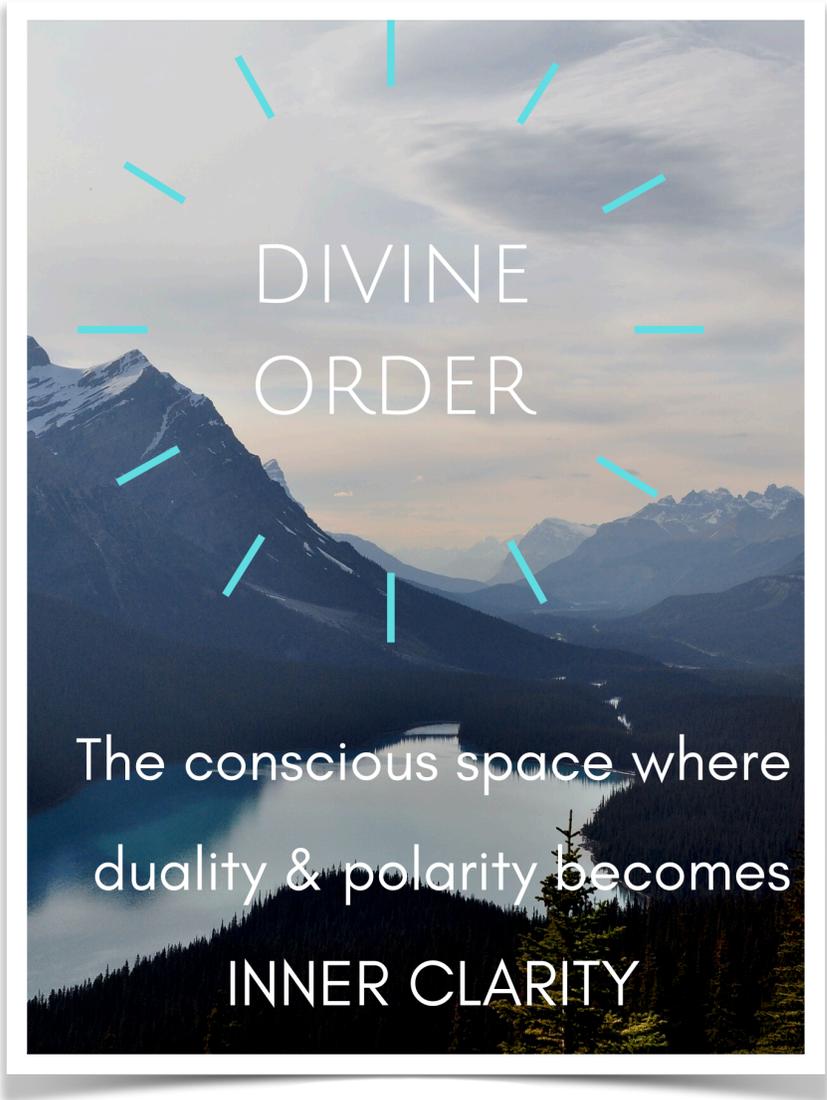
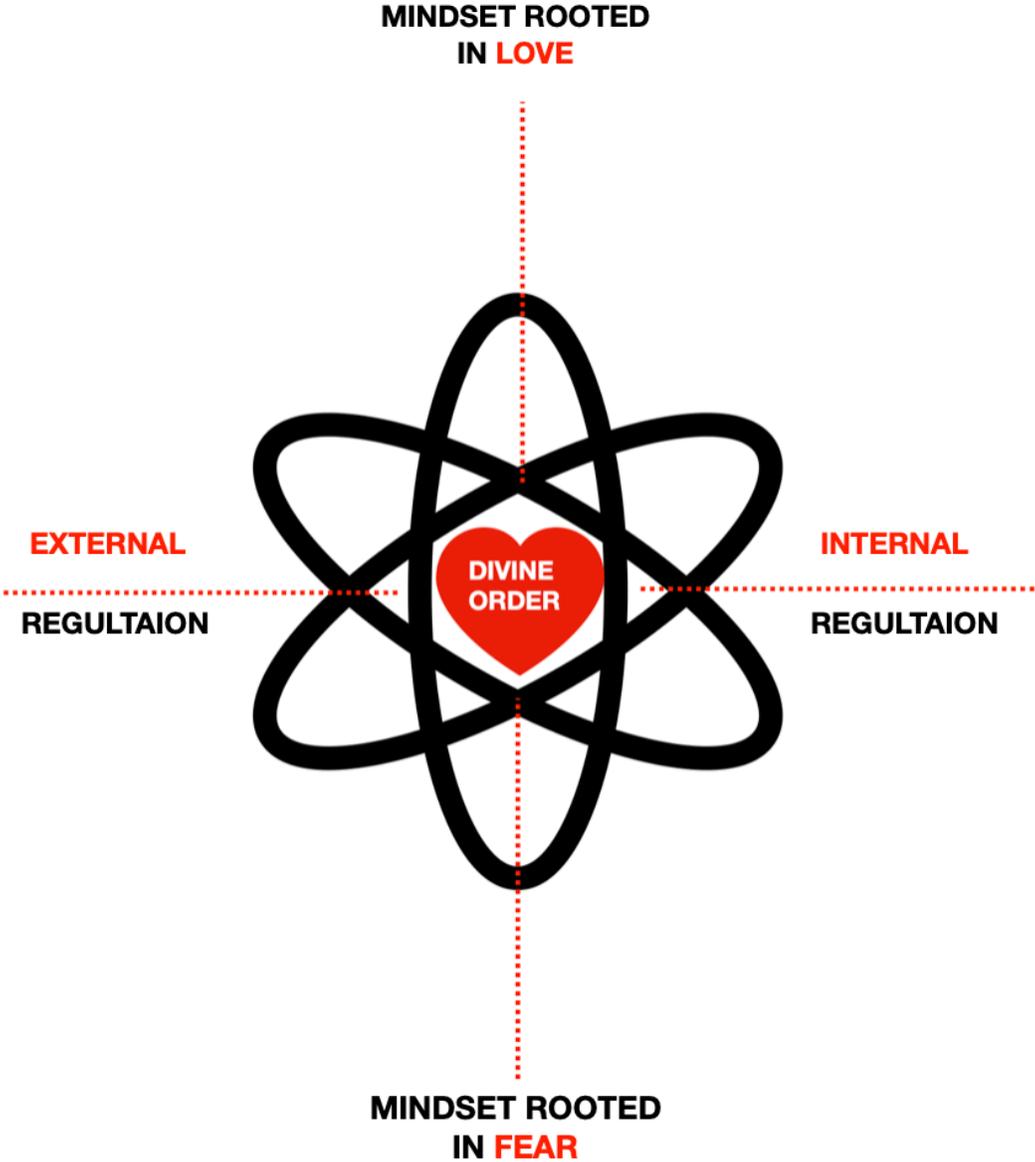


