



Life Visioning in Your 40s, 50s and Beyond™

Foundations of Life Visioning

Module One

Michael: Peace and blessings, everyone. I have a great amount of enthusiasm within me because you've signed up to take this class. That enthusiasm is because we're going to get to know each other, and we're going to begin to amplify this community in a very powerful way for our growth, development, and unfoldment. Not only will we have the power of the universal presence behind us, but the community itself. The community itself will amplify the great work that we're doing upon ourselves. It's going to be a great class, great class. As we begin every class, we begin every time we're together with a moment of centering, a moment of turning within and allowing for our intentionality to take over every aspect of our being. So I invite you in this moment to just turn within, place your feet on the ground, put your hands in an open palm position, facing upward, close your eyes, and let's let where you have come from pass away. Let go of the thought of where we're going and come into this moment where we are meeting each other at the very center of our being.

We're embracing in deep intention to become more and never less than our true self, an intentionality that will ultimately set us free from anything that's binding us to mediocrity, limitation, scarcity, fear, doubt, and worry. Now we're coming to a complete stop right now in gathering ourselves, so that as we have this brief little moment of silence and stillness, as we're having this brief moment of silence and stillness, we're allowing these precious moments to be the most important moments of our life. We're embracing a deep sense of gratitude and thanksgiving that we are alive, awake, and aware. This gratitude is cleaning our perceptual windows so that we can see better, not with the outer eye but with the inner eye. Our perceptual windows are being clean and clear so that we can even hear better, not with the physical ear but with the inner ear. So that as we travel on this adventure together, we're learning to see the invisible, to hear the inaudible. So that we can do what the world thinks is impossible to break free and continue to grow and glow for the infinite presence.

We name our time together beautiful and wonderful. We accept that from this moment on, everything is unfolding in a most perfect way. Thank you, life. And so it is. And so it is. Now so be it. Welcome to a great adventure. Adventure is a really powerful word because it means that you're traveling with a heightened state of awareness, but you don't know exactly what's going to happen. I want you to kind of feel that you're on an adventure of the unfoldment of your soul. This is a great adventure because what's going to happen is that the depth of you, the depth of you is going to surface and emerge in a very powerful way. We're dealing with the Life Visioning. We're dealing with the different frequencies of Life Visioning, the different frequencies of the unfoldment of our soul. I want you to pay attention and to practice as I walk with you through this great adventure. Now, many of you know about *The Secret*, you know about the law of attraction. We're going to segue from attraction to radiance. We're going to segue from the Newtonian viewpoint of the law of cause and effect, to the quantum reality of the state of emergence. That's kind of where we're going during these few weeks together.

We're going to actually see how this whole teaching has evolved. Most importantly, we're going to practice together so that you can actually have a real life encounter with your real nature and your real being. As I've indicated, as an overview, there are four frequencies within the structure of Life Visioning. The first frequency that many people live on or live in, I should say, they live in the frequency of the victim frequency. This is where people are kind of thinking that something outside of themselves is determining their destiny. They're thinking that their past is determining their destiny. They live in a kind of a disempowering question. Why me? What's wrong? Who's to blame? This is where they live. Because the universe, by nature of its law, has to answer every question they want answers, the victim kind of spins in that consciousness over and over and over again because they don't have the wherewithal to leap out of that. Everyone is to some degree in that kind of consciousness, and we're going to help move you out of that so you're living more and more and more in the state of an awareness of true manifestation and the vision and flow state. I'll describe that in a moment.

The next frequency is the frequency of the manifester. This is where an individual is living, consciously manifesting the life they want to live. They're not living by default anymore. They're living by design. Listen to this. Hear the four frequencies in a very simple way: to me, by me, through me, and as me. The victim thinks that something is happening to me. The manifester, it's happening by me. The channel, it's happening through me. The state of being, it's happening as me. That first frequency that we just went through, that's the victim. Something is always happening to me. It's not my fault. Somebody else is to blame. Then we're going to move into a greater understanding of true manifestation. We're going to reclaim our mind. We're going to manifest not by default but by design. We're going to learn about the sacred laws of the universe.

We're going to learn that thoughts are units of mental energy that transmute themselves into perception and experience. We're going to begin to monitor our awareness so that by design we're able to bring forth the glorious idea of our life in the different structures of our life. There are eight unstable structures. We're going to work in those particular structures that most need our attention so we can become free from the limiting thoughts, the limiting experiences, so we can live at a higher order of being, and that's why you're here. Let me just say one other thing right here. It doesn't matter how many years you've been on the planet. You may have been on the planet 40 years, 50 years or more. Somewhere in your mind, you may be thinking, "I'm too old to take this on." You know what? It's quite the opposite. If you've been on the planet for a particular period of time, you have a lifetime of experience. You have a deep-seated wisdom.

You have a greater understanding of things that are going on that can be applied and can be used for your vision as it's being set free. So be aware that we're moving not to aging. We're letting go of that concept. We're moving into sage-ing, which is rich and ripe and real for this time of our unfoldment. As I was saying, you have the frequency of victim, the frequency of the manifester, you have the frequency of the channel. This is where flow motion comes in. This is where we learn how to be in flow. This is how we learn to be available, open, pliable, receptive. The manifester stage is more masculine. It's by me. I'm going to use the power of my mind to make something happen. Nothing wrong with that stage. It teaches us a lot of things. We don't transcend what we haven't mastered. We master that stage so that we can come into that third frequency, the stage of our life in which it's more feminine, we're available. We're not making life happen. We're not making things happen. We're available to make welcome that which is trying to emerge through us. Very powerful. Think grace. Think availability. Think more of you coming forward.

Then we move into a state of being. Just saying the word brings me to a point of stillness at times. There is something about you that's sublime and beautiful, that does not come from the world, does not come from your parents, does not come from your ancestors, does not come from where you were born or what school you went to. You have a state of being. Life itself incarnating as a distinct, unique individualized expression of all the totality of life. Ultimately, you come to this powerful state of being where you recognize this, and you live from this domain. During these weeks together, we're going to explore these four frequencies. We're going to have exercises, experiential exercises that allow us to master the different domains at each of these frequencies. We're going to move through a greater understanding of forgiveness, coming to an understanding that all forgiveness is really self-forgiveness. But we're not just going to talk about it conceptually.

