

Writing Your New Life



The stories that we have heard from our family, our religion, our schools become part of our unseen consciousness and show up in our life.

We can change our stories, our consciousness, and our life experiences.

Stories You Choose

You are the authority for your life. You are the one who chooses the experiences, people, and situations appear in your life. Early in life, there are usually people and situations that are not ones that inspire and support you. Those are the ones that appear in order for you to say, "no" and learn how to replace them with those you want. This creates a "toolbox" with a variety of healing and wellness protocols.

The powerful process used within the **TAG System of Transformation** to re-writing, re-framing your experience is called the **Reality Shift** beginning with **Reality Statements**. These are positive statements that describe what the new experience looks like and feels like. It is like setting new goals for your life in the months ahead.

Rewriting Your Life Stories

Here are some suggested statements to anchor the healing and to design some new experiences:

- By taking the time to stop forward movement and examine my past experiences, I have designed a life that was drawn Love to me.
- I pay attention to my intuition and know there is wisdom in its signals to me.
- I have learned things about myself that make me a better person, mother, and partner.

Of course, use the statements that you write as they are very powerful for you.

Reality Shift Process:

The Protocol for changing the old and shift to the Spiritual New Foundations is called **Reality Shift**.

Here are **three** ways to understand the protocol, i.e. the **protocol in written form**, the **protocol in a video**, and by listening to **an audio of the protocol**.

I suggest that you first read the protocol, and second watch the video. That ought to give you an understanding of the steps. And number three you can download to listen and follow the audio each day.

First Read the Written Steps for the Reality Shift

Step 1. Creating the Reality Statement: Describe your ideal world as if you are experiencing it now. This is similar to an affirmation but need not be specific. Write a sentence using personal and present tense, i.e., "I now am...." You are choosing your next experience and in the process old patterns can be transformed.

Step 2. Say to your Spiritual team, "Please align every aspect of my consciousness and the consciousness and all to whom I am loving connected to this chosen reality and experience." **pause and breath**

Step 3. Next, ask your Spiritual team, to "DEEP Six" every energy imprint that would sabotage or prevent this reality and experience, whether the beginning was, Galactic, Group, Genetic, Personal, Inherited, Contractual, Outsider or Other created." **pause and breath**

Step 4. Ask your Spiritual Causal team, "Create the program for the Highest Expression of this Reality for each in my network of love. Download the codes into the 1st Dimension of our Earth fields, place the program in our 5th dimensional field of current life programs, and Activate its resonance into the entire 64 dimensional energy fields our Galactic Families." **pause and breath**

Then you can know That It Is So!

Step 5. Now that you, as the commander for your life, have chosen a change, a new possibility, it is up to you to feed it. You can begin by taking just 5 minutes periodically, but especially as you drift into sleep, to imagine yourself in this Reality and FEEL all aspects of it. How does it feel in your body? What colors and shapes are there? Who is in that Reality with you? Build the fire! and here is a video that can help.

Step 6. Remain aware of any contrary thoughts, feelings, or actions and use your tools, such as TAG and Transform, to declare that these imprints for such emerging forms be cleared and healed.

What to Observe:

You will be the observer of what has changed, what is eliminated, and what remains. Using the tools that you have to stay in balanced, in Good Mind strengthens you. Learning to trust the quiet space of observer/neutrality is valuable. Remember, the "space" is not empty. It is full of intelligences from unseen worlds who can heal, stabilize, inform, etc. in ways that you do not need to know. Just declare, "Beings of great love and intelligence are working with me in moving all that I love into expressions of health and generosity."