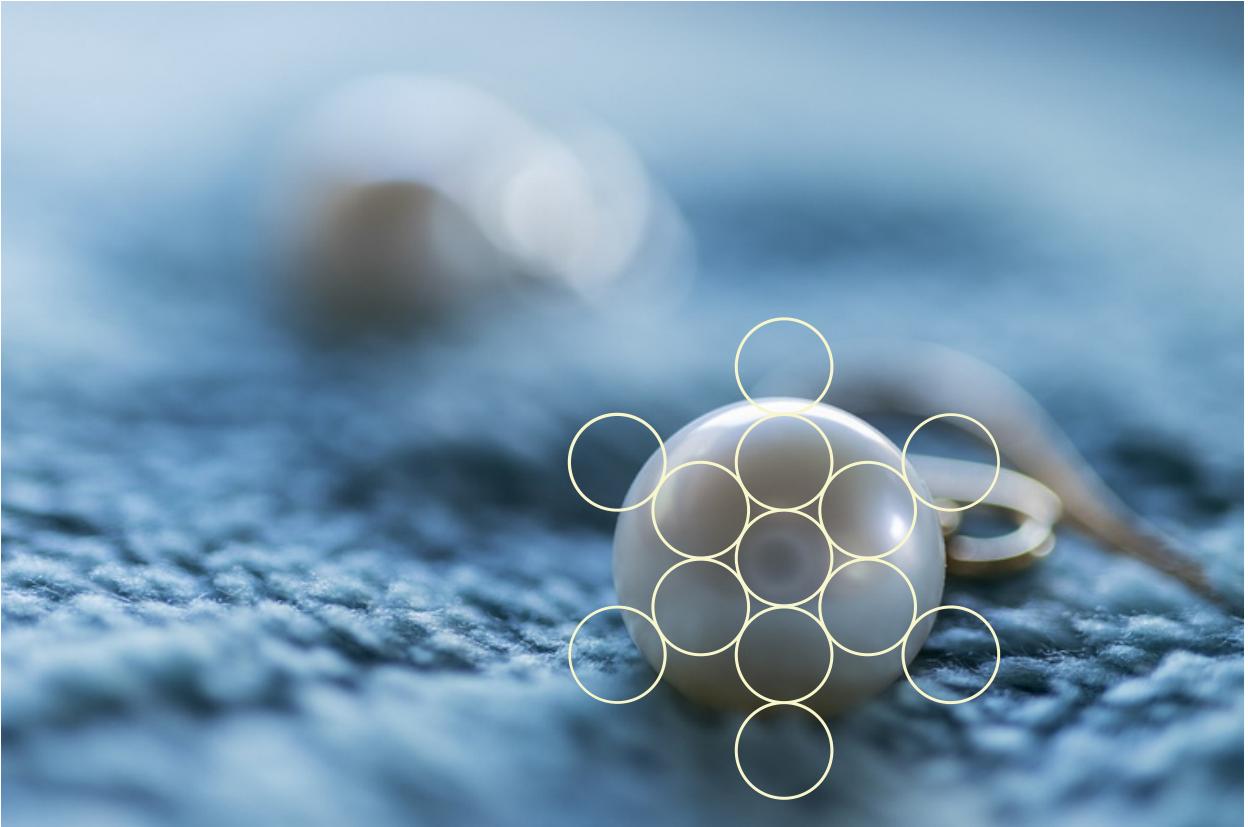


TREASURE



*Equilibrating for Continued
Success*

Part 1A:

Video Transcript

Welcome back to Stage 3 Equilibrate. By now, you would have received the teachings on the Fruit of Life, and I'd like to extend the metaphor of fruits and harvest to touch on what equilibrating for continued success really means. Bearing fruit is difficult for a tree without the basic elements that plants need to grow—water, sunlight, good soil—and the same is true for us. We cannot be fruitful in our lives, our work or relationships, when we are not able to take care of ourselves physically, emotionally and spiritually.

So here, I will be synthesising and synergising everything we have explored in Stages 1 and 2 - not just combining, but rather, pulling threads, connecting dots, and zooming out, so that the larger picture of what TREASURE is all about becomes super clear.

At its essence, equilibration is about the ability to stay in your power when you are buffeted by life's storms. But what IS power? There are so many distortions floating around because of toxic patriarchal structures that promote the idea of power over. Where power is equated with having the loudest voice, the strongest weapon, superior economic prowess etc. This promotes a culture of domination and hierarchy, and it also perpetuates misaligned concepts of power that are destructive and unhelpful.

So let's first get clear on what Power really means, and then let's relate that to what owning your personal power entails. When we look at Nature, we

see power in many different forms, and that provides inspiring insights that move us away from conditioned ideas of Power. The bamboo swaying in the wind, for example: it is soft and pliable, which makes it able to withstand violent storms. What we would typically consider to be a strong, sturdy tree, on the other hand, is likely to be uprooted because it doesn't have the flexibility, or the resilience, to flow and get back to center. And so it gets destroyed and does not survive.

