

New from the creator of the life-
changing *Soul Speak* Series!

BY
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BECOMING LOVE

How to connect to your Source and create daily miracles

Have you ever wished you could experience more love and joy in your life?

What if you could master the art of feeling in Love with yourself, your life, your past, your possibilities – the full range of incredible expression and potential that you are?

If you are reading this book then something within you is yearning for a deeper experience of the miracle that is YOU and expressing that with the world in a LARGER way!

After reading this you will have learned some simple and powerful steps to transform your thoughts, emotions and life and **feel deeply connected to the miraculous, beautiful, eternal essence that is YOU!**

The steps in this method are designed with the intent for you to:

- Experience and cultivate a deep unconditional love and acceptance and radiate it in the world.
- Feel attuned with your inner knowing and Divine guidance so that you can make the best decisions for yourself and your life.
- Feel amazing in your own skin and feel grateful to be YOU!
- Experience yourself as a gift, as THE “gift.”
- Experience greater freedom, inspiration and purpose – enabling you to “go for it” in life!
- Gracefully move through inner challenges, letting go of limitations, suffering and blocks, and into the expansive feelings and mindset of your deeper Self.
- See and experience yourself the way Source sees and experiences you – with the most tender and deep infinite, unconditional loving and respect.

I have distilled this method from over 22 years of life experience, education and Divine guidance. It is a blend of the process that catalyzed my incredible, life changing awakening and healing 23 years ago and what I have learned, experienced and been guided to since. Most importantly it is what works for me on a consistent basis

to manage my emotions, my energy, my beliefs...my life and helps me reside in my "Best Self."

I wrote this book because after years of deep suffering I experienced a life changing, cathartic shift into love. The irony is that the only difficult aspect of making the shift was a willingness and commitment to do it. I literally had to experience over a decade of fear, shame, self-loathing, hopelessness, and addiction to make up my mind and commit to having a different experience.

Whether you are somewhere close to where I was or just want a few tweaks to deepen your day to day experience of love and joy, I trust you were led here to find the answers you need.

This book will empower you with information and skills that you can use wherever you are on your unique path. You don't have to wait to experience daily miracles! You are an incredibly powerful being and RIGHT NOW you can live your Truth!

If you practice these steps I feel certain you will achieve what brought you here. And if you continue to practice I

promise your life will shift to even greater degrees of amazingness!

When you love yourself and see yourself as Source sees you, all aspects of your life blend with unconditional love, gratitude, joy and guidance!

How I went from rock bottom to love-filled

For over a decade I felt lost and alone, struggling with addiction to drugs, alcohol, computer games, television (the list goes on and on) feeling hopeless, afraid, and worst of all, I think, feeling disgusted with who I was. Talk about a low vibratory state! Can you imagine what I was attracting into my life?

That was my rock bottom, self-loathing - feeling certain that there's something wrong with me, and not seeing an exit...no light at the end of the tunnel...sheer hopelessness and fear! In these places even the most extreme escapes seem like a viable path.

I felt lost...abandoned and rejected.

...and the world felt awfully cold.

And then I had my big “Aha” moment. It happened in Las Vegas.

Does it get any more perfect than that? Hitting “rock bottom” in Las Vegas?!

Seems awfully fitting doesn't it? Almost cliché?

I assure you I saw none of this irony or humor while going through it.

I spent about 7 months numbing out my reality with booze and drugs while doing my best to be a mega millionaire by age 26. Vegas was booming back then. It was the place where the real estate and gaming industries blended together marvelously for fortune and disaster.

A quick sidebar about me:

I'm an Ocean person, I love the water. I'm a free diver by hobby, only because the blue hue and density of life in the ocean enthrall me. I simply want to stay down under

the peace of the “blue curtain” as long as possible. The water is home for me. The desert? Not my cup of tea!

And Las Vegas? About the farthest stretch for my choice of ideal environments! But feeling helpless, lacking a connection to Source and love, led to interesting choices.

I remember very clearly one afternoon sitting in a grungy office meeting room with a few real estate developers and casino experts, listening to them talk about strategies and incentives for enticing locals to cash their Friday paychecks in our gaming establishment, and of course, keep them there so that a “re-distribution of wealth” could take place.

...welcome to the gaming industry.

