

Weed and Seed Process



When a constricting or diminishing emotion or positive view of yourself, pops up in your energy you can use this simple process.

Here are the Steps:

1. Write a short sentence for the new "seed" you want to manifest, i.e. "I am abundant."
2. Make the commitment to write the "seed" a set number of times, i.e. 15 times
3. Choose a time during your day when you will have 30 + minutes of quiet, undisturbed self-time.
4. Sit with your journal and pen/pencil.
5. Write the statement "seed" and then be still.
6. Notice the words that come up in your mind. They will probably be contrary or "weed" words.
7. Write down the "weeds".
8. Be still and re-write the "seed" statement.
9. Repeat the process until you have fulfilled on your commitment of the times of writing the "seed".
10. Set a time for your next writing of the "seed".
11. When you have no more contrary "weeds" coming to the surface, you are ready to move the "seed" statement into the Reality Shift and Brain Balance process.

