

# LESSON: Certainty, Seniority + Grace



# THE PATH OF CERTAINTY

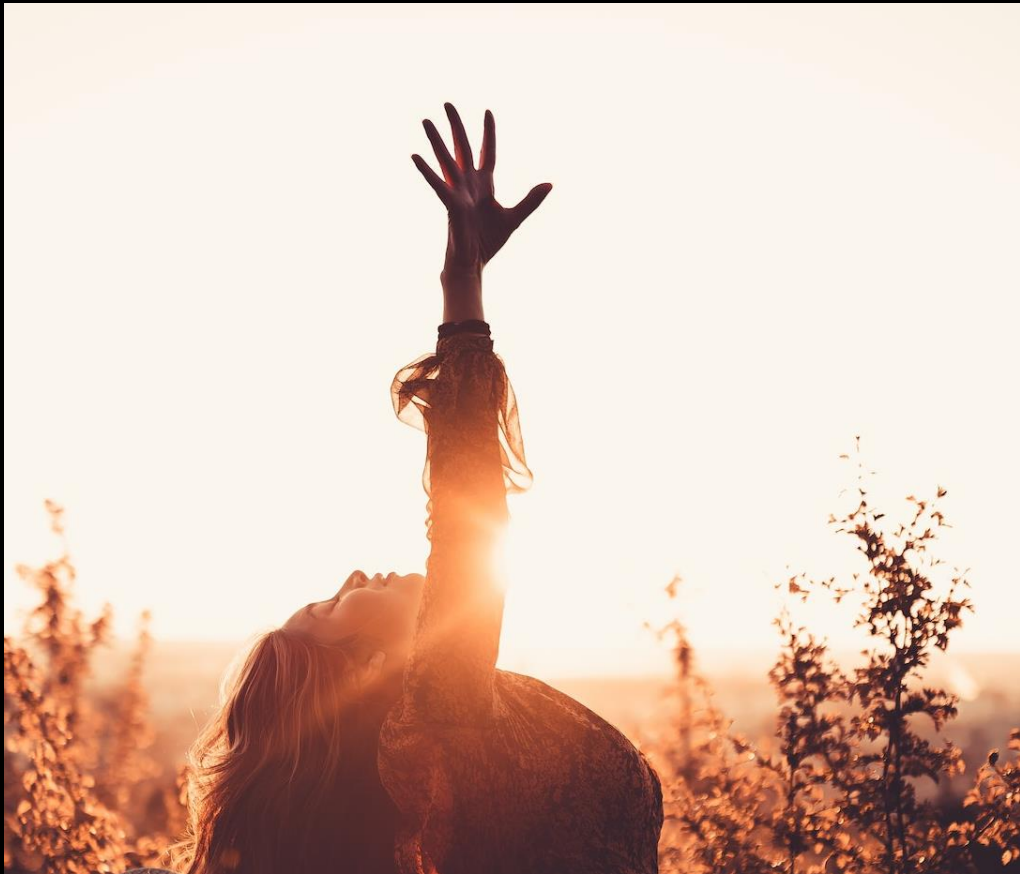
Many factors derail our certainty:

1. Invalidation from others
2. Lack of “proof”
3. Trying to control the future
4. Trying to divine someone else's truth
5. Reading the energy of others with our body distorts our truth/certainty

Growing certainty takes practice  
shifting the disruptive patterns and  
programming that create doubt



