



“A-10 Plus All” Discovering Goodness Affirmation Guide

Vision

“Know Goodness, Create Goodness, Share Goodness.”

Your awareness creates your reality, your experiences. The sum of the world’s awareness creates the future of humanity.

I happen to believe every soul comes to this earth pure, is inherently good and spends its life on earth looking for goodness so we can celebrate and experience joy.

I also believe that the future of humanity is intrinsic goodness and with that we can evolve to the point where every touch by every human is authentically good.

Look what happens when we have disaster hit our earth, the communities rally together to take care of the victims and we experience extraordinary acts of kindness and goodness.

The challenge we all have is that we all have different paths of childhood with an education system that teaches us how to survive and function in this world but lacks the knowledge to find our truth and our authentic power,

I believe that every soul is gifted to share goodness, yet we don’t allow ourselves the opportunity to vibrate from our most authentic and powerful state of vibration.

And when we are challenged we tend to fight, manifesting negative energy and in return that negative energy needs to be released. Rather than releasing that negative energy into the universe, we release it on each other.

The series of Goodness Affirmation Videos have therefore been created to offer knowledge that allows us to see what we can be and how we can fill our soul with Goodness so that we can then pay it forward.

There is no one better than you at being you in the universe.

You have decided to come to this earth to make a positive impact on others.

You have gifts of goodness that need to be unleashed to serve the earth and all on it to be a better place because you are here.

These Goodness Affirmations Videos are knowledge that come directly from the positive energies of the universe directly to your soul.

Simply being aware of this knowledge will provide each of our souls with the profound knowledge of goodness that will manifest the most extraordinary in each of us.

Know Goodness, Create Goodness and share Good so that each of us can do our piece in taking humanity to its most evolved state of loving vibration where we manifest and share goodness with each touch for all to celebrate and experience joy.



"A-10 Plus All" Discovering Goodness Retreat Preface and Agenda

What are these Goodness Affirmation Videos?

These videos are created without any scripts, they are raw, the words are unrehearsed and the messages come straight from the positive energies of the universe directly into our souls.

They last within one to a few minutes and have many key messages of goodness that will present themselves to you depending on the knowledge you need.

They cover 4 categories of goodness knowledge:

Awareness – this is knowledge that we all generally know but we forget to focus on in our quest to be the best versions of ourselves.

Good Habit formation – this is knowledge that allows us to form or refine good habits – habits that help us act in synergy with our souls' true intent.

Positive Energy Manifestation – this is knowledge that infuses profound positive energy inside our minds, bodies, emotions and spirits so that we can vibrate from our healthiest state of being at all times.

Problem Solving Techniques – this is knowledge that allows us to address whatever challenges come our way so that the outcome is the most gentle and nurturing at all times, getting what you want while others also benefit.

How do I use these Goodness Affirmations?

We all must believe that we are goodness and that we decided to come to this earth to Know Goodness, Create Goodness, Share Goodness.

First Time Usage

With that in mind, scan from the large amounts of Goodness Affirmation Videos and let your soul instinctively select the top 5 videos that resonate with you from the heading alone.

Simply watch each of the 5 videos, 3 times each with an awareness of 1 key message per video.

This will give you the awareness of what your soul needs to work with to help rekindle, ignite or accelerate the goodness within you.

Know that we each need to take care of ourselves before we can take care of others and with that ask yourself the question "what is the one thing I will do differently with this new knowledge that will create goodness for me?"

Repeat Usage

Once we connect to the awareness of how to use this knowledge you can then start to think about Daily, Weekly and Monthly Goodness Creation energy manifestation.



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Daily – As you awake each morning, search the large volume of Goodness Affirmation Videos and select one that resonates with your soul's calling for the day.

Be aware of one message from that video that will guide you throughout your day so that you are being the best version of yourself at all times.

Manifest Goodness, Share Goodness, Celebrate Goodness.

Weekly – One moment per week, search the large volume of Goodness Affirmation Videos and select one that resonates with one behaviour you feel you have right and want to simply refine it to allow your behaviour to vibrate at your most authentic powerful state of existence.

Be aware of the one message from that video that will guide you throughout your week so that you are refining your behaviour and therefore your goodness habit to be the best version of yourself to serve others with love.

Have that one focus for the entire week until it becomes intrinsic in manifestation and delivery.

Monthly -There are some habits that we all get into that sabotage our ability to be our best at every moment in time. We each know what those habits are that we got into and they don't serve our soul, vision and mission in life.

With that awareness, search the large volume of Goodness Affirmation Videos and select one that resonates with that habit you want to replace with a new habit you want to internalise.

Be aware of the key messages from that video that will guide you throughout your month so that you are refining your behaviour and therefore your goodness habit to be the best version of yourself to serve others with love.

It takes 30 days of a particular repeated action to create a habit. Knowing that repeating good actions creates good habits and that the sum of good habits yields celebration, joy, evolvment on earth and profound blissful euphoric living provides for the natural desire to be good with every breath we take.

Example of how to use Daily Goodness Affirmations

Daily - As you awake each morning, search the large volume of Goodness Affirmation Videos and select one that resonates with your soul's calling for the day.

I just selected "Personal Best." I listened and watched it. It took 1 minute and 28 seconds.

While I internalised its entirety, what came to me was, "My Personal Best. What is the 1 task I am going to slam dunk today?"

I then reflected and selected the 1 task and that was the task I am going to perform at my absolute best today no matter what stands in my way.

Can you imagine if you have that clarity and commitment, to be your personal best each day for the rest of your life what that would yield?



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Weekly - One moment per week, search the large volume of Goodness Affirmation Videos and select one that resonates with one behaviour you feel you have right and want to simply refine it to allow your behaviour to vibrate at your most authentic powerful state of existence.

I am an authentically positive soul that is focused on solutions where everyone wins. Sometimes, however, I am stuck with focusing on the end in mind rather than the next street I need to turn down to get me to my destination.

I searched and selected “And then What” and what came to me was be “Productive, Progressive and Creative” at every point in time.

The action I will take is to look for incremental improvements not the end in mind and do so through productive, progressive and creative solutions as the very next step.

Therefore, for the next 7 days, each time I get stuck, focused on the end in mind, I will instead look for the very next action that is productive, progressive and creative on my path to goodness.

Monthly - There are some habits that we all get into that sabotage our ability to be our best at every moment in time. We each know what those habits are that we got into and they don’t serve our soul, vision and mission in life.

I found a moment in time where I was quiet and reflected on the one most important bad habit I wanted to replace with a good habit.

What came to me was frustration, disappointment and sometimes anger.

I searched and selected “Walk and Appreciate the Beauty.”

The message that came to me was “See the beauty in each soul and why they behave as they do.”

The good habit that therefore came from the universe to me because of this focus and knowledge was “Compassion,” sharing good and not expecting anything in return. To teach others by example of how to behave in any moment of challenge and allow them to move forward without further destruction.

So, for the next 30 days each time I feel frustrated, disappointed and angry I will manifest compassion as the natural vibration and allow the universe to deliver the outcome of that action.