

Challenging the Book of Law

Return to the writings you have made in your Book of Law. Go through each statement one by one, and as you review them ask yourself the following questions:

Which of these Agreements

- Lift me up and give me joy?
- Bring me down?
- Are based on truth?
- Are lies?

Once you have identified each limiting, fear-based agreement. Take a clean page and draw a line down the middle of it. On one side place the heading : Limiting Agreement and on the other side Love-Based Agreement. Then re-write the limiting under it's heading and on the other side write a truth and love based agreement to replace it.

- Begin each new week by focussing one one agreement you are seeking to shift.
- Start with the agreement that is easiest to break, and then the next easiest the next week and so on.
- Focus your attention for that week on breaking that agreement and engaging with the new one.
- Continue until you know you have broken it, and have adopted the new one in its place.
- Practice the new agreement consciously to make it a habit
- As you break each agreement, celebrate and acknowledge yourself and notice how you grow in self respect and self love
- Continue working your way through all the agreements until you recover enough power to create a major shift around all the fear based agreements.