We're actually going to practice these particular stages, these particular exercises, so that we break ourselves free from the limiting thought forms that would keep us bound to where we don't want to live. We're going to understand visioning and we're going to practice visioning. We're not just going to get a concept of what life visioning is. We're actually going to grow through Life Visioning together so that you can use these particular exercises over and over and over again until they become the new imprint of your being. We're going to have a time in which we actually go into a state of being via the real, authentic moment of meditation. Again, we'll be able to come back to this over and over and over again until the imprint of your soul begins to live in this particular way of being. So four frequencies: victim, manifester, channel, being. We're going to have exercises; forgiveness, Life Visioning, meditation and more. I've given you an exercise that you're going to get a little bit in which you're going to be able to identify the area of your own life that you want to work on.

An area where you may feel that you're victimized by, that you can actually go in and identify that particular area. During the course of our time together, you can explore that area with a deeper sense of awareness that you're living in victim consciousness there so that you can set yourself free. Now, here's the deal. As we become aware of that, this is not to create judgment or any kind of shame or guilt around that. It's just to open ourselves up to greater awareness. We begin to be aware that in that area of our life, we feel a little victimized. It's not to create a deep sense of self-judgment, just awareness. What does that do? Scientists tell us something called the observer effect becomes available to us. It simply means in the layperson's term; the observer effect means whatever you observe changes on a subatomic level simply because you're observing it. As you observe these patterns in your mind where you feel victimized with the awareness that you're willing to grow, develop and unfold, it shifts those patterns based on your awareness. When you have intention to grow, it puts the observer effect on steroids. You're going to observe those areas, and you're going to watch great changes take place in your life.

Most importantly, we're going to actually come to an understanding of where the vision process fits. It fits in that third particular frequency, the frequency of being a channel, being an instrument, that second frequency of being a manifester, here's where you're taking back your mind. You're taking back your imagination that may have been hijacked by the world, and you're using your imagination properly. I'm going to bring you through some exercises where you're taking back your imagination, using it properly so that it's working on your behalf rather than working against you, and that sets us up to go into the Life Visioning Process where you're moving from attraction, which is in the Newtonian model, you don't have something so you're going to bring it to you. You're going to make something happen with your mind, law of cause and effect, to more of a quantum reality.

Something is really ready to emerge through you and you begin to radiate rather than attract. In that third domain, that third frequency, you're radiating. That third frequency, you come into the Life Visioning. Now, what's there? Understand this. Whatever question you're asking, even if it's unconscious, the universe will answer that question. I'm going to assist you in up-leveling your inquiry so that your inquiry is life-enhancing. Rather than from the victim frequency, why me, what's wrong, who's to blame, you're going to begin to open yourself up and ask more meaningful questions. You're going to begin to ask, what's your purpose? What's trying to emerge in your life? What is the vision for my life? When we move into the Life Visioning Process, there are meaningful questions that we live in that allows for the universe through its law to answer those questions. Very briefly, you're going to set yourself up. I'm going to set you up actually in a feeling tone of unconditional love, safety and security. Then we're going to ask, what is it that's trying to emerge in our life? What gift is trying to be given?

What is the next stage of my unfoldment? What is life's idea of itself as my life? We're going to begin to move into that. Of course, I'm giving you an overview right now, and we're going to go into this deeper as we move on in the weeks to come. You're going to begin to ask, what must I become in order to bring forth this vision that's now speaking to me? You're going to begin to ask, what is it that I already have in my consciousness that can be in service to the vision that I'm now beginning to articulate? You're going to begin to ask, what is it that I need to let go of that no longer serves me? You're going to step into a dynamic feeling tone of willingness, and then move into a magnificent consciousness of prayer. Of course, we're going to define prayer differently based on our awareness of what the presence is. Prayer is determined, how you pray is determined by your concept of the presence of God. If you think God is way out there, perhaps a man in the sky, perhaps anthropomorphic, you may try to beseech or appease or please or influence God.

But as you mature, and you realize that that which we call God is actually presence, it's a presence that's never an absence, changeless, causeless, eternal, forever, you can't influence it. You can come into alignment with the presence. You can commune with the presence. As your awareness of the presence changes, you commune with the presence rather than try to appease or please it. We're going to go into a moment of real prayer with communion and realization of what you think you don't have; you begin to have a realization that you already have it. That's real prayer in a concise way of describing it. I'm going to put you in an exercise shortly where you're going to be able to identify what you want to work on. Let's understand what's going on here. This is Life Visioning. Radiance and emergence begins to segue from attraction and making something happen. The sense of welcoming and the sense of radiance and emergence take the place of the old model of attracting something to you. We're going to recapture and re-enchant our imagination.

Now, you might be saying to yourself, "I'm tired. I don't want to imagine anything anymore." You know what? You might just be burdened by thought forms of age. You might be burdened by the thought forms of a sense of deep woundedness or scar tissue, samskara, scar tissue that you've carried in your life. We're going to begin to dust that away. We're going to begin to do these forgiveness exercises to clear that up. Because regardless of how many years you've been on the planet, there's a part of you that does not have an expiration date, your real soul, your real essence, who you are. For every season that we've been on the planet, there are more gifts to be revealed and released. Whether you've been on the planet 30 years, 40 years, 50 or 60 years or more, there are gifts that must come forward, there are gifts that are aching to express themselves. You're going to carry the frequency of an availability to wisdom, guidance, and direction moving through you whether you're in the Life Visioning Process or whether you're driving your car.

You're going to be able to carry the frequency of a deep sense of self-love and appreciation. You can extricate yourself from being under siege of what you think others are thinking about you. You're going to move from aging to sage-ing, and you're going to be aware that regardless of how many years you've been on this planet, you have gifts to give, you have something to share that life wants to know itself as you. However, you must participate in this. Life wants to know itself as you, but you have to participate. You have to say yes. You have to be willing. By virtue of the fact that you have signed up for this class, that willingness is being activated. That sacred yes is being magnified. More of you is willing to come forward so that there will be healings and revelations. A healing is actually a revelation of a part of you that's never been hurt, never been harmed, never been endangered. We're going to set all of that free. So let me recap it for you. Welcome. Welcome to Life Visioning.

