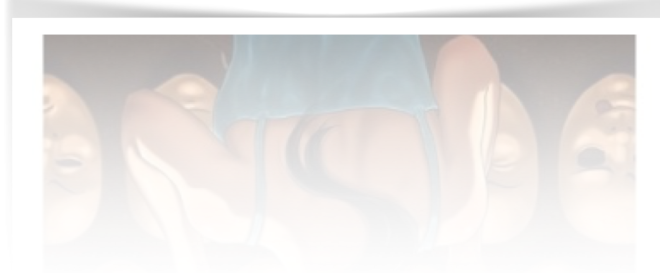

Healing Course

TAG System of Transformation



Sharon Riegie Maynard

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Welcome and Introduction

For Longing

by: John O'Donohue

Blessed be the longing that brought you here

And quickens your soul with wonder.

May you have the courage to listen to the voice of desire

That disturbs you when you have settled for something safe.

May you have the wisdom to enter generously into your own unease

To discover the new direction your longing wants you to take.

May the forms of your belonging—in love, creativity, and friendship—

Be equal to the grandeur and the call of your soul.

May the one you long for long for you.

May your dreams gradually reveal the destination of your desire.

May a secret Providence guide your thought and nurture your feeling.

May your mind inhabit life with the sureness with which your body inhabits the world.

May your heart never be haunted by ghost-structures of old damage.

May you come to accept your longing as divine urgency.

May you know the urgency with which God longs for you.”

Course Overview

Scientific approach, theory, application, observation and recording results,
comparing

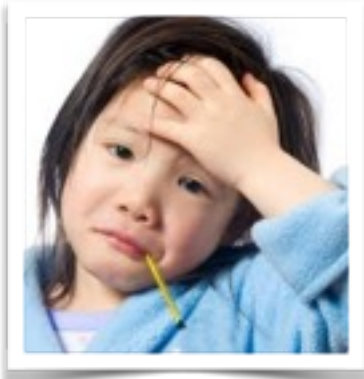
Why? What do you need to change

Track: journal

Assignments

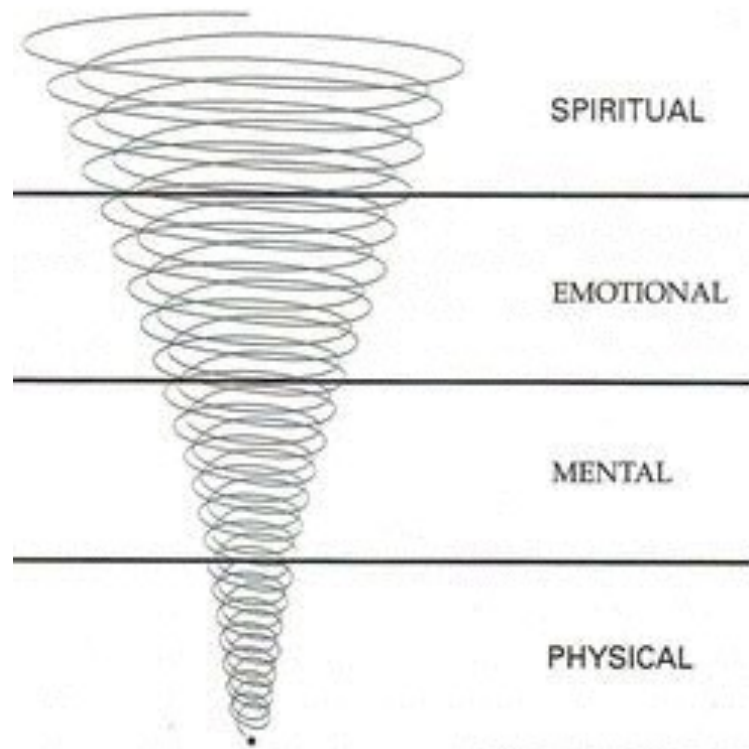
Pain: What Why How

Living Energy Field - Bio-Field



What causes Pain?

