

1 Class Presented by Linda S Brewer Relationships: Entanglement vs. Empowerment

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You and Your time are honored, my heart intention for being with you today is to help us discover

Choices that will help you understand You are Love and Loved!

3. We will be doing **2 exercises** in beginning and 4 at the end

X hold your breath

? judge blame, make an excuse

(Star)_ breathe rest into Peace

3. Relationship (name the 4 areas) You, Family, friends, business associates

Entangle or Empower

Heart of The Matter

Tree of Life

Power of Words

Where we hold stress in our bodies and emotional connections

Behavioral Pattern Stress Kills Truth Heals

Process for creating the awareness of your stress, the beliefs, choices of outcomes

Our topic today relationships that either entangle or empower us through our belief systems, choices and actions.

You are invited to participate in two exercises today: You may choose to participate and you may choose not too and either one is the perfect answer for you.

The first exercise pen and paper would be needed and your conscious awareness of you, your feelings, and thoughts in essence ALL OF YOU IN RELATIONSHIP WITH YOU.

X *when you hold your breath and where you feel that resistance in your body

? * when you thoughts judge, blame or make an excuse

* *when you smile, or feel that something has resonated within you and where you hold that in your body, how your breathe is smooth

An image is a baby in the mother's stomach and stretching for air and movement

2. Breathe exercising (if you are sitting down slip to the edge of your chair, place your hands at the bottom of your hip area with your thumb toward your back and your fingers resting on the top of your legs. Let the chair support you as little as you can in comfort.

Then lower your chin as far as you can toward your chest area,

Breathe in through your nose and fill your stomach with as much air as you can and as you let the air out as much through your nose as you can then completely exhale the balance through your mouth

And stretch to your body relaxes—let do this process three times

Notice of how you feel, what thoughts you had, images

Thank you for your participation in your life

The relationship areas we will be exploring today

1. You (me myself and I)
2. Family members
3. Friends
4. Business associates

Whether these relationships entangle you or empower you they have a direct effect on

Your Health

Life Work (whatever you do from Parenthood to employment or self-employment)

Finances

The Primary difference in the relationship with yourself and family members, friends and business associates is that you and I have no control on what or how the other person feels, thinks, or acts.

Just as you did not have any control over the cellular memories at conception.

At birth we inherit the emotional condition of our father at the time of conception, the emotional condition of mother then everything she thought, experienced, words spoken by her and words spoken to her—Our cellular memories have begun and will continue through our physical lives to death

Not only do we inherit the cellular beliefs of our parents. Each of us came with three unchangeable undeniable core needs

To Belong To be Worthy (love/honor) To be competent

Desires of what we see (lust of the eyes)— can financial lack

Desire of what we can have (lust of the flesh) sickness

Pride of Life Desire of what we know and who we are perceived to be (to be competent)
destructive habits

Which smothers and covers the Essence of Love that we really, really are

These incorrect beliefs create a need for us to belong, to be worthy (love/honor) to be competent

In entanglements as we develop behaviors that place us in a position to

To be rescued or be a rescuer

To being a victim or victimizing

To being persecuted or being a persecutor

We begin the process of survival “smothering our the beautiful love and light you are with a root of
Condemnation

Condemnation creates fear do I belong am I worthy/love/honored am I competent

Which leads to stress (for me to be good enough, measure up, intelligent enough to be in
relationships

Let’s take a deep breath and imagine our spine is the tree of life:

At the bottom of our spine (the sacral door) or the root of the tree our spirit was created to be the
spark of our essence to be nourished with Love, Truth and Light instead it was fed words and we
had experiences that creates condemnation—you do not belong—you are not worthy, you are not
competent and the pure essence of who we really are is dimmed (CAN NEVER BE PUT OUT),
smothered from the condemnation fear becomes our choice of survival

The fear begins the battle with your essence that creates stress

Stress being nurtured by what we begin to believe the lies (as Julie Roberts said in Pretty Women – it is easier to believe the bad things) ; and I believe the message that was not communicated in the movie was that (Julie) or you or I have the courage to stand in one's power and strength and declare I am Love and Loved therefore I have the inherit right not to be condemn.

