

CONSIDERING THE HEAVENS

June 2023

# EXPERI ENCE

*Attuning to Purpose*



*from We Build Legacy*

# INTRO

## *Welcome to this Experience of Attuning to Purpose*

Life is about more than what you can experience through your five senses. There is more to this life than what appears on the surface where struggle, stress and strain seem to dominate experiences in the world. *Consider the Heavens* and receive help to live the best version of your life, aligned with your purpose.

### What you can expect:

- Experience becoming aware and embracing your greatness from the inside out
- Discover the importance of trusting yourself
- Receive insight into your energetic posture to attune to your unique purpose
- Gain tools to assist with moving from anxiety to trust

### How this experience will better your life:

- More frequent synchronicities, enabling you to live with more joy and certainty
- Increased opportunities to align yourself with like minded individuals
- An increased confidence in your intuition and choosing what is best for you
- More opportunities to act in self-determination to let go of lower energies and experience higher levels of mental and emotional health and wellness.
- Access to vibrational realms of frequency to unlock wisdom and answers for your life

# WHAT'S INSIDE

004



**CONSIDER  
THIS**

HERE ON PURPOSE

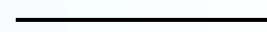
005



**FOCUS IN**

STEP ONTO THE  
PATH

006



**EXPAND**

MAGNIFY YOUR  
AWARENESS

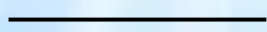
007



**CATCH A  
GLIMPSE**

WHO DO YOU SAY  
YOU ARE?

008



**RESOURCES**

TOOLS FOR EXPANDING  
YOUR FREQUENCY





# CONSIDER THIS...

Begin by taking a look inward to remember the agreement you made before you were born... Let's talk about it...

YES! You volunteered to be here! You chose your parents/family! You agreed to your assignment in this lifetime... you just may not RE-MEMBER who you are yet... but you left bread crumbs for yourself to lead you back to your authentic self.

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INTENTION - WHAT DO I WANT TO SEE COME TO FORM? (*where possible exclude material things... consider things that pertain to you as a person*)

What is the purpose?

What is the goal?

Is the answer to these questions:

***TO MANIFEST THE HIGHEST EXPRESSION OF MY HIGHEST SELF ON EARTH – PHYSICALLY, MENTALLY, EMOTIONALLY & SPIRITUALLY***

# FOCUS IN...

## A STEP ONTO THE PATH

- Set Your **INTENTION** - to see your authentic self
- **ATTUNE** - listen to your highest mind (Ori), intermediary between every man and Creator, one's personal divinity)
- Focus Your **ATTENTION** - single mindedness
- Follow **PASSION** - where you sense joy and bliss
- **HOLD** to form - maintain high frequency



# E-X-P-A-N-D



What activities do you do that make you happy and don't require any other person?

What are you most grateful for in this moment?

What three (3) words best describe the way you feel when you know that everything you want to happen is happening and you feel on top of the world?

Recount a time in your life when you felt most loved and cared for? What did that feel like for you? What happened?



# CATCH A GLIMPSE

Can you see yourself? Have you caught a glimpse of anything? Allow your imagination to roam as a child would. Focus on attributes of yourself. Describe your face. What is the expression? Where are you? Activate your five senses to see your true self?



# TOOLS FOR EXPANDING YOUR FREQUENCY

- 009 Vibrations & Ripples
- 010 Energy Centers
- 011 Body Auras
- 012 Energy Awareness
- 013 P.I.E.S. 4 LIFE
- 014 P.I.E.S. Bodies



Setting Your FREQUENCY  
Toward Your Highest Good



# VIBRATIONS & RIPPLES



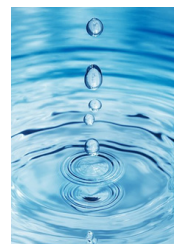
**VIBRATION** - "a person's emotional state, the atmosphere of a place, or the associations of an object, as communicated to and felt by others"

Water holds a vibrational frequency. Between 60 - 70% of the average adult human bodies are made up of water. The intentions, thoughts and emotions that have been sent your way by others throughout your life, or that you yourself hold, have influenced how you think, how you feel and what you believe you can do.

