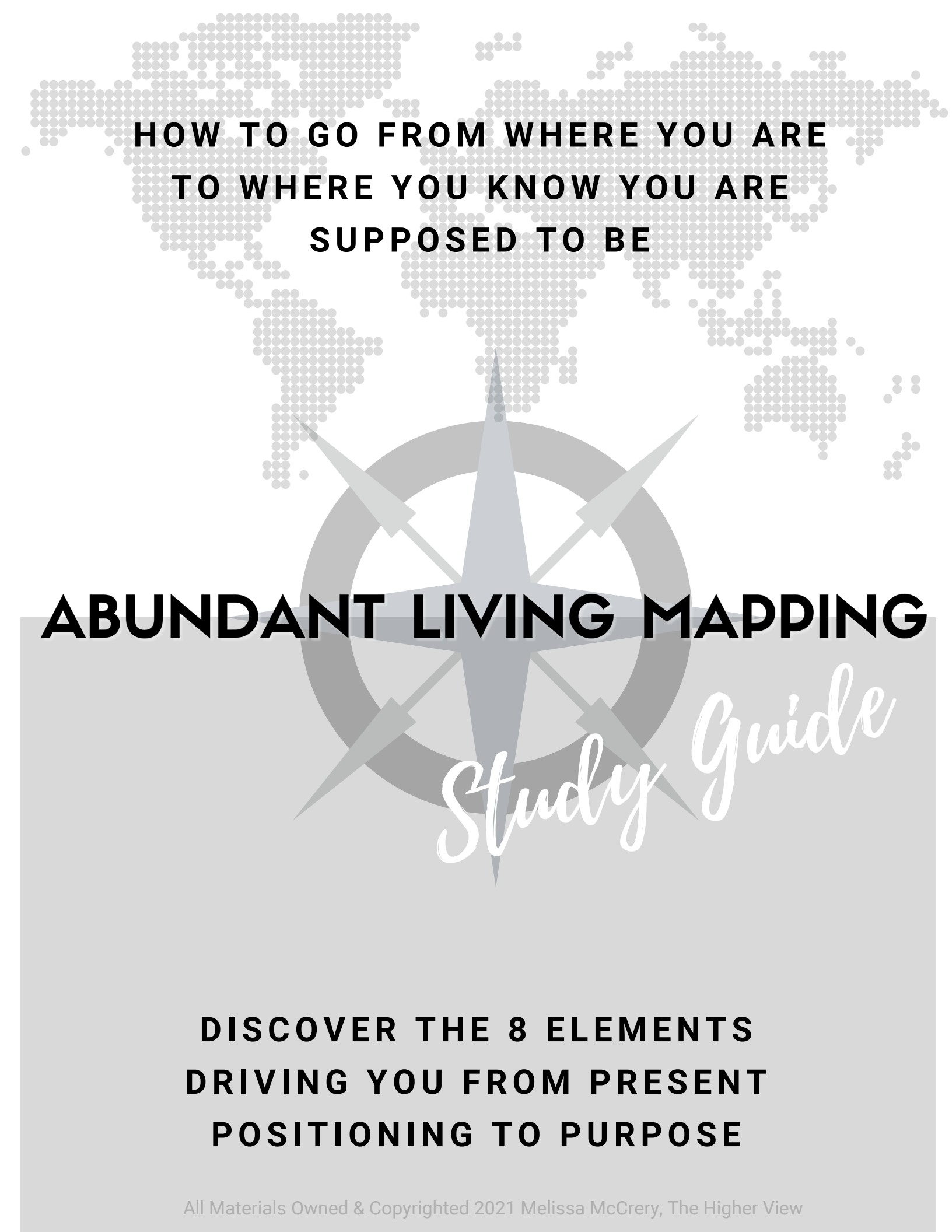




**HOW TO GO FROM WHERE YOU ARE
TO WHERE YOU KNOW YOU ARE
SUPPOSED TO BE**

ABUNDANT LIVING MAPPING

Study Guide

**DISCOVER THE 8 ELEMENTS
DRIVING YOU FROM PRESENT
POSITIONING TO PURPOSE**

WELCOME TO THE BEGINNING OF THE REST OF YOUR LIFE.

