



Module 6

Being Majestic



Review of Module 5

What did you discover about fear and doubt living as *undercurrents* in your life?

How did it feel to allow yourself to feel the opposite or positive feelings?

As you go forward to step into your Majesty why is it important to be aware of the *undercurrents* in your life?



Being Majestic is something you are required to do yourself. No one else can step into this for you. Are you ready?

In order to step into the Majesty in You it is necessary to connect with the Divine which resides in you. The Divine may also be called God – Universe - Source. However, for this program I will keep to the word Divine.

You will also allow the Divine to flow to and from you to change not only your life, but the life of all those around you.

Are you ready to step into Your Majesty and see and feel the Divine in you?

Write down why you are ready.....



The Divine is: Powerful - Holy – Supernatural – Sacred - Blessed
Each of these belongs to you because the Divine lives inside of you.
Next you will journal on how you have all these attributes.

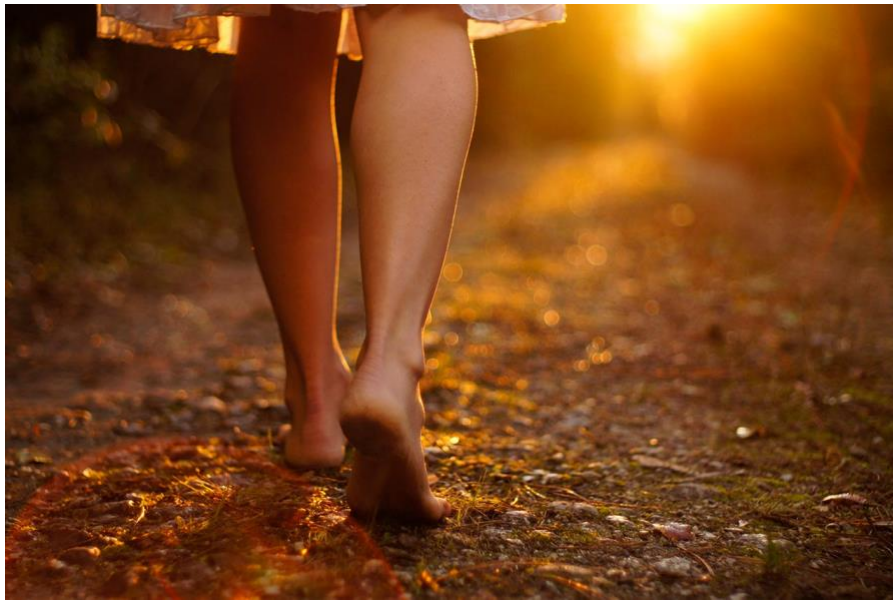
Powerful - You are a powerful being because the power of the Divine flows through you when you are connected and guided.
Journal about how it would feel to be truly powerful.

Holy - You are set apart for a specific purpose.
Journal about what specific purpose you feel you have been set apart for.

Supernatural - You are above and beyond the natural when you allow the Divine to flow through you. Journal about experiencing the supernatural.

Sacred - You are connected to the Divine (God).
Journal about how it feels to be connected to the Divine.

Blessed - You are Divinely favored. Journal about how it feels to be Divinely favored.



Stepping into Your Majesty is a life changing step. Once you begin this journey you will never see yourself or those around you in the same way.

You will move, grow, create and expand from a sacred space, a space that comes from deep inside of you and flows outward.

Into order to begin you are required to set aside a time where you will connect with the truth that is inside of you. This is a time that you must hold sacred and not allow anything or anyone to disturb. You will start with 20 minutes of doing the “Deserving Process”

If you are ready, please repeat this aloud:

I am ready to step into My Majesty. I commit to spending at least 20 minutes every day connecting with My TRUTH, connecting with the Divine in me and receiving what is necessary for that day.

My intention for this time is to connect with my truth, receive guidance, inspiration, support and love.

This or something even better for the good of all concerned.



Setting up your Quite Time Space:

Now it's time to take action. Be sure to set aside this Quiet Time Space starting tomorrow. No excuses. This is for you and if you are taking this program seriously, it's important to commit to this.

It's important that your Sacred Space have an atmosphere conducive to being able to relax, connect and receive. Here are some suggestions.