The Perception Point of Divine Order



Finding the mental and emotional perception point of Divine Order.
The place where duality and polarity give way to inner clarity.

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Living and perceiving life at the mental and emotional energetic juncture of Divine Order.

Divine Order is the mental and emotional perceptual space between duality and polarity.

If we consciously place our mental perspective and emotional focus in this energetic space, we release negative emotional arousal and find clarity around what is driving hypnotic, reactionary survival patterns or limiting beliefs that no longer serve us.

First, let's clearly define duality and polarity.

Duality - is the unconscious **emotional reaction** of being dragged up and down the emotional spectrum of love and fear.

Polarity - is the unconscious **emotional regulation** to either our outer environment or our internal emotional needs.

When we experience negative emotional arousal we are in the emotional, unconscious pull of duality and polarity.

When we fully commit to ourself, (step 0 in the architecture of inner peace) self-awareness becomes an embedded behaviour.

When we are self-aware, we know when we are experiencing negative emotional arousal.

If we consciously pause and compassionately investigate the duality and polarity that we are experiencing in the present moment, we are consciously positioning our mental perspective and emotional focus at the energetic juncture of Divine Order.

From this conscious space of ***"I am feeling negative emotional arousal and something needs to be released"***. We access the juncture of Divine Order by asking ourselves the following questions:

Question 1. Am I regulating too my external environment, or am I honouring my internal emotional needs?

This first question can often be enough for us to realize where our subconscious mental and emotional energy is focused. If we find we are externally focused, we are not owning or honouring our needs first and in turn, limiting and depleting our overall self-worth.

To fully reground your emotional state of being, and release the root cause of the negative emotional arousal, compassionately explore these secondary questions:

Question 2. How is what I am feeling in this present moment affecting my internal architecture of peace?

Step 0: How is this impacting my commitment to myself?

Step 1: Am I protecting what I love, want, need and desire?

