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The Earthling's Quick Start Guide

Master Operating
Your Unit on
Earth

A Short Refresher
Course In Applied
Spirituality™

by
Kathy
L Kirk



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Complete With Online Course!

**The Earthling's
Quick Start Guide:
Master Operating
Your Unit on Earth**

(The Short Refresher Course
In Applied Spirituality™)

By
Kathy L Kirk

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For Mom and Dad...

...who *showed* me what Applied Spirituality™
looked like, long before it had a name

Invictus

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of Circumstance
I have not winced nor cried aloud.
Under the bludgeonings of Chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find me, unafraid.

It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.

- William Ernest Henley -

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This *Quick Start Guide* is for anyone who has ever felt as though they had been beamed down to Planet Earth only to find your walkie talkie to the Mother Ship was either malfunctioning or lost entirely. We want to assure you that you are NOT alone, on Planet Earth!!!

This *QSG* will get you up and running smoothly, efficiently and effectively for your wonderful Earthly adventure.

We promise. Come and play with us, and in the process Remember Who You Are.

You are Spirit in human body. Remembering how to apply and focus your Spirit, which is Source Energy, Itself. This is Applied Spirituality™. It's easy. It's fun. It's totally...You already. Let's get started!

Introduction

It probably seems ‘awhile’ since you were in the *Cosmic Travel Office* drooling over the myriad possible exotic destinations for your next incarnation. If you are reading this, then obviously you opted for Earth rather than the Pleiades.

So here you are, in your very own human body on Planet Earth, exactly as you dreamed it. Welcome, distant traveler and ultimate explorer to the leading edge of all consciousness!

We know you have experienced some disorientation; indeed, you might be thoroughly confused; but do take heart. After an infinite number of exit interviews of previous travelers to Earth, we have now come up with this *Quick Start Guide*, which we believe will assist you in experiencing the most satisfying and enjoyable incarnation¹ on Earth possible.

1 See Glossary of Terms at end of book.

We want to reassure you that you are not crazy, hopeless, helpless or lost; although many report feeling as such. The distance you have traveled from non-physical consciousness into a body imbued with consciousness on Earth is to the farthest reaches of your Universe².

As such, you have come very far to experience a realm of matter and form, not just thought and thought form, with which you are so familiar. Therefore, Earth is, shall we say, a wee bit denser experience. Fear Not! The Light is definitely within you and also on Earth. While it might seem to you right now that you have slipped out of Source, you have not.

*Test: If you are breathing, you are
definitely connected to Source!*

Most beings choose Planet Earth because of its beauty, infinite variety and the opportunity to experience a physical body and all of the sensual

experiences: taste, touch, seeing, hearing, and smell. For these experiences you have been provided a human body and all the appropriate equipment.

Of course when you were choosing your trip to Earth, what you didn't fully understand was that Earth is a planet of duality³ at this particular moment of space and time. Although Earth is progressing nicely in its evolution into Light and Life, the impact of duality on your experience of earth can be – shall we say – disconcerting.

We also want to reassure you that you have landed on Earth in a body completely equipped with all the navigational equipment required, not just to navigate a human life, but also to send and receive Communications with Source and therefore be in a state of joy. Everyone is fully outfitted for a successful and joyful experience. You are a complete Godkit⁴;

3 See Glossary of Terms at the end of the book.

4 See Glossary of Terms at the end of the book

rest assured of this.

We apologize for any misunderstandings as a result of misinformation at the *Cosmic Travel Office*. Your trip to Earth, of course, is fully guaranteed by the Universe. To this joyful end, we have compiled *The Earthling's Quick Start Guide* just for you to help you *Remember Who You Really Are*.

Contrary to popular human-mind⁵ though: you are *not* 'only human'.

You are *divine*.

5

See Glossary of Terms at the end of the book

Chapter 1: *Your Breath*

Your breath is the single physical evidence of your continuing connection to Source which *enlivens* your physical unit. With each breath you breathe in Energy and exhale Energy. Of course your physical unit breathes in oxygen and exhales waste, but we want you to know that on each breath is the Flow of Source (Life) Energy.

As you have probably already noticed, when you are afraid or tense, your tendency is to hold your breath or to breathe in a shallow manner. This diminishes the amount of Life Force that you are receiving. Don't do it.

Similarly when you are relaxed, you take deeper, refreshing breaths. These deep breaths not only move Source Energy throughout your body and mind, but also relax you so that you can *receive* Source Energy, which funds all healing and joy.

It is imperative that you notice your breathing and consciously breathe deeply and fully. This not only increases your connection with Source, but also vitalizes the physical fluids that nourish, heal and renew your physicality.

One of the best features of breathing is that it can be used consciously throughout your day to reconnect with Source. We advise that you use your breath as a guide to your degree of connection with Source.

Anything done in the physical will go well if you are relaxed and breathing fully.

