

10 Suggestions for Living Transformation

By Joy Drake and Kathy Tyler of www.innerlinks.com

1. Presence speaks louder than words.

Embodiment trumps philosophy or knowledge. Love your particularity. Love and value your you-ness. Link on the inner. Cultivate presence and inner completeness -->outer contentment. You are a mystic in the marketplace. Remind yourself frequently that you are a luminous strand of oneness and treat yourself and others in ways that strengthen this identity. Live in the present. Small, gentle actions lay the groundwork for the butterfly effect.

2. Transformation is a process not an event.

Soul infusion is a continuing story - a journey of waking up and becoming more aware of who you are, what you are doing, why you are doing it, and how you are doing it. Firm yourself in the emerging consciousness. Applied spirituality = intentional washing up/service. Soul partnership.

3. A spiritual tool helps us identify and address changes on all levels, (physical, emotional, mental, spiritual) and in all ways.

The Transformation Game we created is a clear mirror that illuminates patterns - showing players what they are creating, how they are responding to life and what resources are available to them. It quickens their transformative process offering insights, new directions, and wise counsel.

4. Clarify what you really want and get enthused about it.

Use your imagination to get in touch with how great having what you want feels. Savor how content, grateful, and blessed you will feel when it lands. Connect with the holodeck experience of it. (In the Star Trek series, the Holodeck allows characters to be surrounded by a completely realistic replica of the real world. It can be programmed to show any scene, any situation, any time, any place.....it is a device of exquisite power.) Become a vibrational match. Visualize yourself being who you want to become. Relax your grip and let it happen. Act as if.

5. Invite angels to help orchestrate the details.

Ask them to grease the slide and help you to manifest with grace and ease. Don't block yourself with the need to figure it out and mentalize/structure it. Quit searching for the how-to program or perfect recipe. Uncertainty allows creativity to emerge. Stay expectant and open to surprises, open to u-turning, and open to receiving support from unusual sources. Appreciate the angels, elves, and unseen helpers.

6. Follow your intuitive promptings.

Take the scenic route. Follow your knowing. Trust, trust, trust. Stay awake, aware, attentive, and authentic. Put your awareness into action. Keep your commitments. Keep checking in throughout the day. If you start feeling crummy take three conscious breaths putting all your attention where your intention is. Leave room for your soul's input. Listen to your inner voice, to the person ahead of you in line, to the next song on the radio. When synchronicities show up honor them. Create simple spontaneous rituals to celebrate each yes-you-are-not-alone moment.

7. You always have a choice.

Reinforce your intent daily, hourly, and in small moment by moment segments. Ask yourself how can I make this morning, this afternoon, this evening, this moment easier, more graceful, more fun, interesting, and more creative? Choose thoughts, feelings, attitudes and actions that align with and augment your intent over and over and over until they become your default setting. Do what you enjoy and enjoy what you do.

8. Set yourself free.

You can make new choices. Congestion, blocks and resistance can show up on physical, emotional, mental and/or spiritual levels. How long do you want to stay in self-flagellation, criticism, or doubt? Put what you know into practice. Start where you are now. Let your heart lead. Grant yourself a full pardon; forgiveness, compassion, loving-kindness - the works. Energize the new you. Re-evaluate, adapt, and vary your physical, emotional, mental and spiritual practices and lifestyle. Keep moving.

9. Listen to your words.

You are affirming a specific vibration. Be willing to course correct and to stay authentic. Be open to viewing and describing yourself in new ways. Upgrade your language. Speak consciously, cleanly, kindly, here and now to yourself and to others. Release negative internal rants about friends, co-workers, and relatives. Replace with raves. Mute the gossip button. Switch to a validating self-talk channel.

10. Stay connected and accountable.

Use any spiritual tools that are helpful. Do whatever works for you to access your inner wisdom and deepen your appreciation of yourself, your significant others, and life's rich tapestry. Create a lifestyle that keeps you moving, spiritually aligned, making creative decisions, and having fun. Stay open to the winds of change. Make choices that reflect your wisdom, loving kindness, creative intelligence, and intuitive nature. Live with intention. Your body/mind/spirit connections are your most valuable resources. Firm yourself in the new energy of you. Create and cultivate a support team of friends and coworkers who are thrilled to be part of your journey, and who will help you stay on track and honor your

commitments and well-being.

What we offer:

The tools we have created are the *Angel Cards* and the *Transformation Game* - the boxed version of which you can play at home with friends. For a deeper experience and wider perspective on your issues you can play the *Transformation Game* with an InnerLinks accredited Facilitator, or come to Asheville and play in a *Transitions and Breakthrough Game* weekend with one of us. We also offer one-to-one post *Game* spiritual coaching sessions by phone. You can also train with InnerLinks to facilitate *Transformation Games* professionally.

The *Planetary Game*, a life-sized, costumed version, is played in a sacred theater setting at Findhorn with 100+ participants. Join us in 2009 and 2012 as collectively we leap forward into a new level of well-being.

You can select *Angel Cards* and *Mentorspirit Cards* online, and purchase all our products at our web site:

www.innerlinks.com.