



Life Mastery Training Three Consciousness Goals and Personal Message

This year we are going to support you in setting 3 goals in a way you have never set goals before. The three are an internal goal, and external goal and a group full class goal. Our goal in doing this exercise is to teach you to fully clear on what inspires you about you, how to have the courage to share it with others and have the maturity to be able to pool your inspiration within a group and create something that is bigger than the sum of the parts. You must set and accomplish these goals before the final class.

You have set millions of goals in your lifetime. Probably had 50 just today. From sitting, to standing, to laying down, to having a successful job, to drinking enough water, to being in shape, to saying something nice to your spouse, to getting even with someone, to have more enlightened relationships, etc. etc. Some you achieved others you did not. You use some to define yourself and give yourself an identity, others just for fun. Some you have learned from and let go of if they don't work out. Others, no matter how painful or unlikely it is that you will accomplish them, you just can't stop. And then there are the many goals that you "failed" at, and have shame around, that you drag with you mentally that you now let create excuses that let you avoid setting any real heart centered goals now.

Some goals come from the lower self that give you pleasure and have to do with people jobs and objects. Some goals are from your higher self that give you a sense of spiritual unity that have to do with your sensitivity and deep inner sense of purpose. The most powerful goals are when the lower self and higher self come together and let you experience a congruence in you that we call the core soul profile self. The goals you fail at are the goals not congruent with your life purpose and profile.

So with the many goals you have every day, how do you know that you set an integrated core soul self-goal? Easy. The result of all core soul self-goals is always you! They lead to joy, passion, enthusiasm, love, connection, presence, and reveal a deeper sense of meaning in your life. The goal lets you fearlessly express who you are in the moment and you create enlightened relationships and you see what you do as a career in sharing your inspiration, not a job. They are never easy, but they reinforce a deep sense of purpose within you.

How do you know if it is not a real core self-goal? If your sense of ego self is diminished or enhanced by achieving or failing at your goal, it is not a goal. If you are relieved that it's over and you can go back to your life, like hitting a weight loss goal or a financial goal, that is not a real goal either. A real goal reveals to you, "yourself" undefended, humble and authentic. The belief that you can achieve any goal you set your mind to is lie that makes you suffer. All goals, just like chakras and archetypes must serve one master the core profile self, the soul. The goal is always to reveal to yourself and the world you authentic profile self. Try to be anyone else or any other profile leads to confusion and unhappiness.

My goal for teaching you how to goal set in this manner is to give you the secret that every mystery school is based on. If you are going to manifest the grace of God and be called to your life, you better have a pretty well refined tool to be able to accomplish that calling. Your body, chakras, Life Purpose and Soul points are that tools that you train through goal setting to be that refined tool. They are the philosopher's stone of alchemy that turns lead into gold.



There are two parts to this wonderful process:

1. First, a person who knows how to set and achieve goals in this way is utilizing the greatest gift spirit bestows on us, the ability to make conscious choices and focus their core energy like a laser beam. ||

To create conscious goals you need to develop 2 skills: 1) Know yourself. Feel who you are from the inside out with clarity of your profile, chakras and archetypes. 2) Feel the difference between an inner soul calling to your greatness and a mental want that you may be fixated on.

You have done 2 years of energetic work in this program to prepare you for this. Your ability to focus energy is being enhanced through the number of healings you have done, the places within yourself you have gone that were in your shadow and are now part of your light, the energetic rituals you practiced, your ability to see your core qualities, your defense, how your chakras speak to you through listening to the crystal bowls, your willingness to surrender to friendship/relationships as the highest spiritual path and guidance, and awakening to being a humble fallible human being. You have already been achieving core goals that we set forth for you in the program. You are now ready to use these skills to change your goals from being simply a mental activity of trying to be something you are not, to being a soul activity that unifies you and lets your daily life become congruent with your true life purpose. ||

2. Second, a real goal should free you and call back the energy you have left in failed goals, relationships, things unsaid, competitions lost, promotions passed over, loss of love, disappointment, and choices you wish you had not made. What your mind sees as "failure" is actually a misperception of reality; it is impossible to fail at anything. Goals simply tell who you are and what you have chakras for and what you don't have chakras for. You need to see past events that were traumatic financially, in your career, in your love relationships, in your health, etc. not as failures but great gifts that teach you who you truly are not who you think you should be. ||