Welcome to the next stage of your unfoldment. Welcome to a great understanding of the four frequencies. Welcome to a great understanding of the seven steps in the Life Visioning Process. Welcome to a greater understanding of meditation in that state of being. Understand these four frequencies that we're talking about, the victim, the manifester, the channel, the state of being, they're not linear. You're going to discover that in some areas of your life and in some structures of your life you might feel victimized. In other areas of your life, you might feel masterful. These are not linear. It's a flow. It's all fluid. But you're beginning to understand that as you come into a state of mastery in one area of your life, we want that to become your predominant feeling tone that then assists you in becoming a master in other areas of your life. Now, this is not hard. It just takes a level of practice. The way this particular event, this course is designed, you're going to be step by step led to how to practice everything that I'm telling you right now.

Then these tools that you have, you'll come back to on a regular basis so that you become proficient and masterful in them, so that when you step out of the formal meditation, the formal visioning, the formal affirmation and declaration practices, they'll still be working. Even in the moment when you're not practicing, they'll become a part of these subjective tendencies of your life. I want you to know that you are significant, that you matter. Luminosity is your real nature and your real identity. I want you to know that you're not an accident, that you arrived on Earth. You may have been imprinted with whatever was going on in the social milieu of the society. But beyond that imprint, there's something so magnificent about you, and we want that to be set free. This is why you've shown up. That harmonizing prosperity, the sense of well-being, that deep and soulful companionship, powerful contribution to community, that all of that becomes very natural for you. You are here to be a master of your own destiny not by default but by design.

As we move through this magnificent teaching together, be aware that regardless of whether you are a veteran to these teachings or whether you're a newcomer, the beginner's mind is very important. To have that awareness of a sense of wonder and awe, not allowing your mind to be clouded with what you think you know already, or try to fit in what you're hearing into the box of the known in your own mind, you're going to develop the capacity to hear as if you're hearing something for the very first time because there's nuance, there's subtlety. If you bring with you the beginner's mind, this is the first time I've practiced, this is the first time I've heard anything about this, you will discover that there will be an activation from the depth of your being, you'll discover more territory within you, undiscovered territory within your own soul, and you'll set yourself free. How do I know this?

Because what I know for sure is that you are an unlimited, illimitable being, that you have no boundary, you have no ceiling, that there's more of you to be discovered. Regardless of how many years you've been on the planet, you're just beginning. You're just getting started. I'm just getting started. This is a new day for me. So I invite you to step into your newness. I invite you to hear with new ears, to see with new eyes, to come on an adventure, heightened state of awareness, but not knowing what's going to happen, so that the shock and the surprise and the amazement of new insights and revelations can absolutely take over your existence. This is a destiny call. As you'll discover, no one outside of yourself determines your destiny. Whatever you think has happened to you, whatever someone has said about you, whatever has been done to you in this world cannot determine your destiny. You are here to set yourself free and to allow that deep sense of radiance to emerge so that you can live the most meaningful, powerful, generous, creative, radiant life. I know this for sure. Because you've signed up, I know that you are joining with me and with this ever expanding community of individuals who have signed up with you that's now amplifying the field of our intention to become more and never less than our true self.

In just a moment, you're going to be introduced to an exercise that I have prepared for you in which you'll be able to discover an area that you may need to grow in, just a beginning step of a process that we're going to be with for the next few weeks. What I want you to catch is the understanding of eight unstable structures. First of all, we call them unstable structures because they're always in flux. They're always either in harmony or out of harmony, or they're stabilized or un-stabilized, but everyone has these structures. The first structure is the spiritual structure. Spiritual means eternal forever. We are spiritual beings. As that structure becomes stabilized, we actually begin to view ourselves as spiritual beings. We don't merely view ourselves as a man or a woman born in a particular place to a particular set of parents. We actually see ourselves as an unfolding, illimitable, unlimited potential, life itself. Then there are the structure of our beliefs. Now, this is very important because there are individuals who have beliefs that are in harmony with our spiritual nature, but they quite not yet have embodied those beliefs.

It's very dangerous because if, in fact, you have a belief, but you don't really know it, you just know about it, you can become a fundamentalist. A fundamentalist is a person that is afraid that what they believe is not so, so they have to go out and proselytize individuals to come into their particular camp because they don't really know what they know. When you have a belief that, for instance, that your life is the life of the infinite, for instance, it is done unto you as you believe, which is a mental law, and you really know it, you don't have to prove it to anyone. You just live it. In your living it, you glow with it, but you will never get into an argument with anyone about it, because you really know it. If you don't really know it, and you know about it, then you want to prove it to be true, which leads to a lot of problems. Then there's the structure of the ego. In evolutionary context, our ego is there to protect us as a distinct individual. It allows us to see that we're separate from wild animals, poisonous plants, dangerous conditions.

When the ego is healthy, it means that we have a sense of self-esteem, a sense of self-love. But at the same time, we want that for everyone. When it's unhealthy, we go into immature competition, and what we want for ourselves, we don't want other people to have it. We have to transcend the egoic desire of immature competition and realize at bottom we're all one. I'm just giving you a little summary. We're going to come back to the structures later. Then there is the structure of finances, the flow of currency, the flow of money. This is a structure that when stabilized becomes an asset rather than a liability. If it's a liability, you're always trying to get more money because you don't have enough. When it becomes an asset, you have enough, and what does that mean? That means you can relax into now doing your vision because you're not just chasing money. Then there is livelihood. Livelihood can sometimes be combined with finances, but sometimes it's not. Sometimes you have a livelihood that you use to support your vision, and sometimes your livelihood is in harmony with your vision. Livelihood is a place where you exchange your energy for financial good.

