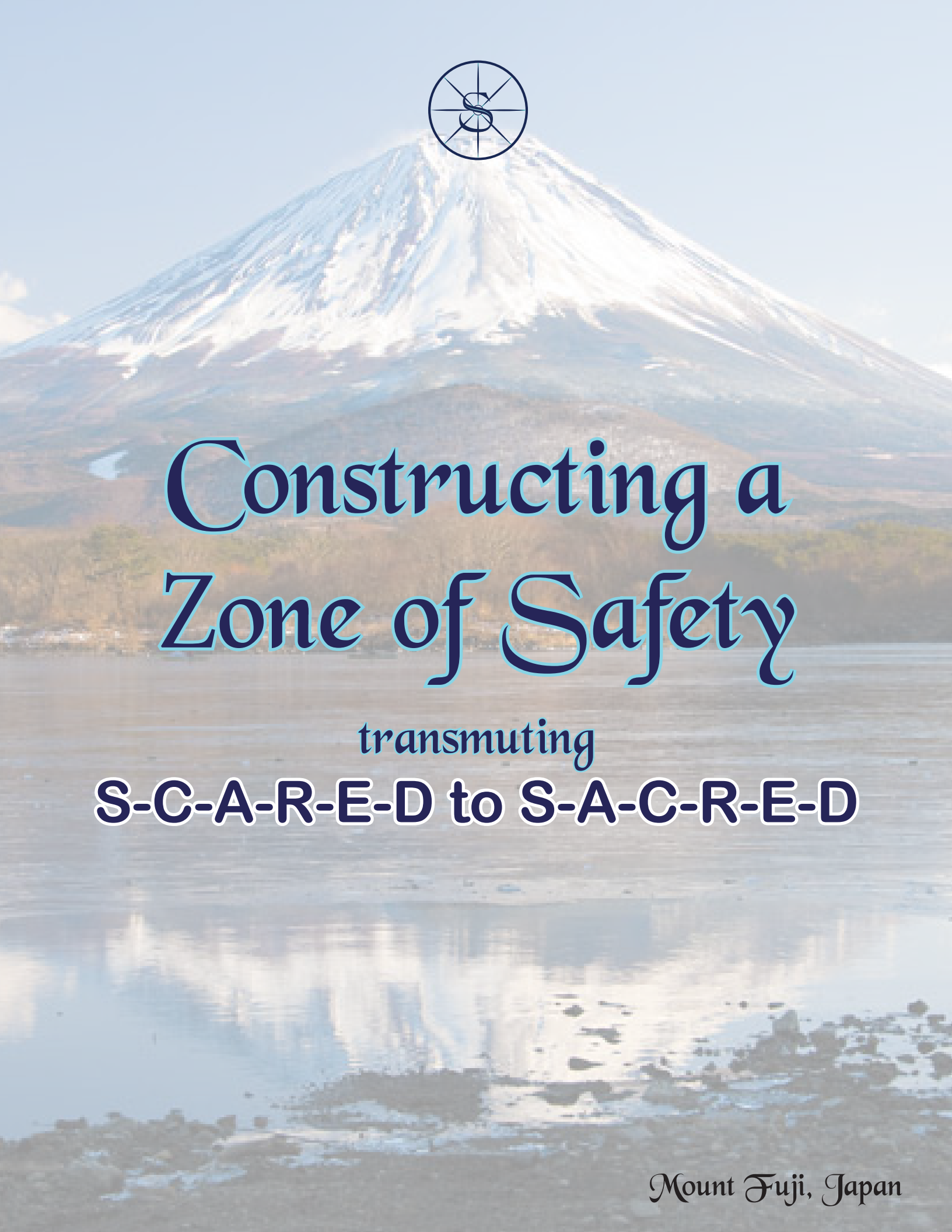

Constructing a Zone of Safety

transmuting

S-C-A-R-E-D to S-A-C-R-E-D

Mount Fuji, Japan

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Introduction

In this world of violence and chaos, more than ever, we need to find the power to create our own unique environment that we call "our zone of safety". Not that it is easy to do, however, it is much more achievable than we ever realized. Look at how scared to sacred is just switch of two little letters.

When we do not give power to the lesser elements in our own life or in the lives of others, we can create whatever we want, with no limitations. We keep our mental eye singly on what we wish our life to be. We have a greatness within that is stored, just waiting to be charged and manifested.

