



## **Part 04 – Recharge**

The fourth and final part is about moving forward in a new direction

## 04.01 Flow

### Introduction

When you surrender to an emotion and letting go of it, there is an immediate lighter, happier feeling, almost like a “high”, in the same way as we have cleared emotions up until this point will we now start clearing fear, however not in the same way as we did in the previous part, this part is about surrender to fear so that you can allow change to come in. To describe this in simple terms, if you want to change your current reality you have to remove the fear of the failure of the achievement.

Let's say you want to really want a relationship but it's not happening, this may be because you are blocking it because you have been hurt in the past, but we have now cleared the suppressed emotions and traumas of the event in the past so this should be able to flow into your life now..The tricky part is that you might still be attached to it, as mentioned over and over, you have to let go of the attachment to it to allow it in. You may have cleared the past event but you might still be attached to the fear of being hurt again, so we need to remove the resistance to being hurt to allow fear of hurt to disappear and love to flow in. But it may not at all be the fear of being hurt, it may be fear of love, it may be fear of being in a relationship.

It might be a bit tricky to understand this at first, so to dumb in down, think about what you want, then think about the what would happen if this case true, figure out your fears about it, then try to figure out why this might be. The fear is the attachment and or resistance for it to flow into your life.

For example, in the above example, it may be that you really want a

relationship, but you realise that you have a fear about being in a relationship because that would mean that you would have to be intimate, which is the real fear, as being vulnerable is scary. You can then remove the fear of being vulnerable and intimate which is blocking the relationship to flow into your life.

## **Instructions**

Write down any initial thoughts from the introduction if anything comes to mind. Then move on to answer the journal questions, these are just suggested questions for you to answer, so respond in a way that feels authentic and true to you. After answering as many of the journal questions as possible, put your eye mask on, headset in and listen into the meditation. Make sure that you're in a comfortable and safe seating position.

The meditation may not work for you the first time around, so you may have to come back to it again. It's also worth noting that this work is different for everyone, so make it your own, do what works for you and skip what doesn't.

## **Journal prompts**

- What are you lacking in life? Is it the business, the love, the apartment or whatever it might be write it down.
- What are the worst fear you have about this NOT working/ happening?
- What is the worst fear you have about this working/ happening?
- Do you have previous experiences when you had this but it didn't work out?

- Are there any other attachment to the thing that could be the reason to why you're blocking this from happening?
- Any other thoughts about the subject?

With the journal questions in mind, continue to move on to the meditation called '**04.01 Remove Resistance Meditation**'. If anything comes up in the meditation that you want to remember or come back to, write it down afterwards!

## 04.02 Worth

### Introduction

A very important part of moving forward into a new reality is for you, or your subconscious more specifically to understand that you are worthy of having. This is very tricky as it's you subconsciously have set boundaries as to what you deserve and not. For example you might be a person who always get the jobs you apply for, but struggles in love, meaning you know that you deserve the jobs – it comes easily to you, in this area things flow. But in love relationships you are not so sure you deserve the love you crave. Therefore it's easy to spot what you lack in life, just not as easy to change, especially not if you aren't even aware of what you lack.

In order to change anything in your life the way to go is to start within. The rest will follow.

### Instructions

This is the final section, but hopefully by far no the end of your journey. It's meant to be another start to exploring further! To let go of the past and move past fear and into a new reality. So, as always, if the introduction made you think of anything, write that down. Then move on to answer the journal questions, these are just suggested questions for you to answer, so respond in a way that feels authentic and true to you. After answering as many of the journal questions as possible, put your eye mask on, headset in and listen into the meditation. Make sure that you're in a comfortable and safe seating position.

## Journal questions

- What comes easily to you?
- What do you struggle with?
- What do you want? Having a clear vision of what you want will help changing your current reality.
- How do you feel about yourself?
- How do you feel about your body and appearance?
- How do you feel about who you are?
- Do you think that you are worthy of having whatever it is that you want?

Go ahead and do the meditation called: **'04.02 Goddess Meditation'** (it is not gender specific, it is about the feminine energy)

You may not have agreed with feeling that you are amazing etc. the first time around, but it will eventually come as you start loving yourself deeper and deeper, so write down any thoughts as you'll be able to see progress when you go back. Regardless of gender, everyone has both masculine and feminine energy within them, this meditation was all about female energy, the energy of creation and love. It's where to start in order for you to get to a point where you fully accept yourself truly, and come to understand that you in fact are worthy of having what you want in life. You might on an intellectual plane know that you are worthy of having, but until you accept you as you are and understand on a subconscious level that you are worthy it will be hard to

get anywhere.

If you want to move beyond this, the next step is to start getting into that masculine energy, which is all about power and taking action.