

HeartLand Personal Code Challenge Sheet

Participant: _____

Date1 ___/___/___ Date2 ___/___/___ Date3 ___/___/___ Date4 ___/___/___ Date5 ___/___/___

Your assignment is given, based on your scores and how you can make best use of the tools while here and after you leave. By doing the assignments, you can expect maximum progress!
♥ The Number 1 assignment, with ALL assignments, is do a Love Exchange! ♥

1. Stress Management challenge ____: ____% ____imp ____% ____imp ____% ____imp ____% ____imp

- I have awareness of my breath/do StillPoint Breathing.
- I do Wake-up sheets and strengthen my experience of myself as my Created Essence, Love.
- I manage and cancel goals to maintain Love active in my mind and create only constructive stresses.

MindShifter: Peace surrounds and nourishes my life. (Possible blood sugar problem if addicted to stress/crises)

WORD LINK: Stress = Breathe and Cancel

LOL – sessions 1 & 2, Essay on stress

DVDs: Getting The Stress You Need, On Creating Consciously, The Circle of Life

2. Honor for Others challenge ____: ____% ____imp ____% ____imp ____% ____imp ____% ____imp

- Whenever I think or speak a thought that is less than supportive about another I – STOP – CANCEL – RESET RAKHMA / KHOOBA and think, speak and write something cherished about them! (Create anti-inhibitors for Honor)
- I stop, exhale Love through my eyes and appreciate them, express my gratitude and speak the Commitment to them.
- “What have they done/not done to become unworthy of my support?” And do Wake-up sheets around MY issue.

MindShifter: It is safe & healing for me to Be & exhale Love in everyone’s Presence and extend my Being to them.

WORD LINK: Others = Humility (see the highest and best)

LOL – sessions 6 & 7

DVDs: Healing Through Relationships, CoDependence to InterDependence, Empowered To Heal

3. Honor for Self challenge ____: ____% ____imp ____% ____imp ____% ____imp ____% ____imp

- Whenever I think or speak a thought that is critical of self, I choose to Be aware THEN – STOP – CANCEL – RESET RAKHMA / KHOOBA and think, speak and write something I cherish about me!
- I ask others to hold the Space of Love for Me as they speak of something they cherish about myself.
- “What have I done to become unworthy of my own support and caring?”
- “To prove worthy of support from _____, I must _____.”
- I look in the mirror, speak the Commitment to myself & do Wake-up sheets around self-depreciating thoughts.

MindShifter: I and everyone in my life acknowledges me as Being Love and approves of me cherishing myself.

(After Intensive- acknowledge self for work you’ve done and tap into the energy that was created here!)

WORD LINK: Self = Deserving Care

LOL – sessions 2, 3 & 6

DVDs: Healing Thru Relationships, CoDependence to InterDependence, Why Is This Happening To Me...AGAIN?!

4. Honor for Truth challenge ____: ____% ____imp ____% ____imp ____% ____imp ____% ____imp

- I listen and willingly receive communication as offered. I release my need to be right & make up/tell my story!
- I breathe, willingly embrace the inevitable stress seeing Truth will arouse. I choose to let go of Blockage of Truth.
- I Ask myself "What is the Judgment I am protecting/hiding from myself?"
- I do Wake-up sheets around what comes up regarding Truth, or Blockage of Truth, Judgement, Projection or Blame.

MindShifter: The Truth is easy, safe and healing for me to see and uplifts every aspect of my life.

WORD LINK: Truth = Safe, Honored and Cherished

LOL – session 7

DVDs: Empowered to Heal, Communication: Did You Hear What I Think I Said?, Aramaicisms, What Is The World?

5. Freedom From Fear challenge ____: ____% ____imp ____% ____imp ____% ____imp ____% ____imp

- I trust Rookha, hold to Love, the Presence of Being, as I imagine what I fear.
- I admit my fear, do Wake-up sheets about what resonates my fear and ask for support.

MindShifter: The world/my relationship with _____ is safe and nurturing for me and everyone I know.

WORD LINK: Fear = Connect with Trust

LOL – session 3

DVDs: Why Is This Happening To Me... Again?!, Laws Of Living, Communication: Did You Hear What I Think I Said?

Honor for: Others : : : : Self : : : : Truth : : : : .

