



VERENA WHITE

IGNITE YOUR DIVINE SPARK

VISION QUEST  
RECODING THE DREAMSPELL

Work Book

BY VERENAWHITE

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# WELCOME

Welcome to Vision Quest, in this 5 Part Course you will be taken on a journey to remember who you are and to learn the tools and techniques to take your Power Back and become the Creator your were born to be.

I ask you to play full out, be open minded, know that you are greater than your past and your current physical experience, and be open to all possibilities.

You are here for a reason, there are know accidents,

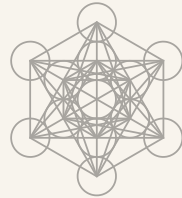
NOW IS YOUR TIME TO CREATE

*Verena White*

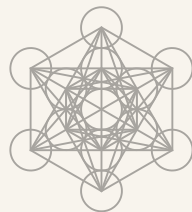
Follow your bliss and the  
universe will open doors  
where there were only  
walls.

Joseph Campbell

You Are Not Broken



You Are Superconscious



You Are A Creative Force





# SESSION TWO

## True Choices

A True Choice feels heart opening, it is a choice that is moving you towards your end result / your vision, It is not being fueled by a negative vision. It is a choice that hold very little resistance, hence it allows you to create with ease of motivation and inspired action

There are many things you could focus on creating in this lifetime, but only some of them you truly love.

Creating what you Love is our priority. To do so, we will first focus on creating the magnetic moment, so that you are in a creative orientation and not problem solving. You will learn to follow four core choices, which allow you to recode all your resistance to having the life you love.



# Core True Choices

The four core choices are:

- I choose to live my true nature and purpose.
- I choose to be the predominant creative force in my life.
- I choose to live a life I love.
- I choose to be healthy and vital.

Until you are living these four, you are not ready to move to the second level of superconscious creation.

Everyone can choose these four now. They are not problem solving; they are creating:

- A new reality. (Change of Perception)
- A new structure.
- A new orientation.

Once you get clear about what you would really love to create, life gets magical!



# Ineffective Choices

**Choice by limitation** - choosing only what seems possible

**Choice by indirectness** - choosing the process instead of the result

**Choice by elimination** - eliminating all other possibilities so that only one choice remains.

**Choice of default** - the "choice" not to make a choice, so that whatever results happen seem to occur without choice - all that is left is a reaction.

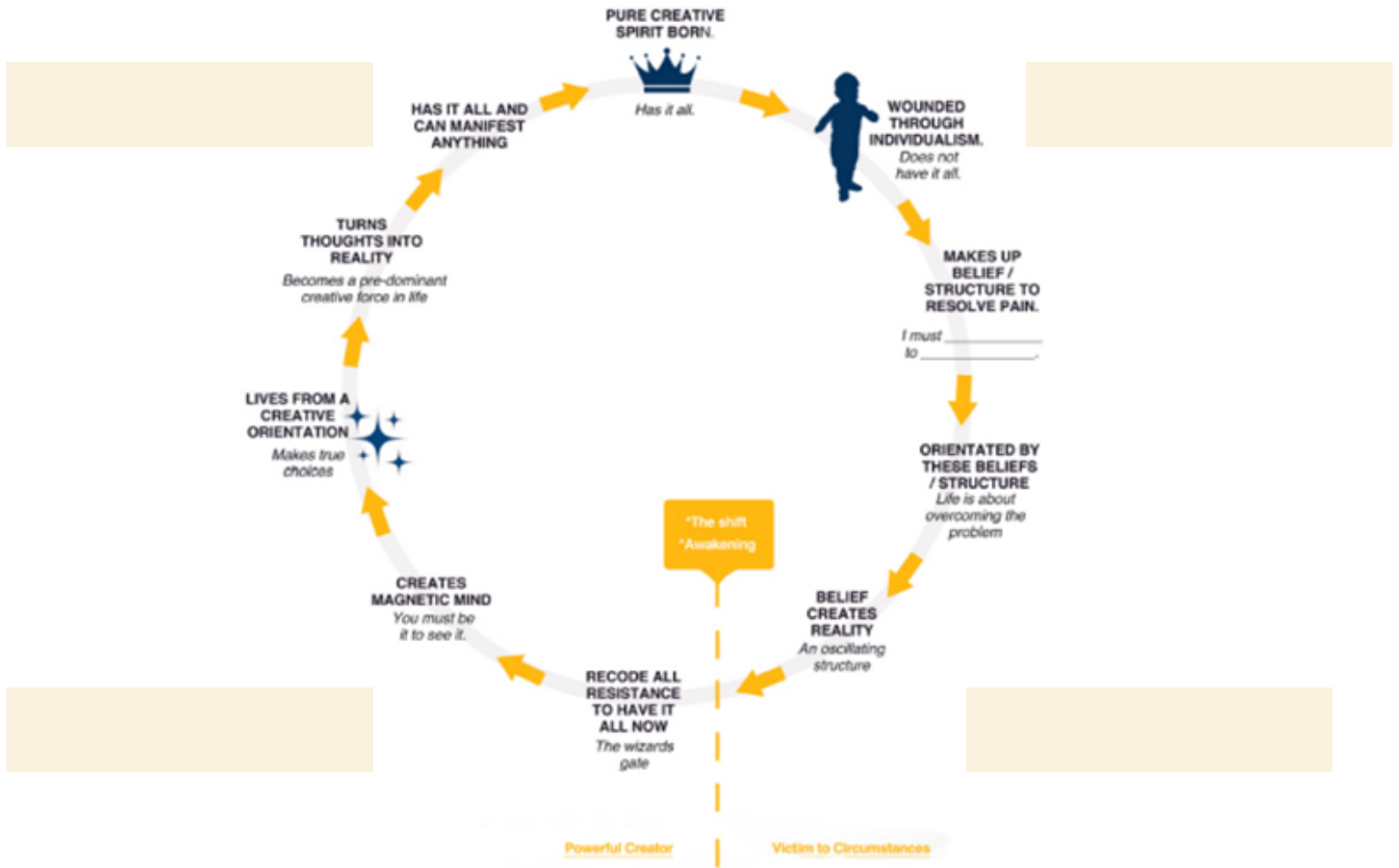
**Conditional choice** - imposing preconditions on choices

