



MODULE 8 – STRESS & ANXIETY DEEPER DIVE

This month's intention is to kick stress and anxiety out of our lives. Permanently.

We want to remove it and stomp the you know what out of it. We want to discard it from our lives. Remembering that everything is an energy. So, to remove or discard the stress and anxiety, we need to approach it as an energy. That's how I look at it.

In the west direction of the medicine wheel, what we discuss is not taking things personally. So, thinking about stress and anxiety, don't personalize it. It's an energy trying to make its way into your or my energy field. I use the process of stopping the internal dialog. If stress and anxiety are showing up, I go to my solar plexus. And then once I stop it, then I go to my heart center. It's there that I can feel and experience my real identity.

When I go into my heart center, my death is my best advisor, my trusted ally. I could die tomorrow. I could die on the way home. It could happen at any time. My death won't let me get all stressed and anxious about this thing. If you think back throughout your life and anything you've been stressed about, you realize it was a huge waste of time and energy.

QUOTE (slide)

"The many emotional states in which the average human indulges are all moods she has acquired without ever having questioned their validity or value. Yet, having been indoctrinated by the practices of black magic, she sees it as her right to inflict these moods on others."

~Th'eun Mares

How often have we participated in both sides of that scenario?

It really never occurs to the average person to question the validity or value of these emotional moods, right? Logically, we know this is not going to help us get closer to our goal or create what we want in life. So many people just don't understand how much control they really have and what the impact is. But we do. We can stop the internal dialog and we can question the value and validity of these things.

don Miguel Ruiz, author of "The Four Agreements" described what it is to inflict your mood on someone else. He calls it "black magic" because it's manipulative and generally destructive. It's

been going on for a few thousand years at least. We've been indoctrinated into it. We've been convinced that's how you get through life.

An example is men using anger, or women using victim stories (both masking fear) to get others to do what they want. It causes heart disease and other physical problems, karma etc, but this is all indoctrinated even into our DNA level.

We are going to be stopping this when we get into relationships. The most important thing to do right now is become aware of the indoctrination and notice it and make a commitment to stop it.

QUOTE (slide)

“Any (wo)man, given the right circumstances can allow her Spirit to surface and take command of the situation but sustaining this at all times is something only a warrior is capable of.”
~Th'eun Mares

What does this mean? The Sovereign Woman knows herself to be her Spirit, what we call the Dreamer. We know this is our real identity, through our heart center and stopping the mental dialog. Encountering this clash between the mind and the essence of your Dreamer is something that is going to continually happen on a more frequent basis for you. If you keep doing what we've discussed, stopping dialog and staying in your heart center, you will master this process of becoming more aware and more conscious of your power. And as it does, life is going to get easier and easier. This is also connected to mastery of time. It makes perfect sense. Think of all the wasted time that we create in our lives. Most people waste so much time. They create all kinds of drama and its stuff they have to deal with.

REMEMBER... (slide)

Stress and anxiety are the beliefs in what is not real! They are the result of a crisis in identity.

Do we all understand this?

If your life is on the line, real stress will take over. The survival instinct will take over. The chronic stress people are experiencing today is just an identity crisis. This goes back to releasing the past and it's so effective we are going to get back into it tonight.

PRESSURE OF BATTLE (slide)

“The warrior does not inflict her emotional state of being onto others. But if the warrior feels the need to express her emotions, she simply chooses anyone or anything, be it friend, dog, or mountain, to whom she expresses her innermost feelings.

It does not matter to the warrior if she is not answered, or even if she is not heard, because the warrior is not seeking to be understood or helped – by verbalizing her feelings she is simply releasing the pressure of her battle.”

Let’s explore this a little bit. We are not seeking to be heard, or answered, understood or helped.

Does anyone know why that is?

All the Sovereign warrior really wants is to go back to residing in her real identity, [the Dreamer](#). That’s the reason to release the pressure of the battle. We know there are all kinds of things to learn from it, and that there is a lot going on, but when we use the power of sound to release these stories and feelings, we are releasing the build-up of energy from our field so we can realign with who we really are. When we are aligned with our Dreamer, we can “see” and navigate much more efficiently and gracefully.

Being able to release stress is a way to transform your life. You are extracting energy and removing it from your energy field, removing a story, a stress, a condition through awareness.

