

The Rebel Belle

A Li'l T.L.C. ~ Transformation, Liberation & Celebration

So that you can devote your full attention to the recording, I've prepared notes to guide you through your T.L.C. Hop on over to Page 4 to write in your answers to the T.L.C. questions.

Are you enjoying the process of creating and manifesting your desires?

What is your greatest fear?

Your imagination: Created your matrix under the supervision of your mind.

Essence is: Your feeling experience and the language of your soul.

Form is: The item and/or form that brings you the feeling experiences that rock your world – your essences.

The Matrix Is: Your literal agreement with the Universe about what your reality will be.

Issues: The fears that block your flow.

- 1) Keep you out of present time
- 2) Rooted in fear
- 3) Create a lack of flow

Fear is: Your ally and greatest tool for awareness.

- 1) Reminds you that you are not in present time
- 2) That you are either in the past or future
- 3) That you are not in touch with your hearts desires.

Your Two Choices:

Mind has dominion over spirit

Spirit has dominion over mind.

Mind Unsupervised:

- 1) Creates from effort and struggle
- 2) Creates what you don't want from your out of power needs for power, safety and value.

Mind Supervised:

- 1) Manages the ebb and flow of resources
- 2) Keeps you safe and from harm and creates from your in power needs for power, safety and value

Passion: Be your authentic self

Purpose: Doing what you love to do

Play: So that you bring all the essences experiences into your life that rock your soul.

Steps for T.L.C. ~ Transformation, Liberation & Celebration

- 1) Conquer your fears
- 2) Work on your issues
- 3) Invest in essence experiences
- 4) Be patient with fruition

The Dimensions of YOU:

- 1) Your purpose for being on the planet
- 2) Intention for living a human life
- 3) The Matrix of your thought forms and your literal agreement with the Universe of what your reality will be.
- 4) Universal unlimited resources
- 5) Higher Guidance

Process for T.L.C. ~ Transformation, Liberation & Celebration

- 1) Observe when you are triggered
- 2) Live in the inquiry and ask, "What is my issue, lesson and chatter?"
- 3) Breathe
- 4) Flip it. Ask, "What's possible? What is the essence I want to experience?"
- 5) Purpose and Vision to align you with Universal resources.

Your purpose for being here is two fold:

- 1) Evolve, expand and overcome your fears
- 2) Live with passion, purpose and play.

1) Are you enjoying the process of _____ and _____ your desires?

2) What is your greatest fear? _____
_____.

3) Your imagination: Created your _____ under the _____ of your _____.

4) Essence is: Your _____ and the language of your _____.

5) Form is: The _____ and/or _____ that brings you the feeling experiences that rock your world – your essences.

6) The Matrix Is: your literal _____ with the Universe about what your _____ will be.

7) Issues: The fears that block your flow.

i) Keep you out of _____

ii) Rooted in _____

iii) Create a lack of _____

8) Fear is: Your _____ and greatest tool for _____.

9) Fear:

i) Reminds you that you are not in _____.

ii) That you are either in the _____ or _____.

iii) That you are not in touch with your _____
_____.

10) Your Two Choices:

Mind has dominion over _____.

Spirit has dominion over _____.

11) Mind Unsupervised:

i) Creates from _____ and _____.

ii) Creates what you don't want from your out of
power needs for _____, _____ and
_____.

12) Mind Supervised:

i) Manages the _____ and _____ of _____.

ii) Keeps you safe and from harm, and creates
from your in power needs for _____, _____
and _____.

13) Your purpose for being here is two fold:

i) _____, _____ and _____ your fears.

ii) Live with _____, _____ and _____.

Passion: Be your _____ self.

Purpose: Doing what you _____ to _____.

Play: So that you bring all the _____ experiences into your life that rock you soul.

14) Steps for T.L.C. ~ Transformation, Liberation & Celebration

i) Conquer your _____.

ii) Work on your _____.

iii) Invest in _____ experiences.

iv) Be patient with _____.

15) The Dimensions of YOU:

i) Your _____ for being on the planet

ii) _____ for living a human life

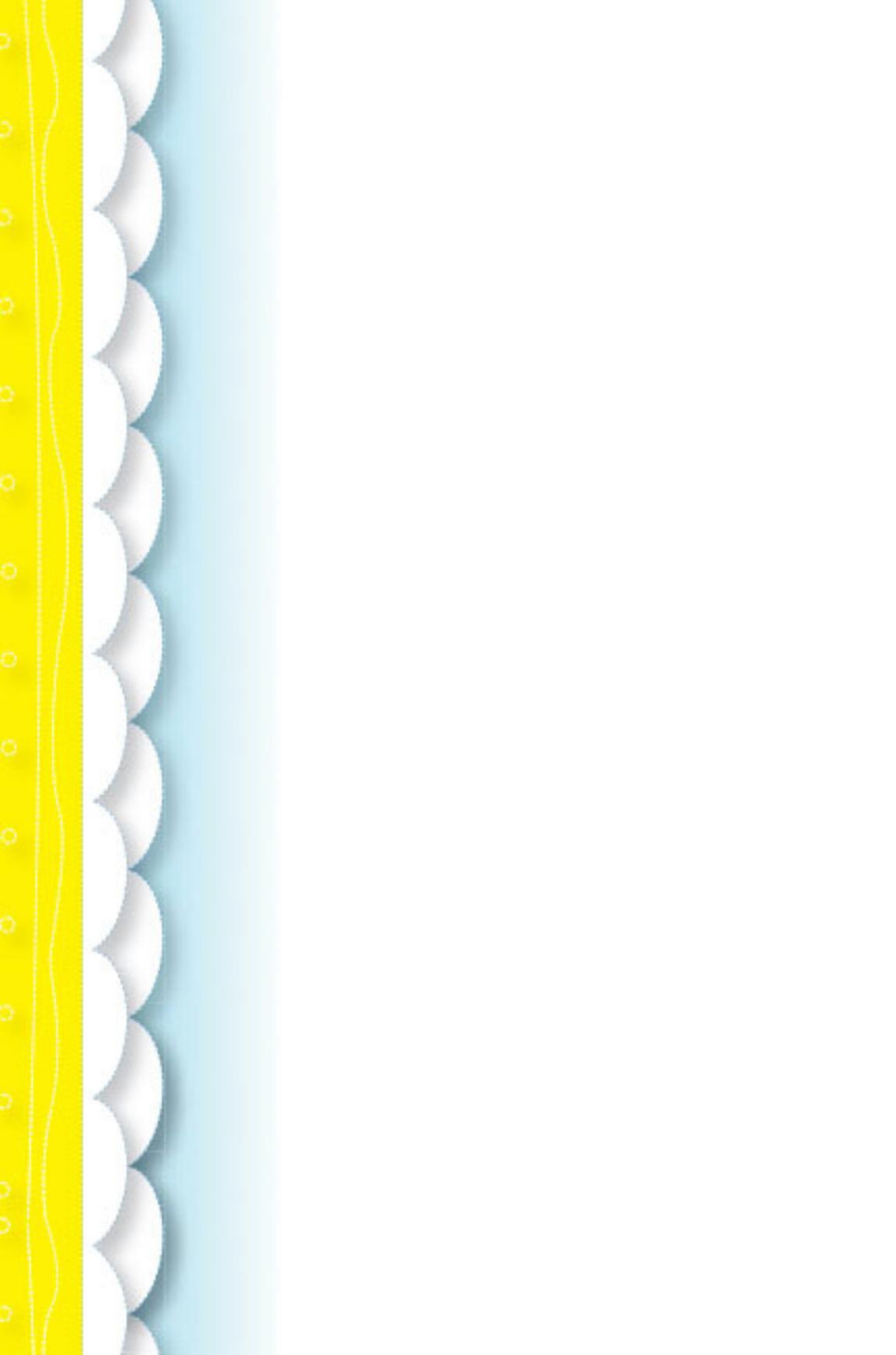
iii) The _____ of your thought forms and your literal agreement with the Universe of what your reality will be.

iv) Universal _____ resources.

v) Higher _____.