You exchange your energy and your creativity, and you receive the coin of the realm. Right livelihood means that you're in a place delivering your good, delivering your energy, delivering your creativity. There's a level of joy and peace and harmony there. Then after finances and right livelihood, there's the structure called your body temple. The body temple is to be revealing health, vitality, vigor, well-being. Everybody's body temple does not have to be the same. When that structure is stabilized, it means that your body temple is not keeping you from living your vision. When it's unstable, that means you're paying so much attention to the body temple for its healing that you're not living your vision. So we're here to stabilize that particular structure. Then after the body temple, there are relationships. That's another structure, the structure of our relationships, our intimate relationships, our family relationships, friendships, acquaintanceships, colleagues. When this structure is stabilized, you're not wasting energy trying to keep everything together in your relationships. There's a flow. There's something called harmony. There's something called flow.

There's something called compassion, support, love, forgiveness. These flow through your relationships so that your relationships aren't draining you. They're becoming assets to the next stage of your unfolding. Again, I'm just giving you a brief synopsis. We're going to get into this deeper. The last structure is one of community. The idea here is you are to be a contributor to your community. There's the society at large. There are your spiritual communities. There's the community of perhaps your family and friends. But you must think of yourself as being an individual that's contributing while at the same time receiving from the community. But you don't want to have too strong of an imbalance. You don't want to be a taker from the community in which you're creating a vibrational deficit in your own soul. You want to be an individual that is living to give to the community. Spiritual community grants you immunity from the lower frequencies of life. This is a community right now. We're all having dialogue and practices around growing, developing, and unfolding. We're in a community that will allow us to become more and never less than ourselves.

Those are the eight structures. We call them eight unstable structures because they're constantly in flux. Sometimes your finances may be really on target and sometimes maybe not. Sometimes you're unemployed or underemployed, so livelihood may be the structure that you're working on. Sometimes the body temple may be a little off. Sometimes your relationships may have fragmented for different reasons. But we want you or I want you at this moment to think about what structure you want to look at. Right now I want you to just focus on body temple. I want you to focus on finances, right livelihood, and relationship. Let's deal with those four for right now. We'll get to some others. But we're going to discover between those four structures what do we need to work on? Which structure do you want to work on? You want to see within that structure where you're operating from the victim consciousness.

Remember, the victim consciousness is where you are thinking that something outside of yourself is determining your destiny. Something outside of yourself is making you unhappy. We're going to look at an area of our life where we feel victimized, and that will be the area that we begin to work on as we continue this course. I invite you in this moment to just close your eyes. Listen to my voice. Take a nice breath. Allow the body temple to relax. Intuitively catch what structure you need to work on right now. Is it the body temple? Is it livelihood? Finances? Relationships? Don't overthink it. Allow it to bubble up in your awareness. You know the answer. This is not a judgment exercise. It's an awareness exercise. As you become aware of what area you want to work on, which structure, just notice within that structure where you feel like a victim, things are out of sorts. There's no control, no dominion. You don't know exactly what to do. No judgment here, just awareness.

Give yourself permission to establish an intention that this area of your life becomes an area that will become a springboard to a greater expression of life, that right now it may appear to be a deficit, a sense of lack, unhealthiness. But you're establishing an intention that this is the area you're going to work on through the Life Visioning Process and other technologies that I'm going to bring to you so that you can actually see the changes that occur in your life from this moment for the next few weeks. Notice it. Lock it in. Slowly open your eyes, because as we do this practice and these practices, you who are sitting here now are not going to be sitting here. There's going to be another iteration of yourself, another level of unfoldment. If you practice, you will notice in hindsight that you've changed greatly. Let's go forward. Peace.

Ann: All right, let's welcome Michael to our session. Hello, Michael.

Michael: Ann, thank you so much.

Ann: Absolutely. Do you want to just greet everyone? Then when you're ready, we'll move into taking questions.

Michael: Right. It is my absolute joy to be with everyone here today. Particularly the things that I love most in my life are interacting with students, people who are seeking to go beyond having the information about transformation and about change and about growth, to go into a knowledge state with the information that's being synthesized and embodied so they actually walk around as established men and women in the frequencies of unfoldment. There are so many people these days that have a lot of information about a lot of things, but they're not real students and they don't really have a strong knowledge base. When people actually come on to a class like this, it gives me a really beautiful feeling that an individual is not going to take the time unless they want to come into knowledge and actually

change their life for the better. I greet everybody in the spirit of transformation, the spirit of upliftment, and it is my joy to be of service.

Ann: Well, we're so grateful to have you here. We're going to get going with one question that I have here from [Participant]. She says, "I have been single for 14 years, and I definitely notice where I slip into victim story, yet it feels real. I wake up in the morning with a wave of sadness about being single. How do you overcome the emotion? It doesn't seem like my prayers and meditations work?"

Michael: This is beautiful. One of the first things I want you to do is to celebrate, first of all, that you are single. Celebrate that you are a single manifestation of a cosmic unfolding. And begin to tune into the areas of your life where the qualities of love, the qualities of peace and harmony are radiating, and begin to amplify those qualities within your own consciousness. Then ask the question, where can I share these qualities? Instead of operating from lack, "I'm single, I don't have a mate, I don't have a companion," shift the energy around and find those qualities of love within you because relationship is about the circulation of love, compassion, kindness, honesty, beauty. It's not something that you extract those qualities from. It is something that you've placed the qualities within. So you find those areas of your life where there's love, self-love and appreciation. You find those areas in your life with a dimension of peace. And then you ask, "Where can I share this? Where can I share this?"

Now, the universal presence, by law, will begin to answer that question by bringing into your life the appropriate places for the circulation of that love, circulation of those high conversations, companionship and peace. Instead of placing your attention on "I don't have a mate," the attention starts going to where I can circulate this energy, and then appropriately, friendship, appropriately, companionship, appropriately, a mate that is also seeking you, by the way, will begin to show up in your life because there's no resistance to it. You're not resisting it by putting out an energy of "I don't have," thus developing a habit of unhappiness. Individuals suffer from a habit of unhappiness. It becomes a habit of thought, then it becomes an emotional content, then it becomes a mood. We want to break the habit of unhappiness by focusing on all the areas in your life where you just love yourself. You love yourself when you're in creativity. You love yourself when you're whatever it is that you're doing. And then how can I share this? Where can I share this appropriately? And then the right individual will show up in your life for the circulation of that good. There's nothing lacking in the universe, and what you're seeking is also seeking you.

Ann: A lot of love coming in on the chat too, Michael, just so you know. Lots of joy and love for everyone being here. We're all thrilled. [Participant] is asking, "What is the difference between finances and livelihood?"