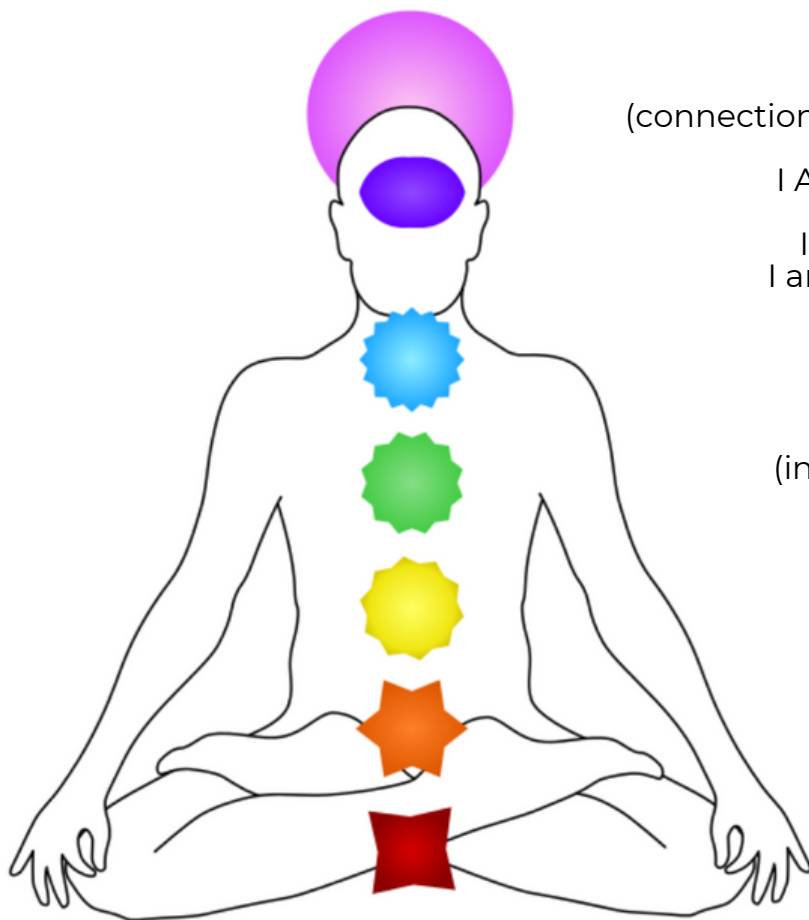
Your vibration creates ripples outward that can be felt by others, whether there are higher or lower frequencies. You can be influenced by anyone's vibrational frequency, but the higher the frequency, the more powerful the vibration and the ripple effect... the more you are able to positively influence your situations and attract like-minded individuals to you who are also seeking to put their best energy into the world.

## **REMEMBER:**

Each person is responsible for the type of ripples they put out into the world. Our **INTENTION** is like the drop that is sent out and creates the ripples, even when we do not say a word, our vibrations can be felt by others. Higher vibrations set patterns into motion that are most aligned with the heart of our purpose.



# ENERGY CENTERS



## CROWN CHAKRA

### WHAT I KNOW

(connection to divinity through higher mind)

I AM connected to divinity  
I am a divine being  
I am one with all that is  
I am infinite and boundless  
I am enlightened  
I am a spiritual being

## BROW CHAKRA

### WHAT I PERCEIVE

(intuition, trusting oneself)

I am insightful  
I see clearly  
I think clearly  
I trust my decisions  
I nurture my spirit

## THROAT CHAKRA

## HEART CHAKRA

## SOLAR PLEXUS

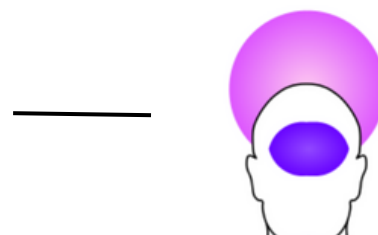
## SACRAL CHAKRA

## ROOT CHAKRA

Your energy centers are subtle energy clusters responsible for receiving and distributing information from your environment to the glands, organs and systems within your physical, mental, emotional and energetic bodies. It is important to attune your frequencies to align with that which serves your highest good. Your body is energy and uses the energy found in food, water, air, sound, light, touch, thoughts, etc. to live. You send out vibrations everywhere you go that influence the trajectory of your life. Attune with energetic frequencies that align with your highest self.

