



Adironnda & Company
with Marilyn and Joeaux

THE PLEIADIAN GATEWAY AND THE VEIL OF FORGETFULNESS

with Marilyn Harper and Joeaux Robey

Adironnda.com

THE DEFINITION OF CONSCIOUSNESS

As you understand it now, write down YOUR definition of Consciousness:

How does that compare or differ to Joeaux or Marilyn's definition?

Does this give you any special insight?

THE DEFINITION OF CONSCIOUSNESS

Stage 1: _____

Definition:

Stage 2: _____

Definition:

Stage 3: _____

Definition:

Stage 4: _____

Definition:

Which stage of consciousness do you believe you are in now?

STAGE 1 CONSCIOUSNESS:

What habitual statements can keep you in the 1st Stage of Consciousness?

Make a list of all the things you heard growing up that are Stage 1 Consciousness: (use this whole sheet of paper).

Remember to include the "need to", "got to", and "have to" statements.

Now circle your page and draw a big "X" on IT. Next, tear it up and throw it in the trash with as much emotion as you can muster.

Allow this simple act to be the intention of releasing and integrating that programming so you are no longer affected by it.

STAGE 2 CONSCIOUSNESS:

What is 1 simple tool that you can wear to help you in Stage 2 Consciousness?

Stage 2 Consciousness is an understanding that Life Happens FROM You. What you see in the world is a direct reflection of what you create in your life, simply by your thoughts, and your feelings about people, places, things.

You you have the power to create, experience, receive anything that you think of, anything that passes into your awareness.

What does your life look like today? What are you creating (good or bad - no judgment).

REMEMBER: *This stage is about KNOWING that the people you've surrounded yourself with - those around you with whom in the past you felt victimized, they really only adapted their own behavior based upon the expectations that you or the signals that you were putting out.*

During this Stage of Consciousness is where you really get the opportunity to do the self work, to really look at your habits or patterns when they surface. Then do what it takes to release and integrate them.

If you took a screenshot of Marilyn's process of releasing negative feelings - you can print it and paste it below OR simply go back to that part of the program and describe it below. (59:00)

Think of a major or minor turning point in your life and write it down here:

When was the last time you FELT like that? Trace it back and keep asking yourself, when was the last time you FELT like that until you can discover the origin.

Now, ask yourself what are you getting out of these experiences? How is it (even in some strange way) benefitting you?

Why is your soul still creating these experiences (if applicable)? What can you now see that you can learn from this experience?

*Ask yourself, is this true? Do I still need this experience? If it seems true?
Ask again, is this really true?*

So it is really an ongoing process of looking at your own life and those things that might upset you or your life, understanding you are creating that and then finding the reason you are and integrating it so you can move on to the 4th level of Consciousness.

STAGE 3 CONSCIOUSNESS:

What Spiritual work are you doing / could you be doing to be closer to your soul?

What was your takeaway from Adironnda's message at this point in the program? (1:05)

STAGE 4 CONSCIOUSNESS:

THE M.I.Q.S

In this stage, it's all about knowing what you want in life, and living your life in the knowing that the Universe truly does have your back and everything is a gift.

And, being tremendously grateful for everything.

*“Gratitude is the Abracadabra
of the Universe.”*

~ Joeaux

The M.I.Q.s exercise will help you to determine your conscious and / or subconscious desires and give you a road map to live your life by, in the now.

To do this exercise - go to the MIQs exercise in the program (TIMESTAMP), use the provided music to write by and simply follow the instructions.

Those 3 questions are:

1

What are the most important experiences you want in your life?



Take 3-5 minutes to write down on the next page the

EXPERIENCES

you would like to have in life.

2

What type of growth does it take for you to have this experience?



Take 3-5 minutes to write down on the next page the

GROWTH

you would like to have in life.

3

And finally... how would you like to or how can you be of service to others?



Take 3-5 minutes to write down on the next page the

CONTRIBUTIONS

you would like to have in life.

Feel free to make copies of the worksheet before you begin so that you can use it later to create a new plan. This is an ongoing process and a lot of fun to do once a year or so - and to look back on those things that you wrote down and achieved.

EXPERIENCES

GROWTH

CONTRIBUTIONS

NEXT STEPS - The M.I.Q.s

(Most Important Questions)

Take a look at your list of what you want to experience, what growth you get to achieve and how you can contribute to the world.

Write down three action steps, that you are willing to commit to now and if add a timeline.

Commit to yourself to take these next steps and once you've done that - repeat the process.

Commit to another 3 steps within a timeline. You'll be amazed at how quickly you begin to move forward to your dreams.

COMMITTING to M.I.Qs.

STEP 1. *The action I can take towards my desired EXPERIENCE is:*

Why I chose this step:

My time-frame for action is: _____

STEP 2. *The action I can take towards my desired GROWTH is:*

Why I chose this step:

My time-frame for action is: _____

STEP 3. *The action I can take towards my desired CONTRIBUTION is:*

Why I chose this step:

My time-frame for action is: _____