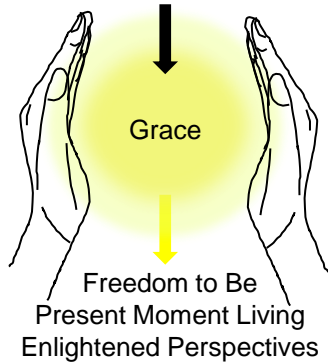


Tools of Change

From the book: **Big-Hearted Change** by Marcia West

1. Tool of Surrender

Concerns about the Future
Fear, Worry, Expectations



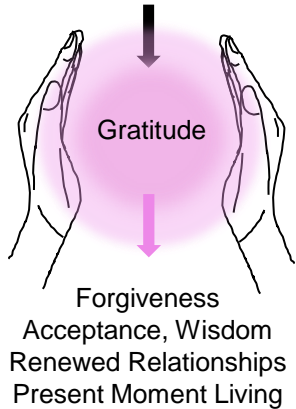
This love-based approach to change aligns you and your life more fully with your true self for your highest good. The tools help you to make the shift out of your ego and into your heart. They assist you to instantly let go of the old in love (tools 1-3) and flow into the new with grace (tools 4-7). Each tool is a specific aspect of Divine Love that simplifies this wave-like process of moving into higher and higher states of consciousness and love.

Placing your relaxed hands in front of you, wrists about six inches from your body, and palms 8-10 inches apart, invite the Divine Love of the tool to work with you. Holding the Love Light between your palms, place into it whatever you choose to release and/or bring into alignment. It may be a specific concern or a general circumstance. (See page two.) Alternatively, simply hold the paper in your hands and ask your Higher Self to insert into the appropriate tools whatever is "up for you" that day. Do this for five minutes, intending that you align with your true self for your highest good.

[Note: Each tool enhances the functions of its corresponding chakra to live life in greater health, vitality, and alignment of mind, body, and spirit. [Refer to "Seven Portals To Your Soul: An Accessible Guide for Mending Your Life", by Marcia A. Phillips (West), for chakra functions and the inner issues that affect them.]

