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LESSON ONE

SOUL REALIGNMENT® CORE PRINCIPLES

WHAT IS THE SOUL?

Imagine if you are Divine Source (or God, or the Creator ...) and you are everything. Since you are everything, you have no way of experiencing yourself, because there is nothing that you are not. And so, Divine Source creates Souls - unique, individuated expressions of itself. Souls contain some aspects of Divine Source, but not all, of course. Divine Source is able to experience itself through its creations, the Soul.

The Soul inherits the creative abilities of Divine Source, and just like Divine Source, it experiences itself through its own creations. Of course, we don't



have the same exact creative abilities as Divine Source. As Souls, we can't create planets, or plants, or fish ... our creation is more limited. While we are incarnated, our creative playground or canvas is our own human experience.

MULTI-DIMENSIONALITY

Quantum physics recognizes ten dimensional aspects of existence. You already exist at all ten dimensional levels of existence. Your physical body is your third-dimensional aspect. Your mind is your fourth-dimensional aspect. Your Soul is everything that lies beyond the mind. Essentially, your Soul is the fifth- through tenth-dimensional aspect of your existence.

Think of your Being as a giant layer cake with ten layers. Your physical, third-dimensional layer is the densest - so dense that we have the illusion of physical matter. Now imagine all those layers occupying the same space, separated from one another only by density. All of our dimensional aspects exist as reflections of each other.

VITAL FORCE ENERGY

Vital force energy is the stuff of Creation itself. It is the energy that created each of our Souls, and is also the energy we access to create. It is what animates our physical body. It is our life force, the essence of life itself. Beyond keeping us alive, we also utilize vital force energy to create the experience we want. All vital force energy is derived from Divine Source.

The more vital force energy we are able to access, the greater our capacity to create our human experience. We receive vital force energy from Divine

Source via our Divine Soul Blueprint. Our Divine Soul Blueprint is the underlying framework or “code” for accessing vital force energy. Ideally, every dimensional aspect that makes up your Being is aligned to how your Divine Soul Blueprint was first created by Divine Source. This is how you were designed to receive vital force energy.

At the third-dimensional, physical level of our experience, we align to our Divine Soul Blueprint through choice. We can literally do our Divine Soul Blueprint, if we choose.

A choice is not a decision.

Choice only happens at the level of action. When we make a choice, we actually affect our entire Divine Soul Blueprint at all other dimensional levels of existence. Making choices takes a huge amount of effort. The physical dimension is dense, compared to all others. We actually have to move our physical bodies through time and space when we take action.

Because all dimensional aspects of our Being reflect one another, all of our choices reverberate powerfully through our entire Divine Soul Blueprint. The upper-dimensional aspects of our Being are affected and altered by the quality of our choices.

Aligning to our Divine Soul Blueprint through choice gives us tremendous access to vital force energy at the third-dimensional level. The result of these aligned choices is always abundance - an abundance of health, physical vitality, money, fulfillment, and time.

We consider choices that align to our original Divine Soul Blueprint to be positive, because these choices affirm our Divine nature. A negative choice, on the other hand, is a choice that is out of alignment with our Divine Soul Blueprint. What constitutes a positive or negative choice is completely individualized. A negative choice for one person might be a very positive choice for another. Unless we also know the energetic qualities that make up our Divine Soul Blueprint, it is almost impossible to know a positive from a negative choice. However, the quality of our choices is always very apparent in our results.

There are always more negative than positive choices available to us. Our Divine Soul Blueprint is incredible specific. There are so many choices available to us today and between 75% - 87% of the choices we could make are actually negative and incongruent to our Divine Soul Blueprint.

Negative choices create something we call “blocks and restrictions.” These are blockages that restrict our access to vital force energy, limiting our ability to create what we want. When we make a negative choice, we take our Being out of alignment to receiving vital force energy from Divine Source.

While negative choices create blockages to vital force energy throughout our Being, making positive choices affects our entire Divine Soul Blueprint as well. By making positive choices that align to how our Divine Soul Blueprint was created by Divine Source, we correct blocks and restrictions and realign to the flow of vital force energy from Divine Source. That’s why it’s called Soul Realignment®.

In order to make positive choices, realign to vital force energy, and ground our Divinity into our humanity, we obviously need to understand our Divine Soul Blueprint. If we don't know our Divine nature, it is impossible to know a positive choice from a negative one, other than through our results. This hit-or-miss approach is a very painful and inefficient way to try and understand our Blueprint. The best way to access information about our Divine Soul Blueprint is via the Akashic Records.