### REMEMBER:

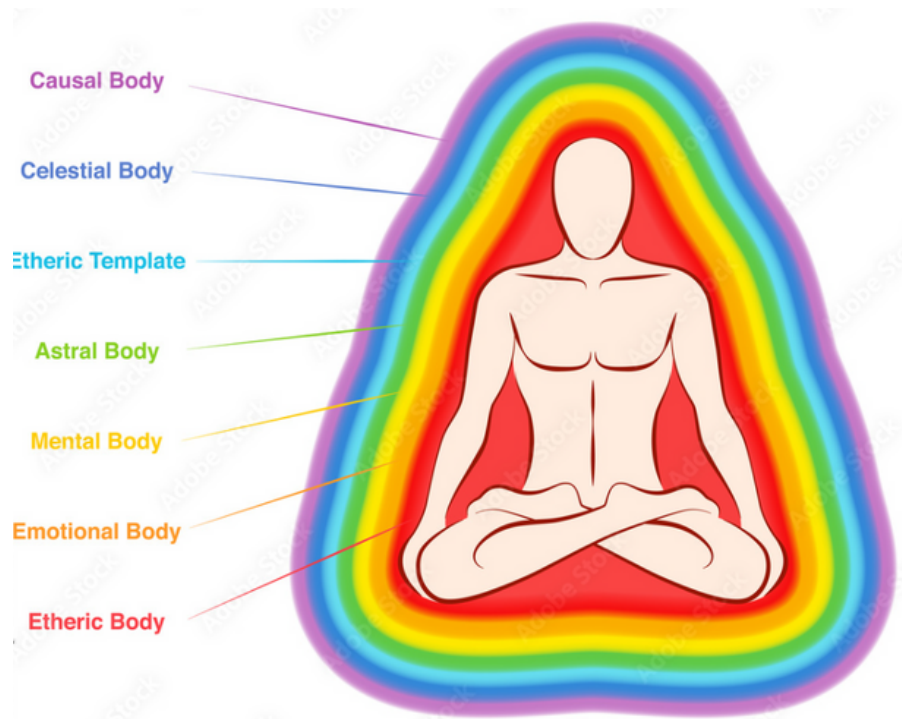
As we are attuning to purpose, we focus on the **CROWN CHAKRA** and the **BROW CHAKRA**. When you are able to connect with your highest thoughts of what Creator says about you, you are able to restructure how you see yourself in the world and follow the internal guidance you receive because you trust your inner knowing.



# BODY AURAS

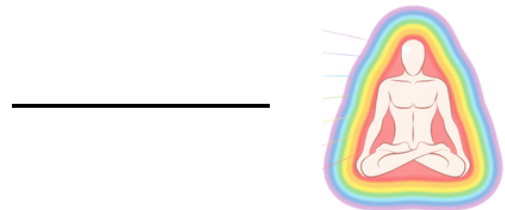


The Seven Auric Bodies are energy fields that project from the body and reflect the condition of your health and wellbeing. Some people can see them, but most people can sense them. Auras are the reason why a person can walk into a room and sense "good vibes" or feel like another person might be having a "bad day". Auras correspond to the seven chakras and are connected to how what we *think*, *feel*, and *do* are expressed into the world.



## REMEMBER:

You are more than just a physical body. You are an energetic being equipped with multiple layers of intelligence that extend to those you come in contact with and also into oneness with Creator.