2. Tool of Release

Emotional Baggage
Attachments to the Past



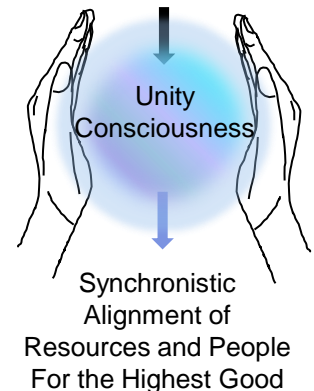
4. Tool of Alignment

Self and Life
Decisions, Circumstances



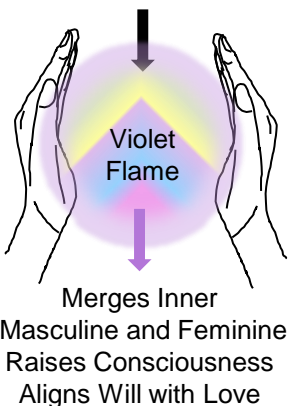
6. Tool of Flow

Intentions, Needs, People
Resources, Life Situations



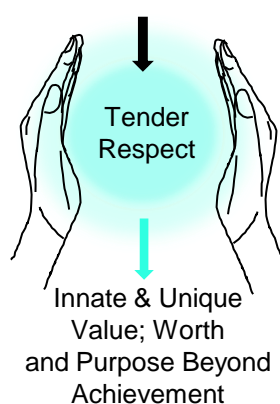
3. Tool of Alchemy

Beliefs and Programming of
Separation and Limitation
Fearful Will of the Ego



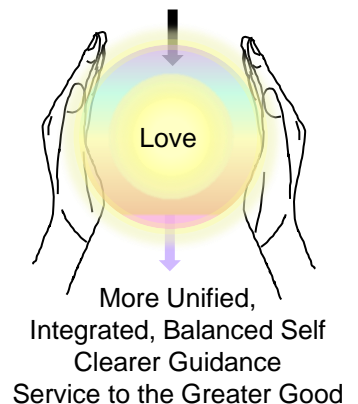
5. Tool of Honor

Judgment of Self & Others
Striving for Approval
Shame, Doubt, Unworthiness



7. Tool of Wholeness / Balance

Fractured, Separated Self
Separation of Mind & Heart
Denied Aspects of Self



Begin with These Tools for Clearing and Release

1. Tool of Surrender – Grace dissolves fear, fear of change, and worries about the future. It brings us back into the Present Moment, trusting that all will be well. Fear ungrounds us and prevents movement and growth. We are not aware of most of our fears, such as fear of being our most powerful selves. “What if” questions about the future can be laced with fear. “What if my family rejects me? What if I’m wrong? What if I fail or can’t support my family? What if I look foolish or do harm?” Mentally placing fears, worries, and rigid outcomes into this tool relieves stress, frees us to enjoy the present moment, and helps us to see the future in a new light.

2. Tool of Release – Gratitude takes us out of the past back into the present moment. This energy of reintegration turns all experiences into everlasting love and wisdom. It moves us forward by releasing outdated attachments to people, places, things, ideas, and ways of doing things. It raises the vibration of emotions, allowing their energy to be better utilized for improved health, vitality, and well-being. Gratitude mends severed relationships in love (including those who have passed on), through an appreciation of the difficult roles they have played for us. Gratitude takes forgiveness to the next level. Place people, events and emotions of the past; waves of grief; or the longing for days gone by, into this portal.

3. Tool of Alchemy – The Violet Flame is an alchemical energy that transmutes, or energetically changes, the beliefs, programming, and behaviors of separation into those of love and unity. It clears the way for a more truthful and expansive expression of Self. It helps us to rise in frequency and see things from a higher perspective. The Violet Flame integrates the Divine Masculine and Feminine and helps us to move out of the human ego and into the loving will of the Divine. It frees us when we feel stuck and gives us a fresh start.

Then Use These Tools to Align Yourself and Your Life with Your True Self

4. Tool of Alignment – Truth aligns our lives with our True Self, in Service to the Highest Good of All. Aligning with Truth brings forth our true power, which is the power of the Love that We Are, untainted by ego’s lower vibrational control. Truth also brings forth the Loving Power of the Group as it brings everyone into harmony. Since Truth brings about rapid change, it is wise to begin by first placing individual circumstances into this tool and allowing things to settle as they realign. Use the first three tools frequently to release what no longer serves. Eventually you may wish to immerse your whole life and self in Truth. Be sure you are ready for that, as much may change rapidly as a result.

5. Tool of Honor – Since we were all created equal, everyone deserves to be treated with equal honor, respect, and acceptance (even if we don’t resonate with certain behaviors). When we feel we don’t measure up, tender respect helps us to love and accept ourselves. Place any self-judgments, doubts, and shame into this tool so that your love may shine forth. Place any judgments of others in here too. Then we can interact and collaborate in equality, embracing one another’s uniqueness, wisdom, service, and presence with loving respect. This is the foundation of true collaboration and co-creation.

6. Tool of Flow – Unity Consciousness aligns our mind, body, and emotions with our spirit for integrated and harmonious living. It also puts us into synchronistic flow with each other and our resources. Flow connects us with the right people and circumstances in right timing. Our service is to be accomplished in unity with others as we each offer our unique contributions. Be prepared for greater fulfillment, along with possible changes in relationships and work, that is more aligned with you, through unity.

7. Portal of Wholeness and Balance – When we feel fractured and separated from ourselves, our inner guidance, and the Divine; have given parts of ourselves away; or taken on the life of another; this tool of Divine Love helps us to remove energies and aspects that are not ours; bring back the pieces of ourselves; gain greater clarity; and reintegrate into balanced wholeness. The body may need time to catch up with the vibration of the soul, and may desire rest and nurture. This iterative process expands our hearts with our greater Self as we are ready. Be sure to dissolve defense mechanisms and fears that show up surrounding the heart (using tools 1-3), since the expansion of the heart may cause chest discomfort as it bumps up against old layers of protective armoring.

Note: For more information on how to undergo change from your heart, please refer to:

4 Essential Steps of Big-Hearted Change for Our New World Rising by Marcia West