

BREAKTHROUGH WEEK 3: YOUR PURE POTENTIAL + NEW REALITY

“The Mind is Everything, What you think, You become.” -Gautama Buddha

Welcome to week 3, here we access everything.

By now you can see how your past has shaped your thoughts. You have begun the journey of re-writing and re-directing your present and your future.

Week 1: The story

Week 2: Shifting out of the past.

Week 3: NEW REALITY

The new reality isn't really in the future, it's now. You choose what you feel. You decide what to act on and what created the reaction. You have the power to see the emotional triggers and release them by replacing the old story with the truth. You are now ready to create a new reality.

Your new reality was your destiny all along. Today you are willing to trust this version, you're will to expand into this version. Week 2 was understanding “Limited Beliefs” or “Upper limit Issues”. It's a product of the ego, it wanted you to move away from expansion and risk and staying small. Breaking upper limits is a heart space JOB!

In Gabby Bernstein's book, The Universe Has Your Back, she expresses this beautifully in lesson 5 – **“Universal Lesson: You are always being supported.”**

Creating YOUR NEW REALITY is your unique expression of your true destiny.

Here are your power questions to support creation:

1. **What am I willing to ask for in my life?**
2. **What am I willing to create and do to access this reality?**
3. **“Who am I” This powerful question was asked last week. What is the answer?**
4. **If “change” is my new comfort, what is the first on my agenda?**

These 4 questions put you into a new state of truth.

It's beyond a visual, it's beyond an idea- it's calling it in and acting on it.

This is what every shift in reality takes.

- See the destiny
- Create action toward the destiny
- Allow the change and commitment to expand you
- Keep change on repeat
- See potential as a daily ritual

New REALITY is created by the rituals that are in consistent focus.

TRUST

Trust is the key to change. Trust you're called to change. Trust YOUR vision is your destiny. Trust what you desire is your reality. Trust YOU are the perfect match for this.

ACTION

What rituals have you started that hold you in your zone of genius?

What are you willing to tolerate DOING every day to have this creation come to life?

What is the mantra you have designed that holds you in a state of awareness?

Action involves the internal work and the external work. The rituals are very much a part of success. This is where CHANGE IS CONSTANT. Becoming this version of yourself transpires when you show up.

The "work" is really a process called expansion. Your outer world then matches your internal world.

HONESTY

This is an internal reality. YOU have power to act, think and behave so that you create your new reality. Only YOU hold the key to getting there. The stories you speak are now love stories of acceptance and healing. The actions you take are to honor your calling and desire. The power is all in you. The work is for you to hold.

Hold yourself to the integrity you'd hold others. YOU matter that much. Your integrity is inside all that you think, feel, act and believe. Make it a love story and keep it safe.

TRUST - ACTION - HONESTY

These three components will create your new reality.

It was always in your power. It remains in your power. YOU are that powerful.

What will you commit to NOW?

What is REAL and TRUE NOW?