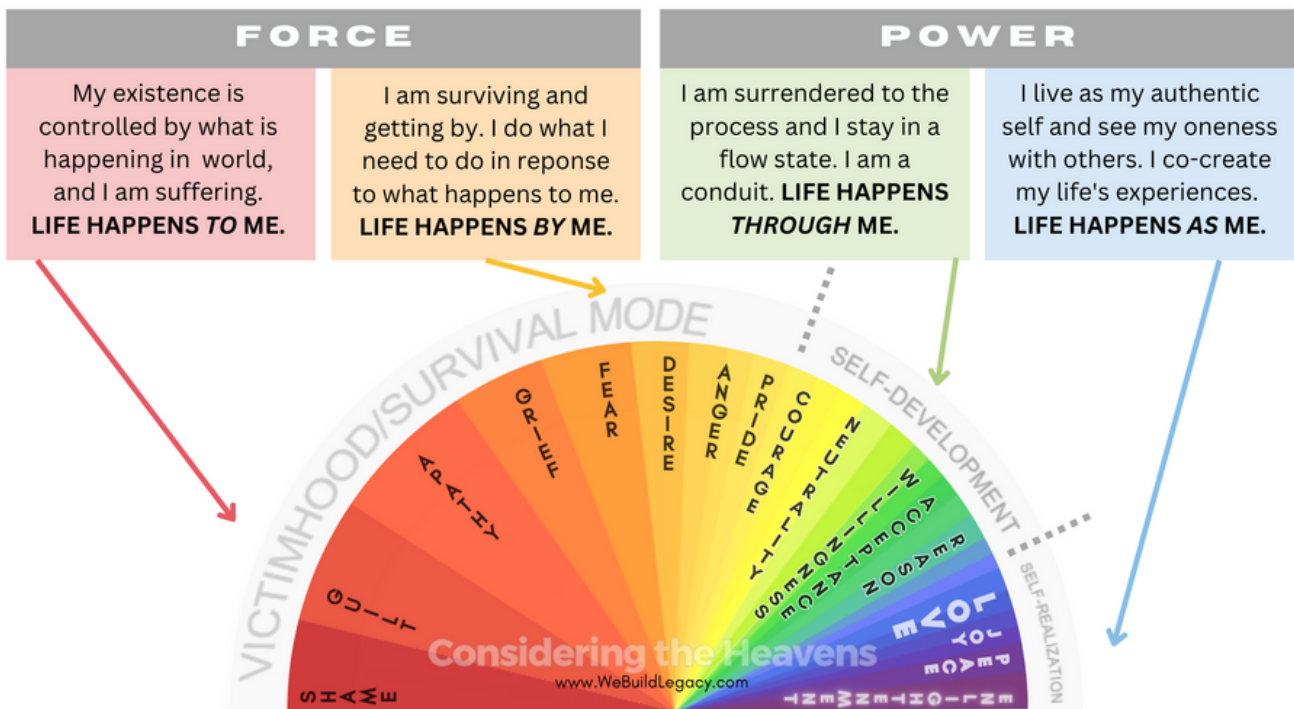
# ENERGY AWARENESS SCALE

for PENDULUMS based on David Hawkins Map of Consciousness logarithmic scale

**SURVIVAL MODE** - "The outside world and what I have heavily affects my emotions and how I define myself"

**SELF-DEVELOPMENT** - "I focus on the part I play in influencing the world and what I am able to achieve"

**SELF-REALIZATION** - "My essence and the inner qualities I embody contribute to the elevation of the whole. I AM...."

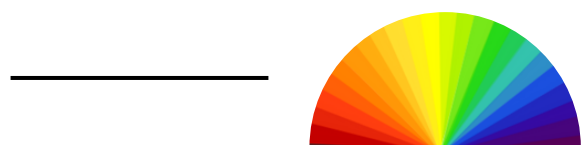


How well do I embody UNQUALIFIED LOVE? How DILUTED or POTENTLY is it expressed through me?  
What is blocking me from my highest expression?