Disruptions within the Living Bio-Field of Energy, imprints of dis-harmony will resonate out/broadcast causing disruptions like itself.



What triggers:

individual experience, subtle energy brush, planetary

Why do individuals hold on and experience more and more pain?

- Ignoring
- Not teachable
- Misinterpreting what other people say or do
- Not following your intuition
- Jumping too quickly to forgiveness and missing your sliver
- Resisting what you are feeling, what is happening in your world
- Taking on the pain of people and situations around you

-
- Being attached to life or situations being a specific way

What areas of life?

Pain can indicate a "sliver" in any area of life. Where do you experience symptoms of your "slivers?"

- Relationships
- Pains in body
- Disease in body
- Mental anxious
- Depression
- Career
- Finances
- Family
- Friends

How Pain Symptoms Occur

- Physical body feelings and manifested forms
- Mental body thoughts
- Emotional body sensations
- Spiritual body intuition

Holding onto the disruptive imprint, which is like a sliver in your body, causes pain. The repercussions of a sliver is increasing amounts of pus, swelling and pain. Increasing pain happens within the body "sliver" also.

What you judge, blame points to your sliver and if not extracted, you will experience it more and more directly.

Why Me?

Question:

How many individual situations or trauma, fear, anger, hopelessness, neglect or some other negative have you experienced in this lifetime?

Can you imagine how many "negative" imprints you may have experienced or inherited from the thousands of generations on this planet? Energy does not self-correct. It moves according to a creator/Soul in physical body suit.

"You can't solve the problem from the same consciousness that created the problem." Albert Einstein

Change requires that you be willing to being "you", to become a novice, to set aside time, to be furious in fighting for your new consciousness, otherwise, the patterns, habits, voices that have kept you limited will keep you limited.

Doing Pain Differently

Feel pain, embrace and release

Design and set the North Star for your life

Reality Statements:

- My life of Good has emerged because of my commitment and tenacity.
- I have the commitment, creativity, curiosity to design Good and realize all that is contrary

Assignments:

- Spend time letting yourself feel sensations of Good
- Feelings retrain your body as you call them forth, feel the new sensations and move with them.
- 15 minutes with the TAG Daily Protocol and your Reality Statements

Out of the Matrix



The Bigger Picture

Seven Divine Soul Families emerged from their HOME/SOURCE before Time as we know it.

Consequently, each family collective had journeyed through up to seven unique worlds before the idea for Earth was even considered. In those Galactic worlds, our collective families began with collective agendas to directly and vicariously experience an aspect of our Home of All Good. They were unaware that other family collectives from other Home sources had chosen agendas to Dominate, Control, and Use others. I will call these groups the Outsiders. The Seven Divine Soul families experienced the Good of their agendas. Because of their naivety, these families were easily deceived with the simple message, "You are so bright, so creative, and yet, you have not walked this journey before. Let us help you," and other forms of the message, "YOU ARE NOT ENOUGH". Through such deceit and eventually through conflict and force, the Divine Families' space was invaded by these Outsider societies resulting in damage, trauma and domination. The Outsider's parasitic agenda saps life from their "host". Our family groups were struggling from the toxicity of domination and control in Galactic worlds before Earth. We would either find a solution or these toxic invaders would cause our death. The horrific, damaging, domination and control we see on Earth had their beginnings in those seven Galactic Worlds.

Are you of my light

Energy that radiates, it broadcasts. In a physical body suit, YOU have the right choose an experience. And, YOU are the one with the right to say when you have had

enough and make a new choice. If the experience has caused pain, we call that change, "healing".

However, none of us have the right to CHANGE THE AGENDAS OF OUTSIDERS, the agendas of domination, control or usury, because we are not of the collective families who made that original choice. What do we do when we encounter such attitudes or behaviors?

