

QUANTUM FITNESS

The Wounded desire verses the Abundant desire

The 7 steps of manifestation are an exact formula. All though the universe requires no time and space to manifest. The person manifesting does. The reason? We are complicated energy beings. We are both spirit &(matter) density. The part of you that is density weighs something. Your body is in relation to the laws of gravity and because of the body's ability to download information through awareness, hold space, hold onto information and record data. The body becomes filled with information and programs. Some were gifted to you through genetics, some were downloaded by pure observation or duress. You also have your chosen programs as well as pain based traumatic programs. The body you have is filled to the brim with programs, apps ,stored files & pictures, all completely unrelated to each other. Yet as one whole they make up a personality. The average of you creates an energy signature called an algorithm. This average of all that you are storing becomes your set point filter. You see through the eyes of what you hold inside you, what's in your storage and what you believe you do not have.

The seven steps of manifestation

Desire

Vision

Intention

Imagination

Inspired action

Alignment (service)

surrender

The person you believe you are outside of meditation is nothing more than a combination plate of files, apps and pictures. Your awareness of choice and what you are attracted to is 100% coming from this filter creating a view point. This viewpoint becomes your reality. You then choose from what you see outside you. You have created your reality based on what you have to choose from outside you. through you. Hear me as I say But the truth is you are projecting your reality onto the screen of this life. You are making choices based on what is outside you. What you have to work with. And the problem is that the reality you see is projected from you. The reality is limited because you are limited within. You have pain, loss, lack and insecurity inside You also have greatness, intuitive gifts and unlimited strength and beauty. You are literally dualistic within. The average of "you" projects an average of ALL of you. If you are an unlimited 10 on a scale of 1-10 in your true capabilities but you feel worthless and insecure you may feel like a 1 out of 10. The Universe will average that belief against the truth and project a boring, stressful life of a 5

Your choice based on what you have to work with outside of you will have to be settled for. You won't be able to project outside of you enough options, support, money, time or health to BE the 10 you are capable of being. And it will appear so is life.

Read this again..Take a breath and re read until you comprehend this.

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A great metaphor for understanding this is

If you were desiring to make a pumpkin pie. The recipe is specific but you can only use what ingredients you already have within you. Let's look here. The recipe for pumpkin pie is specific and if followed exactly will be a pumpkin pie! Dah right?? But let's really look at this as a metaphor for the law of attraction and manifestation.

Pumpkin Pie.

- 2 cups mashed, cooked pumpkin
- 1 (12 fluid ounce) can evaporated milk
- 2 eggs, beaten
- $\frac{3}{4}$ cup packed brown sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ teaspoon salt

Now let's look at what you want to make? Do you want to “make money, create that soulmate partner a better body, heal that disease? In order for you to create your desired reality you will have to learn to follow the recipe and use the exact ingredients in their proper measurements.

In manifestation 7 steps to manifest ANYTHING.

- Desire - one cup female
- Vision- One cup female
- Intention- One cup Intention
- Imagination - $\frac{1}{2}$ cup female $\frac{1}{2}$ cup male
- Inspired action- 1 cup male
- Alignment service - 1 cup male
- Surrender 1 teaspoon female 1 teaspoon male 5 cups UNIVERSE

Do you have the ingredients to make these things within you? If your answer is no then you may understand why you are “waiting” and wanting. Think of your kitchen right now. Do you think in your full refrigerator and pantry you have these ingredients to make pumpkin pie?? I bet you have many of them. But when you look at salt you don't see pumpkin pie. Maybe you have versions of these ingredients that chemically would work just as well. I bet the one ingredient you don't have on hand is the pumpkin! The main ingredient! And without pumpkin you can not create a pumpkin pie. Or you do have everything but do not know how to bake? Maybe you feel you are missing the oven?

In this metaphor we can see just how specific the universe is requiring us to be to cook a proper pumpkin pie! You must have every ingredient. You must have the ability to read the directions (7 steps of manifestation) and follow them precisely!

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The Universe splits the job of manifestation with us in half. Our job is to have or obtain the ingredients, have a space to mix and cook. The recipe must be followed exactly. Unlike cooking, baking is chemistry and every variable must be measured and accounted for. Like the butter must be cold when added to create a 'flaky biscuit' or the cookies taste better if wet ingredients are mixed separately than dry ingredients. Although it seems complicated as none of us were taught to bake metaphorically it's actually quite simple if the recipe is followed exactly.

So now you are like WHAT THE HELL?? How am I supposed to have pumpkin when I NEED pumpkin? EXACTLY! Now you understand why you are doing this workshop.