We must not deny any adverse conditions because that is to continue a perpetual mental warfare with those very things our mind is trying to destroy. However, when we face the challenges head on, we then have a greater capacity to expand our awareness and potential to secure our goals. When we believe that failure is not an option, our greatness within becomes activated. We bring forth the empowerment, capacity, ability, understanding and determination that can, and will bring success. It may take us several ways, roads and avenues, but in the end, we will know that we are already powerful in our own right.

Whatever we fear becomes our mantra. Therefore, we must utilize our fear to catapult us to another consciousness and awareness. Fear can often be a wisdom and this wisdom is extremely important to our survival and success. On the other hand, if we stay stuck in fear, with no exit plan, it becomes our paralyzer and defeat.

To create our own zone of safety, we must first acknowledge our fears. These then must be used as the foundation to a new, calmer and more successful way of living. Owning our vulnerability, fear and weakness is the primary step towards, empowerment, courage and strength. Through this, undesirable conditions will be counteracted and removed before they can advance any further.

We can use our fears as a way to become healthier, wealthier, and enlightened. Our superior self comes flying out like a dragon and roaring like a lion.

Exercise One

Glory for the MIND

moving to a more NOBLE life

Every tendency upward and onward towards higher attainments and greater achievements originates in a constructive and honest state of mind. To create a personal safe zone, one must be devoted, determined, disciplined and discerning. We cannot expect to create something different, pure and glorious, if we do not hold it within ourselves to make it happen.

The following suggestions are imperative in creating a zone of safety. Go through each one, mark 1 being the weakest and 5 being the strongest for yourself. Then comment on how you can improve on the ones you are struggling with.

_____ 1. Be transparent, honest and truthful in all relationships. If the other person is not willing or ready to hear it, we just need to admit the truth to ourselves, as denial is deadly.

_____ 2. Read or watch inspiring stories and events. Search for a mentor, hero or heroine.

_____ 3. Focus only on the intention of safety for what is being created.

_____ 4. It is not only important to know what to do, but why we are doing it.

_____ 5. Use self-control at all times, do not do anything that will cause shame.

_____ 6. Don't enter into arguments. We don't need to be right, we just need to know what is right.

_____ 7. Do not rush into ANYTHING, patience is vital to safety.

_____ 8. Discipline thought forms…they are the seeds to creation or destruction.

_____ 9. Avoid confusion – always seek clarity.

_____ 10. Surround ourselves with people committed to goodness and peace.

_____ 11. Do not listen to false media or news of any sort. Social media can be very dangerous.

_____ 12. When feeling very angry or frustrated, take 3 minutes, 3 hours, or 3 days to think it through.

_____ 13. Be courageous enough to think limitlessly and victoriously.

How you can improve on the ones you are struggling with?

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Exercise Two

Glory for the BODY

moving to a more SANCTIFIED life

A home of glory has nothing to do with finances. Each and every space can be transformed into a mansion. It can be created in the most simplest and smallest place. If we treat our home with respect and reverence, our internal strength responds with triple power.

As a matter of fact, sometimes, the smaller the space, the easier it is to create. The following are some suggestions that help us build our sacred temple, no matter where we are or where we live.

1. Pick the colors that make you feel the happiest and/or strongest.
2. Do not clutter the space.
3. Water is healing, so music with water or fountains are helpful.
4. Lighting is important for a peaceful state of mind. Lamps are suggested, whereas overhead lighting is hard on the spirit.
5. Diffuser with wonderful aroma oils.

6. For the bed or sleeping space, pick the color sheets that help you to feel safe.

7. Hang pictures and wall hangings that soothe your mind.

8. Window coverings are important and do not need to be expensive.

9. Battery operated candles.

10. Cleanliness is crucial for a safe zone.

11. Try to have healthy food and drinks.

12. No drinking or drugs…one can never feel truly safe if indulging in either.

13. Do not clutter with electronics…if your computer is in your sleeping space, cover it before going to bed.

14. Remove anything and everything that is connected to a hurtful or bad memory.

15. If travelling, it helps to make your hotel room a blessed temple as well. Put together a travel kit for that purpose.

Make a note on what you would like to incorporate into your home or office from the suggestions above.

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Exercise Three

Glory for the SPIRIT

moving to a more EXALTED life

Because we dwell in a world of lower dimensions, with so much chaos, embracing the unseen, spiritual world helps us cope with the problems and challenges of everyday life.

Unseen forces are extremely mighty. However, if we do not believe in them, they have no place to do what they are here to do and help where they are yearning to help. Their job and mission is to keep regenerating the 'light', wherever darkness has intervened.

Every minute, every decision, every action we take is a choice we make. We can decide to believe or not believe, take the easier road or learn the hard lesson, go for the light or fall for the dark. THE CHOICE IS ALWAYS OURS.

There is a reverence in believing in the higher forces. The Universe is always available to help us get through trying times – but do you believe that?

Spiritual Forces

Creation is made up of two components, the physical and the spiritual. The physical is perceived through our senses. However, the spiritual cannot be detected with our senses, nor through technology. It is felt through our souls.

Do you **believe** you are alone in this world or are there spiritual forces there to assist you? If yes, how do they appear in your life? If not, are you willing to expand your awareness and consciousness?

Angels

Angels are celestial intermediaries between heaven and humanity. They serve as protectors, guides and are also powerful messengers. We all have a guardian angel or angels that are here to help – we just have to pay attention to them.

Do you **believe** in angels? If yes, how do they appear in your life? If not, are you willing to expand your awareness and consciousness?

Higher Power

Our higher power is the bridge between our conventional physical realm and the unconventional universal realm. It catapults us to our rightful place because it holds a unique intelligence. We all have a higher power – we just have to acknowledge it.

Do you **believe** in a higher power? If yes, how does it work in your life? If not, are you willing to expand your awareness consciousness?

Divinity

Divinity is the union of our human and heavenly nature, whereby our personality and soul walk hand in hand. Divine planning holds the vision of wonder and wellness, which enraptures hope and harmony. We are all divine – we just have to know it.

Do you **believe** in a greater divine plan for yourself? If yes, how? If not, are you willing to expand your awareness and consciousness?

Exercise 4
Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?

Summary

When putting out an intention to build a zone of safety, there will be a fuller measure to our life than we could have ever expected. We are all important, and we all have the ability to infuse our world and universe with reverence. The invisible world, before the great wave of materialism engulfed us, used to be regarded as a source of all living.

When we create conditions for the purpose of respect and safety, we provide recuperation for all that is ill or ill-mannered and we recharge it with a steady increase of vigorous power for a healthy state of being and living.

Having an intention be a vehicle of safety for ourselves becomes a spiritual force that will benefit others and infuse evolution. Acceptance for what we cannot change is the first step in creating what we can change. They are integrating principles that empower our psyche. We take responsibility for helping the world by helping ourselves. We inject and perpetuate a sacredness into the atmosphere by creating a sacredness in our own environment, both internally and externally.

When we live the upper story of our minds, form space for a healthier body and focus spiritually on the magnificence of the unseen forces, we bring to the commonplace a quality and worth of heaven that the world simply cannot destroy.

Safety Wisdoms

Safety is felt...

1. when one responds, not reacts.
2. when one's internal feelings are matched with an external action.
3. when one has humility and humbleness.
4. when one knows their power is a prosperity in itself.
5. when one does not need to be right.
6. when one sees mistakes as opportunities for growth.
7. when one has a certainty, no matter what others think.
8. when one has perseverance.
9. when one knows oneself.
10. when one understands differences.
11. when one cares and shares.
12. when one is flexible.
13. when one has self-reflection.
14. when one wants others to succeed.
15. when one funds cooperation, not competition.
16. when one puts dreams into action.
17. when one constantly envisions a better way.
18. when one watches out for those less fortunate.
19. when one thrives in team.
20. when one helps those not in their power.
21. when one has detachment.

Safety Wisdoms

Safety is felt...

22. when one is ego free.
23. when one connects to something bigger than themselves.
24. when one has a respect for all living things.
25. when one blends sensitivity with sense of responsibility.
26. when one has integrity and impeccability.
27. when one pays attention to details.
28. when one has a belief in miracles.
29. when one constantly searches for mentors.
30. when one is truthful and honest.
31. when one is mindful of injustice.
32. when one is not attached to popularity.
33. when one has listening and learning skills.
34. when one stays strong, no matter their bank account.
35. when one communicates well.
36. when one has conflict resolution skills.
37. when one has an awareness of their environment.
38. when one has problem solving intelligence.
39. when one finds hope amongst hopelessness.
40. when one loves, loves, loves, loves and loves.