



Of One

RE-MEMBERING

Method for Self-Connection:

Attributes to date that we acquire within this lifetime are “seeds” for us to now “REMEMBER” meaning: Who we are and What our purpose is.

These two questions we have seen, heard, and read about within all cultural histories. These questions symbolize humanity seeking our “Truths” – what is our “Truth” within us, that resonates in us; that makes us Happy, Joyous, and in a place of Love. It includes our relationships with everything, people, family, the personal quality of “choice” with how we choose to do things, it shapes the inner spiritual value of our self- worth, which should not be based on others’ expectations.

Within our “Truths” we must delve into our fears, our fears serve a purpose that defines linking back inward to Seek our true “Truth” of who we are, what is important to us (not the material stuff). Within our inward “Fear” are the keys to what our real truth is. Our concept of fear has helped to bury what we are truly connected with; authentic self, our physical bodies, thoughts, feelings, emotions, our surroundings, and people. We have learned to compartmentalize all of it to a lesser level of value where we follow what we are told, taught “not to question it” so we don’t rock the boat, because we need to feel acceptance and belonging. So, we bury what does not fit the program that we currently live in.

So how do we now re-connect to who we truly are? What makes us happy, loved and whole again? Examine your life, look at the situations of when you were the happiest – make a list of what made that situation so happy. These attributes are the biggest keys to connecting inward to your self-discovery. When we can reconnect to the emotional feeling and thought connection of that situation or moment within us, we are re-teaching ourselves to re-connect to our hearts, our Zero-point compass to our “Truth”. It has always existed, it never goes away, it is simply who we are. By re-discovering our Truths, it helps us to put the puzzle pieces of who we truly are and our true purpose that carries us forward with living and evolving in our happy, blissful state – no matter what surrounds us outside of ourselves. This is how we can stand strong and be able to move forward. It is how we reclaim our true aspect of Divine Love, Divine Truth and Divine Power to declare our Sovereignty of our Free Will.

Exercise:

Write about the Happy situations – make a list of the positive and negatives/sadness that comes up on a separate sheet, and only use a few descriptive words to describe the feeling or emotion. This is where we then begin to judge our “could of, should have” replay begins in our mind.

Ask yourself: why do you allow that replay to happen?

Look for a pattern within other situations that have come up:

- are there any repeats of your behavior or “feelings, thoughts” of a similar nature?
 - List them out with your description words
- Now list out the opposite positive emotional thought and feelings to each one
 - Review the list – what do you notice about those feelings and emotions now?



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- Give yourself Permission to allow yourself:
 - What are the feelings/ thoughts and emotions that you want to live in going forward at every moment of the day (write it out)
 - What are the things you can do to prepare yourself at the start of each day?
 - What are the things you can do to pull yourself up, when you are beginning to feel the pressure or anxiety build?
 - Write out how you want to move forward when in that situation going forward?