- "Need" implies I don't have
- "Want" implies I have and want to experience
- "Is" implies I am satisfied as the experience is already experienced or the understanding it's easy to bake as desired at any time

The good news is you do have pumpkin, someplace inside you. Just like the solution to healing, or the frequency of the person you want to attract. I know this because you would not have a desire for it if you didn't already contain it. But just like when you see salt in your pantry you don't think of pumpkin pie. You don't believe you can make pumpkin pie without pumpkin. Our job together is for you to locate the pumpkin within and bring it out!

Instead it's easier to say, Pumpkin isn't in season, or it's too expensive so I'll wait, or I am not good at baking so I'll just buy one at the store. "Mine isn't good enough anyways". You say My grandma makes the best pumpkin pie, I miss her. You feel the loss. You feel the lack within. You settle for store bought pumpkin flavored coffee and because you feel loss, lack and grief, you desire MORE pumpkin flavored stuff. This is and will become an addiction. We believe we do not have the one ingredient we need. So we binge and obsess over others who can make or taste like it. The craving will never go away no matter how much you consume of store bought (someone else version) substitutes. This eventually with enough low vibration (grief and loss) in the consumption of the alternative will possibly create an allergy to anything that feels like pumpkin - This is your body saying "pumpkin hurts us". Losing grandma was too painful and it doesn't serve me to have this pain upfront. I will put this desire for grandma and now pumpkin pie in a box behind a wall where I won't have to look at it. And now you build a wall around all things pumpkin, create a belief you don't like it or need it and have a tangible excuse to avoid it.

But what if... The entire reason you wanted pumpkin pie was because you miss grandma? There is a twist for you. This is why we need to unpack desires before we jump into the kitchen to make pie. If you can not find the "pumpkin" within you to make your own. You locked it away for a reason. You HAVE it, but it's hidden from you on purpose. It in some way hurts you. And now you NEED it and can't find it.

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You miss grandma (grief) she was the only one who believed you. She comforted you when you were sad and taught you things. She valued you and held space. Her light happy attitude was healing and soothing and you just haven't had a connection like that with anyone else since. You understand logically she is gone. But you want that feeling, that connection again. Because she was the only safe person your body identifies with people as being unsafe you find a surrogate feeling through the pie she baked. So first we must ask ourselves why we want what we want??

List your desires from the order of need to want

- NeedWhat do you need right now?
- Why do you need this?
- What does it feel like?
- How will it help you?
- How will this give you an opportunity to do or be?
- How does it feel to need it?
- How does it feel without it?
- If you have had a glimpse or taste of it before , what did it feel like to lose it?
- What do you use now or keep around that isnt your desire but feels in part like your desire?
- What do you use instead?
- Who do you use(settle for) instead?
- Who or what in your life represents the feeling of your desire?
- Who around you appears to have what you want?
- What happened the last time you attempted to create this?
- What appears to be in the way of getting or having this desire?
- How has your choice in regards to this desire hurt you before?
- What's the skill or trait you feel you are lacking to have this or make this?
- Describe in detail what your desire feels like without using the actual desire.
- Want.....Why do you want this?

Now list the dreams you have and goals you desire to manifest. This will assist me in helping you locate and bring forth your desire you have hidden from yourself.

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Wounded desire is the source of ALL your suffering. Let me explain here exactly how serious and important your desires are in creating your reality.

Let's go back to the pumpkin pie idea. Your desire is to make pumpkin pie, you want it because it feels like love. Grandma taught you her recipe and you want to make it home made and share it with your loved ones. The desire is based in love and connection. Connecting the love you had for grandma and the love she had for you into the present moment as a celebration and giving this energy to your now loved ones.

But there is a problem. Your pie has been shelved and locked away. It hurt to lose grandma, the brain filed it very far away. Its in the dark. It collected dust and who knows there might be rats down there in the basement where you left it.

Your Needs are based on what you do not feel you have or are capable of creating.

This is what poisons the desire. You may not feel these feelings on the surface. But what you haven't healed is still vibrating within. And will be added to your desire without your awareness.

- Fear
- Shame
- guilt
- Humiliation
- Resentment
- Grief /loss

That's why desire is the paradox and duality of this game. Its the catch 22 basically. You Need it because you don't think you have it and the Universe says you need it? You can't have it . The Universe is wired in YES. So when you are lacking, The universe says YES to your lacking.

