



YOUR BODY YOUR FRIEND  
Part III

# Section 2

New Moon Master's Creator

[www.DivineSourceCode.com](http://www.DivineSourceCode.com)





# SECTION 1

## Discovering your passions/dreams/goals in life

I. List 6 "things" you desire to have in your life. What does your dream life look like and include.

Category examples:

Career, Self Development, Health, Wealth, Fame, Relationship, Creativity, Recreation and Travel.

1. I am more patient with my children
2. I am 20 lbs lighter especially around the middle
3. My credit card debt is paid in full
4. I am eating healthy food and joyfully going to the gym 3 times a week
5. I love my job
6. I've taken my dream trip to Australia

II. Narrow your list down to your top 3 passions.

Ask yourself: **What is more important? What will bring me more BLISS?**

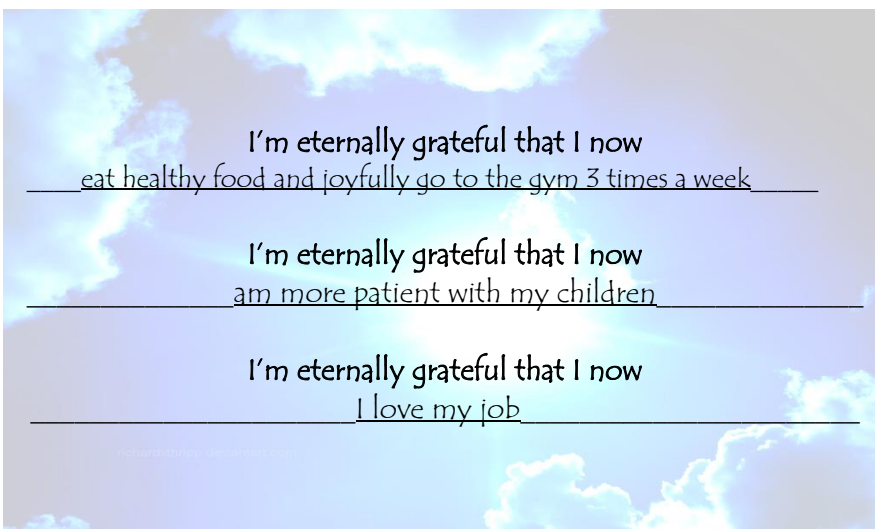
Use this space to narrow the above 6 items down to 3.

Goal #1: ~~1~~ - ~~2~~ - ~~3~~ - 4 - ~~5~~ - ~~6~~    Goal #2: 1 - ~~2~~ - ~~3~~ - ~~4~~ - ~~5~~ - ~~6~~    Goal #3: ~~1~~ - ~~2~~ - 3 - ~~4~~ - 5 - ~~6~~

List most important (#1) to least (#3):

1. I am eating healthy food and joyfully going to the gym 3 times a week
2. I am more patient with my children
3. I love my job

III. Put your top 3 on an index card. Put the card where you will see it daily.



## SECTION 2

Identify and remove blocks to keeping your dreams alive and realizing them.

I. Consciousness (Mental-Emotional): Do you have contrary beliefs or negative emotions?

Goal #1: I prefer to eat junk food

Goal #2: I like my house clean and quiet

Goal #3: I do not get along with Kim (a co-worker)

II. Physical: Does your goal require money you don't have? – Are you physically able?

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_

Goal #3: \_\_\_\_\_

III. Mind: Do you have the knowledge (schooling) you need to do what you want?

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_

Goal #3: \_\_\_\_\_

IV. Energetic: Do you have the energy required to reach your goals?

Goal #1: I don't like taking time out of my day to exercise

Goal #2: \_\_\_\_\_

Goal #3: \_\_\_\_\_

# M.E.A.N. TAPPING RECORD

## Goal #1:

"Although I don't like taking the time to exercise

I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

"Although I prefer to eat junk food more than healthy food

I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

## Goal #2:

"Although I can't relax when the kids are making a mess of the house

I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

"Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

## Goal #3:

"Although I don't get along with Kim at work

I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

"Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

M.E.A.N. tapping directions are on page 9.

