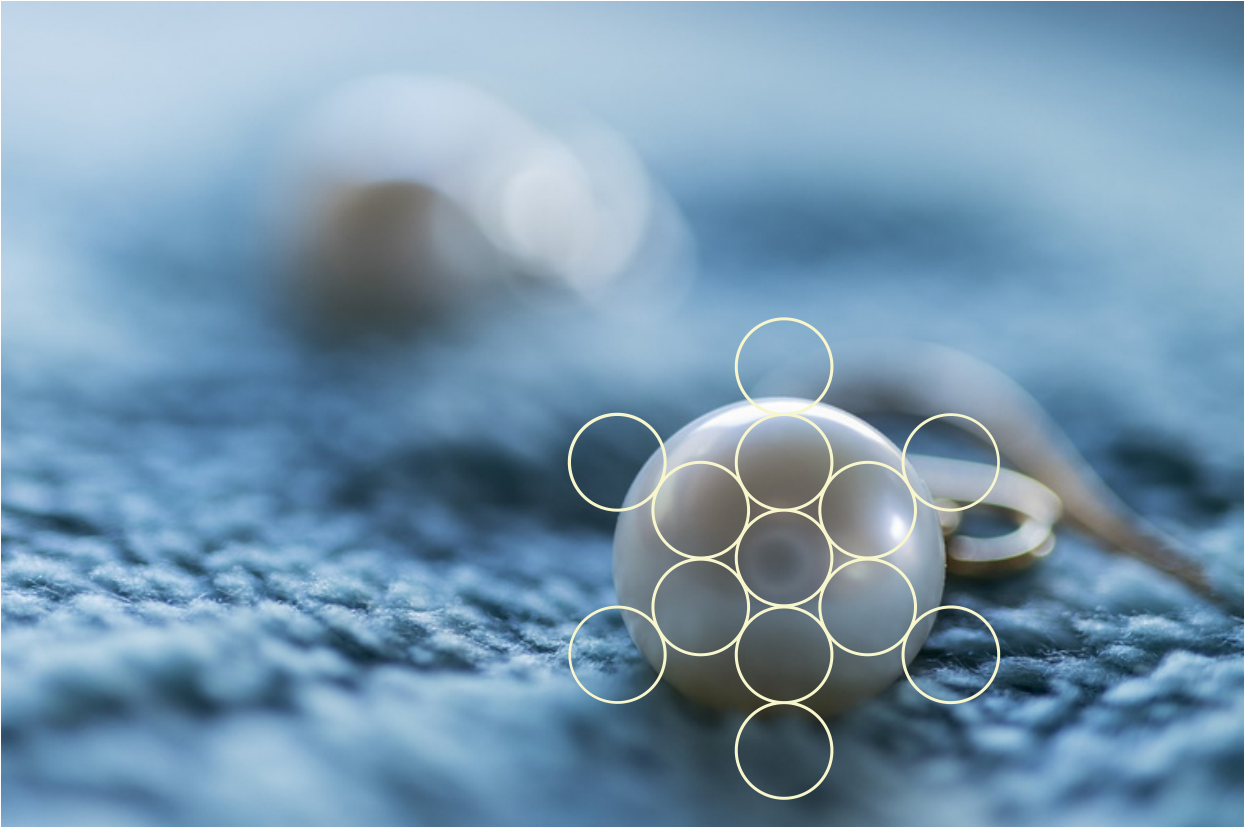


TREASURE



Introduction to Equilibrate

Introduction to Equilibrate

Video Transcript

Finally, we arrive at Stage 3 Equilibrate. This is where the rubber meets the road. By now, you have done the necessary inner work of excavating old programming, tilling your thought field and upgrading your mindset. You have also elevated your state of being by regulating your nervous system and activating your somatic intelligence. And so you have arrived at the next level of your expansion, and this is a precious moment to savour and celebrate.

To be sure, life is not going to be perfect and smooth sailing. Life is going to shake you because life is about incessant change. Once you arrive at a new level of success, the next challenge will begin. Continual endings and beginnings - this is the cycle and spiral of life. In fact, as you nestle in the great cosmic womb of the Sacred Feminine, you will undergo ongoing rebirths of your consciousness as you move into expanded states of self. This process of rebirth is ultimately a cause for celebration, and it is this that makes the labour pangs, the contractions, all worth it in the end.

You now get to practice remaining in this elevated state, even as life shakes you. And because the feminine principle of magnetic attraction is to be pulled by pleasure, versus being pushed by pain, so finding equilibrium and balance is about finding pleasure in the challenge, where there is less resisting or struggling. Otherwise, when you feel stuck in pain, the tendency is to slide back into old ways of being. And, as tempting as it may be, you are aware that going back is not an option, especially since you have committed to your

evolutionary soul journey. So, when things begin to feel challenging, as they will when you are stretching and expanding, how do you catch yourself from falling back into old, familiar ways of coping?

This is what equilibrate is all about. To remain stable and balanced by knowing how to adjust your actions or circumstances in order to achieve a more harmonious experience in your life. This is where you become a frequency match for the new set point you now have, and where you fully anchor in and embody this new frequency. You'll be able to hold this new default set point by trusting in the TREASURE that is you. What this means is that when you are not experiencing flow in your reality, instead of falling into habitual disappointment or worry, you are able to skilfully reframe the situation. You are able to see that the lack of flow points to misalignments and hidden conflicts, so all you really need to do is to apply the tools you have at your disposal to up level your frequency. You get to excavate these hidden conflicts and come back into alignment with your elevated soul self. In short, you get to enjoy the fruits of your labour. TREASURE is really a way of being, it's about cultivating a state of mind, remaining in a high frequency of success that serves as the foundation for everything else in your life.

In fact, the ultimate goal of TREASURE is to bring forth a sense of freedom, to awaken you to the opportunities and choices you have to pursue your big dreams because you now own your value and worth as a divine being and a sacred manifester. If, before embarking on this program, you had held yourself back and said No to certain desires that were kept buried or locked away, by now you would have realised that life is simply too short to say No

to your dreams. One thing should definitely be clear: You are more than ready to experience life from a whole other level, and you can trust that the divine spark in you gets to actively co-create with the universe so that you can experience gifts and miracles every day. My hope is that, by going through this program, you are inspired to commit to living your best life ever - a life that is without self-imposed or socially conditioned limits.

The spaciousness that comes from valuing yourself as a precious being, a TREASURE, is truly priceless. As you spiral along your unique soul path, and bring your presence as a gift to each unfolding moment, know that you are entering into a new paradigm. Indeed, as part of your expansion, your paradigm - the way you perceive the world, the assumptions you hold about basic reality -, has changed. These changes are often subtle, so take a moment to reflect on how far you have come. It's all too easy to overlook the distance you have travelled and underestimate the growth you have experienced. What you've likely taken for granted and which, for the most part, you don't examine or question, has now shifted.

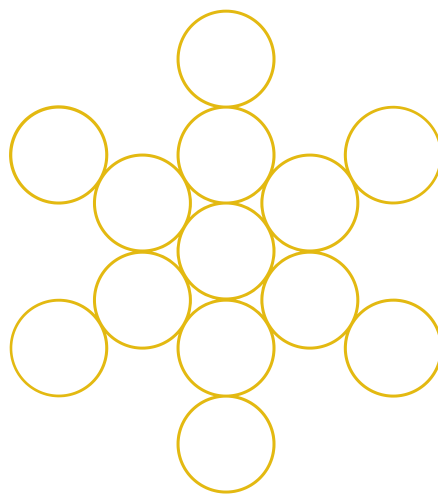
In TREASURE, a key teaching is that simply by embodying and anchoring love's presence, you get to lift and transform your life and those around you. When you align your heart to the promptings of pure love and compassionate service, your participation in life will shine a light that sparks this remembrance in others as well. As your gifts awaken and you stand in your beauty, you empower others. This is a paradigm that rejects the toxic patriarchal narrative of scarcity and separation, it is a paradigm that embraces the unity consciousness and inclusivity that the sacred feminine holds in reverence.

You can regain equilibrium when you stay centered in this truth. Where there is constant movement and motion, you remain balanced and even ride the waves with a spirit of fun and play. In Stage 3, we are going to explore ways to equilibrate for continued success. These include mindset work, such as stepping into a new, empowered identity that the Divine Feminine offers. We will also work on your energetics. Specifically, we will focus on the solar plexus chakra, the center that is associated with a person's sense of self, confidence, and personal power.

When centered in a solid identity of your empowered self, it does not matter what external circumstances shake you because, each time, you will be able to rebuild trust in yourself and strengthen your vibration around expecting success. Equilibrium refers to repose, a return to unison and balance. This balance doesn't come by accident, it takes practice, so that when you experience a challenge, you know how to tune in and listen, and find the answers you need. A useful practice to get in intimate dialogue with yourself, to get in touch with blocks that are holding you, is creative visualisation, and we'll be getting into that in upcoming modules.

For now, though, I'd like to invite you to start expanding your field by asking these questions: What will your next adventure be? As you embark on your next Soul mission, what allies and tools will you bring along with you? How resourceful and capable can you get? Remember that your life journey is not about getting everything right, for where would be the fun in that? Rather, this is a journey about discovery and exploration, of sinking into new

depths and soaring into new heights - knowing that you always have your biggest TREASURE with you. Knowing that you always have You. As you grow and expand, you will continue to make mistakes AND thrive, because now you get to operate from an aligned place that guarantees your success.



Practice

Journal Reflection

Take 15-20 minutes to create a new story for your life. By putting your thoughts and ideas down onto paper, you are exercising your co-creative agency as you put into form the dreams and visions you have.

Use the following questions as prompts, and feel free to expand on them by adding whatever you feel called or inspired to include:

1. What will your next adventure be?
2. As you embark on your next Soul mission, what allies and tools will you bring along with you?
3. How resourceful and capable can you get?

