

Planting Seeds of Light

1. Follow the Model of BE, DO, HAVE: Be the light!

- Own the lights
- Use the lights every day. You are developing your unique and powerful story and building confidence in how well the lights work.
- Then you will have a successful way of sharing from your heart in a way that is of service to others.
- Intention + Mechanism = Results (The mechanism will show up when you have a strong intention)
- The Results we experience are always a product of seeds that we have planted.

2. Set your intention!

- What seeds do I want to plant? What is my intention in using/sharing light that is bigger than myself? What kind of experiences do I want to help others have? Examples: Wellness Empowered, Abundance, Joyful Living, Pain Free Living,
- This can evolve over time. Don't wait for the perfect answer to get started.
- Monday Set Your Intention Call: 8:30am mst with Shirley and Marta. Recorded each week.

3. LISTEN: Life is a conversation. Practice active or be-with listening.

- Listen to yourself and your self-talk, your commitments
- Listen to the commitments of the people around you.
- Surround yourself with positive and empowering information.
- Take advantage of the education that is offered by our Team via conference calls, our website resource library, classes, books, meetings.
 - Our Website: www.shinewithlight.com our facebook site: www.facebook/shinewithlight.com
 - Our Team Calls Every Thursday morning 8:30am or on recording.
 - Our Tuesday Light Talks at 6pm mst.

Listen to recorded calls, read our notes on prior calls at member section of shinewithlight.com

- Listen and learn from additional education: Take part in the light & energy and personal mastery education courses.
 - BlueSky Energetics - blueskyenergetics.com

4. Ground your Intention in Action Steps within a context of Service – Make & Keep Powerful Agreements

A. Put as many people as possible on the lights.

- The more people you put on lights, the more successful you will be.
- There is no shortage of opportunities to share lights – conferences, health groups, meet ups, health food store education sessions, women's groups, church groups, teams...

B. Always use the waiver form and use it to help you build a relationship.

C. Have people learn about the lights while first experiencing them - Audio or Presentation.

D. Have a system for follow up –

- With appointments offer packages
- Use before and after experiences, photos, feedback, the Heart Rate Variability test, to help clients see visible results & value.
- Offer a rental opportunity – yours or through the company – with the full email and calls
- Have regular education opportunities – meetings, webinars, newsletters, social media
- Build in purchase possibilities from the beginning.
- Follow through with your commitments.

E. Think of the compensation plan as another way to empower people.

- Money is energy & your relationship with it mirrors your commitment and intentions
- Coach and develop with team thinking to build faster

Stay Focused on What You Are Planting:

1. Lead by example
2. Keep and Make Powerful Agreements
3. See Breakdowns as Opportunities
4. Be Coachable – ask for and receive feedback – be open to looking at what limits you.
5. Practice Be-With Listening
6. Take Responsibility For Your Actions and Behavior
7. Be a team player – “Creating bold, ethical, compassionate leaders who will create a world that works for everyone with no one left out.”
8. Don't settle for ordinary when extraordinary is so much more fun. Be open to abundance!

The Diamond Cutter - Geshe Michael Roach

Why Diamonds:

Diamonds represent a hidden potential in all things.

Diamonds are perfectly clear, almost invisible, and the hidden potential of everything around us is just as hard to see. They come very close to being something which is absolute –the hardest thing there is – and the hidden potential in things is their pure and absolute truth. Every sliver of diamond that exists anywhere in the universe is exactly the same stuff as every other one – pure 100% diamond – and it is true of the hidden potential of things too that every instance of the potential is just as pure, just as absolute a reality, as every other substance. – p.19

Hidden Potential:

Recognition that there is nothing innately good or bad about anything in our world. Things are empty in and of themselves and everything depends upon how we perceive it. P.42

Whatever is making us see things one way or the other is forcing us to see them that way, despite ourselves, despite what we want in the present.

Good or bad things that happen to us don't happen like that from their own side.

Mental Imprints:

Our minds are like a very sensitive piece of film, and whatever we expose them to – in particular, whatever good or bad we see ourselves doing to others – makes a definite imprint or impression that stays long after.

The strength of which they are planted depends on the various factors including our intentions, the strength of our emotions; how well we recognize what we are doing; the style with which we act; the degree to which we own our actions afterward; and certain details of the person toward whom we have acted. P.66

Like seeds of the natural world, seeds within the stream of the mind continue to grow after they have been planted, and they grow, as in nature, in an exponential way. P.66

4 rules that govern how imprints from the past flower in the mind:

1. The general content of the experience forced on you by the imprint must match the general content of the original imprinting. Negative action can only lead to negative results and a positive action can lead only to positive results. "grapes could never grow from thorns, nor figs from thistles."
2. The strength of the imprint continually expands during its time in the subconscious.
3. No experience of any kind ever happens unless the imprint that triggers it has been planted first.
4. Once an imprint is planted in the mind, it must lead to an experience: no imprint is ever wasted.

Even a relatively minor action, if undertaken with a conscious awareness of how imprints make us see an otherwise "neutral" or "empty" world as we do, will lead to tremendous results. P. 69

A person who even comes close to understanding how imprints make us see our world as we do can then go about creating, consciously, a perfect life and a perfect world.

