YOUR OWNER’S MANUAL FOR LIFE~ Source Code of Your Soul

*Creating You and Facilitating Your Life*

**CHAPTER 6 EXERCISE 2: UNCOVERING BUGS, VIRUSES AND DAEMONS**

**WITHIN YOUR SOFTWARE**

*"My past has not defined me, destroyed me, deterred me, or defeated me; it has only strengthened me". ~Dr. Steve Maraboli*

Consider three things that you recognize as entities which you *say* that you hate. These can be any patterns, habits, addictions or afflictions which create any type of dis-ease in your life. List them in Column One. In Column Two, list what you hate about them.

Then ask yourself what you love about them. Consider what you derive from each - What are the rewards? For example, the potency, passion or adrenaline experienced in the midst of rage, the release of stress that accompanies the emission of fury and/or the intimacy and pleasure of making up after a heated argument with your partner ~ or perhaps the relief (albeit synthetic and temporary) experienced under the influence of a substance. List these in Column Three. In the fourth column, consider the origin of the entity that created it.

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| --- | --- | --- | --- |
| **Entities (Patterns, Habits, Addictions)** | **What do I hate**  **about this?** | **What do I love**  **about this?** | **What belief(s) or unmet needs contributed to this?** |
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For each, ask yourself:

- What judgments, decisions and conclusions have I made in relation to this?

~ What’s the meaning that I’ve given to it?

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- What contribution is this entity to my life and living?

For example: *When I drink, I don’t have to look at my problems. I can receive*

*calmness from it because I know that it won’t yell at me, hit me or judge me.*

What have I made so vital about this that I would give up health and

happiness in order to sustain it?

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- Who does this belong to? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

- What’s right about me that I’m not getting?

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- What would my life be like in 5 minutes, hours, days, weeks, years if I

choose /do not choose to transform this?

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- What could I add to my life that would not include doing or using X to receive its rewards?

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*Everything this is and brings up, whether known or unknown consciously or unconsciously where X is concerned, I choose to release and transmute its energy to a higher vibrational frequency across all timelines and energetic fields under grace with ease. And so it is.*

*"There is a power inside every human against which no earthly force is of the slightest consequence.” ~Neville Goddard*