



SOURCE

PROCESS & BREATHWORK

THEORY

- Thought plus energy creates results in the physical universe.
- The resonance of decisions made at birth and in early childhood may still be manifesting as disturbing patterns in our lives.
- It is possible to remember those decisions and make new life-enhancing choices for ourselves, thus benefiting EVERYONE.
- Fear in the form of resentment, anger, judgement and criticism stops the flow of life energy... stops the flow of Love.
- Blame is always inappropriate whether it is inner-directed or outer-directed.
- Forgiveness is ultimate freedom. We can live centered in success and abundance.
- We attract people and situations that reflect what we think about ourselves and about life.
- Personal power is the power to choose what to think, and thus how to use your energy.
- The relationship that you have with yourself is reflected in all your relationships. Is your relationship with yourself a loving, gentle, joyful one?
- When we are exploring and remembering our inner thoughts we deserve to have support from those who “have been there” and from those who are making the same changes we are.
- We are consciousness that co-creates.
- Positive changes take place easily and effortlessly when we join our energies.
- Love, in all forms, brings up anything unlike itself so that it can be healed.
- Who you are is not any of your thoughts. Who you are is the One who chooses where to place your attention.
- The thoughts that you endow with your precious Life Energy always expand.

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