- Set aside a specific place for your Quite Time. It doesn't have to be an entire room. It can be a corner with a comfortable chair or outside on a patio, etc. Use this place every day.
- Candles (light a candle, or several, during this time)
- Essential oils. Place drops of essential oil on your wrists and rub them together. You can also diffuse them in the room.
- Journal or notebook where you will write any thoughts, revelations, inspiration or questions.
- Favorite pen or pencil - something that you **love** to write with.
- Soft music – If you desire, you can play any music to your liking that creates a feeling of relaxation and reverence. (This is not necessary.)
- Tea, coffee, water: Any beverage you prefer or more than one if you wish.
- Tissues – Sometimes you will have strong emotions during this time and if you have them handy you won't have to leave your space.



Deserving Process in your Quite Time

This process helps you to clear any undeserving feelings you have and allow you to create whatever you want in your life whether it be finances, relationships, careers, or health.

1. Grounding Yourself (5 min.)

- Allow the light of the Divine to fall on you from above, feel it go throughout all of your body touching and healing every part and then see it emanating from you to the world

Crown Chakra - located at the top of your head. It represents your spiritual connection to yourself, others, and the universe. It also plays a role in your life's purpose. Say: *I am asking for a spiritual connection to myself, others and the universe and guidance to my life purpose.*

Third Eye Chakra - located between your eyes and is responsible for intuition and linked to imagination. Say: *I open myself up to intuition and imagination.*

Throat Chakra - located in your throat and gives you the ability to communicate verbally. Say: *I ask that I may be able to communicate clearly and honestly and be heard.*

Heart Chakra - located near your heart, in the center of your chest. Is all about our ability to love and show compassion. Say: *I want to expand my ability to love and show compassion.*

Solar plexus chakra - located in your stomach area. It's responsible for confidence, self-esteem, and helping you feel control of your life. Say: *I ask for confidence and self-esteem and to feel in control of my life.*

Sacral chakra - located just below your belly button. Is responsible for your sexual and creative energy. It's also linked to how you relate to your emotions as well as the emotions of others. Say: *I am open to increasing my sexual and creative energy and a good relationship with my own emotions and the emotions of others.*

Root chakra - located at the base of your spine. Provides you with a base or foundation for life and it helps you feel grounded and able to withstand challenges. Also responsible for your sense of security and stability. Say: *I feel grounded, with a good foundation and also safe and stable.*

2. Clearing (5- 10 min.)

Whatever area of your life is not working, is due to an undeserving belief. Choose one area of your life to work on first. Then bring your strongest visual and or auditory memory of a circumstance contributing to your strongest undeserving belief. (For example: you were told as a child that you would never be successful, so now you struggle with finances.) Allow the recollection of the person or circumstance to bring forth hurtful, negative emotions in your body. You can even talk to the person or circumstance and tell them why they were wrong and that you believe you can succeed in this area.

Once you notice that the negative emotional feelings have decreased significantly, you can move to step 3.

By bringing forth these negative emotions and then allowing them to dissipate you are clearing them from your body, mind and spirit.

3. Visualizing with emotion (10 min)

After clearing your negative emotions, it will be easier for you to visualize and FEEL the emotions of what you want to have in your life. Start picturing what you most want (in the same area of your life you just cleared) and feel the good emotions this new vision gives you. Open up to feeling gratitude, joy, excitement, peace and any other positive feeling that may come. Do this until you reach a total of 20 minutes of doing this process (from step 1 to step 3)

- Keep track of each event you are clearing in a notebook.
- Make a note of any thought or inspiration that comes to you.
- It will seem like you won't be able to have a new circumstance to work on every day, but trust that the right memory will come to you.
- If 2 or 3 events or memories come to mind at once, write them down in your notebook. Then focus on each of them on separate days, starting with the one that bothers you the most.

Gratitude in your Quiet Time:

The next step is to write down 5 things you are grateful for. As you write each one, feel the positive emotion this brings to you.

Asking in your Quiet Time:

This is where you write down what you are asking God/The Divine/Universe to bring to you. Your list can be short or long.



You may receive answers, inspiration or revelations while in this Quiet Time. Be sure to write it all down. Sometime it will come later in the day or even days or weeks later. Be aware and open to people, circumstances, messages, books, conversation, encounters, emails, etc. that may contain the response and or confirmation you are seeking.

Be committed and consistent with your Quiet Time. Do this for yourself and be open to the revelation about the Divine in you.