

LINEAR THINKING AND ACTING

The mind can only think in linear terms, meaning it can only relate something to the past or worry/speculate about the future. Linear thinking includes planning, analyzing, thinking logically, micro-managing, etc. The truth is that time is not linear, time does not exist as the construct we know it as.

Time is a spiral, and we are always merging many different timelines and moments into the present. If we are attached to “time” based on future and past, we are not in the heart and we miss vital opportunities to experience miracles and synchronicities. When we are in the linear mind, we are not in the flow of the Universe.

We miss the signs, the gentle nudges of our angels, and the miracles that Source is showing us. We plan so much on the future, trying not to re-create the past but ironically we are always re-creating the past when we are in the mind. To dissolve this programming, we have to stay in the present moment of now.

This takes practice and patience, but is the key to opening our hearts and entering full consciousness. Whenever a thought comes in that is not relevant to the present moment of now, say out loud, “I cut chords with everyone and everything and all events. I re-attach all of my energetic chords with everything that is whole, pure, and in resonance with love.”

Understand that nothing is linear, and we will always be going through the ups and downs of the healing process, but we learn to take this with grace and to embrace these waves as part of the process.

We no longer judge ourselves or others based on how far along we think we should be, or what we should have accomplished. If this is one of your core programmings, watching your thoughts will be key to your transformation.

Give up planning or thinking about the past. Practice gratitude, praying, setting intentions, and cutting chords with thought loops. Take each day as an adventure, while still taking steps towards your goals and dreams.

Let go of control of how something unfolds, or when, or why. Trust in your heart that everything is happening according to the divine plan and in divine timing.

EXTERNALIZATION

This programming exists for every being who has not mastered their inner work. The mind itself can only externalize, because seeing itself would mean its aware of itself, which it cannot be because awareness is consciousness.

The EGO hides to protect itself, to keep your awareness away from the EGO because awareness would begin to dissolve it. The EGO keeps you focused on the external to keep you distracted.

Externalization means that we view everything as outside of us, we cannot see that everything is a reflection of ourselves. This creates blame, projection, anger, control, and victim consciousness. Anything that triggers us in another, or in our experience, is because we have an unhealed part of ourselves.

The sooner we accept that, the faster the transformation. Anything in the world that you do not like, you must first take accountability of how your unconsciousness help create that, and how you have enabled or contributed to this manifestation.

Then you focus on what you CAN change, within yourself. To fully dissolve this programming, focus on completely detaching from the external. Take accountability for everything outside of you that triggers you, and pull all the focus onto your internal self. Heal yourself, transform your triggers, and change your own thoughts, habits, and behaviors.

Hold compassion for others and situations without judging them, and continue to lead by example rather than trying to change your external circumstances.

PRINCESS/PRINCE CONDITIONING

This programming is very prevalent within the lower feminine. This pattern of behavior is often passed down from the Earth Mother, and enabled by the parents. The Dark created the princess programming to convince feminine that they are damsels in distress, needing a masculine to save them.

We have taught feminine to be spoiled, entitled, demanding, and co-dependent. Princess programming can present itself in many different ways: resistance to physical work, entitlement to material things, always seeking a savior or for someone to do something for you, wanting to be coddled or pampered, believing you are a prize or trophy. The underlying energy of this program is lack of self-love and lack of empowerment.

This difference between a princess and a divine feminine, is the divine feminine is fully empowered while at the same time, appreciating and allowing the masculine support, not demanding it or relying upon it. The princess wants to be served whereas the divine feminine seeks to serve others (with self-love).

This conditioning is most often seen in “daddy’s girls”. Prince programming works the same way but in masculine. This conditioning is typically seen in “momma’s boys”. These masculine believe they should be catered to, taken care of, spoiled, pampered, and put on a pedestal.