Michael: That's a good question. We just went over those structures. Finances is currency and money. Sometimes it has something to do with your livelihood. Sometimes it doesn't. But it means that you're developing a consciousness of having money, that money is a promissory note. You think of money as energy. It's a promissory note for goods, supplies, or things to be delivered later. In other words, you walk into the store, you're buying a loaf of bread, and you give somebody some money. Now, the value of that money is it's a promise of things to be delivered later. The storekeeper takes that promise and is able to then pay tuition for his son in school. The energy just keeps circulating, circulating, circulating. So you want to become aware that money is energy, and you want to begin to teach yourself that you never spend money at all. You want to release the term "spend" from your consciousness. You are circulating. You're circulating energy, so that when you're circulating energy, and this becomes apparent, you start as a practice. Whenever you go to buy something, purchase something, you're circulating energy. Why? Because that energy will come back to you. If you spend it, it's gone.

If you circulate it, you'll create a vibrational loop where the energy keeps coming back, it keeps circulating, because that's how the universe operates. Energy is never created or destroyed. It just circulates itself by changing dimensions and by changing frequencies. That's money. You learn to love and appreciate money. You learn to say things like, "I have more money than I need. Money comes to me with ease, grace, and dignity." You begin not being materialistic, a really good relationship with money. I always attract money when I need it. You begin to have that kind of relationship. That's independent of livelihood. Now, your livelihood carries livelihood and finance, meaning that your livelihood, where you are employed or self-employed, it activates your creativity. It activates your innovativeness, your resourcefulness, and creates a supply loop. Whereas you're sharing your resources, your creativity, your resources, your productivity, your innovativeness, there becomes the coin of the realm circling back to you.

So your livelihood may have something to do with your finances. However, there are individuals who have a tremendous livelihood, they love what they're doing, but it's actually supporting the vision of their life. It's not really generating the money they would like, but it supports the vision. In other words, they may love what they're doing as livelihood, but it doesn't actually create the finances, but it creates a level of stabilization of having a larger vision for their life that may bring in financial good from other means. Today, many people bring in or circulate money other than where they go to work. They become creative and innovative with other businesses, with online businesses, with other things that they do. Or they have a tremendous thing that they love. Maybe it's artistic and it creates a really wonderful feeling in their heart, and their particular place of employment finances their ability to do that. So what they're doing may not bring in money, but it's definitely creating a sense of life within them. Then what they're doing is

bringing in the money. I separate the livelihood from the finances, but oftentimes they are together.

Ann: Great. We're going over to [Participant], you have the mike.

Participant: Hi. Thank you so much. Hello, Michael.

Michael: Hello.

Participant: Hi. My question is that when I was listening to this call, and I was suspecting this may happen, I kept falling asleep and struggling to stay awake. I didn't think it was sleep. I think I was doing something in my sleep. So my question is does it matter if I'm awake or not? How do I stay awake to listen to these calls?

Michael: Okay, two things. First of all, you want to get a good night's sleep so that you're able to be alert and have a sense of reverential alertness to the information that's flowing. If you're falling asleep and you're not sleepy, that means that you're probably on the verge of a breakthrough that's going to happen, and your ego is distracting you by drowsiness. It doesn't want the information. Because if you get the information and you start to really practice it, it's going to change your life. The egoic structure, as helpful as it is, does not know the difference between transformation and annihilation. It doesn't have a purview outside of its present paradigm. The ego can't see into the unknown. Everyone that's with me today is saying in substance, "There's some good waiting for me, but it's outside of my present paradigm. It's unknown by my conscious mind right now." So you're surrendering to the next stage of your unfoldment. One of the distractions of the ego is drowsiness. If you're starting to partake of something of this nature, where you're going to be activated by energy and challenged by transformational knowledge, then that's where the drowsiness comes in.

What do you do? You become aware that you're drowsy. You don't say, "I'm drowsy." You don't say, "I'm sleepy." You say, "Oh, I recognize that. That's called drowsiness." You start to recognize it. As you recognize it and observe it, because everything is energy, it starts to transmute itself. It starts to have less of a hold on you, and you start to become aware that you are awareness itself, and that the drowsiness are thought forms arising from a paradigm of who you used to be seeking to hold you into that old pattern. Drowsiness is a distraction that you can transcend through awareness. If you can kind of understand what I'm saying, whenever it comes on, you know that "Oh, there's drowsiness." Being forewarned is being forearmed. You're armed with greater awareness, and then you'll notice the drowsiness starts to subside, has less and less control of you, doesn't take you over.

Then your second question, "Even if I'm asleep, is the information going in?" the answer is yes. It's going right to the subconscious and your conscious mind that would want to get some of this information as information is missing it right now, but your subconscious mind is getting it. It's starting to become the law of your being subconsciously, which will show up later. However, we do want the conscious mind and the subconscious mind to act in harmony. But we have heard the statement, "Where two or more are gathered in my name, there I am." It means where two or more are gathered in the name of the nature of reality, the name of the nature of our highest potential, there I am. Another way of saying it is when the conscious mind and the subconscious mind are gathered in the name of excellence, when the conscious mind and the subconscious mind are in vibrational agreement, then what you're agreeing upon shows up. So it is good if you stay awake. But if you don't, the information is still going in, and it's going to seep out anyway.

Ann: Okay, [Participant] is saying, "There are two structures that came to mind at the same time. Is it possible that these two structures are linked?"

Michael: The answer is yes. Can you share what those two structures are? You can't work on them simultaneously. If you pay attention, you might become aware of what structure is calling you first. Why is this important? If you pay undivided attention to one structure and begin to bring a level of excellence to it, then you will be able to, as we're going to do, as we have been doing a little bit of, you're able to shapeshift the excellence in that structure to the other area of your life. Some people are adept at working at more than one structure at one time. Yes. But if one is calling you, even if it's just a little bit, and put your full attention on that structure for now to begin, and then you can watch as that energy of excellence and optimism and affirmative expectation begin to seep over into the other structures of your life.

Ann: [Participant], can you speak again, please?

Participant: Yes. Hello from Germany. Can you hear me now?

