

# THE WORTHINESS QUOTIENT

CLAIM YOUR CROWN... LEAD A LIFE YOU LOVE!

## SESSION 1: CREATIVE POWER

You have the power to create a life you love, but it means you must tap into that power. As a society, we are told that power comes from forcing our way through things. In other words, we must “make” things happen. But true power comes when you commit to unconditional love, CLAIM YOUR CROWN, and raise your Worthiness Quotient so you ATTRACT the things you want.

**Your Worthiness Quotient is how open you are to receiving love, nurturing and support, simply for who you were created to be.**

**And it's based in the vibration you hold.**

The Law of Vibration says, “Energy attracts like energy.” If you’re sitting in a lower vibration, you will attract things that are hard. Life will feel like punishment.

Think of a low Worthiness Quotient (WQ) as a low vibration. If you’re suppressing yourself and have hidden beliefs that shut you down to abundance, you will feel guilt, shame, anger, judgment, resentment and blame, and all kinds of other negative emotions. These feelings will keep you in a lower vibration, and will perpetuate a cycle of feeling “not enough” and unworthy of a life you love.

A high Worthiness Quotient, on the other hand, is a high vibration. Giving yourself a voice, setting boundaries, following your passions and allowing your light to shine, unapologetically, create feelings such as love, compassion, peace, joy, passion, playfulness, kindness and gentleness. And, in this state, you’ll attract things that feel loving and supportive, shifting your life into a miraculous flow of miracles and abundance.

Your goal for this whole course is to move into the very high vibration of unconditional love. You do this by standing in your truth. Your truth IS your crown jewel.

Loving yourself and standing in your truth aligns you with God and is the path to abundance.

### **Unconditional Love = Abundance = Creative Power**

Think of this program as rewiring your brain. Your thoughts create feelings. And your feelings create a vibration. Our goal is to dive deep into the subconscious mind that runs 95% of your life and is filled with hidden false beliefs that have a low vibration and sabotage your happiness. These are the beliefs that block you from the abundance you deserve. With every courageous step you take in this course to clear your negative programming and the energetic blocks associated with it, you will shift from a low Worthiness Quotient and Poverty Consciousness to a high WQ and Prosperity Consciousness. You will tap into your inner power to create a life you love. The key is to STOP THE PERFORMANCE AND COMMIT TO UNCONDITIONAL LOVE!

The first step into loving yourself is to give yourself permission to receive. Your goal is to stay open to receive so that you send an energetic message to the Universe that says, "I am worthy of receiving." You do that by tapping into the Divine Parent within and nurturing the little kid inside of you into inner abundance.

The tools and healings in this session are the foundation for all the other sessions. I invite you to practice them daily so that you immediately begin to raise your Worthiness Quotient.

As you create a deep connection within, you will begin to trust that you are enough. You will feel protected and loved. And in this space of trust, you will lead from your heart instead of your head, opening up to receive a life you adore. One that is filled with peace, balance, passion, purpose, prosperity and love. And a whole lot more fun!

#### **Recap of Session 1:**

- 1. Check in with your crown.** When it is shut down, you cut yourself off from the golden ball of light about two feet above your head called your Higher Self. In this disconnect, you feel as if you're in a fetal position. When it is open, you

move into trust, as well as create an opening to receive love, nurturing, support and guidance from God and the Universe. Make sure it is open at all times. Check in with yourself throughout the day. If you feel fearful, or any other emotional angst, take a breath, sit or stand up, throw your shoulders back and open up your crown. It helps bring you back to center and connect to higher wisdom.

- 2. Check in with your aura regularly.** Your aura is the field of energy around you. Your goal is to keep it at arm's length, all the way around you, as if you're in an egg. If you question whether auras are real, Google "Kirlian photography."

Remember to keep yourself in the center of your aura. If you feel it's shooting out in front of you, chances are you're projecting into the future. If it's too tight, you're probably feeling anxious. And if it's behind you, you're probably living in the past. Being in a high Worthiness Quotient means you live in the present. It is in the present where you experience true connection, peace and joy. So, if you find yourself with a whacky aura, get present and center yourself!

- 3. Check in with your Grounding Cord.** It keeps you centered. If you're feeling scattered or "out of your body," it's a sign that you are disconnected. Make sure the top of your grounding cord connects to the outer edges of your aura at your hip level and then send it down to the center of the earth. You can visualize the earth like a big peach pit or a beautiful crystal.
- 4. Get Grounded in God's Light daily.** Allow the golden light of God to flood into the top of your head, throughout your body, aura, and down your grounding cord, releasing all darkness and negativity. This is a tremendous way to clean out the energetic cobwebs and other people's energies. Grounding is one of the most important tools you can use to raise your Worthiness Quotient. Remember to visualize every cell of your body opening up and receiving this energy. Think of grounding as tapping into the Divine. Grounding is a major key to feeling connected.