Those with prince programming also may have resistance to physical work, often caring about their appearance and false sense of power and they wish to be served. To dissolve this, first reflect on where you may have this conditioning and then seek to break those resistances. Notice where you are seeking to be served, rather than to serve.

Dedicating yourself in service to others, while also loving yourself, will dissolve this programming. Seek to be in empowered service where you are grateful and open to receiving gifts and blessings but you are not seeking them or feel entitled to them. If this is one of your core programs, the biggest transformation for you will be physical service.

Cleaning, building, learning how to clean your own car, change our own oil, cut your own grass, chop your own wood, etc., will be the greatest and fastest transformation of this programming. Then you will focus on service to love, rather than service to self. Remember that you are worthy, NOT entitled.

BITCH CONDITIONING

This conditioning is very deep within the lower feminine collective. Bitch conditioning is learned and taught based on our parents. The root cause of the bitch is a fear of not being loved, and underlying anger/rage at people or experiences from your life.

We, as a society, have glorified and even encouraged this bitch conditioning by teaching feminine that this makes them “strong” or “empowered”. We often hear phrases like, “bad bitch”, which gives the impression that this makes the feminine cool or beautiful, or strong.

This is all illusionary.

Bitch often presents itself through sarcasm, condescending tones, superiority, and projection.

You will notice those who have bitch conditioning are often very reactive and very defensive because they fear rejection. They take everything personally which is why they then lash out through bitch.

It is a protective mechanism. The Divine Feminine speak truth and have passion, but are also filled with compassion and empathy. They are open, receptive, and centered.

To dissolve this programming, first look at any underlying anger or rage you are carrying. Who do you need to forgive? Where does the anger stem from? Focus on releasing this anger through crying, journaling, forgiving, etc.

Focus on breathing and feeling sensations in your body and feel your heart once again. If you are triggered, take a breath and respond rather than react.

If this is one of your main programmings, your focus will be on loving yourself, and speaking with love to others. Whenever a bitch energy comes in, catch it, cut chords with it, and instead respond with love.

You will begin to feel your heart soften and you will realize that vulnerability makes you stronger, not weaker.

ASSHOLE CONDITIONING

This conditioning presents itself in masculine through arrogance, lack of feeling, condescending, superiority, and lack of vulnerability. The asshole and the bitch are the same frequencies but present through different vessels.

The root of the asshole is a lack of self-love, and a fear of being rejected. Every asshole chooses to lash out on others, out of a fear that if they are loving and vulnerable, they will be rejected.

This is just another safety mechanism. An asshole actually desires to be loved, but is so afraid to give love that it puts up barriers and walls. This is taught by parenting and environment.

This is further perpetuated by the masculine/feminine dynamics which encourage this behavior because we teach feminine that a masculine who is an asshole to them, actually love them. While this may be true, it enables the behavior, and round and round we go.

To dissolve this conditioning requires a deep level of feeling. First, you must recognize the behavior and take accountability for it, then work to begin feeling more. This starts with feeling your vessel and into the sensations within your body.

Do you feel any pain, tension, stiffness, etc.?
Practice sitting with yourself and just breathing deeply, in through the nose and out through the mouth. Cut chords with any thoughts that are trying to come in.

The more you breathe, the more different emotions may surface or tension may arise. This will give you a clue of where the blocks to feeling are, and they are mostly in the heart chakra. If this is one of your core programmings, you need to focus on self-love and nurturing of yourself. When is the last time you cried?

When is the last time you expressed yourself vulnerably? These are going to be your biggest transformations. To get in tune with any anger, grief, pain or hurt stored within you, to acknowledge it, release it, express it and heal it. Putting your guard down and opening yourself up to others will completely dissolve this programming.

SEVERE IMPATIENCE

When we are impatient, we are struggling to surrender. Impatience stems from fear. Fear that we need to speed things up or rush because there is not enough time. We are so focused on the destination that we miss the journey. Anxiety within the body creates this severe impatience.