Michael: Hello from Germany. How are you?

Participant: I'm great. Thank you. I'm most interested in the last two stages and how to differentiate them more. Maybe you just say we deal with it later and that's fine too.

Michael: Okay, you want to know the difference between frequency three, which is the channel.

Participant: I've been in the zone or in the being state a lot of the time already. What's the feeling sensation that is different from that?

Michael: Okay. The third stage, you're in the zone a lot, which means things are operating through you. Sometimes it goes beyond your planning. Something is pulling you. You're witnessing things that are going on that you're doing, but it's kind of being done through you. The being stage is called "as us" where the sense of separation has dissolved, and you realize that you're at one with the presence of life or love or beauty or God, whatever name you want to use. The demarcation between you and that presence is gone. Now, this happens sometimes as a nanosecond for people. Sometimes it's elongated. People who practice the art and science of meditation find themselves in this state frequently where there's absolutely no separation between you and the presence, that sometimes people have an affinity for nature, and they'll find themselves walking through the woods and all of a sudden the sense of separation between them and Mother Earth, a tree, et cetera, is gone. Some people have this in terms of the cosmos.

They'll look up in the sky and see the millions of stars and go into a cosmic awareness of being at one with the cosmos. Some people have their affinity as humanity. They can become very still, and they become at one with humanity. They feel the deepest heartfelt desires of humanity. They feel the loving intention that's underneath the facade of personality. Some people enter into this in different ways, humanity, nature, cosmos, but it's still the same. The sense of separation is gone. For me, I've had tremendous moments. For me, a lot of times what has happened is I go into a field of luminosity. There's tremendous light. The light is so bright that it would appear to blind me. I'm infused with this light and this luminosity and I'm at one with life. Sometimes it lasts for a long period of time. Sometimes it lasts for a shorter period of time. But when I come out of it, so to speak, I'm changed irrevocably. There's a greater expansion of my awareness of the absolute. Through me, something is operating through you. You're in the zone. You're a channel, a very high state of consciousness. As me, you're it. The universe is saying "Tag, you're it" as an individualized expression of the I Am Presence. I hope I'm bringing clarity to what you're asking.

Participant: Thank you.

Ann: Thank you, [Participant]. [Participant], "I picked two structures to focus on, livelihood and body temple. Is there something I can/should do over this week to begin to work and think on these areas?"

Michael: Livelihood and body temple. When I was teaching the class, one of the things I wanted you to do is focus on those areas. But ask the question right now, where are you operating in those structures? Are you victimized or have you begun to use certain principles to see yourself out of limitation in those particular areas?

Are you in stage one? Are you in stage two? Now, since you're working on those particular structures, I'm assuming you're not operating at stage three or four. You're either in one or two. Intuitively get a sense of where am I in this particular stage? Am I a victim? And then kind of give it a number. Am I really a victim like ten? Or am I a slight victim, two, three, in whatever area? If you're in victim consciousness, and you become aware that you're in victim consciousness, I want you to begin to see what your victim story is. What is the narrative that you say to yourself? I'm sick all the time. I'll always be sick all the time. Why am I always sick all the time? Or livelihood, I am not worthy to find my right place. What is the story that you frequently say to yourself in those particular areas? Now, once you realize whether you're in victim or you're in stage one or two, and you see the story, you can begin now to change your narrative. We're living out, we're a self-fulfilling prophecy of the narratives we believe about ourselves. You look at your livelihood and what narrative are you saying? Things never go well for me. I never have enough. I can't find the right job, whatever it is. Look at that narrative and be willing to change the narrative, even before there's physical evidence of that change. This is the metaphysical work.

You have to change the narrative and the feeling before manifestation. Before the creative process takes place. You're beginning to just say something very short to yourself, pithy but powerful. All of my needs are always being met. I'm divinely employed by the universe, and all my needs are always met. You begin to change the narrative. My body temple is a fit instrument for dynamic health and well-being and strength and vitality. I'm flexible and youthful. You begin to change the narrative, and you begin to notice yourself throughout the course of your day whenever the blame story comes up, the old story comes up, changing the narrative really fast until you develop a subjective tendency where that narrative is concerned, so that you're actually moving out of victim into stage two where you're actually proclaiming, decreeing, announcing, declaring, even beginning to see to a degree a greater sense of good in that area of your life. Energy will then flow where your attention is going, and there will begin to be subtle changes not only in your self-talk. There will be subtle changes in your feeling. As I've been saying over 30 years, it is the feeling that brings about the healing. You'll start to change little by little by little, and then you'll start to see signs of the change. Signs follow a shift in consciousness. They don't precede it. They follow it. As you're starting to change just a little bit, you start to see little signs in your life that things are changing. It begins with just that. Identify where you are. Notice the narrative of where you are, and you begin to change the story on a regular basis until a new feeling emerges.

Ann: We're going to go over to [Participant]. You have the mike.

Participant: Michael, I kind of struggled with this question about manifestation for a long time. Is it purely like if your subconscious believes and you're vibrating at the right level,

you can pretty well manifest anything? Or is there also kind of a higher intelligence, kind of we tend to think like God is also kind of in that as well where maybe it's not the right time or there's kind of a bigger plan for you? That's what I'm asking. Or is it just purely if you're vibrating at the right level, you'll receive whatever you've been asking for?

Michael: This is a great question. It is possible for you to use the law of creation, the law of manifestation to bring things into your life that you might outgrow later. They might be out of timing for you. It is possible to do that. You can use mental willpower to bring things into manifestation. We always like to add, as we are working with that kind of spiritual technology, we always say things like this or something better so that you're in alignment with your higher self, so that you're not just willy-nilly seeking to manifest based on what's popular in society or what you may have inherited. You're actually in league with your destiny, something that's in league with your destiny for the unfoldment of your oversoul and the evolution of your soul. It's a combination of what you're saying. Yes, you can just manifest, and there are people who do that very well. But oftentimes they discover that they become addicted to the law of manifestation and that the soul really isn't evolving at all. They've just become addicted to bringing things into manifestation. When you say, "This is what I want, and let it be in the highest and best interest of all, and this or something better," now you're pulling in your frequencies of your higher mind.