I SAY THAT BECAUSE OVER THE COURSE OF THE FOLLOWING 8 MODULES, TO THE DEGREE THAT YOU APPLY THIS TEACHING, YOU ARE GOING TO SEE MONUMENTAL SHIFTS AND PIVOTS HAPPENING IN YOUR LIFE.

YOU ARE IN THE RIGHT PLACE, AT THE RIGHT TIME.

SO HANG ON FOR AN AMAZING JOURNEY!

OVER THE NEXT 8 MODULES I WILL GO OVER THE ELEMENTS YOU NEED TO MAP OUT YOUR JOURNEY FROM WHERE YOU ARE TODAY, TO WHERE YOU WERE DIVINELY DESIGNED TO GO AND MANIFEST YOUR HIGHEST PURPOSE.



#8- Unblocking HIStory

#7- Renewed Mindset

#6- Positive Beliefs

#5- Empowering Emotions

#4- Presence Awareness

#3- Reference Experiences

#2- Personal Responsibility

#1- Transformation

LESSON 1: THE RENEWING OF THE MIND & S.E.E.

Abundant Living is something PROMISED to us, By GOD

“The Abundant life” is not limited to just the spirit realm and the life to come. It has to do with the life here on earth and is determined by life from your beliefs and position.

Abundant living NOW has to do with developing your full potential CAPACITY, and doing the thing you were designed to do.

Un(b)locking His-Story & Your story is about the path of discovery around the stories being written about your life.

We all have a story to tell, and our stories are more significant than we realize.

The story of your life is a timeline of your personal growth in all areas: body, soul, heart, and spirit. The abundance of that story is tied to how your soul prospers.

The PAST module will help you understand how the significant emotional events of your past have helped shape and direct your destiny.

If you are ever in a fog, stuck, or feel blocked, one of the keys to resolving this issue is to understand that before you can change the culture on the outside, you must first develop the right mindset and culture on the inside. Another way of overcoming your blocks is by releasing the power of your personal story.

In order to be all you are destined to be you will have to get outside of the box you are currently living in, and sustain the process towards purpose.

You may not recognize your box yet, that is because the walls are often built slowly, brick by brick over time. They are often created from past experiences and what I call 'environmental hand-offs' or 'limiting legacies'.

From these boxes, we form beliefs that influence our actions. These beliefs actually create blindspots that keep us on auto-pilot and living in invisible prisons. We get deeper into this later in the course.

As part of the process of renewing our minds we must first understand that our brain is not static but always changing and growing. This is where we get the science behind neuroplasticity.

(for more information of neuroplasticity look into researchers Dr. Caroline Leaf and Dr. Andrew Huberman)

The brain, like a tree, hold markers of our past. The rings of a tree tell a story about the environment that year, the rainfall, drought, trauma, health, etc.

When a Significant Emotional Event, AKA S.E.E., happens it releases a peptide that marks the brain, much like the ring of a tree. These markers affect how we see, and therefore interact with, the world around us.

Reinforced patterns around S.E.E. form beliefs that alter our life and world view.

What we have to be keenly aware of is reinforced negative S.E.E. that can form patterns of thought and behaviors that do not benefit us.

2 Cor 2:10-11

Anyone you forgive, I also forgive. And what I have forgiven—if there was anything to forgive—I have forgiven in the sight of Christ for your sake, in order that Satan might not outwit us. For we are not unaware of his schemes.

A brilliant and highly efficient tactic of the enemy is to create and reinforce negative neuro-markers SO THAT they will create beliefs to be passed down generationally and create a limiting legacy.