THREE WAYS OF CHANGE (slide)

TRANSMUTATION is a change between states. This happens when we work on our stuff and the energy around it changes from deeply negative to neutral and even to positive. When we track through a pattern we are taking one energy to create another energy.

TRANSFORMATION is a change only accomplished by death...example of a pattern, you are working on the pattern, eventually the payoff comes to you, you then have transmuted that energy into becoming conscious of the payoff. When you choose differently in your life, when you bring that pattern to your conscious awareness and no longer feed it, and or do a fire ceremony, you have killed that pattern. That’s transformation.

TRANSFIGURATION is an atomic change. The classical example is ascension, as when a master ascends. This can happen in your life as you ascend from one level of consciousness to another....in the medicine wheel, when you receive the rites, and you activate those rites, you actually change the atomic structure of your DNA, your physical body, your luminous field.

Any questions?

CHECK IN (slide)

Where you able to use the stress release process?

What would you like to share about the last meeting?

What’s going on in your life right now and how can we serve and support you?

LET'S TALK ABOUT STRESS (slide)

Let's discuss stress....let's release the energy of our battles....right now. The reason we are getting into this is that it works.

I want each of you to choose if you want feedback or not. If you don't, no problem. And if you do, let me know. Whatever you choose is perfect.

Personal example. I am dealing with a lot of financial stress because it's an area I haven't really delved into as much as other areas of our family life for the last two decades. I gave up my career in Silicon Valley in 1998 to raise my kids. My ex was an expert hedge fund manager and just knew so much more than I did so I let him handle all of that. Now that I'm divorcing, all these decisions and choices and knowledge fall to me. So, I am having to learn, really quickly, about everything from investments, passive income, building a business, taxes, you name it. It's been a crash course in how to rebuild everything and at times, it gets overwhelming.

I notice some fear and some anxiety and I definitely have had to call on these same tools I'm sharing with you. I do not want that negative, fearful, victim-y energy in my future threads, right? So, I need to shift it as soon as I'm aware of it.

Another thing that tends to get me stressed is my kids. I worry, as any parent does, about how they are doing and what I can do better to support them. It sometimes can feel like a roller coaster, especially when my worry is compounded by feelings of guilt or shame. And by the way, guilt and shame are the two lowest possible vibration energies we can get burdened by. I want you to know that you must clear that as soon as you are aware you are feeling it. It's apparently very dark, very malevolent and malicious. It has been passed down and pushed deep into our psyches as a means of control. There is no place for guilt or shame in a Sovereign Woman's life. Let it go asap!

So, what are you guys stressing about right now? Let's vent! Let us know if you want feedback or not. Nothing is worth staying stressed over.

Ask your higher self, what do I really want?

Use energy clearing statement on any issues that come up.

"I turn my will and my life over to the Great Spirit and my Dreamer."

TRANSFORM ENERGY PROCESS: STONE (slide)

1. Find a stone you are attracted to working with
2. Over the next two weeks, make a list of everything you believe to be true that causes you stress

3. Carry the stone with you over the next two weeks and every time you stress about anything, blow into the stone 3 times. Then shift your awareness back to your real identity by focusing on your heart center.
4. Right before our next meeting, having a ceremony and burn the paper you wrote your list on. Blow your intentions to release these beliefs into the piece of paper 3 times before you burn it.
5. After the two week period, thank the stone and throw it into a body of moving water or bury it in the earth.

STRESS RELEASE PROCESS (slide)

1. Lay down and take a couple of deep breaths to relax and gently close your eyes.
2. Call to mind what you know you're stressed about (what's in your conscious awareness)
3. Allow yourself to go deeper.
4. Intend to get to a state right above sleep.
5. As you go deeper, more will come to mind that you're subconsciously stressed about.
6. Release the subconscious stressors using the prayer:

"I give myself permission to release (fill in stressor here) and I ask my Dreamer and Great Spirit to help me release it and clear it now. Thank you!"

CHANGE THE ENERGY OF ANYTHING (slide)

- Take control of your awareness by stopping the internal dialog and use your heart center or solar plexus to shift your awareness.
- Use intention or prayer to release the energy of what you are dealing with.
- Go back to your heart center and hold your awareness there.

HOME PLAY (slide)

- Stop the Dialog.
- Work on releasing the stress and anxiety using the stone and prayer.
- Stay in touch with the group, your Self and with me so that you stay on track!