This understanding is the equivalent of making a pie with rotten pumpkin. You may not know it's moldy but it is on the inside. Your pie will cook the same as a normal pie and smell like a normal pie . but it will NOT taste right. It will be “ bitter sweet” and possibly make you sick, reinforcing proof that you can't eat pie, have pie or make pie, because now your whole family is sick and you feel shame and guilt.

Your Original intention was to share LOVE and connect the love of grandma with your loved ones now. Instead they are all sick. You blame yourself, you blame pie, you blame them for not appreciating your efforts at least. Humiliated and ashamed you quit baking and desire a new desire based in hope it will be better next time. Or you stop desiring at all.

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So what is a moldy, infected desire? To be honest, it's probably what you want most in life. It's what you believe you don't have or are good enough to attract or create. You may have even forgotten about the real desire and now you are settling for a different version that has the essence of what you desire but a knowing within says you can not have what you truly desire. You settle.

In order to understand how our true desires turn poisonous, we have to review the stages of grief.

1. Shock, denial, confusion fear
2. Anger, blame, shame, guilt, humiliation.
3. Bargaining, settling, bypassing, avoiding, hiding (create addiction)

This is where most of your unfulfilled desires are NOW. Hidden in an addiction, codependency, avoidance, insecurity, jealousy, lack of motivation, lack of trust, lack of choices and lack of safety.

4. Experiencing the grief, processing the loss and gaining new awareness that the reason the pie was rotten was because although intended through love the pumpkin was full of pain and heartbreak. The ego part of you does all it can to protect you from hurt. So many times the things we want are loaded with pain and we feel the opposite consciously. Tough post-manifestational awareness shines the light after the fact.

5. Acceptance (later teachings to come)
6. Courage - to be transparent, vulnerable, truthful, authentic in how you really feel, not how you want to feel.
7. Compliment and proud - Self esteem returns and you are not all or nothing, you understand baby steps win the race now.
8. Desiring from abundance.
- 9. Completion**- I am satisfied

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Let's look at some characteristics in how we desire from a wound rather than abundance. If you are desiring from a wound you have probably created a mask around it. Aka- band aid or cast.

You wear this mask so much you believe it's you. This is where it gets very difficult to "know" what you want and need versus what you are resisting or hiding.

Look at these wounded feelings versus the mask we were to hide it.

You will feel desperateYou feel hopeful
You will feel lacking and insecure.....You appear abundant and confident
You will feel not smart enough and unworthy.....You help others, coach, teach, micro manage.
You will feel shame around it needing it.....You will be prideful
You will feel you are running out of time.....You will blame others and waste time.
You will feel undeserving.....You will settle for less. You will work too hard.
You don't feel safe without it.....You will create codependency on someone or thing. You will overspend and over act.
You are waiting on someone or something else to say yes.....Becoming what others need.....and want to get what you need.

You have to behave a certain way outside of your authentic self to receive.....You have a double life.

You can't seem to keep it or hold on to it long enough.....You give it away, or don't follow through on breaking patterns.

You see others have it easily.....You spend more time watching others than creating your own.

InsiteDesperate need of something, someone or some place. Wanting and desiring need what I am lacking within and without.

I Feel my life is not complete without a desired thing, place or person. Fear of not having. Fear of running out of time. Fear of not being good enough. Fear of being a fraud. Fear of uncertainty. Fear of letting go. Fear of not being loved. Fear of not being safe. Fear of being alone. Fear of letting people down. Fear of rejection. Obligation limiting my desires. Lack of desire due to circumstances. Lack of opportunities, freedom and abundance.

These are just a few of the unconscious feelings lodged deep down.

- **The mask of loss (grief) is attachment(codependency) Untrusting, cynical and hopeful.**
- **The mask of fear is excitement, defence, introversion or depression.**
- **The mask of shame is selfless service, over nurturing, over giving and criticizing.**
- **The mask of guilt is judgement and rescuing through sympathy.**
- **The mask of humiliation is perfectionism, all or nothing behavior. Ego pride.**
- **The mask of anger is resentment, lack of appreciation and positivity.**
- **The mask of rage is cheating, lieng, stealing, stalking, denial and everyone's hero.**

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Ego creates the mask to numb the pain. The false opposite basically becomes who you believe you are. You will be asked to test this theory in your observation practices.

We are most importantly focused on self preservation when we hold too much grief and loss in our bodies. We use the opposite feelings and behavior to counterbalance pain.

Symptoms of grief blocking your true heart's desire.

