

Create Success with PCC!

Power

- Beliefs: Wise, Truthful, Appreciative, Loving, Noble.
- Actions: Determined, Compassionate, Excellent.
- Relationships: Loyal, Outgoing, Responsible, Selective.

Confident

- Beliefs: Aware, Valuing, Optimistic, Beautiful, Allowing.
- Actions: Inspired, Aware, Conscious, Leading, Authentic.
- Relationships: Inviting, Receiving, Generous, Honest.

Constructive

- Beliefs: Trusting, Virtuous, Sharing, Joyful, Kind, Eternal.
- Actions: Purposeful, Considerate, Encouraging, Brilliant.
- Relationships: Respectful, Harmonious, Honoring, Serving.



Find Your JoyStream!
www.TheJoyStream.com

Do you want to know your true power?

Do you want to remember the truth of who you are?

Use the Power, Confident, Constructive model.

First, use the PCC model to remember the truth of who you are. Use it to make decisions. Ask yourself, how would a powerful me act? Breathe in while thinking of your true power. Then ask, what would a powerful me believe? Ask, now that I know my Power, what kinds of relationships would a Powerful me have?

Ask the same kinds of questions with Confident and Constructive. Completely revamp you by remembering and recreating the truth of who you are. Leave the false you behind.

Then physically take a step into the new powerful you. The symbolism of taking the step moves it closer to being your wonderful new reality.

I think two other things are possible with the PCC model. I think you can recreate your entire life, including your abusive relationships in your past. This is powerful. One, I think you can stop rehashing horrific memories forever, and I believe you can re-create any memory into one that propels you closer to the truth, light and love of who you are and closer to your dreams and purpose.

The way I use the PCC model with recreating memories is to ask myself some questions. For my harmful and/or hurtful experiences and memories the first step I take is to accept responsibility for my part in the co-creation of the event...even if I was a child. I know this may be hard to swallow...at first. Then it usually turns into relief by reclaiming your power. We don't give kids enough credit for their resourcefulness. It is time to give your inner child credit.

Next, I embody myself at the time of the event and ask "How would this event have turned out if I knew my full power?" Then I let my imagination kick in with me being full of power. Then I ask, "How would this event have turned out if I was fully confident?" Again, I allow my imagination to actually recreate the event with me remembering the truth of my confidence. Finally I ask, "How would this event have turned out if I was completely constructive?"

Many times going through this series of questions will completely heal the memory and have a cascading event to recreating myself. This method has set me and my clients free of horrible memories of abusive relationships. For recurring dreams, I give myself permission to become lucid during the dream and shout out loud or in my head that the dream isn't truth. This is so simple but the recurring dreams never come back.

Sometimes I realize that the memories persist and then I know I can do take two additional steps. This usually does the trick for any and all memories. The first next step is I realize I have to imagine the perpetrator as remembering the truth about him/herself. So I take the next step and imagine them remembering their Authentic Self.

I think the foundation of our Authentic Self is we are Loving, Kind and Compassionate. We are Joyful, Free and Creative and we are Powerful, Confident and Constructive. Now imagine the perpetrator remembering the truth of his/her authentic self. Imagine them knowing they are love. Imagine them knowing the truth that they are kind and compassionate. Imagine them remembering they are joyful, free and creative. And finally imagine them remembering they are powerful, confident and constructive.

The final step to take if the memories of abusive relationships persist, is I go back deeper. The funny thing is these memories that persist usually have nothing to do with anything negative happening to the physical body. The most pernicious memories usually have more to do with shame or root events that have created negative themes or patterns in my life. These memories make me realize that one of the most abusive relationships is the one we have with ourselves. One of my most negative memories created a theme of scarcity and it had to do with an Oreo cookie. And to heal my Oreo incident, I had to go back to my ancestors. Sometimes you will feel the need to reach back to the perpetrators ancestors, even if they are not related to you, it still works.

Here is what I do. Start with either set of ancestors, yours or the perpetrators. Go back as many generations until you feel a cosmic "click." You will know and feel what I mean when you do it. In your mind picture your Grandparents, then your Great Grandparents and your great great grandparents. Usually by the time you get to the great great grandparents you will sense the "click" that you have gone back far enough in time.

Once you have settled onto a generation imagine those Grandparents knowing fully the wonderful truth of who they are. They are Loving, Kind and Compassionate. Imagine how their lives look being so full of love. Take in a deep breath and imagine their compassion. Picture how wonderful their lives are being they know their Joy. Their Creativity allows them to create a life of abundance, beauty, light and truth. They are fully aware of their Power. They act with complete Confidence and are Constructive. Now imagine them having kids and what amazing parents they are. Imagine the kids growing up in such an amazing environment. (These are your Great Grandparents.) Remember, you get to create the memories that raise your Hum. Make the memories as wonderful and detailed as you desire.

Next, imagine your Great Grandparents raising your Grandparents. At this point, you may remember quite a cast of characters such as great aunts and uncles. Feel free to add them to your wonderful recreations because then you get to recreate your experiences with them, your aunts and uncles and your cousins.

Continue to add as many delicious details as you can imagine. By the time you get to your parents, you can feel all the changes, you can imagine such rich, wonderful lives and you can feel the ripples of how different you are and how different your siblings are. This exercise actually doesn't take long, it is wildly transformative, healing, freeing and leads to lasting success. You do not have to spend one more moment imprisoned by thoughts and memories that no longer serve you. You do have a better choice you can make by choosing the truth of who you are: Powerful, Confident and Constructive; Joyful, Free and Creative; Loving, Kind and Compassionate. Choose to create a new you today.