

Release your Innate Potential

An indispensable guide for all those who want
to have a serious breakthrough in their lives



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The information provided is inspired by Richard Rudd's foundational work the Gene Keys.

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FOREWORD

Dear Reader,

are you ready to embrace real-world challenges and discover your unique keys to live your life beyond the ordinary?

Are you serious about your individual breakthrough?

Let me ask you some questions for you to contemplate.

Do you feel unfulfilled?

Are you following your passion?

Are you happy with what you're doing?

Are you leaving a legacy through your life's work?

Are you open and ready to discover and activate your innate potential?

There are 3 STEPS you want to take to activate your innate potential.

STEP 1. Identify your individual challenges and shadow aspects, how they affect you and how they play out in your life.

STEP 2. Learn how your individual challenges and shadow aspects are part of your genetic make-up and how they can reveal their innate gifts and potential.

STEP 3. Explore how you can authentically express your innate potential and so transform your life's purpose, your relationships and your prosperity.

1. Expand your Awareness

Your Challenges

Your challenges and shadow aspects are activated when you are worried about your survival, and fear is the dominating energy. That is when you express shadow frequency. Your challenges and shadows can be expressed in repressive or reactive ways.

Your Potential

Your potential is activated when you are more oriented towards serving others and honouring yourself, rather than protecting and defending yourself. You naturally share your innate potential and gifts with the world and you feel a sense of belonging.

Your Essence

Your essence is shining when you have entered a pure state of expansion and have completely surrendered your sense of separateness. You have entered the realm of your divine essence.

Understanding how your challenges, potential and your essence are constantly interacting with each other throughout your life can help you engage with yourself with greater compassion and patience.

Embark on a powerful inner journey and bring transformation and renewal to your life by practicing contemplation and increased awareness!

2. Your Journey of Self-Illumination

Transform your core beliefs, expand your consciousness and release your innate potential!

Each one of us is born with a unique sacred geometry embedded deeply within our being. It can be plotted through the precise timing and placement of your birth in the constantly shifting universe.

This same pattern is also holographically encoded in your DNA, forming a distinct personal profile of genetic sequences, each of which awakens a different aspect of your life and your inherent potential.

We are living in turbulent times as our global society goes through a very intense and often scary process of social revolution. You may be finding yourself feeling overwhelmed with stress, fear and exhaustion while doing your best stay smiling on the surface of very deep waves of existential anxiety.

What if you could have a framework that would show you the way through this chaos and lead you to your higher purpose and reinstate your sense of worth, strength and capacity to grow and thrive rather than fear and survive.

Activating your Higher Purpose

As you contemplate your challenges, potential and your essence, you encounter the theme of your higher purpose. **Your higher purpose is encoded in your DNA.**

In the widest sense we all have the same higher purpose, which is to heal the sense of separation and lack and arrive back at that

point of perfect wholeness – the uninterrupted sense of inner peace that existed before the beginning our detour into separation and that still exists inside us.

However, we each have a different quality of consciousness as we journey back towards our true essence.

As you enter into a deep contemplation of the particular quality of your purpose and as you embody it in your everyday life, you will activate its higher frequencies within your DNA and it will manifest in your life.

3. Your Life's Challenges

As you begin to contemplate aspects of your life, you will essentially be reflecting upon two dimensions.

The first dimension represent your individual challenges. As you might imagine, this contemplation is therefore about how you tend to deal with difficulties and blockages in your life.

Do you fall victim to your challenges or do you see them for what they are – opportunities for growth and self-illumination?

To deepen your immersion in the dimension of your challenges, you can also contemplate the following questions:

- What is the greatest challenge in my life and what is its potential?
- How do I respond to challenges and how might that change?
- What do I look like with challenge as my ally?

Do give yourself time to absorb, digest, apply and embody these themes in your daily life. The chances are that as you contemplate these questions and themes, so they will come into a sharper focus in your life.

Above all, take heart and do your best to appreciate life's mysterious and sometimes unusual challenges!

4. Your Life's Work - What are you here to do?

Now that you have considered the nature of challenges in your life as a primary theme, you can apply this as a backdrop to your life's work.

When you contemplate your life's work, turn it over inside you in as many dimensions as you can. You can also consider the following questions:

- What purpose am I to fulfil in the world?
- What does my particular potential look like and what might prevent it?
- How is my individual potential activated?

At this stage, the work is mostly down to you. You can use the power of your imagination coupled with your intuition to contemplate the above questions in the light of your challenges, your potential and your essence.

One of the beauties of this guide is showing you that when your awareness about your challenges increases, your potential comes alive inside you.

Let these themes and words resonate deep inside you. Give them time and they will come into bloom.

5. Your Growth - What are you here to learn?

As you come to contemplate your personal growth and what you are here to learn you come to understand the forces that drive you.

To evolve can be very revealing, especially when you can see the dynamic between your individual challenges and your potential.

Learn not to fall into the trap that keeps you a victim of the lower frequencies, or they can be used as a dynamic opportunity to live a creative and inspirational life.

It is important that you grasp your genetic forces and its capacity to propel you towards your genius.

The other essential element to realise at this stage is the holographic nature of your life. It is 'holo-genetic' because it reveals a natural sequence of awakening that unfolds as you contemplate it.

Like a hologram your challenges contain every single one of the pathways to follow. If you went no further than this in your contemplation and gave yourself 100% to embodying the higher attributes of this pathway, it would be enough to trigger the unfolding of your awakening.

Therefore the importance of learning about what you are here to learn cannot be overstated. It is also intriguing to think that as you continue to transform your core beliefs, expand your consciousness

and release your innate potential, you may have insights that relate back to this point bringing greater insight into your life's work.

6. Your Breakthrough

Welcome to an exciting moment in your life – the potential for your breakthrough. In one sense, the entire path of your evolution is a contemplation on your individual breakthrough. If you persevere in your contemplation sooner or later a breakthrough will come to you.

And if you decide to tread this path of your individual breakthrough from the beginning to the end, it is highly likely that something will occur inside you! But no one knows what form it will take or when it will come – that is the beauty of its mystery.

Contemplating your breakthrough is therefore a powerful thing to do.

One of the key conditions necessary for a breakthrough is an ability to contemplate your life as it is now, rather than what it has been or what it might be. Here are some questions for your contemplation:

Think of a time in life when you experienced a breakthrough. Recall the feeling within the cells of your body. Spend a good amount of time with the memory.

- How did you feel before the breakthrough, and how did you feel afterwards?
- Where and how would you like to experience a breakthrough?
- What is preventing you from experiencing this breakthrough?

7. Your Radiance - What keeps you healthy?

This step invites you to contemplate your expression or your radiance. It is an art that takes time to develop.

As you continue along this path you will become more and more familiar with your individual stories. It might also help you to look back at your life's work and evolution. Both themes have a resonance with the way you express yourself.

Your expression also has a direct relationship to your environment and your health. You can deepen your contemplation by including these themes. Some questions that might bring focus to this topic are:

- How happy are you where you live?
- How does the place where you live reflect your inner state?
- What makes you feel radiant?
- Is your radiance dependent on outer conditions?

Your radiance is the quality of consciousness that is always wishing to break through like a wave inside you. Contemplate the essence of your radiance and ponder what might be preventing such a breakthrough.

8. Your Stability

You now tread the final path of your awakening and in doing so you come to a great universal truth – that our challenges are here to make us stronger. A challenge transformed serves to bring us down

to earth, making us humbler, more human and more reverent towards all life.

Your core stability is a physical grounding in the structure and flexibility of your body. This a journey through your innate potential is bringing you physical grounding. Once your radiance begins to grow, you naturally feel more at home in your body. You feel more joyous, not as moody, but as an underlying sense of trust in life.

This step introduces you to the feeling of stability and asks you to bring your awareness into your physical body, and in particular your spine. Your stability denotes your ability to weather the storms and challenges of life with openness, flexibility and resilience. How are you doing?

9. Your Purpose - What deeply fulfils you?

This step completes your journey through activating your purpose. When you contemplate your purpose, it can often come as a relief to realise that your real purpose does not put you under any pressure to achieve or attain anything – rather it is about resting more deeply in a quality that already lies inside you. Think of yourself at your most relaxed and you will have an idea of what your life might look like lived through this sense of higher purpose.

Activating your purpose sets you off on a journey. It is a constant reminder that life is simpler than you often make it. The higher states are in fact much closer than we generally realise. One of the tricks is to use the power of your imagination to reframe your life.

You build a new you by seeing your life in a simpler and more beautiful way.

The more often you are able to remind yourself of this view, the more pervasive it becomes. This path is not a hard path – it is a gentle meandering into the mysterious folds of consciousness. We must remember to be playful and patient so that breakthrough can always find us.

It is not important how long it takes you to activate your true purpose. It only matters that you bring a new vision of yourself into view and consistently fan the flames of this vision. Remember always that every shadow contains a gift, and every time you encounter a difficulty in your life, a great opportunity for breakthrough is presenting itself.

Consider this:

- Imagine yourself living life through your essence
- Realise that this vision is not a far-off goal, but a return to a simpler way of being
- Bask in the relief that comes with the above realisation

Epilogue

What is your greater purpose to your life? Do you still have to discover it, or learn how to give it a place in your life where it actually fits?

If you're like most people these days, the majority of your time is consumed by having to deal with mundane activities, like:

- emails, social media posts, phone calls, texting
- health challenges (your own or your loved ones')
- struggling to advance your career, or dealing with feelings of conflict, chaos and confusion

The worst part is that you probably have a sense that you were meant for something “more”.

But you simply have no time to try to figure out what that is ... much less make it happen.

- Would you like to *stop* being weighed down by all the 'stuff' in your life, and getting overwhelmed by your challenges?
- Would you like break loose from the shackles that are keeping you from living a life of greater purpose and fulfilment?
- Would you like to find out where you need to place more of your attention and where the opportunities for growth are waiting to be discovered?

Activate your individual gifts that are dormant and inactive in you! Individual gifts are available to each and every single person, they just need to be unlocked!

Here are some of the effects you may experience from it:

- Feel sustained fire to keep operating at your highest level throughout even the longest, most challenging days!
- Deeply express your creativity without sacrificing your daily responsibilities!
- Attract the money, people and resources to move your projects forward and achieve the level of success you're striving for!

And much more...

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