

IDENTIFYING YOUR MODEL(S) OF CHANGE (MOC)

MANUAL

(You may have more than 1 model)

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YOUR PERSONAL MANUAL INCLUDES:

STEP 1: Accepting where you are and what you have created

STEP 2: Earth MOC personalized: 3D change elements

1. What stimulates or starts your change?
2. Favorite or “not so favorite” recurring root issues
3. Best de-magnetizing interventions for you
4. What supports your change

STEP 3: Your MOC personalized: Essence/spirit elements

Default chakra vibration model OR
Earth assisted or body assisted model OR
Magic model OR
Custom model OR

STEP 4: Your Transition MOC

STEP 5: Bringing it all together in step by step fashion

NOTE:

ADVANCED MOC MANTRA: 12 D

SIMPLE, DEEP, PROFOUND, DRAMATIC, SEAMLESS, IMPERCEPTIBLE

STEP 1 Accept where you are and what you have created

- Review your intention (personal)
- Open your heart
- Review where you currently are with intention and assume it's what you really wanted OR
- Own that fears, mistakes shortcomings unconscious patterns, karmic patterns have greater magnetic power than the wish
- Open your heart to your shame (shame=magnetizing)
- Own that you are not a victim
- Evaluate if there is genuinely factors you don't know
- Entities, curses, possessions, old contracts
- Familial dynamics that are a mystery
- Past life patterns that are unconscious
- EG. Couldn't embody cause my field was damaged
- Own that what you have you created
- What can you learn from this?
- Forgiveness (self-forgiveness or call in the Group Energy to lend their support)

STEP 2, PART 1: WHAT STARTS YOUR CHANGE PROCESS?

Everybody is changing all of the time. You decide to move to another city, change your career or place of employment, marry or get a divorce, make an internal psychological shift or an outer behavioral change, start a diet, get pregnant, pursue a new interest, and develop new professional or personal social contacts...on and on.

Over time and mostly unconsciously, you develop patterns that predictably stimulate you to change. Another way of saying this is that over time there are certain predictable factors that prompt or even force you to change whether you like it or not.

In order to determine your patterns and those factors which stimulate change for you, review several of your past experiences with change. Take a look at those factors which together enabled you to initiate the process of change.

Review several experiences in different categories of change such as your professional life, relationships, and personal process. You might find you have different patterns for different kinds of change.

Here are a few factors to consider as change stimulators. You are looking for recurrent patterns of what predictably causes you to change

____Addictions

____Physical pain or physical symptoms

____Emotional pain, discomfort or stress (includes emotional abuse)

____painful emotions(anxiety, fear of loss, shame or humiliation, fear of being alone, fear of being penniless, fear of dying, fear of failure, fear of success, fear of being wrong, self-doubt and insecurity, self-criticism)

___ memories of past painful experiences (eg. an alcoholic decides to stop drinking because he flashes pictures of past consequences to his children of his alcohol binges)

___ sexual sensations or motivations (eg. sexual tension or frustrations, dissatisfactions or pleasures, addictions)

___ Relationship issues (primary partner, family, friends, co-workers)

___ Financial distress or crisis

___ External criticism (eg. boss or external authority or parent figure)

___ External Stressors (eg. husband or wife leaves you; child's behavior shifts in a way that prompts you to change; friend initiates some change in her process)

___ Career issues

___ Earth changes (real such as hurricanes, tornadoes, or energetic)

___ Exposing yourself to something new, novel or exciting whether an idea, place, person or event

___ Positive emotions (love, security, comfort, pleasure, joy, delight, playfulness)

___ The spontaneity of life itself presents you with opportunities for change

___ You regularly review your life values, goals and purpose and this process initiates cyclical change

___ Your dream life, inner visions and meditations prompt you

___ You rely on your social interactions to present you with new ideas

___ Cultural events (theatre, art, and cinema) stir your process

___ Global factors play a predictable role (threat of war, intolerable cultural conditions in another part of our country or abroad)

Other factors or patterns that you noticed that predictably stimulate you to change

STEP 2, PART 2: RECURRING UNDERLYING ROOT ISSUES (IMPORTANT FOR THE CLARITY STAGE)

Most manifesting and creating requests can be boiled down to a few recurring issues. These issues can last a lifetime or shift and change as you grow and develop. These issues can be the focus of your manifestation or can be what you need to de-magnetize.

