

BREAKTHROUGH WEEK 4: THE DESIGN

Creating you, your art.

“Most of us have two lives: the life we live, and the unlived life within us. Between the two stands Resistance.” -Steven Pressfield

The War of Art

Designing you is absolutely YOUR art.

Finding your beauty, your strength.

Finding your clarity.

Finding love over fear.

Finding your worth, your gift.

Finding your LOVE.

You're ready for your resilient you.

Always ready to respond and close the gap of realizing truth by shifting perception therefore changing your reality.

“We can complain because rose bushes have thorns, or rejoice because the thorn bushes have roses.” -Abraham Lincoln

The two final focal points of BREAKTHROUGH lives in these final words:

RESILIENCE

PERCEPTION

The past stories taught us WE ARE RESILIENT.

- WE GREW HOW?
- WE LEARNED WHAT?
- WE SEE THE JOURNEY WAS A PART ALL ALONG. NOW WE SEE THIS.....(the shift)
- What have you uncovered that lead you to grow.
- What did you realize that lead to NEW?
- What change in YOU lead to the reward of truth?

PERCEPTION

Definition of Perception: the way you think about or understand someone or something: the ability to understand or notice something easily: the way that you notice or understand something using one of your senses.

While we moved through the past stories and practice the re-write, we discovered a new perception.

THE PRACTICE OF PERCEPTION IS DAILY AWARENESS.

NEW REALITY - CONSISTENT CONNECTION TO SELF. (inward shift, it's all in you)

We noticed and understood who, and what we are and our thoughts that were attached to our experience. ONCE you see, feel and learn how you were attached to your past you begin to unravel where and how you perceived its truth.

Perception: using one of your senses, or all of them!

Your success in life relies on your many gifts, AND it always needs to be connected to your perception.

When we allow our ego to lead, determine and shape our future it will look like fear, shame or resistance. It's our SOUL job to visit the place of heart space to "weed" through the ego's lengthy tail of past.

BREAKING OUT AND BREAKING THROUGH CALLS FOR PURE POTENTIAL CLARITY

Pure Potential Clarity is the act of showing up as a resilient and perceptive being.

1. Be fully open mentally, physically and spiritually
2. Practice this mindfulness DAILY.
3. Always set clear boundaries for success. (schedule, intentions, commitments, believe)
4. Share your intentions
5. Allow growth - CHANGE - forever

The final phase of releasing all FEAR and allowing your powerful self-emergence:

ENERGY

En*er*gy

1. The strength and vitality required for sustained physical or mental activity.
2. Power derived from the utilization of physical or chemical resources

YOU are the STRENGTH and to nurture this energy it will require the maintenance of WELLBEING!

Mentally: mindset

Physically: self bodily care

Spiritually: connect with love, god, your highest self

ALL the energy you need is in YOU.

IN YOU is the power, NOT outside of YOU.

Create consistent rituals that fuel all of these components.

Make LOVE over FEAR a daily intention to rule your highest self and all its divine vision.

FINAL FORMULA:

Master your mental, physical and spiritual self.

The truest form of you is an energetic clarity, a physical clarity and a spiritual clarity.

Design YOU with the ultimate LIFE STYLE – You are power. You are the creator of your life.

YOU ARE THE POWER.

“The two most important days in your life are the day you are born and the day you find out why.” -Mark Twain

Calling it in.

Connect to the canvas in your mind, and create your truth: reality there.

This is the natural order of self-creation, love over fear is what forms your new rituals.

Realize you how love isn't harsh self judgement. See the energy in you intensify as your grow from within our new realized unlimited potential.

Be your BREAKTHROUGH.