As the stress is fed – it creates financial lack, sicknesses and destructive habits are developed.

Then as we live our daily lives, the things we see, we experience, and hear create a signal to our Spirit that sends a thought to our brain, that creates our words, that establishes our habits, our habits become our character and our character becomes our destiny.

How can we begin the journey to awaken the spark of essence into the awareness of who we really are?

Become aware of the power of your words- what you speak (as the rudder of a ship is it smallest t part yet determine the path of the ship our tongue the smallest part of the body yet determines our destiny

How your body responds to the words you speak, and you hear (your body will not lie to you)

Bridge area Fear of shame, conceit

Language- would use a lot of I's, excuses, procrastination

Temple area: indication you are attempting mentally to figure out if I belong I am worthy, I am competent –a lot of what I call dance words

I don't know, I think, I hope so, I believe, I see

The temple area is where we hold our fear of inconsistency

Fear of being reliable

Jaw area: anger

Language: I would do this.....flight words, I would never take that

Adams apple areas holding back the flow of life (afraid to say something that needs to be said in love and truth and afraid if they speak it they would die)

Shoulders taking responsibilities that are not yours and your cannot control the circumstances

Shoulder blades someone stabbing me in the back

Lower back not feeling support (usually financially)

Knees afraid to bend to authorities

Female issues their belief about being a woman/female

Male issues their belief about being a man/male

The choices that you make

Stress kills

Behavioral Patterns

Stress: Judge/ criticizing

Blame

Make excuses

Procrastinate

Outcome: depression (emotions depressed afraid to express them)

Crime

Addiction food, drug alcohol

Truth Heals:

Keep commitments

Accountable

Appropriate Laughter

Healthy relationships (honors differences)

Language Learning to speak the truth paper (from Hendricks) conscious heart talk

Breathe

As you build a relationship with yourself in love and honor that you will become consciously aware on how to build relationships with others -

taking responsibilities for your feelings (not acting them out),

In thought, words, deeds are intentionally conscious what is my belief about myself in this interaction

Take action today by observing you

1. **In relationship with yourself**: choose what beliefs, thoughts, actions create stress for you:

Choose the top one

Explore and discover what is the belief that drives the stress:

Is it yours or someone else's you inherited or adopted?

Choose to heal it in Love and Truth

Replace the thoughts with a truth statement in love and truth (I am _____)

What action can be taken in truth and love

2. choose a **family member** that creates the greatest stress.

What belief drives the stress? Is it really yours or one you learned inherited or adopted?

What is an honorable choice for you and the person moving forward?

Is there an action to be taken to heal the relationship?

3. **Friend** what "friend" creates the greatest stress for you?

What belief drives the stress? Is it really yours or one you learned inherited or adopted?

What is an honorable choice for you and the person moving forward?

Is there an action to be taken to heal the relationship?

4. **Associate** at work or work related

What belief drives the stress? Is it really yours or one you learned inherited or adopted?

What is an honorable choice for you and the person moving forward?

Is there an action to be taken to heal the relationship?

Blessings, Love and Peace on your journey and the lives you touch.

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To honor those who have been mentors in guiding me about choices about my healing, I acknowledge Bill McGrane ,Sr , known as Papa Bill to those who were blessed to know him, Gay and Katie Hendricks, Rick Moss, Gary Young, Alex Lloyd, Gregory Dickow and Joseph Prince that lead me to understanding The Truth and The Essence of who I am –**Love and Loved by a Holy God.**

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Who are seeking prosperous relationships personally and professionally.

Gratefully,

Linda S Brewer, Destiny Architect

Certified Healing Codes, Q Codes, LT3/LT4, Custom Guide Practitioner

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Start everyday with the sure, strong knowledge that this world needs you and your unique inspiring gifts only you can give.

Our Vision: To honor all who engage in conversation and business with us and to be honored

Our Mission: To establish rapport through our language, behavior, and choices for honor in our communication, agreements, and behavior for creation of sustainable and prosperous relationships.

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