When we are in anxiety, rushing, forcing, we are missing the messages, the guidance and the syncs which can only come when we are in the present moment. With impatience, we are always living in the future. To dissolve impatience, one must first reflect on where it is coming from.

Are you easily distracted? Are you in fear of the future? Are you feeling anxiety? Once you can identify the underlying emotion or feeling you can work to resolve that. This takes deep focus and discipline to actively slow yourself down.

By slowing down we are present, in the moment, which is where we feel peace and clarity. If this is one of your core programmings, you will have to discipline yourself on slowing down. Meditation will be your biggest transformation.

For many of you, sitting still for 5 minutes sounds hard enough let alone cutting out all thoughts. Yet, this will be where you breakthrough. Practice once a day sitting still, cutting chords continuously with any thought that tries to come in.

Listen to music if this helps, and just keep breathing until you arrive at the place of stillness and inner peace. Hold this for as long as you can until this becomes organic for you.

EASILY DISTRACTED

All of humanity is easily distracted, by design. The Dark has created an addiction to distractions to prevent us from ever getting still and going within, which is always where the transformation and quantum leaps occur. We have both outer and inner distractions that we must transform.

Outer distractions include clothes, vanity, food, social media, news, Netflix, rules, tasks, bills, sports, etc. This list is truly endless as far as our distractions go. Any moment that you are focused on anything that is outside yourself that prevents you from hearing your own voice within, your own heart, is a distraction. Inner distractions usually present as a constant worry, fear, anxiety, or thought loop that keeps us in a state of distraction.

We are so focused on this particular fear or worry that we lose the present moment of now.

Transforming distraction is simply done by staying in the present moment. This often sounds harder than it is, but it does take patience and practice.

Be very aware of how you live your days. If you wake up, immediately start thinking about what you need to do, or you automatically jump on your phone to begin consuming messages and news, then you are already beginning with the energy of distraction.

We highly recommend carving out at least 15 minutes, as soon as you wake up, to staying present. You can do your morning routine but without thinking, without planning, without consuming anything. You are beginning your day in a meditative state.

Notice how often each day you have to be doing something. Reading something, listening to something, talking to someone, focusing on something external. Stillness again will be your greatest friend.

Within your stillness is clarity, wisdom and knowing. You can access everything through your stillness and discovering who you truly are.

Meditation practices as listed above for impatience, will apply if this is one of your core programmings.

We often live in a state of distraction because there is a wound, belief system, or some unhealed energetic within us that we have to face if we are still and present.

QUITTER

A quitter is someone who gives up every time they reach a challenging experience. They are unable to push through uncomfotability. There is a balance between quitting and knowing when something is no longer in resonance with you, so you let it go. The difference is that quitting stops you from ever mastering the lessons or mastering dedication.

You quit before the lesson is learned. Letting something go because you have learned the lesson and mastered patience, dedication, and consistency, means you are ready to move onto the next level.

Reflect on anything in your life where you gave up. Where you quit before the breakthrough occurred. You may notice that similar situations, people, or lessons have continued to come back around for you in different ways.

We can always see what our higher self is guiding us to face because it will continue to be brought to us, until we face it. Often we quit because the uncomfortability is too much, or whatever we need to face within ourselves feels too big.

To transform this, you must commit yourself to digging deeper into your patience, compassion, and self-reflection. Often, the lesson lies within ourselves. Maybe the test is patience so we continue to be presented with situations that are calling for patience, yet we give up when it starts to take too long.

Maybe you wanted to try a new hobby or sport but because you weren't getting the hang of it quickly enough, or you felt you weren't improving, you gave up. This lesson may keep coming back around for you to test your strength and persistence.

If this is one of your core programmings you must identify what pattern has repeated itself. Next, commit yourself to pushing through any next challenges that come your way. As soon as it feels too hard, too much, too overwhelming, etc., dig deep into yourself and commit to making it through the lesson this time. This will be where your greatest breakthrough occurs.