IV. Affirmations using M.E.A.N. or Gary Graig's \* E.F.T.:

Goal #1:

I enjoy eating healthy food and I feel good doing it!

I love going to gym and working out!

Goal #2:

I relax around the house and enjoy hanging with kids even if the house is not

organized!

Goal #3:

I get along with Kim wonderfully!

I love my work and enjoy a peaceful work environment

V. Journaling:

This should be self explanatory. When you journal the mind is able to clear out clutter and becomes open to new ideas and inspiration (3<sup>rd</sup> eye and crown chakras)!

VI. Action Steps:

Goal #1:

Eat a big green salad 3 times each week for the next month.

Go to the gym 2 times each week for the next month.

Goal #2:

Play with my children at least 30 minutes a day not worrying if a mess is being made.

Goal #3:

Be especially nice to Kim when I go to work.

Pray daily for Kim's happiness.

# HOMework

1. Read your passion postcard at least once daily.



2. Give thanks for 3 things you are thankful for.



**REALLY FEEL THE GRATITUDE!**

Do creation meditation (pg. 8) with each of **your 3 passions** for the month.

3. Read friends list one by one and visualize their passion being realized.

Name	Passion
<u>Angela</u>	<u>Money for school</u>
<u>Mom</u>	<u>Trip to Mexico</u>
<u>Husband</u>	<u>New golf clubs</u>
_____	_____
_____	_____
_____	_____
_____	_____

4. Do M.E.A.N. or E.F.T. on blocks (pg. 3) and affirmations on card!

Goal #1: "Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

"Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

Goal #2: "Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

"Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

Goal #3: "Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

"Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

5. Do Action Steps (pg. 6 - VI)!

Goal #1: \_\_\_\_\_

\_\_\_\_\_

Goal #2: \_\_\_\_\_

\_\_\_\_\_

Goal #3: \_\_\_\_\_

\_\_\_\_\_

6. Burn this page on the next new moon \_\_\_\_/\_\_\_\_.



Copy these pages each month and replace the old pages in your booklet.



AWAKENING THE **FIRE** WITHIN AND KEEPING IT ALIVE

*Where do your dreams and passion in life come from?*

*The answer is GOD!*

# SECTION 1

Discovering your passions/dreams/goals in life

I. List 6 "things" you desire to have in your life. What does your dream life look like and include.

Category examples: Career, Self Development, Health, Wealth, Fame, Relationship, Creativity, Recreation and Travel.

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.
4. \_\_\_\_\_.
5. \_\_\_\_\_.
6. \_\_\_\_\_.

II. Narrow your list down to your top 3 passions.

Ask yourself: **What is more important? What will bring me more BLISS?**

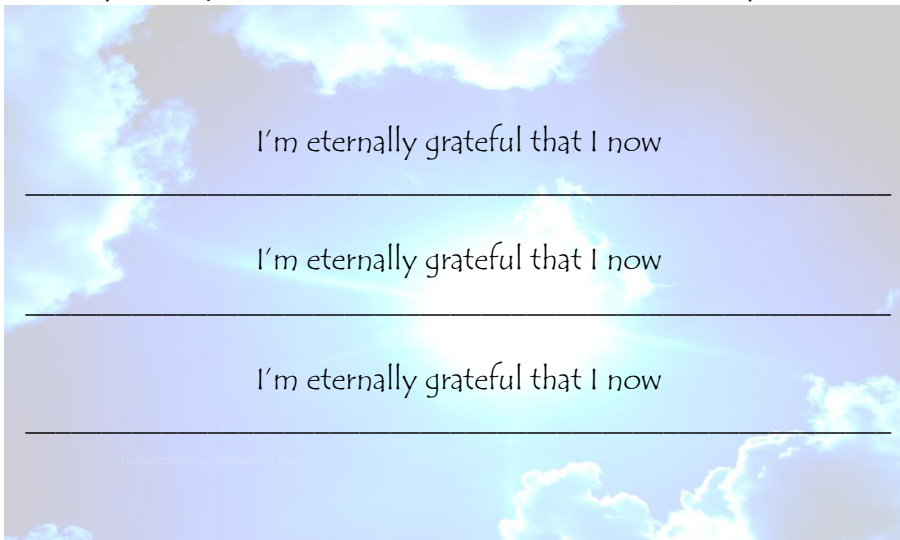
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List most important (#1) to least (#3):