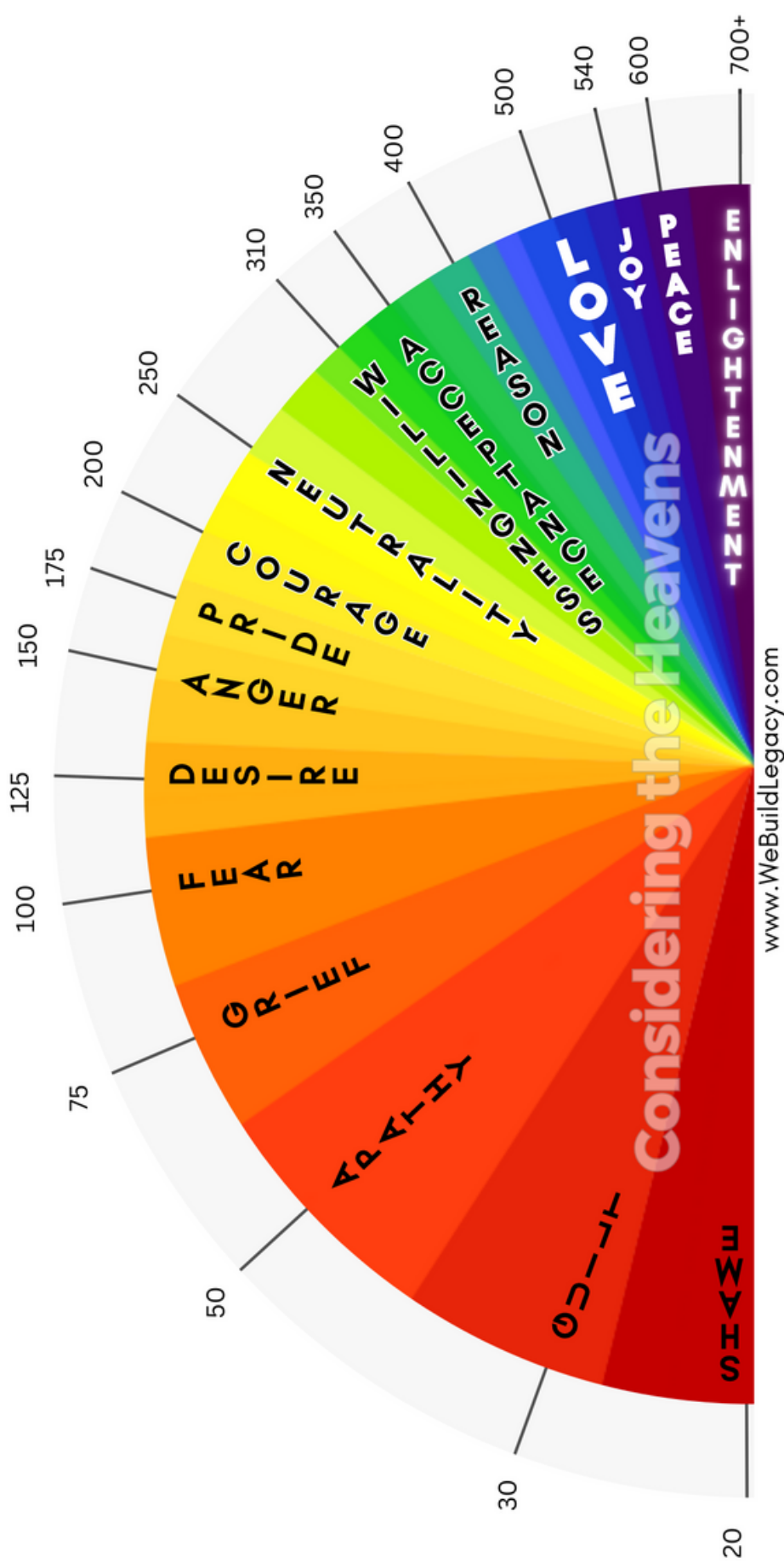
The Energy Awareness Scale helps you identify your frequency and the vibration you are sending out into the world and that others may be responding to. Your awareness of this scale allows you to know where you are and how your vibrational field may feel to yourself and others. The higher the vibration, the more attuned you can be to the higher purpose and call in your life.