THE AKASHIC RECORDS

Think of the Akashic Records simply as an energetic database that stores every choice that we have ever made. Each Soul has its own Akashic Record as part of its fifth-dimensional aspect. Remember, our choices make a powerful impact on all other dimensional aspects of our existence, and that includes our fifth-dimensional aspect! Since there is no linear time in the fifth dimension, information about every choice the Soul has ever made is available within the Akashic Records.

The term Akashic Records is derived from the Sanskrit word "Akasha," meaning "ether." In Hindi, "Akash" means "sky" or "heaven." Rather than thinking of the Records as a single place (they are often likened to a library), imagine them like an energetic information super-highway that resides outside of time and space. The Internet is a great analogy for the Akashic Records. They truly are more like the world wide web. Remember that dimensions become less dense the higher they are. As there is less density, there is also less separation between us as individual Souls. The fifth dimension is the lowest dimension via which we can access Soul-level information about each other because of the lack of

separation at that dimensional level of our existence. Since we have evolved our consciousness to fifth-dimensional vibration rates we can access the fifth dimension consciously while we are incarnated.

The Akashic Records contain a vast amount of information, much of which is irrelevant to our current experience. Soul Realignment® will help you retrieve only the practical, useful information that actually has transformational value in a very precise, focused way.

Because there is no time in the fifth dimension, we can look up a Soul's Divine Soul Blueprint at its origination, which is when it was first created by Divine Source. We gather information about the Divine Soul Blueprint before any negative choices were made. This way, we know precisely what will constitute positive choices for us and realign us to vital force energy. We then compare the current Divine Soul Blueprint to the Blueprint at origination. This lets us understand the blocks and restrictions we are currently engaged in, and lets us pinpoint our current patterns of negative choices.

In this way, we not only know how to make positive choices going forward, but we also know which negative choices are contributing to any states of lack we are experiencing. We can then correct these negative choices, restoring our Divine Soul Blueprint back to its state at origination.

Correcting negative choices does of course take effort and time. However, every positive choice that aligns us further to our original Divine Soul Blueprint creates more abundance in our lives.

Even though all of us are interconnected at the fifth-dimensional level, our Soul-level information is actually highly private. The Akashic Records always reflect the intention with which they are accessed back to us. If someone tries to access the Records out of curiosity without a legitimate mandate to do so, this will only yield information from the Records that is dissatisfying, somewhat mysterious, or doesn't make sense. If we access the Records from curiosity, we end up being even more curious. In this way, Soul-level information is actually highly protected from anyone who would access it inappropriately. We never, ever access anyone's Akashic Records without permission.

YOUR PRACTICE CLIENTS

Please select five practice clients that you can work with during your training, so that you can immediately put what you learn into practical application. Practice clients may not be yourself, your spouse or partner, or your children. The closer you are to people, the less objectivity you have. While I strongly encourage you to do this work for yourself, your spouse and your children, please complete your sessions your practice clients first. This will allow you to develop the necessary objectivity and detachment needed to work on your own behalf, and with those closest to you.

Ideally, your practice clients will be friends and acquaintances. Please only ask total strangers to be your practice clients if absolutely necessary! It helps to have some familiarity with your practice clients because it will help you past some of the self-doubt that will inevitably arise.

On the other hand, when you access the Akashic Records for a stranger, you have no way of knowing if the information you are receiving is correct or not. For some of you, this may feel liberating. For others, it will make you so insecure initially that you will stop yourself. Please use your personal discernment when selecting your practice clients.

Ideally, your practice clients will be people that are open-minded to this work, and are supportive of you. However, it is acceptable to ask people who would never pay for a session, as long as they don't mind you checking into their Akashic Record.

You will need to present to your practice clients once you've completed your session. Presentation can be done over the phone, Skype, or in person. You must ask for permission before you ever access someone's Akashic Record, with very few exceptions.

Since you have not actually done this work yet, it can feel awkward to explain a session to potential practice clients! My strong suggestion is that you do not dive into all the details of Soul Realignment®, the Akashic Records, and how this work is structured. Instead, I suggest you keep your request casual and lead with the benefits of the work:

"Hey, I'm taking a spiritual development class and I would love to have you as a practice client. I'll be telling you all about who you are, at Soul-level and what your spiritual gifts are, and I'll also be able to tell you how you might be stopping yourself from fully using those gifts to create more of what you want. All I need from you right now is some basic information, and then in about two months I'll

give you an hour-long session. All you'd have to do is fill out a very short, five-question form for my certification. Would you help me out?"

Remember to tell your practice clients that it will take you up to two months before they will get their session. Please do not tell your practice clients bits and pieces of information about themselves as you go through the course. This would not serve you or them! Sometimes, a little information does more harm than good. You would also be short-changing yourself of the experience of giving a full session.

PENDULUM DOWSING

The absolutely best way to get clear, precise information from the Akashic Records is through the practice of pendulum dowsing. Pendulum dowsing is not magical or mystical by any means. It is just a technique that connects our fifth-dimensional aspect to our subconscious mind, so that we can consciously receive information from the Akashic Records. When practiced correctly, dowsing is highly effective. However, dowsing is often misused by those who simply start "asking their pendulum" random questions, resulting in inaccuracy and confusion.

Pendulum dowsing allows us to engage the conscious, logical mind so that we only receive the information we want. We do this via very specific dowsing protocols. Initially you will only receive "yes," "no," and "maybe" from the Akashic Records. While this may seem somewhat confining and limiting at first, when combined with highly effective protocols it actually creates incredible specificity and accuracy.

Pendulum dowsing also allows us to externalize the process of accessing the Akashic Records. This is hugely important so that you don't become attached to any kind of sensory intuitive experience! Dowsing provides a very stable, unchanging way to access information from the Records even as your intuition evolves. Pendulum dowsing is also an active process, rather than a passive one, and that is very important to our work.

You will need to purchase a pendulum. They are very inexpensive and are available at stores that sell crystals, metaphysical bookstores, and online. If you truly don't like dowsing, I will show you an alternate technique using muscle-testing that is also effective with our protocols. However, I do recommend you give pendulum dowsing a try.

WHAT IS A FRAME OF REFERENCE?

I use the term "frame of reference" frequently in this program. We need a mental framework of understanding, so that we can effectively interpret the energies of the fifth-dimension into our human experience. We must also clearly name and define energetic phenomena, so that we can understand them, and communicate effectively with the client.

Soul Realignment® offers a very cohesive, logical, and comprehensive mental framework of understanding the information contained in the Akashic Records. While you are studying Soul Realignment®, please adopt a beginner's mind and do not try to combine it with other frames of reference until you are complete with your training.

Language is always limiting. Many modalities use the same terminology for different concepts and energetic phenomena. You may have studied other healing and intuitive modalities and terminology will differ. For example, an “implant” in shamanism will be different conceptually than an “implant” in Soul Realignment®.

What matters is that we have a common interpretation of certain energetic phenomena, so that we can work together within this modality. A frame of reference must be cohesive and “make sense” to the logical mind.

You must have a thorough understanding of what you are asking about before you ever pick up your dowsing pendulum. This does not mean, however, that you have to memorize the information. If you do not understand the question in your dowsing protocol, and what the possible available answers are, then you are letting your frame of reference slip and you will be inaccurate. If you are asking about a “Vow” for example, you need to know exactly how we define that term in this particular modality. The more disciplined you are in upholding a clearly defined frame of reference, the more accurate your sessions will be.

Soul Realignment® strives to be as non-dogmatic as possible, so that the logical mind is satisfied. There are still a few aspects of this course you’ll have to accept and put into practice in order to experience their validity. However, you will eventually put them to the test for yourself! We never want to ask others to take our information on faith. I invite you to take action on what you learn, and discover the Truth within your results.

Soul Realignment® has a highly specific, practical focus: What will help the client (or us, or our loved ones) create the life they want? What will help us create a life that is an expression of who we are, at Soul-level? This course does not deal with abstract spiritual concepts. If we can't use the information we glean from the Records, then it only serves our mind's curiosity.

As you study, try to be disciplined and not let your mind wander into the realm of the hypothetical. Our mind's job is to be curious, but curiosity can also be incredibly distracting if it is not directed towards practical problem-solving.

We are already in information overload. This modality is focused on transformation. Information we gather from the Akashic Records must hold transformational potential for those we serve. Otherwise, we are simply contributing more noise to our planet.