



Activate the Super Self

The path to be Sovereign

THE EXACT STEPS TO CHANGE EVERYTHING!

Hey R-evolutionary!

Welcome

Welcome to a wondrous way of living each day of your life- a way of life that will allow many of your dreams to become realities!

This way of living will result in more love, income, success, fulfillment, creativity, awareness, AND a thriving business with Soul-aligned clients.

You are about to discover how to use THE EXACT SAME POWER that I used to go from an immigrant bartender in my 50s to two successful Businesses while struggling to find my Identity.

Your decision to be here will influence your Life for the better. So why do I state this?



BEFEARLESS



R-evolution

It's because what I will guide you through is based on using the **ABSOLUTE POWER AVAILABLE TO ALL HUMAN BEINGS.**

To the one new to this world, consider yourself blessed as a whole new world opens to you.

To the one that has tried some things and has some knowledge already, you have now taken the ultimate step in your journey. However, no matter how much you have studied, it is meaningless unless you can apply your knowledge to improve your life, your business, and the lives of others around you.

I know many "walking encyclopedias"; nonetheless, they were lonely, unloved, unsuccessful, and without money.



1



*"Your Mind is
a Field of
Energy"*

So we will start here with a simple affirmation to yourself: **"For all I know, I know nothing if I cannot Demonstrate a better life."**

We will need to swallow our pride and ego for a moment, stop living in daydreams and bring what we want down to Earth.

This e-book will do precisely that. It will guide you to the first steps of this Power and the actions you need to take to begin.

It is all from a woman's journey who started her life from zero in her 50s. Me!

Everything I did to escape the fear, frustration, loneliness, and empty bank accounts.

Super Self-Creating the Blueprint

Everything we create is a part of us. Of who we are (or we think we are).

If one lacks self-awareness, one may create haphazardly and without intention. This can create an identity as a struggling individual who faces financial and relational difficulties and cannot attain the same happiness and success as others.

You may say, "But I don't want to struggle with money or anything else," but if you are, there is a part of you that you created, and now you resent it because you consciously don't want it.

The reality is that success is a **NATURAL** part of life. By success, I mean whatever you personally consider to be a success. Each of us has a natural success factor within ourselves. Nature is always striving for perfection in all its kingdoms, which is a success in and of itself.



The Intention

And this success would be realized if it were not for specific weaknesses we insist on carrying on. These weaknesses are sidetracking the realization of who you want to be.

Like all energies, this energy within the mind has a certain degree of power. That power holds a grip on the mind and the nervous system, causing one to think and act in self-defeating ways, thereby thwarting the achievement of the success one desire.

Controlling energy causes people to overeat, drink, procrastinate, sabotage their business and relationships, escapism, etc., diverting them from attaining success.

If you are ready and intend to activate your Super-Self, then you WILL SUCCEED and eliminate any weakness that stands in the way. You will achieve Mastery over the Limited Self.

****Pro Tip: Nothing has proven more effective as a FACE -To-FACE confrontation between the power of the weakness energy in the mind and the UNLIMITED , UNIVERSAL POWER you possess.***

You already have a sense that what you are living right now in terms of your business or life is not even scratching the surface of what you COULD BE, HAVE, and DO.

The impact, the happiness, the belonging, and the abundance that you CAN participate.

Faster or Slower

The decision

Now everything depends on you and how fast you want to see the results you are looking for.

Every weakness in your mind would, sooner or later, be eliminated, even if you consciously did nothing. Your mind, eventually, would evolve its consciousness beyond the weakness; however, it might not take place in this lifetime!

Meanwhile, you could remain unhappy and in the struggle while only dreaming of a life that you COULD have.

****CONFRONTATION is a Metaphysical science Technique that will overcome a negative energy in your mind- not in another lifetime, but right now- if you will USE it daily until all the negative energy of weakness has been eliminated on all levels of your mind***

At this point, a decision must be made. Many times we feel somehow comfortable in the familiar, even if this familiar creates struggle, just because we are afraid of the next level, the unknown.

But this is a part of our weakness that we have to confront and be aware of. The weak energy is temporal. It will yield itself eventually to the All-Powerful Evolutionary Super Self (or God-Power within you). Making a decision to confront it, will cause that evolution to take place NOW!



2

The Doer

Action Is Faith In Yourself.