# SENIORITY & WHY IT MATTERS



## Seniority or Sovereignty or Authority

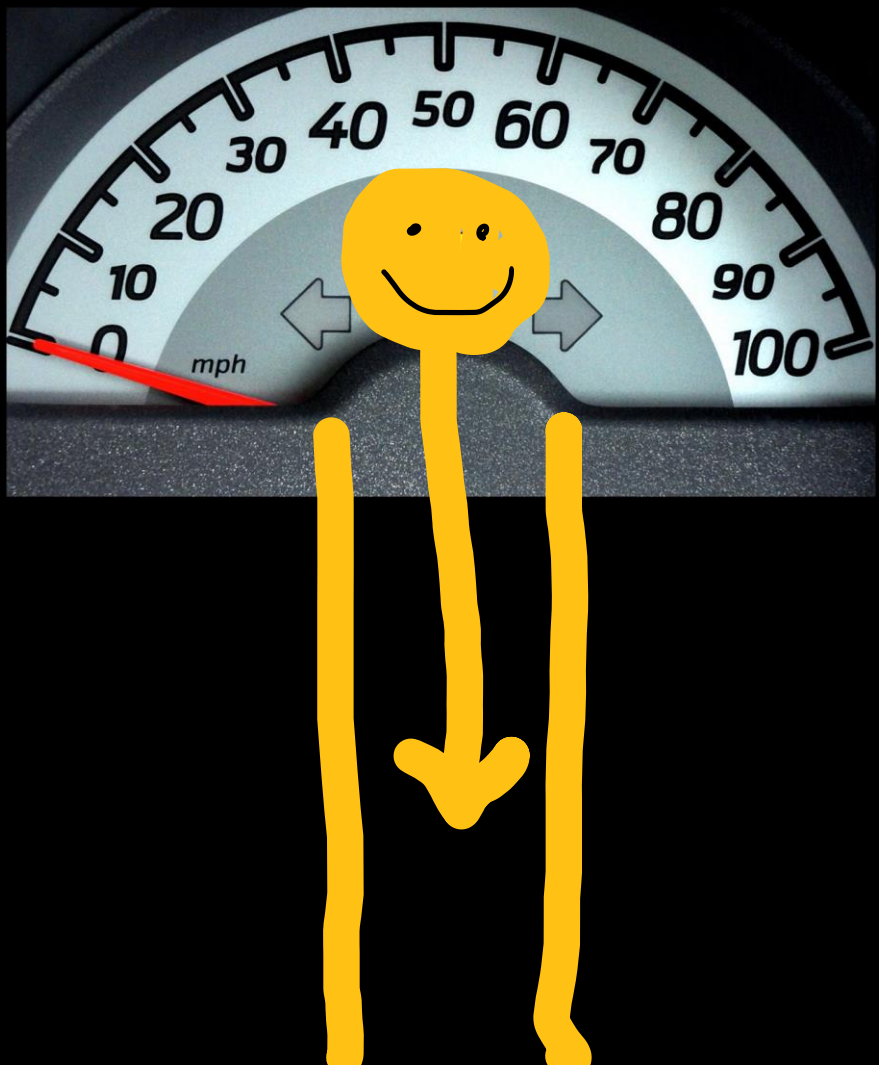
- You are the senior soul in your body
- The more spiritual seniority you have the...
  - Less people or entities get in your space
  - Less likely to get corded, vampired, thrown off balance by someone/thing
- Seniority empowers you to tell harmful spirits to go away and they listen
- When you are certain and have seniority, no one gets to override it.
- Helps you stay on your soul path in your truth

# TOOL: UPLEVEL CERTAINTY



- Imagine a rose that represents your certainty at it's highest vibration
- What color is it?
- Imagine a bubble beside it that will heal and clean out your blocks to certainty in present time
- Notice what comes up that is in the way of having your highest vibration of certainty:
  - I can't see, it's blank / nothingness
  - Mind questions what you sense, stops it, doubt
  - Someone else's expectations, needs/wants
- Move it into the bubble, send the bubble far away and pop it.
- Fill the rose in with havingness

# TOOL: UPLEVEL SENIORITY



- Imagine a rose that represents your Seniority at it's highest vibration
- What color is it?
- Who else do you give your seniority to?
- Imagine a gauge, ask it to show you how much of your seniority you give to others?
- Notice where you override your seniority for a specific person or a picture/belief that you lose your power to?
- Put a grounding cord or tube on the gauge to release the energy that overrides your seniority
- Fill the rose in with havingness

# ENERGY: Grace

## *your birthright*

- ... effortless flow
- ... unmerited divine assistance
- ... pardon/ temporary exemption
- ... ease



REVIEW

# TOOL: Separation



- Imagine a Rose
- See the persons face in the rose
- Notice 5 physical differences
- Spin a gold ring above the rose – drop it in
- Break a karma stick above the rose – drop it in
- Toss the rose up into the cosmos and blow it up

