

DAY 13 – PROCESS

Read today's process first, then watch the video to practice, then once you're familiar with the sequence and want to practice it from start to end without watching, put in ear pieces and practice with the audio.

Leave using the audio till you're familiar with the day's whole process as you'll find it slightly different in sequence – this an example of circularity and promoting not being rigid about your rituals.

Dismantling reception blocks

Sitting in the back of you still, ideally always from now on, command your limitless consciousness to identify the beliefs you've acquired and developed about receiving from life – love, boons, opportunities, gifts, talents, skills, recognition, inclusion, reward, wealth, all of it.

From the back of you, look into the frontal space all the way from the front of the brain down to behind your pubic bone, and note the memories your midbrain projector or third eye projects into the space.

Many of these will relate to being at school, being chosen or overlooked by the teacher, the other children and so on for various activities, and the favors or punishments that came your way at various key moments.

And many will relate more crucially to the way your parents bestowed gifts on you, or provided for you needs – the degree of grace and generosity in the giving or otherwise – the degree of 'be a people-pleaser say thankyou', or 'you're a very lucky girl/boy – you don't deserve it,' or, 'we can't really afford this so you should feel a bit guilty,' style manipulation – their own unresolved patterns unconsciously, unwittingly, projected onto you.

The atmosphere in the house around money, its procurement and its outgoing flow. The messages about being spoiled, about not being entitled, about not deserving. The messages about good things happening to other people.

The superstitions about where it all comes from – lady luck or whatever – and believing you're so shameful she won't smile on you. And the frustration at finding yourself in deficit, and the

impatience to have everything now in case someone else gets it first. And the heightened tension from believing yourself in such a race.

See the combined essence of all of that as a sort of momentary entity about to be dispersed – raise your hands into a ready-to-push position and slowly push yourself further back inside by pushing the entity away from you, using tensile strength as if pushing against physical resistance – use 4 ounces – means not straining even while exerting physical strength.

Repeat the push slowly a few times till you feel the entity is safely out of your field and see it dissolve and return to neutral.

Now reach back into your ancestral field – push your palms behind you – and gather the entire collection of such beliefs passed down generation to generation, and on behalf of the lineage push that entity out of your field and their field forever.

Now embrace destiny, your beloved – open your arms – and with awareness of your backstory, awareness of your ancestral line, awareness of your guardian all pushing you on through your evolution from behind, open your arms wide and embrace and receive and give yourself to destiny and invite it in. Destiny is always delighted by an invite like that.

And you'll find it instantly morphs itself into an angel-like presence and disports itself within you – Destiny Angel if you like – and it awaits your command.

So now with awareness of how the Tao of what's been is the same as the Tao of what's to come, you at peace with it all, in good standing with it all, you'll be doing the magic as soon as you've had a bit of time to develop your intention, as follows.

For now however, just command Destiny to unfold things with absolute elegance, magnificence, and any other bliss-descriptor that appeals just now.

Listen to Audio 11 only when you are ready to practice and have familiarised yourself with the process in today's video.