

Recycling & Pre-cycling

Did you know that every time you do a recycling or pre-cycling you are visioning? Recycling and pre-cycling give you guidance from your Spiritual Self on how to **be**. You are visioning what it is like to live authentically from your Spiritual Self.

You create new memories and new neural pathways by **imagining/visioning** yourself in your life living from choice, in specific ways, acting and living from your Spiritual Self. When you recycle or pre-cycle you are bringing specific aspects of your life into focus – which are slices of your larger vision for your life.

So, the next time you recycle or pre-cycle, write the authentic alternative scene in great detail – and then incorporate the qualities and new ways of being you experienced in the recycling or pre-cycling, directly into the vision you’ve created for your life.

Pattern	Parent	Authentic Alternative & New Way of <u>Being</u>
Self-doubt (at work)	M	<p><i>White, luminous, sparkly energy</i></p> <p><i>I approached my project with more energy, confidence and excitement. I felt playful when sharing my ideas with my boss and colleagues — we were laughing and having fun while brainstorming. Everyone was engaged and felt included in the process.</i></p>

Here’s a video you might find interesting and inspiring – Jill Bolte Taylor: My Stroke of Insight:

- https://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight?utm_source=tedcomshare&utm_medium=referral&utm_campaign=tedsread

*“Your soul doesn't care what you do for a living –
and when your life is over, neither will you.
Your soul cares only about what you are **being**
while you are doing whatever you are doing.*

~Neale Donald Walsch, American Author and Spiritual Teacher