Now, there's nothing wrong with just bringing things into reality that you want because it's teaching you that there is a law in the universe and that things don't just happen, they happen just. But ultimately, we want to be in harmony with what's trying to unfold through us. In the beginning when sometimes we'll have classes, I'll have individuals practice just manifesting just to show that they can do it. I'll have people do things like "Okay, everybody, today, visualize an apple, something that has no emotional attachment to it, and invite the apple into your life. Now release it." And then we'll meet back in class a week later, and people will have all these interesting stories how an apple came to them. Someone gave them an apple, they put one on their desk, or just various interesting ways because they had no emotional attachment to the apple. Then we'll raise it up a little bit and say, "Okay, now think about a dollar. Next week think about five dollars." Until the emotional attachment is gone, but people see that they can actually manifest. Now, once you understand that, then you can begin to open up and be available to more good in your lives that also brings about a great expansion of your consciousness. Because true manifestation is when we grow, develop, and unfold and become more ourselves, not just get a lot of stuff. I hope that's answering your question.

Ann: All right. [Participant] is saying, "Michael, can you talk a little bit more about the phrase the universe answers all our questions, including the subconscious?"

Michael: Absolutely. This is a law that whatever inquiry you're living in, we're always in a state of inquiry, consciously or unconsciously, the universe, through its law, will answer that question. As we're unfolding, we always want to make sure that we're asking empowering questions rather than disempowering questions because law will answer disempowering as much as it will answer empowering. If a person is asking frequently, consciously or unconsciously, "What's wrong? Who's to blame? Why me?" then the universal presence, through its law, will answer that question. It will pull upon the database of human consciousness and match you with the resistance, match you with the excuses, match you with the blame to show you why something bad is happening in your life. You don't want to ask a disempowering question. You can easily ask, "What is the meaning of what appears to be in my life today?" You can begin to ask, "What's trying to emerge in my life today? What good is here right now that I presently cannot see?" You can begin to ask, "What gift am I being prepared to give based on the experience that I'm growing through right now?"

As you begin to change the dynamic of your question, your life dynamic changes as well because your life experience rises, or falls based on the questions you ask. If you've become habitually asking the question, "What's wrong with my life? Why me?" and that becomes a part of the underlying subconscious questioning that happens even when you're falling asleep, then you're using the law to go into the database of human consciousness as to why people are unhappy, and it will find a vibrational match to you and will give you a reason as to why certain things are going on in your life. That reason would then subsequently become an excuse, and you'll be working against yourself as you're doing spiritual practices. So we want to clear that up. We want to clear that out of ourselves. We want to ask empowering questions. What good is trying to happen in my life today? What miracle is trying to take shape? What's trying to emerge in my life? What gift is being developed within me based on what I'm growing through right now? Ask a higher order of question, and your life will rise to that frequency.

Ann: We're going over to a live question from [Participant]. You have the mike, [Participant]. You're on.

Participant: Hi, Michael.

Michael: Hey, how are you?

Participant: I'm good. It's so good to see you and thank you so much. Wonderful to be here with you.

Michael: Thank you.

Participant: My question is you hear people say, and they say it often, that things happen when you least expect it. When you really, really want something, how do you surrender to it, genuinely surrender to it so that it does take place and it can happen and manifest in your life without holding on to something that you really want?

Michael: Well, there's a wonderful experience and analogy that you all know. It's called the wishing well. The reason why it's called a wishing well is because oftentimes when people throw a penny or whatever they throw into the well, and they think about what they want to manifest and let go of it, they generally go about their life they don't think about anymore. They just throw a penny into a wishing well and they say, "I would like a better job," or "I would like certain health" or whatever the case may be. The reason why it works is because the let go process is easier. When you want to manifest something, and you move yourself into the feeling tone of what it is you sincerely want to experience, and you declare it, decree it, announce it, see it, write it down, whatever the case may be, the letting go process is as important because in the letting go process, you're releasing any resistance to it.

If you're having issues in letting go, then you create for yourself just a little letting go box. In other words, you just write down on a piece of paper, "This is what I am now manifesting in my life." You write it down, you put it in the letting go box, and you go about your business. And then every time you see the box, your mind goes to "Oh, that's happening now. That's happening now." It keeps you in the let go. It's just like a wishing well when you throw a penny and you go on about your business. So if you're having difficulty letting go, put it into a letting go box, and then you go about your business in life, doing what you're called to do every single day. But if you happen to see the box, it's like, "Oh, that's happening. That's happening now." You take a breath, "That's happening right now." You go on about your business, and then resistance dissolves and ways and means and methods begin to take place in your life to bring about that which you have declared or something better. Letting go is as important as the announcement, the declaration, the affirmation, the decree, or the visualization of it.

Participant: Thank you.

Ann: [Participant] says, "In the lead-up to this course," I believe the intro session, "you shared the practice of supplying good emotions from one area of life toward another area that is in need of healing. What if one has suffered their whole life with depression, so there is nowhere to access good energy?"

Michael: This is where you use your imagination as the angel of God. This is why the imaginal faculty is important particularly in our beginning stages of growth and development. You take a moment and you imagine what it would feel like if and you name the structure. What will it feel like if I had more than enough money? What would it feel like? How would I feel if my body temple was tiptop? What

would it feel like if I was truly supported by my friends and associates? You can go down whatever structure you want, and you begin to use your imagination. So the moment you say, "What would I feel like if all of my needs were met?" I'm just using this as an example, "What would I feel like if all of my needs were met?" and your imaginal realm begins to open up, and you begin to feel that way, now here's the deal, that the mind doesn't know the difference between something you've actually experienced or whether you're imagining it. It doesn't know the difference between the two. So as you begin to imagine it and then feel it, then you embrace that feeling. That feeling is independent of a real experience, but it's still there, it's still real. You remember the feeling? And then little by little by little, you amplify that feeling, and then you take that feeling as you're amplifying it, and you place it. You see yourself placing it in the structure that may be diminished, it may be a liability, it hasn't turned into an asset yet. You begin to place that feeling there. Oh, this is what it feels like in this structure to have all of my needs met. Now, nothing has happened outside of you yet. This is all happening inside. My imagination helps me feel it. I feel it, I amplify it, I place it within that structure.

