

Welcome to Module 9
THE RECYCLING



Recap

You've changed, you've shed, you've let go, you've cleared, you've expanded

And you've fully, thoroughly become more of yourself.

Recap

Since module 1, you've explored, inhabited, worked and received the blessings of your terrain:

- ❖ You, in your multidimensional glory
- ❖ Your life, with its gifts and invitations
- ... and today ...

Recap

You start all over <3.

You review, you learn, you begin again.

What now, is the terrain of your life?

What lights you up? Do you inherently value? What is not up to your standards? Can you engage?

Recap

- 1 – The Terrain
- 2 – The Valuing
- 3 – The Clearing
- 4 – The Gathering
- 5 – The Engaging
- 6 – The Continuing
- 7 – The Unfolding
- 8 – The Receiving
-
- 9 – The Recycling

This Week

- 1- Seasonal, Cyclical Beings
- 2- Review, learn
- 3- Own yourself

Seasonal, Cyclical Beings

Hormonal Cycles
(monthly for women, daily
for men)

Seasonal Cycles
(that apply to our creativity
as well)

Cycles of Expansion
(Pain & Gifts, Warrior)



Seasonal, Cyclical Beings

The rhythms are normal, to
be expected and helpful.
They come with different
feeling tones.

What's not helpful is the
resistance.

The more you resist or deny,
the more you dig your heels
in and drag out the process.



Seasonal, Cyclical Beings

Spring
Summer
Fall
Winter



Review & Learn

This week, this program is going from "harvest" with receiving last week to its "autumn" stage.

Take inventory. What have I learned, received, integrated? What am I learning and integrating right now? What have I not yet mastered? How can I get organized so that I can master these? What questions do I still need to ask?

Review & Learn

This week's Actions to help you review:

- ❖ Create a record of what you've received.
- ❖ Synthesize what you MUST remember with post its
- ❖ Write yourself an e-mail dated when you please with everything you want to remind yourself at a later date.

Own Yourself

You are nothing short of magic.

You create your life.

You get to be soft and true.

What can you do to celebrate?



Restart

...

...

...

...and then...

...

...

Start over.

...

With an attention audit. Your life is still the EXACT perfect playground.