Stop! *Time to go online and do the Breath Module of your personal QSG. Yes, NOW Please...♥*

Chapter 2: *Your Physical Unit*

If you are reading this QSG, you have survived childhood and the well-meaning humans who have so earnestly and diligently sought to orient you to life on Earth.

We assume that you have a human body. What you probably don't realize is what it is really for: *housing Self (Source)⁶, which enlivens the unit for physical navigation for enjoyment and pleasure on Earth.*

The human physical body is really quite an amazing thought form that you helped design. All of us here back at the U⁷, really love what we've created. It works very well on Earth, and as you know, keeps evolving to better forms as each generation chooses differently and selectively.

However, the main feature we want to remind you of is your senses: sight, hearing, taste,

6 See Glossary of Terms at the end of the book

7 See Glossary of Terms at the end of the book

touch and smell. These are to enhance your experiences in the physical format. Each of your sense organs is a *vibrational* interpreter for that range of vibrations. Everything on Earth is about vibration.

We also love the many varieties that have sprung up on Earth: they are all beautiful. Now we understand that some of you might be thinking that your nose or eyes or lips or whatever is not right, but let us assure you, they are absolutely perfect and in accordance with your *intentions* as laid out by you at the *Universal Travel Office Bureau of Intentions*⁸ prior to your incarnation.

Perhaps some of you have come in with variations on the ‘normal’ human body: that is you might be shorter than the norm, or taller; you might have no sight or no hearing; or what appears to be missing parts.

We will focus you later in this *QSG* to remembering your stated intentions for this

incarnation at the *Universal Travel Office Bureau of Intentions*.

Know this: whatever shape or size you have become is *exactly* what *you intended*.



The Universe Does NOT Make Mistakes



Care and Maintenance of Your Physical Unit

There are general guidelines to keeping your physical body in good condition. However, your body itself will tell you what it needs, when it needs it and how much.

You must pay attention to physical sensations. Hunger is a common sensation to all humans. However, what specific nutrition your body is requesting is important to note. Human-mind on planet earth has come up with some very wacky notions about diet. Basically, your human body is one of the most amazing and adaptive

creations we have ever devised. Here are some basics that every human would benefit from utilizing:

♥ **Always Get Enough Sleep**

Our recommendations are for 6-8 hours per 24 hour period. Sleep helps the body restore and repair itself; but the biggest benefit is that you refocus your consciousness back into Oneness for a nice break from duality and get to return to nonphysical and play with us. Above all, *listen to your body and rest it when it is tired and has had enough.*

♥ **Drink Plenty of Pure Water**

Your body is 98% water, and as such it essential for clearing out physical and emotional debris. This does not mean sodas, tea, coffee, or flavored waters. This means pure H₂O. Drink 64oz. per 24 hour period. Oh, don't use plastic bottles.

♥ Eat Fresh Whole Foods

Your body is of an organic composition, meaning carbon based. Every food, *naturally* grown on Earth will nourish and sustain your cells, giving them precisely the right nutrients for repair and energy. The rule of thumb is: *if it is processed by humans, don't eat it. If it is unprocessed and close to its natural state in nature, go for it.* Contrary to human-mind beliefs, if your body loves meat, you should enjoy it; we put everything there for your enjoyment and benefit. The creatures all agree, just honor and treat them with Love and gratitude. The vegetables and fruits are alive, too. Treat them with Love and gratitude, as well. Be mindful to eat *uncontaminated* foods. We think the term being used today is “*organic*”.

♥ Exercise Your Physical Unit

Aerobic exercise is essential. What we are witnessing in current human-mind is the tendency to torture the body with

unnatural physical exercise. Leastwise, it looks painful to us. What we suggest is aerobic movement that you experience as fun and enjoyable. Natural movements are the best, for example digging in a garden, hiking in the woods, riding a bicycle looks fun or dancing. The rule is: *you must enjoy it and get that heart rate up.*

♥ **Hard Exercise is A Must**

Your body is an *evolutionary* design, which means that it is programmed for hard, physical work to renew itself. This is an absolute must for maintaining a healthy, strong physical unit. Weight or resistance training is essential for rebuilding strong muscles, tendons, ligaments and bones. Just do it. You'll feel great.

♥ **Your Body Heals Itself**

It is common on planet Earth, that a body will, from time to time, experience a separation from Well Being and *appear*

to be sick. This is called dis-ease or not-at ease. The rule is: *support the physical body with whatever means of external assistance you find comforting*. However, remember that *all external supports (medicine, herbs, surgery, or body work) are only meant to be temporary until you regain your conscious Oneness, Well Being, and Connection with Source*. At that point, your body will return to its default state of wellness quite *naturally*. Contrary to human thought, there is no dis-ease that is permanent or, as they say, incurable or terminal. This is pure poppy-cock. (We love that word.)

