

# Manifesting with Florence Membership

## WORKSHEET

### Re-write Subconscious Records/Neural Pathways of Belief

1. Identify the Resistance/Conflict Energy you feel in your body.
2. Ask your Angels to SHOW YOU the origin of the Resistant/Conflict Energy. They may show you with a vision in your mind's eye or simply a knowing in your heart.
3. Suggestion: use the Quiet Your Mind exercise to fully focus on re-writing this record of belief. This is accessible from both the Foundation Basics page and Game of Life Soul Food > the Meditations.
4. From this safe place, I name the Resistance/Conflict Energy revealed to me:
5. I pass through this (name from above) \_\_\_\_\_ energy to observe the energy that is supporting it. I name this energy: \_\_\_\_\_

*Pass through the energy and name it till you get to the origin of it. (there may only be 1 or 2 energies, there could be several revealed)*

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6. When you get to the core of this energy, the event that birthed the belief will be revealed. You may discover you were a toddler, baby or small child. You'll see that your perception is of the event being your fault and you're not good enough, not lovable, not worthy or deserving.

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But from this safe space as an adult, you see that this perception of the event is askew from what really happened. It was NOT your fault, and you ARE good enough, lovable, worthy, and deserving. You may discover that you did something that didn't warrant the reaction of people around you – or their words/energy was their experience and had nothing to do with you. You may discover that what someone said or did to you was just mean and hateful.

Write about what you discover here:

7. Ask your angels to disconnect any remaining cords from this life event and to SHOW you the disconnection. Allow yourself to experience the disconnection. If you need help disconnecting the cords, you may access the Disconnect the Cords to Heal the Wounds of Your Heart by clicking on Game of Life Soul Food > MasterClass Programs. Write about your experience - including any questions that come up for you:

8. Ask your Angels to support you to forgive the situation, everyone involved and yourself. If you need help forgiving, go to the MasterClass Programs section of the Game of Life Soul Food to access the Give the Gift of Forgiveness program. Write about your experience here:

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9. Infuse the entire situation, all involved and yourself with LOVE energy. Write about your experience here:

10. Evaluate the level of the initial Resistance/Conflict Energy. If you can't find it, this energy is healed. If you feel any remnants of it, ask your angels to show you where it is coming from, transform it to love energy, and write about it here:

11. Anchor re-writing this belief by fully infusing the situation, the people involved and yourself with love energy. Write about this experience here: