

Activating Your Divine Blueprint with Kevin Arba

Friday, May 29th 7 - 9 PM

Have you ever had the experience of getting something that you wanted, only to feel unsatisfied? Have you ever felt the inner conflict of wanting two incompatible things? Have you ever felt “blocked” by some part of yourself from pursuing your dreams?

Inner conflict and confusion is part of the human experience.

This class is based upon a few key ideas:

- Every circumstance in your life is there by your soul’s design for your benefit.
- Every person has a Divine Blueprint which is unique. It includes all qualities of their personality and character, strengths and weakness, as well as preferences and aversions.
- Every person has all of the resources they need to fulfill their highest potential.
- Access to Divine Guidance and Empowerment are always available to everyone.

Below are a list of questions and ways to explore your inner world through writing and/or meditation. Have fun, be curious, and trust what you discover. You have all the answers within!

What’s Most Important To You? Create a hierarchy of values.

Value Example: Love, Freedom, Joy, Safety

For each value, ask or meditate upon:

- How would you feel/ be if this value was satisfied? Ex: Blissful

What Do You Want? Create a hierarchy of desires.

Desire Example: To share my creative gifts with the world, to have inner peace, etc.

For each desire, ask or meditate upon:

- How would you be and feel if you got that? Ex: Like a weight is off my shoulder
- What is the smallest next step that will help me in creating this desire?
- Do you still want this desire now that you know you can access the feeling?
 - Yes: If you got that desire, what would you want that’s even more important?
 - No: Simply access the feeling of the desire and ask what will help you to continue creating experiences of that feeling.

Identify Conflicts

- When and where do you act or react in a way that's incongruent with your values?
- What stops you from pursuing your desires?
- Are any of your values or desires incompatible?
- What in your life would you like to change?
 - Focus on self-directed or personal patterns. Something related towards you and how you react, not what others say or do.

Resolving Conflicts

- Connect to the part of you internally that is generating the value/desire or the undesirable behavior/emotional reaction
- Feel into the sensation, notice - what space does it occupy, is it in your body? What is the quality of the sensation, are there colors, sounds, movies?
- Send love and curiosity towards the sensation. Ask if it would be willing to communicate.
 - If Yes, what is it's positive intention? Ex: To be safe
 - If No, then start noticing the sensations and invite the sensation to open and expand into infinity, integrate with the totality of your being, to receive love, to grow up to your present age, and more. Trust your intuition.

*Expect that it might not make sense! That's usually the key that you're on to something!

Access Soul Energy

How would you be if you were living the life of your dreams?

Receive guidance and create a vision. While you are experiencing your Soul's Energy, ask:

- What would your most authentic and fulfilling life be like?
- What is your Soul's Highest Purpose?
- How would you be if you were fulfilling your Soul's Highest Purpose?
- What's the next step that will move you toward fulfilling your Soul's Highest Purpose?
- What is the most natural and authentic expression of your soul like?
- How would you think and feel?
- How would you react to your circumstances?
- What would your daily life be like?
- What goals would you be working to create?

Integrating Consciousness

- Wholeness is created by connecting with parts of ourselves that are unconscious and isolated from the rest of our being. You can connect to a part of yourself by being open and curious about anything that you don't understand about yourself.
- Discover the positive intention behind each part. Invite the part to grow up, integrate, receive love, expand into infinity, or to release it's burden, etc.
- Access Guidance from desired state to explore new possibilities for creating the part's deepest desire.

A Message From Guidance

**A semi channeled message that wanted to be offered in this teaching*

Life is always changing. By keeping in the desired state and being conscious of how your actions and reactions match or mismatch your values, you can adapt to Life as it comes and continue to evolve toward a more authentic expression of your true self. This will keep you moving forward in creating the most fulfilling outcomes in your Life. Through a daily or regular practice of expressing your thoughts and feelings you will continue to clarify and refine who you truly are and what you truly want. By accessing the energy of your soul's Truth, Love and Joy you will receive regular Guidance about how you can proceed each day that will lead to the most satisfying creations. This Guidance usually won't make sense to your logical mind. I suggest that you trust it, and consider that the most effective path to Fulfillment lies outside of logic. Your soul will guide you from a perspective that includes much more information than your mind can consider and process.