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.

III. Put your top 3 on an index card. Put the card where you will see it daily.



# SECTION 2

Identify and remove blocks to keeping your dreams alive and realizing them.

I. Consciousness (Mental-Emotional): Do you have contrary beliefs or negative emotions?

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_

Goal #3: \_\_\_\_\_

II. Physical: Does your goal require money you don't have? – Are you physically able?

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Goal #3: \_\_\_\_\_

III. Mind: Do you have the knowledge (schooling) you need to do what you want?

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_

Goal #3: \_\_\_\_\_

IV. Energetic: Do you have the energy required to reach your goals?

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_

Goal #3: \_\_\_\_\_

# M.E.A.N. TAPPING RECORD

## Goal #1:

"Although I \_\_\_\_\_  
I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

"Although I \_\_\_\_\_  
I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

## Goal #2:

"Although I \_\_\_\_\_  
I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

"Although I \_\_\_\_\_  
I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

## Goal #3:

"Although I \_\_\_\_\_  
I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

"Although I \_\_\_\_\_  
I love and accept my mind, body and soul!"

Rate (0-10) Beginning \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_  
Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_ Next Tapping \_\_\_

M.E.A.N. tapping directions are on page 4.

# A M.E.A.N.s TO AN END

## M.E.A.N. (Meridian Energy Activation & Neutralization)

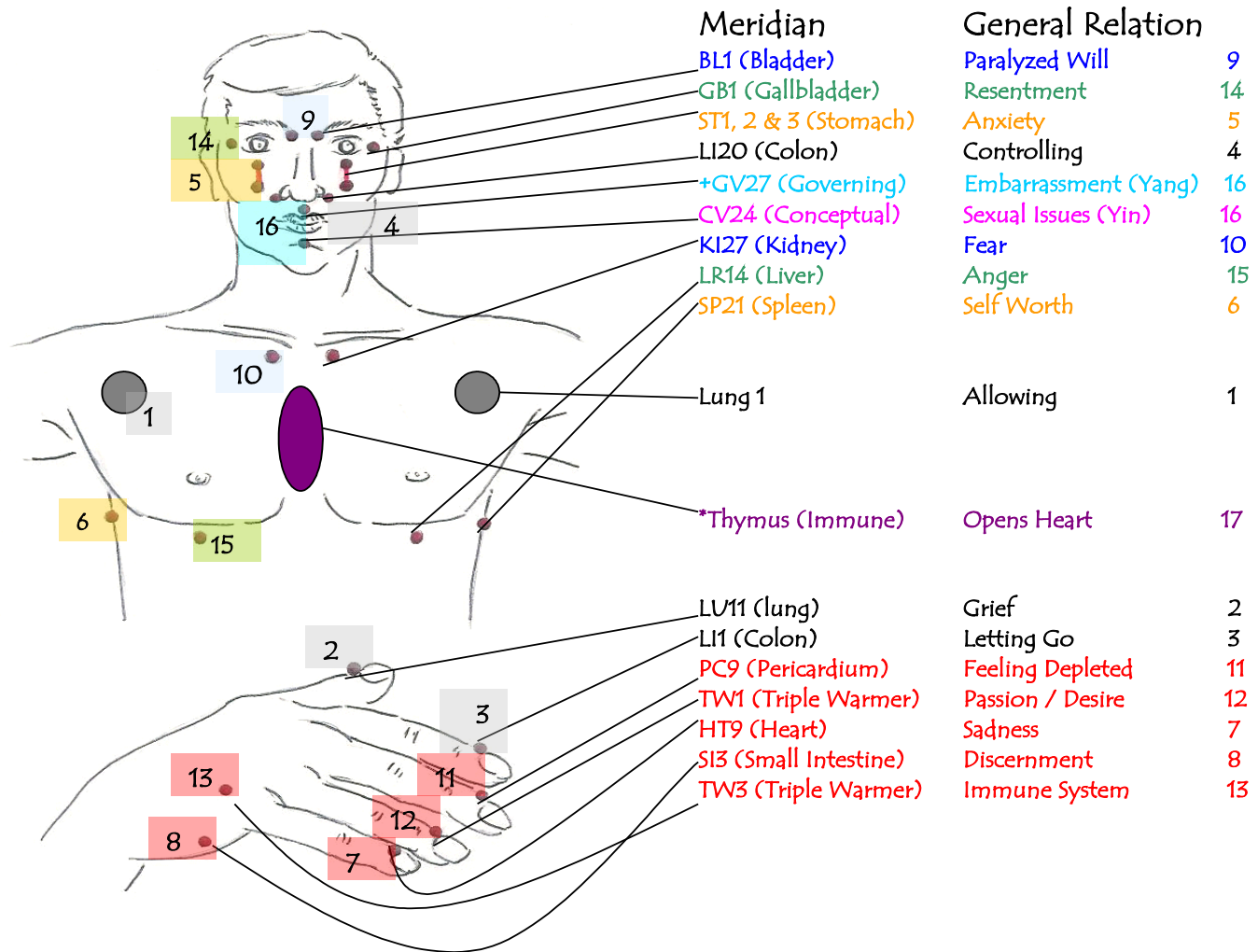
### Tapping and Rubbing Points

Lightly tap or rub, approximately 9 times, on each of the following points while repeating your block (pg. 3) or affirmation (pg. 6) out loud. Tapping can be done on either side of the body. The left side of the body relates to feminine issues and the right masculine. You can tap the points going down the body or tap the points as they are numbered on the right.

Lightly tap your \*sternum as you do the following eye movements while keeping your head still:

- Make a square in one direction: Repeat 3 times
- Make a large square going the opposite direction: Repeat 3 times
- Look to the left as far as you can then to the right: Repeat 3 times
- Look up then down. Breathing in as you look up and breathing out as you look down: Repeat 3 times

Tap all the way through one time for each block or affirmation.





# SECTION 3

How to keep your torch lit until you cross the finish line.

## I. Mastery of "The Secret" (Law of Attraction):

More people = more **POWER!** Reality is a collection of attractions.  
IN-tension + AT-tension = Quick Focused Manifestation  
You must visualize, feel and believe!

