need Divine trust, self-love and self-acceptance, and respect. These qualities open the flower of the heart to love others. When the previous qualities are challenged, our love for others can be blocked. For example, if you feel betrayed by another, trust is broken, and you may judge yourself for not realizing this was coming. You may have disregarded your own intuition. When we want to open our hearts and love for others, we will need to explore the conflicts that bury or suppress each of the previous Divine qualities.

Many times we hold on to stories, grudges, resentment, and pain to the detriment of ourselves. When we choose not to forgive others for their imperfections or faults, our hearts and love becomes cluttered with mixed feelings and thoughts. We want to love unconditionally, yet we haven't excavated and cleared the old stories, feelings, and thoughts that hold us and others hostage to the past. In some families, these patterns can be passed on from generation to generation until we finally don't even know the roots of our beliefs and feelings. We see this type of behavior in cultural bias, prejudice,



wars, and family feuds. The negative love bonds of the heart can be far reaching. You can change them by chanting the mantras and focusing your attention on the innate Divine quality within you. Unconditional love comes directly from the Divine. It connects all of us together by the creative force of the universe. God loves us unconditionally, and we can access this love anytime and anywhere..

Step.1:

Find a comfortable place to rest and chant the first three mantras. If you can't find a quiet place, chant the mantras to yourself. They work anywhere and can help you balance your mind, body, and spirit..

Step.2:

Practice the first three mantras and breathe them up your spine and into the center of your brain. Allow yourself to relax any tension, negativity, fear, or regrets while chanting. Use the mantra to help you focus your attention on any area of your life you want clarity. You may be working on relationships on your God-Realization Genogram, or perhaps you had a bad day with a coworker, friend, or spouse..

Step.3:

Bring each of these qualities into your heart and open your heart to the current situation for which you want more insight. Take into consideration that our hearts speak to us in many different ways. For example, we can get heart palpitations when dealing with frustrating and hurtful situations, or our hearts can flood us with blissful feelings of love and peacefulness. The heart talks to us all day in different ways. When you breathe in each of the previous mantras, notice anything that needs to be cleared before focusing on the person(s) you want to know more about. If there is someone you judge, hate, or criticize, consider how these emotions impact the function of your heart. Perhaps someone on your genogram was scapegoated and you want to know why? Maybe you want more clarity and healing about a person or situation and the impact on you and your family. Bring that situation or person into your heart and allow any thoughts and feelings to emerge.

Witness your experience and the effects on your ability to love others. Go back and forth between your unloving attitude and the *I AM* mantra until you can sense some movement and release. You become empowered to know you can gain insight, change a negative love bond pattern, and restore your unconditional love for all of your relationships. This process can actually free you from years of unfinished business, hurt, and pain. You can free yourself to



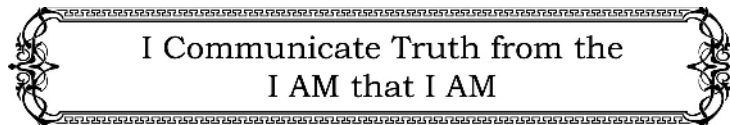
love again and open your heart to all the previous Divine qualities. This is what healthy relationships are based upon. You have the power to change and be happy in all of your relationships.

Step.4:

If you have difficulty letting go, practicing forgiveness seventy times seven is important. Without true forgiveness of the entire situation—and that means forgiving the ancestors—your heart can play tricks on you. We say we forgive, yet when the person does something else, we pull out the scroll and act like the town barker, saying, “He did this, that, and the other thing. He never changes.” We remember everything as if it was yesterday. What happened to true forgiveness? If this is the case for you, practice asking about forgiveness and gaining insight into the situation beyond your limited cone of perceptions. This will help you gain self-mastery over these types of feelings and thoughts. You may be surprised to find that when you listen to God, more truth and understanding will be revealed. You can heal generations of pain and negativity this way.

Step.5:

Once you have worked with the *I AM Meditation*, go back to your GodRealization Genogram and choose any situation and commandment for which you want to gain insight and healing. Bring the situation and the commandment into your heart, soul, eyes, and hands. Notice anything that arises in you around the situation. Stay with each area until you gain enough insight and bring clarity to the situation. You may need to do this meditation a few times to deepen your awareness and restore the light within you. It is wonderful that you choose this way to bring yourself into right relationship with God’s unconditional love for us and learn how to share that love with another.



Our first words begin in infancy. We respond to our environment through sound. Infants cry, laugh, grunt, and coo to let their parents know how they are feeling long before they begin to develop language skills. Our ability to

communicate is Divinely interwoven within the fabric of our very being. It is within our nature to express ourselves and communicate with others. This process is as fundamental to survival as breathing. When we mature, our capacity for language and expressing ourselves becomes highly sophisticated.



and is based on our perceptions and experiences. The *I AM* mantras support the process of restoring Divine communication by integrating each of the preceding Divine qualities with our sense of hearing and our ability to express ourselves verbally.

Divine communication matures when Divine trust, self-love and self-acceptance, respect, and interpersonal love is expressed through our words.

These qualities also shape how we listen and receive others. If any one of the qualities is suppressed, our ability to communicate will reflect that limitation. For example, if you feel betrayed and mistrust others, you will listen to whether the person is trying to trick or betray you. Your responses may come from this distorted place rather than listening to what is truly happening in the moment and responding accordingly. Many disagreements between people can directly relate to poor communication skills. When we learn to listen and speak with all of the qualities working together, our communications arise from the Divine within us. We communicate in a trusting, loving, respectful way.

Step. 1:

Find a comfortable and quiet place where you can chant the mantras aloud or to yourself. Allow yourself to breathe in each mantra up through your body and into your limbic system. Give yourself time to build the energy consciousness within you and experience the pleasure and relaxation the Divine quality brings to your mind, body, and spirit.

Step. 2:

Now consider any situation on your God-Realization Genogram or in your life where you would like to communicate better. Maybe you have a hard time listening to another person's perspective or you speak when you are upset rather than waiting to calm down. Imagine the situation now on your mind screen. Hear both yours and the other person's words. Take time to stand in the other person's position and listen to what you are saying to them. How does it make them feel? Then move back into your position and hear what they are saying. Notice if you are listening from a defensive stance.

Step. 3:

Focus on your throat and ears and chant the I Communicate from the *I AM that I AM* mantra. Say the mantra a few times and reflect on what happens. You will experience either a positive or negative response. Your negative response will reflect any of the previous Divine qualities that are suppressed. You may be listening from mistrust and fear, self-judgments, and lack of self-love, guilt or shame, or blame or criticism. If this is the case, repeat the correlating *I AM*.



mantra.and.work.toward.restoring.the.Divine.quality.that.is.needed.for.healthy.communication..This.can.take.some.time.since.we.habitually.respond.to.others.in.a.millisecond..We.need.to.slow.down.and.reflect.on.how.our.communication.comes.from.a.negative.love.bond.pattern..We.can.ask.ourselves,“Did.I.learn.to.listen.and.speak.this.way.based.on.my.family’s.communication.style?.Do.I.always.react.as.if.I.am.being.criticized.or.threatened.by.another?.Is.there.something.beneath.the.words.of.another.person.that.I.am.not.hearing?.Are.they.hurt.but.expressing.anger?”.Observing.the.conversation.from.a.different.perspective.can.give.you.insight.into.the.dynamics..Use.the.*I AM*.mantra.to.help.free.you.from.the.thoughts.and.feelings.attached.to.the.negative.love.bond.
. Restore.each.quality.within.you.

