

Week 2

N- NOTICE your life. Notice situations, people and events without judgment. You are having the experience, but the experience is not you. Don't obsess about the past or the future.

In this week's lesson we are being asked to notice our lives, but remain objective about it. As I said at the beginning of the course each of these lessons builds upon the next and so it makes total sense that this lesson comes after a week of exploring meditation. Without some kind of meditation practice, it is impossible for us to gain objectivity about our lives and our experiences. As we deepen in meditation practice and connect with Angelic energies, we are introduced to an energetic field where we can be in a slightly higher consciousness.

We all have great amounts of Courage, Power and Strength whether we know it or not. Don't take my word for it, just think about any circumstance where a mother or father is required to, for instance lift a car off their children when they are in an accident. It has been documented over and over where these kinds of things have happened. Before the accident these people would never believed they lift a car! So,



why is it in those moments that they can? Because there is a river of Strength, Power and Courage flowing within all of us at all times. We have been designed this way so we *don't have to fear life*. We don't have to think that we are victims just being thrown around by the whim of the circumstances of life. Some of us are more aware of this than others, but when we dig down to our essence, we all have these qualities and attributes. Discovering these qualities is what this week is all about.

Now, you may be asking: "If this week is about *noticing* our lives, then why are we talking about Courage, Strength and Power?" Well, I will tell you... In order for us to honestly notice and look at our lives without being hooked into the "drama" of it all on an ego level, we need to courage, strength and power to do that. It is very easy for us to just go through life and not *really* look at what's happening. It as if the ego would like us to stay in the victim role and keep us in the status quo without moving forward. It takes these qualities to be able to look at what our life is *without* judging it and without thinking that the experiences of our lives are who we are.

The fact is that we are unlimited beings of light connected to the Source and we are having these things happen in our lives to bring us to our highest good, but the things; good, bad and indifferent are not *us*. We are the consciousness that is far bigger, stronger, more courageous and ever-lasting than these temporary events. Once we connect with that, then life and its myriad of experiences become a great adventure lived from our Spirit.



As we go through life we are challenged many times to connect with these qualities. Sometimes we can and sometimes we can't seem to "muster up the courage" or just "be strong" or feel powerful. As I said before, we all are abundant in these qualities, so why is it so hard to find them sometimes? That is because usually we are not in tune with our essential selves and with Source.

On the path to discovering these qualities we first have to notice the things that are *blocking* us from them. In my experience there are two main areas of life that keep us held back from being in touch with the qualities that Archangel Michael possesses; what we are *afraid* of and what we are *angry* at or about.

So, this week you will look at the things in life that you are angry about and the things you are afraid of. The idea behind this is that as you bring to the surface the things that you are angry about and afraid of, you will begin to get behind them to the real source of your courage and power. The more you keep these things hidden or unconscious the more they keep you from living in peace with purpose and a sense of *real* power.

There is a saying that says "If you name it you claim it" and so that is what we will do with your anger and fears. As you write down these things and face them, they become much less of a block in your life.



✦ The worksheets and instructions for these lists are at the end of this document, so that you can print them off and work with them.



Archangel Michael is the epitome of these qualities that lay within us. He is known as the warrior and so connecting with him will help you connect with the same qualities within yourself.

Michael is probably the most famous of the archangels and even if you have not studied or worked with angels before, you are likely to have heard of or seen images of him.

He is the leader of all the Archangels and is in charge of protection, courage, strength, truth and integrity. He is truly a warrior and he is always depicted this way because of the acts that he has done and also how he helps

us here on earth. Michael protects us physically, emotionally and psychically. His chief function is to rid the earth and its inhabitants of the toxins associated with fear. Michael carries a flaming sword that he uses to cut through etheric cords and protects us from negative entities that are internal and external.



In the Bible, Michael conquered the fallen Angel Satan, was in the Garden of Eden to teach Adam how to farm and care for his family, spoke to Moses on Mount Sinai and in 1950 he was canonized as Saint Michael, "the patron of Police Officers," because he helps with heroic deeds and bravery.

Michael is often experienced in our lives by seeing flashes of purple or gold. He very often is the archangel who saves people from near death experiences such as car accidents, drowning or other sudden traumatic experiences. The accounts of people seeing or experiencing him at these times are countless.



On a personal note, I have always been fascinated with Le Mont St. Michel near Normandy, France since I was a very small boy. This amazingly beautiful rocky island with a monastery perched on top is an amazing tribute to the power of Saint Michael or Archangel Michael.

It was in the year 708 that Michael came to the bishop of Avranches and told him to build this monestary and commune. At that time the only way to get on the island was by boat and the feats it took to transport the huge stones on the ancient boats to erect this beautiful monument to Michael truly took much courage, strength and power.

I finally was able to go a few years ago. Mont St. Michel has an amazingly strong and beautiful energy and I would encourage



anyone that feels a connection with Archangel Michael to take the journey. It's well worth it!

You can find out more about Mount St. Michel by going to one of these sights:

http://en.wikipedia.org/wiki/Mont_Saint-Michel

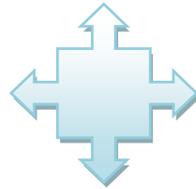
www.ricksteves.com/plan/destinations/france/mont.htm



Some photos I took at Le Mont St. Michel







Week 2

Your Assignments for Week 2 & Worksheets

You will be listing your fears and the things that you are angry at or about. Below you will find separate sheets for each of these. Please print these out and make a special time to fill them out.

You may find that you come up with just a few then decide you are done. I encourage you to push past your limits and search deep. If you do, this process will be much more rewarding and effective.

Before you start your lists ask Archangel Michael to help you have the courage to face these things that you may not want to look at or even admit. Ask him to help you to have the strength to be honest with yourself and dig deep and not just list the few very surface things on the list. Ask him to help you bring them up from deep within, so they can be healed and let go.

Once you are done with your lists, I would like you to look them over, connect with the feelings of each list, and then I'd like you to safely burn them. As these lists burn, say a prayer to Source blessing & releasing you from these blocks and that you now have the courage, power and strength to see life as it is and live in the NOW.



On the next pages you will find the worksheets which you can print out.





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