16) Process for T.L.C. ~ Transformation, Liberation & Celebration

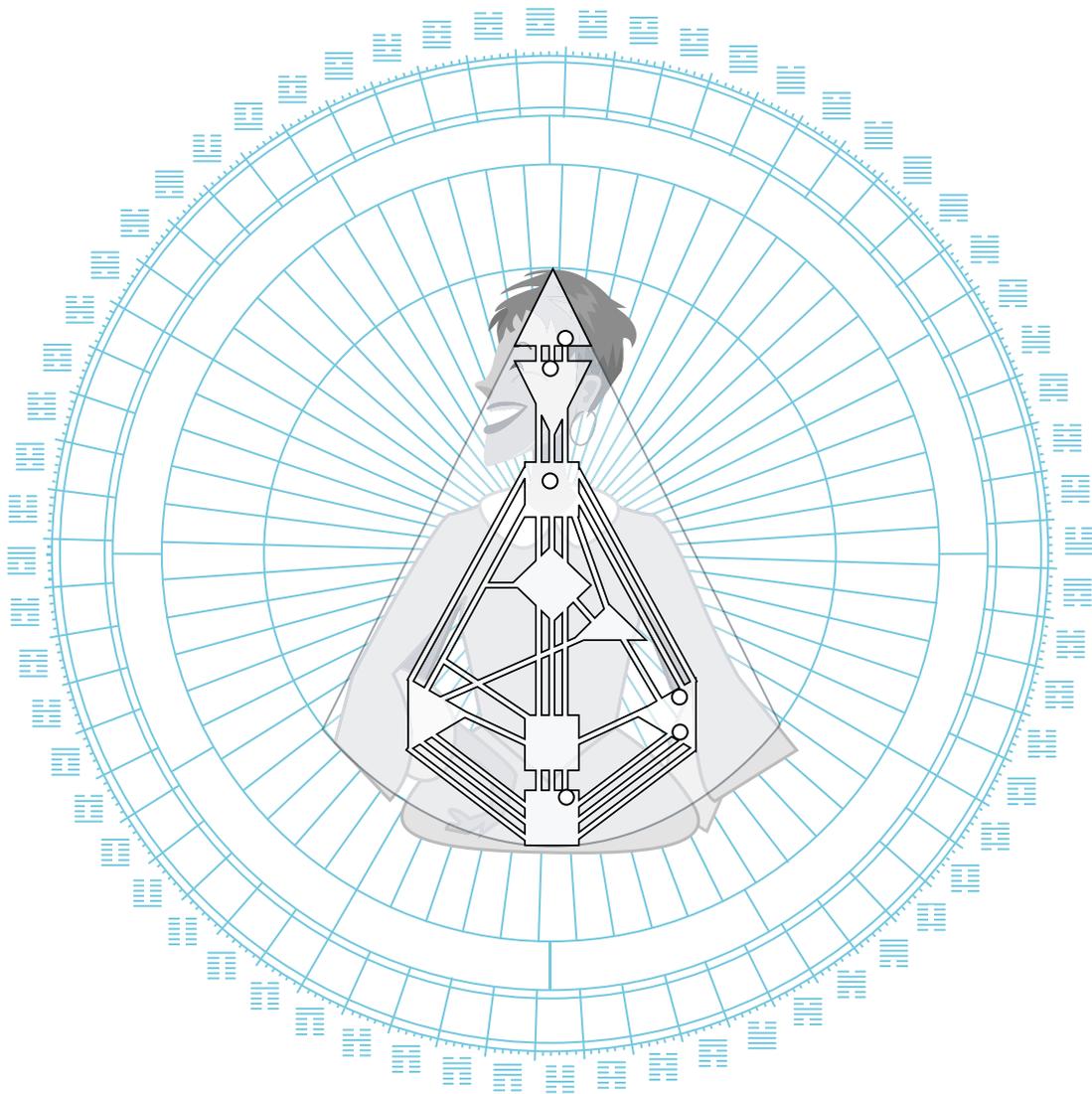
- i) _____ when you are _____.
- ii) Live in the _____ and ask, "What is my issue, lesson and chatter?"
- iii) _____
- iv) Flip it. Ask, "_____? What is the essence I want to experience?"
- v) _____ and _____ to align you with Universal resources.

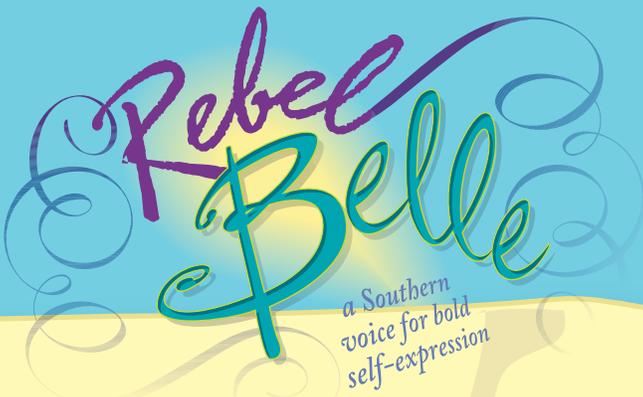


Rebel Belle

*a Southern
voice for bold
self-expression*

point of
attraction
MANDALA
playsheet





ISSUE TISSUE

The Issue or Circumstance You Want to Change

The Facts

Fears and Judgments

Feelings and Emotions

The Result/Outcome

Write the issue you want to explore. Record the facts. Then notice and record all the fears and judgments you have about this issue. Notice if you have more written on the right side of the page than the left. Most people do. We spend more time worrying, thinking about our fears, judgments and perceptions, than we do simply looking at the facts or for possibilities.

Next, what are you feeling? What are the feelings and emotions these fears and beliefs bring up for you. You could say these thoughts, fears and judgments are your ISSUES. This is your work. Feel them, emote them and release them. And, here is a tissue!