. In.order.to.change.anything,.we.need.to.know.why.we.are.doing.it..Otherwise,.the.negative.love.bond.pattern.will.creep.up.again.in.other.conversations..You.become.empowered.when.you.have.mastery.over.impulsive,.defensive,.and.painful.communication..Your.words.are.your.bond.with.the.world..They.have.power.to.heal.or.kill..They.can.uplift.and.empower.another.or.cause.pain.and.hurt..How.we.listen.directly.correlates.to.how.we.speak..If.we.listen.from.the.Divine.within.us,.our.communication.restores.peace,.solves.problems,.and.empowers.others..

. This.process.actually.inspires.us.to.bring.our.desires,.dreams,.and.visions.into.the.manifest.world..Our.ancestors.often.spoke.about.the.manifesting.power.of.the.spoken.word..This.process.helps.us.listen.to.God.for.wisdom.and.truth.in.any.area.of.our.lives..Our.ears.can.hear.the.still,.small.voice.inside,.guiding.us..Opening.to.hear.and.speak.from.that.voice.allows.us.to.become.an.instrument.of.Divine.peace.

Step.4:

After.working.with.the.*I AM.Meditation*,.return.to.your.God-Realization.Genogram.and.choose.anyone.of.the.Ten.Commandments.to.place.on.your.heart,.soul,.eyes,.and.hands..Use.this.time.to.see.how.the.commandment.can.restore.your.communication.with.God.within.you..Take.time.to.reflect.how.the.commandment.affects.each.of.the.respective.areas..If.any.area.needs.tending.to,.take.time.and.use.the.*I AM*.process.to.help.you.move.back.and.forth.to.clear.any.negative.love.bond.patterns..Notice.how.the.light.within.you.becomes.free,.open,.and.clear..~~Enjoy.the.process..~~



Our.vision.at.birth.is.blurry..Our.eyes.must.adapt.to.a.new.world,.and.it.takes.time.for.us.to.see.the.world.around.us..In.adulthood,.we.see.in.a.similar.way..Our.vision.is.shaped.by.our.perceptions..How.we.see.God,.ourselves,.others,.and.the.world.is.formed.by.the.ideas,.thoughts,.feelings,.and.experiences.we.have.growing.up..In.order.to.see.clearly.and.develop.Divine.vision,.all.the.

qualities are important. When we align our vision with God within us, we can see clearly in any area of our life. For example, you may be confused about how to solve a problem, yet when you surrender to Divine vision, you see the answer clearly. In another example, when you are looking through the eyes of criticism, you see what is wrong with a person or the world. When you shift your vision to see the light within the situation or the person, your perceptions change.

Try this simple exercise: The next time you find yourself being critical, take a moment to shift your intention. Repeat the *I AM* mantra to yourself. Ask yourself some questions: “Do I mistrust this person? Am I in my integrity when I act like this? Is this a loving attitude? Am I being selfish and self-centered? Do I think the world revolves around me? Am I out of step with God?” Use the *I AM* mantra to help you look at the situation again to see if your perception changed. You have the power to change anything about yourself in one moment. Practicing this exercise can empower you to change how you see God, yourself, others, and the world around you.

Step. 1:

Find a comfortable and quiet place to work with this mantra and any pressing issue. You can also use it anytime in your daily life when you need to see clearly—especially in those moments when you say, “I can’t see straight.” Take time to repeat each of the preceding mantras and balance your mind, body, and spirit. Breathe each mantra through your body, into your eyes, and into the center of your brain. Allow the words of the mantras to relax any tension in you.

Step. 2:

Consider any situation on your God-Realization Genogram or something that happened today that you would like to receive more insight and clarity into or about. Bring that situation and all your perceptions about it into your mind screen. How do you see the situation or person(s)? What were you told by others about the situation or person(s)? Is your view colored by others’ perceptions, thoughts, and feelings? If so, how?

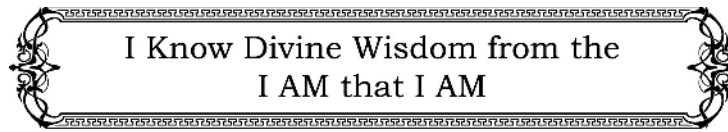
Step. 3:

Now say the I See Truth from the *I AM that I AM* mantra. Breathe these words into your eyes. Take notice of how these words affect how you see the person(s) or situation. You may need to go back and forth between your negative perception and the *I AM* mantra to create a shift. Practice this several times to help you shift your perception.



Step.4:

Once you work with the *I AM* process, choose any one of the commandments you have trouble taking into your heart, soul, eyes, and hands. Now repeat this commandment or a positive affirmation that reflects what the commandment means to you. Place this in all the respective areas and explore your perceptions. How do you see the commandment affecting your heart, soul, eyes, and hands? Is there anything you need to change about these perceptions? Are there any generational negative love bonds attached to the commandment? If so, use the *I AM* mantras to help you release any unresolved feelings or misperceptions. Can you sense the desire to change awakening inside of you? How does your vision shift around the commandment as a key to open your heart, soul, eyes and hands to the light within you? Can you see the situations or people through God's eyes? How do they look now?



Becoming conscious of the mind of God and receiving wisdom from this vast creative and loving life force reflects a higher level of human development. We are always connected with the mind of God yet can be confused about the information we receive until we develop this quality within us. You may already experience epiphanies, insights, and awareness that come in whole pictures. It is a knowing that goes beyond our rational mind. The mind of God includes both the manifest and unmanifest worlds and holds the scripture of all creation. "There was the word, and the word was God."

The mind of God is inclusive of all of the seven primary Divine qualities for human health and wellbeing and everything else. You can access this power within you directly through the *I AM Meditation*. The mantras heal and clear any unresolved issues that may suppress your ability to know truth and receive higher wisdom from the mind of God. Each quality is interwoven together within the center of your brain and opens the portal to the Divine mind. Some of us have momentary insights when we know the information is higher wisdom. What if you have the power to tune yourself in on a regular basis to have these experiences more often than not? You can empower yourself by restoring all of the Divine qualities within you, and this connection becomes a normal process of your day. You are actually communing and receiving Divine wisdom all day long because you are intending to do so. You are unencumbered by the hassles of everyday life and have a sense of self mastery over your generational negative love bonds. Wow! You have done it. You have the tools to awaken the Divine within you—to know and be at one with God.



Step.1:

Find a comfortable and quiet place to work with this mantra. Work with each of the preceding mantras to help clear and balance your mind, body, and spirit. Breathe each mantra into the respective area of your body and into the center of your brain and up through the top of your head. Connect your consciousness with the Divine mind and ask for Divine wisdom to come through you. Repeat the *I Trust in Divine Wisdom from the I AM that I AM* mantra until you feel a sense of peacefulness.

Step.2:

Consider any situation on your God-Realization Genogram or something that happened today that you would like to access the Divine mind for information and clarity. You want to know the truth about the situation. Ask for higher wisdom and knowledge about any person or situation. Consider your current thoughts and feelings about the person or situation. What do you know? What were you told? Consider that what you know and what you were told can possibly be limited by another's viewpoint. You want to access the mind of God and find the higher truth.

You can also do this process when making a decision about yourself, your family, your business, and your community service. If you have any idea you want to create in the world, you can access the mind of God to help you manifest your dreams.

Step.3:

Once you are clear about the person and situation, repeat the *I trust in Divine Wisdom from the I AM that I AM mantra*. You may need to go back and forth between your negative love bond and this mantra. You may have thoughts of mistrust, self-judgments, self-doubt, blame, or limited perceptions that come up. Allow these to come up and release any thoughts and emotions by using the corresponding *I AM* mantra to restore the Divine quality, and then return to the Divine Wisdom mantra. Go back and forth between the two opposite thoughts or feelings and the Divine Wisdom mantra until you find a sense of peacefulness arise in you. This process will open you to the Divine mind of God. You have the power to live from this place moment to moment. Practicing this process empowers you to restore the light within you and live from a place of Divine grace and wisdom.

Step.4:

Once you have completed the *I AM mantras*, reflect on one of the Ten Commandments and place it on your heart, soul, eyes, and hands. Notice.



how the commandment opens to areas where you are blocked. You may have unfinished business or generational love bonds that need clearing. If, so use the *I AM* mantras to help clear each situation. You may want to consider what thoughts and feelings are held hostage by the negative love bonds of the past. Ask the Divine mind of God for more wisdom about how to heal these generational wounds.

. When you practice this process, your awareness expands, and higher truth will be available to you. From my experience, when this truth comes through, you may experience a deep healing. All of the distorted thoughts, feelings, and pain are released, and a new awareness takes its place. You may find that everything you were told was only half true and this new knowledge opens your heart, soul, eyes, and hands. You become free from bondage of the past, have a new understanding, and release the blessing of a thousand generations. This is the greatest gift we can give ourselves, our families, our ancestors, and our descendents. Like the Jews who became free from bondage, claimed their Divine heritage, and entered the Promised Land, you can obtain the same experience. This is God's true covenant with us.

. By unraveling the mystery of our Family Tree Of Knowledge, we can reenter the Garden of Eden and reach our Divine potential in any given moment. This process opens the transformative power of our hearts, souls, eyes, and hands to master the unbridled energy within us, heal our generational love bonds, restore the seven Divine qualities, *bless our families for a thousand generations*, and create a new world based on love and peace!

Appendix



GTR.God-	

Realization.Family.Information.Form

Name

Relationship To Me

Adopted?				
Birth Date				
Marriage(s)				
Divorce(s)				
Religious Affiliation				
Culture				
Medical History	Diagnosis		Onset	
	Family Effects			
Psych. History	Diagnosis		Onset	
	Family Effects			
Main Emotional Colorings				

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

Positive Beliefs and Patterns Positive Love Bonds	
Negative Beliefs and Patterns Negative Love Bonds	

Birth Date					
Marriage(s)					
Divorce(s)					
Religious Affiliation					
Culture					
Medical History	<table border="1"> <tr> <td>Diagnosis</td> <td></td> <td>Onset</td> <td></td> </tr> </table>	Diagnosis		Onset	
Diagnosis		Onset			

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

	Family Effects			
Psych. History	Diagnosis		Onset	
	Family Effects			
Main Emotional Colorings				
Positive Beliefs and Patterns Positive Love Bonds				
Negative Beliefs and Patterns Negative Love Bonds				
Birth Date				
Marriage(s)				

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

Divorce(s)				
Religious Affiliation				
Culture				
Medical History	Diagnosis		Onset	
	Family Effects			
Psych. History	Diagnosis		Onset	
	Family Effects			
Main Emotional Colorings				
Positive Beliefs and Patterns Positive Love Bonds				
Negative Beliefs and Patterns Negative Love Bonds				

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

Birth Date			
Marriage(s)			
Divorce(s)			
Religious Affiliation			
Culture			
Medical History	Diagnosis		Onset
	Family Effects		
Psych. History	Diagnosis		Onset
	Family Effects		
Main Emotional Colorings			
Positive Beliefs and Patterns Positive Love Bonds			

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

Negative Beliefs and Patterns Negative Love Bonds				
Birth Date				
Marriage(s)				
Divorce(s)				
Religious Affiliation				
Culture				
Medical History	Diagnosis		Onset	
	Family Effects			
Psych. History	Diagnosis		Onset	

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

	Family Effects	
Main Emotional Colorings		
Positive Beliefs and Patterns Positive Love Bonds		
Negative Beliefs and Patterns Negative Love Bonds		

Birth Date	
Marriage(s)	
Divorce(s)	
Religious Affiliation	

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

Culture				
Medical History	Diagnosis		Onset	
	Family Effects			
Psych. History	Diagnosis		Onset	
	Family Effects			
Main Emotional Colorings				
Positive Beliefs and Patterns Positive Love Bonds				
Negative Beliefs and Patterns Negative Love Bonds				
Birth Date				

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

Marriage(s)				
Divorce(s)				
Religious Affiliation				
Culture				
Medical History	Diagnosis		Onset	
	Family Effects			
Psych. History	Diagnosis		Onset	
	Family Effects			
Main Emotional Colorings				
Positive Beliefs and Patterns Positive Love Bonds				
Negative Beliefs and Patterns Negative Love Bonds				

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

--	--

Birth Date				
Marriage(s)				
Divorce(s)				
Religious Affiliation				
Culture				
Medical History	Diagnosis		Onset	
	Family Effects			
Psych. History	Diagnosis		Onset	
	Family Effects			
Main Emotional Colorings				

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

Positive Beliefs and Patterns Positive Love Bonds					
Negative Beliefs and Patterns Negative Love Bonds					
Birth Date					
Marriage(s)					
Divorce(s)					
Religious Affiliation					
Culture					
Medical History	<table border="1"> <tr> <td>Diagnosis</td> <td></td> <td>Onset</td> <td></td> </tr> </table>	Diagnosis		Onset	
Diagnosis		Onset			

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

Adopted?

	Family Effects			
Psych. History	Diagnosis		Onset	
	Family Effects			
Main Emotional Colorings				
Positive Beliefs and Patterns Positive Love Bonds				
Negative Beliefs and Patterns Negative Love Bonds				
Birth Date				
Marriage(s)				
Divorce(s)				

