



Genesis

CHOOSE EVOLUTION

Genesis Introduction



This is the 12 month agenda for Genesis! This program is not a quick fix, but rather a commitment which allows you to develop sustainable practices to foster and adopt an authentically Spiritual Lifestyle.

“Spiritual” means different things to different people, which is why I curated Genesis with my Guides. Genesis doesn’t follow fleeting Spiritual “trends”, it is full of sustainable practices and vital information which will not change based on the whim and whimsy of the human imagination.

Genesis is brave! It gently guides you through your mind, so you can release negative emotions and thoughts, and the roots which grow them. Genesis helps facilitate shifts in your emotions, thoughts, behaviors, and connection to your Spirit and Spirit Side.

Alignment is not an action, it is a consequence of releasing negativity and healing; and when we are aligned, we attract our best far more easily.

Emotions, Roles, & Bypassing

EMOTIONS

Month One

Emotions are a necessary part of our human experience, and they can lead us to our greatest healing and unlearning. We must begin this program with Emotions, because Emotions are our greatest blocks.

In Month One we cover the Seven Deadly Emotions, Emotions & Spiritual Development, Cycles & Justification, and Emotional Control.

ROLES & TRIGGERS

Month Two

We are all programmed and trained to play certain Roles in our worlds when we are young, and we often grow to believe these roles are authentic. Often times, Spiritual Teachers will assign new roles to people, furthering people from their authentic self; but evolution is coming into one's truth.

In Month Two we cover Roles, Stories, Triggers, and Recalibration.

BYPASSING

Month Three

Bypassing & Delusion create a tremendous amount of pain and conflict within the collective; but our subconscious minds crave this pain, so it is hard to step out of bypassing and delusion. Presence, honesty, and emotional control are necessary to avoid delusion & bypassing.

In Month Three we cover Filters, Delusion, Bypassing, & Clear Sight.

Awareness, Fearlessness, & Manifestation

AWARENESS

Month Four

Awareness and Stillness majorly impact our ability to have joy, greater intuition, and purpose. Our ability to still the mind and emotions determines our level of ability to connect with Spirit. Awareness & Stillness are not the same, but similar.

In Month Four we cover Awareness, Stillness, Letting Magic Happen, and Others' Awareness.

FEARLESSNESS

Month Five

Most of our fears revolve around a fear of loss, gain, or pain. It's vital to move into our fears, allow them to present themselves in a safe space, listen to them, and then tell our fear what is true. Other people's fear GREATLY impacts us until we learn to detach from it.

In Month Five we cover Fears, Fear & Success, Fear & Spiritual Development, and Fear & Others.

MANIFESTATION

Month Six

Manifestation, Attraction, and Flow are the Three Amigos. They go together. Manifestation is creating the future with thoughts, Attraction is attracting energy to you, and Flow is the opposite of resistance.

In Month Six we cover classic and new perspectives on Manifestation, Attraction, and Flow; and how they relate to Spirituality.

Conflict, Guidance, & Fortitude

CONFLICT

Month Seven

Turbulence is vibrational activity that deviates from “normal”. **Conflict** is resistance towards ideas, beliefs, expressions, actions, thoughts, or events. There is both internal turbulence & conflict and external turbulence & conflict.

In Month Seven we cover Turbulence, Conflict, Avoiding Turbulence & Conflicts, and Others.

GUIDANCE

Month Eight

We have guides and receive guidance for connection to home (Spirit Side), clarity, and love. Spirit Side has an integral part in the evolution of the human species- not just by moving into human bodies, but also by guiding people from the non-physical world.

In Month Eight we cover Why, How, and When Guidance happens and exists, while discovering deeper connection.

FORTITUDE

Month Nine

Fortitude is an extraordinary quality, and it benefits us greatly; but there are societal programs that keep us out of authentic Fortitude and strength. One's level of Fortitude is related to flow, energetic sensitivity, and societal programs.

In Month Nine we cover Fortitude and The Finish Line Trigger.

Ingenuity, Responsibility, & Integration

INGENUITY

Month Ten

We put ourselves under a great amount of pressure trying to come up with ideas, so much so that we often create stress instead of creating something brilliant and new.

In Month Ten we cover Ingenuity, Ingenuity and Intuition, Ingenuity & Fear, and we take a journey to my Joy Guide's (Paul) Creation Station.

RESPONSIBILITY

Month Eleven

Responsibility is important on an energetic level. Not being responsible for self or taking undo responsibility for others always involves giving one's power away, wearing us down.

In Month Eleven we cover Responsibility, Responsibility & Spirituality, Responsibility & Shame, and Responsibility & Others.

INTEGRATION

Month Twelve

Our last month is this program is workshop free! We do multiple energetic exercises together; and discuss real life scenarios, and how to apply Spiritual and Energetic laws to real life.

We cover skills, confidence, and integrating Genesis content in our daily lives sustainably.

Genesis Shifts



- Learn more about the origin of our negative emotions, how to release them, and how to actualize in alignment in the presence of negative people.
- Understand more about who you aren't, and fully become who you **are**.
- Discover, disrupt, and release triggers and shadows so you can live in alignment, flow, and peace.
- Heighten your awareness in a comfortable and beneficial way, enabling greater connection, attraction, and manifestation.
- Begin the journey of being fearless.
- Discover ways of releasing and avoiding conflict in an energetically and Spiritually aligned way.
- Become more greatly connected to your higher consciousness and your Guides for your benefit and the benefit of the collective.
- Develop greater strength in vibration to make space for intuitive ideas and empowered accountability to create your highest and best life and state of BEing.
- Feel deeply comfortable leading, guiding, and counseling others as a Spiritual Leader or Energy Practitioner.