

# inner expressions

The power of change  
is in your hands



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# POWER UP YOUR LIFE

## Set your intention

My intent today is to

**Limiting subconscious beliefs** (list positive and negative characteristics and beliefs from care-givers in your life up to the age of 15. Parents, siblings, relatives etc. Use words and phrases.

	MALE	FEMALE
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**What did you want & need most from your care-givers?**

Use single words or phrases & from the perspective of the adult you are now.

**YOUR FRUSTRATION**

Recurring frustrations from your childhood

**HOW DID YOU ADDRESS YOUR FRUSTRATIONS**

Connecting each frustration write how you dealt with it eg broke the rules, withdrew, gave up, stole etc

**Now write down the statements that you say to yourself all the time that limit you** eg I cannot afford, I am not good enough etc

**CHANGE THE LIMITING STATEMENTS TO POSITIVE OPEN STATEMENTS**

Eg I cannot afford – I do not have the money at this point in time

## AVOID FLATLINE WORDS

There needs to be a power or charge in the words

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## POWER STATEMENTS

Said a ***minimum*** of 7 times morning & evening  
Go eye ball to eye ball with the old!

## GOALS

Be specific  
Give it a time frame  
Attractive to you  
Stretched but realistic to you  
Have the WHY clear in your mind

Link your values to your goals (minimum of 22 the more links the more power)

## LIFE SCRIPTING

Write a letter to a friend as if you are living it now. Have it dated with month and year. Be as detailed and descriptive as you can. If writing about a relationship, write how you face the challenges, arguments etc not just the sweet but the sour as well.

Detail, detail, detail.

**BE CAREFUL WHAT YOU ASK FOR YOU MIGHT JUST GET IT.**

# The steps or Laws that govern manifesting.

## **Working with the whole Law**

To be successful you will need to apply all the steps (Laws)

## **Thought and thinking**

Take responsibility with your thoughts and way of thinking. Reshape old thought trees.

## **Imaging and attraction**

You must hold an image and create feeling (emotion) that is in alignment with the desired attraction.

## **Supply and abundance**

You need to be aware and know that there is more than enough to supply your desires and needs. Sow and reap. Action and outcome. People hold on (money) because they do not understand that there is a supply.

## **Magnetism**

Everything that you think about and feel will actualise. Therefore everything that comes to you is what you have magnetised to you for a reason. Take responsibility. What you believe you will conceive. What you magnetise you will actualise.

## **Forgiveness**

You must release yourself from the past and resentment. This is one of the greatest gifts you can bestow upon yourself. It is simply a change in perception.

## **Offering or letting go (sacrifice)**

What are you willing to offer up in order to have that which you desire? Thought, attitude, action, relationship, job? What does not serve you in the highest way? Do you want to be a victim or victorious?

## **Resistance**

That which you resist will persist. If something is persisting, then stop resisting and do the opposite.

## **Discipline**

Live in alignment with the Laws. It takes discipline to keep applying the highest good and know that when you live in accordance with the Laws you will receive the rewards. Be aware of the consequences of your actions.

**Receiving**

If you do not feel deserving and allow yourself to receive, you may very well bring abundance to you but keep it on the other side of the door.

**Success**

Success comes to those that are in faith not fear. There are only two choices, fear or faith. Faith has no room for doubt. If you doubt, you need to do some more weeding of your inner garden of the mind. Allow success to come to you.