♥ **Variety, Variety, Variety!**

The Universe has supplied a virtual smorgasbord of delightful foods at very specific and precise times for harvest and consumption. Eat from as much of the variety as possible; and you will maintain a very healthy body. Let moderation be your guide in all things. You came to enjoy these

culinary delights. So, do enjoy them; but *pay attention* to when your body is full. Also, *variety of motion* keeps you fit and healthy and avoids repetitive motion damages. You came to play. If you run one day, swim the next, play, play and play. Use your whole body, that's what it's for. Delight in it.

♥ **Listen To Your Body**

Source is always guiding you to what It wants. You will know because it *feels* good, and just right. Your unit is unique, so your requirements and joys will vary greatly from others.

♥ **Hygiene and Your Physical Unit**

Showers and baths should not be a matter of routine, but deliciously and sensuously enjoyed and savored. Pay close attention to what external preparations you use on your body. The rule is: *the more pure, without man made chemicals, the better for you.* The Universe has supplied in natural form

many things that will soothe and aid your skin and support your natural beauty. Don't be taken in by the human-mind that throws out Common Sense for the sake of unnatural beauty. Love your body naturally; it certainly loves you.

♥ **Clothing Your Body**

This should be an adventure in fun, comfort, and of course, Self-expression. We recommend *natural* fabrics, because they are closest to what your body is – a living, breathing organism. You will find them most comfortable, and that's why we created them for you.

♥ **The Joy of Sex**

Sex is one of the most enjoyable activities and benefits of being in the body. There are, however, two kinds of sex: one is done in human-mind and one is done in Connection with Source. We urge you to be fully Connected when engaging

in sex. Here your human experience is transcendent. The other experience is rather boring and extremely unsatisfying.

♥ Aging

Aging is entirely up to you. Human-mind by and large believes that the body will age, become decrepit, get sick, suffer and then die. This is not True. We know that you are ageless and timeless. You can live out your entire incarnation without Earthly ideas of aging. For more on this, it is imperative that you reconnect with Self and consult Self for your knowing on eternity.

You have probably noticed that you come in varying shades and colors and shapes and sizes. Isn't this marvelous? We especially delight in the wide variety of luscious colors. Variety is the signature of Source. Just as each variety of bug, bird, flower or tree is loved and cherished for its uniqueness, so then is each human and even more so. Remember this? From here you are

all gorgeous, perfect and very much admired, perhaps even a bit envied.

If you follow these guidelines, your physical unit will serve you wholly and functionally for the duration of your stay, 90 years and beyond with no decrepitude.

STOP: *Time to go online and do the Care And Maintenance of Your Physical Unit Module of your online QSG. Yes, now. ♥*

Chapter 3: *Your Brain and Your Two Minds*

Your nervous system (brain, spinal cord and nerves) are the interface between Source Energy and the physical body. It is electrical and energetic via chemicals in the body; the interface is seamless. The brain is really one of our best creations. It stores information and operates the physical body on command, by you. One part of the brain operates all your automatic functions without your having to pay any attention to it. This is a very convenient feature. Other parts of the brain retain memories. While this is a really handy feature, it depends on the quality of the information that was imprinted in the first place. Most of the information that other humans have passed on to you that you will store and recall is faulty in one respect: it is based on human-mind truth rather than Truth.

Your mind, however, *is* where any and all

confusion is experienced. You see, Earth is a planet of *duality*⁹ at this moment in your space time continuum. While Earth is doing marvelously well in its evolutionary journey into Light and Life, still, it is of a consciousness that has some challenges in realizing Oneness and living in Well Being.

Therefore, *you will be of two minds*, for the most part. But this is also the fun part, because you have the sovereign free will to choose which mind you will follow and where you will focus your attention! This is your ace in the hole. *You get to choose.*

Let's explore your two minds and relearn to differentiate them and use them for joy.

Your Divine Mind

Your Divine Mind is innate and automatically operates within your consciousness¹⁰. You were

9 See Glossary of Terms at the end of the book

10 See Glossary of Terms at the end of the book

born with It. It is Who You Really Are; It is the Real You, which is who you are when you are not in physical form, but in nonphysical. In Reality this is 96% of you! We repeat: *your Divinity is 96% of you.*

This Innate You will feel to you, quite natural and Good, always and in all ways. You need not think about It, rather allow You to express through your physical body and imbue your human-mind. Of course in every unit, the Innate expresses constantly in your bodily functions: heart beat, blinking, breathing, elimination, yawning, blood flow, etc. However, your Self also expresses most readily via emotion in your heart and gut. These sensations are strong, instantaneous and very clear. This is your *Internal Guidance System (IGS)* for your entire duration on Earth from birth until you reemerge back into Oneness. Your *IGS* is your direct link with Source. *You are virtually hard-wired in for the duration.*

Your Human Mind

The second mind you will find yourself dealing with is the human-mind. This is the collection of beliefs, experiences, theories myths and largely *misinformation* that have been accumulated and documented since the beginning of the human experience on Earth and passed on from generation to generation. There is your personal collection of human-mind information (your story) and the collective human experience human-mind information (world history).