- 1st: Life or death issues; health or otherwise
- 2nd: Security and safety; sexual satisfaction; attachment issues; shame; self-esteem; new model of change (healing no change or stagnation or end of the road); family and ancestral patterns; financial security; yin and yang balance
 - Shadow: insecurity; feeling unsafe; financial insecurity; shame vs pride; greed; lust; envy; gluttony; pride; sloth; rage; too much of either yin or yang
- 3rd: Empowerment; will power; identity/ place in the world in the world; “work identity”; self-expression;
 - Shadow: overwork vs no work; identity vs loss of identity; fame (what’s behind this ?); narcissism; ego enhancement; too much will
- 4th: Connection; aloneness and isolation; friends; community issue; love; mirroring; acknowledgment; appreciation; affection;
 - Shadow: disconnection; no community; alone time vs. connection time; relationship addiction; poor boundaries
- 5th: Truth understanding; knowledge; soul purpose; history and story issues; archetypal issues; karmic issues; soul connections; model of change of the soul ;
 - Shadow: dishonesty; ignorance or lack of taking time to know things; no purpose; evil; dark magic; over focusing; need to be right
- 6th: Grace; play; inventiveness; curiosity; intuition; flow; creativity
 - Shadow: voyeur; overly prying; no intuition; no grace or play; no creativity
- 7th: Forgiveness; acceptance of all parts of self and world(pairs with 2nd chakra); surrender; compassion; hope
 - Shadow side: curses; lack of self-acceptance and forgiveness; not able to surrender; world destroyer; genocide; suicide
- 8th: Healing; power over matter; creating; equanimity and de-magnetizing; nondual way (beginning); faith
 - Shadow side: destruction; difficulty maneuvering life or physicality; can’t heal
- 9th: Evolution
 - Shadow side: devolution

STEP 2, PART 3: DE-MAGNETIZING INTERVENTIONS THAT YOU LIKE:

- EFT
 - Start with assumption that you are reversed; so do reversal points
 - Tap on underlying need or fear until it's down to 0
- Make your first creation about healing your healing your fears and needs
- Whole body surrender to a Higher Power and asking them to demagnetize your intention
- Asking the Earth to metabolize your intention and underlying fear
- Do hand alchemy practice
- Allow an image to form that symbolizes the demagnetizing energy you need and surround your intention and underlying need and fear with that
- Give your intention over to the Calistoga Deva Vortex in the visualization
- Use your intuition tools to check you are de-magnetized
- Advanced: Let your MOC include the de-magnetizing as a part of it

STEP 2, PART 4: WHAT STRATEGIES SUPPORT YOUR CHANGE PROCESS?

Once you have decided to initiate a change, what are the strategies you use to support the actual change process itself? What resources do you need to see the change process all the way through? The following list will help you take your process deeper so that you gain a better understanding of your entire change process.

Some things to think about:

1. How important is personal support from others for your change process? How much do you seek other's input for your change process versus how much do you rely on your own internal process, guides, or inner teachers, ancestors for input?
2. For your change process, how much do you need intellectual stimulation (that is, discussion of ideas, facts, issues, opinions, books) versus how much do you need emotional support (empathy, encouragement, a good listener, love, mirroring, or others self-disclosure) for your process? If you need both, which is more important and how to you get this support?
3. Do you believe that exploring and healing the past is vital to change?
4. What role if any does your future self or your future visions or deep intuitions play in your change process?

5. Do you believe you have to understand patterns etc. in order to change? Is understanding an important or not so important part of your change process?
6. Do you tend to attract drama and/or paranormal events in your change process?
7. Does your change usually flow easily and smoothly or do your past behaviors indicate that you believe change is a big struggle and hard and involves pain and sacrifice?
8. What is the role of your body in changing? Does it give you important feedback for your change process? Do you consider it an ally or enemy in your process of change or, is it irrelevant in your change process?
9. Does your change process include the earth or the land, plants and animals?
10. How well do you transform in a group? Compare that with how well you transform on your own or with one other person. What needs to happen for you in order to make changes within the context of a group?
11. What else do you need to feel safe and confident enough to actually make changes? What do you need to overcome the risks of change and the unfamiliarity and unknowns of change? Sometimes these factors are the same as those that initiate change.