LESSON 2: THE ORPHAN MINDSET

You ARE a spirit AND are already inhabited BY the Holy Spirit. As you begin the process of renewing the mind away from orphan beliefs you will receive a significant amount of healing and deliverance, not from something but into your Kingdom identity.

iThe orphan mindset is a set of sabotaging experiential beliefs and/or attitudes that has been developing over our lifetime that unknowingly becomes a part of our personality and character. It then becomes the governing spiritual lens through which every human consciously or unconsciously sees reality as one who has been orphaned from the Presence of God the Father.

Martin Luther – “I have difficulty praying the Lord’s Prayer because whenever I say ‘Our Father’ I think of my own father who was hard, unyielding, and relentless. I cannot help but think of God that way.”

Because of the lack of awareness and subsequent teaching, our Churches have become orphanages that 'age-out' orphans instead of becoming homes and families of healing.

Unhealed, orphan issues of striving, performance, fear of man, insecurity, and distrust of authority lends itself to leaders and church members who minister with a degree of toxicity.

It all began in the garden

What we see manifest in the Garden:

- **Orphan Thinking, believing lies about God & themselves**
- **Doubted God's love and acted independently**
- **Received a sense of shame, guilt, fear, and need to control**
- **They tried to cover up their shame with self-effort**
- **They alienated themselves from the Presence of God**
- **They blamed their problem on someone else; experienced relational brokenness and dysfunction in the roles of authority in relationships**
- **They had to be protected from themselves and therefore displaced from their home**
- **Their lineage tried to earn God's favor, they were jealous of each other, they were independent and self-reliant, they defied God, they lived in poverty and lack,**

We can also see how the false beliefs about God and themselves began to be passed generationally

There were two trees in the garden. There are also two trees in your brain garden. The orphan mindset comes from the tree of the knowledge of good and evil, NOT from the tree of life.

The two trees represent what we eat from, what we get provision from. The tree of the knowledge of good and evil represented anything that we looked to for provision outside of a relationship with God.

What we come into agreement with, we submit our authority to, and that sacrifice of authority is a form of worship.

The fruit of the orphan tree:

- **There is no sense of home or belonging, they will believe they were designed to be more of a gypsy, not rooted anywhere.**
- **They lack in identity & continually seek words of affirmation/attention from those they look up to**
- **They have no sense of inheritance gifted to them, a victim mentality**
- **They have a tendency to suck the life out of relationships, small groups, etc. always needing and never being filled**
- **They do not identify in a source of provision outside of themselves**
- **They lack in the area of discipline**
- **They feel alone and believe they have to perform, fight, or compete for everything**
- **They have a tendency to look after No.1 and are very competitive**
- **They bare the fruit of the roots of rejection, abandonment, shame, fear, bitterness, loneliness**
- **They operate from a deficit of love**
- **They often feel like God is against them, has abandoned them or is not really interested in them unless they are perfect.**
- **They will be fearful and have a sense of powerlessness, their problems are always about someone/something else and they lack personal responsibility, unable to change circumstances.**
- **They will operate with a broken sense of identity and self-esteem. They will often either serve as a slave or rebel in anger.**

The Orphan operates from a place of POVERTY & LACK in a number of areas;