Of course, since the collective consciousness¹¹ on the planet is not yet raised up into the Realization of Oneness, all this human-mind information should be – as they say on Earth – ‘taken with a grain of salt’. There *are* bits and bobs of Truth hidden like jewels within human-mind literature and beliefs as inspired individuals have allowed Divine Mind to enter their individual consciousness, but sadly, most

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See Glossary of Terms at the end of the book

of it is wrong.

However, much of your present confusion and disorientation is the direct result of having been schooled and socialized in thoughts that were created from human-minds quite separated from Source.

Therefore, the discordance you feel in the form of dismay, confusion and general mental turmoil is the result of your human-mind thought on any given subject versus your Innate Divine Mind Knowing. Generally speaking these two minds are in 180 degrees of juxtaposition!!!

The rule: *Find and Examine the Premise of Everything.* If something is based in lack or limitation (fear), it is of human-mind. If something is based in love, fullness, joy, goodness, etc.; it is based in Source.

We hope that just to know this and read it in print; will help to calm you immediately. No, you are not crazy, insane, helpless, hopeless or addled.

On Earth you have a saying: Caught between the rock and the hard place. This is pretty much what it feels like to you, inside, when your human-mind insists one path and your Divine Mind urges you to follow your joy.

STOP: *Time to go to your online journal and do Your Two Minds Module Now. ♥*

Chapter 4: *Your Internal Guidance System (IGS)*

Your journey on Earth will be most enjoyable when you remember to recognize, trust and follow your *Inner Guidance System*, no matter what the commonly accepted human-mind thought might be on *any* subject.

Your *Internal Guidance System* is the most sophisticated equipment you own, and it is the most misunderstood, disdained and devalued of all human qualities by the human-mind.

Most commonly your *IGS* system is named by human-mind as your *Intuition, Gut-Feeling, Sixth Sense, Knowing, Feeling, Instinct, Insight and Emotions*. We have taken the liberty of capitalizing these words, because, generally speaking on Earth, Source is not credited in the meaning of these words. *We want you to fully understand that, indeed, it is Source that you are experiencing via these methods.*

Here's how your *IGS* operates in every unit, no exceptions:

Remember we said that everything on earth is about vibration? Well, everything in the Universe is about vibration. As such, Source vibrations are the highest, purest and fastest frequencies with no resistance. In short, they feel Good. Human-mind describes these as: delight, joy, fun, happy, nice, sweet, good, kind, exuberant, etc. In short, everything you regard as Good is Source. When you are focused on anything that causes you to FEEL Good, you are in connection with Source - yourSelf and should follow It. No exceptions. Ever.

The recognition of these feelings is, well, Universal, of course. No matter what language, color or how your mind was humanized, *you will always recognize Source within you, because that is Who You Really Are* without exception.

So, when you spy something in the external that is of the frequency of Source, the Source of You,

responds like two lovers recognizing each other in a crowded airport. Love recognizes Love; Life recognizes Life, etc. You, in your physical body experience this as feeling Good, and have many, many names for It.

When you are focusing on something Good either externally or internally in your own mind, you *feel* Good. Your human-mind is at that moment in Oneness with Source. There is no gap between what your human-mind is thinking and what your Divine mind knows. These are wonderful moments. When they happen, it is truly Heaven on Earth.

Likewise, when your human-mind is focused on something either internally or externally that is *not* True (Good); then you experience a negative emotion. This gap is separation from Source; and it always feels bad by many, many names.

Some of the descriptors for the emotions that inform you that you are separated from Source

are: confused, sick, tired, angry, hateful, mean, spiteful, competitive, anxious, panicked, sick, depressed, sad, melancholy, pain, greedy, poor, murderous, warring, and jealous.

Why this is experienced by you in the physical as a negative feeling is this: your Godchip, your Self, remains in Oneness and Well Being, whilst your human-mind goes into separation thoughts. This separation (gap) is quite literally, the absence of Source. The absence of Love (Source) is painful in any degree; it simply doesn't feel Good (God).

Using Your IGS Expertly

Really, the system is quite simple and easy to use, once *you retrain your human-mind in the interpretation of your feelings.*

We have been informed in exit interviews, that it is currently the fashion on Earth to ignore, discount and in any way possible, to suppress

your feelings. We find this quite alarming, so we have now included this section in the new *QSG* that speaks to *the extreme importance of acknowledging and feeling your emotions.*

Your emotions quite literally tell you whether you are in alignment (in Oneness) with your Self (which is Source) or not. By following what feels Good, you will absolutely enjoy your experience on Earth.

