



Week 4 tasks

THE THREE EXPRESSIONS OF ADVERSITY.

Do the cutting of the cords process every morning and evening.

Adversity ~ all of it designed for growth.

1. Soul aligned. This one plays out when you are consciously creating, upleveling and going for your aspired outcomes. Something will present itself as a roadblock or a closed door. This is when so many back away from the outcome saying, "it is clearly not meant to be." Yes, it is meant to be, the Universe is really saying "how much do you really want this and what are you prepared to do in order to achieve it and get to the other side?" It is a lesson in stepping into the greater expression of who you were and where you were. Faith, trust and knowing.
2. Living out of alignment. The adversity that is an agreement and karmically associated with another. Or not listening to your inner knowing and the Universe pushes you to listen and act. An awakening experience.
3. Aligned with illusion. The downgrading inner dialogue that we allow and feed.

Before asking the questions do the hand on heart breathing aligning with the words, I AM insight-full.

REFLECTIVE QUESTIONS

Name them to claim them.

Calling on the love, compassion, understanding and forgiveness process as required.

When in my past, can I look back and categorise the adversity I have previously experienced?

Was that adverse experience and 1, 2 or 3?

What was my perspective regarding the experience at the time?

Was I pro-active or re-active?

If pro-active in what way was, I viewing the situation differently to being re-active?

Did I experience a transformation after the greatest pressure was felt?

If not, why not and if so, how come?

POWER QUESTIONS

Name them to claim them. Power questions invoke a response.

What adversity in my past did I learn greater –

- Resilience?
- Insight?
- A lesson in being in the now moment?
- A shift in self-awareness?
- Deepening of faith?
- Developed an appreciation of what I have in my life?

What was the gift in each experience of adversity?

How do I choose to view adversity moving forwards?

How do I more fully align myself with my new perspective on adversity?

How do weeks 1, 2 and 3 serve me in my new perspective regarding adversity and its gift?

How am I now feeling when I think of adversity?

Remember ~

It is darkest before the dawn.

Diamonds are formed under pressure.

The lotus starts its journey in the dark muddy waters before it blooms on the surface.

Alchemy ~

The transmutation (transform and change) of matter, turning base metals into gold. A spiritual process of transformation.

Ask each day as you read the rules of the game. Am I living each rule?

Complete your weekly landscape creation on Sunday.