



VERENA WHITE

IGNITE YOUR DIVINE SPARK

VISION QUEST
RECODING THE DREAMSPELL

SESSION 3

Work Book

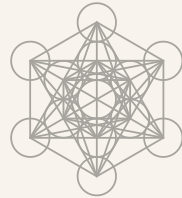
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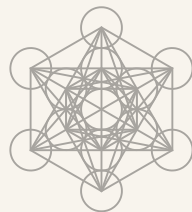
“ You will never perform consistently in a manner which is inconsistent with how you see yourself.”

Zig Zigler

You Are Not Broken



You Are Superconscious



You Are A Creative Force



SESSSION THREE

Identity Creates Your Reality

Who you believe you are, creates your reality.

How you think, feel and act and how you see yourself in any situations creates your experience.

You may be confident in one environment and in another situation you may feel self conscious. Your identity can shift and be triggered by the situation you are experiencing.

Our self image your identity can shift, depending on your environment, how you feel and what unconscious program is triggered.

However, we can send new instructions to the Unconscious, and this can create a new identity.

YOU CAN UPGRADE OUR IDENTITY!!



Problem Solver Identity

VS

Conscious Creator Identity

When you are solving a problem, you are taking action to have something go away: the problem.

When you are creating you are taking action to have something come into being: the creation.

By observing the problem you bring it into reality by creating a “point of observation” in the field that you then try to solve.

The problem focused structure is inescapable, you will never solve the problem as the solution only exists in polarity to the problem.

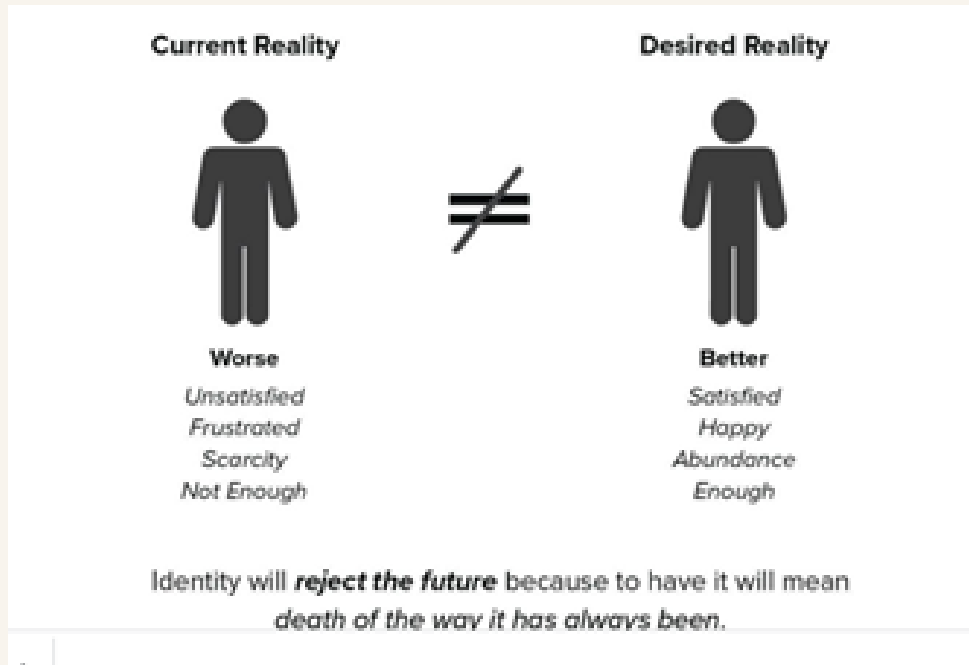
You must learn to be in the creative structure.



Problem Solver Identity

VS

Conscious Creator Identity



Key To Being A Conscious Creator

Being a Conscious Creator is like being a magnet for what you desire, you must BE the identity (thoughts/feelings) that allows you to accept the reality you desire to create.

