

Total Integration Institute

Living Freedom Event Notes



CoCreating a New World

Diamond and River Jameson



Notes

Possibility:

The power to Domain Shift

Core Intent:

Create a Sustained

Domain Shift

Into



Core Strategy:

Ignite

Whole Being Awakening and Integration

Core Practices:

10 Powers

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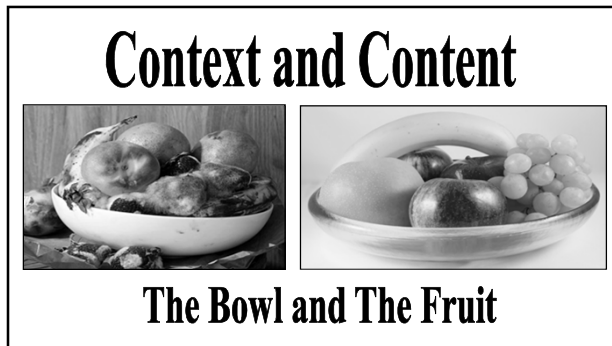
10 Powers

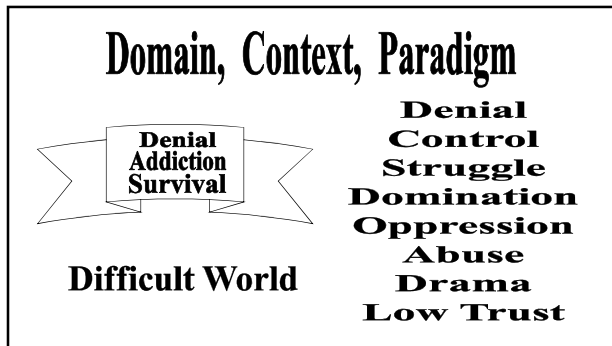
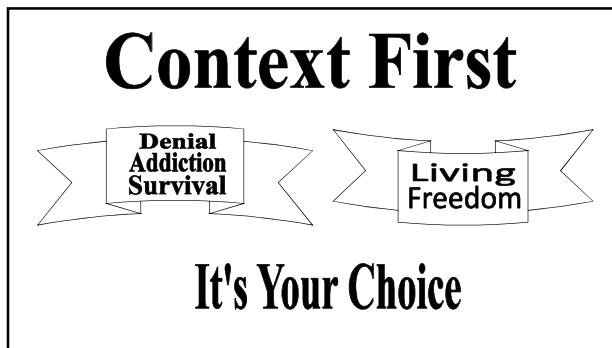
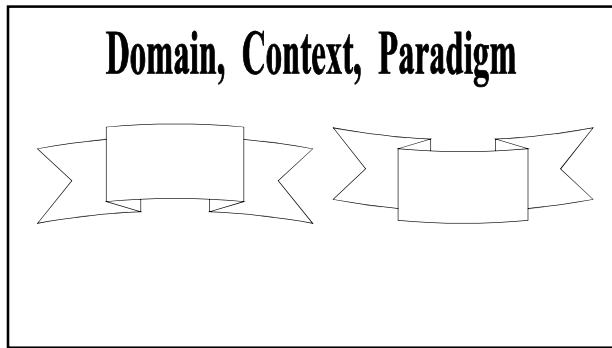
Context First

1. **Breathe, Feel and Be Present.** Letting Go & Receiving, Now.
 2. **Embrace, Explore and Admit.** With acceptance my authentic core experience, free of indulgence and denial. Admit out loud.
 3. **Move, Express and Release.** Vibrate. Go deeper. Feel, sound, shake. Follow the energy. Listen for Messages. Do Aspecting. Reclaim and Re-educate the Aspects.
 4. Conflicts? **Release Beliefs, Non-Verbal** Release the
Limitations? **Agreements and Limiting Choices.** Old Story.
Imprints? **Choose New.**
 5. Clarify and Passionately **Declare your Intent.** Source your willingness.
Release your Upper Limits. Visualize and feel deeply your new experience.
 6. **Request and Receive.** Support and Guidance. Express Gratitude.
 7. Enter into **Silence, Meditation, Being and Oneness.**
Connect with Source. Stop, Rest and Let Go. Listen and Surrender.
 8. Choose **Empowered Action, Integral Practices** and
Inspired Activities. Live Fully and Contribute. Do What Works!
 9. **Be Sober and Impeccable. Be Chief.** Awake and Choosing.
Build Power and Integrity. Live Ethically.
- Continue to
10. **Breathe, Feel and be Present.** Letting Go & Receiving, Now.




Context First






Domain, Context, Paradigm



Difficult World

Survival
Lacking
Not Enough
Addiction
Urgency
Overwhelm
Separation
Disconnection
Disassociation


Domain, Context, Paradigm



Difficult World


Duality
Either-Or
3D Reality
Lying
Objectification
Materialism
Many Ism's
Disrespect
Judgement
Greed

Domain, Context, Paradigm



Domain, Context, Paradigm


Love
Truth
Beauty
Sustainability
Basic Trust
Integral
Thriving



Easy World


Domain, Context, Paradigm

Respect
Honor
Sobriety
Impeccability
Health
Multi-D
Sufficiency
I am Enough



Easy World

Context First



It's Your Choice

Context
is a
System

Context
Pre-determines
The Probable
Outcome

The Issue is not Humanity
The Issue is Context
It's Your Choice

Where do you Identify?

**Old Context
or
New Context**

**1 Foot on the Shore
1 Foot on the Boat**

Both Feet into the New

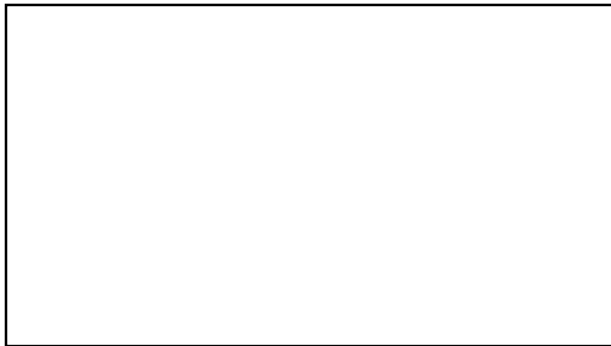
Context First


**Denial
Addiction
Survival**

**Living
Freedom**

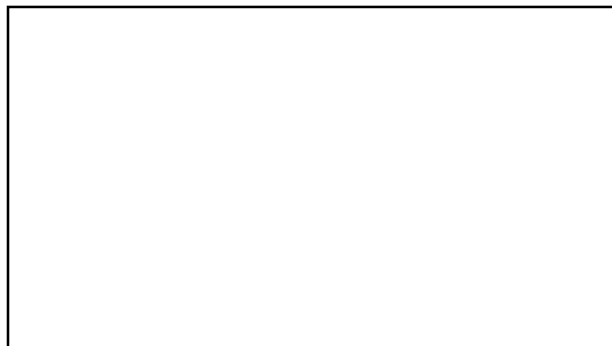
**Be a
Reality
Artist**

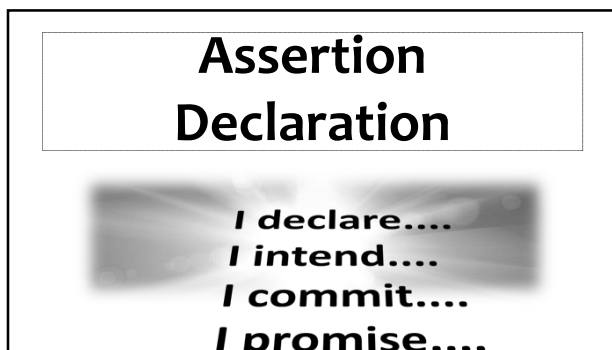
**Co-Create
^a
New Context
For Our Planet and World**



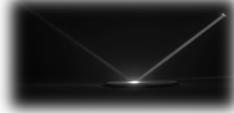
Possibility
The power to Domain Shift
Core Intent: Create a Sustained
Domain Shift
into

Core Strategy
Ignite
Whole Being Awakening and Integration
Core Practice
10 Powers

10 Powers





**“Clarity Brings
Power.”**



**“Clarity Brings
Power.”**

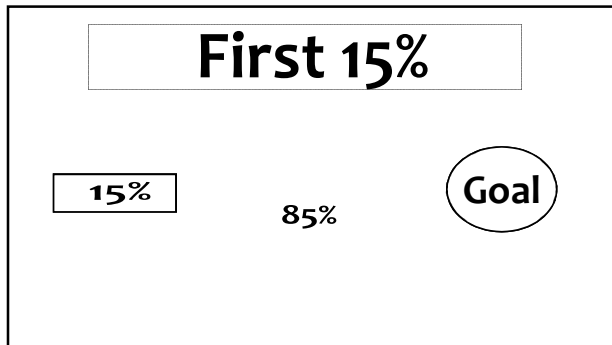
> Marginalized Voice

Including your own...



First 15%
Edwards Deming



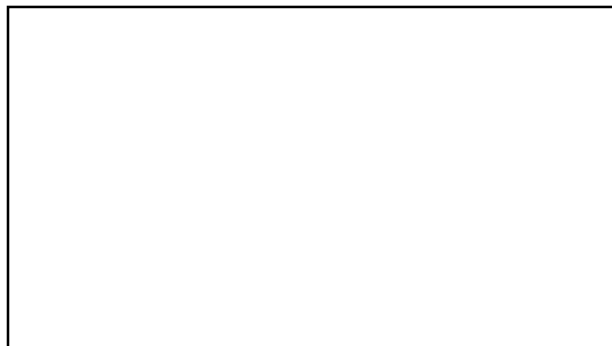
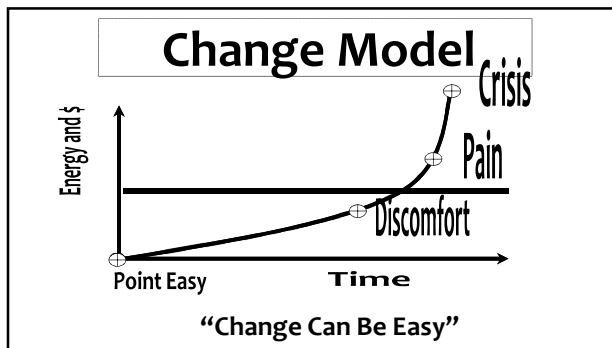
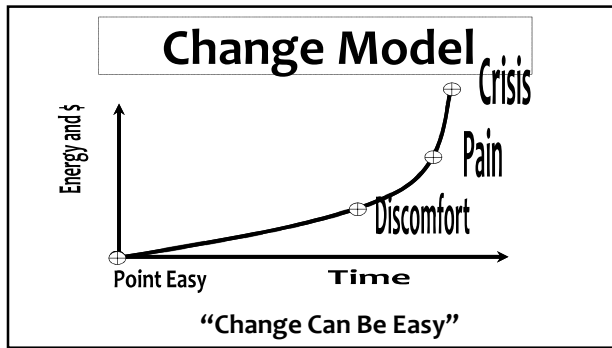