We remember the Law of Personal Choice. We remember that we did not come to live on the Earth alone. We do have authority to say what remains in our space, our planet. Therefore, we can name the Outsider's agendas, energy or form as "NOT Acceptable". This declaration brings in Spiritual Teams with the authority and skills to remove the Outsider's energy field. Just like an elephant that is in the wrong place.

NOT ENOUGH was a beginning lie of the Outsiders. Any form of NOT ENOUGH is an indication of the presence of their agendas.

Here are some examples:

- I am not safe
- I am worthless
- I am not lovable
- I cannot trust
- I am alone
- I do not fit
- I am not seen
- I am not heard

Whenever you experience any form of "NOT ENOUGH", ask the energy, 3 times, "Are you of my Light?" The word "no" or no answer indicates it is an Outsider broadcasting. In this case, say to the PTO teams, this sense of "off" or "discounting", or "control" is "NOT Acceptable" and hold space until there is balance/calm.

You don't have to wait for the imprint to re-surface to work on it.

Feelings: Remember a situation that is painful. Feel, Experience, Discreation and Re-choose

Your intention is to feel the quality
begin with one minute and then expand it.

Group holds your vision, speak it into the group

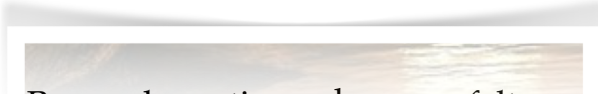
Assignment:

- Prepare self: Reality Statements
 - My Spiritual Guides have the qualities of:
 - My experience with Spirit bring me:
- At the first indication or sensation that something is "off", or at the first sign of pain, use the dialogue, "Are you of my Light"? Record in your journal the outcome.
- If the energy is radiating from an off-balance aspect of yourself, you will hear, "Yes". Use the Dis-creation Process on these.
- Continue with the TAG Daily Protocol

White Light Healing



What is White Light? It is a name used to designate the field of energy whose harmonics are reflective of the energy field of Wholeness which some call Home or Source or Isness.