When you are in the correct identity, you can take the correct action, and because of this it may seem as though things are “attracted to you” when in reality you are creating them.

To be a magnet for your creation you must accept the identity that is allowed to receive and live the end result.

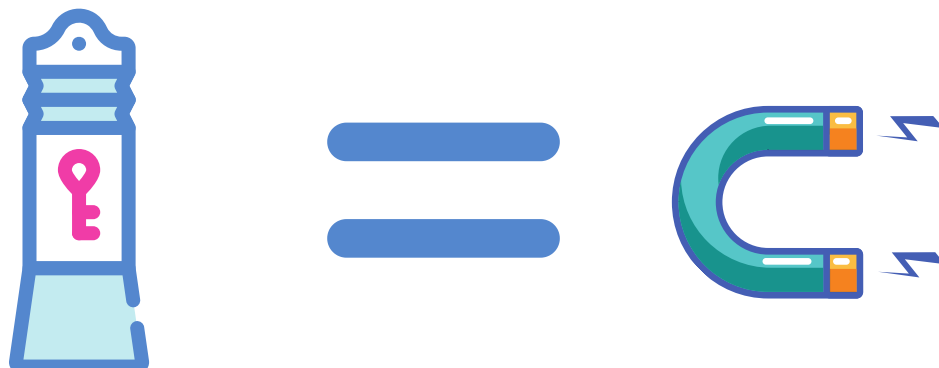
You are always a magnet, it is not something you can turn on and off, what you create in your reality is a direct reflection of your identity.

E.G : Trying to create from an identity of not Being Good Enough it wont work - Retrain your Unconscious to the new way of being.

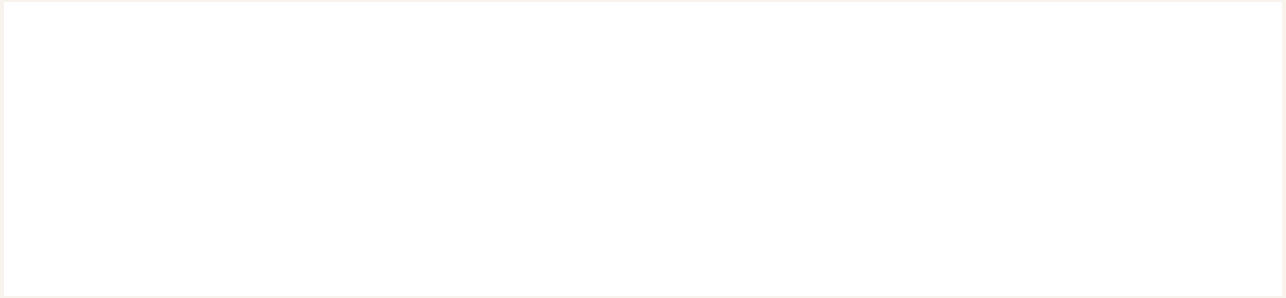
This is the key:

Because we can control what we are thinking we can control what our Unconscious is receiving from us.

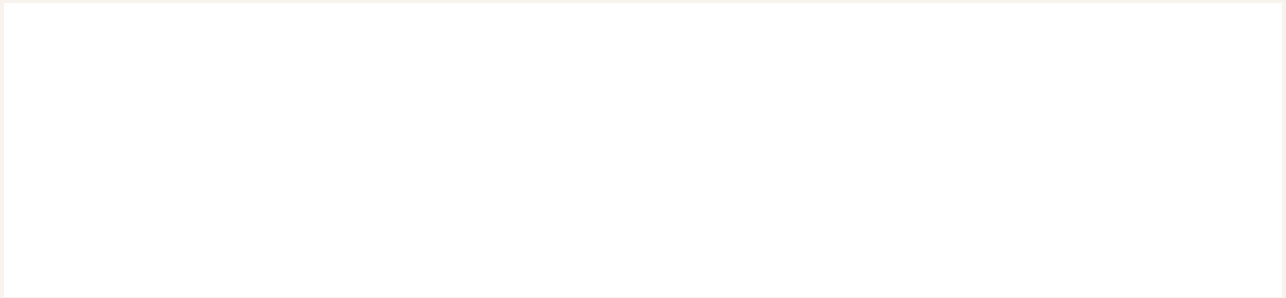
If we spend long enough sending new instructions to the Unconscious, this will become its new point of orientation, and this will be your new identity



What do you want to create ?




What does it feel like in the end result?



What beliefs does the person in the end result have ?



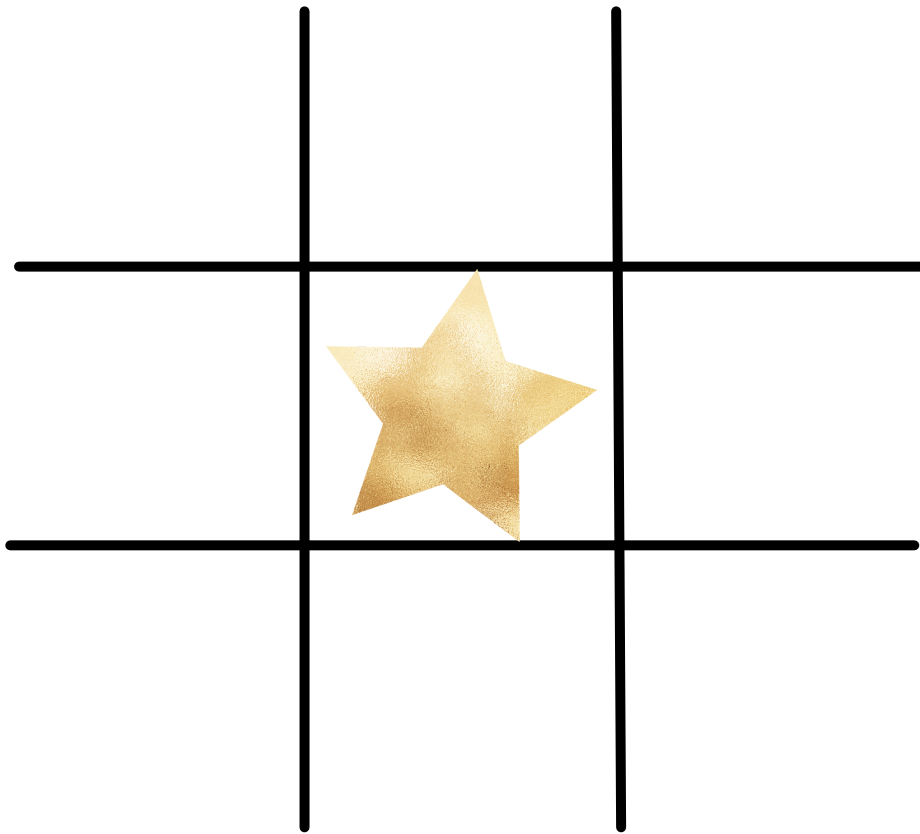
What values does that person have?



Identity Matrix

This is the process of stepping into a New Belief, this is the process of retraining your unconscious mind to have all that it needs to move into this new belief and knowing that it is true for you.

E.G. I am a powerful creator,
I am the dominant creative force of in my life,
I want create Life changing money.



Identity Matrix cont..

- 1..Someone I know that has a better perspective than me.
- 2.Fictional Character that has a Superpower that you would like to embody.
- 3.A Family member or Ancestor that wants nothing but the best for you or someone you love unconditionally
- 4.A wise Counselor
- 5.A Role Model
- 6.Younger version a of you. (Child imprinting this belief)
- 7.A version of that is a little further a head in what you are trying to create
- 8.The version of you at the end of your life, looking back at what you had created.



NEED MORE INSIGHT

