

## Rung Thirteen

**Week Fifteen -** *(Empowerment, Intuitive Knowing And Grace)*  
Thank You Beautiful children Of Light. You Have Served As A Beacon  
To Awaken Us To The Truth Of Our Divine Nature.

## Rung Twelve

**Week Fourteen -** *(Hope, Gratitude and Optimism)*  
Shift Happens When We See Our Blessings In Disguise

## Rung Eleven

**Week Thirteen -** *(Quiet Stillness And Calm)*  
The Law of Allowing And Detached Involvement

## Rung Ten

**Week Twelve -** *(More Sorrow  
And Disappointment)*  
Releasing Struggle While Surrendering  
To The Things We Cannot Change

## Rung Nine

**Week Eleven -** *(Self-Righteousness)*  
The Practice of Forgiveness

## Rung Eight

**Week Ten -** *(Anger and Blame)*  
There Are No Mistakes In A  
Perfectly Orchestrated Universe

## Rung Seven

**Week Nine -** *(Feeling Unloved and  
Unworthy)*  
Clearing An Unconscious Pattern  
of F.E.A.R.

## Rung Six

**Week Eight -** *(Obsessiveness Over  
Our Children)*  
Meeting Our Own Emotional  
Dependency Needs

## Rung Five

**Week Seven -** *(Self-Sacrifice  
and Jealousy)*  
Holistically Balanced Motherhood  
/The Middle Path

## Rung Four

**Week Six -** *(Hopelessness And  
Feeling Trapped)*  
Mastery Over The Ego-Mind

## Rung Three

**Week Five -** *(Insecurity)*  
Building Consciously Awakened  
Relationships

## Rung Two

**Week Four -** *(Guilt & Sorrow)*  
Learning To Speak The Language  
Of Feelings, Part 2  
**Week Three -** *(Guilt & Sorrow)*  
Learning To Speak The Language  
Of Feelings, Part 1

## Rung One

**Week Two -** *(Despair)*  
Our Thoughts Create Our Reality  
**Week One -** *(Introduction)*  
Making the Paradigm Shift