Here are the guidelines which we strongly suggest to you that you memorize and then, *internalize* as quickly as possible:

♥ **Never Numb Yourself**

Neither synthetic chemicals or natural substances should be used as a habitual way of life. If you feel anxiety, this *is* the data from which you can and should make new choices. The human-mind practice of using medicines like anti-depressants to feel better is as misguided as using alcohol or

other substances to “feel better”. *If you must take any external supports, remember these are temporary, and only use them for as long as it takes you to regain your consciousness of Well Being.*

♥ What You Feel Is Correct

Never believe anyone who tells you your feelings are wrong or inappropriate. EVER! Each unit on earth is unique and has unique intentions. Your Godchip sends you very personalized and intimate communications as directly relates specifically and precisely to what you wanted for your incarnation, not theirs.

♥ Trust Yourself

Always trust your feelings. They are *never* wrong for you. Of course, as you awaken, you will experiment with this until such time as you remember Who You Are.

♥ Value Your Negative Emotions

Negative feelings are EQUALLY as important as guidance as positive emotions. Fear and all other negative feelings are, of course, *not* of Source, but are telling you the degree of separation (gap) from Source (SELF) that your human-mind believes. This is precisely when you can make new thought choices back into Well Being.

Also, negative emotions do NOT mean that someone else is wrong or bad. What it means is that it is simply not in alignment with *your* intentions. Period. This is where many get caught up in blame and judgment. Do not fall into this trap, it is a spiral downward. Simply recognize your misalignment with yourSelf, find the thoughts that will align with yourSelf, and then make a new choice to refocus yourSelf on Your Good-Feeling Path. Get it?

♥ Masking Your Feelings

If you don't allow yourself to feel your feelings or if you do not tell the truth about your feelings; then you mask *both* the Good *and* the not so good. This is being numb and not authentic, and literally without the direction of your Divine guidance. This makes for an Earthly adventure that you did not envision: unpleasant. You will be virtually sleep-walking and have no one to play with.

STOP! *Time to go to your personal online QSG journal. Do the IGS Module. You're starting to remembering all this, aren't you? ♥*

Chapter 5: *You Came To Create (PLAY)*

As you probably cannot remember this right now, we will refresh your memory.

If you are nothing else, *you are Creator*.

When You are in nonphysical, creation is instantaneous. Whatever we think about, we create and immediately experience the thrilling ride of those creations to their completion. We delight in thought, thought forms and manifesting them right...*NOW*. It feels GREAT! It is FUN! It is PLAY.

Your ability to create remains fully in tact and with you throughout your entire life on Earth with a few distinctions:

First: On Earth you can literally create from thought, to thought forms and then into physical matter and form, unlike nonphysical. It is our

suggestion to you, that this type of creating into matter and form is one of the main reasons you so eagerly desired to incarnate to Earth?

Second, there is a delay on Earth, which is called time and works very much in your favor. It takes awhile before the things you desire become manifest in physical experience, allowing you the opportunity to tweak your creations into perfection.

How to Create on Earth

Creating on earth is quite literally natural to you: by the constant, consistent and intentional focus of your thoughts towards what you want, desire, and intend.

Intentions

First we want to have a word with you about *your Intentions*¹² before we go into the steps of creating. The single most powerful force is your Intention.

12 See Glossary of Terms at the end of the book

To use an earthly metaphor, your intentions are like the telescope on a rifle. Where you aim that scope is where the bullet will land a bulls eye. With any creation, including your incarnation, you first have intentions about it. You must be clear about:

1.) where it is you want to go; and 2.) why you want it.

Setting your intentions is *ALWAYS* your first step in any creation. It is not possible to waste time or Energy on intentions; that is how powerful and important they are.

The Four Steps to Creating Anything:

1. Contrast or “Stuff Happens”

You will experience something you do not like or doesn't please you. This is known as a *contrast*. Humans might say something bad happened or perhaps you identify that you want 'more' or 'better'. Immediately, you realize and know *what it is that you do want. Instantly you automatically desire that.* This

desire is emotional and above all, *vibrational and energetic*. For example, you might experience being very cold. Immediately you desire to be warm and comfortable. This desire goes out from you to the Universe as a vibrational request. Vibrational requests can be cellular, unconscious, verbal or nonverbal. We are reading your vibrational signature constantly.

2. Define and State Your Intentions¹³

3. The Universe immediately responds to your desire and *fulfills* your request. Always. This *fulfillment* is immediate and instantaneously for everyone, with no exceptions.

4. The final step in creating on Earth is to close the gap between your human-

13 This refers to your intentions pertaining to new creations and adventures on Earth. Incarnation Intentions remain in place for the duration.

mind belief and your Divine mind which is all your Good and fulfillment. When you are in alignment with yourSelf, you are allowing the flow of Source and quite naturally and easily receive all that you have asked for.