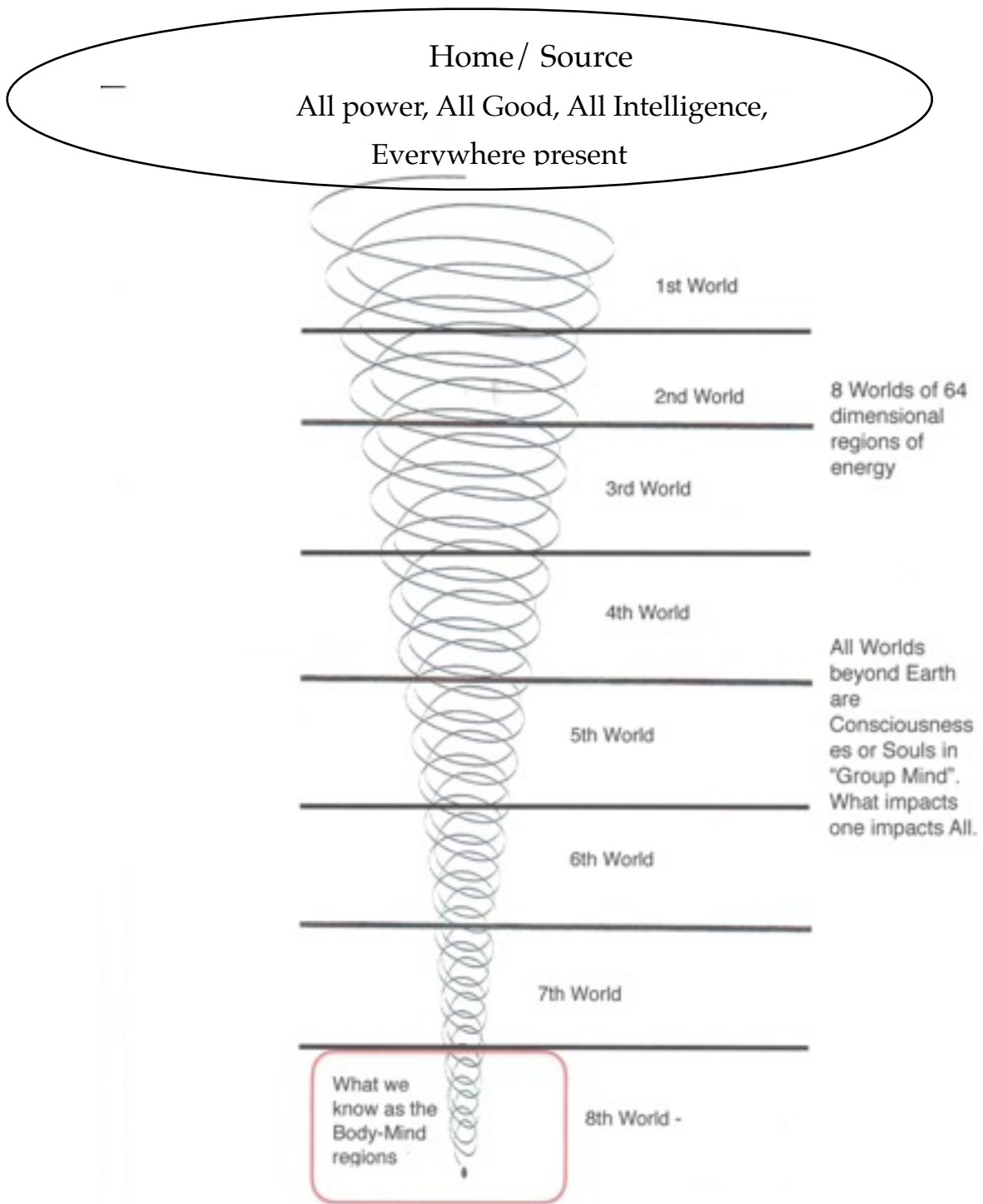
Remember a time when you felt, even for just a moment, a sense of happiness, creativity, love, vibrancy, etc.

Taking the time to return, with your imagination, to a time when you felt something akin to "wholeness", "love", "generosity", etc. is important. The major of our lives we have lived in doubt, survival, and scarcity. Regaining our connection to our "true" frequency field of wholeness and spending time in that field allows the harmonics of that Home current to bring our crippled vibrations into resonance. The field from which we emerged has the ability to restore us to itself.

