

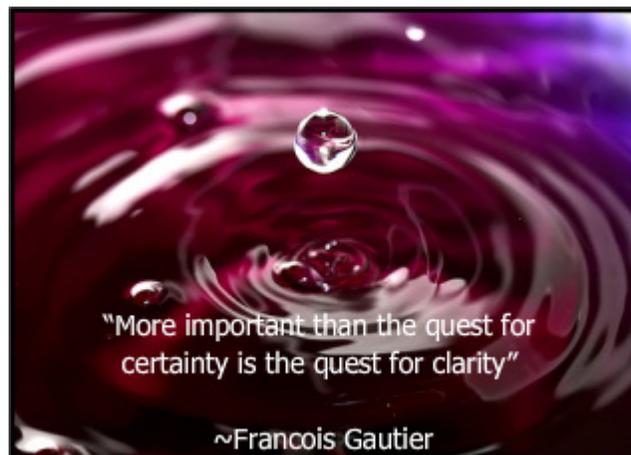


Humanity Healing Self-Mastery Program Attitudinal Tools

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Transparency

Learning How to Be More Crystalline



The quintessence of the air, its transparency and lightness connects every living being with All There Is. The Crystalline essence of the air releases us from the bonds of fear and Insecurities, helping us to express in an efficient approach, the best of ourselves. When we chose to transform and assume a transparent attitude, we make a decision to become better transmitters and receptors of the eternal Divine Light from the Soul.

Affirmation

Today I decide to be a clear surface. Today, I decide to be a conduit of the Divine Presence. There is nothing on me that I am not aware of. I am in perfect alignment with my Higher Self.



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“Eyes so transparent that through them the soul is seen”
~ Theophie Gautier

Key Word

Release

Concrete Actions

Try to clean your life of everything you may regard as frivolous and superficial. Make a commitment to simplify your life to a point where you can have the Bird Eye view of everything. When we decide that those old patterns no longer serve us, we are able to overcome lethargy, procrastination and lack of inspiration.

Unclutter your closets and draws. See what you can still use or not. Consider giving away the items you no longer use to others that would benefit from them.

Take a hard look at your relationships. Many relationships and contracts are in serious need of evaluation. Do not get alarmed if you feel that some of them have already fulfilled their purpose. Everything in nature is in perfect balance, even when we can't perceive clearly right away. This exercise of self-awareness will be the point of breaking through to the hidden areas of the self. Let false emotions be replaced by the true deep feelings that must be brought to the light so they may also be healed.

The next level to take a look at is your system of beliefs. Be determined to assess all your present viewpoints and values, and establish which ones are impeding you to become what you are supposed to be. It is time to find out what your limits are.

Decide connect or re- connect with your internal child. Remember the simple things that always gave you pleasure and never forget to count your blessings.

Make a point on cleaning all the windows and screen doors of your house. This simple action is a physical metaphor for what you are doing within. Allow the transparency of an exterior point of view to inspire and guide you to this journey of internal transparency.



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Support and internalize the concept that through a more transparent life, you will be able to gather more energy to direct towards your creative work, develop the ability to put more of your thoughts into actions, and manifest the integrated life you always wished for.

When presented with new opportunities, new relationships, and social occasions; educate yourself to ask: "Is this something I want? Is this something I need? Is this something I deserve?"

Energy Point: Solar Plexus

During the process of healing and renewing your scope of attitudes, spend time during meditation focusing on your solar plexus. Visualize it expanding like a transparent soap bubble filled with white light. The surface of the bubble is a protective shield for the expanding light at your center.

