

First seven year cycle of the brain - "I am" verses who I am allowed to be.

I AM 10

I desire to share my I AM I am a star

- I am me (unconscious, becoming)
- I am myself -embodied to experience
- I am , spirit, all knowing , all complete ready to express my unique love in my desired way

I share I touch(love language)

I desire to share my gift

Wait & Weigh

Opposition I am allowed to help but not interfere

- Who is the star? -Alpha
- Who steals the light -Is needed or chosen?
- What is the back story?
- Who I am allowed to be (whats avail)
- your character is created

I am 5

Who I have become

Brain becomes adapted to compression of limiting expression of my original I AM

My time and abundance is used to support the STAR

My space and freedom is for the ALPHA

I use my extra time and space to become my true star.

I am a 5 who is becoming a 10

The second 7 year cycle - The resistance (beginning of double life) separation

I will BE the star

"I am " in spite of my story

Although my story is ...And my role has been.....

- I will use my extra time to?.....
- I will use my abundance to ?.....
- I will use my freedom to ?.....
- I will use my space to ?.....
- I desire to be more of myself

limits verse potentials

I am allowed to do,go ?.....
I am allowed to feel?.....
I am allowed to have?.....
I am allowed to speak when?
I am allowed to ask?

My pain and reward allows me to feel like the star -I am a 5 but use pain and reward to FEEL like a 10. It isn't real. I am not real unless I am in pain or reward.

Personality

when act more than 5 I am rejected.

when I am less than 5 I get abandoned

I am frustrated

I desire to be 10

The Mask

When around pack I am 5

My desire turns into NEED (to be seen and heard as 10)

My separation of self hurts . I am starving , I am desperate I NEED

My body begins to produce sex hormones that help me challenge my reality . I will use them to GROW my 10

5 weights that create wall

weight and wait is used as buffer

I use these reminders to remember my place. I must stay safe. I must be accepted. I must fit in, I must look like I fit, I must hide my truth.

law of attraction

My body is a magnet . There is only one answer in Universe - YES

My projection of reality reflects my inner vibration

What I resist I draw to me
What I love I draw to me
Where I am neutral I stay..

the malleable I AM

I desire to be 10

- I attract things to align me
- I create ways to express myself
- I search for validation
- I seek out ways and places to feel 10
- I am searching for my other 5

Acceptance of unworthiness

I am not seen, I am not loved, I am not heard, I am not safe

I am not allowed to be me ,there for I am punished .

I am punished by my looks
I am punished by my lack of freedom
I am punished by my abundance
I am punished by time.
I am punished by love

I am unworthy

I allow you to punish me, I punish myself, I punish others

victim, You punish me, I punish you, perpetrator

3rd 7 year cycle - The race to 10

I will prove I am 10

I will run away from 5s
I will hide from 5s
I will attract other 5s
I will prove my 10
I will find My other 5
I will make myself 10
I will learn how to be 10
I will FEEL I am 10

hidback loop

find something to make me 10, demonstrate my mask, money, create value of self - buy feelings of 10, health, relationship, find someone to make me 10

Here is where all of your proof is. (I am not 10) your world is chaos but your energy of sex hormones race you toward desired reality

Love attachments

I need people to complete, I need things to remind, I need space to

I gift my time, energy and abundance so I will be loved, I project through status or things a mask of what I hide, I use space to hide my unworthiness

my freedom is not safe

I am not 10 without ?

I NEED

I am starving

- for connection so I create attachment
- for attention, so I create the character that gets me the most
- to share my abundance, so I attract takers
- for freedom to be me, so I let you be you

The bottom

I have lost myself, I am better than you, I will give my abundance enough to keep you a 5, I will take your freedom for my 5, I will help you build your 10, I will also reject you when you act like 10, I will give you my freedom in exchange for 5, you are better than me

Abuse as reward

When I am more than 5 I get rejected or **I desire to be 10**

When I become less than 5, I get abandoned

I crave things , people and places to feel like a 10 but secretly force me back to 5 so I am safe . addiction is here

I will desire all things to keep me 5

to me I see

Intimacy, co dependence and obligation

- created a jail to keep me at 5
- create people to keep me at 5
- created additions through pain and rewards to keep me at 5

Running from your ghost

I am a 10, you are allowed to be a 5, proving your a 10, proof you are a 5, I am a 10!, the ghost of 5 chasing you through your life .

desire for freedom creates thicker chains

The more you try , the more you are trapped

Your sex hormones are now working against you to grow and build a life of haunting grief hidden in pride or care taking you are a shadow of your self but your NEED is still hungry and you fight against this loop for several more years

Jump to this 7 year cycle ...

Here we are , thankfully exhausted and humbled Its been a tough ride . We have nearly destroyed our bodies and most relationships are in the trenches of war .Our time is an abuser now. Our freedom feels unavailable and our abundance feels conditional on our self worth.

Now is the time to go back up to the first part of your graph and write out your souls personality Your desire at birth was not from lacking. It was from TOO much abundance. To much vision, intentions, imaginations, ideas , curiosities and the true desire to SHARE yourself with the world. Your desire to adventure and explore was more about your abundance of demonstration of self than learning .

Now I NEED abundance
Now I am not allowed to demonstrate
Now I have no time for me
My freedom is tied up in commitments
I am 5
When I act smaller I am abandoned
When I act bigger I get attacked and rejected .

Please refer back to your masculine brain and feminine brain(chart), create a list of who you were- verses who you were allowed to be. Notice which parts of your essential manifestation tools were not allowed. Notice what you had to turn down and hide notice. that those parts of your brain have become small and " worthless" notice how you attract that which you reject notice how you attract that which you believe you can not have .