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

*Creating You and Facilitating Your Life*

**CHAPTER 9 EXERCISE**: **YOUR *AHA* MOMENTS**

*"A moment's insight is sometimes worth a lifetime's experiences." ~Oliver Wendell Holmes*

Consider the *knowings* you’ve been acquiring over the course of your life. It may be helpful to refer back to some of your entries in the previous exercises. Collect your gems and ask: *If I knew then what I know now, ~fill in the blank~.* Relate them to the choices you’ve made and the realities you’ve created and experienced in your life. Consider the alternate choices you might have made (~ or will now make) by applying your knowing in a more instinctual, intentional manner. Consider the heaviness of any baggage created by not doing so as well as the lightness and rewards of following your heart. For instance:

* Where X was concerned, you ‘knew better’ (your internal GPS suggested one direction), yet you chose another and thus experienced less than desirable outcomes.
* Where X was concerned, while the external input was pointing in a direction opposing your internal knowing, you chose to follow your instincts and experienced the joys of doing so.

Extrapolate your findings within the table below.

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| --- | --- | --- | --- | --- | --- |
| **In Relation To:** | **Knowings** | **Choices** | **Baggage** | **Rewards** | **Fresh Insights** |
| Education |  |  |  |  |  |
|  |  |  |  |  |  |
| Career |  |  |  |  |  |
|  |  |  |  |  |  |
| Relationships |  |  |  |  |  |
|  |  |  |  |  |  |
| Various Interests:  \_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_ |  |  |  |  |  |
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Ask yourself: *What am I refusing to know, that I truly do know, that if I would allow it would change all of my realities?*

Now, consider the changes you desire in your life. What baggage would you like to release and/or avoid acquiring as you move forward and what do you desire to create? What options, choices and possibilities exist - regardless of whether or not you were consciously aware of and/or chose to utilize them previously - are you now willing to consider and/or choose to implement? What action items will contribute to the creation of your desires? Extrapolate these into the table below:

|  |  |  |  |
| --- | --- | --- | --- |
| **Baggage** | **Desires** | **Options, Choices**  **and Possibilities** | **Action Items** |
|  |  |  |  |
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*Everything this is and brings up and anything that stands in the way of my creating and living my desired reality, either 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.*

*“It is better to feel your way through life than to think your way through it.” ~Deepak Chopra*