



### section three

## PURIFYING THE PERSONALITY

*This work is about  
creating an expanded capacity  
to take life to the next level.*

Who am I?

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Soul:

- » There is an aspect of me that is eternal
- » It never dies, rather it enjoys different roles in the plan on Earth
- » Decides to come back over and over again
- » Returning is NOT a punishment
- » There is no punishing God

Personality:

- » This is the *me* I created as a response to my environment
- » There are high and low frequencies within this personality structure



- » Some of these are mine
- » Some I took from my parents in order to be love and feel connected to them
- » Some energies I called to me in this lifetime
- » The Goal is not to “get rid” of the personality ~ it is to divinize it

### My Guiding Inquiry

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**What must I be free of to receive this Initiation?**

### My Magdalena Why

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**Why am I drawn to this program?**

### The Shield of Protection

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- » I created a Shield of Protection to help me when I was being bombarded with lower frequency energies such as anger, judgement, shame, jealousy, terror
- » It helped me to survive
- » This usually began early, in childhood under the age of 7

**To move into Oneness, I must transmute my Shield of Protection.**

**Imagine a situation or someone who triggers this shield:**

1. Acknowledge it
2. Accept it
3. Welcome it  
Speak to the Shield: How the shield served you as a child?
4. Thank it
5. End your relationship with it by thanking it and saying, “Today, I end my relationship with you and I send you back to your source.”



6. Activate a new energy: "I AM \_\_\_\_\_"
7. Take a new action with this energy

**Nothing is worth closing my heart for.**

## The Brain

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- » The brain likes what it knows
- » Memory is neutral
- » Trauma and shock impact the brain
- » We create habits, behaviors to avoid feeling the pain from the moment of shock
- » *Actions are the key to changing the brain!*

## Judgment, Jealousy & Betrayal

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Like us, these are energies that Mary Magdalena experienced during her lifetime.

Signposts of judgment and jealousy:

- » Gossiping
- » Competing
- » Not Listening
- » Humiliating
- » Sarcasm
- » Self-Judgment

Betrayal is the breaking or violation of a presumptive contract, trust, or confidence that produces moral or psychological conflict within a relationship amongst individuals, between organizations, or between individuals and organizations.

To transmute these energies, I must be aware and use the method above or the Violet Flame.