## REMEMBER:

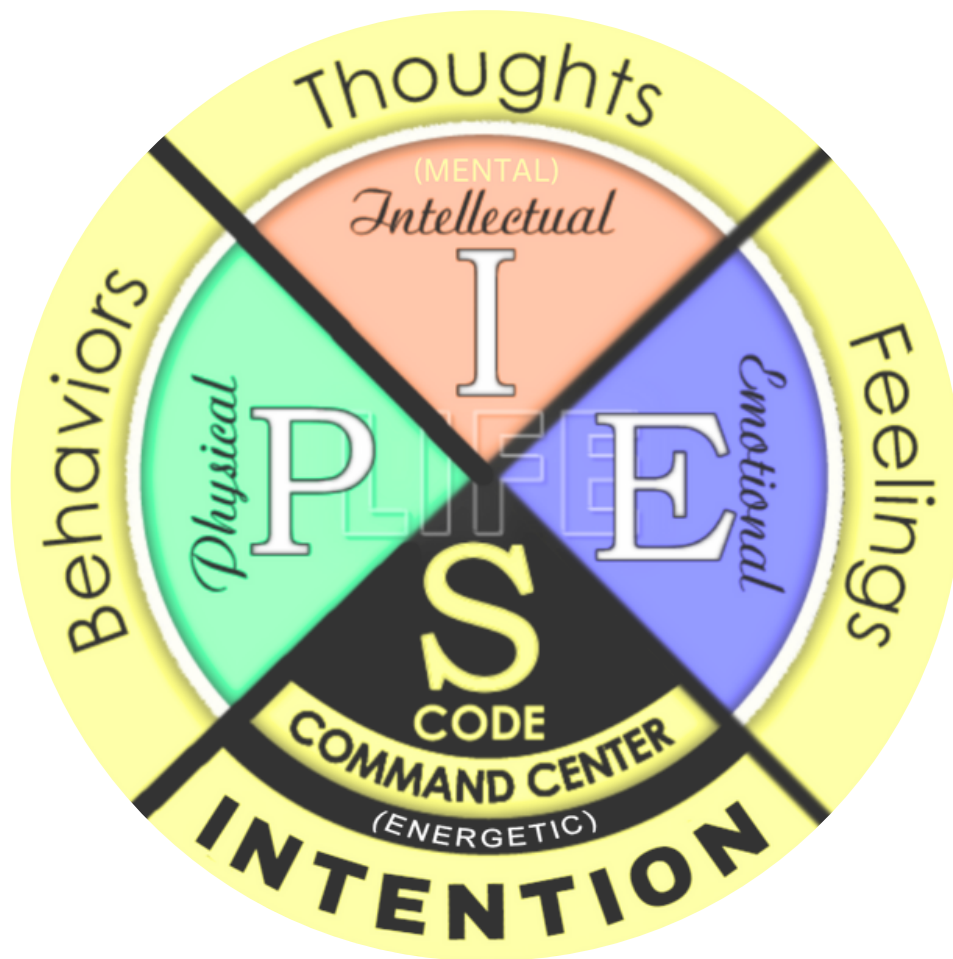
By taking responsibility for your actions and choices, you take back the power to define the events in your life to live life to the fullest. You no longer allow people, things or situations to define you.



# Energy Awareness Scale



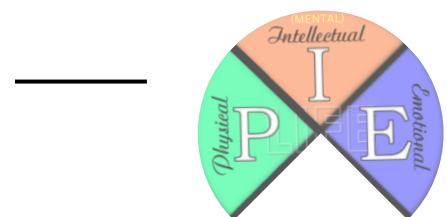
# P.I.E.S. 4 LIFE



Each of our various layers or energetic bodies must be tended to independently, even though they are interdependent and one informs the other. P.I.E.S. for Life help you consider ALL aspects of life. The S Code or Command Center is where we receive our personal instructions for individual lives. When we gain insights from our higher selves, then our thoughts, feelings and behaviors are more likely to follow our original design.