## II. Magical Manifestation Board

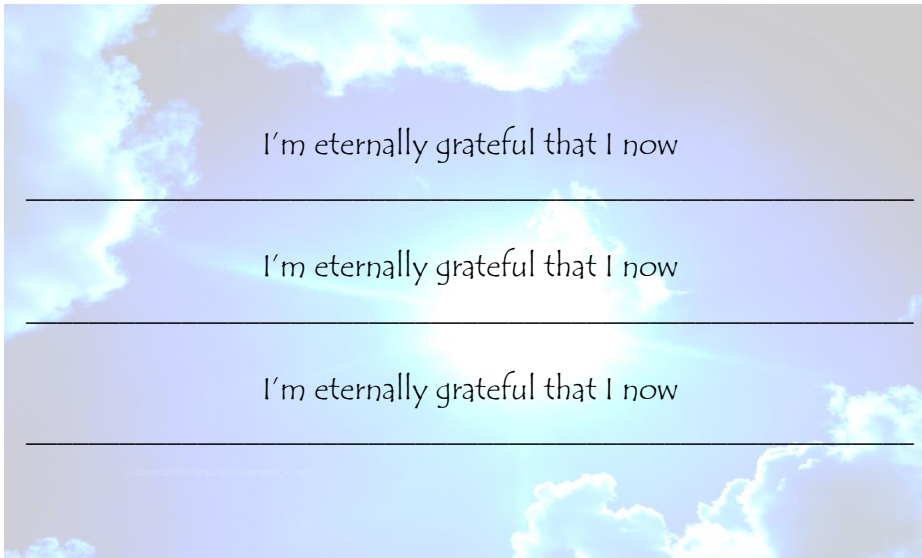


III. Feng Shui:

<p><b>WEALTH &amp; PROSPERITY</b> "Gratitude" REAR LEFT <u>Wood</u> Blues, purples, &amp; reds</p>	<p><b>FAME &amp; REPUTATION</b> "Integrity" REAR MIDDLE <u>Fire</u> Reds</p>	<p><b>LOVE &amp; MARRIAGE</b> "Receptivity" REAR RIGHT <u>Earth</u> Reds, Pinks, &amp; whites</p>
<p><b>HEALTH &amp; FAMILY</b> "Strength" MIDDLE LEFT <u>Wood</u> Blues &amp; Greens</p>	<p><b>CENTER</b> - "<u>Earth</u>" - Yellow &amp; earth tones</p>	<p><b>CREATIVITY &amp; CHILDREN</b> "Joy" MIDDLE RIGHT <u>Metal</u> White &amp; Pastels</p>
<p><b>KNOWLEDGE &amp; SELF-CULTIVATION</b> "Stillness" FRONT LEFT <u>Earth</u> Black, blues, &amp; greens</p>	<p><b>CAREER</b> "Depth" FRONT MIDDLE <u>Water</u> Black &amp; dark tones</p>	<p><b>HELPFUL PEOPLE &amp; TRAVEL</b> "Synchronicity" FRONT RIGHT <u>Metal</u> White, gray &amp; black</p>

  
 Door Entrance  
 Facing Inside House

IV. Tap Thymus/Heart while reading Affirmations on blue card using M.E.A.N. or Gary Graig's E.F.T.:



V. Journaling:

This should be self-explanatory. When you journal the mind is able to clear out clutter and becomes open to new ideas and inspiration (3<sup>rd</sup> eye and crown chakras)!

VI. Action Steps:

Goal #1:

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Goal #2:

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Goal #3:

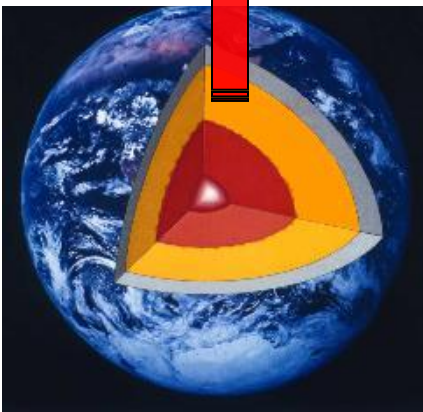
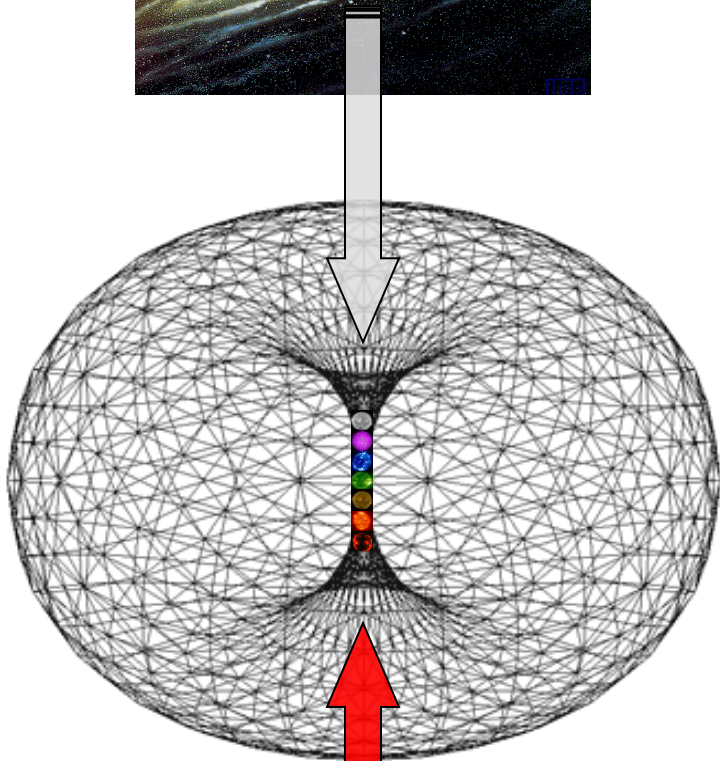
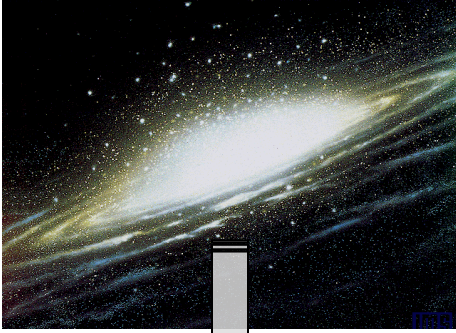
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Father, Light, Wave, Spirit



Mother, Matter, Particle, Manifest



Pure/Raw Energy  
THOUGHT

Spiritual Guidance - Visualization  
LIGHT

Sound - Power of "The Word"  
"Let there be \_\_\_\_\_"  
SOUND

Harmony - Heaven & Earth are 1  
As Above SO Below!  
AIR - SEND IT OUT

Will Power - The ability to PUSH.  
FIRE

Feelings - You MUST feel it!!!  
WATER

Energy of Form - Sacred Geometry  
EARTH

Earth + Water + Fire = POT

# THE JOURNEY HOME, A GOD IS BORN

I reach up to father "SKY"  
And down to mother "EARTH"  
I pull them to me  
My father gives me the **power of thought**  
And my mother the **power of structure** to organize thought  
Pulling them into me  
My father gives me the **power of visualization**  
And my mother the **power to feel** so my visualizations have depth  
Further into me I draw them  
My mother gives me the **power to will**  
And my father the **power of sound** to speak my will  
To my very core they now come and meet  
We all meld in a **sea of love**  
All the powers merge here in the center of my being  
Blended as ONE we manifest love in everything  
We think, do, visualize, feel, speak and will  
The marriage is complete and the merry age begins  
We are locked in loving consummation for eternity!



1. Read your passion postcard at least once daily.



2. Give thanks for 3 things you are thankful for.

**REALLY FEEL THE GRATITUDE!**



Do creation meditation (pg. 8) with each of **your 3 passions** for the month.

3. Read friends list one by one and visualize their passion being realized.

Name	Passion
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

4. Do M.E.A.N. or E.F.T. on blocks (pg. 3) and affirmations on card!

**Goal #1:** "Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

"Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

**Goal #2:** "Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

"Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

**Goal #3:** "Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

"Although I \_\_\_\_\_

I love and accept my mind, body and soul!"

5. Do Action Steps (pg. 6 - VI)!

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_

Goal #3: \_\_\_\_\_

6. Burn this page on the next new moon \_\_\_\_/\_\_\_\_.

