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SERENITY MINISTRIES®

**new life**

TRANSFORMATIONAL SEMINAR SERIES

**CREATE AN  
ABUNDANT  
LIFE**



### ***Category 1: Your Vision***

- Define the reality you desire to manifest for an abundant life.
- What will it look like?
- Who are the major players in your new reality?
- Where is your reality played out; your location or locations
- Create an outline with bullet points.
- Design the stages of your new life story.
- List the steps leading to the ideal, but be open to this being fluid

### ***Category 2: Focus on the Vision***

- Make a template for your abundant life that reflects the big picture.
- Focus on this template. It is the representative vision you are choosing to create.
- Eye to the telescope: One eye is on focused vision, focusing on the ideal and the other eye is on the steps leading to it.
- Any time the flow of creation energy is not supporting your Focused Vision, ask yourself, "What am I focusing on?"
- Your Focus on the Vision is what fuels 67% of the creation energy that forms your goals. When your focus is locked on, your actions that follow are based solely on the vision.
- Manifesting an abundant life must become your passion; fueled by action and follow through.

### ***Category 3: Claiming your Realm***

- Claim your realm using the SVH Trigger Process: Claiming My Realm

Claiming your realm is an essential element of mastery because it allows you to consciously assert authority over all that is a contributing factor to the reality that you are creating. Periodically claiming your realm updates your perfected focused vision and lays the foundation for the ideals you are choosing.

Claiming your realm is as easy as choosing and then authoritatively claiming that reality. One of the ideal components of this trigger instills a perfected version of your current focused vision onto a screen that lays the foundation for your claims.

Additionally, components of this process direct the Creator to implement interventions and clearing profiles to support your sovereign choices and claims.

*See: Claiming My Realm Steps below.*

### ***Category 4: Tools***

- What tools can you use to help build your ideal?

### ***Category 5: Obstacles***

- What must change in order for your ideal abundant life to be seeded and grow?
- List anything that appears to be impossible to change.
- Develop a plan for overcoming these obstacles.
- Do your words or thoughts fuel success or obstacles?
- List any recurrent limiting thoughts and words or patterns of behavior.
- List any payoffs to failure.
- Is there is a pattern of defeat or coming up short on your ideals.
- Discover any sources of self sabotage.
- Isolate any areas of your life that are less abundant, less joyful and less sovereign.
- List the excuses that might come up or have come up in the past, to justify no meeting your goals.

### ***Category 6: Resistance***

- Is there resistance to your Focused Vision?
- Ponder your ideal life manifestation vision, looking for anything within you that resists a full commitment to the project.
- Are there people or circumstances outside of your field of influence that have the power or potential to limit your ideal? If there is, how can you non-manipulatively neutralize their influence?
- Is there resistance to something new?
- Your vision of an abundant life might fit perfectly with your ideals and desires now, but will you let yourself have it?
- Do you have poverty mentality, unworthiness, fear of the responsibility of wealth or a belief that you don't deserve to be happy.

### ***Category 7: Prevention***

- An ounce of prevention is worth a pound of cure. In this category you identify potentials for adversity.
- Create a list of potential adversity scenarios. No creation energy will fuel those realities in

this exercise.

- Develop strategies to prevent them from happening or ways to avoid them.

While you identify areas of potential imbalance or limiting factors that could impede your plan's success, the Serenity Tools are working in the background to help you isolate the seeds and foundations of their influence.

### ***Category 8: Fear***

- For you to achieve your goal, apprehension must be vanquished. The easiest way to conquer fear is to demystify it.
- Isolate any and all fear of your plan's success or failure.
- Make a list of everything you are afraid could limit the ease of your progression to the ideal 2010.
- Isolate the basis for your fears and then demystify and defuse it.
- Any time you think fear scenarios, activate the SVH Trigger Process: No More Shall I Allow and then define what you will no allow.
- List what is the worst that can happen?

When you know the answer to that question you can make sure those issues don't get fueled into formation. The laws of formation are clearly defined; creation energy flows to fuel your focus.

When you identify what the worst thing is that could possibly happen, you are able to release the fear of the unknown and refute acceptance and alliances with the fears.

### ***Category 9: Emancipation***

- Make a list of things in your life that control you or control the realities around you.
- If there are people in your life that drag you down, add them to this list. You don't have to eliminate these people from your life. Change the dynamic of your relationship with them.

If there is a hiccup along the way, that doesn't mean it's time to jump ship, it just means it's time to evaluate.

When you have your eye on the now and the future and you only accept the reality of your ideal reality to enter your field of vision, you won't sweat the small or the big stuff that comes into your manifestation path.

### ***Category 10: Solution***

- Each time you use this system to consciously look for solutions to the issues limiting your creation of an abundant 2010, the Creator and a host of angels and masers and guides

implement extraordinary intervention measures to open up the doorways to opportunities and options available to you. These can be utilized to swiftly resolve issues.

- Comprehensive clearing profiles initiate to reformat the seeds and foundations of unbalanced situations, inspiring you to identify paths that fuel, maintain and reform your ideals.
- Find solutions to assure the fulfillment of your ideals.

Take control of your life and eliminate all that limits you. Don't let anything stop your focus. Don't let anyone or any thing limit your Creation of an Abundant 2010. These categories and steps assist you to master the elements of formation and fuel an abundant reality for the rest of your life.

## *Trigger Processes*

### *Resolve*

#### SVH Level 1 Mastery Trigger Process: **Resolve**

Each time you activate this trigger by thinking the word "Resolve," you are infused with divine light and the sacred rays. You are instilled with the energy and vibration of a superior resolve that reflects you pushing beyond all barriers to succeed.

