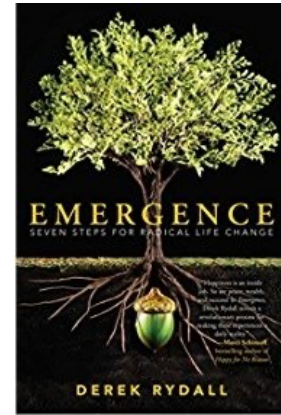


SUMMER SCHOOL 2023 EMERGENCE

WEEK THREE CREATE THE QUANTUM PLAN



KEY IDEAS from Week Four

In the Emergence model, the purpose of goal setting is not to get more from “out there” but to pull more of what’s inside you out. You may have to walk your desire path for awhile before the best route becomes clear.(p.59)

One of the greatest ironies is that we’re often so busy living the lives we don’t want that we can’t find time to plan the life we do. (p.71)

“Most planning approaches, even more enlightened ones, are still based on the Newtonian model of life that says we are lacking and have to create plans in order to make something happen, versus the Emergence model, where we are planning in order to make the “something,” which is *already* happening, welcome. (p.56)

“A quantum plan is more concerned with *who* is trying to emerge than with the *what* is externally accomplished. It’s designed to accelerate your evolution, to pull more of the real you out. If the end goal of your plan doesn’t require you to change, to become more of yourself, it’s not a quantum plan; it’s just a plan.” (p.57)

Resistance is natural. Expect and work through it.

“[A quantum plan] will require commitment, not just interest. Remember, the ego’s agenda is to keep you the same while giving you the illusion that you’re growing—or that you can’t grow— so there’s a natural resistance that comes up when you get serious about change.” (p.57)



Homework

1. In Stage One you either got in touch or started to get in touch with the highest vision for your life, intrinsic to who and what you are. Using that as impetus, ask yourself how much of that vision are you inspired to accomplish in the next year. Just like the acorn doesn't become a 20-foot tree overnight, your vision will emerge through you over time, growing and changing like the branches that emerge on the developing Oak tree.
2. Get a clear picture of what it will look and feel like when you have achieved this. Be as specific as you can. The outcome you imagine will one day be the evidence that you have achieved this. This is your visionary vibration.
 - a. What would it feel like to accomplish this over the next year?
 - b. Who would you need to become to accomplish this over the next year?
 - c. What would you be doing to bring about this feeling and being?
3. Write this down in descriptive form and let it be your One Year vision statement. "It's July of 2024 and I am overflowing with joy because I have just written the closing sentence of my book..." It's not about being rigid or getting attached to the outcome, it's about creating the vibrational state to allow your vision to emerge.
4. Continue to Practice Mystic Moments to LIFT your Vision (Living In the Feeling Tone of your Vision) (p.44-46)
Examples:
 - Before you get out of bed, take a minute to connect with your breath.
 - When you shower or bathe, affirm that mental-emotional debris is washing away as well.
 - Whenever you are at a stop light take the time to connect with your breath.
 - Before you start work, give thanks for your job and bless all who are a part of your work.