Step 2: What emotions am I experiencing?

Step 3: What belief(s) am I functioning out of?

Step 4: How is this playing into my sense of belonging?

Question 3: What do I need at this moment. And do it right then and there, not later on!

Use your somatic regulation techniques, <https://bit.ly/3vsChvF>

Perform an Acknowledge, Release and Shift ritual: <https://bit.ly/3t5jSDD>

Give yourself the time you need too, to do what you need to do to anchor your new awareness and emotional state of being. (A walk, a sea salt bath, a meditation, a tea with yourself, etc)

*By framing our compassionate enquiry through this framework, our perspective shifts from illusionary fear and re-roots itself in **self-compassion, which is the energetic juncture of Divine Order.** In doing this internal enquiry **We have effectively felt our way into the heart of the issue, and can now clearly think our way out of it, and respond to it consciously.***

When we place our mental perception and emotional focus at the juncture of Divine Order, we automatically experience Self Compassion. Self Compassion allows us to lovingly identify where we are not showing up for ourselves and subconsciously functioning out of stagnant survival behaviours or limiting beliefs.

When we nurture ourselves through negative emotional arousal, we shift away from ingrained, automatic emotional survival responses. As we do this, we create new capabilities, a new level of inner confidence and a deeper sense of self-worth - **which consciously and permanently shifts our Karma.**

When we shift our Karma...We create a new way of being.

The juncture of **Divine Order** is where we experience **self-compassion.**

The juncture of **Divine Order** is the space in which we **stop 'seeking' love and start 'being' love.**

The juncture of **Divine Order** is where **illusionary fear is dissolved and authentic self-love and self-worth firmly take root.**

By committing to placing our self-awareness at the juncture of 'Divine Order', **the conscious exploration of emotional duality and polarity creates inner clarity.**

Divine Order is the juncture of mental and emotional clarity, where **illusion can be unlocked and spiritual ascension is experienced in human consciousness.**

Remember: **Life happens through you.** When your attention and perception is focused in the space of Divine Order - **you are living your heavenly perspective on the physical plane.**

One thing we can be sure of: subconscious emotional survival patterns, limiting beliefs, negative emotional arousal, destabilizing life events, perceived worries, fears and anxiety will always pop up and unfold in our day to day life. **How we show up and hold ourselves during these events shapes our self-worth, our spiritual karma and human emotional experience.**

When we focus our perspective on Divine Order, our **Ego evolves and begins to respond to external life events differently.** No longer from old survival patterns and limiting beliefs, but from **our new state of being, which is ever-growing expanding and evolving. This is the process of human ascension** from the **Chained Ego's unconscious** state of automatic reaction into the **Winged Ego's, consciously aware state of being.**

Following are examples of how the **Chained Ego unconsciously reacts** to life events and conversely, how the **Divine Order of the Winged Ego consciously response** to life events.

If we find ourselves dwelling in the fear end of the emotional spectrum of duality, or the external perception point of polarity, ***it is time for us to shift our mental perspective and emotional focus to the juncture of Divine Order. In doing so, we can lovingly nurture ourselves to our new state of being, deepen our self-worth and perpetually elevate our Karma.***

Operating from an unconscious mind set off FEAR	Operating from a conscious mind set of LOVE
Known as the Chained Ego state of unconsciousness	Known as the Winged Ego state of consciousness.
Insecure attachment to self, core beliefs and sense of belonging is either <i>too rigidly rooted in fear,</i> (where we either hang onto them too tightly or sway from them too easily).	Secure attachment to self. Core beliefs and sense of belonging are firmly rooted in self love, yet are an ever expanding reflection of our spiritual growth. As we expand spiritually so do our beliefs and our sense of belonging.
Don't just stand there - do something! Jumps into action immediately, reacting to the situation unconsciously and often from engrained survival patterns, beliefs and behaviours.	Don't just do something - Stand there! Acknowledge and Process fully, then respond to the situation consciously and in alignment with core beliefs and inner sense of belonging.

Operating from an unconscious mind set off FEAR	Operating from a conscious mind set of LOVE
Unconscious emotional reaction to life events. (<i>Hypnotic, automatic emotional reaction rooted in behavioural survival patterns and limiting beliefs</i>)	Conscious emotionally regulated response to life events. (<i>Conscious emotional response to the emotional arousal you are experiencing in the present moment</i>).
Everything happens for a REASON , and I need to find that reason,(payoff / proof) to be at peace, (satisfied or accept) this situation.	Everything happens as it SHOULD , (It can't happen any other way). Therefore, I choose to surrender, go within and respond consciously to the situation in alignment with my core beliefs and inner sense of belonging.
Things in my life happen 'to me' . Others are responsible for how I feel.	Things in my life happen 'through me' . I am responsible for how I feel and how I act.
Seeks immediate outcomes and responses to issues that arise in life.	Allows space for divine guidance when addressing challenging issues that arise in life.
Seeks, advice and validation from external sources , that you are right and other's are wrong when dealing with conflict in life.	Goes within and validates against personal core beliefs and sense of belonging to address conflict in life.
Self worth is dependent upon what you do and the external validation you receive for doing what you do.	Self worth is stabilized by the unwavering commitment of how you treat yourself and honour or your needs first.
Some one else is at fault and I blame them.	Everybody is at fault, and no one is to blame.
Internal Discourse - the mind always in internal discussion. Asking questions, looking for answers, locking the mind into negative rumination. (Self distraction)	Internal Stillness - the mind consciously choosing to be still so you can feel your way into what you are experiencing and clearly think your way out of it. (Self awareness)
Thinking through the issue. - suppressing feelings and thinking yourself into obsessive rumination. Focus on trying to control other people and the external factors, rather than emotional regulating internally.	Feeling thought the issue. - feeling your feelings, acknowledging how these feeling feed into what is that you love, want need and desire, your core beliefs and your sense of belonging. Then from a place of clarity, thinking your way out of it.

Operating from an unconscious mind set off FEAR	Operating from a conscious mind set of LOVE
<p>Prioritizing people pleasing - the most manipulative way to seek love. Acting out of the subconscious need: <i>If I do this for you, then surely you will love me in return</i>, repels others from supporting you in what it is that you love, want need and desire.</p>	<p>Prioritizing Self preservation - committing to yourself and protecting what it is that you love, want, need and desire, attracts others who also share and want to support what it is you love, want, need and desire.</p>
<p>Judging others on the beliefs they hold that are different from yours. (Often because we are insecure in own core beliefs and sense of belonging).</p>	<p>Accepting others point of view, while remaining unthreatened and secure in your core beliefs and sense of belonging, no matter how different their beliefs are from your own.</p>
<p>Past wounds are an emotional rumination and dwelling point.</p>	<p>Past wounds are an emotional reference point.</p>
<p>Outcome focused - Obsessively trying to controlling a future outcome results in manipulative action and a diluted outcome.</p>	<p>Input focused - giving conscious, authentic action around what it is that you love want need and desire. In doing this, the outcome we receive is far greater than what our present consciousness can comprehend.</p>
<p>Putting your energy into ‘helping others’ in an attempt to boost your emotional state of being. This is in fact you bleeding your emotional needs onto others -I need to help you to feel good about myself.</p>	<p>Putting energy into yourself so when you help others you are firmly grounded on your emotional sate of being. This is others attuning to your secure energy, and them helping themselves.</p>
<p>Not asking for help when we need it. Not allowing others to help up, is self neglect and an act of consciously rejecting love.</p>	<p>Vulnerably asking for help when we need it. Takes courage and is an act of self love, self responsibility and self respect.</p>

Consciously placing our mental perception and emotional focus at the junction of Divine Order, is us living the Divine Spiritual Law of:

“As above so below, as within so without”.

To follow are visual representations of the energetic difference of (A) When we are unconsciously acting out of old stagnate emotional survival patters and limiting beliefs and (B) When Our Winged Ego is in flow of Divine Order

The energetic loss that occurs when we emotionally regulate to our external environment, rather than our internal emotional needs.

Emotional regulation to the external world **fatigues and dis-regulates our emotional state of being.**

When your emotional regulation is placed outside yourself, **you will always be pulled away from what it is that you love want need and desire.** Your beliefs will remain limited, and your sense of belonging will always depend on what's unfolding in your outer world.

When you focus emotional regulation on your external environment, rather than your internal emotional needs **you are lowering your inner economy of Self Worth.**

When you negate to meet your inner needs first, **you are setting a vibrational resonance of 'self limitation'**

Existing in the vibrational energy of **'limitation'** your self awareness, self love, self compassion, self responsibility and self respect can not fully take root, **they remain, an insecure, dependent, unanchored emotional energy** that constantly pulls your mind into the duality and polarity of love and fear.

When you emotionally regulate to your outer environment, your emotional state of being **remains at the mercy of what is unfolding in your external world.**

CONVERSELY

When you emotionally regulate to your inner needs, **your inner self worth is abundant and unwavering,** allowing you to hold yourself in a state of self awareness, self love, self compassion, self responsibility and self respect **regardless of what is unfolding in your external world.**

As you become unwavering in meeting your emotional needs first, you **shift your vibrational resonance from 'limitation' too 'wholeness and authenticity',** which in turn attracts what it is that you love, want, need, and desires to appear in our outer world.

The energetic abundance, ease and flow that occurs when we emotionally regulate to our internal emotional needs first. |

Emotional regulation to our internal needs creates a vibrational resonance of wholeness, authenticity & stability, **that feeds, fuels and sustains Divine Order within us and in our external world.**

When our **vibrational resonance is stable and whole, unwavering self worth takes root** and effortlessly emanates from us into our outer world.

Our level of self worth is important as it determines **how lovingly we can hold ourself through emotional adversity.** Unwavering self worth is the natural by product of **committing too, establishing and stabilizing our personal architecture of inner peace.**

Step 0: *When we fully commit to ourself, our self awareness takes root.*

Step 1: *As we protect and honour what it is that we love want, need and desire, our authentic self love deepens.*

Step 2: *As we honour our feelings, our inner well of self compassion overflows.*

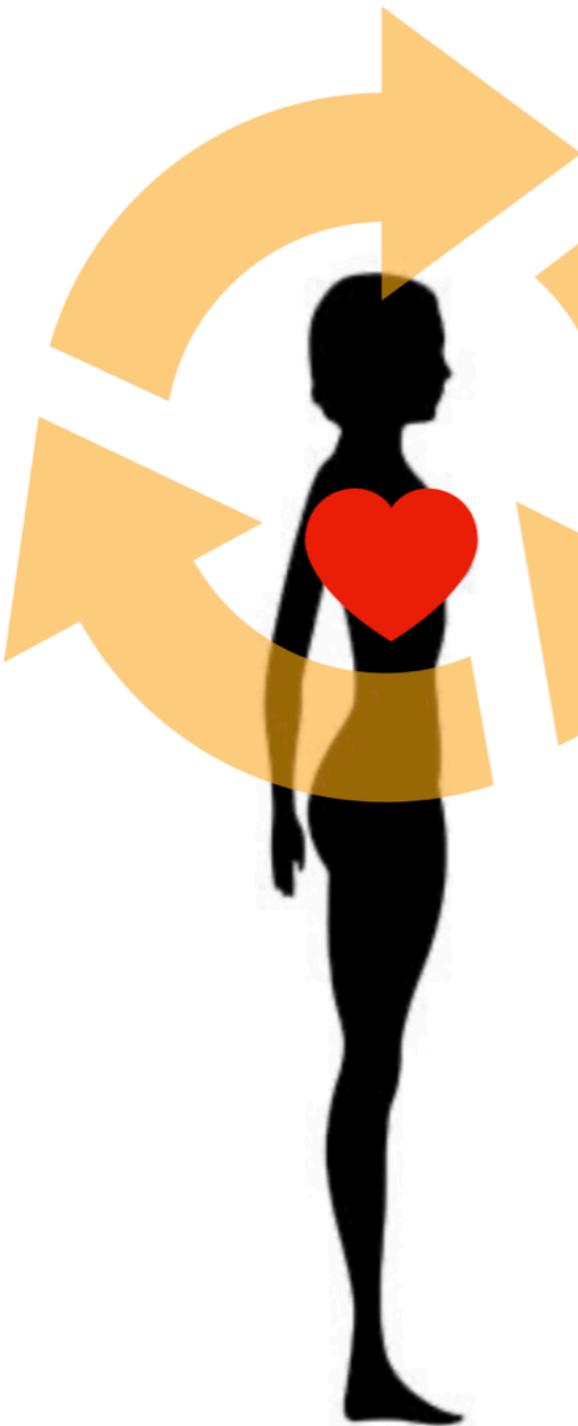
Step 3: *As we honour our core beliefs, and weed out our limiting beliefs, our self responsibility guides our behavioural responses and emotional regulation effortlessly.*

Step 4: *As we honour our true sense of belonging, our self respect invites and guides what we attract into our life.*

