

Up Until Now...



My Old Story was...

The stories, concepts, memories, ideas, whether 'good' or 'bad' are held in our energy fields and physical body suit.

They are like soft-ware programs and held in the electrical system of the body suit at the vibrational level named, 5th Dimension. The 5th holds the hard-drive for this life time.

We have heard this area the 'conscious' and 'unconscious' and rarely are taught how to 'manage' these programs. When the stories manifest as pain and limit, we say the manifested form is 'our ego' and push it aside as if it is not 'us'.

When the stories of good manifest, we may thank 'god' or think 'magic', again as if it is not 'us.'

The stories/software programs drive our lives when it was intended that we clear out/heal the programs/stories that do not bring value to us or those we love.

We live in a energy field of 'all Good', unlimited possibilities of 'Benefit', and all qualities to create meaningful lives. And, the stories in our 5th Dimension limit what the field of Life can bring to us. Life/Source/Universe is available to what we determine is ours. When you hold stories of labels, limit, survival, disease, etc. then Life can bring only those to you.

So, You determine when you have had enough of any story/experience.

Example:

One old story that women have taken on is that it is our job to make men happy or make them succeed.

Another example is to identify a person with a label. "Dean is the cause of his wife's pain."

Knowing the story or label is the first step in changing/healing your life.

Does either of those serve you?

Do you want more of the experience either brings?

If the answer is, "No!" then here how to choose differently.

In your Sacred Space of Imagination, See "Life"* in front of you.

"Life, I realize that I have had a story that "It is my job as a woman to make the men in my life successful and happy."

"I know that you have been limited in who you could bring into my world and I want you to know that I am unplugging from that story. I let go of the pattern and let it return to Light."

Gently tap on your body to release energy with a 'thank you, I am complete'.

Then, take a deep breath and see "Life" in front of you.

"Life, my new story is that my presence of clear seeing and joy opens me to all of the good you hold. I am grateful to be playing with you and all of the delicious possibilities you know will enrich my life, those I love, and the world."

Use the Reality Statement, Reality Shift and Brain Balance processes to expand your new story into the greater field in which you exist.

*You might use another word such as Source, Universe, Higher Self, etc.

Videos that speaking of the 5th Dimension:

The Rest of the Story:

<https://www.sharonriegiemaynard.com/rest.html>