Your soul is not bound by limited beliefs that arise from fear of reliving the traumas and disappointments of your past. Those limiting beliefs are a key component of the parameters that your mind uses to guide you. Your soul will guide you to your highest path, but you must let go and trust. The simple process of accessing Guidance by connecting to your soul's Energy on a regular basis will allow your soul to connect with your mind and integrate with your personality so that you can continue to evolve. Every time that you connect to your soul by allowing yourself to experience its Energy, you activate your Divine Blueprint, which is a distinct and unique expression of the Divine.

The Divine is mysterious. Don't bother trying to understand it. Its true nature cannot be described, let alone understood. But its effects can be noticed and experienced. This is what your soul seeks: to experience its Divinity. Every experience of Divinity is magical. These experiences can build upon each other, which can lead to ever more magical and miraculous experiences. Experiencing your Divinity is inevitable, and your soul will continue to seek it throughout eternity. So I invite you to embrace your experience. Consider that Higher Intelligence has arranged it all so that you would have the best chance to experience the magic of the Divine in ways that your mind cannot conceive of. Ask yourself "How can I best use my circumstances, talents and qualities to create a miracle?" A miracle is simply the magical experience of connecting to your Divinity. It's always available, although it may not seem that way.

Your soul seeks to experience everything. Variety adds depth and promotes evolution. So I invite you to embrace it all. Find ways to use everything to your benefit. You can find resolution to any conflict and answers to any question within the Higher Intelligence of the Divine. Every time you do this your soul integrates with your personality a little more. Your soul has designed a Blueprint which can be thought of as an alchemy of Energy. This Blueprint is forever changing and evolving through being involved with unpredictable circumstances, thus including and integrating more experiences. It is the most fulfilling experience to connect with and express this energetic alchemy. The way to accomplish this is simple, but it is not easy at first. It will require a leap of faith each time you connect and receive

Guidance. Will you let go and trust that Guidance? Or will you follow the logic of your mind? Every choice has a consequence. None of them are good or bad, right or wrong. Nor are they simple. Every significant choice is filled with nuances to consider. In the beginning of attempting to follow the Guidance of your soul, it is possible that fear and confusion from the programming of your past will infiltrate and pollute this Guidance. This is part of the process. It is up to you how much energy you will devote to refining your connection so that Guidance becomes more clear. Every time you choose to access the Energy of your soul and allow that to create and shape your experience, you activate your Divine Blueprint. From the awareness of your soul's truth, you will begin to see your world and circumstances in a new way. Things will change in ways you could not have foreseen. Life will now be rich, dynamic, and interesting. What used to be considered bad fortune that was appropriate to resist and complain about will be embraced as a challenge on the hero's journey that is leading you to the ultimate fulfillment. Your soul awaits you.

The energies of the times you live in support you in awakening and breaking out of the repetitive patterns that your mind has created to keep you safe. Your mind's primary objective is to prevent you from suffering and to keep you alive. This is a valid and worthwhile objective. But the mechanisms it uses to satisfy this objective were mostly developed in early childhood in moments of suffering or threat. They are immature and ineffective. Often they create the suffering that they seek to prevent. Often they threaten your survival instead of ensuring it. These mechanisms become parts of your personality which create dysfunctional and undesirable patterns. A large portion of refining your ability to receive Guidance, understand it, and act upon it comes from healing and integrating these parts of your personality. These parts create confusion, ambivalence and resistance because they are compartmentalized. They are limited in their ability to satisfy their intentions because they are disconnected from the wisdom of your true self. By connecting with these parts of your personality and allowing them to integrate with your true self, they will heal and mature. Then they can find more effective ways to satisfy their intentions that are congruent with all of your soul's values and desires. Eventually they will let go and blend with your higher self.

Your mind knows nothing of the Divine Truth that you live forever and that suffering can be transcended by fully embracing your life. Your true existence can never be threatened, and peace is always available. Fear of death and resistance to Life are based in the confusion and misunderstanding that comes from being disconnected from your soul. The mind is useful and sometimes necessary to have a working experience in your world, but it is not helpful as your primary guide. By allowing the Higher Intelligence to interact with your mind, the fear-based patterns that are designed to prevent you from suffering will heal.

From my soul to yours,

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