To discuss Power more precisely, I'd like to use the framework that David Hawkins proposes in his book 'Power vs Force' - this is a book that I highly encourage anyone who's interested in actualising their full potential and standing in their true power, to read, because it's really a guide to spiritual growth and self-realization. So Hawkins defines power as that which creates life. The central premise is that power is aligned with truth, compassion, and all that is life-affirming. Power enlivens, it furthers evolution, and it makes things work. Power is associated with positive emotions like love, peace, courage, and reverence.

By contrast, force is the opposite of power. Even though this is the definition that most of us have been taught to be power, it is not true power because it is temporary and illusive. In the short run, force enables a person to get his or her way through coercion or violence, but in the long run it leads to negative consequences. Force is associated with negative emotions like anger, pride, and fear.

In the book, Hawkins distinguishes between the 2 by bringing up a few examples to illustrate his point.

An example of power is positive inspiration that motivates willing cooperation. An example of force is intimidation that creates opposition and conflict. He also states that force often tries to parade as power by claiming power's virtues, but it cannot, and never will, produce the long-lasting, positive results that only true power can.

This discussion on what power is and is not is interesting in and of itself, but that's not what Hawkins book is really about. He starts off by clarifying what true power is, and then he relates this to levels of human consciousness and behavior. And here is why this relates to what we're doing here in TREASURE. If you haven't realised by now, then let me make this unequivocal and fully transparent. Your one true TREASURE is the amazingly divine gift you have, it is the divine spark, the frequency of consciousness that has the potential to be like God, or Creator. Your TREASURE is the powerful Creator Consciousness you possess to manifest anything you desire.

Imagine a genie in a bottle that can grant you any wish you desire. In Aladdin's cave, this genie is far superior to any gold or material riches because it has the power to give you what it is that your heart truly wants. In Alchemy, the philosopher's stone, which has the ability to turn base metals into gold, represents this power. On a metaphorical level, this powerful stone alludes to the ability to attain perfection of mind and spirit. And in a similar vein, Buddhist teachings mention a wish-fulfilling jewel, and this jewel, this treasure, is a magical symbol that represents the qualities of enlightenment. This jewel refers to the potential that every human being

has for enlightenment. It is said that once you attain the level of a Buddha, or an enlightened being, you will have the ability, the power, to manifest anything you wish.

In Hindu and Mahayana Buddhist traditions, this wish-fulfilling jewel resembles a pearl, also known as the Cintamani Stone. So, Consciousness, Power, TREASURE. What Hawkins' book is about, and what TREASURE ultimately teaches, is how to attain the ability to fulfil both your worldly and spiritual desires. It all rests in the ultimate TREASURE that is your state of consciousness.

Hawkins asserts that power, true power, comes from insight and higher levels of consciousness, whereas force, which is false power, comes from fear and resistance and lower levels of consciousness. And so through his research, Hawkins came up with a scale that allows us to understand the level of power or force displayed in various human attitudes and behaviours. This is the "Map of Consciousness" that is presented here, a hierarchy of levels of human awareness that ranges from the most negative or forceful states at the bottom to the most positive or powerful states at the top. By increasing your level of consciousness, you get to progress up the scale and experience more power and, by extension, enjoy greater fulfilment.

Here's another representation of the map. At the very bottom of this scale, where Hell and Purgatory are, we have emotions like Shame (20), Guilt (30), Apathy (50), Fear (100), Desire (125), Anger (150), and Pride (175). This is where people who are stuck in the Drama Triangle of Victim, Persecutor, and Rescuer tend to be in, a very low frequency of consciousness.

As we move up the ladder, to the rational linear emotional self, that is the in between or the 4th dimension, here is where we find Courage (200), Acceptance (350), Reason (400). You can see how living by truth and higher principles consistently leads one up the scale, and how each increment eradicates huge negativities. Change effectively begins at level 200, with courage as the baseline which separates the 3rd from the 4th dimension. Every time you take a courageous step and move past your fear, which often rears its head as doubt and hesitations, you are essentially signalling to the universe that you are ready to break out of the 3rd dimension and move up the ladder.

Let's continue up the ladder, and here we see how enormous power for good becomes available the higher up we go. We find Inner Love (500), Presence (600), and Awareness (700). And enlightenment, full consciousness, represents total power at the highest level, at 1,000. This is where you find the Absolute Self, God, the Divine, or whatever language resonates best for you.

Looking at this scale, you can see that here at the level of Higher Self, 400 and above, before you can arrive at the enlightened state of Full Consciousness, you need to first cultivate Inner Light, Inner Wisdom, Inner Love. Higher Consciousness begins with the Inner. As a side note, this is why my work focuses on inner awareness and inner alignment. The external manifestation of what you desire becomes secondary, it is an inevitable, by which I mean a consequential side effect, of what will naturally occur when the inner alignment is in place.