Fears



GTR God-Realization Family Information Form

Name	
Relationship To Me	

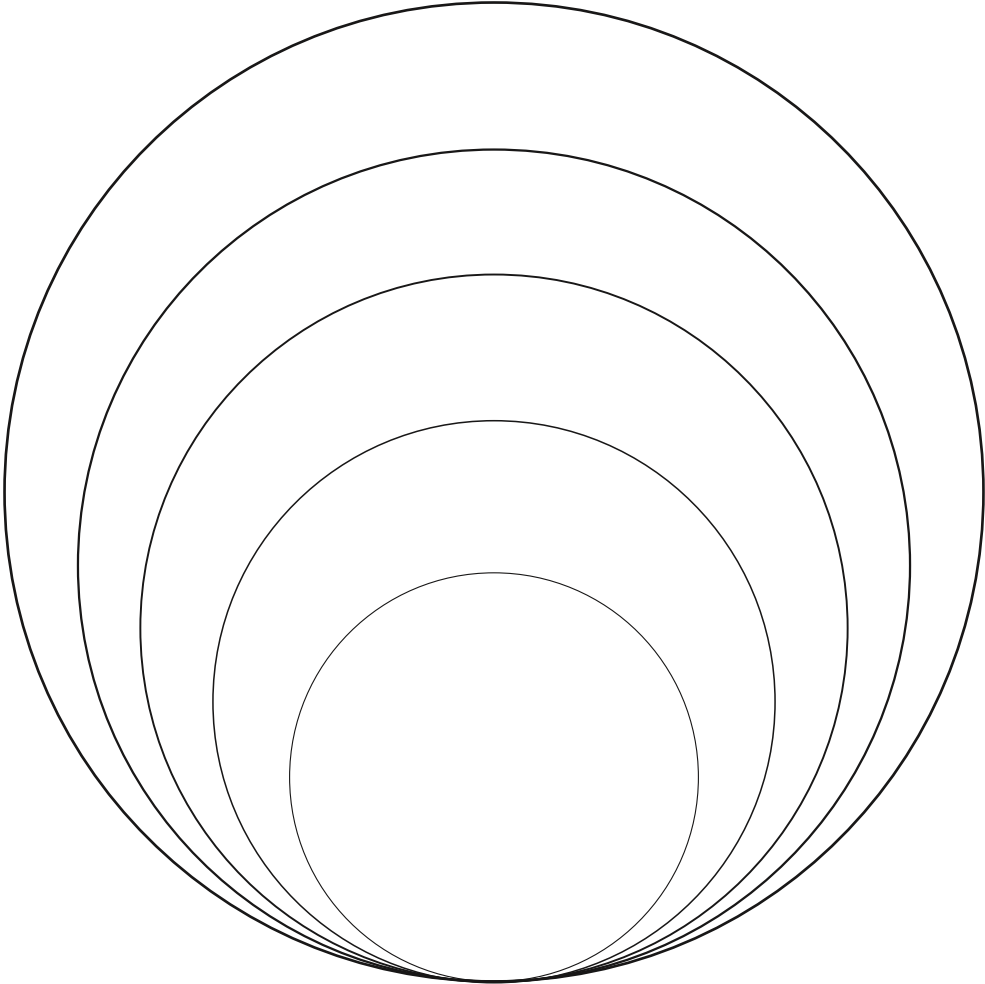
Adopted?

Religious Affiliation				
Culture				
Medical History	Diagnosis		Onset	
	Family Effects			
Psych. History	Diagnosis		Onset	
	Family Effects			
Main Emotional Colorings				
Positive Beliefs and Patterns Positive Love Bonds				
Negative Beliefs and Patterns Negative Love Bonds				