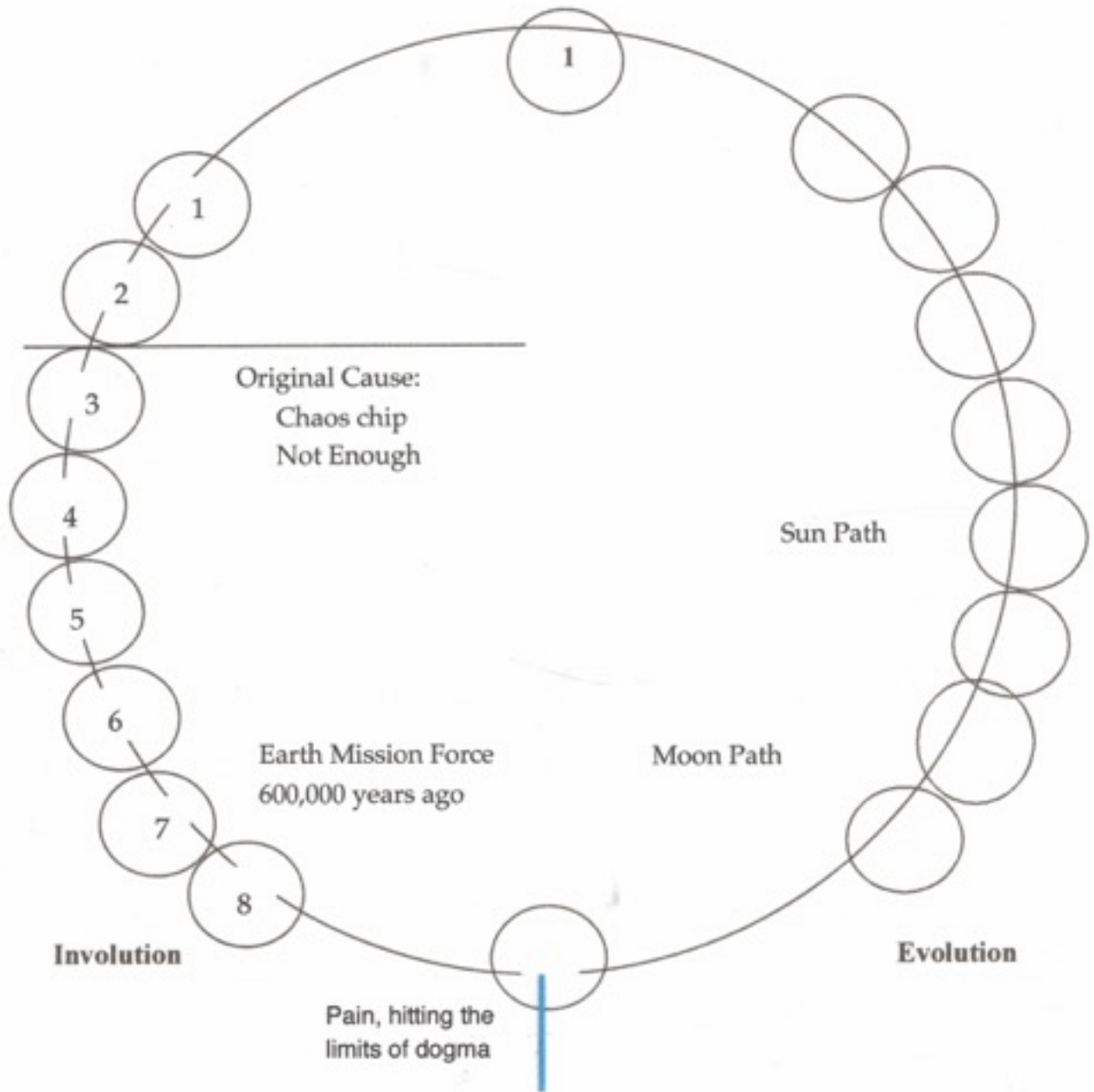
In this class, the intention is that you will have a clearer sense of your soul/core/home energy. That is one of the purposes of feeling exercises. In order to restore our harmonics to their Divine signature, you have to understand we live within false stories. Knowing the original stories of our Divine Collective families gives the power. By understanding the past, we can be present in what is and transform the creations of limit, fear and sabotage.

Energy Models:

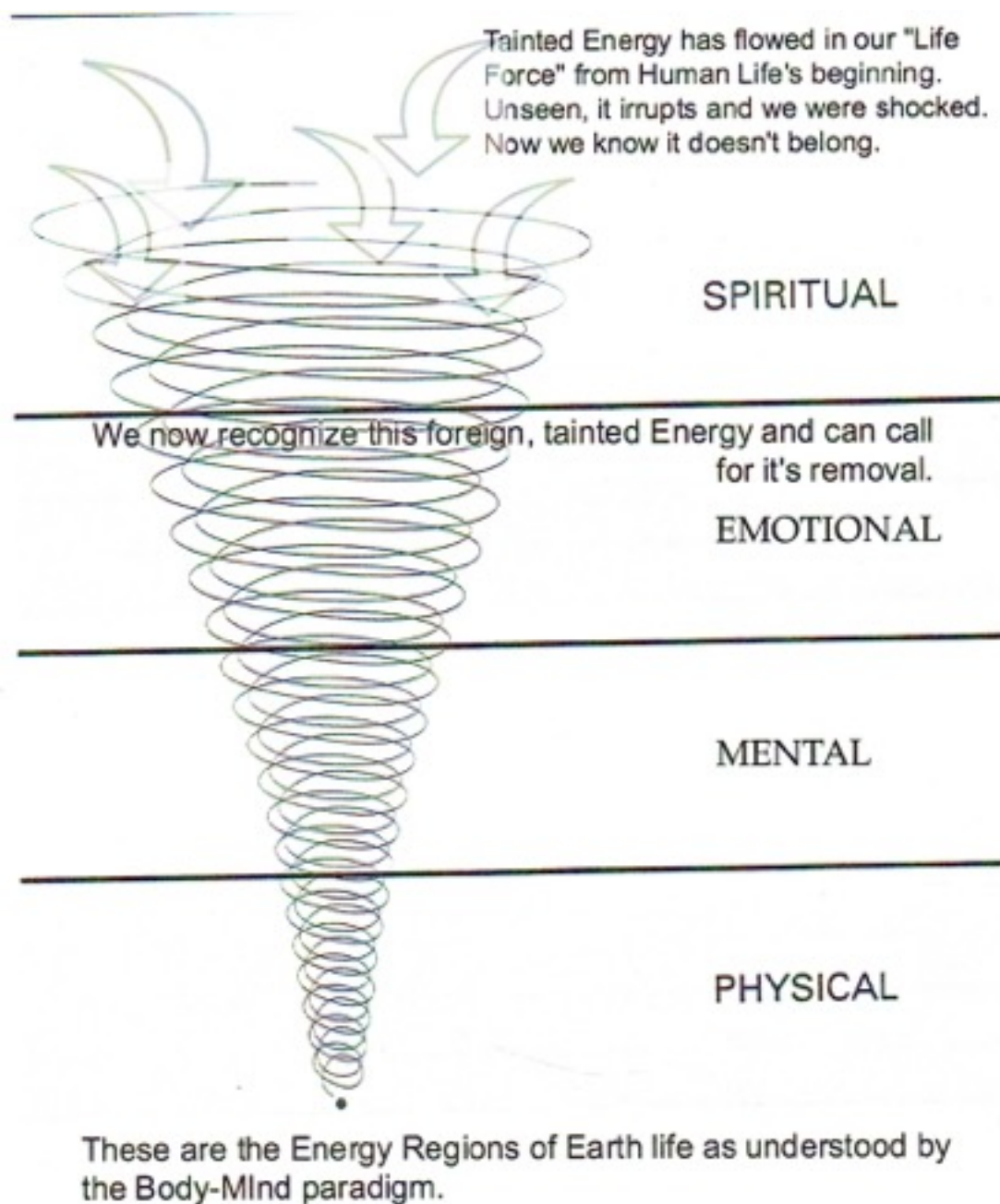
The model that I created from the information that I was given:



The Model Used by the Hermetic Tradition of the Mystery School in the Pyramids



Closer Look of the Lower Dimensions of the Earth Experience



Earth's purpose was to gain the voice of authority to remove outside invader's broadcasting and presence and then to transform the stories that continued our false identity. From that new place of Sovereignty, White Light Field, we intended to create and experience multiple form to bring benefit to lift the entire Web of Life.

I come from Magnificence and I am Beyond Enough

What to do?

Exactly what you are doing.... learn more, think outside of conventional boxes, try new ideas, gather tools

- Plans, ideas have no existence until they are in an existence system, put your assignments into a day-timer / calendar, etc.
- Reality Statements
 - This day I place myself into the Magnificence of my Home which dissolves what seems impossible and opens doors where there were none.
- Continue your awareness of the thoughts, feelings, actions that are contrary to the qualities of Magnificence/Good
- Continue with the TAG Daily Protocol

As individuals face the pain of their limits, they began to look for solutions. Those who are claiming values and ideas that bring benefit rather than harm, they join a group that has been called, the "Cultural Creatives." Are you one?

Here is a simple test:

<https://kindredmedia.org/2013/09/are-you-a-cultural-creative-take-the-quiz/>

Old Negative Karma



Why do imbalanced, negative experiences show up for you? Where did they come from? How can we stop them?

Experiences, Universal Laws, individuals in our lives exist within plans with purpose.

Those plans were made to benefit the Greater

Divine Families which we call Humanity and individual plans made to assure Soul Growth and Creativity.

In today's world, Post Traumatic Stress has gained a lot of attention.

What about Post Traumatic Growth? What more clearly captures the outcome you want for you life.

It is valuable to examine the Negative you have experienced and are to look at those manifestation with new eyes as to the purpose of Negative.

The Negative thoughts, vibrations and patterns were began generations ago. As you planned for this life, you decided which patterns to bring in. With those patterns in your unseen fields, your birth family will consist of adults who can model a new way. More often, the negative patterns will manifest within the birth family. You had intended that most of those negative patterns, concepts and experiences were not to be lived out but to transformed/released/healed. explained.

Remember that stored experiences: personal, genetic, mass consciousness, of light and dis-eased concepts, thoughts, will manifest until they are removed at their source.

What to do?

- Use the audios for TAG session and discretion
- Teach your body to feel sensations of Good, i.e. joy, strength, gratitude by spending time with those sensations.
- Write and use some Reality Statements that describe what you want as outcomes.
- Describe the outcome before
- Notice and capture after a week of daily application
- Plans, ideas have no existence until they are in an existence system, so put your assignments into a day-timer / calendar, etc.
- Reality Statements
 - I am living within my Divine space of All Good.
 - My space of breath and living is cleared of all Negative energies that were marked for removal.
 - I commit and implement some form of a Daily Protocol

Your Birth Plan



You, along with all Souls in human bodysuits, know what you wanted to accomplish during this, an any, incarnation. Along with your goals to contribute, enjoy, and experience the beauty of this planet, you planned to transform a great deal of "negative" energy to lessen the heavy, toxic energy around the planet. The greater portion of that energy was to be healed / transformed by the time you were one. Well, those plans went awry and

those heavy patterns began showing up in the very earliest years of your life. We have come to believe that those patterns are "us", the "world", the way men and women are, etc.

Now we know and we can get to work of healing those patterns.

Prompt: Identify the most troublesome, ongoing pattern, thought, experience you have/are having write it down. Use this dialogue process. It is also in an audio file on the website.

This is the dialogue process for reframing your story

It is an exercise in allowing the right brain to participate. Do not have the left brain, the editing brain, participate. Just let your mind stay relaxed and write what comes up.

1. Who in my field knows about..... (name the pattern)?
2. Do you have a name you would like to be called?
3. Where are you held within my body?
4. What job do you have in my life?
5. What goes on in my life that triggers you into action?
6. What thought, emotion, memory or action do you step in with?
7. How do I respond?
8. What do you do next?
9. What is my response then?
10. What do you do then?

11. What age was I in this lifetime when you were first created to help?

12. What was going on for me?

Use this conversation with your young one:

"I am bringing in some loving angels/beings to be with you while I look over this job and see what would be best for both of us. Is that okay with you? (If not, What do you need first?)

Consider:

At that young age, this job seemed the best course of action. You have additional maturity, experience, and wisdom. What would you create now for this young one? What would be a more mature solution to the situation.

Suggestions:

Assure the young one that s/he is only a message giver to tell you that something needs attention. Then, the young one can go into a situation in which s/he is heard, valued, and sent out to play/create in a very safe and loving place. Assure this young aspect of yourself that you will definitely take over and create a solution.

Then, decide what or who could address the problem. It may be that you bring in your creative team for help. If it is destructive behaviors, bring in the PTO and ask them to contain all of the individuals involved and move them into a space to be cleared, taught, and empowered with skills to bring benefit.

Your imagination is a most powerful tool here.

Here are other ideas you might want to include in the conversation.

- I didn't know you were there. I am sorry.
- You have done a magnificent job of keeping this pain away from my heart. Thank you.
- What do you need now? this may be the basis of the Reality Statement for this young aspect your yourself.
- I want you to know that you never have to be in a situation like that again. (you can say this with confidence. You will never be that young age again and every chose or decision you make will come from your older age.)
- You are in the hands of great love.

-
- I am older and wiser and am learning how to walk through and detach from such situations in powerful ways.

You could write the new reality statements from this interaction.

Identifying and Transforming Patterns from Your Birth Plans*

Assignments:

- Identify the most troublesome, ongoing pattern, thought, experience you have/ are having and write it down.
- Use the dialogue steps.* This is a powerful process for any negative reaction.
- Form a new Reality Statement that will place the "young" you into a world that love, supports, encourages children while adults create solutions to keep the child safe.
- Form a new Reality Statement that will opens door to you as the adult, to the community, support and solutions that had been taken on by the younger aspect of yourself.
- 15 minutes with the Reality Shift Protocol and your Reality Statements

You can use the audio for the 11th Hour Processes to have the TAG healers transform all of the negative karma when was intended to be cleared by age one.

Your SUN Path

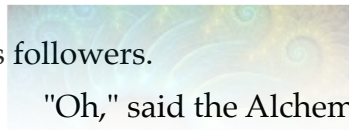


Sun path is to know that you live in two worlds. It was intended that each soul, from birth, was to be tutored from birth to know how to travel into those regions of the unseen in safety and love. Much of our survival formats come from having missed those teaching.

While attending a workshop with an alchemist trained in the Hermetic tradition of ancient Egypt, someone asked if he knew of Sathya Sai Baba.

The Alchemist replied, "I do not know this man." The one asking the question then explained some of how he manifested forms and described Baba's way of interacting with

his followers.



"Oh," said the Alchemist. "He is a Moon Path teacher. I am a Sun Teacher." I had not heard these terms before and they are important to know.

When an individual's life has taken her/him as far as their basic concepts can, they often hit walls. Those walls may be an accident, a disease, the breakup of a relationship, etc. It is in that experience of pain that one often becomes aware that they don't have the skills or understanding to move beyond it.

At that point, the individual looks around and finds others who have made it through, who are sharing possibilities of peace. It is common that the understandings have come through personal experience of overcoming walls. This person is modeling a path that helped them. It is a Moon path. Someone else's journey that gives encouragement and support for others hitting their own walls. A lot of teachers today are moon path teachers in that they recognize that the way they overcame their illness, pain, sabotage, etc. gives them experiential wisdom that can be shared with others.

As the Alchemist explained, "The Moon path is intended to empower others while those in pain find their own Inner Guidance, their own Sun path. It is the directions of the Sun path that will lead a Soul back to the Magnificence of their True Self."

A Moon path teacher of integrity will always empower the "other" to find their own answers. Otherwise, the Moon teacher traps followers as if He/She is the answer.

Processes to strengthen Your Presence

1. Criteria for those you would accept at spiritual teachers.
2. Recognize your own limiting thoughts, emotions, and pain to transform.
3. Skills to put you in the seat of power to overcome the slide into pain, rewrite the story, and thereby build muscles.
4. Experience qualities of the White Light space to awaken your bodies.
5. New ideas, i.e. you were the one who planned this life, agreed to it, contracted

What would your Moon teachings be? What do you use to encourage others? It could be as simple as, "You can made it through this. Your way is in your quiet.", or "Would you like an idea?"

Assignments:

- Write a Reality Statement to claim your wisdom.
- Continue affirming the qualities of your Spiritual teachers
- Add time for a guided meditation to build relationship with your Divine Family