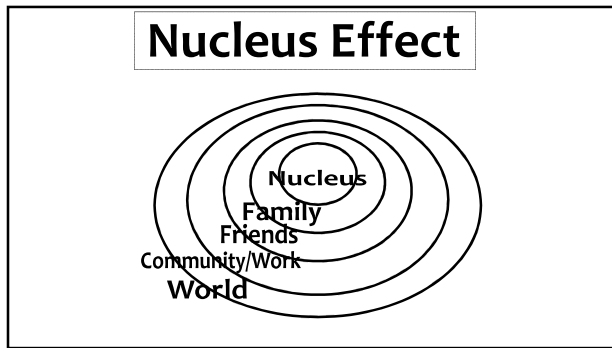
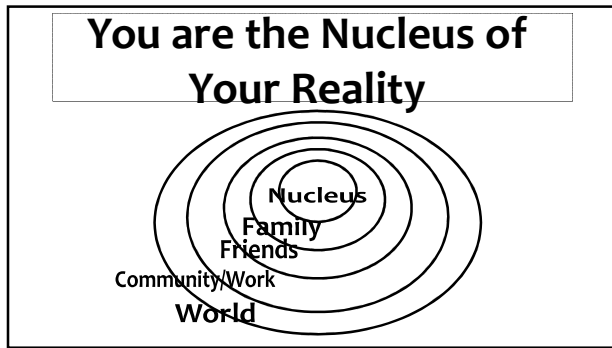
A complex block containing the word "Change" in a large, bold font inside a rectangular box. Below the box is the question "What do you believe?". To the right of the question is a diamond-shaped road sign that reads "CHANGE AHEAD".

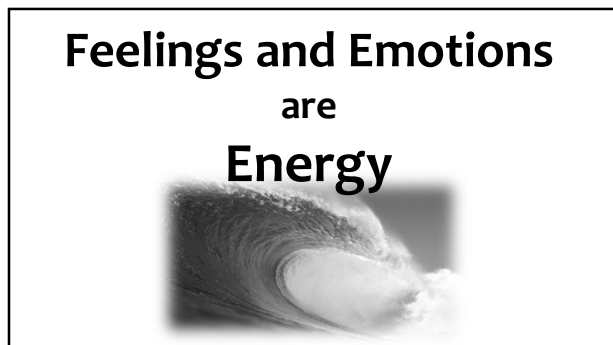
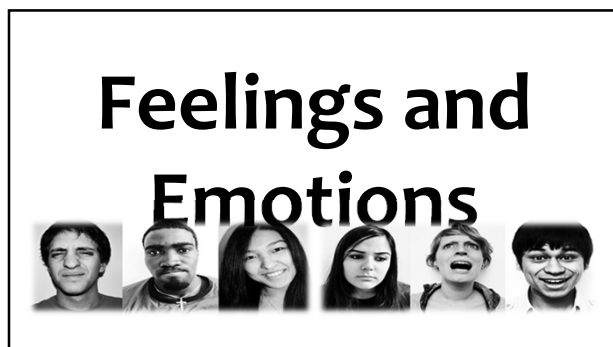
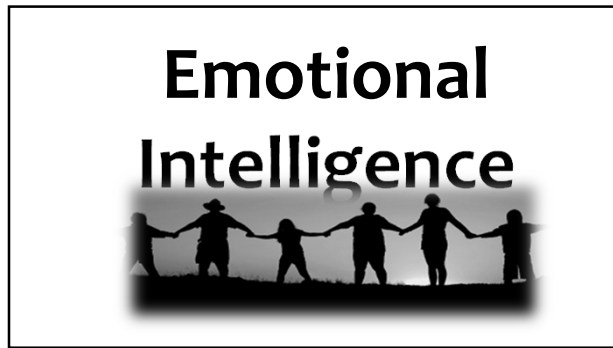
A complex block with the title "Beliefs about Change" in a bold font inside a rectangular box. Below the title is a list of four beliefs:

- Change Hurts
- Change is Hard
- Change is Painful
- Change Never Really Happens

To the right of the list is a rectangular road sign that reads "Change Just Ahead".