***Security-leads to insecurity, anxiety,fear**

***Unconditional Love-leading to false nurture/intimacy**

***Value- leading to the need to achieve or prove**

***Adequacy- leading to guilt, striving, religion, self-effort**

***Provision- leading to poverty mindset & conditions**

***Relational Nurture- leading to promiscuity, drugs, addiction, bullying**

***Freedom/Joy- leads to despair, depression, heaviness**

***Trust- leads to anger, rebellion, self-protection**

Lesson 3: THE MOUNTAIN OF ME

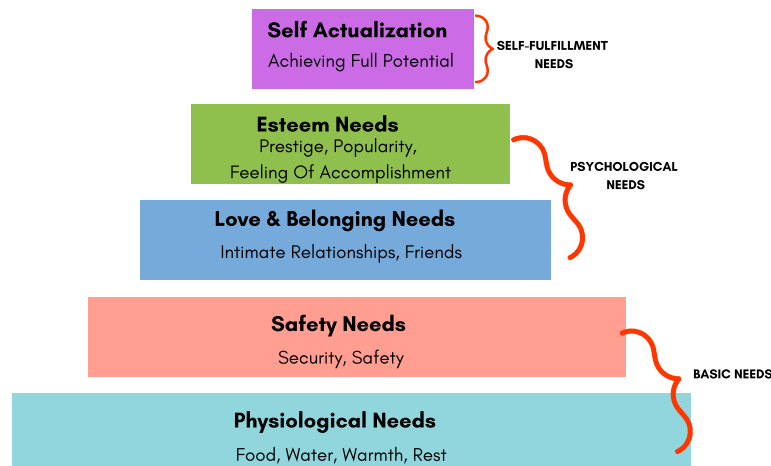
When we look at the mountain of me, it is full of promise and plans.

We have to also realize that there are plans that try to work against us SO THAT we cannot conquer our mountain of destiny.

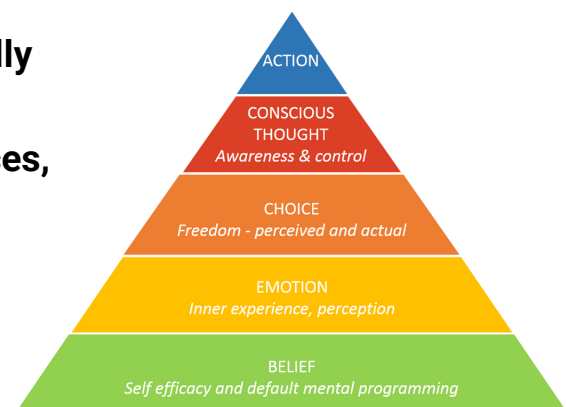
What we will be identifying are those things that seem to happen over and over and over and over and we don't know why. Those things of our past that keep us from moving forward ARE the schemes and devices that try to work against us.

Maslows Hierarchy:

When there are deficiencies on multiple levels then the individual will not typically progress up the chart towards growth and actualization but get caught in a cycle of unmet needs due to unresolved history and bad beliefs.



The Belief Pyramid: We have to intentionally starve out negative reference experiences and feed new positive reference experiences, creating new Truths from which we form new beliefs and therefore actions.



The first thing you've got to reign over is your own state, because until you can handle you, you're in no shape to conquer any other mountain.

Your "state" as your personal internal climate—your emotional and intellectual environment within.

And this circles back to Un(b)locking His-Story & Your story is about the path of discovery around the stories being written about your life.

Our stories form more than a timeline of our history; they are a diagram of God's intervention in our lives.

**As well as the story trying to steal, kill, and destroy that original design.
The forces that control your life are the beliefs you attach to your experiences.**

LESSON 4 - YOUR BELIEFS

The forces that control your life are the beliefs you attach to your experiences

Your history mapping will show you a series of experiences, both good and bad, that have created your current belief system. It is important to have self-awareness because it allows you to step outside yourself and observe what emotions are driving you, what behavior is coming from you, and whether or not it's working towards where you want to go.

You have to take a look at where you've been in your past, so you understand how you are showing up in the present, fully engaged and observant of the process to actualize your purpose.

If you can have the correct references to think through and challenge and rewire your brain, you form beliefs that will lead to higher quality decisions. Better quality decisions will lead to a higher quality results. Results are attached to the quality of choices that are made.

These also become foretastes of convergence and what you are capable of.

We also have to discern where we may have competing beliefs in order to not be double-minded and create instability in our process.

LEVELS OF BELIEF:

OPINION	Category 1 Belief	Relatively easy to change with better information
BELIEF	Category 2 Belief	Not easily changed & requires significant experience to shift
CONVICTION	Category 3 Belief	Almost unchangeable, based on perceived moral & ethical values