Then I train myself throughout the course of the day to come back to that feeling in that area. All of my needs are met. And then signs will follow. Then creation will occur. Manifestation will occur. If, in fact, you've gone most of your life, and as you've indicated, there's been suffering, there's been debilitation emotionally, pain, not long periods of happiness or joy, you use your imagination and the imagination separates you from the condition. Remember, the faculty of being able to think independent of a circumstance, that faculty is called the image and likeness of God. It means that you can be growing through something right now, maybe something happening in your life that is destructive or creating a liability or blocking the flow of good energy. But you can actually use your imagination and think independent of that condition. That's called the image and likeness of God, that particular faculty. Because you're made in the image and likeness of God, you can think independent of any condition, circumstance, person, place, thing or condition or situation. You can begin to generate the feeling of that, and then watch it go into the areas of your life that you need. As a great teacher said, "Is it not written? Ye are gods." You have that faculty of the God presence, and so you want to use it wisely.

Ann: We have time for, I think, one more caller. I'm opening the mike for [Participant]. [Participant], you have the mike.

Participant: Hi, Michael. It's such a joy to be here with you.

Michael: Thank you.

Participant: My heart is pouring. My question is around fear and anxiety, and I'm going to just be very concise as everyone has been, so we all have a chance. I have always felt

that I've lived a very purposeful life. I've been a great manifester. I made a decision about three, four years ago to totally change my life, let go of a lot of structures in my life, because my soul was, I felt, calling me to grow and expand. What I've been experiencing is as I'm creating my new vision, it feels clear to me, however, I feel like I'm stuck in holding myself back because I'm experiencing the anxiety so much so that I haven't been sleeping for like almost three and a half years on any kind of regular basis. It hurts me deeply because I feel like on the one hand, and this is my victim consciousness speaking, I feel on the one hand that God has given me this gift, and I've had so much joy and happiness in my life, and now I'm asked to really come into a new place and I'm having difficulty with that. I guess my question is around how to let go of the fear which creates the anxiety, which creates the non-sleep?

Michael: It's an endless cycle.

Participant: Yeah, an endless cycle, yes.

Michael: Well, that kind of anxiety and nervousness probably comes, as I was saying a little bit earlier, because you're venturing into territory that's unknown. You're coming out of your comfort zone. There really isn't any comfort in the comfort zone. It's good that you're saying I want to reset or I'm going to change my life from good to better. When that happens, anxiety and fear does come up. It's projected from the egoic structure. One, you become aware that fear is an energy, and energy can be transmuted. Energy can become excitement, and then excitement can become enthusiasm. One thing that we don't do, and I teach this for many years, is that you don't try to get rid of the fear. You take the fear with you. In other words, you have this fear. The fear is oftentimes either a fear of failure. You'll be ridiculed. You'll either self-judge or you fear that other people will judge you if you fail. Or there's the fear of success, which means you'll be ridiculed and talked about because you succeed, because you're coming out of herd consciousness. Regardless of whether you're afraid of failure, to be ridiculed, or whether you are afraid of success because you'll be talked about, it's still fear. You say to yourself, "What is it that I can do today to walk in the direction of my dream?" There's fear there. You do it anyway.

As you start to create momentum, inertia becomes momentum, and then fear starts to change. The fear starts to change to excitement. You start getting excited. Oh, I'm moving. Something is happening. Then after a while, when you have more momentum, then excitement becomes enthusiasm. It's still all energy, but one is depleting fear. Excitement is dualistic because you have excitement, depression, excitement, depression, and then enthusiasm is from the state of unity. There are no downsides to enthusiasm. It's a movement of the arc of energetic dynamics, fear, excitement, enthusiasm. Fear comes from the ego. You don't want to try to get rid of it. People waste a lot of time by saying, "How can I get rid of my fear

before I do what I'm called to do?" That is an egoic trap because you're not going to get rid of it. You take it with you. You say, "Oh, there's fear. Oh, there's fear. There's anxiety. Oh, there it is. What's my next step? There's fear. There's anxiety. What's my next step?" You take the next step, and in taking the next step, fear begins its transmutation process, and you'll end up celebrating that you are an enthusiastic expression of the infinite, and momentum will take over your life.

Participant: Thank you. Thank you, Michael.

Michael: Absolutely.

Participant: Thank you so much.

Ann: I'd love to invite you to lead us in a closing prayer before you leave our session today.

Michael: It is my joy. You're throwing me into the spiritual briar patch because I love the power of prayer. I invite all of us, there are hundreds of us on this line that have signed up for this course, to just turn within in this moment. Extract our attention from the external world of effects, the worlds of condensed thought forms that have become conditions and circumstances. Extract your attention from all of that. Let us come inward. Let us put a smile on our face of such gratitude and thanksgiving that we are alive, that we are awake, that we are aware, that we exist at all, and that we're using the faculty of choice to be here today. We just enter into a field of gratitude, such thanksgiving and such pure appreciation that we're able recognize the invisible presence everywhere, this divine presence that's never an absence. We feel so connected that we can feel that we're at one with life. Life is at one with us. And that the innermost God and the uppermost God is the same God.

From this consciousness of oneness, I speak the word for each and every one of us that we may be free today, that we may be dynamically healthy, that wellness and well-being may reign supreme, and that we are indeed receptive to divine wisdom and guidance, moving through us in a language and in a way that we could understand. Even while the body temple is sleeping, we're being pulled by excellence into an ever increasing awareness and a demonstration of more good than we could possibly imagine. This word is now serving as a law of elimination to anything that would hinder, delay, obstruct or deny the fullness of life moving through us. It is serving as raw activation of our potential that we, moment by moment, can become more and never less than our true self. This is what I know and feel. This is what I'm accepting now. This is what I'm giving thanks for, knowing that it's already done and is unfolding. I allow it to be so. Therefore, we can say and so it is, and so I am, and so we are, now so be it. Amen.

Ann: Amen. Michael, thank you for your teaching, your generous Q&A, your beautiful closing prayer, for being here with us. We look so forward to seeing you again next week. Many blessings to you.

Michael: God bless you all. Thank you so much for tuning in.

© 2019 The Shift Network. All rights reserved.