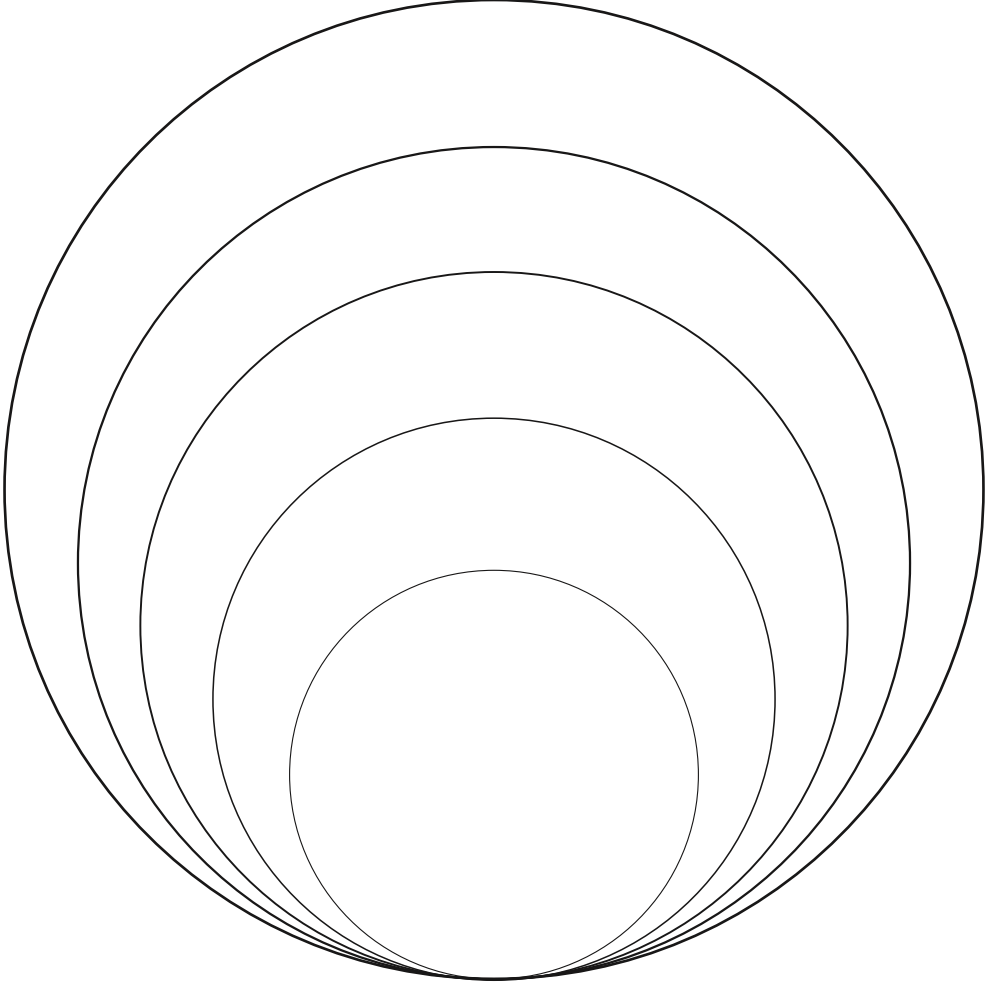
Fears



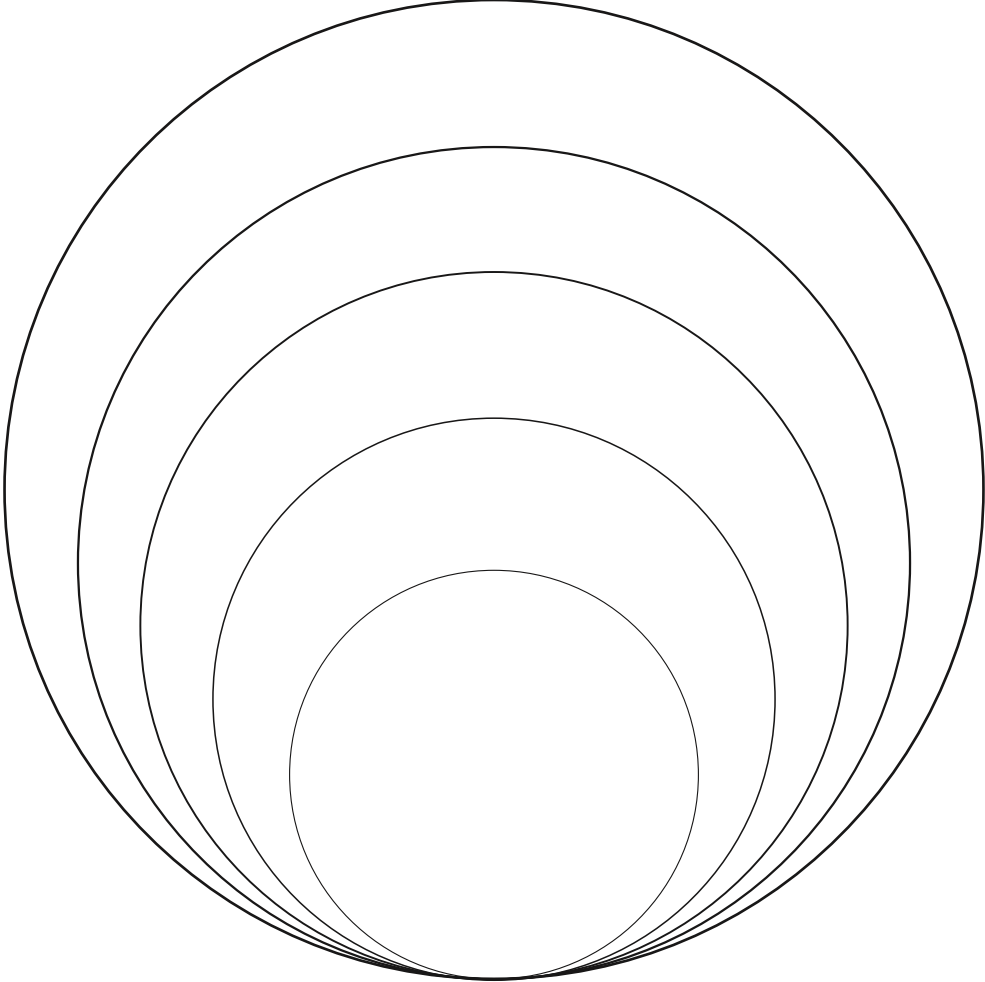
Concentric.Circle.Chart



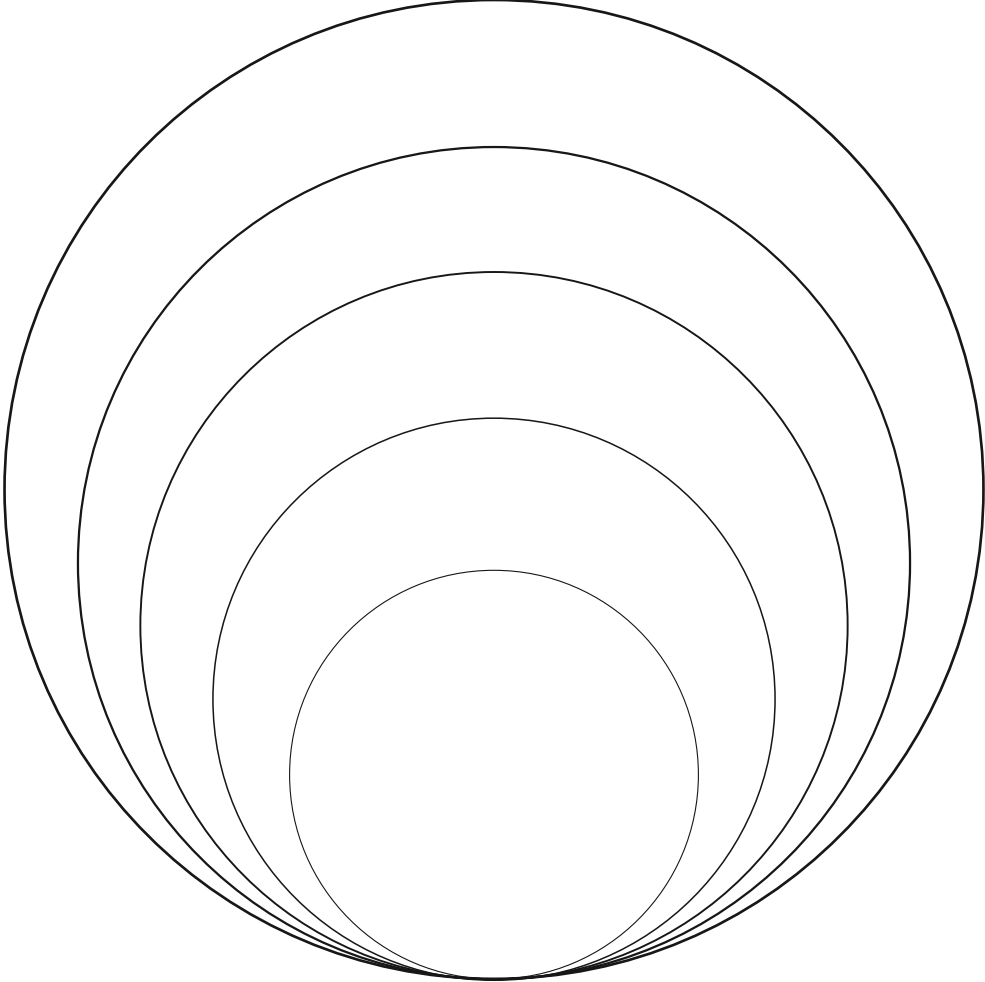
Concentric Circle Chart



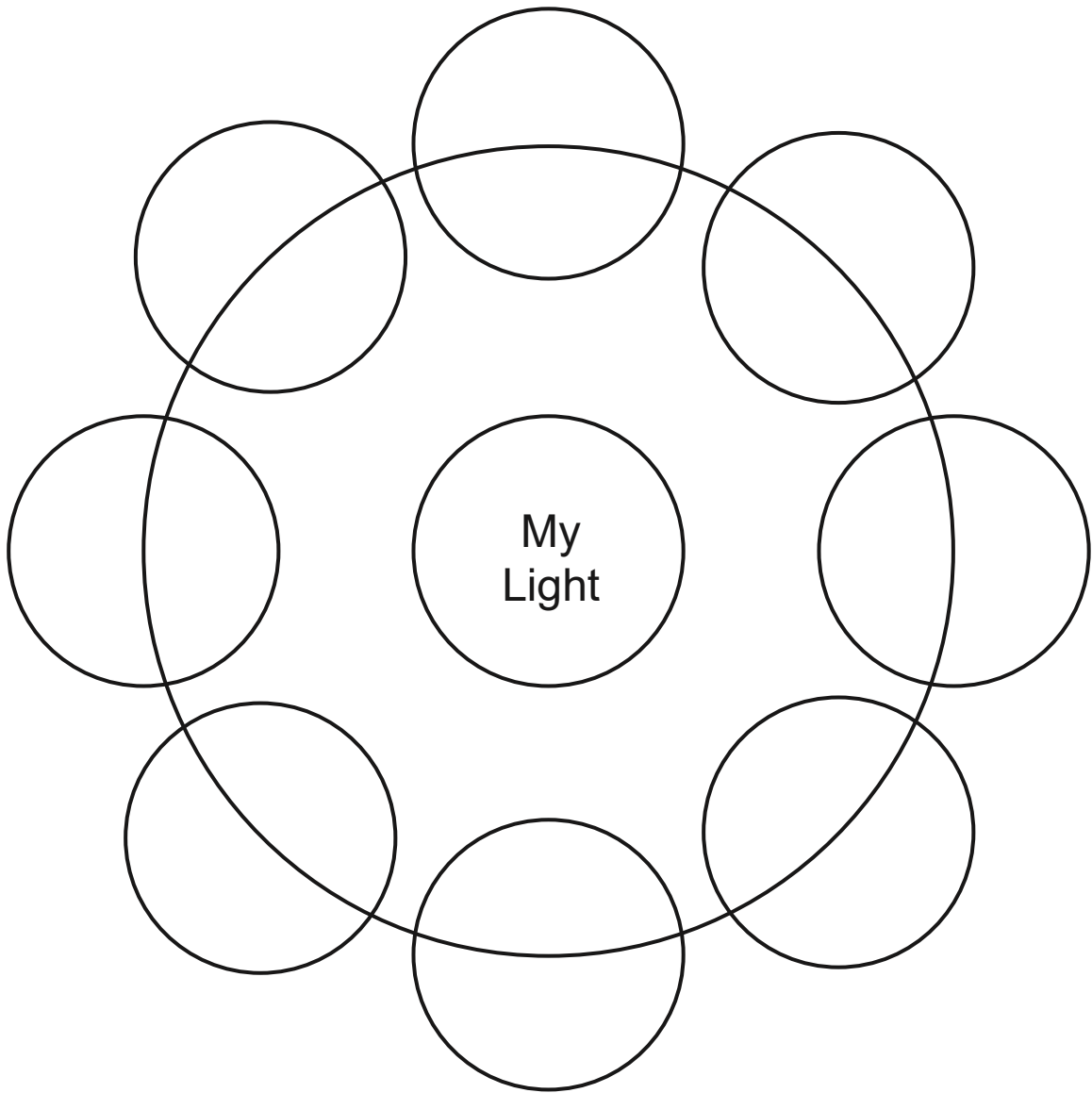
Concentric Circle Chart



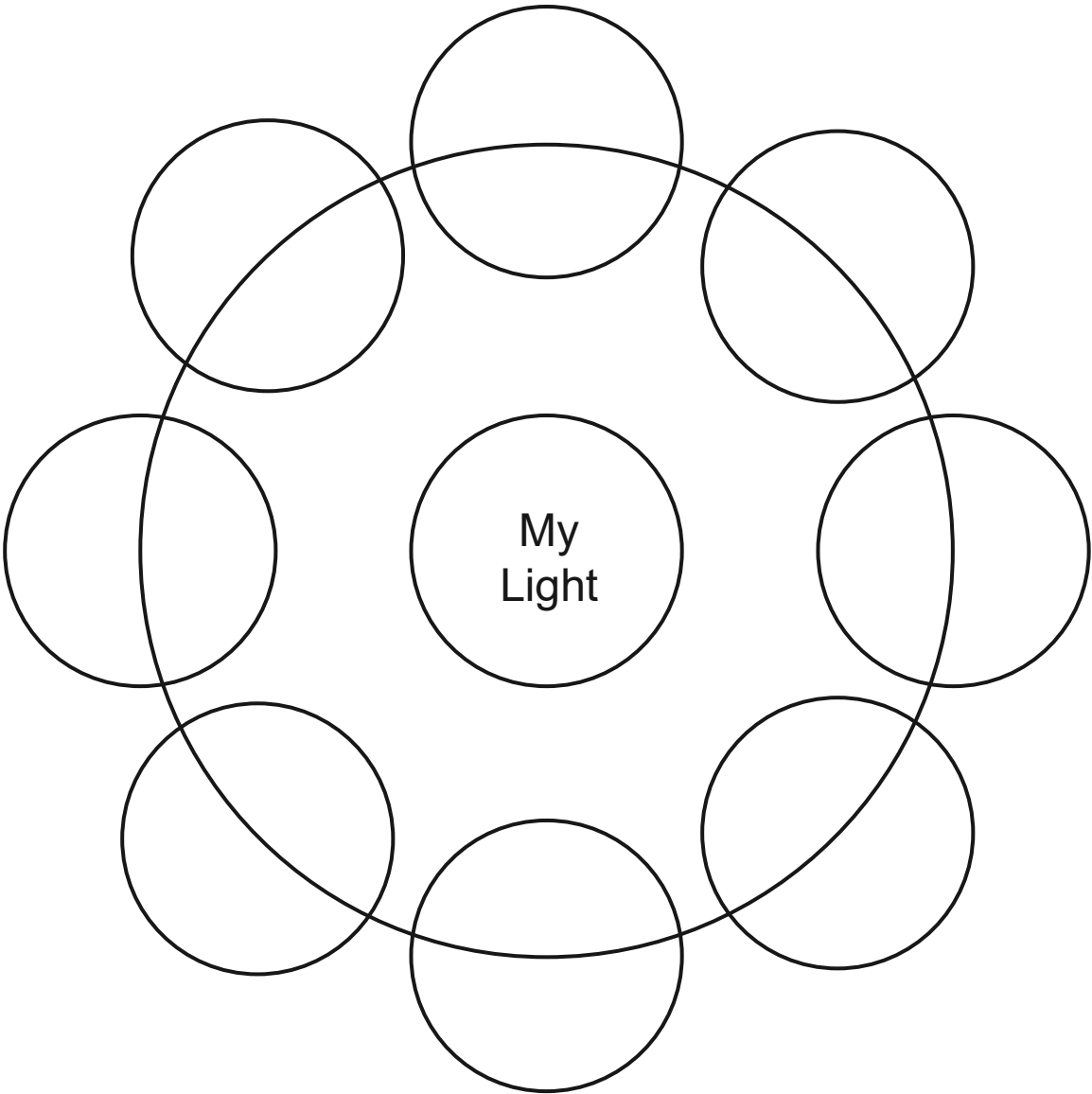
Concentric Circle Chart



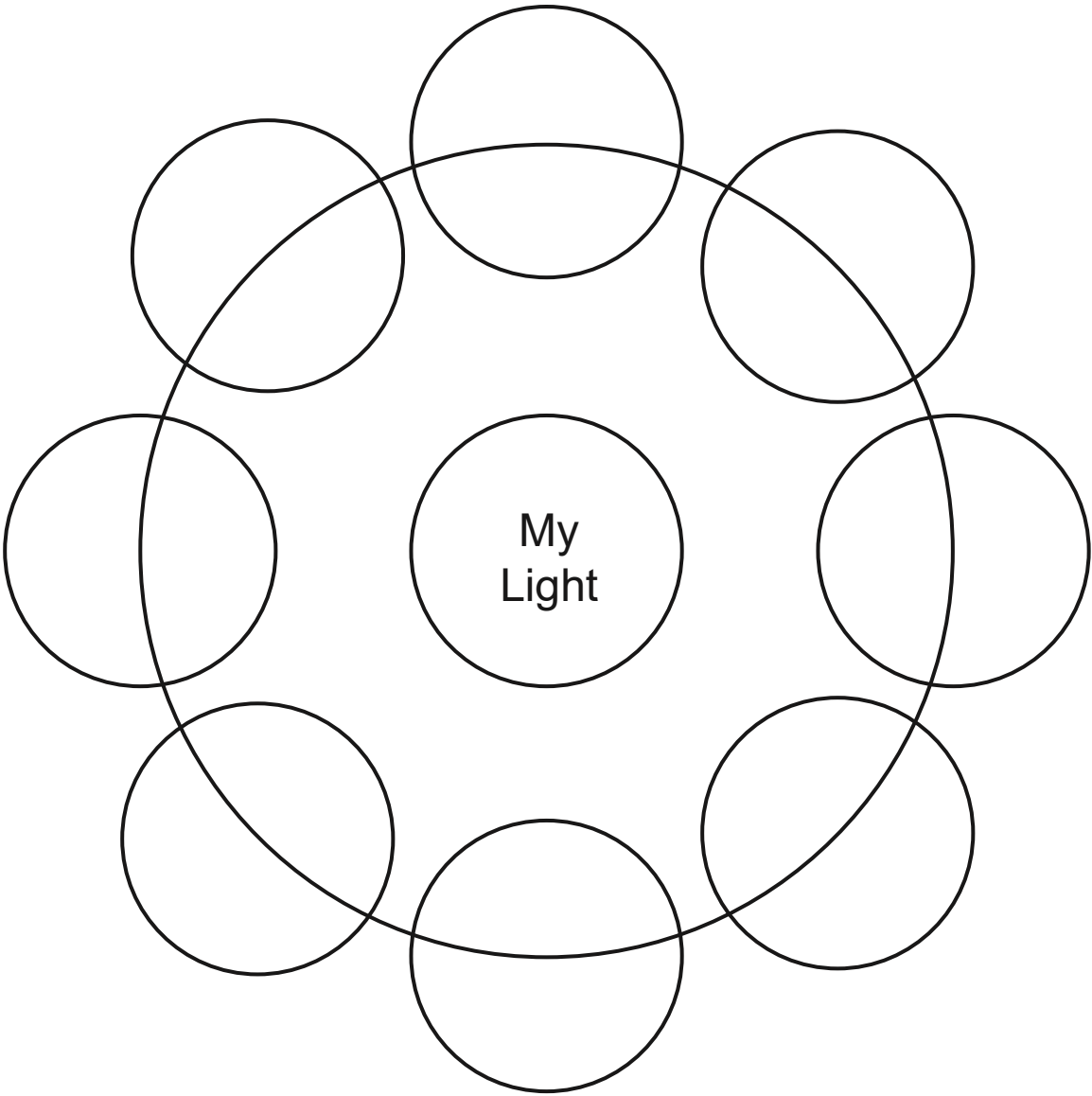
Light.Chart



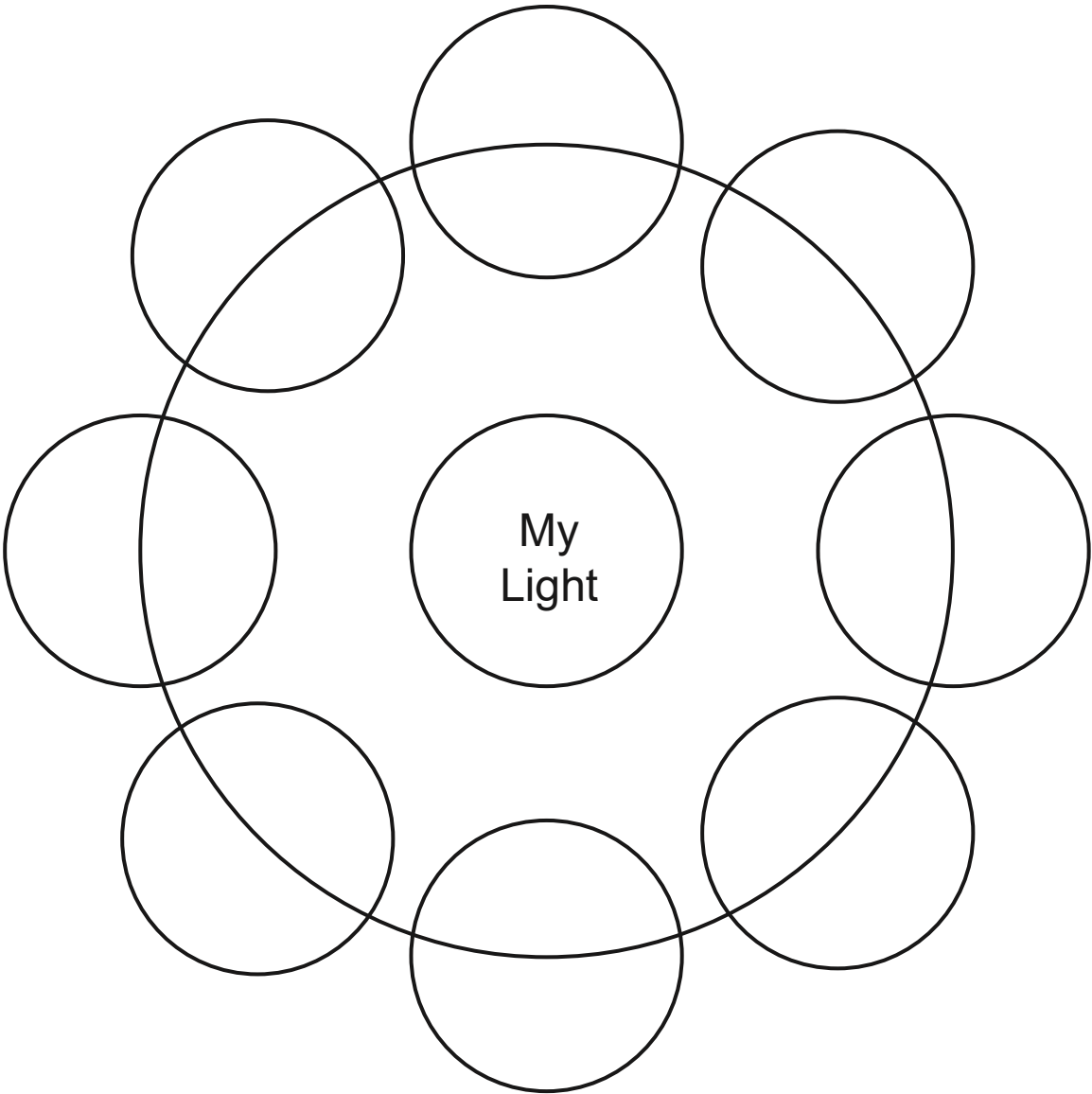
Light Chart



Light Chart



Light Chart



Positive.Commitment.Chart.1

Create a chart of your positive commitment for change. You can do this with your partner or by yourself.