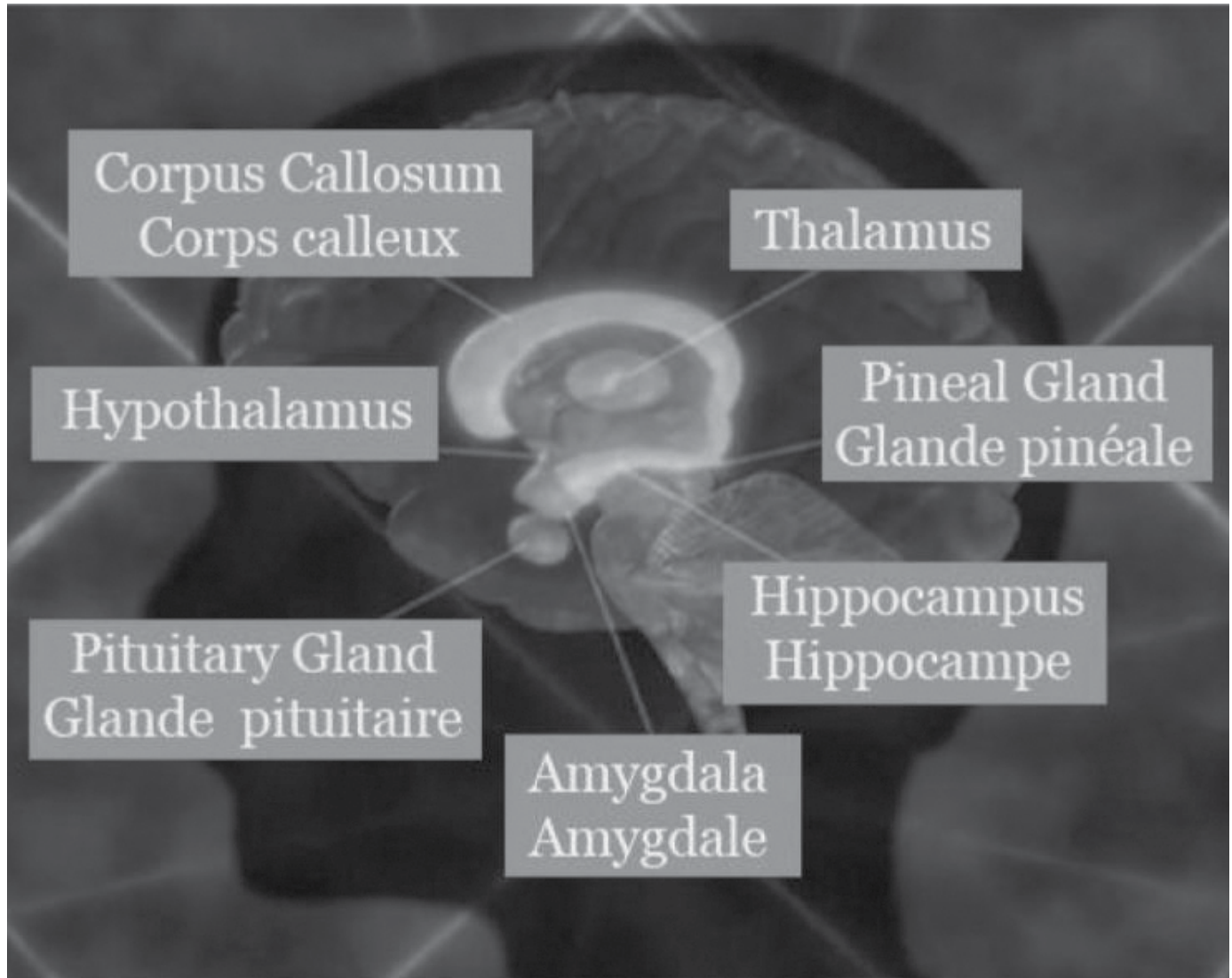


Illustration 1 - The Brain



### Impact of Betrayal:

- » Trust is destroyed
- » Energy of mistrust expands
- » Generalized mistrust (i.e., father leaves, you never trust any man)

### Self-betrayal:

- » In what ways do I betray my soul?

*Nothing happens for no reason.  
~ Sai Maa*

### Activating a new energy:

- » Pick an energy you wish to activate
- » I AM \_\_\_\_\_ 16 times
- » Silence 2 min
- » I AM \_\_\_\_\_ in manifestation in action

### Adding the breath:

- » Breathe two beams of light in through the nostrils into the brain (HOLD)
- » Exhale light down to the base of the spine (HOLD)
- » Inhale light from the base of the spine up the spine (HOLD)
- » Exhale, expand the light into the brain (this activates the pineal gland)
- » Repeat three times



## Sacred Commitment in Action

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- » Sadhana (20+ minutes daily)
- » Work with The Invitation
- » Practice The Patterns Method daily
- » Take one new action in your liberating pattern daily; repeat for 40 days
- » Be with your Guiding Inquiry

## The Invitation

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This is a Mary Magdalena practice that will help your system become more available and in alignment with the Magdalena energies. It is an opportunity to bring Mary Magdalena energies into your field, for you to become familiar with Mary Magdalena.

When we state our intention to do this, we are allowing; we are requesting and then we allow the Higher Self to bring this to us in whatever way it comes. There is no right, there is no wrong, you don't have to struggle for it. This is about moving into the heart, with the understanding that we have no idea what will happen. That is the joy of The Invitation, just the allowing the experience.

- » Sit with picture of Mary Magdalena
- » Bring your awareness to your heart
- » Set your intention to invite, be present with, Mary Magdalena (silence)
- » Activate "I AM Devotion" (silence)
- » Imagine your hands as the hands of Mary Magdalena (silence)
- » Bring your hands to your heart and allow the light and love from Mary Magdalena's hands to penetrate your heart on all levels— energetically and physically (silence)



