

## Session 10

### 10 Reflections on Communicating with the Universe

1. The Universe is the divine matrix, a field of energy that connects all creation and serves as a mirror and responds to the energetic frequencies of our beliefs, repeated thoughts and feelings.
2. As well as experiencers of what unfolds in the Universe, we are also participators in that we are actively participating in our experiences whether we are doing it consciously or unconsciously.
3. The language of the Universe is emotion, we are consistently communicating through our emotions.
4. There are no errors with alignment, we are always, at some level, a vibrational match for our experience.
5. The hidden repressed and suppressed emotion we carry vibrates and communicates with the Universe which is why we often don't recognize ourselves as a match for our experience.
6. We are in resonance with everything in our surroundings, from our homes to our cars etc., and often when something inside us changes the things around us change too. Our world is showing us physically what we are experiencing emotionally.
7. To communicate our desires to the Universe we have to create the emotion inside of us as if we already have what we want (and hold it long enough) in order to become a vibrational match for it.
8. We often give up before we have become a vibrational match for what we want because we don't have faith that its coming and we fall back into the old feelings of not having what we want.
9. Emotional mastery is the absolute key to conscious creation because until we have control of our emotions, we are repeatedly manifesting from the out of control emotions that we are constantly battling.
10. Whatever we are focused on, thinking about, talking about, worrying about, enjoying, resisting, embracing becomes our point of attraction. Where attention goes energy flows. The more energy we can direct to our point of attraction the more powerful the pull to the Universe to respond.

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- 11.** Finding things that give us joy and put us in a vibrational state of happiness speeds up the manifesting process. Worry, stress and impatience, doubt (trust is the first issue) all slow down the process and rather than bring in what we want, they bring in what we don't want.
  
- 12.** We are not separate from the Universe and to become powerful conscious co-creators and take control of our healing, the success of our relationships, careers and our happiness, we have to know and understand ourselves as being a part of it.