**Feelings and Emotions
are
Messengers**



**Feelings and Emotions are
Messengers**

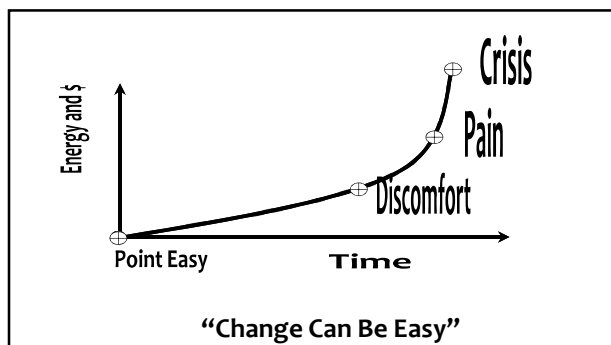
**they guide us to our
Appropriate Relationships,
Time, Place and Forms**

Feelings and Emotions are Messengers

**Love and Ease =
You're On Track**

Feelings and Emotions are Messengers

***Dissonating Feelings =
Alert Make a Change***



**Real Feelings
and
Addictive
Thought Generated
Feelings**

What are
Two
Dissonating Feelings
You find yourself often
experiencing?

Sobriety

In the Zone
Connected, Grounded
Whole Being Presence
Spacious Simplicity
Principles Awake

Sobriety = State

**Impeccability =
Empowered Action/Behavior**

Real Feelings = Breakthrough

Addictive

Thought Generated Feelings =

Looping

Looping?

What would I really be
feeling?

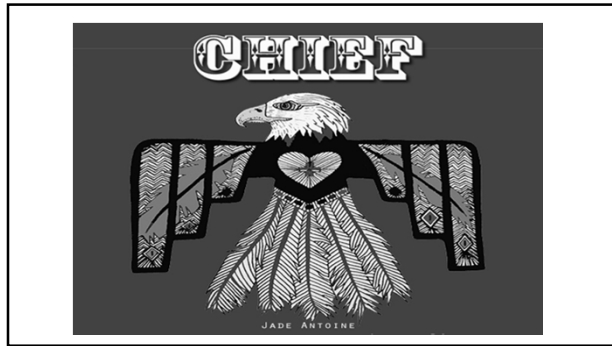


Core Dissonating Feelings

Fear

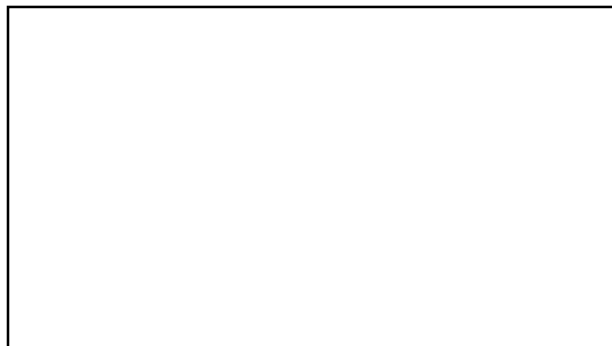
Anger

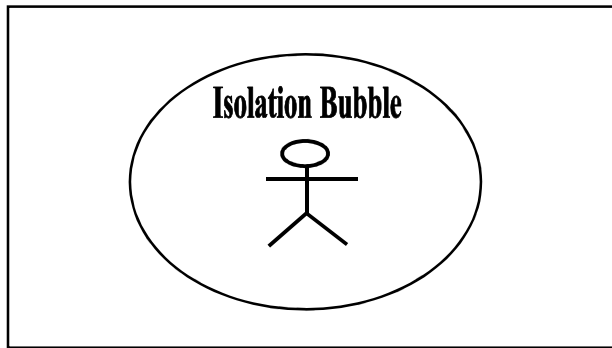
Sadness



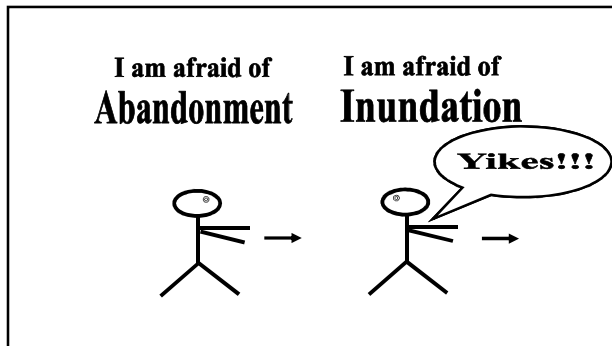
CHIEF

Seer. Chooser.
Holder of
Principles and Values
Sobriety and Impeccability.
5 Pillars. Context First.



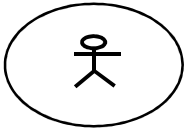


Abandonment
Inundation
Humiliation



**Ways people avoid real Love,
real Intimacy and real Partnership.**

Isolation Bubble



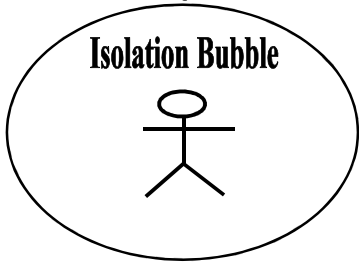
Select

Distort

Provoke

Fantasy Bond

Isolation Bubble



**Toxic Shame
and
Healthy Shame**



<p>Toxic Shame "There's something wrong with me."</p>
<p>Healthy Shame "I made a mistake and I need to make a change."</p>

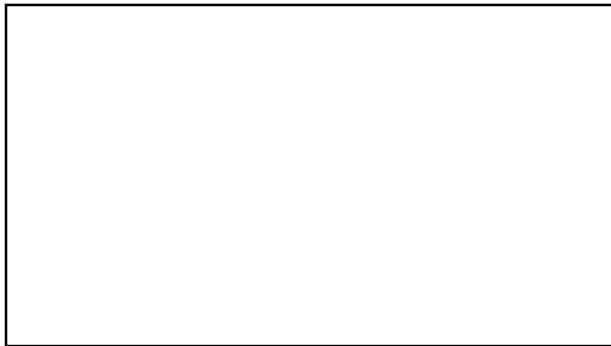


<p>Toxic Shame "There's something wrong with me."</p>
<p>Healthy Shame "I made a mistake and I need to make a change."</p>

Responsibility



Responsibility
Response-Ability
The **Ability** to Respond.

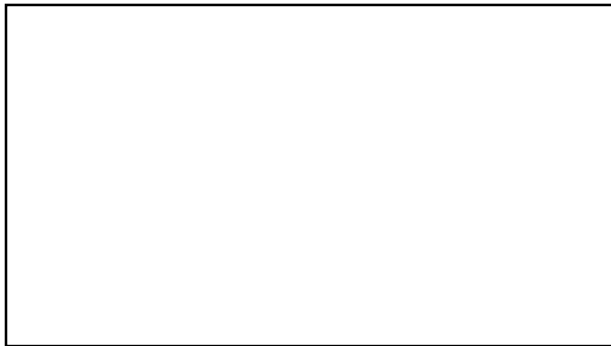


Guilt

I made a mistake:
“There's something wrong with me.”
And
I deserve Punishment.
No Movement. Stuck.

Guilt Resolution

Feel, Move and Vibrate.
Change belief I deserve punishment.
Focus on the Learning Opportunity.
Do appropriate Empowered Action.



I Lack

*An Exercise
For awareness*

I Lack	I feel, I feel...	I do	
Connection	Sad, Disappointed, Alone, Lonely, Powerless	Go to Sleep Drink Wine Eat Treats	
Money			
Time			
Recognition			

I Lack	I feel, I feel...	I do	
To Get		I	Reacting
Connection	Sad, Disappointed, Alone, Lonely, Powerless	Go to Sleep Drink Wine Eat Treats	
Money			
Time			
Recognition			

I Lack

Name _____ Date _____

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I Lack	I Feel, I Feel	I Do	I Lack Chart		Module 4

I Lack

Name _____ Date _____

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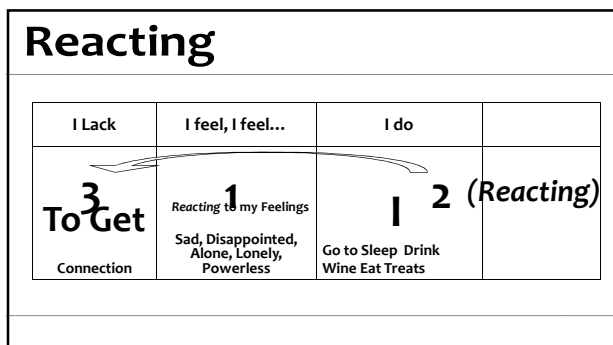
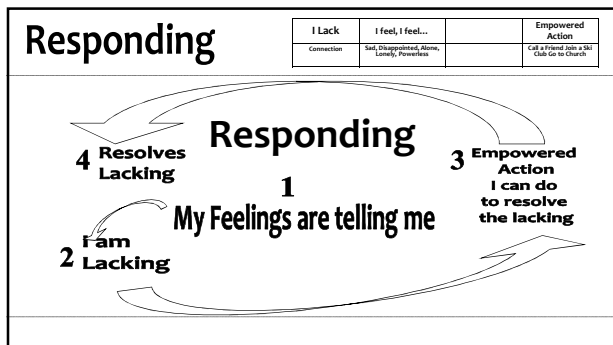
I Lack	I Feel, I Feel	I Do	I Lack Chart	

I Lack	I feel, I feel...	I do	
3 To Get Connection	1 I'm having Feelings Sad, Disappointed, Alone, Lonely, Powerless	I avoid the Feelings With doings. 1 2 Reacting Go to Sleep Drink Wine Eat Treats	

1. I have a feeling(s) about a lacking.
2. I do things to avoid the feeling.
3. This does not resolve the Lacking

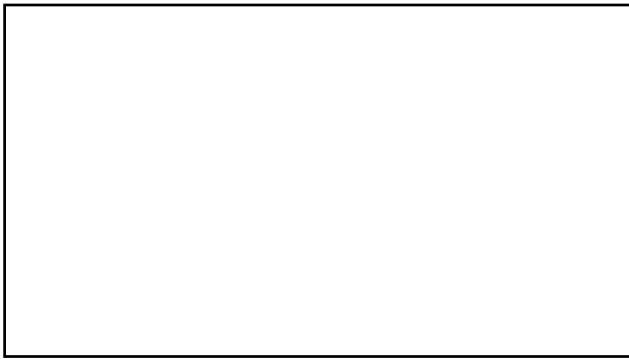
A Functional Option			
I Lack	I feel, I feel...	I do	Empowered Action
Connection	Sad, Disappointed, Alone, Lonely, Powerless	Go to Sleep Drink Wine Eat Treats	A Functional Option: Do an Empowered action That resolves the lacking
Money			
Time	Responding instead of Reacting		
Recognition			

