

ALIGNED

Transformational Program With Rony Reingold

Course Principles:

1. Radical Responsibility. Taking Radical Responsibility means being able to see yourself as the source of your own experience and acknowledging the role you are playing in creating the circumstances and experience of your life. At the end of the day, while we are in this together and have systems for support, however ultimately, we are the only ones who can save ourselves. Radical responsibility means giving up the old stories and excuses of I'm too this, I'm too that, other's don't appreciate me, I haven't met the right person, etc. Instead, it's being the pioneer of your own experience so that you can be the one who clears your own transformative path and makes the needed shifts that others can then respond to. When we stand in "Radical Responsibility", we realize that life happens through us, not to us. As children we cannot control how our parents or other adults treat us. But as adults, we get to decide what thoughts, relationships, opportunities and circumstances we're going to participate in or not. That is what radical responsibility is about. It's shifting out of the blaming and the victim mentality into an empowered consciousness.

2. Our outer world is a reflection of our inner environment. Life always supports us and it knows how to do so based on our internal landscape. That's why we're doing inner work so we can see outer results. Life always matches us where we are. When you become aligned on the inside, you're outer world and life experiences can become a representation of that.

3. We are all naturally, creative, resourceful and whole. In this moment you are perfect. Each of us has the ability to create the shifts that are needed in our lives so we can thrive. We are creative beings and we therefore have the power to co-create with the larger forces of life. We do our part (Radical Responsibility) and the Universe matches that and plays it's role. We are each perfect in this moment.