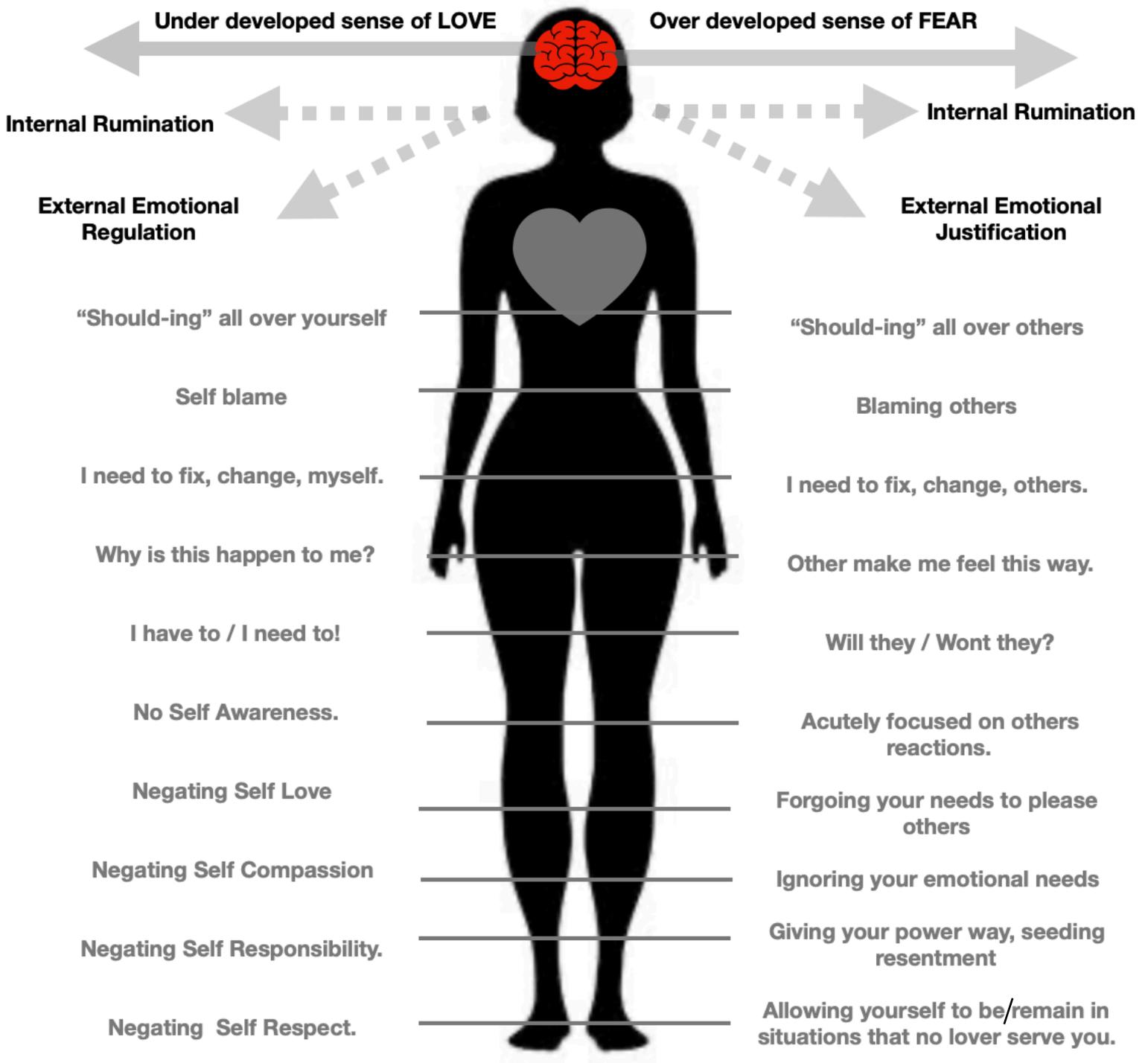
Step 5: Clear thinking - (Clarity) this is the spiritual law of Divine Order. When we commit to honouring steps 0-4, we automatically experience Divine Order and abundant self worth.

Step 6: Receiving Divine Guidance. When we are in a mental and emotional state of Divine Order, our self worth is abundant and whole and we can fly above the chaos of day to day life, no matter how trivial or major the life events may be.

