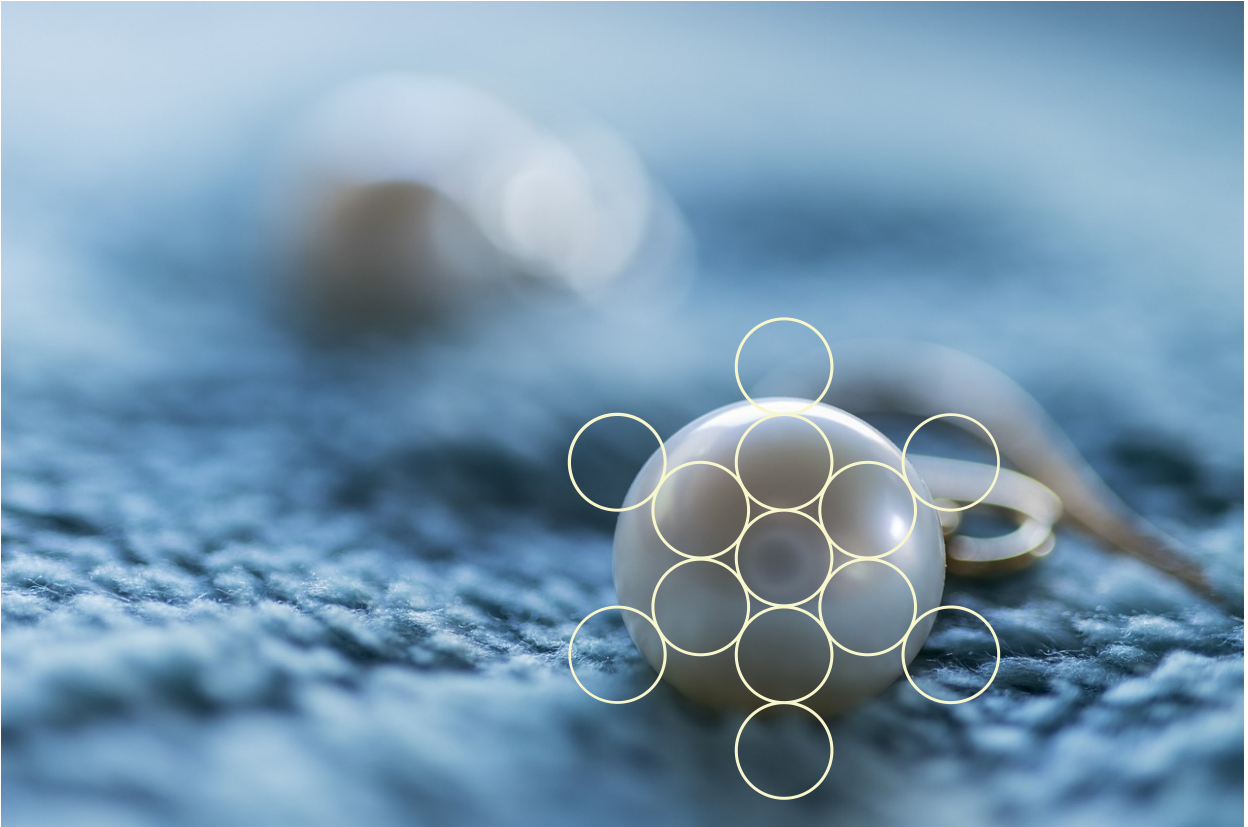


TREASURE



*Equilibrating for Continued
Success*

Part 1B:

Video Transcript

To be unafraid and unapologetic, to be spontaneously yourself, to be authentic to your deepest values - this is the essence of personal power. People who are in their power possess an inner stability that renders them unshaken and unshakeable. When you own your personal power, you become the undisputed leader of your life, you command an inner authority, and you possess a clear sense of agency, of sovereignty. You stand, and sit, regal in your queendom, and you operate, not from force or intimidation, but from a place of love, grace, and open-hearted wisdom.

The opposite of Personal Power is to lack an inner stability, which makes a person more likely to use power ineffectively through aggression, intimidation or passivity - which you know by now isn't real power, it is force. Unfortunately, so many of us, especially women, have been programmed to give our power away, to be people pleasing and compliant, to be unable to speak up for ourselves. It's no wonder so many of us are afraid to take action, to stand up for ourselves, to go in the direction of what we truly want because we are afraid to fail, or we don't believe we can. We shy away from being seen as disagreeable, so we keep the peace and stay small. You have probably been told too many times that you cannot, that it's not the right thing to do etc.

The tragedy is that when we focus on being successful according to social standards, or for family approval, we lose the integrity of who we are.

When we are oriented toward success that is not truly meaningful for us, what happens is we are attempting to change ourselves to be what others want us to be. In the process, we lose ourselves and we lose our power. Nothing bears fruit because we have been tricked into believing that power comes from outside of ourselves. So how do we reverse this?

At its essence, Power really boils down to 2 things: Energy and Choice. Your power is about how you choose to use your energy, your frequency, to manifest in the world. How you choose your thoughts, your deeds, your actions - this is the power that you have. So how do you know what choices to make? Well, you make choices in your life based on the identity that you hold about yourself. For example, if you see yourself as an athlete, what choices would you make about your diet, your sleep, the amount of exercise you put into a day? And if you don't see yourself as an athlete, how differently would you do things?

This is the classic Be-Do-Have model that goes like this: Who must I be, and what must I do, so that I can have the results I desire? What this means is that the first, the paramount, choice you have to make is to decide the kind of person you aspire to be. In TREASURE, the central teaching is that you are a TREASURE, a gift and a blessing to the world. This program facilitates an identity transition, where you step out of the conditioned matrix. It's a matrix that has painted you as someone who is stuck in a box, limited by your programming. In Truth, however, you are here to serve as a channel for the divine, you are a conduit, you transmit frequencies out into

the world, just by being a space holder for the Divine Feminine, you radiate a lot of information that makes this field of consciousness we are all in, much more alive and present. This is your gift and service to humanity, and what a TREASURE it is.

What I invite you to do now is to get clear by visioning your unique TREASURE. It's time to do a little practice, to get clear on the woman that you will be. The invitation here is to craft a manifesto, a declaration of the woman you are here in this life to be. What priorities do you hold dear to you? What values are most meaningful for you? You can think of it as writing your ultimate bucket list because this manifesto will remind you of who you are here to be, to do, and to ultimately have in your life. It is a manifesto that serves as a roadmap, it provides direction for your future here onwards.

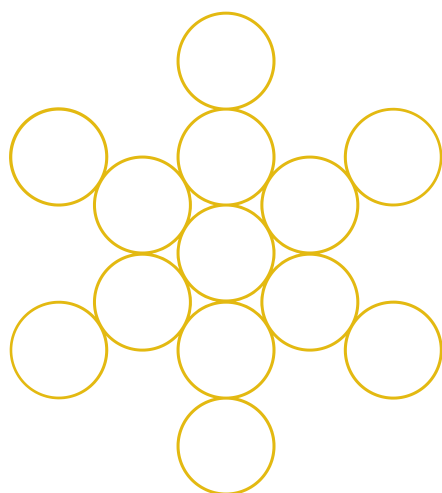
Here are a few general guidelines in crafting your manifesto:

- This is a written statement meant for you, so it can be as long or as short as you like.
- It is important to use language that resonates with you; it need not make sense to another person, so long as it aligns with your truth
- Words are important, but also feel free to use your creativity to enhance your manifesto. Use colours, images, anything you desire
- Craft your statements with strong, empowering language, and in the present tense.

As inspiration, I invite you to listen to the following speech by Alan Watts. He talks about the Quantum Woman, and incidentally he refers to the metaphor

of a black pearl at one point, which gels nicely with TREASURE. The pearl that is created due to refinement, through intense inner work. He talks about levels of consciousness, energy, and frequency, and you will hear a lot that will sound familiar, because it's exactly what we have been working on here in this program. You get to be a quantum woman who maintains field independence regardless of what happens around you. And in fact, your enriched consciousness will affect those around you, because you will be broadcasting a frequency of evolution, one that carries an unmatched clarity and a resilient resonance. There's a lot of rich poetry in his speech, so give it a listen, and then craft your manifesto.

Take 20-30 minutes (or however long you like) to craft your personal manifesto. This is the first step, the catalyst, to upgrading your level of consciousness. Have fun and enjoy the process. When you are done, share a picture, or type it out, so you can be witnessed in your powerful declaration.



Practice

Video & Journal Reflection

Watch the following video, and then craft your Personal Manifesto. Be sure to share it with our community!

The Rarest Women in the World (22 Minutes)