We do not comprehend what we study.
We do not take action on what we study.
We don't understand basic principles.
We analyze the circumstances as truth.
We are codependent
We are feast or famine
We are ghosted
We are critical
We are judgemental
We are alone
We don't fit in
We are resentful
We have too much pride
We have trust issues
We are wishy washy
We struggle to commit
We abandon and attract abandonment
We feel rejected
We feel misunderstood.
We manifest problems in our solutions
We lose freedom in our manifestations
We lose time on mistakes
We invest in others more than self
We find value in study or teaching rather than doing.
We use "healing" as a purpose
We see others as unconscious
We feel trapped
We feel blocked
We don't feel allowed
We don't heal
We attract hurtful partners
We lose people, places and things.

All of your addictions can be found hidden in the above list. Addictions are tantrums disguised as tools we use to comfort our lack of connection (grief). We are doing the best we can until we can do better. We are children after all. We love hard. We have so much to give and so much want to feel safe to receive.

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So what is a healthy desire? Desire that comes from an overabundance rather than lack. You may not believe you have it all within you, but you do. And if you get down to your truest heart's desires you will find just how abundant you are of the very thing you want and need.

Your desires are convoluted in lack but ultimately what you want is to share.

Desire means share- To give what you have in abundance and receive what others have in abundance in return.

Your only desires are to be authentically you. To BE the most unlimited you you can be and demonstrate that to its fullest capacity. And from that you want to shine by:

Share time

Share space

Share freedom

Share unique abundance.

Notice how our entire lives are caught up in becoming or getting??? We desire to become. We desire to improve. We desire money. We desire freedom. We desire space, adventure, connection, love, understanding and safety. We work towards manifesting these things, we chase them. We pray for them. We fantasize about them.

The truth is ...YOU ARE ALREADY THESE THINGS.

If life had not beat you down and stolen your light. Broke you into separating yourself. You turned your volume down and adjusted to the acceptance level of those around you. You wouldn't be desiring any of the above listed. Your only desire would be to SHARE everything you are:

Desire to share who I am. Experience what I am through people, places and things. To demonstrate my inner knowing, talent and heart. To feel the connection of resonating alignment. To expand my ability to have, know and be more of myself. To touch life. To taste, see and feel all that I am through the world I play in. To materialize my spirit into matter to have certain experiences with space and time to discern my choice. To evolve into my expanded awareness. Turn limits into potential. Use contrast to choose. Align with the soul's desire to manifest myself as real.

Fear, grief, loss, humiliation, shame, guilt, resentment, desperation, scarcity, uncertainty, pride, addiction. : adrenaline, cortisol, estrogen, testosterone.

Looking, asking, needing, seeking, developing, contemplating, judging, analyzing, altering, justifying, lying, cheating, avoiding, sabotaging, fighting, checking out, attaching, committing, obligating, reducing, inventing, manipulating, laziness, procrastination, lack of motivation. to find a solution in a thing, place or person. Wanting but afraid to ask. Needing but insecure about what you can attract. Self esteem interferes with desires. Self worth creates "slim pickings" in choices. Fear of commitment as well as fear of abandonment sabotage your level of sharing and creating. Safety issues flare in our lack and limits. Resentment and frustration blind us from seeing our potential. Triggers interrupt our communication and ability to follow through.

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Homework:

To work the above questions. Before writing, understand you may be wearing a mask. Use the technique of looking at yourself through other people's eyes to find insecurity and self judgement.

Exercise in perception.

My desire is

What would my spouse say?

What would my parents say?

What would the government say?

What would my bank account say?

What would my ex say?

What would my kids say?

What would my past say?

What would my ego say?

“Your track record” Is a huge shadow blocking your ability to manifest. Yes you have grown. Yes you have healed, Yes you have become wise in many ways.

Reality check. If that is truly the case your reality should be reflecting back the version of who you believe yourself to be. If not, write down the areas of confusion.

Example; You have done the work and are feeling you truly love yourself. You feel more free, happier and joy is returning.

The real proof of self love is

Do you remain self loving when you make a mistake?

Fail

Get rejected?

Get attacked or criticized?

Get abandoned ?

Get sick?

Lose something?

Spending time with family?

Don't get what you want?

Write down how you show up or how you have shown up when these things trigger your growth, joy and peace.

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What are you naturally abundant in? Kindness? Understanding? Compassion?

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What is your favorite way to play?

How would you express joy?

How would you create through imagination?

How would you spend your time?

How would you spend money?

How would you live?

How would you share in a connected relationship

How would you grow yourself?

How would you demonstrate your unique self?

How does your imagination work?

How do you see yourself thriving?

How do you feel at peace?

How would you deal with judgement?

How do others' opinions affect you?

How would your body look and feel?

How old would you feel?