I was looking around the room at one point feeling a new level of disgust... towards them, myself, my future, my past, everything. “I hate this place, I don’t like these guys, get me the hell out of here,” was about the gist of my inner dialogue.

Then, with a renewed clarity and objection, a deep inner voice reared up and shouted, "Who am I? This isn't me? What am I doing here?"

...my "rock bottom" moment.

To be fair, I had been living near rock bottom for quite some time, this moment however was the tipping point. Enough was enough already!

...time for action.

Within 5 months of this moment I went through an incredibly deep, life changing healing and Spiritual Awakening.

A deep, deep inward journey followed by a cathartic five hour emotional release, the shaking, sobbing, fetal position on the floor kind. When I "came to" I was a new man. I didn't know myself anymore. There was no inward pain, no fear, no shame. What I *did* feel was light...infinitely powerful, tender, careful and loving energy everywhere.

...within me and around me...coursing through me.

Describing my experience is always interesting for me. It's challenging relating any powerful experience with words isn't it? And how to describe the power and depth of this?

Well...imagine a moment in time when you were feeling deep peace and love, now multiply that feeling by ten, then multiply it again by 50.

It doesn't feel too intense interestingly, it just feels like home. (If home was a delicious feeling that moved you to tears, laughter and bliss...all at the same time).

You hear a lot in metaphysics and quantum physics about vibration right? Well I am here to tell you *from* experience it's all true.

I was in a constant state that felt like infinite of love, guidance and connection.

I felt this vibration throughout my whole body, in the air, on my skin, and in nature. (It felt really dense in the ocean by the way, as if the concentration of loving molecules was multiplied times three).

All that repressed and blocked energy released and in rushed something new, something fresh.

Read more of this experience here

<http://www.sheldonpizzinat.com/about-sheldon>.

The intensity of this experience slowly faded over the next 4-8 weeks but the connection to guidance, however, had been established firmly.

Then the real journey began –

Learning to reside in this place more and more, making it my “norm,” became my mission.

Now, it is my soul’s purpose is to *be* love and it is my human purpose to *share* it. And you can too by following a few simple steps.

State your intentions

All of us beauties were born with the innate ability to shape matter. Quantum physics and quantum mechanics have shown this incredible ability that we possess. It doesn’t matter if you believe in a “higher power”, life after death, whether you’re religious, spiritual or

atheist...all that is irrelevant. Our thoughts and feelings direct matter at the subatomic level. We move and organize energy! How awesome is that!?!

The stronger and clearer the thought the more effective this becomes.

...enter "Intention."

Intention is simply a word that I will define here as "a focused thought to bring about an outcome."

"An intention synchronistically organizes its own fulfillment" - Deepak Chopra.

An example of a clear intent could be:

"I intend to experience love here and now," "I intend to earn \$5,000 next month with joy and enthusiasm," and "I intend to joyfully and easily learn to trust my inner guidance."

Your clearly stated intent is a vital aspect in the process of creating, not only tangible items, but also with states of being...like love, or joy.

It sets your course as the captain of your ship and catalyzes the Universe to assist you.

The day after I wrote down and shared my goal of “I intend to know my own Soul” I went through a life changing awakening and healing. Yes, I had made efforts like meditating daily for a few months, and exploring healing opportunities for myself, yet, I know that the simple act of writing down my intent, and having a strong desire/feeling behind it, opened a 2-lane highway to a full-fledged 8-lane autobahn of experience.

- **I intend to experience my Soul’s love and wisdom here and now.**
- **I intend to reside in the energy of my Higher Self and clearly receive all the love, healing and wisdom that flow from there.**
- **I intend to feel one with God here and now and throughout my day!**
- **I intend to experience and reside in love here and now.**
- **I intend to experience and reside in love now and throughout the day easily and with grace.**

These are all examples of clear, deliberate intentions for creating love. Feel free to tweak them and make them your own. A few keys however:

- **Keep the language in the present tense.**
- **Say them out loud (when you can).**
- **Release any negative words from your intentions (don't, want, no, but). Keep it framed in the positive.**
- Put your energy/feelings behind it. In order to do this make the language your own by going for the gold. What is it that you truly feel like experiencing from Source now? What are the deepest yearnings that come forward? Follow the feeling of enthusiasm inside for the wording.

Invocation

Invocation, for me, is a mixture of prayer and intention. It has proven to be an incredibly supportive tool!

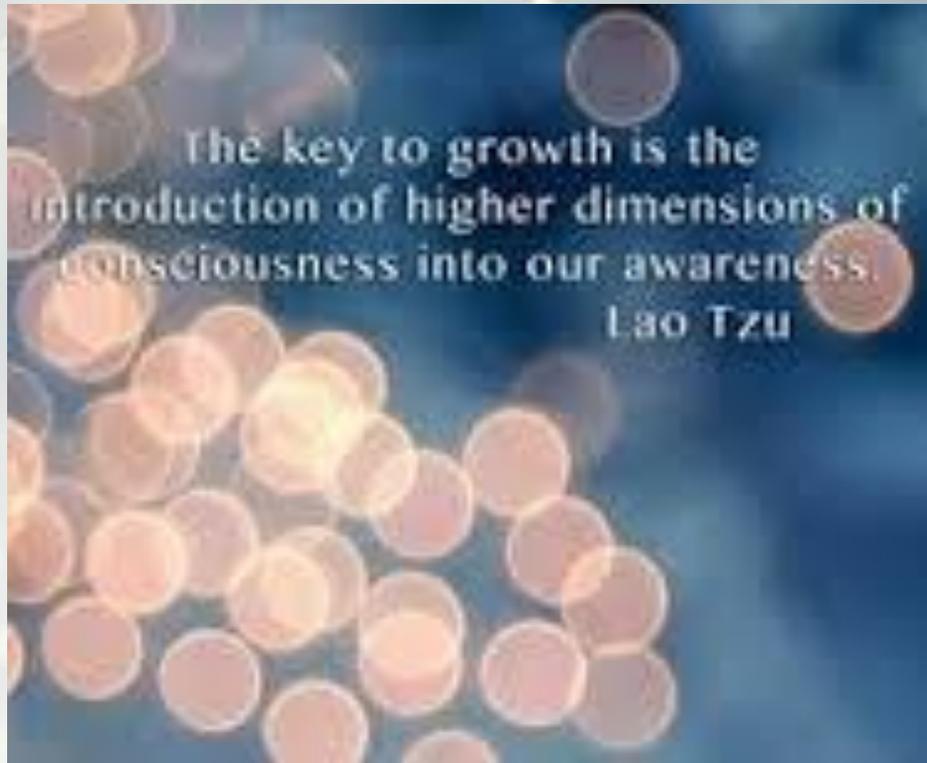
The intent with this step is to connect with your **higher source of wisdom**. We want to connect and clearly

hear, see, feel this guidance as much as possible in our lives.

This guidance assists us in moving past the thoughts we tell ourselves that make us feel anxious, fearful, unworthy...etc., and into the Truth of who we are (where we FEEL connected, powerful and incredible in our own skin).

We will also benefit greatly from the consistent referral to our higher guidance, wisdom and higher capability of love. God, Source, your Higher Self (whatever words work for you) is your best model for unconditional love and acceptance.

So in this journey of self-healing and in life you can learn from your Source how to treat yourself. When you begin to become adept at modeling this level of self-acceptance, love and patience towards yourself you feel unstoppable!



What I'm doing is asking, with the knowing that Spirit loves to assist me, for a clearer connection to guidance, wisdom, energy and support.

It can be like having a Guru in your back pocket.

Here are some examples of what I might say:

- I invoke and am connected to my higher Self/ inner guidance.
- I invoke my Soul's wisdom and support please.
- I invoke God's grace and guidance.

You get the picture. Play around with invocation. See what facilitates the most energy, upliftment and guidance for you. There is no right or wrong to any of this.

Holding space with yourself.

Probably the most important step – Learning to “hold space” for yourself is crucial if one wants to live a deep, rich, full inner (and outer) life, which by the way is a necessary part of feeling connected to your spiritual center, Source, and all of life.

So what do I mean by “holding space?”

Great question, so glad you asked!

Holding space for yourself means allowing your internal experience to BE and unfold.

- It is acceptance rather than resistance.
- It is embracing your sensations and feelings with a welcoming, non-judgmental attitude rather than pushing them away, rejecting, analyzing, criticizing...etc.
- It is tuning into your body and giving yourself permission to feel.

- It is allowing your subconscious mind to bubble up into your conscious mind.

Thoughts, beliefs, old decisions, past judgments, and cognitive structures of all kinds are given space to come up, be seen and experienced.

The art of opening to, accepting and “holding” with your internal experience...**especially the challenging sensations and feelings**... has been one of the most valuable skills I’ve learned. If you commit to the process you will almost always end up feeling a new sense of freedom and connection to the Divine, your True Self, Source - bringing wisdom, joy, purpose, love and clarity – to name a few qualities of your awesome essence!

Why is this skill so important to YOU?

Often just the act of allowing yourself to fully experience and express all the sensations and feelings inside, **disarms those very sensations!** Evaporate...poof!

When you open to pain with love and acceptance, you open to Source, you open the miraculous.

When you hold space for yourself to fully feel and experience everything within...old patterning, limiting beliefs, and decisions that you may have made (often at very young age) can arise into your conscious experience.

Many times **just becoming aware** of those belief patterns is enough for your conscious self to say "Wow...I don't need that! I can't believe I have been carrying that thought around so long! That isn't true! That doesn't work at all for me. Let's let that go."

Deeper truths also emerge –

"I do deserve all the abundance this life has to offer!"

"I am enough just as I am."

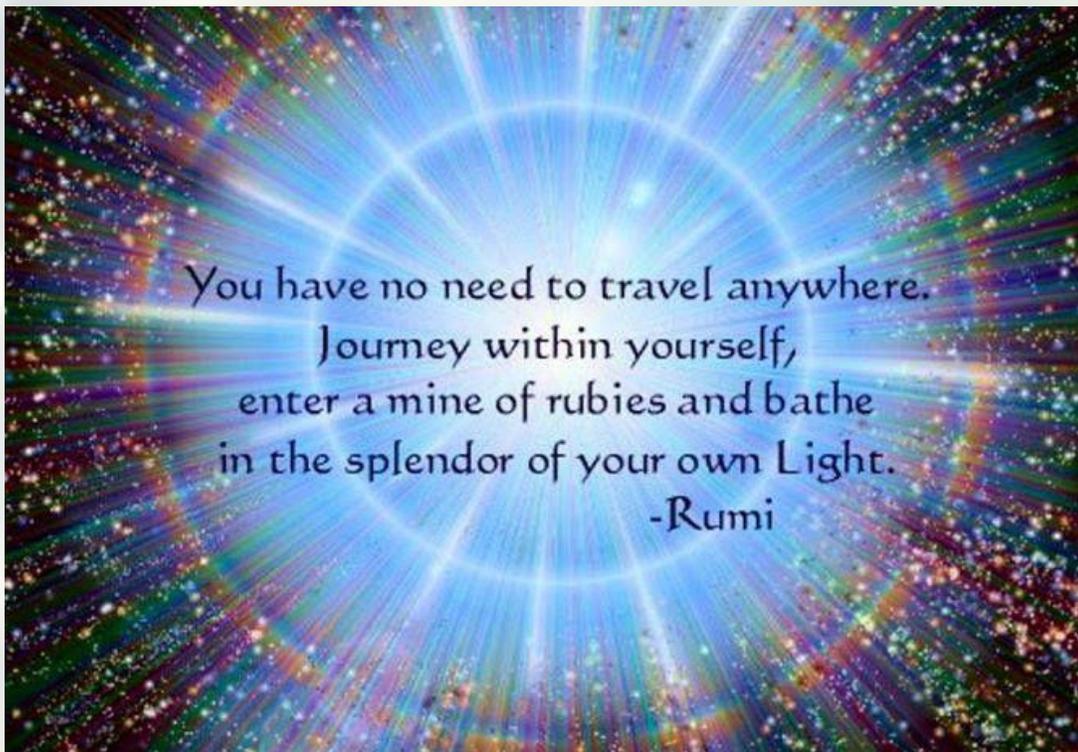
"I am a beautiful, miraculous being!!"

"I am so loved!"

The more we can allow our "deepest, darkest places" to bubble up into the light of our conscious awareness the greater opportunity to free

ourselves and experience our Divine nature, our True selves, Source, God...and greater levels of love and abundance!

This is exactly what they meant by "*The truth shall set you free*" in my opinion.



So how exactly do you do it?

Here are a few tips and tools to facilitate you through this process.

1. Have a quiet place and moment for the process ideally. (Once you are practiced at this skillset you

will integrate it into your life in a seamless way, not needing to disengage in any way. If you are just learning however, a quiet place supports the process).

2. State your intentions and invocations from steps 1 and 2 above.
3. Consciously connect with your body in the here and now. Ask yourself: "What is present? How do I feel? What feeling/sensation is it? Where in my body is it located?" Really feel into what sensations are happening in the here and now!
4. Remind yourself that it is okay to allow yourself to experience anything and everything.
 - a. Every sensation and feeling in your body.
 - b. Any visions arising in your mind's eye or imagination.
 - c. All thoughts and memories.

It helps me significantly to talk myself through this process. I remind myself often of what I need, and what feels good to hear. The trick is to find the words that create a continued flow of experiencing.

Here are a few of the phrases I remind myself of...(speak aloud when privacy allows!)

- I am experiencing _____, and it's/I'm okay!"
- "It's okay to feel. It's okay to have this experience."
- "I give myself permission to feel/experience this."
- "I am giving myself space to have this experience."
- "I am safe to have this experience. It's safe for me to experience this."

Just saying aloud what your present moment experience is = freedom! This simple tool releases energy, freeing you of stress and negativity.

If you have a partner for this as a shared exercise it can become even more powerful, if not, that's okay, you will still feel fantastic.

... and here is another tip:

Imagine God is with you and you're sharing your experience/feelings with her/him.

Use your imagination –

In your imagination extend your hand to the self that may be experiencing any fear, shame, judgment, pain, dis-ease...etc.

Tell that self, “Take my hand. I’ll walk with you through this experience.”

“We will go through this together. I’ll be right here with you every step of the way.”

Breathe into and through your experience.

Remind yourself to consciously and deliberately breathe ***through*** your process.

- “I am breathing into this experience.”
- “I’m observing my breath flow into my discomfort.”

Intentionally breathe and relax into all the feelings present. Remember that **energy and feelings are synonymous.**

Allow yourself to fully experience, with each breath, any resistance, numbness, fear, anger, hurt, pain...etc.

Resistance, should you encounter it, is there to protect you from perceived pain, and as you become more masterful through practice, you will find that it isn't so bad to fully experience pain, hurt or fear. (The mind can make it seem much **more** than it is because it tends to attach meaning to it.)

Cultivating the skill of holding space for yourself (thoughts, feelings, reactions, sensations) is incredibly empowering. The very process disarms the discomfort and awakens new energy and clarity.

In order to BE peace and love one must tune into their nervous system. **This is one of the reasons you are in a body...to get tangible feedback via feelings/ emotions/ sensation as to how you are and have defined your experience.**

All that you have carried with you can be released by practicing this.

The deeper you go into your body and feelings the more success you may have in entering into what is

underneath. Gotta dive deep for the riches my friends!

Transmit Love!

Deliberately love yourself, your emotions, your beliefs...etc.

Send love to all of it during this process.

(Steps 3 and 4 may often become a blended experience.)

This includes and is not limited to transmitting love to your...

- Feelings
- sensations
- thoughts
- beliefs
- any flashes/visions in your mind's eye
- body parts
- memories
- past selves
- future selves

Love is the great Awakener! Love is so graceful in the way it dissolves and reformats your hard drive. Love melts challenging emotions. Love heals pain. Love frees your limiting thoughts and mind patterns. Love expands and aligns you with your highest self, love unlocks the wisdom contained within you, love aligns you with your personal experience of God/Source/the Divine.



Some helpful tips on how to do it:

Dialogue with yourself. You can see more on how to do this here <http://www.sheldonpizzinat.com/source-experience>.

Talk with the aspect that is out of balance or upset. Speak with it soothingly.

- "You are perfect just as you are."
- "I love you while you feel _____ (afraid, angry, ashamed...etc).
- "You don't need to change for me to love you/to be lovable."
- "I am sending love to my feet/chest/stomach...etc."
- "I love you just as you are with all of your imperfections. To me, you are perfect in your learning and growth. There are no mistakes, just learning."

Use your imagination.

See yourself embracing *yourself* with love.

Imagine yourself picking up and embracing any part of you that is not feeling peaceful. See yourself extending a

hand to that part (just like step 3) and telling it that you
“love it just the way it is.”

Place one hand over your heart and the other over the area in your body of discomfort (belly, chest, etc.).

Notice the peace and transmission that follows?

Examine the thoughts you were/are telling yourself that lead to feelings of pain, anxiety, fear, unworthiness, playing small, suffering.

“We cannot solve our problems with the same thinking we used when we created them.”- Albert Einstein

In the human nervous system thoughts initiate our feelings. If we think confident, upbeat, self-affirming thoughts, we feel good in our bodies.

If we, however, are thinking self-defeating thoughts, we will often feel anxious and uncomfortable in our bodies. How we process information and what we tell ourselves triggers our feelings. When these thoughts become

habitual they often become hardwired and seem automatic.

So it is very important to re-wire our consciousness from a proactive stance.

That is that we are doing here. We are observing what has become wired into our automated response system and realizing that we are the programmer. We can delete, re-write and install any new coding we want. On the deepest level our mind says only "yes" to us. So it is our responsibility to write and install the "program."

"To become happier, wiser, and more loving, sometimes you have to swim against ancient currents within your nervous system."

-Rick Hanson, Author and Neuroscientist.

Unless you are practiced at this, it really helps to speak it aloud and/or write it down.

Why?

Because we want to get these things out of our body/mind. Speaking it out loud or writing it down gives

us a clearer picture of our process, of ourselves, and helps us stay engaged and out of our spinning thought cycle.

Ask yourself:

- What are the thoughts behind the feelings?
- What are you telling yourself that creates this feeling?
- Who “decided” this?
- How old were you?
- Is it really true?
- How did it serve you when you created this belief/decision and how does it serve you now?

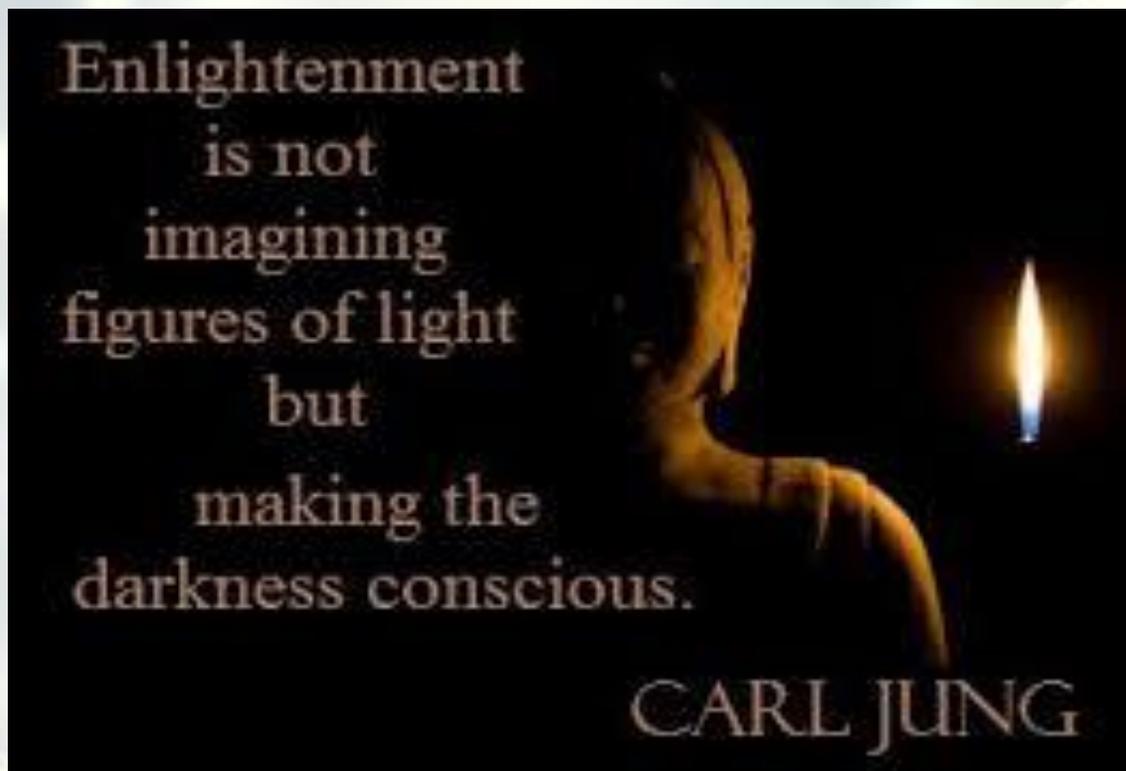
Your opportunity here is just to gain greater awareness of some of the things you decided in the past. Sometimes just being able to see the thought behind the feeling is enough to start a transformation.

Affirm the Truth

Affirm the deeper truths that have come forward in this process. **Your higher guidance has walked with you**

through this process and is here to continue assisting you. State your intention again to be clearly connected to your higher guidance.

It's important to affirm and anchor the truth into your mind/body.



This step is important in grounding the experience of your True self within your day to day reality. You are re-wiring your brain in this whole process. New neural

pathways are being created and it's important to strengthen them with repetition. The more you affirm and practice your Truths the more you can strengthen them.

"Neurons that fire together wire together." Get those neurons firing! When they fire from the energy of higher guidance they wire powerfully. Why? Because you know deep within that this IS the truth and that the older decisions were based on control or protection.

Tips:

- Close your eyes and impress these new revelations upon your mind and body.
- Allow yourself to feel them deeply.
- Engage your will to further commit to them right now.
- **Breathe deeply through this process of awakened awareness.**

After the dissolving of painful feelings, the examination and updating of old beliefs, and the releasing of energy you have held onto, what has filled that void?

Speak these truths aloud as if you had a witness.

- What did/does your guidance tell you now?
- What does your body and essence reveal to you now?
- Who are you? What is the truth?
- Write them down.

Shower yourself with acknowledgement and appreciation for the process you just went through. It takes honesty and courage to let go of what you think you know in service to growth and freedom.

Revel in the truth of who you are. You're an incredible, majestic, powerful and magnificent being! Take a few moments to sit with that and experience it.

The Way Forward

By now I hope you're starting to see the massive power that is within your hands. You can CHOOSE to connect to your Source, and to work within yourself to create daily miracles.

These steps and tools will help you along in the process of residing in your “best Self.” There is nothing you cannot handle if you have a strong connection to your higher guidance and a wonderful relationship with YOU!

The place of deep love and compassion within can assist you in feeling unstoppable, inspire you to fulfill your potential, share your awesome unique talents and gifts in the world and live the life you were “born to live.”

YOU are the bridge to love, success, prosperity, peace and most certainly, miracles.

I am living proof of the powerful transformation that occurs and it is my mission to help others shift their reality. As a thank you for reading this book, I would like to offer you a complimentary Source Discovery Session. For a limited time, I am opening up my schedule just to readers of this book. To claim your spot, send me an email to soul@sheldonpizzinat.com. Let’s make this the year that changes everything!

I welcome your feedback and sharing.

Please share it with me in service to all who may find value by clicking here:

<http://www.sheldonpizzinat.com/contact> or at my

Facebook page:

<https://www.facebook.com/SheldonPizzinat>.

And if you found value in this information, please share it by emailing someone you think will find it valuable too, or by sharing on Facebook, Twitter, etc.

If you would like to explore on a deeper level and have your burning questions answered, click here for a complimentary Source Discovery Session:

<http://www.sheldonpizzinat.com/contact>.

About the Author

Sheldon Pizzinat, MA



Sheldon is a guide and facilitator for people committed to achieving a more loving relationship with themselves, a firmer anchor in living in their Essence, Truth, Soul, and living out their deepest aspirations, dreams and purpose! He holds a Master's Degree in Spiritual

Psychology as well as being initiated into reiki, prana and deeksha healing modalities. His book "Messages with the Masters" is due out later this year and available for pre-order here <http://www.sheldonpizzinat.com/contact/>. He is also the founder and host of the acclaimed Soul Speak Series.

For a more detailed description of the information in this E-book please visit us by clicking here:

<http://www.sheldonpizzinat.com>.

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