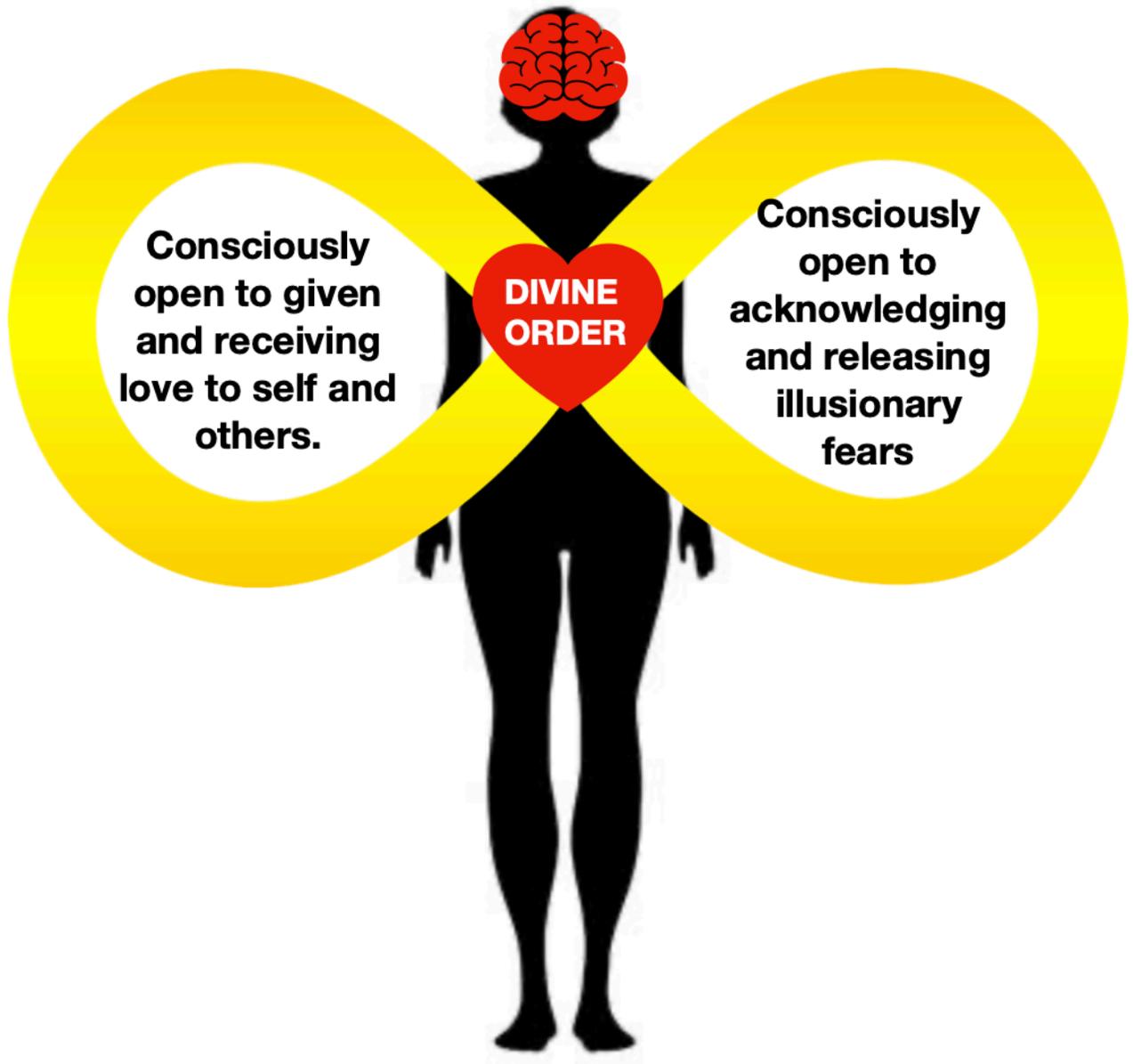
When your mental perspective and emotional focus is rooted at the juncture of Divine Order, you are in a constant state of grounded positive emotional regulation, no matter what is unfolding in your outer world. This is living in Divine Order.



Energetic depletion that occurs when we are unconsciously stuck in the emotional duality of love and fear.



Energetic flow that occurs when we place our energetic, mental and emotional perception at the junction of Divine Order.



Foundation 0. Self Commitment.

Foundation 1. Protecting what it is that you LOVE want, need and Desire.

Foundation 2. Feeling your true feelings.



Foundation 3. The Beliefs you hold.



Foundation 4. Your sense of belonging.

NOTES: