

Bridges of Love – A work model

Mapping the mind, using the Magic Square

For the convergence of old building blocks with new ones,
 An aware tipping of the scale that has significance of preference
 And the constructing of inner bridge based on
 seeing all that exists and is and continually renew

 Mapping habits and conditioning that represent an old regulation. Identifying, deciphering and comprehending		Mapping new facets of expression, creating a significant preference. Formulating desire and demand, and active action	
Make a list of the habits, manners of action and mental expressions that you recognized and deciphered as such that are limiting and preventing a forward movement towards the next transformational step.		Make a list of the different facets of expression and manners of action that you wish to enhance and bring forth. Write down the inner commitments for action, and how you want to implement this, nurturing the manner of action represented within the new step.	
Limiting qualities	The root and cause of these qualities	Describe the new facets of expression and manners of action	Specify the commitments for active action
Avoidance	When I choose in avoidance, I defend myself from criticism or rejection and thus, avoid feeling pain	Enhancing feeling of emotional autonomy, self-worth, and self-acceptance - "I am that I am", thus healing self-criticism and judgment	Choosing unconditional self-acceptance over any thought or emotion, and in any situation I face

Remain aware of the values Purity of Word and a Continual Frequency that shall assist you in maintaining your commitment to create a significance of preference, for the large and small moments.

Every moment is a moment of choice. Every moment presents a gateway.

You are supported and backed.

The first step – identifying a limiting quality

In the first step, identify a limiting quality that prevents you from moving to the next step within the transformation process. This quality can be expressed as:

- A character
- A manner of action
- A mental/emotional pattern
- Habit or conditioning

These are qualities which maintain a gap between what we would like to express and our conduct at this given time

The second step – deciphering – The root and cause for this quality

In this stage we decipher the root and cause of this quality, creating an honest inner dialogue that exposes the root and source of the limiting quality. Possible guiding questions:

- ❖ What does this limiting quality enable or prevent?
- ❖ What does it serve?
- ❖ What do I gain from maintaining this quality?
- ❖ Is this a defense mechanism and from what?
- ❖ What am I afraid of giving up if I choose to release this quality/behavior/manner?

The third step – Formulating will and demand–

Describing the new expressions and modes of action

In this stage we formulate the will and demand, choosing a different thought, emotion or action, creating a new expression and action that replaces, supports or promotes the original need of the characteristic we wish to change. We can use the answers from the previous step.

For example: if I deciphered that I use avoidance as a defense mechanism to avoid judgment, criticism, rejection, and mostly – to avoid the pain that might result, I would want to find an alternative manner of conduct.

By enhancing the feeling of emotional autonomy, we can provide a resolution and build a bridge that enhances the sense of self-worth, self-acceptance, and the value "I am that I am", thus healing self-criticism and judgment – that no longer need to be projected by us and reflected within our "external" reality.

This shall present the new facets of expression and action that we choose to implement within our lives.

The fourth step – Active Action

Specifying my commitment for active action

In this last stage we specify our commitment for Active Action, defining which internal or external actions we wish to choose, making a commitment to ourselves.

Continuing our example from the third step, we can choose unconditional self-acceptance, understanding the importance of this process of healing and ascension. We can use the existing solutions within the network by sharing data with our fellow companions, through the mentoring and healing sessions, and by using the tools at our disposal.

It is important to make a commitment, understanding the importance of a continual frequency that creates an inner change in focus, and the crossing of a critical mass – and thus creating a quantum leap within our spiral of ascension, positioning ourselves upon the next step of development that exists within a new spectrum of reality.