I Lack	I feel, I feel...	I do	Empowered Action
Connection	Sad, Disappointed, Alone, Lonely, Powerless	Go to Sleep Drink Wine Eat Treats	Call a Friend Join a Ski Club Go to Church
Money			Responding
Time			
Recognition			



I Lack	I feel, I feel...	I do	Empowered Action
<p>Emotions are Messengers</p> <p>Choose Responding</p> <p>Instead of</p> <p>Reacting</p> <p>To your feelings</p>			

How to
Express and Release



Optimum Level of Being

12-1 and Breath Technique

Optimum Level of Being Ritual

1. Breathe, feel, being present

Do "12 to 1" or "Breath Technique"

"I am now
at to the Optimum Level of Being to _____."

Breathe, feel, receive.

Structural Questions

What is the Nature of ?

Impeccable Answers
come from
Impeccable Questions

Affirmation

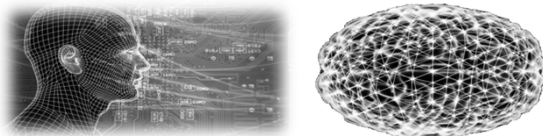
A Positive Declaration
“This is going to be the very
best day of my life!”

Afformation

I Wonder...?
How did we do this...?
What is the Nature of...?



Neural Net



2000 Bits vs. 4 Billion
Which would you rather use?

Afformations

Impeccable Answers
come from *Impeccable*
Questions.



Empty rectangular box for notes or writing.

Empty rectangular box for notes or writing.

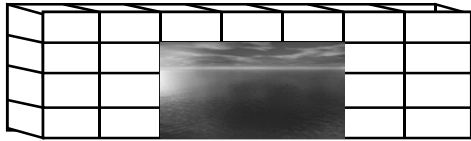
Beliefs

Beliefs
Are like Bricks in a Wall

	Bricks	=	Beliefs	
	Mortar	=	Energy	

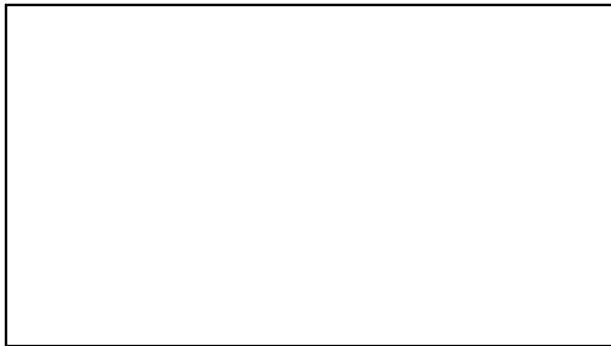
**What is Real is Real.
and Real can Change**

**What is Real is Real.
and Real can Change**



Beliefs

**Empowering Beliefs
Limiting Beliefs
Conflicting Beliefs
Survival Beliefs**



Belief
Power

I am now experiencing my
full personal power and
I'm expressing it in a way that's
totally beneficial for myself
and everyone involved.

But...
Recognize Conflicting Beliefs

Releasing Belief Technique

1. Express and Release.
2. Optimum Level of Being.
12-1 or Breath technique.
3. Do Release Belief Ritual.

Release Belief Ritual

I release the Belief that.....
On every level of my being.

My new Experience is.....
This is my intent. This is my reality.

Release Belief Ritual

I release the Belief that.....
On every level of my being

My new Experience is... See It. Feel It.
This is my intent. This is my reality.

Bodily Felt Sense

See It. Feel It.

Non Verbal Agreements

I Release the Agreement that.....
On all levels of my being.

My new Agreement is
I only agree to the most mutually
beneficial experience possible.
This is my intent. This is my Experience. This is my reality.

My new Agreement is

I only agree to
the most mutually
beneficial experience
possible.

Bodily Felt Sense

See It. Feel It.

This is my intent. This is my experience. This is my reality.

**Integrating
Senses**

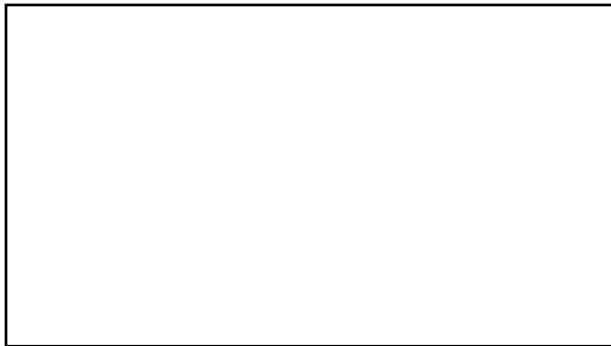
5 Pillars
of Living Freedom Context

5 Pillars
Love
Truth
Beauty
Well Being
Sustainability



**May the 5 Pillars
and
Spacious Living Freedom
be with you!**

Morning Ceremony



Addiction

Addiction

**Costly to...
Self | Others | Business.**

**Fueled by
Denial Domain Context**

Addiction

**What is it?
Where does it Begin?
Is there a Resolution?**

Addiction

Addiction is anything we do over and over again, instead of having our true authentic experience and feelings.