Three ways to plant imprints: through actions, words, and thoughts themselves. By far the most important of these is the third: that is, the deepest imprints are created by attitudes alone.

How do we use this awareness for success in our lives and our business? We just have to figure out which imprint it is that we can plant in our minds to see, later on, the market as we want to see

it, profitable. And this depends upon maintaining certain states of mind, maintaining certain standards of behavior, and knowing how to call on the power of an act of truth.

I'll tell you briefly the fine qualities
Of those on the path of compassion:
Giving, and ethics, patience, and effort,
Concentrating, wisdom, compassion and such.

Giving is giving away what you have,
And ethics is doing good to others.
Patience is giving up feelings of anger,
And effort is joy that increases all good.

Concentration's one-pointed, free of bad thoughts,
And wisdom decides what truth really is.
Compassion's a kind of high intelligence
Mixed deep with a love for all living kind.

Giving brings wealth, a good world comes from ethics;
Patience brings beauty, eminence comes from effort.
Concentration brings peace, and from wisdom comes freedom;
Compassion achieves everything we all wish for.

A person who takes all seven of these
And perfects them together will reach
That place of inconceivable knowledge,
No less than the world's protector.

Nagarjuna – String of Precious Jewels

The Universal Laws of Possibility and Imprints:

1. In order to see yourself do well in business and prosper financially, plant imprints for this in your subconscious by maintaining a generous state of mind.
2. In order to see yourself in a world which is just generally a very happy place, plant imprints for this in your subconscious by maintaining a very ethical way of life.
3. In order to see yourself as physically healthy and attractive, plant imprints for this in your subconscious by refusing to ever get angry.
4. In order to see yourself as a leader in both your personal life and in business, plant imprints for this in your subconscious by taking joy in constructive and helpful actions.

5. In order to see yourself able to focus your mind steadily, plant imprints for this in your subconscious by practicing deep states of concentration, or meditation.
6. In order to see yourself freed from a world where things don't work the way you want them to, plant imprints for this in your subconscious by learning the principles of hidden potential and mental imprints.
7. In order to see yourself get all you ever wished for, and see others get all they ever wished for as well, plant imprints for this in your subconscious by cultivating an attitude of compassion toward others.

What makes a business fail – what causes cash flow to slowly choke off and employees to leave for competitors – is normally the accumulated effect of many minor negative actions and thoughts, small white lies and small bursts of negative emotions like stinginess, modest imprints that have grown into huge, twisted oak trees.

It is not really a question of how you act determining how things seem to you. Rather, the things themselves are being produced by your imprints – the world around you, the people around you, and even the way you are yourself, all of these things are a creation of your own past actions, words and thoughts --- good and bad done to others.

These are cognitive truths with a firm foundation in the actual experiences and wisdom of eminent individuals who have, over the last two and a half thousand years, tested and used them successfully. In short, they work – and they work without fail.

Problem Number 1: Your budget is unstable and in a state of flux:

Solution: Be more willing to share your profits with those who have helped you produce them and be very strict about never making a single penny through any improper action. The amount you share is not as important as your willingness to share.

Problem #6: The employees and management around you always seem to be fighting with one another.

Solution: Be really careful never to engage in the kind of talk that has as its aim, splitting people up. Did you notice, by that way, that the solution has almost nothing to do with going to these people and trying to talk them into being nice to one another? The fact that they are fighting in your presence is something you have to experience because of an imprint in your mind. **YOU FIX YOUR LIFE AND YOUR BUSINESS, and your World by fixing yourself.**

Problem #18 People around you don't step forward to help you out when you most need it.

Solution: This is the result of taking some kind of unhealthy pleasure in other people's problems. Refuse to indulge in that morbid fascination.

Problem #19 You find yourself unable to control your temper, you get angry at employees, suppliers, customer, the weather, the phone, and just about anything else.

Solution: Anger of this type is an interesting problem in the world of potentials and imprints. It is a result again of wishing problems on others – or at least not being unhappy at all to see certain people have a problem. If we really want to succeed, on any level, on every level, we must seek to stamp out unhappiness in its every form.

A few basic principles:

1. Causes come before their results
2. Causes are smaller than their results
3. Growing Things Takes Time
4. It Helps To Have A Tracking System: 6 time a day journal. P.139

5. Understanding what you're doing makes it infinitely stronger

6. Always end with an act of truth:

If it is true that, during this entire day, I have been mindful of all which I said to others, and did to others, and even of my thoughts toward others, and acted thus throughout the day with complete honesty toward each person I came in contact with, then may a new power be born. And by force of this new power may I, and all those in my world, achieve through our work true happiness, and prosperity, together.

Acts:

Silent time each day to breathe, meditate, and role play. P.152

Circle Time

The person who has the best chance of truly being generous to others is a person who has figured out the biggest secret of life – the biggest source of all happiness. The best way to take care of others would be to turn them on to how to become wealthy themselves, and how to enjoy the wealth, and how to make the wealth meaningful. The very act of sharing wealth in this way – the unlimited proliferation of the knowledge of how to create wealth – is the most profound way to plant the seeds in your own mind for wealth you have never imagined. P.226