The only thing preventing a person from taking action on an idea is self-doubt.

People who take action act on a spiritual premise, for they act on faith.

That faith may be expressed as GOD by some or the HIGHER MIND by others, but the principle is the same.

► It is a belief in SOMETHING within oneself, a specific something extra that every human being possesses.

► In Metaphysical Science, IT is identified as OUR HIGHER MIND OR GOD-MIND. I call it **SUPER SELF**. By identifying IT, the mind has a better focal point for concentration in one's consciousness to make IT more real and, thus, more effective.

***Pro Tip: You have within you that EXTRA SOMETHING! It is your faith in IT that takes you beyond self-doubt and uncertainty to the surety of putting your ideas into action**

Two selves exist in every person:

► **ONE IS THE TEMPORARY SELF** – It has been created by the conditioning of society and usually has a limited appreciation of itself or its possibilities.

► **THE OTHER IS THE REAL SELF** – That spark of life that causes you to have existence. That spark is part of One Infinite Reality that exists in all things and is the Ultimate or True Self of your Selfhood.

► To implement your ideas, you must identify entirely with your True Self or Higher Mind. In so doing, faith in yourself unfolds that you indeed have that extra something that can make your ideas realities.

You Are Never Alone When You Act.

Most people do not take action because they feel alone in what they want to do. However, constantly affirming your Higher Selfhood eventually makes that Selfhood a reality in your mind.

Is Not You

By keeping attuned to the Presence of your **Super -Self**, the realization comes that **YOU ARE NOT ALONE**, that you are being directed and guided.

Ideas Are Only as Valuable as the Action Behind Them.

Action brought forth from the inspirational silence of your Super Self should be the key to your life. To that end, read the Action Guideline that follows every day until it becomes a part of yourself.



► Its purpose is to help you begin to do something and apply the valuable ideas that fill your mind.

► By following the outline, the personal mind should become stimulated by the Higher Mind to take action.

► What automatically follows is the tremendous success, happiness, and fulfillment that comes from putting forth the ideas of your own soul.

EACH PERSON IN THIS WORLD IS UNIQUE; EVERY PERSON HAS A SPECIAL PURPOSE. If this were not so, they would not exist.

THIS INCLUDES YOU!

Consider that the **PURPOSE** of your life is to activate and bring forth your uniqueness, which may somehow be expressed and shared with others.

Guidelines

Read the Action Guidelines EVERY DAY until it becomes a part of yourself

PHYSICAL REALITIES COME FORTH AS A RESULT OF YOUR THINKING

As a creative idea or inspiration surfaces in your conscious mind, immediately say to yourself, "**My Higher Mind puts this into action immediately.**"

DOUBT IN YOURSELF IS THE ONLY THING THAT HOLDS YOU BACK FROM TAKING ACTION.

As a student of the **Super Self**, take the pressure off yourself by realizing that the Higher Mind that created the idea in your mind is ready to help you succeed.

As you go about acting out an idea, acknowledge to yourself that IT IS NOT YOU (PERSONAL SELF) THAT IS DOING IT, BUT YOUR SUPER SELF.



ANOTHER REASON PEOPLE FAIL TO ACT, ALTHOUGH HAVING A GOOD IDEA, IS THEY FEAR THEY MAY NOT HAVE FOLLOW-UP IDEAS OR INSPIRATIONS

With which to help the initial idea succeed. Again, it is your Super Self (Higher Mind) that gives you the idea in the first place, and IT will follow up with additional ideas to help you succeed if you let it!

If you have to speak to someone in order to activate an idea, think to yourself beforehand, as well as while facing that person, that IT IS NOT YOU BUT YOUR SUPER SELF DOING THE COMMUNICATING

A PERSON WHO TAKES ACTION DOES SO OUT OF FAITH. That faith should not be in one's personal self but in one's Higher Self, which is more than equal to any task.

CONSTANTLY VISUALIZE THAT THROUGH YOUR HIGHER MIND AND SELF, you are enjoying and living the idea in your mind as an already fulfilled fact.

DON'T TAKE A DEFEATIST ATTITUDE when there is a momentary dip in the condition of your action. Remember, when you start something new, there will always be adjustments and even readjustments that must be made.