Call upon Resolve any time you feel your commitment waning or you feel overburdened.

### *No More Shall I Allow*

#### SVH Level 1 Mastery Trigger Process: **No More Shall I Allow**

Trigger this process by thinking or speaking the words "No More Shall I Allow."

Each time this trigger is activated, it empowers the Creator to implement advanced mechanisms of quantum level reprogramming to re-script imbedded formatting and the seeds and foundations of the theme of what you are choosing to no more allow.

When you recognize something discordant happening in your life or a distraction to your purpose, think, "No more shall I allow" and then mentally finish the sentence.

No More Shall I Allow will powerfully enforce your conscious directives, fueling creation energy to support all you are choosing, while reformatting the seeds and foundations that supported the previous allowing that is now recognized as unacceptable.

This process is not designed to make others fall into line and do what you want them to, but it will set a firm boundary within you that anchors your intentions of what you will no longer allow.

As you release more and more of your formatting that fuels, allows, expects or even inadvertently supports discordant behaviors or circumstances from yourself or others, it opens up an opportunity for everyone to make different choices.

Most important is that when the archives of programs and beliefs that are based around specific issues you have cleared are re-scripted by the Creator, you no longer project an inadvertent acceptance of discordant behaviors. People will choose whatever they choose, but it won't be because you have an inner acceptance of it.

This freedom will sponsor greater levels of clarity and neutrality, which will assist you to make constructive choices that honor you if discordant behaviors do enter your realm.

## *Claiming Your Realm*

### SVH Level 2 Trigger Process: **Claiming My Realm**

*Step 1:* To implement the SVH Trigger Process: Claiming My Realm, simply think the words, "Claiming My Realm" and imagine that you are standing on a sandy beach.

Archangel Michael swiftly uses his staff to draw a large imaginary circle around you in the sand. He draws a line across the center so you are standing on one side of the circle and the other side is empty.

*Step 2:* This trigger automatically instills a perfected version of your current Focused Vision onto a screen that lays the foundation for your claims. Think the word 'Activate' and the new parameters of the Focused Vision are instilled.

*Step 3:* Step across the circle's center line.

Don't let anything get in the way of your success. You are the definer of your realm. Remember, you are the only one that gets to vote on your life; just you and God.

## *Focus Vision Meditation*

### SVH Level 3 Trigger Process: **Focus Vision Meditation**

When you think the trigger "Focused Vision Meditation" it activates an interactive meditation that works in conjunction with Ancient Breathing.

A pristine version of your Focus Vision, supplied by your future ascended master self, is automatically projected onto millions of ethereal display screens floating in your auric field.

As your energy breathe flows out to the world from the heart chakra or multiple chakras, it carries an image of your Focus Vision. This dynamic energy flow automatically offers every Earth's sentience an opportunity to energetically support the formation of your Focus Vision.

As you breathe out to the world, envision your focus and allow energy from the trees and the grass and the birds and sentient beings to fuel the realities you are creating. Breathe in the creation energy that is unconditionally offered to you and exhale gratitude back to the gifting sentience offering it.

Open to the multitude of opportunities that abound and know that while you implement this exercise comprehensive clearing profiles are reformatting oppositions and blocks to receiving.

## *Sleep Clearing*

### SVH Level 1 Mastery Trigger Process: **Sleep Clearing**

When you are ready for bed or for a nap you can activate this trigger by thinking or saying the words Sleep Clearing, followed by positive pronouncements.

Sleep Clearing empowers the Creator to re-script imbedded genetic and current life formatting that the ego program file accesses throughout your sleep cycle.

The Creator calibrates your positive proclamations to repetitively stimulate the ego throughout the sleep cycle by replaying a looped recording of your positive claims in a format that only the ego program file can perceive.

This stimulates ego to make a broader search into thousands of layered primordial genetic files, as the ego's sorting seeks out supporting data to corroborate limiting scenarios to refute your positive declarations.

### *Positive Pronouncement Example:*

"I had the most perfect day. Everyone honored me and I was lavished with so much praise and recognition for my many attributes and brilliance.

My genius was recognized throughout my childhood. When I was a child I always felt safe and loved and everyone honored my progression and supported my development of the innate gifts that strengthened and grew throughout my life. Everyone honored my sovereignty

and autonomy and taught me to love and honor myself and to respect my body and my life, which allowed me to grow to adulthood unmolested and independent.

I have always known the truth of my magnificence and I have always allowed my abilities to soar.

I have always known the value of my part in the plan of the Creator and throughout my progression I have only selected paths that will bring me the most graceful and expedient progression to mastery. These paths have brought me an abundance of relationships that are honoring, happiness, wealth, prosperity and health.

I have so much energy. My body is perpetually rejuvenating and is always energized. I am so happy. I love my life. I can do anything. I have no limitations. I never attract drama, trauma or harm to my host body or events and experiences that could lower my vibration and light quotient.

I am a success in my life. I am a champion. As I prepare for sleep now I revel in the accomplishments of this day and I know that tomorrow will unveil even more opportunities for me to love and appreciate myself and to reflect love to all that is." (Add the theme of your Vision, asserting the successful progression of your steps.)

As you sleep, this process empowers the Creator and your God Self to reformat copious layers of limiting genetic and current life formatting as your ego program file accesses as much limiting data as it can to substantiate a rebuttal to your positive claims.

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**TRANSFORMATIONAL SEMINARS**  
***By Jill Marie***

***Define the Abundant Life you are choosing to create and transform your reality to match your Focused Vision.***

***[www.SerenityVibrationHealing.com](http://www.SerenityVibrationHealing.com)***