



THIRD
EYE
CHAKRA

Eliminating Self Sabotage

When we desire change in our life the ego mind want to keep us safe and non-disturbed so it will deliver our mind a slew of excuses that really feel legitimate. Until we identify those excuses they will keep us stuck in 3rd dimension thinking. List some changes you want to make in your life. _____



WHY?

As we learned in the audio it is important to know our “why”. If it is because we want out of pain and suffering the change will be temporary. If it is because we want to develop a new way of being then we can start calling forth real support to help us combat the ego excuses. Why are you wanting to make these changes in your life? If you find out it is only because you want to ease your suffering, what can you do to amplify your “why” and make it more about the type of person you want to become?

Example: I am tired of being in debt and being a slave to money (this why is about the pain). I want to become the type of person who easily generates affluence and manages money wisely. (this is coming from a desire to access a higher part of your being). For the changes you listed above, what is your why?

Now, identify some of the excuses you give yourself as you embark on making change in your life?

Remember, the excuses are created within the ego mind. Everything is possible with our right mind or with the mind of God. All things are created spiritually before they are created in the physical realm. As we embark on making transformation in our life it is important to recruit our other 6 senses to work in our favor.

Will – the ability to remain focused on the goal

Memory – using our memory in way that reminds us of the type of being we are becoming and why

Imagination – Envisioning ourselves as the already being the person we are desiring to become

Perception – Coming at the problem with a new perspective and making the effort to expand our present paradigm to create the space for the transformation

Intuition – Listening to the subtle promptings as to what we can do that is relevant to experience the change

Reason – Silencing the ego mind reasoning and using our higher mind reasoning to prepare the soil to receive the transformation.

The following page is a space to help you practice using reversal statements when you catch some of your sabotaging statements.

Even though (fill this space in with the defeating thought of how things have been in the past) I am open to all the new possibilities.

What else is possible?

How can I see things differently?

What will it take to expand my view of this present situation?

Use the space below to write down your thoughts on how you can get these 6 senses more in alignment with the transformation you are wanting to experience.

Will

Magination



MEMORY

PERCEPTION

Intuition

REASON

THIRD EYE AFFIRMATIONS

I easily release all outside influences not in harmony with my highest and greatest good

I have everything I need to reach my highest potential

I am a balance of consciousness and emotional intelligence

As I see only for truth, everything else will fall away

I am believing in possibilities that are beyond my present comprehension. I am open to all divine revelation and I know the difference between my ego voice and my higher self

I am free and safe to discover truth that I may have never considered

My mind and body are coming into perfect balance

I easily change when it is in alignment with my highest good

I do not need others to validate my worth or my intelligence

I am experiencing an increased ability to manifest what is in my heart