**Module 7 Formula of Transformation**

This relates closely to what we call the formula for transformation. You will see the similar things. The first part of the formula is …

1. Awareness – it’s the consciousness factor and the messages wake up.

So this formula for transformation, it came from looking at any time someone had a deep healing, a leap in her growth, positive change in her life, it was always connected to awareness. They discover the surgeon they didn’t know about. They’ve got a different view of something that changed everything. They’ve learned something maybe huge difference. Consciousness was that first piece of transformation. This (holding a pen) have to be an idea on someone’s head before it could appear on the physical world. It started on someone’s consciousness. And everything started on consciousness. It’s even many spiritual traditions, that we started as thought in God’s mind. God have an idea and poof! Here we are. So, everything is like that. Everything begins in consciousness. And so as the first element, you could go to a surgeon, they could fix something, maybe you say that nothing even to do with my awareness. But who you have to be aware of the surgeon. You have to be aware that there is such a procedure. Without it, you would’ve not have the surgeries. So it did start with consciousness.

1. Relaxation- it’s the release factor and the messages let go.

There’s a spiritual principle for you. How many things were healed? How many things were solved? Just because you let go? How many things come to you or do you get free of just because you let go? Surrender, selfless service, let go and let God. It’s a spiritual principle and it’s also responsible for transformation and growth. If you can’t let go of where you are, you’re gonna get anywhere else.

1. Breathing- it’s the energy factor and the messages take charge.

So, in some point, we have to be an active participant in our own healing, in our own growth, in our own awakening. If somebody does it to us, it’s probably not gonna last. We’ve probably gonna defold back to some state. But if we are the one making the change, we are the ones actively involved.

So you bring these 3 things together, this are called the formula for transformation. Wake up, that’s what happened to the Buddha. When people ask the Buddha, wow, what happened and you said, I was sleeping and I woke up. That’s it. I just woke up.

What was the Buddha was doing when he was the moment of enlightenment? He was observing his breath. He was practicing breath awareness.

So, this was the piece that Tony Robbins taught me on and he really wanted to digest. He likes when things take a little simple seed kind of form. And he could see how you can take and develop and build on it. And one of the reasons I love him. I mean he knows when he gets something. This gonna pull somebody into a room and give it to someone else. He knows when he practices something that helps him. He’s gonna gets his assistant, gonna gets his wife, gonna get somebody else to learn in it.

[end of video 7]