Each day, while meditating, think that **YOUR SUPER SELF IS ALWAYS GUIDING AND DIRECTING YOU** to the fruition of your idea.

CONSIDER THAT NEGATIVE THOUGHTS COMING INTO YOUR MIND, CREATING DOUBT OR HESITATION, ARE PART OF YOUR OLD PERSONAL SELF.

Nullify them quickly by saying to yourself, "Cancel! Cancel! Cancel!" If you don't, these thoughts will prevent you from having the type of life you desire.

Constantly tell yourself that you are a new person with a new way of leading your life. If you do this continually, your subconscious mind will come to. Accept it, and you will find yourself automatically living it by taking action with your ideas.





Each day, say to yourself,

"SUCCESS AND HAPPINESS ARE IDEAS PUT INTO ACTION IN MY LIFE. It is not I, but my Super Self, that does the work – perfectly!"

WHENEVER SOMETHING GOOD TAKES PLACE IN YOUR LIFE, IMMEDIATELY GIVE CREDIT TO YOUR SUPER SELF

This practice repeated will constantly reinforce the the true self-image of your being is the foundation of your life's success and happiness.

SOME PEOPLE HESITATE TO APPROACH OTHERS TO ACTIVATE THEIR IDEAS BECAUSE THEY FEEL SHY OR AWKWARD. REMEMBER, IT IS YOUR SUPER SELF THAT IS THE DOER THAT ACTS IT OUT.

Your personal mind should become a bystander that watches and praises the wisdom coming forth from your Super Self. It is not you, in a personal sense, that communicates, but again, IT is your SUPER SELF. Keep this in mind before seeing someone, and continue thinking of it while in their presence.



SELF-CONFIDENCE IS CONFIDENCE IN ONE'S TRUE SELF, HIGHER MIND, OR GOD. Those who fail to think in this way are filled with doubt, and don't take action needed to bring about what they want in life.

****Pro Tip: Each day, tell yourself, "Reality is success and happiness in my life, made possible by my Higher Mind or Super-Self."***
WHATEVER ONE TRULY BELIEVES TO BE REAL IN LIFE IS REALITY

DON'T EVER FEEL LIMITED OR INCAPABLE OF PUTTING YOUR IDEAS INTO ACTION.

Each day, say
to yourself: "My Super Self does everything and is unlimited in what it can do.

IN THE LAWS OF NATURE AND THE SCHEME OF THE UNIVERSE, YOU EXIST TO SUCCEED WITH YOUR INDIVIDUAL PURPOSE FOR BEING. YOU ARE NOT INCONSEQUENTIAL.

Whatever action you take sets up a chain reaction that travels worldwide. You are valuable to life! See and accept that value of yourself, and you will find the inner motivation to take action needed to bring you success, happiness, and, thus, the fulfillment of your soul.

Mastering Your Weakness

Eliminate Your Weakness and Success is Automatic.

Success is natural in the course of life. Nature is constantly moving toward perfection in all her kingdoms, which is success within herself. As you are a part of nature, it is within your nature to share and partake in the success of life.

In the process of evolution, when nature senses a flaw or lack in one of her creations, she removes it.

When we speak of nature in Metaphysics, of course, we refer to God, Universal Mind, Higher Self, or Super Self

Man – you and I – are, however, in a more evolved state than the other kingdoms in nature. Thus, any correction within us can take place in conscious cooperation with nature

If all that is weak and un-evolved in a person could be eliminated, the only motion remaining active would be the mental motion of success. Everything that one would think and do would be another step toward succeeding in one's goal.

WEAKNESSES are un-evolved habit patterns of mental energy within the subconscious mind, that surface to one's conscious mental activity in an attempt to control one's mind and nervous system.

SUPER -SELF IS THE UNLIMITED HEALING, TRANSFORMING, ETERNALLY PRESENT PRIMAL ENERGY POWER CENTERED IN THE MIND; IT HAS ALL-POWER TO directly confront and eliminate the hold of negative weakness energies emerging from one's subconscious.

Direct Confrontation

A positive mental attitude about the confrontation, containing the following ingredients, will assure your success:

1. You must ACTUALLY WANT TO CHANGE.
2. You must TRULY WANT TO SUCCEED and be happy.
3. You must HONESTLY BELIEVE that no temporal energy of your mind can stand up to the ETERNAL ENERGY OF THE GOD-POWER or your SUPER SELF at the center of your mind.