In fact, many of my clients who had initially come to me looking for solutions in the form of 1, 2, 3 action steps so that they can manifest their dream relationship or career, they consistently proclaim how miraculous things are when events just fall into place without them having done anything. What they really mean to say is that on the surface, they hadn't necessarily done all the tasks that their left-brain, logical mind believes is necessary for there to be results. But what they have done, in our coaching time together, is the critical inner work of moving up their level of consciousness. They have done the inner work of alignment with their Higher Self, by dissolving emotional blockages and energetic stagnation that have kept them stuck, and by getting crystal clear - that's Awareness at 700 - so that they arrive at a frequency of power that enables them to attract and draw in what they desire to manifest.

So it is our level of consciousness, our energy or frequency - I use these words interchangeably here - it is our consciousness that reflects our world view and the reality we experience. It is also our consciousness that enables us to bend reality, to collapse timelines by manipulating space and time, to shift from 3D to 5D. We see evidence of this in Quantum Physics, and if you've ever experienced synchronicity or miracles in your life, that's the magic that the universe operates from at the higher dimensional realms.

So to summarise, your true TREASURE is the level of consciousness with which you carry with you, and from which you operate your life. When operating from elevated states of mind, when staying high on the consciousness scale, the more you are standing

in your true inner power, and the further you are moving away from destructive forces, like self-sabotage, feeling undeserving of love, or getting tripped up by anxiety. Consequently, when you are resting in your power, you see the world more expansively, you are able to navigate life's challenges with grace and creativity, and experience positive ripple effects across reality.

Now clearly, raising your consciousness level should be a top priority for everyone. And this is really what you have been doing in TREASURE: you excavated mental programmes that had kept you in lower frequencies of consciousness, you practised healing and resolving these blocks by raising the frequency with love and awareness. In so doing, you also practised reprogramming your mind with empowering thoughts and writing a new story for your life. You also picked up some tools and practised using them to recalibrate your emotions. You have also tapped into high structures of consciousness that are represented by sacred geometry, and elevated your frequency on all levels - physical, mental, emotional, and spiritual.

Everything is energy, and all the energetic work you've been doing has been further amplified by the high conscious, high frequency field that you are being held in. So as we're moving into Equilibrate, the focus becomes, How can we maintain this high level of consciousness when the density of 3D life hits? How can we ensure that we stay equilibrated to the higher levels that we're at, and don't slide down, when the cocoon of this energetic field closes? Equilibrating for continued success requires you to cultivate your personal power, and this is what we'll be exploring next.

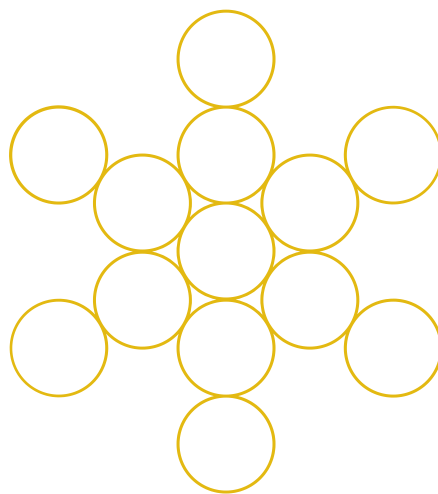
But first, how can you know that you are living in alignment to your Highest Self and expressing your Soul Gifts? How can you confirm that you truly are living your life as TREASURE? Synchronicity is defined as "the simultaneous occurrence of events which appear significantly related but have no discernible causal connection." Synchronicity exists because we live in a conscious world, and All is Consciousness. Positive timelines open up when we are expanding our consciousness, and so we can view synchronicity as a marker of success, that we are on the right track.

When you see angel numbers, for instance, or when the right message comes through, perhaps in the form of a song lyric you catch whilst walking down the street. In episodes of synchronicity, power is seen in the magical way that the universe conspires to support us in what we are doing. Watch the following video, and reflect on moments in your life when you encountered potent moments of synchronicity. Also, reflect on moments where you had received messages but had not heeded or listened to them. These are all learning points, feedback for us as we continue to evolve in our consciousness.

I'd like to end this video teaching with some words from the study guide in 'A Course in Miracles.' Synchronicity is often perceived as a miracle, an extraordinary event that occurs due to a supernatural power, and this power is often attributed to God. Now that you're aware of Hawkins' Map of Consciousness, you now understand that it is the high frequency of consciousness - of which Love is a part of - that facilitates these

seemingly miraculous events in our lives. And that since every one of us has the potential, the ability, to experience and stay in a high level of consciousness, we all have the ability to manifest miracles on a daily basis.

“Miracles occur when a block to the awareness of love is lifted, allowing love to naturally extend and express itself in whatever form is most needed here in the world. Miracles shift the temporal order of things in ways that defy rational, cause-and-effect explanation. Both time and space can be transcended. Changes can occur instantly in people and situations that might otherwise have required years to play out. Miracles are not under our conscious control, however. They arise from our true Self, the Christ in us...” (Study Guide for ACIM)



Practice

Video & Journal Reflection

Watch the following video, and reflect on moments in your life when you encountered potent moments of synchronicity.

Also, reflect on moments where you had received messages but had not heeded or listened to them. These are all learning points, feedback for us as we continue to evolve in our consciousness.

The Hidden Message in Synchronicities (16 Minutes)