If the Honors are not balanced, the output of the mind is skewed, and perception and reason are distorted. In this state the best evidence is unavailable and consistently good decisions are difficult.

- If Honor for Truth is high, errors tend to be magnified and blame will tend to rest where the **Honors** are lowest.
- If Honor for Truth is low, there will be a tendency toward gullibility regarding others and Blockage of Truth regarding self. (Depending on the relative scores.)

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6. **Freedom From Hostility challenge** ____: ____ % ____imp ____ % ____imp ____ % ____imp ____ % ____imp
– I stop everything, breathe and exhale Love through my eyes. I address my fear as in # 5.
– I look at the object of my hostility and hold to the presence of Being (hold Love present).
– I do Wake-up sheets about what resonates my hostility. Who am I blaming? What am I drugging myself against feeling?
MindShifter: I have the strength and it is safe for me to let go of hostility and deal with whatever lies beneath it.
WORD LINK: Hostility = Soften and Breathe **LOL** – session 2
DVDs: CoDependence to InterDependence, Introduction and Advanced Understanding of A Course In Miracles.

7. **Honor of Laws Of Living challenge** ____: ____ % ____imp ____ % ____imp ____ % ____imp ____ % ____imp
– Ties in with thoughts of victimhood (self/others) “I don’t want to see that the world is a lawful, orderly place.”
– I imagine a situation where I see a victim and hold to the presence of Being (hold Love present).
– I do Wake-up sheets around MY issue. I develop compassion.
– I ask to be shown how to harmonize with Eternal Forces
MindShifter: I am willing to see and acknowledge Truth and order in the universe and in my life.
WORD LINK: Life = Nurtures Me **LOL** – sessions 6 & 7
DVDs: Laws of Living, Getting the Stress You Need, Healing Through Relationships, The New Beginning

8. **Nutrition/Digest/Toxicity challenge** ____: ____ % ____imp ____ % ____imp ____ % ____imp ____ % ____imp
– I am conscious of my water consumption, food combining and my emotional state when I eat.
– I stick to the food program & spend time in the kitchen. I eat slowly and put my fork down between each bite.
– I do Wake-up sheets around MY issues around receiving and generosity.
MindShifter: I am blessed, nourished, nurtured and balanced by every bite of food I receive.
WORD LINKS: **LOL** – sessions 2 & 3
Nutrition: Healthy Food = Attractive
Digestion: Truth = Safe
Toxicity: Elimination = Gentle Easy
DVDs: Naturopathic Keys to Health, Why Is This Happening To Me... AGAIN?!, On Creating Consciously

9. **Use Of Will challenge** ____: ____ % ____imp ____ % ____imp ____ % ____imp ____ % ____imp
– I manage my goals daily, set goals on Purpose and I support my words with prompt, appropriate action.
– I do Wake-up sheets around goals.
– I use the Mind/Goal Management Sheet daily.
– I keep my commitments and follow through. I discard behaviors out of harmony with my Purpose.
MindShifter: Mind Management, commitment, participation and accomplishment are easy and natural for me.
WORD LINK: Accomplishment = Easy and Natural **LOL** – session 1
DVD to watch: Getting the Stress You Need, Purpose, Personal Power and Commitment.

10. **Consistency/ Validity challenge** ____: ____ % ____imp ____ % ____imp ____ % ____imp ____ % ____imp
– A reflection of double mindedness and a tendency toward inconsistency and scattered energy. Get clarity on Purpose! Become aware of my resistance to experiencing the Truth.
– I maintain esteem for Truth and am conscious of my Life Purpose.
– Based on my Purpose, through goals, I manage my mind daily.
– I do Wake-up sheets on any difficulty making choices, flip-flopping, or double-mindedness.
MindShifter: I see, stay conscious as Being Love, and gracefully resolve conflicting realities if they surface in my mind. Only that which is in harmony with my True Purpose becomes a behavior driving reality for me.
WORD LINK: Mind = Reliable Servant **LOL** – session 7
DVDs: On Creating Consciously, Purpose, Personal Power and Commitment, The Circle Of Life and How To Play It.

SCORING KEY - PRE-SCORES: POST-SCORES % IMPROVEMENT

Love is only conscious, active and present when it is extended to another. It is not mine to experience in my “body” until it is given to another. Only what I have not given is missing from this situation!