HEALTHY NEW BEHAVIOR	POSITIVE AFFIRMATION	HOURS PER DAY	POSITIVE EFFECTS	OLD BEHAVIOR	MEDITATION EXPERIENCE
(Example) <i>Meditation</i>	(Example) <i>I can have time for myself, God and my partner</i>	(Example) <i>2</i>	(Example) <i>Laughing, joy, more relaxed. New ideas, creativity, exploration</i>	(Example) <i>Laziness</i>	(Example) <i>Open to new experience, new energy, spending time with God and my partner.</i>



--	--	--	--	--	--

Positive.Commitment.Chart.1

Create a chart of your positive commitment for change. You can do this with your partner or by yourself.

HEALTHY NEW BEHAVIOR	POSITIVE AFFIRMATION	HOURS PER DAY	POSITIVE EFFECTS	OLD BEHAVIOR	MEDITATION EXPERIENCE
(Example) <i>Meditation</i>	(Example) <i>I can have time for myself, God, and my partner</i>	(Example) <i>2</i>	(Example) <i>Laughing, joy, more relaxed. New ideas, creativity, exploration</i>	(Example) <i>Laziness</i>	(Example) <i>Open to new experience, new energy, spending time with God and my partner.</i>



Vanity.Chart.1. . . Name:

Create.a.chart.of.your.positive.commitment.for.change..You.can.do.this.with.your.partner.or.by.yourself..