STEP 3: YOUR MOC PERSONALIZED:

YOUR DEFAULT CHAKRA MOC

Here you are asking yourself HOW YOU ACTUALLY CHANGE (not what starts the change process, but how you actually do change) . Remember, be honest. Your default chakra model is NOT how you want to change, but how you already change.

- **1st CHAKRA MODEL**
 - You let Life move your life. Whatever you change is served up just by living and you trust Life to support you. You follow the flow of Life
 - SHADOW SIDE: You attract in life and death threatening scenarios to stimulate your change; you change by death and resurrection like the phoenix flying from the ashes

- **2nd CHAKRA MODEL**
 - Sex, tantra, partnership; yin or yang preference
 - SHADOW SIDE: you are so stuck you can't change; dead-ended; really electrically reversed; stuck, stuck, stuck; shame your way to change;

- **3rd CHAKRA**
 - You change by empowerment; will power; your work in the world is the vehicle for change; you self express to change (write, draw, paint); healthy competition; getting to the public eye
 - SHADOW SIDE: You don't change because of dis-empowerment or you change via power struggles and or battles or war or unhealthy competition or ego inflation; unhealthy drive for fame and or power motivates your change

- **4th CHAKRA**
 - You change via a model of love and connection; you need relational exchange, affection, appreciation encouragement, support
 - SHADOW SIDE: you need to disconnect or separate to change; you collapse your boundaries and let somebody else take care of you

- **5th CHAKRA**
 - You change things by telling the truth and being authentic and /or using concepts and understanding; you change by aligning to your soul purpose; you change by making history or by making new history in your family or ancestral line; change by clearing karma; change by alchemy
 - SHADOW SIDE: you use deceit, sadism, dark plots/dark magic to change

- **6th CHAKRA**
 - Your change process through flow; play; curiosity; delight; visions; dreams; inventions; intuitive insights; creativity or grace
 - SHADOW SIDE: I don't know!

- **7th CHAKRA**
 - You change by deep surrender to a Higher Power; or through acceptance, forgiveness and compassion; hope; spiritual detachment is your change model
 - SHADOW SIDE: You change via major cut offs and or negations, curses drive you to change or you change things by losing hope (suicide)

- **8th CHAKRA**
 - You create by engaging physical matter; healing in the body and the use of the body is your change model; you change with equanimity; faith is your change vehicle; change by nondual models
 - SHADOW SIDE: you create by destroying; losing faith
- **9th CHAKRA**
 - Evolutionary models, dreaming models with nondual, nonlinear change
 - SHADOW SIDE: you devolve

STEP 4: YOUR TRANSITION MODEL: HOW YOU LIKE TO GET FROM YOUR PRESENT TO YOUR FUTURE (THIS IS AN HONEST ASSESSMENT☺)

- Fast, overnight because you can adapt very easily vs over time so you can adapt
- Conscious vs unconscious (you like to be in charge of your change vs. let your unconscious take over)
- Plan vs no plan or intuitive trust
 - Linear plan
 - Nonlinear matrix
- Simple with results vs deep core change
- Noticeable or dramatic process vs seamless
- Change from within vs change from without
- Yin (surrender, receiving, accepting and more passive) vs yang (initiating, taking charge)
- Knowing vs Faith
- Dual vs non-dual

STEP 5: BRINGING IT ALL TOGETHER FOR A PRACTICE

1. Own the present and where you are; forgiveness
2. Ground into your body
3. Bring in all parts of you
4. Call on group energy (optional)
5. Call in Guides (optional; may do this later)
6. Clarity: Focus on what you want to create
 1. 1 theme or request
 2. Find the root of your wish
 3. Ask all chakras for input
 4. One symbol for intention alignment to take into MOC
7. Readiness: Ask if all parts are ready
8. Find the underlying need, fear or stimulus for request
9. De-magnetize your underlying need or fear
10. Call in Guides for support to use with Model (optional)
11. Let go of your mind

- 12. Use your Model**
- 13. Surrender the request**
 - 1. Ask them to anchor it into your Life Force and the Life Force of the Planet**
- 14. Include Transition MOC**
- 15. Stay there awhile**
- 16. Bring consciousness back**
- 17. End with inner smile and gratitude**
- 18. Follow through with what you know supports your change**

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