All Addictions
are
**Preoccupation
Addictions**

Addiction

Addiction is anything we do over and over again, instead of having our true authentic experience and feelings.

We train ourselves until it feels like a 'have to' or until it becomes an automatic **COMPULSIVITY.**

3 Kinds of Addictions

**Substance
Relational
Process**

It's not

**Alcoholism
Addiction**

It's

Dependency

All Addictions

Are

Dependencies

Used to

Preoccupy

Away from the

Cure

The Cure
is facing the
Pain or Challenge
One is
Avoiding and Denying

The Cure
Requires an
Integral Approach
Body. Mind. Emotions. Spirit.
Relationships. Context. Life Skills.
Whole Being. Whole Life.

The Cure
Requires
Bonded
Relationships
Release Isolation Bubble

Over Commitment
A Costly Lie

Commitments
Promises
Excellence

Commitment
Promises
Yes, No, Maybe So

Commitment, Promise

“Yes”

**Complete it, Delegate it
or Re-Negotiate it.**

I will not Abandon it.

Commitment, Promise

“Yes”

**Requires Resources
Time, Space, \$'s, Team
Creativity, Ingenuity, Energy**

**What is the Result of
Keeping your
Commitments and Promises?**

**What is the Result of
Keeping your commitments and
Promises?
Trust
Abundance
Satisfaction
Fulfillment
Freedom**

**Over Commitment
Is a
False Promise
It's a Lie**

**Over Commitment
False Promise
It's a Lie

It's Saying Yes
Instead of Saying No or Maybe so**

**Over Commitment
False Promise**

**At Best I'll Deliver Late
Quality Less than Promised
80%, 70%, 60%
Mediocre at best
or
Abandoned
Not delivered at all**

Over Commitment

**The Cost
Unknown, Unknowable**

**Break of Trust
Negative Fall out Downline
Reputation
Sacrifices Family, Body,
People Mad at you**

Over Commitment Cycle

triggers

Toxic Shame

"There's something wrong with me"

**Over Commitment Cycle
triggers**
Bio-Chemistry
Overwhelm, Urgency, Toxic Shame
Addiction to the Bio-Chemistry
Numbness – Disassociation
Shameless Behavior

It's Saying Yes instead of No or Maybe So.

Toxic Shame
"Theres something wrong with me"
Over Commitment Cycle

Because
"There's something wrong with me"
I need to do even more, Over commit even more,
Then I don't deliver again and again.
And then I need to.....Cycle

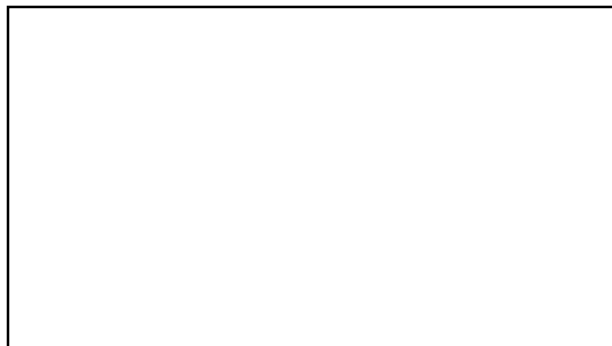
Over Commitment Cycle
Option to

Toxic Shame Cycle
"There's something wrong with me"

Lie

Healthy Shame
"I made a Mistake"
Learn and Change

**Over Commitment
Is a Costly Lie
Choose
Sobriety, Impeccability, Excellence**



10 Powers

1.

**Breathe, Feel and Be Present.
Letting Go & Receiving, Now.**

2.

Embrace, Explore and Admit..

**With acceptance my authentic experience
free of indulgence and denial.
Admit out loud.**

3.

Move, Express and Release.

Vibrate. Go deeper.
Follow the energy. Move the energy.
Listen for Messages.
Do Aspecting.
Reclaim and Re-educate each Aspect.

4.

Conflicts, Limitations, Imprints?

**Release Beliefs,
Non-Verbal Agreements,
and Conflicting Choices**

Release the old story. Choose a new story.
Find willingness to forgive self and others.

5.

Clarify and Passionately

Declare your Intent.

Source your willingness.
Visualize and feel deeply your new experience.

6.

Release your Upper Limits.

Request and Receive

Support and Guidance.

Express Gratitude!

7.

Enter into

Silence, Meditation, Being and Oneness.

Connect with Source.

Stop, Rest and Let Go

Listen. Be. Surrender.

8.

Choose

Empowered Action Integral Practices and Inspired Activities

Live Fully and Contribute. Do What Works!

9.

**Be Sober and Impeccable.
Be Chief Awake and Choosing.**

Build Power and Integrity.

Live Ethically

10.

