



## **PEELING THE ONION**

I first want to re-emphasize that in reality you already are your Higher Self, so this is not a pushing to become something you aren't already. Rather it is a peeling away of layers - like an onion - until the shining essence of your True Self is fully revealed and you are once again consciously one with that Self. So the good news is you already are perfect. On the other hand, that doesn't mean there isn't a lot of work you need to do to realize and outpicture that perfection again!

### **The "Onion"**

I have personally found that strong visualizations help considerably in keeping the focus on whatever it is we want to do. In this case, see your Higher Self as a spherical being of the brightest, shining Light you can imagine and know that is who you truly are! Picture it as centered in your heart. This is the core of the onion. Surrounding that beautiful light of your True Self are many layers, with each layer causing the Light within to grow dimmer and dimmer. (More on this later.)

### **What are the layers?**

The layers that surround and obscure the Light of the Higher Self consist of many things - false beliefs and perceptions, limiting thoughts, fears, doubts, anger and other negative momentums, non-forgiveness, hardness of heart, and the energetic density caused by the consequences/karma of negative thoughts, feelings, words and actions - not only in this life, but past lives.

It is the purpose of this book to help you identify the layers of your own personal onion and with a step by step approach, dissolve those layers until you are once again reunited with your Real radiant Self!

## **A FOURFOLD APPROACH**

Establishing a strong connection with your Higher self, including dissolving and peeling away the layers that are blocking you from connecting and reuniting that Self, involves a fourfold approach. Steps in each of these sections will be used simultaneously according to your own personal plan.

### **Section One - Practical Steps**

These practical steps include:

- discovering what layers make up your personal Onion
- methods to begin consciously connecting with your Higher Self
- how to strengthen that connection throughout the day
- addressing physical issues such as diet and exercise
- formulating your own daily Personal Plan

## **Section Two - Overcoming Bad Habits & Negative Momentums and Letting Go of Limiting Beliefs**

This section includes:

- identifying and acknowledging the habits, momentums and limiting beliefs that have contributed to the layers of your Onion
- 7 Day Self-Evaluation
- assessment, examination and decision after evaluation
- step-by-step plan to overcome your negative momentums
- powerful keys to stopping bad habits
- how to let go of limiting beliefs

## **Section Three - Establishing and Reinforcing Positive Momentums**

By reinforcing and establishing new positive momentums, the connection to your Higher Self will automatically become stronger! This level includes:

- becoming the energy of peace - steps to practicing peace in your day to day life
- the power of gratefulness - how it can change your focus and greatly improve your life
- cultivating joy - a vital key on the path
- how to become more harmonious - the magic key to reconnecting with your True Self
- becoming non-reactive and the power of Neutral - essential elements to overcoming emotionally charged reactions to people, situations and events
- learning to live in the Present
- letting go, surrender and trust - substantially decrease worrying!

## **Section Four - Spiritual Tools & Techniques**

This level features many spiritual tools and techniques which will help you more deeply connect with your Real Self, including:

- learning to meditate and specific meditations to help you connect with your Higher Self
- how to center in the Heart and open the "secret chamber" where your True Self "resides"
- learn about your aura and chakras and how the chakras are a gateway to your Higher Self
- how prayers, decrees and mantras can strengthen the connection to your H.S.
- learn about the miracle gift of the Masters which will help dissolve the layers of your Onion - a technique that can help you overcome negative momentums and karma - called the "Cosmic Eraser!"