Past "failures" act like heavy ball and chains attached to your ankles that you vow to never let go of so you "never" do that again. Through enough failure a person will eventually lower their expectations and minimize goal setting or stop setting goals which lets their life and unconscious fears set their goals for them. That is living in defense. ||

Once you know how to set a goal you will be able to see that goals can only be achieved if the goal is an aspect of who you already are. No matter what the goal, if it leads to a deep joy and self awareness it is a real goal. If you feel empty at the end of it, even if it succeeded materially it was just a mental attempt to be something you are not. ||

A conscious goal that takes into account your profile, your chakras, lower and higher self, your life purpose (now!) and your soul becomes a focused laser beam that cannot fail. A goal should lead you to living in your secret place, not an "adult" life of comfort (even though a few comfort goals are fine). ||

One conscious goal can release many of your ball and chains since once you know who you really are, you will not see the attempt to be an imposter as a failure and you can call back all that energy that you left in the failed goal. ||

The setting and achieving of goals are what inspired living is all about. With this one skill the world no longer has power over you, you become fully capable of being responsible for your life and a transformative element in the world. ||

How to Set Your 3rd Year Consciousness Goals

1. For the first two goals, the internal goal personal/relationship goal and the external self-expression/business goal, begin with a pad of paper or your computer and freely write down all the things you really want (at least 20 things) that will take more than thinking about to accomplish. They must be actions, not ideas. ¶
2. The internal goal is usually centered around your primary relationships and your relationship with your own health and fitness. I highly suggest that you pick the relationship you are losing the most energy to right now in your life. Relationship goals can have many subsets (starting one, leaving one, rebuilding one), or they can be emotional (greater capacity for intimacy and compassion, or have a better sex life). Or they can be self-relational: physical (lose weight, run a marathon, have more energy), personal health (get over a chronic illness, lower cholesterol, improve aerobic capacity, lower stress and blood pressure), and any goals you might have labeled totally selfish. ¶
3. The external/business goal can be to start, leave or rebuild a business, and or champion a cause out in the world or volunteer your time, or make more money, get something specific you have always wanted, something you want to write, create a product, speak about, create artistically, etc. Whatever it is, it should express that which you are the most inspired by in your life and that which you want to inspire the world through. ¶
4. The Group Goal will need each person in the group to begin with making personal list of all the things you think the group could do together to make a difference in the world. Write them down. Then share them with a few classmates and see what their list looks like. Any similar ideas can be synthesized into a new larger goal. Then meet as a group and put the synthesized ideas together and have group discussions as to what the group as a whole wants and does that goal represent the energy of the group. The vote. No matter what the vote, invest your time and energy into making it amazing. ¶
5. Then you must limit them down to the ones you think you can accomplish between now and the last class.
6. Now ask yourself which ones support's you in embodying your core soul quality and your life purpose profile at the highest level? Which ones call you from deep inside? ¶
7. Finally pick the two that bring up the most amount of fear but that you are not afraid to find out if you really want it or not. Any goal that you discover is not actually who you are will need to be walked away from. If you are not ready to find out if your relationship or job is not part of your deepest life purpose don't pick it. ¶
8. Warning: do not pick "fluff" or "non-descript" goals, such as "I want inner peace or happiness" "I want a million dollars" "I want to be me" - they will be rejected. They must be something you do in the world that challenges you to reach deeper in yourself than you have date. It must be personal and measurable and something that will hopefully take you to a new level of self-esteem and respect. ¶
9. We will be running your goals through all the chakras and profiles this year to see if it truly is a goal for you. You will learn how to embrace and or walk away from a goal and what detachment means. ¶
10. You will be learning to create your personal message and your business message from your Core Profiles and Big Why and will be making a Facebook video to solidify it and begin honing it. It will be lots of fun and each of you will be able to work through it together. ¶
11. Once you have your message it applies to everything in your life. It is the unbendable, non-negotiable part of you that you want everyone to see in every part of your life.