For example: You only have to look to the natural creatures, like a hungry bird. It issues forth a 'desire' to eat, and is guided to food. The same Source operates within each human; the only difference is that the creature has no human-mind beliefs obstructing its flow to receiving its desires.

As we observe you from Here, we notice that it is a commonly accepted belief that working hard is the way to create on Earth. This is erroneous.

Most of your creating is done in mind as in imagination, fantasy, what if's, wondering, ruminating, and working out the "details" of

your perfect creation in mind, first.

The most important aspect of creating is that it should *always* be something that you enjoy, love, are fascinated with or intrigued by. Creating something born of a deep desire is the most satisfying experience you can have; we call this creating, play. When done this way, the physical work that you actually will “do”, will be like waxing your new car. Building the car was all the imagining and dreaming it into perfection energetically.

Contrary to human-mind, you are a powerful Creator. The Energy that has created Universes is yourSelf. When you ponder, think, watch, listen, or in any way pay attention to something, you are focusing Source Energy on that idea, object, or subject.

Focus

Remember at the beginning of this *QSG* we

told you that you are Source Energy? Well, we *understated* that just a wee bit. We didn't want to scare you.

However...

YOU ARE GOD! REMEMBER?

Don't faint. It's True; so let's just review the facts here.

If you are reading this *QSG*, it is probable that you are experiencing a really icky situation in your Earth journey right now. Perhaps a Cosmic Goose¹⁴ has landed like a meteor smack dab into the middle of your life? This is because you are such a powerful Creator. Just look what you made! You can take a bow, if you like!

Now, by remembering the basics of following your *IGS* system rather than your human-mind (and others') and reminding you of the power of

14 Cosmic Goose is a life event of your creation to Wake YOU UP. It is usually experienced as unpleasant.

Your Focus, you can better see the Good News and the Infinite Possibilities. Right? Just think about it...

You are Creator, and as such, you are flowing Source Energy through your unit at every moment of your life. This is the same Source that creates Universes. So in human vernacular, this is nuclear energy, literally.

This is why *it is so very important to consciously choose where you will be focusing your Source Energy, for wherever you focus It, It will create.* We repeat:

Whatever you focus your Source Energy upon; whatever you pay attention to, It will create that and more of it.

Human-mind does not acknowledge this as True; however, if you will step back and observe, you always, always get more of whatever it is you are pondering and believing. Always.

For example: For those who are experiencing ill health, you spend your focus on your ill health, thus, you keep experiencing more of the same.

If you are experiencing lack of dollars, your focus is on lack of dollars and the collateral beliefs supporting lack. Thus, the condition persists.

Stop for a minute and draw from your own observations and experiences thus far on Earth. You will see that a bad day gets worse, and a good day gets better, depending on your Focus.

The Good News is: YOU always get to choose where you will place your focused nuclear Energy. No one else can ever choose for you.

The challenge in creating is for you to actively and intentionally direct your focus; rather than allowing your focus to be influenced, passively and unconsciously¹⁵. This is a moment to moment conscious awareness.

Clearly there are many wonderful delights to experience on Earth, as we urge you always to follow what *feels* correct for you. However, beware of the energy vortex of television, computers, and other passive methods of “entertainment”. They can become a black hole sucking up your focus and energy. Be very mindful.

As we view it from here, we see how easy it is to be influenced by “passing” vibrations. No worries! When you’ve reached a point of *feeling* personal dissatisfaction, you will “desire” more and begin to create anew. Reading the *QSG* and doing the online journal is the Big U answering your request for self mastery assistance. See! Ask and it is given.

STOP! *It’s time to head on over to your online journal and do the Creating Module and play! ♥*

Chapter 6: *Pitfalls*

Over the course of millions and millions of years observing human-mind at work on planet Earth, we never cease to be amazed at how crafty, complex and convoluted human-mind can be. So, it is warranted that we cover some of the most common pitfalls you *will* encounter.

Distractions

Distractions are a clever tool of human-mind used to – well, distract you - from Your Real Desires. You see, You are a huge, giant and powerful Creator whose nature is *freedom* and *joy*. Many of the human-mind beliefs established on Earth right now are contrary to your True Nature, which is, of course, God. (GOOD).

So, when human-mind believes it is about to be thwarted via an authentic decision made from the Core of You, your human-mind can and will devise an infinite number of ways to keep

you “safe” by keeping you small and in all ways, “only human” and therefore, limited. Some common distractions are:

Abuse or Excess of Anything.

This not only includes alcohol or drugs (legal and not), but also books, relationships, movies, TV, sports, exercise, video games, prayer, “spirituality”, and “causes” to name but a few. A big one is beating yourself up.

Now that you remember that it is Your Focus that creates what you desire, you can readily see that your human-mind will do anything to get you to focus anywhere but on the You of You and Your Heart’s desires. This is why following your Heart is always following your Good.

Group Think

Fundamentally, group think is synonymous with the collective human-mind. Its partner is

peer-group pressure.

By ‘virtue’ of being human, you are expected to believe, think, and act as your fellow humans want and expect you to. They will accept a small variance from this as your uniqueness, but beyond this their human-mind tolerances are very small.

Group think will tend to “keep you safe” which is not fulfilling or satisfying for the Creator and Free Spirit that you are. You will *feel* this like a pair of shoes that are too small.

Note: Group-think and peer group pressure are present in every age group and culture. Be mindful. Think and feel for yourself, following your own IGS at all times.

Appearances

Appearances are really fun, once you are no longer fooled by them and see through them to the Truth, which is always Good.

Imagine going through a fun house at the carnival. You get in that little train car and it takes you into this very dark place where suddenly really scary things pop up to frighten the wits out of you.

This works until you realize that the scary pop ups are just props and only paper dragons. They are *illusions* and make believe. They are not Real.

Throughout your incarnation on Earth, many things will pop up to scare you in the course of your Life. Some call these “temptations”, which is exactly what they are. They tempt you to believe that there is anything other than Source and Well Being or your Good. They tempt you OUT of Oneness.

Appearances can come in an infinite variety of forms: illness, finances, loss of love, war, terrorism, you can add what you like to the list. These things always take you immediately out of

Well Being and separate you from Source. That's how you KNOW it is merely an appearance, although they can be quite convincing.

Don't be fooled. Use your breath, and return to your Connection as quickly as possible, for All is Well. Really.

Lack of Awareness or Not Paying Attention

We don't mean to be insulting here, but this accounts for most calamity and misfortune on Earth and often can be called sheer stupidity.

Your Personal Story

Nothing will trip you up quicker than your personal story and all that "history". Remember, you are reviewing the "past" and it is OVER. Let it go. Refocus on now.

Every minute is new and fresh. Now is where you are focused most powerfully. A simple

decision on your part to move forward, free, fresh and clean right NOW is all that is required to create a new adventure.

Digging around in the past for this “wound” or “that trauma” will only – make more of it happen in the future; remember that where you are focusing is what you ARE creating.

As you move forward into your new creation, anything that needs to be released by you will come up along the way for clearing. You will know. Don't spend any time dredging up the past; it's a waste of time and most importantly, a pure waste of your focused energy.

If you must remember the past, tell only the good parts, the amazing things, the loving and joyful times, because, only the Good was ever Real.

As you remember it for all the Good, you will see the elegant stepping stones that Source

placed for you to take on the path to your Heart's desires. There were never any wrong steps! This is why they say, "hind-sight is 20/20". Let the realizations of your perfect movements be the fuel for your stronger faith and trust in the Big U.

STOP! *Online journal time! This module is "Pitfalls: Don't Even Think About It!" ♥*

Chapter 7: *Best Practices*

You are an integrated being. All of your systems are interconnected: physical, emotional, mental and spiritual. You cannot focus on one without changing all the others. *However, by far the most powerful and efficient change agent is the application of your Spirit, your focus of Source Energy that enlivens you.* It changes every other system for the Good.

Here are our suggestions for best practices on Earth for the joyous and fulfilled experience that you deserve.

♥ Love, Honor, Appreciate and Uphold yourself. Everyday in every way be your own best friend and cheerleader. Treat yourself mentally and physically as you would your own child. Approve, encourage, and support yourself as infinitely worthy being that you already are.

♥ Forgive yourself easily and readily; and then

just choose again. Forgive others easily and readily, too. You are all in the same boat.

♥ Spend **quiet** time **alone** with yourSelf every day and listen. Be Still. YourSelf speaks in a soft whisper in only positive messages from a place of fulfillment; your human-mind usually yells and drowns out yourSelf and always speaks from an underlying message of fear or lack.

♥ Love and appreciate your body. Love it with enough rest, enough **exercise**, and beautiful, whole fresh foods from the Good Earth, and use it to express Love. When you bath it, make it a point to appreciate every single part from top to bottom, and give it thanks.

♥ Make everything **play**, especially your work.

♥ Notice and appreciate every tiny bit of love, fulfillment, joy, abundance and Good everywhere you go. Especially look for the God in every person. Bless Everyone.

♥ Smile, laugh, and look for the humor in every situation. It is there, we promise.

♥ Trust yourSelf. You are a complete Godkit. Wisdom, intelligence, knowing, and Goodness are natural to You.

♥ Follow your Heart *all the time*.

♥ Rejoice and celebrate the miracle of You.

♥ Breathe. *Use* your Breath to reconnect and to direct Source Energy for healing.

♥ Imagine. Spend lots of time imagining and visualizing what it is you want and where you want to go. Imagine every last detail, change them and modify them until you can feel the excitement and thrill of your new creations. This is nuclear creating at its best.

♥ Get clear on your intentions for every single day, for every single event, for every single minute.

STOP! *It's time to go to your online QSG and do the Best Practices Module. We think you'll love this part.* ♥

Chapter 8: *Good to Know*

We would like you to know some things that will give you comfort and stability, which is a great platform for launching new adventures and creations. You can take these “to the bank”. They are absolutely True.

♥ You are never outside of God or lost. This is categorically impossible, as you *are* God.

♥ You are completely sovereign in your life. All choices and decisions are yours. No one can create into your experience unless you allow it by matching their vibrational countenance on some subject. What you see is what you are vibrating. Absolutely.

♥ Your Good is always at Play. Always.

♥ You have all the time in Eternity. It is never over until it is over; which is never.

♥ Love=God=Joy=Abundance=Good=
Energy=Source=Universe=Wisdom=
Clarity=Health=**Fulfilled**

♥ You are never alone, but supported by legions of You, who are closer than your feet and nearer than your breath.

♥ Anything is possible. Anything.

♥ It is never too late; you're right on time.

♥ You have nothing to fear and nothing to worry about.

♥ You are loved beyond measure.

Chapter 9: *There is Always More...*

There is always, always more.

Sometimes human-mind gets stuck in the thought of limitation. You might think there is no more love coming, or no more jobs coming, or no more fun on the way, and certainly no more money. This is categorically false. There is always more.

Once again, this is only the human-mind currently operating in lack on Earth.

Earth is in the Cosmic Tractor Beam, and is always and constantly being “brought Home”. There exists help from Here, the Universe, and of course, there on Earth in You. We assure you, there is a Plan. It is a big and loose Plan, but there is an elegant and intelligent Plan that includes You.

This process of raising Earth into the Christed Consciousness is both evolutionary and spiritual. It happens in increments with punctuated times of “suddenly” where We infuse extra bursts of Light and Love Energies to assist, much like giving you a giant Goose up the Consciousness ladder.

It is dear ones, a Great Game. It might even be the greatest game running right now in the entire Universe. (There are other Universe’s, you know.)

When you return “Home” to Well Being and Oneness, you will all high-five each other, we promise. The villains will have played their roles perfectly and convincingly, just as the saints and martyrs. It is a wondrous adventure all simply for the joy of it and the resulting expansion of Source. Yahoo!!!

STOP! *Time to go to your online QSG and do the Good To Know and Always More Modules.* ♥

Definitely Not the End



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Glossary of Terms

Apply – To put into practice. To use.

Big U – The Universe, Infinite Intelligence, Field of All Possibility and Potential. The fullness of all Good.

Consciousness – awareness, mindset. The collection of beliefs and thoughts from which all behaviors and creations flow.

Duality – the state of consciousness that acknowledges anything other than God or Well Being. Described in the story of Adam and Eve in the fall from “Grace”. A belief in opposites.

Godkit – a human body directly hard-wired into Source energy via Spirit

Human mind – Ego. A collection of beliefs taught to you by other humans not necessarily true, but believed to be true.

Incarnation – In the body. Consciousness focused in physical format on earth for a period of time, otherwise referred to as a lifetime.

Intentions – aims, principle desires, over-riding objectives, goals. Reason for desire and being.

Oneness – The mind of God. Inclusion. The state of consciousness that is aware of only Good. Nirvana, Well Being. Living in Grace. Described in the story of the Prodigal Son returning Home.

Source – God by any name: Buddha, Allah, Great Spirit, Yahweh, Good, etc.

Spirit – Source Energy interfacing within a human body

Spirituality – a human's unique, personal, private and intimate relationship with Source

Universe – See Big U above

About the Author...

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Applied Spirituality

Kathy's "best practices" are terrific! I posted them to remind me that... We are who we are because we choose. A great course!

Nancy Buxser, Hospital Administrator, Kalamazoo, Michigan

This is the kind of book you have two copies of: one for you and one to share.

Dorothy Mathis, Writer, White Oak, Iowa

Have you ever felt as if you landed on Earth with a broken walkie talkie to the Mother Ship? You just know there is a way to operate on Earth fearlessly, in joy, prosperity and love; but something seems to be missing or it isn't working for you?

This powerful little book and online course is for you! The Earthling's Quick Start Guide and Personalized Online Course takes you on a fun journey into Remembering Who You Really Are; reminding you how to operate your mental, physical, and spiritual unit perfectly and effectively for a rollicking great adventure ~ Your Life.



Kathy Kirk is the creator of Applied Spirituality™. She gives teleconference classes, seminars and inspiring speeches and talks on Applied Spirituality™ to individuals, groups, corporations and governmental agencies. She is the author of two books: *Well Done* and *The Earthling's Quick Start Guide*.