

## Harmony Integration Academy

### Give Your Deepest Gift

#### Card 3 Exercise

Give each person 7 blank 3" X 5" cards and a pen.

Dim the lights. Have everyone find a comfortable place – relax sitting or laying on the floor.

Take a deep breath and let your body let go...make a sound if you need to. Take a deep breath in close your eyes and let it go. Take another deep breath in and let it go. Take another deep breath in and hold it in until you can't hold it in anymore and then let it go...

Allow yourself to get hazy, slouchy and relax into a dreamy state. Allow your mind and your thoughts to get to a dreamy state. Imagine your house in your childhood - a real physical house you lived in as a child. And go as far back as you can remember...

Walk around in this home.

What was the floor like underneath your small feet?

What did the furniture, the space, the walls look like?

What were the smells and the sounds?

Who lived in the house with you?

Walk through it. Go into all the rooms.

How did your young body feel?

Safe?

Threatened?

Secure?

Think about the most influential people in your life, your father and mother figures, and visualize them in different rooms of your house. Now walk into the room that represented your father figure.

How does it feel to be with him?

How does he feel to you?

How did he treat you?

Did he offer guidance or no guidance?

Was he loving or distant?

What were the subtle messages gave you?

Now walk into the room that represents your mother figure. What were your interactions like with? Just recall that and feel that.

What did she say to you?

What was the sound of her voice?

What was the general feeling in your home and in your young body?

Was it loving?  
Feel those qualities.  
What did you learn?  
Consciously or unconsciously...

Take one of the cards and label it Card A in the top left-hand corner. You can remain lying on the floor if you wish. Stay in the space of that old memory. On that card, list all the positive character traits of your mother and father figures. There may be lots, there may be few - it's okay, go with what comes. Write your father's positive character traits. You can write in adjectives and simple phrases. Try to write as a child would write, such as: "He gave me lots". Feel that. Take a moment and be with him. Remember how it felt.

Now turn to your mother figure and do the same thing with her. What were her positive character traits?  
Start bringing this stage to completion...

Take another card and label it Card B. (top left corner)  
On this card, write down the negative character traits of your mother and father figures. Take a moment to go within and feel. All the negative character traits... you can walk around the rooms again with them and feel what it's like and write that down.  
Allow yourself to really feel this. Feel it in your cells and feel how it affected you as you're writing.  
Bring this phase to completion...

Pull out another card and label it Card C. (top left corner)  
Set out Cards A and B and place them in front of you. Look at them both and circle the traits that impacted you the most on each card. Copy those onto card C so that Card C becomes the top list of both positive and negative character traits. Pick the traits that most affected you.

Pick a fresh card and label it Card D. (top left corner)  
Write the following at the top in small writing: "What I wanted most as a child and didn't get enough of is..."  
Now write what this was. Let it flow - don't think. Cover both sides of the card if you need to. Let yourself feel this.  
Bring this phase to completion...

Take a fresh card and label it Card E. (top left corner)  
Write the following at the top in small writing: "As a child, I had these negative feelings..."  
Now write what those were. Pick the ones that were the strongest, the ones that came back over and over, again and again. Write whatever comes up for you.  
Bring this phase to completion...

Take a fresh card and label it Card F. (top left corner)

On this card, list your major childhood frustrations. Allow yourself to feel these in your cells and write all that comes to you about the frustrations you felt as a child.

Bring this phase to completion.

Take a fresh card and label it Card G. (top left corner)

On it, list the way you reacted to the major frustrations you listed on Card F. On this card list your emotions, and/or distractions. How did you react to your childhood frustrations? Feel all the emotions - the positive and the negative emotions and how they connected to how you reacted to your frustrations. Write it all down.

Take a deep breath in and just bless it... look at your past and bless it. You don't even know why you went through it, so just bless it and release it all.

Now, gather close.

If your partner or a family member is here, sit close to them.

Now number the cards as follows:

Card C is number 1

Card B is number 2

Card D is number 3

Card E is number 4

Card G is number 5

Put the other cards aside.

Take out Card 1 and take a look at it - "I have spent my life acting out these patterns..." Some of you may have transcended these but many times in your life, this is how you act out these patterns. This past is your native language!

Take out Card 2 "When I am acting out these patterns, I am troubled by..."

Or "when they are acted out around you..." Take a look at those qualities on your card!

Take out Card 3: "And I wish I had more of..."

This is all subconscious and an underlying root of our motives. This is what you wanted more of!

Take out Card 4: "When my needs are not met, I have these feelings..." Take a look at that for moment... When this is not happening in your life, these are the feelings you have over and over again. Can you see the truth in that?

This is really good for couples to share with each other to know and understand their patterns and programming!

Take out Card 5: “And I often respond this way...” Look at how you react.

All these cards describe the first stage of life when you are not doing Harmony Integration. You can shift that!

Now evaluate yourself...Do you feel great about your overall place? Do you feel medium or even,” wow, I really need to work on this stuff!”

Take a look at Card 3. Let’s learn a new language of love! Take a look at Card 3!

Harmony Integration Secret: Whenever you find yourself waiting for what is on Card 3, convert it and transform it! Give the gift you never got!