

Awakening Seminars

AWAKENING NEWSLETTER # 36

GUIDING BELIEFS

“Your life on all levels occurs out of the stand you take. What keeps people in confusion and ambivalence is waiting for some guarantee before they take a stand or their unwillingness to declare what their lives are all about. The “how to” is discovered after your commitment, not before.” – Toltec Teachings

One of the most frequent comments I hear in interviewing candidates for *Awakening* is: What is my purpose? How do I live my life? To address this, we first have to understand what your ground of being is, your Guiding Belief. At the bottom of it all, what is it that sustains you, what is your foundation? When you understand this about yourself, life becomes clearer, decisions become more obvious, and challenges are faced with clarity.

Here are some examples of Guiding Beliefs:

1. ***There is an underlying Harmony to all things.*** Under the conflicts and struggle that happen in life, there is an inherent order and intention toward harmony. Having

this as a ground of being, challenges or difficulties are seen in a larger context. We can learn from everything that happens.

2. ***All is well.*** Despite ample evidence to the contrary, everything is as it should be and nothing is wrong. Anywhere. This enables us to trust our experience and the choices we make.

3. ***I am capable of handling anything.*** From this foundation, could you not risk everything in pursuit of your dreams? What hold could fear have if you knew that failure or loss could be dealt with?

4. ***Support and Guidance are available.*** We are not separate and alone and can call upon sources of strength and aid from the unseen world. Then you are not small and powerless in an immense universe.

What we are talking about here are not affirmations of that which we want to believe. When you get down to the core, what is your truth? What do you stand for? What is it that sustains you? What is your life about?



Take a moment and examine. Breathe deeply and let the question penetrate. What are the words that ring truest for you? You will know you have arrived by the presence of relaxation and empowerment. *

*(If you experience your Guiding Belief as something unresourceful – such as “There’s something wrong with me” or “I am in danger” - this will no longer be the case after the ***Awakening Intensive***).

OK, now what?

Embrace it as the truth and Live your life from this place.

When facing an important life juncture – a major decision, a life changing event – recognize that there will be many ways to process. It is likely that the mind will become involved, listing pros and cons, weighing alternatives. Not a problem, it’s a source of understanding, just don’t think that intellectual analysis is all there is.

Turn to your Guiding Belief. Let decisions be made from that perspective. If you really believed that “All is well” for instance, how would you proceed? Let this Guiding Belief become the pivot point, the ground which you touch back upon for clarification and guide the deepest aspects of your life. Living from your underlying Guiding Belief and creating your life from what you stand for is the true meaning of commitment.

You know, all mystics - Catholic, Christian, non-Christian, no matter what their theology, no matter what their religion - are unanimous on one thing: that all is well, all is well. Though everything is a mess, all is well. Strange paradox, to be sure. But, tragically, most people never get to see that all is well because they are asleep. They are having a nightmare. – Anthony DeMello



AWAKENING

Graduates of the Awakening Intensive have done the work of clarifying their own emotional experience and have found their way to authenticity, peace and freedom. If you are tired of dealing with endless issues, if you are stuck in repetitive self sabotaging patterns, if you are ready to end the battle with yourself (by winning!) and make a massive transformative leap, this is what you are looking for. The next Intensive is Jan. 14-16. Contact Jason Brody, M.S. at jason@awakeningseminars.com or 760-489-8087 for a free in-depth interview.

Here are some quotes from the last group -

This has been an amazing journey. To say that this transformed my life seems like an understatement. Awakening replaced fear with confidence, self hate with self love, replaced all the negative emotions that were welling up in me, destroying me. Thank God I hit bottom here. I was missing the love of a woman, now I found the love of my own man. I found so much love inside, like a wellspring that keeps flowing. I feel so much lighter. All the things I thought needed outside I found within me - peace, love, joy, compassion. I came here not able to imagine how I could ever be happy. Now I feel fully awake, I have come out of this trance that I didn't even know I was in into love and self respect. In my personal life, the changes are incredible. In my sales career, I went from last place to first place in one month. I am so grateful to you Jason. - Ralph, Auto Sales

Jason and his work are amazing! I wholeheartedly recommend this to anyone who wants to liberate themselves and live an authentic and empowering life. I was searching for knowledge, wisdom, experience, I got exhausted. My passion had gone away. I was in constant struggle trying to find my way. I gave birth to myself this weekend and found the confirmation, encouragement and inspiration I was looking for. My vision is so clear now. I found my stability. I love dancing with life! - Aysun, Wellness Coach

This is the most sacred space I have ever walked into. This process was the ideal safe zone to get to the heart of the emotional hurt and dig deep down. I was really afraid I would be ashamed of what would come out. I have become a spiritual warrior - I feel it in every cell of my body. I feel enormous gratitude. - Drew, Arts Events Producer

Jason, you are extraordinary. Magic happens in this container. I discovered I don't have to fight the darkness anymore. I can experience and embrace my Shadow aspects. I thought it was out there, now I'm Home, I'm here, it's all in me. I'm in love! I now listen to ME and my wisdom. Now I can choose ease and joy and fun. I am whole

and solid. I have never experienced such deep love for myself. – Belle, Marriage and Family Therapist

You have got to get here and do this! These 3 days wiped out 30 years of screwing around. This was the real deal. I came here with a backpack full of bricks. I was at the end of the string, trying to be somebody I was not. Now I am going to take care of myself. When the noise starts I can push the button and change the station. What was dragging me down and keeping me in the mud – that's not the deal anymore. I am no longer haunted. I found the guy I have been missing all my life. Jason, I can't thank you enough. - Jeff, Manager, Support Services

This journey has been the gift of going through all the layers of sadness and anger to come home to myself. Such a relief! I've been in 32 countries looking for it. Here I faced death, disappointment and failure. I discovered how passionate I am, how much fight there is in me – the fear no longer stands a chance. I am committed to me and to Life. Now I know I am never alone. I experience all the love there is to feel. – Jillian, Artist

This was amazing. I got so much. When I heard about this I was scared. I was so used to letting myself drift out to sea. I gained so much courage. Now I have a choice that I didn't have before I came. It's my turn! I feel so much joy and connection to myself. I'm part of humanity again, I'm not alone. I feel free, joyful, empowered! - Lulu, Yoga/ Massage Therapist

Thank you for a wonderful, exhilarating, eye-opening experience!! I didn't know what to expect when I came, but even then, all my expectations were exceeded! Before this weekend I knew strength, but didn't know real strength. I was fearful of abandonment. Now I will never abandon me, so I can never be abandoned again. I am stronger, calmer and more passionate in everything I do. – Tela, Military Officer

Contact Jason Brody, M.S. at jason@awakeningseminars.com or 760-489-8087 for more information. Visit the website at www.awakeningseminars.com