## REMEMBER:

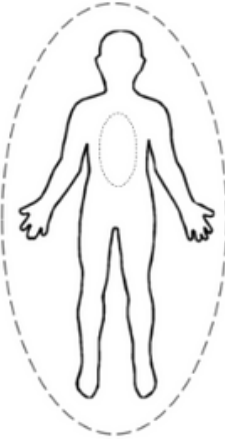
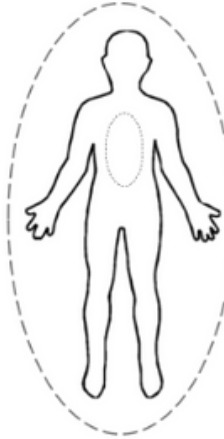
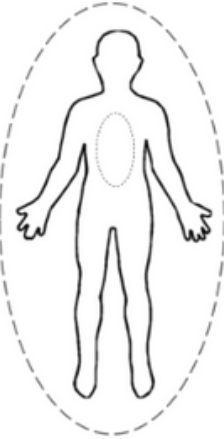
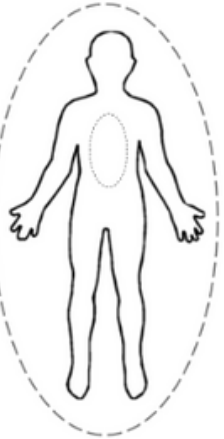
When we are not attuned to our Command Center, we are only following our thoughts based on what others others have told us is right or good for us. When we ATTUNE TO PURPOSE, we are creating a path for ourselves to follow.





# ENERGY BODIES

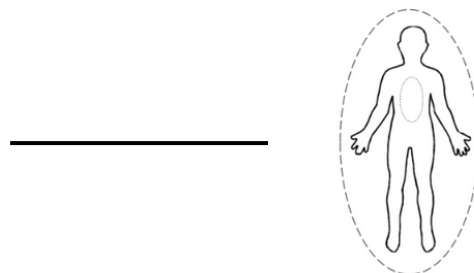
*Do I feel I am restricted, managing, or expansive in each area?*

PHYSICAL	INTELLECTUAL/ MENTAL	EMOTIONAL	SPIRITUAL/ ENERGETIC
			
<p><b>How am I navigating my physical body?</b> (ability/capacity) -</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>How am I navigating my intellectual body?</b> (mental/mind/thoughts) -</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>How am I navigating my emotional body?</b> (feelings) -</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>How am I navigating my spiritual body?</b> (energetic) -</p> <p>_____</p> <p>_____</p> <p>_____</p>

Each PIES Body is important as we seek to attune to higher frequencies. We can feel expansive in one body and restricted in another. Take time to "feel" into each body and do a quick check in. If you find constricted spaces in any of your bodies, consider how that body is being influenced by the other bodies.

**REMEMBER:**

As an energetic being you are more than a physical body. Being aware of how your other bodies feel and maintain them, you will move from restriction into an expansion of vibrations that will serve your highest good.



# MORE

## Considering the Heavens

When we only seek to experience life based on our five senses, we are having limited life experiences based on our limiting beliefs. We are able to get back to the truth of who we are when we go back to the Source. Understanding how we are connected to all that is happening energetically around us allows us to re-imagine our potentials, experience the Creator in much more fulfilling ways, and become more intentional about how we are building our legacies.

### CONSIDERING THE HEAVENS

ENERGY BALANCING FOR MIND, BODY & SPIRIT



Eugene Mason III, MBA  
"Coach Gene"

Andrea Little Mason, Ed.D.  
"Dr. Doula"



# COACH GENE

Coach Green Gene has been an active in energy work the past 15 years as a Shaolin Martial Arts practitioner. He is a Reiki Master and Naturopath who practices energy healing work internationally, assisting individuals with physical, mental, emotional and spiritual wholeness. He believes that honoring THE BREATH is fundamental to helping us experience life to the fullest.







# DR. DOULA

Dr. Doula believes that every aspect of creation was intentional... including YOU. She uses her understanding of various Systems of Knowing to help people know the Creator's intention for them, and to re-member what they agreed to come here to do during various seasons of their lives. She believes that we are each a once-in-a-life-time human experience whose intentions were written in the heavens.