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In particular, it is important that you pay close attention to the following Alternative Chart, which indicates one's positive and negative choices. Study the chart below. You must embrace it! There is no alternative.

► You must decide on the positive, progressive, self-mastering choices to allow your Super Self to eliminate whatever weaknesses are holding back your happiness and fulfillment.

Chart

POSITIVE TURNING TO SUPER SELF

- ☐ Self Mastery
- ☐ Self Control
- ☐ Self Confidence
- ☐ Self Assurance
- ☐ Self Growth
- ☐ Self Awareness
- ☐ Self Progress
- ☐ Self Success
- ☐ Self Renewal
- ☐ Self Choice

NEGATIVE YIELDING TO WEAKNESS

- ☐ Self Regression
- ☐ Self Destruction
- ☐ Self Indulgence
- ☐ Self Doubt
- ☐ Self Confusion
- ☐ Self Degrading
- ☐ Self Fear
- ☐ Self Failure
- ☐ Self Defeat
- ☐ Self Retarding

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Attitude

YOUR attitude reflects what you truly believe.

- **A NEGATIVE Attitude** is brought about through a pessimistic opinion of one's life and life in general.
- **A POSITIVE Attitude** has as its foundation a faith established in something. It is a belief in the inherent good of life.
- Positivism in one's attitude can be based upon a current ego trip.

The personal ego trip is filled with the turmoil and frustration of the up-and-down cycles of human life, which, over a period of time, sap the strength and health of an individual.

- Positivism can also be based upon the **REALITY** of selfhood and identity, that is the transcendent nature of one's **TRUE REALITY**

- This **TRUE REALITY** is the **POWER, WISDOM, and PRESENCE** of the Super Self **OF THE UNIVERSE** within each of us. There can be nothing more powerful than the use of an absolute frame of reference upon which to build faith for a positive attitude.

Transcendence Is Seeing Things As They Are

- A positive attitude comes from seeing things as they actually are. This 'SEEING' is an inner understanding of the true nature of life and being – that one is, in truth, on a voyage of one's soul through eternity.
- Each experience, large or small, is a step upward in the growth and perfection of one's Soul and, through it, one's manifestation of being.

Positive Transcendence

We are all a part of ONE INFINITE MIND in which we live daily as a thought, while at the same time, the INFINITE MIND lives daily in our minds.

- ▶ This state of Oneness provides us with the peace, power, and wisdom with which to confront all we encounter in life and to grow in the process.
- ▶ Such thoughts as these form the foundation of a POSITIVE TRANSCENDENT ATTITUDE upon which one can base his or her life.

To bring forth the desired responses for creating a better life, one's daily attitude should be one of POSITIVE TRANSCENDENCE.

Guidelines for a Positive Transcendent Attitude

- ☐ Psychologically, you damage yourself by accepting failure thoughts.
- ☐ Psychically, you damage yourself by failing to maintain a positive attitude by telepathically radiating out vibrations of failure
- ☐ Spiritually, through your thoughts, you damage yourself by putting forth a negative attitude about yourself into the mind of the Universe. What you think about yourself and life is accepted as so by the Universal Mind and acted upon accordingly in the creative process of nature

****Pro Tip: REALIZE THAT YOU DAMAGE YOURSELF PSYCHOLOGICALLY, PSYCHICALLY AND SPIRITUALLY IF YOUR ATTITUDE IS NOT POSITIVE – no matter what negative events or conditions may arise.***

Be A Sovereign

A POSITIVE ATTITUDE DOES NOT ACCEPT DEFEAT but regroupes and adjusts by being open to intuitive self-direction from your Higher Mind or God-Mind. This may indicate that you should try something entirely different or take another approach from that already in use.

► **A POSITIVE TRANSCENDENT ATTITUDE** knows that despite any apparent difficulty, one's Super Self will show the way for improvement.

1

Always know that there are certain spiritual laws constantly at work

2

Always know that if there is a temporary financial lack,(or other) Your Super Self, unlimited in its resources, will direct the personal mind to those resources in physical reality.

Notes

Thank you for being here with me. Go on with your journey by **Reflecting upon your Weaknesses & attitude.**

Practice Direct Confrontation & keep track of your progress.

XO ANASTASIA

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