Continue to

**Breathe, Feel and Be Present.
Letting Go & Receiving, Now.**

**The
10 Powers
Work**

10 Powers

**Are used for
Healing and Resolving
, Trauma, Addiction, Limiting Conditioning,
Self Hatred, Toxic Shame and Guilt, and
Breaking the Trance of
Denial Context.**

10 Powers

**And are used for
CoCreating Sustained Domain Shifts,
Bringing Forth New Possibilities,
Fullfilling Potential,
Expanding and Awakening,
Birthing a New World.**

10 Powers

**If your not creating a
Sustainable Transformation,
Your missing something in the 10 Powers.
The 10 Powers Work!**

Aspect Identification Ritual

Trauma Reactivity

Healing the World's Reflection

**Integrating
Spirit, Will, Body and Heart**

Partnership Society

Release Dichotomy

Empowered Communication

**Chakra Alignment
Surrender Meditation**

Changing the Past

**Medical Medium
Anthony William**

Heart
An Aspect of Being

Body
An Aspect of Being

**I Exist
I Am Valid
I Am Enough**

**What If ?
The Answer is Always the Same!**

**The Answer is Always the Same!
Breathe, Feel, Vibrate and Be Present
Enter into Love and Sobriety
And Act Impeccably**

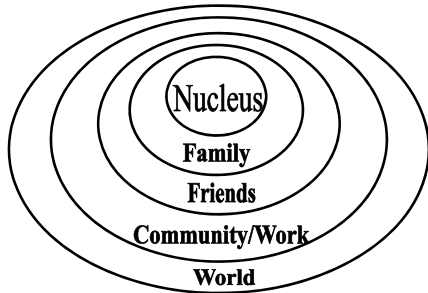
Downward Spiral



Skipped Lunch
Stressed
Drinks
Late Night
Over Slept
Tired, Cranky
Late for work
Boss Mad
Argument

Appropriate Relationships

Appropriate Relationships



**Spiritual
Bypass**

**Integrative
Practices**

**Advanced
Trainings**

6 Month Program



Total
Integration
Journal

Awaken Your Totality

On Going



Living Freedom
Online Event

CoCreating a New World

Jan 2021



Reality
Artist

Online Winter 2020







10 Powers

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Build Power and Integrity. Live Ethically.
- Continue to
10. **Breathe, Feel and be Present.** Letting Go & Receiving, Now.



There is Always a Resolution

Be the Resolution



There is Always a Resolution

Be the Resolution

Total Integration Institute

Living Freedom



5 Pillars

Love

Truth

Beauty

Health

Sufficiency

Diamond and River Jameson
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What If ?

The Answer is Always the Same!

Breathe, Feel, Vibrate and Be Present

Enter into Love and Sobriety

and Act Impeccably

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Integrative Practices

1. **Actively Integrate the 10 Powers.**
2. **Breathing.**
3. **Move, Stretch, Dance.**
4. **Hey, Hey and Shake.**
5. **Morning Ceremony.**
6. **Context First: Choose Living Freedom.**
7. **Release Limiting Beliefs.**
8. **Nucleus Affect.**
9. **Earth Contact.**
Total Integration Journal
10. **Practice Radical Self Love**
11. **Be Unified Field (One), Release Dichotomy.**
12. **Pure food and water.**
13. **Have your Crucial Conversations.**
14. **Choose Self Loving Choices and Have Healthy Boundaries.**
15. **Fulfill Wants and Needs. Nurture yourself. Rest and Renew.**
16. **Practice Embracement free of Denial.**
17. **Release your Isolation Bubble.**
18. **I Wonder? Access your Neural-Net.**
19. **Express Creativity and create Beauty.**
20. **Be the Resolution. Expect and Declare: "There is Always a Resolution"**
21. **Meditate. Be silent. Immerse yourself in Being.**
22. **Being Present. Cultivate awareness and mindfulness.**
23. **Develop and Strengthen Your Body,**
24. **Declare your "I AMs".**
25. **Have Fun, Be Happy and Have a Full Life.**
26. **Choose and Intend a Contextual Shift.**
27. **Release Self Importance - Self Rejection - Self Image.**
28. **Live in Reciprocal Love. God Receiving God.**
29. **Request and Promise.**
30. **Aspect Identification Ritual. Reflection Medicine.**
31. **Practice Sobriety and Impeccability.**
32. **Do Impeccable Empowered Action that adds value and builds Energy.**
33. **Don't take others choices personally.**
34. **Don't make assumptions. Do a Reality Check.**
35. **The antidote to hopelessness is responsibility.**
36. **Commit to the Truth. "Is that True?"**
37. **Reveal rather than conceal. 7 Veils.**
38. **Optimum Level of Being. 12-1 and Breath.**
39. **Ask Structural Questions. "What is the Nature of...."**
40. **Read and review this manual. Let it serve you.**
41. **Call Alerts. "Alert", "Sobriety Alert", "Using Alert".**
42. **Continue to Evolve all lines, stages and states.**
43. **Up your receiving quota. Upper Limits**
44. **Mantra. "I Exist, I am Valid, I am Enough."**
45. **Accept It, Change it or Leave it.**
46. **Do What Works.**
47. **Expand your quiver of Integrative Practices.**

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