How to Stay Sane During the Holidays
Free Webinar - December 8, 2016

Track 1 (23:54) Lecture
• First five minutes are being broadcast live on Facebook, register through http://www.masteringalchemy.com/event/calendar. Follow emailed registration link to GotoWebinar to join live remainder of webinar if not already done so.
• A Course in Mastering Alchemy becoming more visible on Facebook to become better known to those looking for programs like this.
• A karmic board of higher beings exist and is particularly active this time of year.
• What is your intention?
• Dealing with karmic patterns with family members, friends.
• Matching pictures with another person. Similar patterns either attract or repel.
• The other person acts as a mirror to aspects in yourself you either like or repress.
• Intention to choose differently.

Track 2 (44:38) Exercise
• Take a breath. Be present. Aware of being aware. Happy.
• Most of your thoughts and beliefs are not even yours and are rarely examined.
• Have you ever been around somebody that “pushed your buttons” or simply didn’t like? Keep it simple.
• What don’t you like about this person or what they do that you don’t like? One or two words.
• Where do you feel the feeling?
• Create a rose and place it in front of you.
• Roses are of very high vibration and can remove anything of lesser vibration.
• Explode the rose, like beautiful fireworks.
• Create another rose. Ask it to gather up from you any energy relating to that person and remove it.
• Bring up another person. Would you like to walk in their shoes?
• Gather up the energy, explode the rose.
• Same with a person who causes you to be off balance.
• Another rose. Where in my space do I have that energy that I’m not OK? Let the rose find it and clear it.
• Create an image of a gold sun and place it above your head.
• Draw it down through the body slowly filling yourself with golden liquid light as you bring it down below feet.
• Use holiday gatherings to notice others acting as a mirror for you.
• Allow them to be who they are and you to be who you are.
• Use the rose to clear what is not yours. Make it a game.
• I like me.

Track 3 (29:00) Questions
1. Could you talk about the importance of giving to yourself before giving to others?
2. How do I keep my balance around people who are mostly in 3-D fear?
3. Someone from my past keeps showing up in my dreams and emotionally hurting me for ten years. Do I need more than the rose for this?
4. A comment on the power and effectiveness of the rose.
5. It seems illogical to give people their energy back when they can again use that energy against me.
6. Can I teach the rose to my siblings and how would I do so?
7. I continue to show up as the person in my space. Am I making an incorrect assumption here?

Full Track (01:37:33) Entire Class