VANITY/ PRIDE	BELIEFS	HOURS AND \$ SPENT	POSITIVE EFFECTS	OLD BEHAVIOR	MEDITATION EXPERIENCE
(Example) <i>My hair must be perfect</i>	(Example) <i>People won't like me if my hair is a mess</i>	(Example) <i>1 hour a day, 4 hours a month at the salon. \$150 a month</i>	(Example) <i>I feel better about myself.</i>	(Example) <i>My hair is not who I am.</i>	(Example) <i>Open to new experience, new energy, spending time with God and my partner.</i>



Vanity.Chart.1. . . Name:

Create.a.chart.of.your.positive.commitment.for.change..You.can.do.this.with.your.partner.or.by.yourself..

VANITY/ PRIDE	BELIEFS	HOURS AND \$ SPENT	POSITIVE EFFECTS	OLD BEHAVIOR	MEDITATION EXPERIENCE
(Example) <i>My hair must be perfect</i>	(Example) <i>People won't like me if my hair is a mess</i>	(Example) <i>1 hour a day, 4 hours a month at the salon. \$150 a month</i>	(Example) <i>I feel better about myself.</i>	(Example) <i>My hair is not who I am.</i>	(Example) <i>Open to new experience, new energy, spending time with God and my partner.</i>



Sabbath.Positive.Belief.Chart.. .

Name:

DIVINE QUALITY	NEGATIVE BELIEFS	HEART	SOUL	EYES	HANDS
DIVINE TRUST					
DIVINE SELF-LOVE AND SELF- ACCEPTANCE					
DIVINE RESPECT					
DIVINE INTERPERSONAL LOVE					



DIVINE COMMUNICATION					
DIVINE VISION					
DIVINE WISDOM					

Sabbath.Positive.Belief.Chart.. . Name:

DIVINE QUALITY	NEGATIVE BELIEFS	HEART	SOUL	EYES	HANDS
DIVINE TRUST					
DIVINE SELF-LOVE AND SELF- ACCEPTANCE					
DIVINE RESPECT					
DIVINE INTERPERSONAL LOVE					



DIVINE COMMUNICATION					
DIVINE VISION					
DIVINE WISDOM					

Respecting.Life.Inventory.Chart.1.-.Name:

FAMILY MEMBER	WAR	TYPE OF ABUSE OR SOUL MURDER	ADDICTION, MENTAL HEALTH ISSUES AND EFFECTS	EFFECTS ON FAMILY NEGATIVE LOVE BONDS	EFFECTS ON FAMILY POSITIVE LOVE BOND



Respecting.Life.Inventory.Chart.1.-.Name:

FAMILY MEMBER	WAR	TYPE OF ABUSE OR SOUL MURDER	ADDICTION, MENTAL HEALTH ISSUES AND EFFECTS	EFFECTS ON FAMILY NEGATIVE LOVE BONDS	EFFECTS ON FAMILY POSITIVE LOVE BOND





Bibliography

Albright, Rausch, Carol, and Ashbrook, B. James. Where God Lives in the Human Brain. (Sourcebooks, April, 2001, ISBN. 1570717419).

Atwood, & Schwartz. Extramarital Sex Statistics. In. Journal of Couple & Relationship Therapy, 2002. (<http://www.menstuff.org/issues/byissue/infidelitystats.html>)

Amen, MD, Daniel G. Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger and Impulsiveness. (Three Rivers Press, December, 1999, ISBN. 0812929985).

Brennan, Barbara Ann. Hands of Light: A Guide to Healing Through the Human Energy Field. (Bantam, May, 1988, ISBN. 0553345397).

Brennan, Barbara Ann. Light Emerging: The Journey of Personal Healing. (Bantam, November, 1993, ISBN. 0553354566).

Discovery Channel School. Great Books: Dante's Inferno Video. (Discover Communications Inc., Bethesda, MD. 20814-3579, 2003, ISBN. 1-58738-419-1).

Engelbrite (Stone), Michael Peter (Stone). American King James Version. (Completed Version published for public domain November 8, 1999.)

Gladwell, Malcolm. Outliers: The Story of Success. (Little Brown & Co., November, 2008, ISBN. 0316017922).

God's Word, New International Version: Containing the Old and New Testament (NIV). (International Bible Society, 1973, 1978, 1984, ASIN. B000X9TVXA).

Jablonka, Eva and Lamb, Marion. Epigenetic Inheritance and Evolution: The Lamarckian Dimension. (Oxford University Press, May, 1995, ISBN. 0198540639).

Jones, Alexander. The Jerusalem Bible: Readers Edition. (Doubleday Religion, February, 2000, ISBN. 0385499183).

Lipton, Bruce H. The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles. (Hay House, September, 2008, ISBN. 1401923119).
The Mitzvah Torah: The Five Books of Moses: A New Translation of the Holy Scriptures According to the Masoretic Text. (The Jewish Publication Society, 1962, 1992).



Meyers, Joyce. (Notes and Commentary). The Everyday Life Bible: The Amplified Version. (Faith Words, Hachette Book Group USA, ISBN-13: 978-0-446-578264, ISBN_10: 0-446-57826-6)

Meyers, Joyce. Power Thoughts: 12 Strategies to Win the Battle of the Mind. (FaithWords, September 14, 2010, ISBN 0446580368)

Newberg, Andrew MD, and Waldman, Robert Mark. How God Changes Your Brain: Breakthrough Findings of a Neuroscientist. (Ballantine Books, March 2010, ISBN 0345503422, pp. 16, 114).

Newberg, Andrew MD, and Waldman, Robert Mark. Born To Believe: God, Science, and the Origin of Ordinary and Extraordinary Beliefs. (Free Press, October 2007, ISBN 0743274989).

Osteen, Joel. Your Best Life Now: 7 Steps to Living at Your Full Potential. (FaithWords, August 20, 2007, ISBN 0446696153)

Pert, Candace. Molecules of Emotion: The Science Behind Mind-Body Medicine. (Simon & Schuster, February 1999, ISBN 0684846349).

Ruggiero, David A., PhD. Thalamocortical, Reticular, and Limbic Systems. (<http://neuroscienceupdate.cumc.columbia.edu/popups/pdfs/DavidRuggiero.pdf>)

Strauss Evans, Donna. Blessings From a Thousand Generations: Companion Workbook. Forthcoming in 2011. (www.livingfromgrace.com)

Strauss Evans, Donna. Restoring Our Divine Nature: The I.A.M. Meditation Workbook. Forthcoming in 2011. (www.livingfromgrace.com)

Whitfield, MD L. Charles. The Truth about Mental Illness: Choice for Healing. (Health Communications Inc., April 2004, ISBN 075730107X).

Other Resources

Strauss Evans, Donna. I.A.M. Meditation. (CD; www.livingfromgrace.com)

Genogram Symbol Chart. (http://en.wikipedia.org/wiki/Genogram#Genogram_symbols)

Great Quotes. (<http://www.greatquotes.com>)



Famous.Quotes.And.Authors..(www.famousquotesandauthors.com).

Bell,.Rob.-.Nooma:.Lump.Video



The.Key.to.Manifestation

Tenth.Commandment:.*You shall not covet ~Exodus 20:17*

Positive Affirmation: I honor others blessings. I am blessed! I honor God's blessings in my life. I can manifest my destiny. The universe is abundant. All things are possible when I surrender to wisdom of God's abundant grace and the universal life force.

Heart:

Soul:

Eyes:

Hands:

Children:

Home:





