



# **Spiritual Psychology Activation™**

Pathways to Freedom & Emotional Alignment

## *Introductory Booklet*

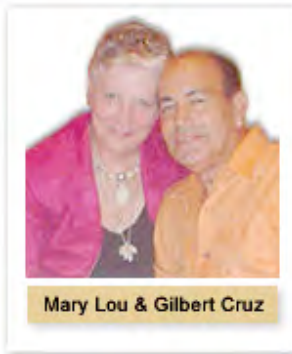
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**H\*O\*P\*E**  
*Helping Others Practice Empowerment*

*The ideas in this manual are not new, however the manner in which the material is presented and how the information is explained is the result of decades of spiritual cultivation and therefore is protected by law. If you wish to use these concepts to create your own material, then please read the books and do the extensive research as we have done. Please do not copy our work without written permission. This SPA manual and workshop material are exclusively licensed to The New Way of Life Institute, Inc.*

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From the authors **Gilbert & Mary Lou Cruz**: Welcome to our **Spiritual-Psychology Activation™** – Pathways to Freedom and emotional alignment introductory booklet. This booklet begins to introduce you to the wonderful journey of self-actualization. In this workshop we will show you how to become self-actualized so you can find yourself and have the opportunity to re-create your life to become who you want to be. This material is dedicated to readers who are seeking a different perspective on the journey of life. As holistic life coaches, we are experienced in guiding spiritual groups and showing members of 12-Step programs how to create a new way of life. This

booklet contains a brief overview of the information that will be presented at our upcoming workshop. We will also show you how to increase your ability to change and essentially train your brain and to begin thinking differently. The time it takes to do this may vary per individual when the instructions are followed and the methods are implemented and the course material is practiced on a regular basis. It is our desire to provide you with a blueprint and guide to create a more empowered, joyful and productive life when you attend our upcoming workshop.

- ✓ *Are you ready to create your new way of life?*
- ✓ *Do you want to gain a deeper understanding of how you've created the life you have... and how to change it into the life you truly desire?*
- ✓ *Do you want to learn techniques to overcome stress, fear and increase your energy level to remove unconscious, self-imposed limitations?*

**The process of emotional alignment is simply the key to happiness and the full realization of one's potential. In other words, the emotionally aligned individual is happy, whole and complete, yet continuously evolving to a higher level of awareness.**

Thomas Edison said that there are no new ideas just new inventions of old ideas adapted to the times. What we have done, is to take complicated psychological and behavioral research material from a variety of scientific and scholarly sources and distill it into an easy-to-use process called "**Spiritual-Psychology Activation™**" that anyone can learn to apply.

Everyone goes through a similar growth process to achieve emotional alignment. This process of attaining emotional alignment prepares and cultivates you to reach "the full realization of your potential." In other words, the emotionally healthy individual is happy, whole and complete, yet continuously evolving to a higher level of awareness. The information presented here is not newly discovered, however, the way we organize and present the information is new. The SPA process and techniques are based on the premise that humans are an open-life system and that, when the SPA process is applied for a specific purpose, it can lead to results beyond your wildest expectations.

Even when you know what you want and act wisely, you don't always get what you want. This could be because subconsciously you don't believe that you deserve it. When you make

full use of "Spiritual-Psychology Activation™" you will know how to replace your unhealthy subconscious thoughts of unworthiness and you will no longer keep your happiness at arm's length. You are the only one who can transcend this kind of limited thinking. To *feel* worthy you must *think* worthy and *act* worthy to *be* worthy.

### **What is the SPA process?**

The SPA process is a practical mind-body approach to emotional alignment and is a process designed to complement and work in conjunction with other life-enhancing programs. Many different modalities explain the causes and effects of unhealthy behavior; however, few show you that these are the direct result of your patterns of unhealthy thinking. When the physical body is out of alignment and causing discomfort, many people choose to suffer, while others go to a chiropractor to have their bones realigned. The SPA process of mental and emotional analysis is similar to visiting a chiropractor; only instead, you get an adjustment in attitude. The good thing is that it's something you don't have to depend on someone else to do for you, because we show you how to do it for yourself.

This process is a fresh approach to developing skills that lead to emotional alignment by learning to manage your thoughts, feelings, actions and results (**TFAR**).

The **TFAR** method expands your understanding of what you can accomplish when you become aware of what you are thinking and begin to assume responsibility for how you feel. Through **TFAR** you learn how to realign your mental bearings so your emotional compass is pointed in the direction you desire to go.



Lots of programs tell you what to do, but only the "Spiritual-Psychology Activation™" process shows you how to change your unhealthy thought patterns to healthy thoughts through the **TFAR** method. These are three basic ingredients we will show you how to apply in the Seven Dimensions to emotional alignment in order to retrain your brain: (1) Understanding the essential **HOW** principles of Honesty, Open-mindedness and Willingness; (2) asking yourself the following **Lightbulb** questions: *Why am I doing this? – Will this add value to my life? – Is there another option?*; and (3) demonstrating **CPP** – Commitment, Persistence and Patience.

Science tells us that every action generates a force of energy that returns to us in like kind. This is a true statement whether you are talking about the cosmos or a subatomic particle. It's called the law of cause and effect and the **TFAR** method shows you how to change the cause to create different effects from the ones you are currently getting. By taking this workshop, you will have the basic foundation to start to live a new way of life.

Did you know that you can choose your thoughts? Thinking is not simply listening to a prerecorded script running in your head – you can manage your thoughts, you are choosing them consciously or unconsciously, whether you realize it or not.

When you become aware of this power, you can learn how to choose your thoughts wisely, to consciously create the story you want to be living.

Each time you think a thought, you are manipulating energy. You are offering a blueprint to which energy can take form and, in time, become tangible matter. When you are creating consciously, you understand that everything is made from an infinite sea of information with infinite potential, all of which is energy.

If you think of this sea as “energy substance” awaiting form, you begin to get a glimpse of how thoughts create experiences through filters that alter your perception of reality. In order for the substance to manifest, it simply needs some guidance from you as to what form it should take. Your thoughts send out vibrations at a specific frequency and the energy substance molds itself into whatever shape you determine.

So, the important question becomes: What do you want to think about? Who do you want to be? What story do you want to create for your future? It’s a decision you are always making, instant to instant, consciously or subconsciously.

Why continue replaying a story that produces fear and powerlessness when you — the writer, director, and producer of your life — can rewrite the script at anytime? To create new experiences for your life, new romance, new thrills, more action, more adventure, become a conscious participant in your life.

Get involved in your life right now. Practice conscious creation and become passionate about living a new way of life and you'll soon find yourself enthusiastic about everything. Because when you start telling yourself a different story, you begin to experience life differently.

### **Who can benefit from learning the *TFAR* method?**

If you have a brain, then you can learn how to put your brain to work *for* you, instead of *against* you. While this process is applicable to everyone, it is especially designed to provide specific instruction and guidance to people who have stated a desire to recover from thought patterns that have led to unhealthy results. The *TFAR* method is based on the accepted psychological principle that thoughts create feelings that lead to actions that produce results.

When you face challenges in life, it usually means that the results you are getting are more like consequences than rewards. It also can mean that you have not learned the necessary coping strategies, in order to deal with opportunities for growth in a healthy manner. We will demonstrate that when you practice the *TFAR* method of analysis, you can learn to see that your conditioned reactions are usually the cause of your unhealthy results in your life. More often than not, old learned self-agreements are the problem. Previously learned coping skills, whether effective or not, are usually why you now think, feel and act the way you do.

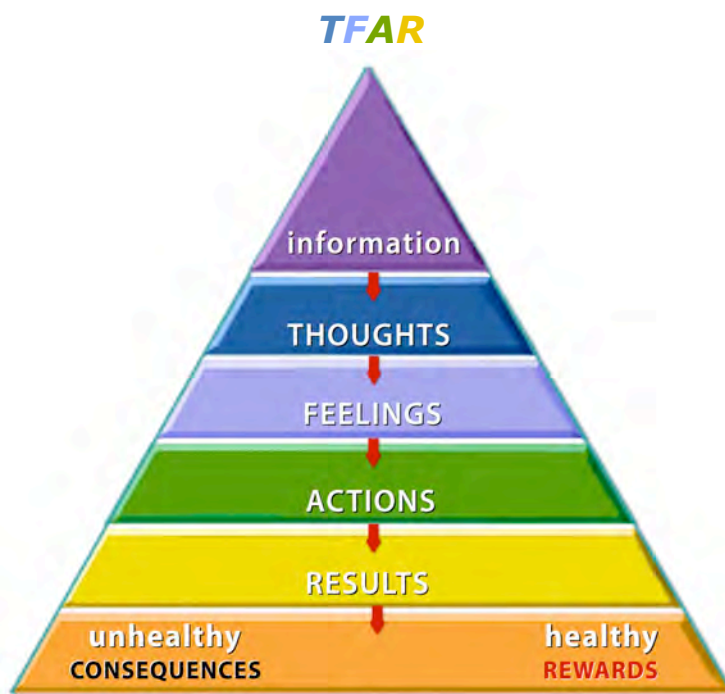
What differentiates the *TFAR* method from other life-enhancing programs is how we present the emotional alignment information, tools and techniques. We show you how to identify patterns of thought that produce your feelings that lead you to take actions that create your results, so you fully understand that what you put in to this process is what you will get out of it.

***This is how the TFAR method works:***

In the SPA process, you are taken through a series of seven stages that will transform your level of consciousness and show you how to recognize and change your thoughts by implementing the **TFAR** method. Through a series of specific exercises, you learn how to take an active part in your life and apply innovative tools to create a new way of thinking that help you make more sense of your life.

When you understand how you think, you get more comfortable with yourself and others and you are well on your way to becoming the person you want to be, instead of settling for how others think you should be. You should remember that you always have choices in life, plus you have the power to make decisions along the way to change your results. This simple equation: **Thoughts + Feelings = Actions** is what produces your **Results**.

Your **Thoughts** create your **Feelings** and your feelings create your **Actions**, your actions produce **Results** and the results are either unhealthy consequences or healthy rewards, as determined by your individual perception and values.



To learn more about how your thoughts shape your life and what you can do to create the life story you have always wanted, invest in yourself and attend a workshop on **Spiritual-Psychology Activation™** and learn the pathways to freedom and **The Key to HAPPINESS**.

For more information, contact us via e-mail: [www.empowermentworkshop.info/](http://www.empowermentworkshop.info/)