

EMBODYING THE DIVINE TRAITS

The Divine Traits are the aspects & qualities of God, Source. We are all aspects of Source and thus by divine design, we embody these qualities as part of our Higher Self. These divine traits are essential to understand, implement, and anchor in as part of the self-love & ascension journey. Once a being grasps the programmings of the EGO and has worked to dissolve them, the divine traits come in for embodiment.

One may utilize this guide as they are going through their journey, be actively reflecting and contemplating these traits and allow them to come into their full embodiment. These traits are especially useful when doing I AM Affirmations or the mirror technique and can also be included into ceremonies & healing work.

ACCOUNTABILITY

Most beings confuse accountability with blame and/or punishment. When we say, “who is accountable for this?”, what we are really asking is who is to blame for this. True, divine accountability is quite the opposite. Accountability means that we are willing to own and take responsibility for not only ourselves but the whole as well. When we do this, we actually dissolve our karmic energy of blame, projection, denial and deflection. We come face to face with everything that may make us feel guilt or shame, and we own it, we transform it, and we heal it.

When ALL of humanity takes accountability for all of the dysfunction on the planet, that is when we will make a quantum leap. A divine being’s role is to lead by example, which means we must be the first to take accountability for EVERYTHING. This includes the experiences we have created for ourselves, the reality we have manifested, the lessons & blessings we have chosen, & the enabling of all planetary dysfunction. When one takes full accountability, they begin transforming for the entire collective. This has an extraordinary impact on the evolutionary process. This dissolves all karmic energy being held in one’s vessel & clears the personal karma. Whenever we state, “I take full accountability.....but”, we have nullified the accountability. The “but” returns us to projection and blame. One knows when full accountability has been taken because there is a statement of accountability + action of change.

UNCONDITIONAL LOVE

This planet has never experienced unconditional love while in the separation experiment. However, unconditional love is all that is present in the rest of Creation. Many confuse unconditional love with enabling, which is false. Unconditional love has boundaries, integrity, self-love, & nonattachment. When we look at what we have been taught as “love”, we see there are all sorts of conditions placed upon this.

In our family dynamics we love out of obligation, guilt, and often associate love with doing what the family member wants us to do. In relationships, we associate love with gifts, someone making us feel good, supporting us financially, etc. In friendships we associate love with others agreeing with us, validating our opinions, and enabling our lower behavior. All of this is dysfunctional. The true meaning of unconditional love is to love another regardless of their choices, regardless of their actions, and regardless of your expectations.

We can unconditionally love someone and still choose to set boundaries, to not interact with them, or not to be physically present in their lives. None of this takes away from the unconditional love we hold for another, yet we still honor our own boundaries and self-love. In order to unconditionally love another, you must first unconditionally love yourself, which is why Humanity is unable to provide this pure love.

Unconditional love does not control others, does not have expectations of others, does not take what others do or say personally, is nonattached to others' journeys, but chooses to focus on the highest aspect of the other being and hold space, support, and provide compassion.

Unconditional love also knows when to provide tough love. Once you have learned to unconditionally love yourself without judgment, shame, guilt, repression, etc., you will have the ability to share this love with others in a balanced and functional way.

GRATITUDE

Gratitude is one of the most powerful energies in the Universe, as it is the basis for all love and manifestation. Gratitude requires one to look at the higher perspective all things, to see the big picture. The truth is that no matter how low or dark an experience is, there is always a lesson and blessing beneath the surface. A true divine being is always grateful for both the highs and the lows, as they both provide growth, expansion, and learning. Gratitude allows us to find the purpose within pain and the grace through suffering.

Gratitude is also the strongest force to assist with manifestation. When we are entitled or in expectation of something, we actually push what we want away from us because entitlement/expectation are forceful energies, whereas gratitude is a receptive, feminine energy. When we practice gratitude daily, we create the space of receptivity to manifest miracles, joy, surprises and blessings. Even when we are not feeling the energy of gratitude, we can practice the art of saying "thank you" to every person and experience who comes into our lives, especially with the hard and painful experiences. Gratitude journaling also helps anchor the energy in and refocuses you on what blessings you have in your life. The more we focus on the blessings rather than the lack or the challenges, the more we will attract.

WORTHINESS

Worthiness is intertwined with gratitude. Many may mistake worthiness for entitlement, as there is a fine line between them. The difference between worthiness & entitlement IS gratitude. When we are entitled, we expect something because we feel we have earned it or we deserve it, yet there is no gratitude for it. When we are grateful, and also hold the knowing that we are worthy of all love is, we allow ourselves to step into the true energy of worthiness.

The greatest challenge is transforming our Unworthiness, as we have been programmed for thousands of years to believe that we do not deserve grandness, abundance, love or joy. We have been brainwashed to believe we must take from others or “work harder” in order to have a wonderful experience of life. We have also been programmed to believe that any mistakes we have made as humans are to be held against us, and we are no longer worthy of anything good because we have done something “bad”. This causes us to accept abuse, mistreatment, and lack as normal.

When transforming unworthiness, it is important to understand that ALL beings are worthy of all that love is-joy, abundance, connection, support, love, miracles. There is no “mistake” as a human being that can ever deprive us of this truth. The key is to recognize where we have not acted in love, where we have acted from a lower place and to transform it, which then aligns us with the worthiness that we hold. For example: one may understand that they are worthy of a loving supportive partner, but do not act as a loving and supportive partner themselves. They are not aligning with the energy of worthiness because they are expecting and entitled to something that they themselves are not willing to give or embody. Worthiness=willing to receive exactly what is given out. When we embody unconditional love, grandness, kindness, courage, strength, etc., then we know we are worthy of receiving that back and we will not accept anything less.

COURAGE

Courage is a word we often associate with warriors, military, or those in battle. We say they have courage and strength to put themselves into harm’s way. Although there is a strong element of the warrior energy within courage, the divine masculine energy, courage also presents itself in many different forms. Courage means that we have the unconditional trust, in order to take a leap of faith. Taking leaps of faith means that we jump without hesitation, planning, worrying, or control. We have courage in ourselves and the divine, knowing that every act done in pure love is filled with courage.

In our daily lives courage presents in every decision we make. Every time we choose love over fear, we are embodying courage. Examples are when we choose to speak up and share our truth even in the face of opposition or persecution, that is courage. When we choose to go down the unbeaten path, that is courage. When we make decisions with our hearts instead of our minds, that is courage. When we choose to go outside the comfort zones rather than staying boxed in, that is courage.

The quickest way to embody courage is to choose love over fear every time. Whatever you are resistant to, afraid of, or uncomfortable doing, that is where you require courage. When we hide our truth or who we really are, we require courage. Anchor in your divine masculine energy and know that the Universe always supports boldness and leaps of faith.

NURTURING

Nurture is a word often associated with mothers or the feminine energy, however all beings must anchor in their nurturing energy of their divine feminine. To be nurturing is to be gentle, loving and compassionate. Most of us were never taught how to be nurturing either with ourselves or others. We were taught the masculine energy of force, discipline, “do more”, and “work harder”.

First, we must be nurturing with ourselves. This means we must be conscious of the way we speak to ourselves, and our cells. We must be soft, accepting, and hold space for ourselves even when we fall into the lower. Next, we must learn how to nurture others. This is when we focus on our higher self and the higher of others. We acknowledge the lower, call it out as needed, and set boundaries. Yet, we hold space, we send love, we encourage and we support.

Nurturing practices include things like mirror affirmations, taking rest when needed, bath/shower meditations, creating soft spaces, taking care of the body, etc.

ORGANIC

Being organic is our natural state. Organic means we are in flow with the Universal rhythm, and in the present moment of now. Organic also means that we operate as our true divine selves, we do not censor or filter ourselves based on the need for validation, fear of judgment, or belief systems. When one is organic, they are open, transparent, and fully expressive.

We have been taught to be inorganic by programming. 90% of our sense of self has been inorganic. This expresses itself through our rigid and linear behavior, our constructed way of speaking, dressing & presenting ourselves. You will know when you are in an organic space because you will no longer be concerned about the way other people see you, and you will no longer take actions that are based in linear or logical thinking.

An example of an organic being is one who fully loves and accepts themselves as they are, and lives their daily lives as one who ebbs and flows with the natural energies coming in. Your full authentic self is then able to express!

COMPASSION

Compassion is a key trait for all human beings. The art of compassion is understanding its dual nature. Compassion can be soft, understanding, and kind....compassion can also be direct, assertive, & truthful. In each moment, we must discern which mode of compassion is highest for ourselves and others. In order to have compassion for others we must first have it for ourselves. Again, we have learned how to be hard on ourselves no matter what. Kindness of heart is how we heal.

When another person triggers us or does/says something that creates an emotional reaction within us, we must not take it personal. Instead, we take a moment and recognize that those who hurt others, intentionally or unintentionally, are hurt themselves. Damaged people damage others. We must hold compassion for this. Even the darkest of beings on this planet we can hold compassion for, for they are devoid of love, and that is a very painful experience.

However, there are moments when the most compassionate thing we can do for another, is to tell them the harsh truth. When we hold compassion for another, we understand where they are at, yet we also understand that they alone have the power to get themselves to a higher place. Some moments call for soft compassion, others call for very direct truth to be spoken. Other times, compassion will even call for us to create strong boundaries or to cut a person or energy from our life so that they may learn to transform on their own. This is true compassion.

EMPATHY

Empathy differs from compassion, in that empathy comes from a place of knowing how another feels. Compassion is an understanding, a holding of space for where another is at. Empathy comes from life experience and can only be gained when you yourself have walked through the fires of initiation, taken on the challenges and tests, and now can hold empathy for another walking the same path. Many in humanity cannot hold empathy because they have no experience. They have never allowed themselves to walk this path, nor to open their hearts enough to know how to feel.

Empathy is required as a divine being because it is through empathy that we teach others. It is through empathy that we transform pain and suffering into wisdom and strength. When we lack empathy, it is because we lack the experience that another has. We feel disconnected from their experience and thus we cannot feel what they are feeling. This is largely the issue amongst humanity. We can anchor empathy even when we do not share the experience of another by having our feeling centers fully turned on, allowing us to feel what another is feeling and hold space for them.

CONSISTENCY

Consistency is an essential divine trait for anyone on the ascension path and journey. Consistency is much different from routine or habit. Routines are based on auto-pilot; we do the same things, at the same time, every day. This is our typical 9-5 human experience. We are not fully present as we are doing our routines, we are just programmed to do them. Consistency requires dedication, follow through, and doing what we say we are going to do.

When one says they are going to do something, or commits to a change, but cannot follow through on it, they lack consistency. When one is unable to be present and be dedicated, they lack consistency. Examples: Many make New Year's Resolutions but cannot stick to them, because they lack consistency. Beings in relationships often commit to making changes such as having better communication with their partner or committing to taking certain actions, but yet they cannot sustain these changes. Lack of consistency is a deep part of the EGO programmed mind that must be dissolved.

When one is consistent, they are committed and dedicated to their path, their craft, and their evolution. No matter what actions, disciplines, projects or changes they are committed to, they follow through no matter what. For example, if one is committed to their spiritual practices, they do not have to do them at the same time everyday or even perform them in the same way, but they make sure they do them at the right moment and when its highest. A divine being always follows through on something they commit to.

INTEGRITY

Integrity is a misconstrued word within the collective. Many associate integrity with following rules or religious doctrines. Integrity actually means aligning with one's values. When one is aligned in integrity, their actions match their words, their outer representation matches their inner representation. One does not compromise their inner values and inner integrity based on external circumstances.

Many in the collective may think they are full of integrity, yet if their external circumstances were to change, their behavior would change. Examples include those who compromise their values for money, sex, fame, or success. Also, those who say one thing but do another. Integrity must be anchored in within the self, first. You must get in touch with what your core values are and ensure that you always honor yourself, your values, your guidance and your dreams. Never compromise these for any external force.

JOY

Joy is our innate state of being. When we are in our natural state, we are full of joy. Joy does not mean we will never experience pain or sadness, yet it means that we have a foundation of joy to always bring us back to focusing on the higher perspective. Joy comes from within and can never be developed by anything external. When we put our joy and happiness on people, money, jobs, friends, or circumstances, we give our power away to those things. This sets us up for disappointment, attachment, and depression.

To cultivate an inner sense of joy one simply has to focus on the higher perspective within all things. Even when we are presented with challenges, tests, loss, or sadness, we must always look to what we are being taught, the gift and silver lining that is being shown to us. Even in the darkest of times we can find joy when we focus on what is beautiful about our experience.

Focus on what you DO have which is always love, connection, community, etc. Be grateful for everything in your life and find joy in the small things, the simple things. Our truest joy comes from being simply present with life and appreciating its profound beauty.

TOLERANCE

Tolerance is the divine trait of accepting others no matter how different or contrary they appear to you. Our world today lacks tolerance as everyone seeks to impose their beliefs, opinions and perspectives onto others. This is an assault on sovereignty and stems from deep arrogance. When we are tolerant of others, we allow them to be as they are. We do not seek to change them, convince them, or save them in any way. Instead, we tolerate their differences.

When we can embody tolerance, we allow space for others to discover their own path. ALL of humanity has the same destination but very different paths to getting there. When we try and control another's path, we are actually taking them away from their destiny. Therefore, when we embody tolerance, we are embodying non-attachment as well.

PURE THOUGHT

Pure thought simply means that you keep your thoughts in the higher. Any thought that does not bring you joy is of the EGO programmed mind. As soon as a lower thought enters, use your tools of cutting chords & replacing it with a higher thought. When one is pure of thought, they generate no karma, and they also become a light house of energy.

Lower thought, or the EGO mind, is what creates all dysfunction on the planet. Thoughts create reality, and when 8 billion people are in lower thought, we create hell. When we are in pure thought, we are assisting with creating the New Earth, rather than feeding the lower paradigm. If you struggle to keep your thoughts in the higher, then more inner work is needed, specifically around judgement.

RECEPTIVE

Receptivity is a divine feminine trait which we all must anchor within. When we are receptive, we do not have walls around our hearts, we are open. Being receptive does not mean we do not have boundaries, however, we are able to receive and then discern. This process works in our daily life with every interaction we have. Remember that life is always interacting with us, and part of receptivity is being open to receiving messages from all places.

For example: most beings do not notice the synchronistic signs of the Universe because they are not open and receptive to seeing them. We are taught we must strive, seek, and force things to come to us including love, abundance, stability and joy. This actually creates a wall that prevents us from being a match to receiving these things.

When we are receptive, we receive information, communication, signs, experiences, etc., into our auric field and we do not try to fight against or block any information from coming through. Then, we discern what resonates with us from these interactions. We keep what resonates and we discard the rest. If you lack receptivity, you will be combative, resistant, and closed off.

PATIENCE

Patience is one of the most important divine traits. On this journey of ascension, we must be patient with ourselves, others, and the process. In truth, everything is happening simultaneously and also in divine timing. When we lack patience, we often try and force things to happen before they are divinely timed to occur, thus working against Creation.

Patience does not mean lack of action, yet patience works with divinely inspired action. When we feel to take an action and our intuition is aligning with this action, we then allow the energy to unfold and we embody patience. When we practice this art with ourselves and others, we allow the space for things to unfold organically and perfectly. If you lack patience, get in tune with your feeling centers and intuition so that you will always know when the proper time is to act. Rule of thumb: don't act when you don't know, act when you know. Your knowing will give you the proper timing.

TRANSPARENT

Transparency is key. Many believe transparency means they must disclose or share every single detail or piece of information. However, the true meaning of transparency is to see no difference between you and the outside world. No barrier between the internal and the external. When we remove this barrier, we understand that everything outside of ourselves is a reflection of us, thus it changes the way we interact with the world.

When one is transparent, they find no need to lie, manipulate, hide, or “beat around the bush.” They understand that everything is a reflection of themselves, therefore to lie or hide is to lie and hide from oneself. As we develop divine transparency, we will find that we no longer fear judgment, rejection, etc., and we are fully authentic, truthful and open.

SELF-LOVE

A divine being has full self-love, because in order to love another you must love yourself first. Humanity lacks self-love which is why they are incapable of unconditional love. We are taught to judge and criticize ourselves, never to accept ourselves as we are. Self-love is the most important aspect one can anchor in and it supports all of the other divine traits.

To anchor in self-love fully, one must not only change the way you speak and look at yourself, but you must also be disciplined in building your self-love. Self-love disciplines such as mirror affirmations, journaling, movement, singing/dancing, nurturing and self-care, are all essential to anchoring in self-love. Look at where you cast judgment, shame, blame, unworthiness etc. onto yourself & begin to change your communication. Remember that the thoughts we think and the words we speak to ourselves are heard by our cells, and our body reflects the amount of self-love it is given.

BEAUTY

Beauty is often seen as how we appear externally, yet the true divine beauty is within. When one embodies beauty, they not only see themselves as the beautiful divine being that they are, but they also hold this perspective of everyone and everything. One who embodies this trait sees the beauty within all life, nature, other beings, and holds them all to be sacred.

If you lack beauty, then you lack self-love. Focus on identifying all of things that are beautiful about you internally, and then begin to focus on the beauty of everyone and everything. We can always appreciate external beauty as well, such as making a beautiful home and space for ourselves, taking care of our things, appreciating the beauty of life. Yet, we also must focus on the beauty of the energy, the spirit within all things.

KINDNESS

Being kind and being nice are very different. “Nice” refers to being fake or enabling others. One who seeks to be nice, cares only about how they are perceived externally. They put on a show of being “nice”, yet there is no depth behind it. Being kind is being pure of heart, and being kind to others shows compassion, empathy, and care.

When we embody kindness, we choose to love others and be in service to the whole. This does not mean we will always be perceived as “nice”, yet we are kind, because our intentions are pure and our actions are always for the highest good of ourselves and others. Example: A friend asks us for a favor which we do not really want to do. The nice person says, “okay I’ll do it!”, but

yet the action is filled with resentment because they do not actually wish to do this favor, but they seek to be “nice.”. The kind person feels into why they do not want to do this favor. Is there resistance? Or maybe the favor is not rooted in equal energy exchange? Once the kind person has reconciled within, they may say, “I’m sorry I am not able to do that favor for you, but I am here to support you in any other way I can. I will make a few calls and see if anyone can assist.” Here, the action is pure of heart, boundaries have been respected, even though the response is the opposite of the nice person.

CHILD LIKE WONDER

Childlike wonder exists within us all! We are all born with this wonder of the world, excitement for life, and a general sense of joy. This is slowly stripped from us as we mature, as the 3D world forces upon us obligation, guilt, stress and lack. We stop doing things for pure joy and instead we do things because we have to.

As we continue on this journey of healing and evolution, we must regain our childlike wonder. This is the perspective of seeing everything as a miracle, blessing, and always open to learning something new. We no longer see everything as a negative, an obligation or hold a rigid sense of what we know. This allows pure imagination and joy to fill us, and life once again returns to the fun and appreciation.

BRILLIANCE

Every being in Creation is brilliant, for they have been created by Source, the most brilliant being of them all. We can see brilliance like a diamond- it shows the colors of the rainbow, as well as many sides and angles. When a diamond shines, it shines in all directions, creating brilliance. This is what we must get in touch with; our multi-dimensional selves.

The 3D world taught us that we must only be one thing. Our identity is normally constructed around our family, our gender, our job, and our titles. For instance, many parents construct their entire identity around being a parent. That is who they are. Many others also construct their identity around their job. “I am a doctor”, “I am a builder”, and they never expand beyond that identity.

As multi-dimensional beings, we were never created to just be one thing. When we allow all aspects, sides & parts of ourselves to be loved, recognized, and given the opportunity to express themselves, we then can embody our true brilliance.

PURITY

Purity is not the same as the false religious purity that has been programmed into the masses. This false version of purity creates judgment and shame, especially around sexual energy and relationships. True purity means energetic purity. When one is energetically pure, they have done the inner transformation, dissolved their lower aspects, embodies pure thought, and are now a pure energetic vessel.

When one is pure energetically, they naturally and organically purify all lower behaviors and actions that are typically viewed as dysfunctions. For instance: one who is pure energetically could take an action that is exactly the same as one who is not energetically pure, and the outcome of that action will be completely different. The energetically pure being will gain blessings due to their pure intention, while the one who is not energetically pure will often gain a lesson or karma due to their impure intentions.

DIVINE WISDOM

Divine wisdom can only be found through experience. 3D wisdom was based off of programming, intellectual study, and often taking advice of others. Many would teach things they had never experienced themselves, or they would teach based off experience but no transformation.

For example: one may have experienced abuse in their life, and now they are offering wisdom to others who are experiencing the same. However, the teacher has never transformed their wounds resulting from the abuse such as victim consciousness, blame, projection, resentment, guilt, shame, fear, or lack of trust. Thus, their teachings are not based on true wisdom.

True divine wisdom comes from walking your talk, embracing every experience and finding the blessing within it, and most importantly, transforming all lower energies of that experience. This is the true path of wisdom and sharing that wisdom with others. Wisdom does not come from intellect, study or listening to others. It comes purely from your own knowing.

RESPONSIVE

Love always responds, never reacts. Being response requires you to not take anything personally. When we take something personally, it becomes a trigger. Or when we have failed to transform a wound, then any external action, word, or experience can cause us to be triggered. This is where reaction comes from-being unhealed.

When we are healed, and do not take things personally, it allows us to be responsive rather than reactive. This means that we are centered and balanced within our response, and we are not coming from a triggered place. Responsiveness also means that we respond to all of life, we do not ignore. When we have a synchronicity or sign shown to us, we respond to it. We are grateful, reflective, and we apply it.

PERSERVERANCE

Perseverance is a divine masculine trait that we all must embody. When we face tests and challenges and we persevere through it, we then get the blessing. What often happens with those in the EGO programmed mind, is that they give up before the blessing comes. When things get hard, when they are required to change, or when the tests are challenging, they quit before the lesson is learned.

Remember that every test and challenge that we receive is orchestrated by our Higher Self for growth and evolution. When we do not learn the lesson of the test, we then must repeat the test. This is why many seem to have the same experiences over and over again, because they have not learned to persevere through the storm to get to the rainbow.

INNER STRENGTH

Inner strength comes from knowing ourselves, loving ourselves, and creating a strong inner foundation. This is done through inner work, self-love practices, and a deep unconditional trust in the self and the divine. When we lack inner strength, we are unable to be courageous, or to face the tests and challenges.

Inner strength is often associated with a disconnection from emotion. One is seen as “strong” internally when they are not emotional or deep feeling. This is a false sense of inner strength. It takes a much deeper level of inner strength to be able to feel all of our feelings, and still move forward with courage and bravery. To be able to transmute all of the sadness, grief, etc., and still have the strength to keep going. This is the divine warrior energy.

Develop your inner strength through compassion, trust, self-love, forgiveness, and purpose. When we stay focused on our purpose, our inner strength follows.

ABUNDANT

Abundance is an energy, not a possession or specific item. We often associate abundance with money, but abundance comes in ALL forms. When we are in our divine state, we are naturally abundant because Source is limitless and eternal-there is no such thing as lack in Creation.

As we transform our lack consciousness & fear, we begin to feel this energy of abundance within. Being abundant means we focus on all of the blessings we DO have, we hold gratitude for them, and we also know we are worthy of grandness. One cannot manifest abundance if they are not abundant in spirit, love, gratefulness, compassion etc. When we look at abundance as a energy, we will see that we must also create space for abundance to enter our lives.

Every time our mind seeks to focus on what we are lacking, or need more of, we must refocus on what we have. The true nature of being abundant is that everything is provided in the moment it is needed, no more and no less. Practice the abundant embodiment by noticing how

Source provides you with exactly what is needed in every moment, even if that means a lesson or blessing.

DIVINE INTUITION

Divine intuition is a divine trait of the feminine that we hold all hold within. Our divine intuition comes from our feeling centers, our intuitive knowing, and our heart connection. When we are embodying our divine intuition, we are not only listening to our hearts and our knowing, but we are also acting upon it.

Many beings have developed a strong intuition but fail to act it. Their minds make them doubt or second guess their intuition which leads to a blockage. In order to have our divine intuition fully embodied we must follow our pings, no matter where they lead us. There is never a wrong choice, there is only learning and living.

To activate your full divine intuition, talk to your angels, follow your pings, notice the signs and synchronicities. When we are acting upon our divine intuition we will receive the confirms that we are on the right path.

DIVINE INTELLIGENCE

Divine intelligence is far beyond the 3D intelligence that many seek. 3D logical intelligence is born of the mind and the left brain. It follows logical and linear patterns but is unable to access the divine intelligence of Source, which follows no logical or linear path. Divine intelligence is activated via our right brain as well as our crown chakra.

Focusing on the activation of the right brain will allow more divine intelligence to flow through, as well as dissolving any attachment to belief systems, logic, and linear thinking. Divine intelligence is a perfect combination between the Brain & Heart, as the brain is able to decode the information and the heart is able to provide the intuitive knowing.

When one is embodying divine intelligence, they are able to see beyond the surface level and instead make decisions and choices based on intuition as well as understanding. Others will often not understand your patterns or why you choose certain actions, but your divine intelligence knows what is correct. Our vessels also naturally hold this divine intelligence, which means our cells are always communicating to us and we are responding.

TENACITY

Tenacity is our divine masculine grit. When we embody tenacity, we have the capacity to make it through any test or challenge because we refuse to give up. A divine being keeps going no matter way. This does not mean we force or push ourselves or deny our own self-love, but we possess the tenacity of Source within us to master all things that are thrown our way.

When we lack tenacity, we tend to choose the easy route, the safe route. The challenging path requires tenacity and stamina of spirit, which most lack. This prevents us from reaching our highest potential, our grandest version. This path of ascension requires the grit, the tenacity to push forward at all costs because we understand the importance each of us hold. No matter how challenging the path appears to be, remember that you are strong enough to walk it.

SELFLESSNESS

Selflessness is a key trait of the divine. This does not mean that we abandon ourselves or put others above ourself, but this means that our actions and choices are always focused on the highest good of all. That is pure selflessness. Most of humanity makes choices based on what will benefit them the most, what will satisfy their EGO wants, needs and desires. They are not making choices that would serve the whole, only themselves.

When we are truly selfless, we understand that the whole is always more important than the individual. Again, this does not mean we put ourselves in the corner or lack self-love, we simply understand that unity consciousness is far more grand than individual separation. In every action you take, ask yourself if this is benefitting the whole or not. This best example of this is those that choose to dedicate their life in service to humanity over personal gain. This is true and pure selflessness. When we give to others without expectation or need for a return, that is pure selflessness. When we act in self-love, we are also benefitting the whole.

PASSION

Passion is the divine masculine trait which is the sister energy of compassion. Passion is often seen as “anger” to those in the mind, yet passion holds an entirely different frequency. Our passion is our life force, it is the pure spark of life force energy that is expressed through inspiration, conviction, and encouragement. Our passion inspires others and is a necessary component of our journey. Without passion, we are passive, lifeless, and docile.

Many lack passion because they see it as “anger” which has become socially unacceptable, and so they suppress their passion and become weak. Passion is our driving force, it is the love of life, God, and humanity. Our passion is what brings the fire of life into our bones and sparks it in others. To know the difference between anger & passion simply look at your frequency. If you are taking something personally, triggered, resentful, etc., then anger can come through. If you are centered, balanced, and harnessing your inner strength, your passion can come through. Our passion is also what gives us the fire to follow our dreams, to do what brings us joy, and to fight for love.

DIVINE WILLPOWER

Willpower is a divine trait that sounds similar to tenacity and dedication, but it differs in one key way. When we are dedicated, we are able to stay committed to what we have set out to do and we are consistent with our efforts. When we have tenacity, we have the inner strength to keep going through tests and challenges. Willpower, however, comes from our unbreakable connection with Source. The words will + power have often been associated with one who exerts their power in order to meet their own will. Divine willpower is when we use our power solely for the purpose of divine will.

Example: A being who has an incredible will to build their own business and become successful, will use all of their power to achieve this goal. However, if you were to present to this same being the idea for them to build a service-based business that would not make them monetarily successful, but would have a major impact on the world, they would probably choose not to do it, because their will power is coming from self, not the divine.

Divine willpower allows us to act from our power source, our Solar Plexus, to believe in ourselves that we are capable of achieving impossible things when we are utilizing our power for divine will, rather than self-will. Willpower will carry you through to accomplishing things that you never imagined, simply because the divine is backing you through your proper use of power.

HONOR

Honor is a word we often associate with a knight or soldier. These archetypes hold honor for themselves and what they are fighting for. We have often heard the phrase “honor your parents”. However, true honor is when we not only honor ourselves, and our own core values, but we are also willing to fight for those values and to fight for love.

When one has embodied honor, they honor themselves first and foremost. This can occur in many ways such as honoring your body and listening to its subtle messages, honoring your feelings and allowing them space to be expressed, and honoring your own intuition and guidance by following it. When we honor another, we honor the higher of that other person, we honor life and all of Creation and hold it as sacred, and we are also willing to fight and stand up for all that is love and all that is sacred.

TRUTH

Truth means many things to different people, but truth is a core value that we all must embody at our core. Truth simply means, what is correct and true for us at any given moment. When we embody truth, we speak the truth of our hearts, we are open, honest and transparent, and we also are able to discern what is real and what is not.

Humanity relies on “proof” and “facts” to tell them what is true and what is not. Real truth comes from the heart and from the intuition, and does not rely on facts or proof, only the

feeling. In this way, our truth can often change, as we change and we evolve. As Mother used to say, "truth is what is highest and best in each moment". We must allow truth to evolve, to grow, and to change. We must be non-attached to what we see as truth, and just follow our inner knowing and our inner compass. When we do this, we will always be anchored in real truth.

FAITH

Faith is different than trust or hope. Faith is the deep optimism inside of us that allows us to know that everything will always work out exactly as it should. When we hold faith within us, we see the highest perspective and the highest timeline always. We focus on the light, the positive, but we do not bypass the lower.

Faith gives us the ability to take leaps of faith that the average person who lacks faith is unable to take. When we shoot for the stars, we go big with our dreams, we are embodying faith. When we hold that trust and knowing inside of ourselves, we open up to miracles and limitless possibilities. Faith brings the invisible into the visible, and makes the impossible, possible.

TRUST

Trust is a requirement for our divine embodiment. Unconditional trust means that we trust love, Source, the Universe at all costs. We also fully trust ourselves. This unconditional trust can never be shaken, as we know that Source is always in charge and is always supporting us no matter what. This allows us to embody the bravery and courage needed to walk our path.

When we lack trust, we then try and control the external, forcing or making things happen because we do not trust they will occur. We also enter linear and logical thinking, trying to work out why something happened. At our worst, we think we know better than God, and we deviate from the Divine Plan because we lack that trust.

When we are rooted (root chakra) in our unconditional trust, we have a solid foundation, we are centered, balanced and calm. We hold the power of the divine within us and we are unshakeable.

DIVINE EMPOWERMENT

Divine empowerment comes from the Solar Plexus and we embody this trait when we take our power back from external sources. We no longer seek external validation or control but are divinely empowered from within. When we embody our empowerment, we make choices and take actions based on internal trust.

When we are divinely empowered, we also do not seek to fill a void from the external through substances, money, sex, relationships, success, etc. We are no longer controlled by lack or fear from the outside world, we are owning our divine power from Source. This allows us to act from love and not fear.

GRACE

Grace is the divine trait of accepting, embracing & allowing. Grace comes through suffering, as embrace all of the ups and downs of the human experience. We allow the unfoldment of life without restriction, resistance or control. We respond with love rather than reacting with fear. Grace allows us to find the purpose within our pain, to find the meaning of the web of events that make up our life.

In order to embody Grace, one must allow the full experiences of both the lessons and the blessings. When we seek only the blessings by bypass the lessons or seek to avoid them, we miss the opportunity to embody grace. Grace allows us to teach others how to walk the path of love, and it calls for compassion and empathy as well as understanding and appreciation.

LAUGHTER

Laughter is a divine trait that is essential to our higher self. As divine beings, we naturally embrace the comedy of existence. All of creation holds the energy of laughter, the highest expression of joy. Laughter has the ability to heal, to raise the vibration, and to dissolve fear. Laughter has often been used in the lower to create a mask, or cover up pain. However, when we learn to allow laughter as the ultimate healing tool, not to take away our pain but to guide us through it, we transmute the lower into the higher.

Laughter is the key to life and on this journey. No matter how challenging our life appears to be or how big the tests are, they are never more than we are capable of handling. Laughter rehearts us that all is perfect within the divine design and the human experience is meant to bring joy to our lives.

CHARITY

The divine trait of charity is much different than the 3D understanding of it. In 3D, charity would mean giving without awareness, or giving out of pity. EGO's often want to be seen as charitable, yet they give with no real intention or love. The true divine nature of charity is equal to philanthropy. It is when we give selflessly out of love, and out of the intention to bring joy, healing, or support.

True charity knows that giving to that which is dying (energetically), or that which is in a taking state, is not true giving. Giving to a black hole only creates more black holes, therefore, the true nature of charity carries with it discernment of where is highest to give our energy, love and support, and this is what New Earth is based on.

HUMILITY

Humility is the divine trait of knowing one's power and one's worth and being humble within the knowing of that power. Those that have humility do not seek to prove their brilliance or power to others, nor do they need validation of their worth. They hold humility in their knowing and trusting of themselves.

Humility is moderate, balanced and calm. It is not overstated nor does it require attention from others. Humility allows us to stand tall in our light and our brilliance and to shine it outwards, with no attachment to those who acknowledge this light. Without humility, we get caught in the EGO trap of needing others to validate who we are.

DIVINE PERCEPTION

Divine perception is seeing through the eyes of God. When we hold a divine perception, we are able to see the higher perspective of all things. We see the silver lining of all experiences, as everything is either a lesson or a blessing.

We also are able to see all beings in their higher, regardless of how they appear in their human form. We acknowledge the God within all things and all others, which keeps our perception in the realm of the Divine. This trait allows us to bring in divinity through our experiences and into everyone and everything we encounter. When we lack divine perception, we look at everything in the lower, and we also lack the higher ability to see beyond the surface level of experiences and situations. This only further creates lower experiences.

FULL FEELING

Full feeling is the divine trait of being open, receptive, and in tune with your emotional body. When we lack full feeling, we have blocks to our heart chakra and thus are unable to fully feel our emotions, express them, and to feel the emotions of others. Most of humanity has been taught to suppress and numb their feelings because feelings are often associated with pain or uncomfortable emotions. However, this suppression and numbing only leads to a closed heart chakra where we are unable to give compassion, empathy or understanding for both ourselves and others.

Full feeling requires us to allow ALL emotions to come up, be felt, and expressed and cleared. No matter how uncomfortable the emotion, it must be acknowledged and then expressed. Many tools and techniques for full feeling include crying/releasing, utilizing ceremonies for emotional cleansing, water therapy, journaling, & divine communication with others.

GENUINE

When we are genuine, we are expressing our true nature and true self. Humanity has been taught to put on masks and these masks are used to hide the true self and only false or inauthentic versions of ourselves are expressed. At the root, this comes from the fear of rejection.

When we hide our true selves, we become inauthentic and we lack the genuine organic expression of the divine self. To anchor in our genuine energy, it starts with being honest with ourselves about who we are and what we feel. We then express our true feeling, true selves, and our personal truths to others, regardless of whether or not it is accepted by others. By being genuine we will also attract other genuine beings and our lives will become much more whole and enriched.

HEART-CENTERED

Being heart-centered means that we lead from the heart. This requires us to have full feeling and an open-heart chakra. The heart is our foundation and when we operate outside the heart center, we easily fall into fight or flight and linear thinking. This leads to us making decisions out of fear rather than love.

Becoming heart centered requires us to feel into actions before we take them to ensure we are not acting in fear but in love and knowing. Breathing consciously in through the nose and out through the mouth for a few minutes also helps to bring us into our heart center whenever we are feeling overwhelmed, triggered, or unsure of what to do.

NON-ATTACHED

All divine beings are non-attached to persons, places, or things. This is because a divine being understands that we are all one, and always connected, therefore we can never “lose” anything nor can we be separated from anything. The divine being also knows that time is eternal and our souls are immortal, so there is no fear of not having enough time or running out of time.

To practice non-attachment, practice stating out loud, “I AM not attached to any person, place, or thing.” Notice when your mind begins to go into fear about losing a person, environment, job, item, relationships etc. Practice the art of letting things go and working through the emotions of loss, heartbreak, fear, and lack.

PROACTIVE

A divine being is always proactive in that they take initiative! Humanity has been taught to be lazy and procrastinate in taking actions or making changes, which leads to weakness and stagnancy. The divine being takes inspired action and is proactive in making changes that they are being guided to make.

The key is to remember that every time we have a feeling or nudge to express something, do something, or make a certain change, that is our higher-self communicating with us. When we ignore these messages and nudges, we shut down the connection between us and our intuition and higher self. By being proactive, we are consistently moving energy forward which leads to greater evolution, blessings, and transformation.

HUMBLE

Being humble is similar to having humility, but while humility provides us with inner worth and empowerment without needing validation, being humble gives us gratitude and appreciation for all things. When we are humble, we are not seeking to prove anything to anyone, nor are we looking to be put on a pedestal, we are simply grateful for our lives, our experience, and all of our blessings.

One can be humble yet also know their own power and worth. Many people confuse being humble with hiding their power or having low self-esteem. This is fake humbleness and comes from a lack of self-love and knowing. When we are truly humble, we are grateful yet we are strong in who we are and our own sense of worth.