**Choice by the reaction** - choices designed to overcome a conflict.

**Choice by consensus** - choosing by finding out what everyone else is willing to recommend and following the results of that poll.

**Choice by adverse possession** - choice based on a hazy metaphysical notion about the nature of the universe. In the creative orientation, you consciously choose.

# Heroes Journey





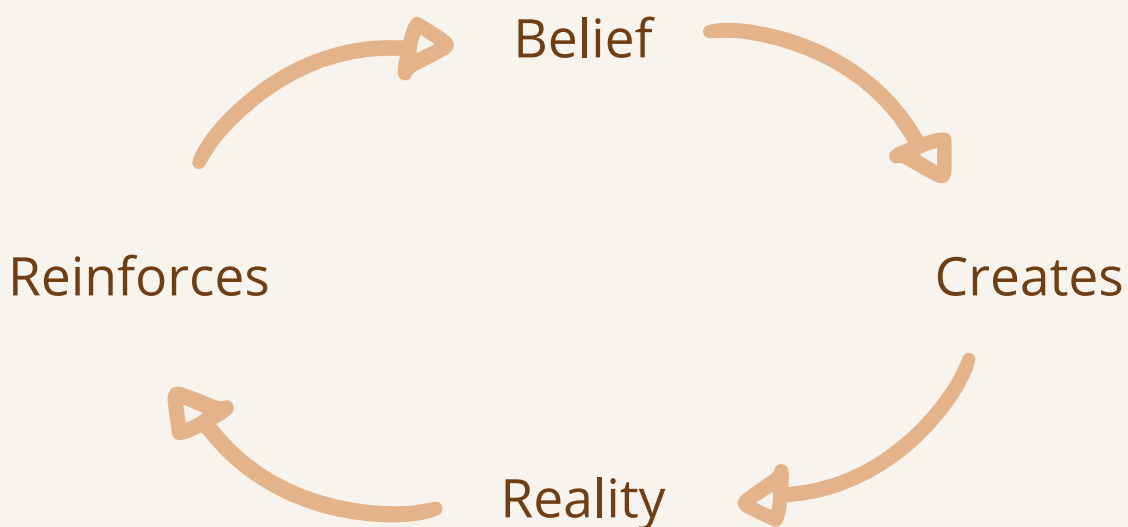
# Belief Creates Reality

I have found there are several core unwanted beliefs:

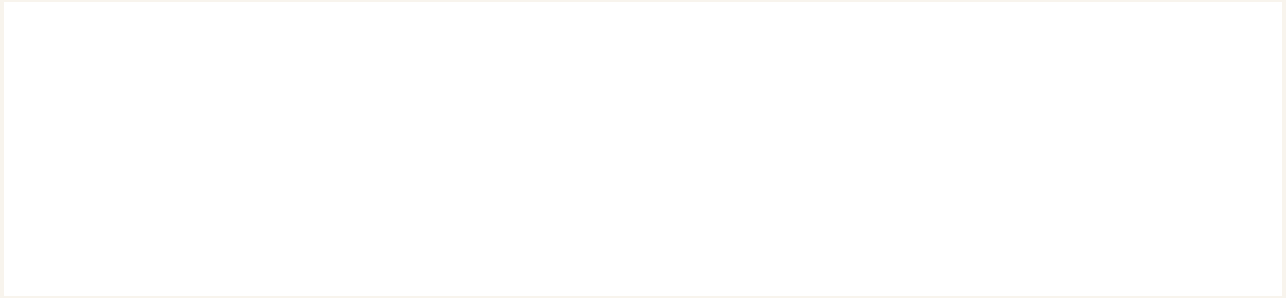
1. I am not good enough.
2. I am not worthy.
3. I don't belong.
4. I am not perfect.
5. I am not capable.
6. I am not significant.
7. I cant Trust myself or the world
8. There is a right way "the way things are"

These beliefs are present in most people and are created through the process of becoming a limited individual, this occurs from 0-7 years. By taking these on, we forget we are also an unlimited creative energy. In the attempt to overcome the belief, our identity gets caught in the belief and can never truly escape.

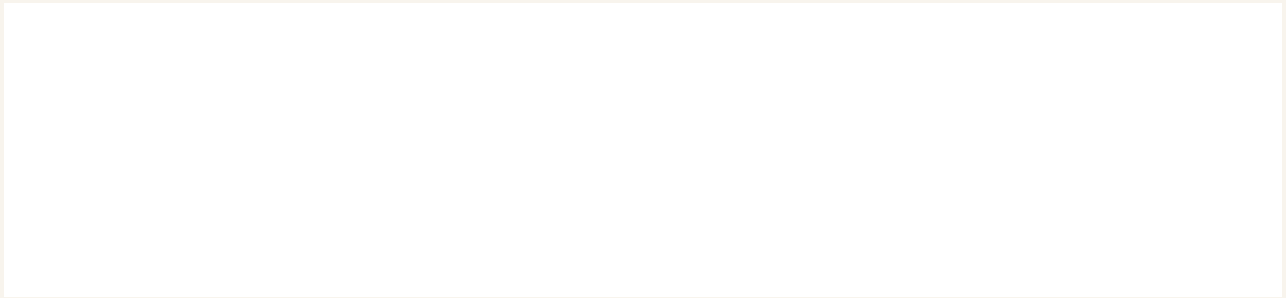
Hence, we often feel that we are in a powerless situation and we create sabotage programs that affirm and prove these limiting beliefs in ourself and the world.



What is something that you wanted to create that didn't happen?



What core limiting belief was active in this outcome?



What judgements did you make about yourself or others?



What new belief would resolve this issue?



# STUCK IN A POWERLESS/ PROBLEM ORIENTATION

Because of our focus on how we are limited, we set up a worldview that our life is about completing ourselves, or solving the negative beliefs/limitations.

These sabotaging beliefs cause huge problems for people wanting to create a life they love. These beliefs are the underlying structure of all motivation, and it becomes our life purpose to resolve them.

However, in the attempt to overcome the belief, our identity gets caught in the belief, and we can never truly escape it. For example, if you didn't get attention growing up except for when you did something amazing, you may decide you are not worthy of love/attention just the way you are and set up a structure to do amazing things to finally prove you are worthy.

You will get really motivated and set a big goal, and move towards it; however, as soon as you get close to achieving it, you will find a way to sabotage it.

This is a set up. You don't achieve your goal, because if you were to actually "make it" you would have to accept you are worthy and your former identity would be lost; you would no longer know who you were.



# The Creative Structure

The only way to move towards your goals without sabotage is to let go of being a problem solving / victim reality.

In short, you must learn to let go of the old structure and create a new way of being in the world.

You must define yourself as a powerful creator not a powerless victim.



You do not need to be anything other than who you are to create everything you desire.

You are the creative spirit who created everything you have in your life you have just forgotten.

To become the Creator Identity you can learn different processes, that connect you to your superconscious / Spirit and create a new set of instructions for your unconscious to follow and release your resistance.

This is the first step to orient from a place of power!

FAQ:

*Most people think if they had everything now, they would no longer be motivated because their whole lives have been about overcoming problems.*

*However, this belief is the problem.*





NEED MORE INSIGHT

# THREE CHAIR PROCESS

Chair 1:

NEED MORE INSIGHT