Make sure to get grounded at the grocery store, at a stoplight, sitting in front of the tv, etc. Make it a practice to stay connected. Play with this.

If you find yourself judging "running energy," please understand that science now tells us that we are ALL 95% energy. So, if thinking about energy seems weird or a little "woo woo," then so is touching your face, toes, hair, or anything else that is on the planet. Everything is energy.

As one of my gifts to you for participating in this course, here is my CD, *Message Sent*, in its entirety. The first guided meditation on it is “Grounding in God’s Light.” I encourage you to listen to it daily. Here is the link to the Mp3s: <http://terribritt.com/message-sent-meditations-thank-you/>

5. **Be the Divine Mother to your inner child.** Whether you’re a woman or a man, we all have a Divine Mother inside of us that is kind, gentle, compassionate and unconditionally loving. From this point forward, think of yourself as this parent to the little kid inside of you. See your inner child as your new appendage. Imagine taking this child up in your arms daily and giving her/him a hug. When in the car, think of this child as your riding buddy. Talk to and get to know this little kid inside of you.
6. **Give your inner child permission to speak.** Ask for what this child needs and wants from you. The more you do this, the safer your inner child will feel to ask for what she/he needs and wants from others. Remember, the little kid inside of you is the heart of who you are and God’s greatest messenger of all.
7. **Feel everything.** Give your inner child permission to feel. Feeling is key to healing. Your feelings are God guiding you to your heart. Instead of shutting down your feelings, embrace them. Have compassion for the little kid inside of you. Allow your feelings to flow. As you release them, you dislodge energetic blocks to abundance. This is key to raising your Worthiness Quotient and opening up to receive love, nurturing and support in every area of your life. Think of it this way...the more compassion you have for yourself, the more you’ll receive compassion from others, and the more you’ll have to give to them in return.
8. **Use roses to clear your false beliefs and then call back your true self.** Our mission in this course is to release all the hidden false beliefs that cause you to disconnect from your true self. In this session, you cleared beliefs about speaking your voice and allowing yourself to feel. With each release, we used a rose, visualizing it as a vacuum cleaner in the sky to absorb the false belief and the memories and energy associated with it. We sent that rose out into the Universe and blew it up like confetti, sending it back to where it came from with love. Remember to use this tool every time you discover a false belief about yourself. Once you’re done, call back the energy of your true self and allow it to fill you up.
9. **Write with your “other” hand.** This is a great way to connect to your inner child. Here are some simple steps to follow:

## Writing with the Other Hand Step-by-Step Guide

- a) Get grounded first, checking in with your aura, crown and grounding cord.
- b) Give thanks for the healing that is about to occur. This puts you in a high vibration to receive the answers you want.
- c) Write your thoughts and feelings with your normal/dominant hand.
- d) Call in your inner child and ask questions such as, “What do you need from me to feel loved and supported?” Or, “What’s hurting?” And another one, “What would make you feel joyful and alive today?” The goal is to get to know your inner child.
- e) SWITCH your pen to your less-dominant hand so you open up to your intuitive mind. Allow any answers from your inner child to come through you. Don’t worry about it looking like chicken scratch!
- f) Go back and forth between your dominant hand asking questions and allowing your inner child to answer through your less dominant hand.
- g) If you find memories surfacing of past issues that are causing you pain and suffering, remember to ask your inner child what the belief is that’s causing you to react this way. Any belief that creates pain and suffering for you is not the truth. That’s your sign to release it and move it into a big rose, sending it back to the Universe with love. And, as we always want to do when releasing energy, fill yourself up with light afterwards.
- h) **Take action! If you get answers from your inner child and don’t act upon them, you will have feelings of abandonment and rejection.** No one else is abandoning you. You’re doing this to yourself. When you ignore your inner child’s requests, you send a message that he or she doesn’t matter and isn’t worthy of being loved. And because this is the vibration you’re emitting to the Universe, hard situations and relationships will show up. So, by all means, take action!

**10. Always choose in favor of a new definition of love.** Remember this:  
Unconditional love = Abundance. Put God first by honoring who you are.  
You’re not a mistake! You are Divine and help make up the body of God.

**11. Think of yourself as love and light, and as a messenger of God.** THIS is who you are at your core! As you stop the performance of trying to “win” others’ love, your life will be a loving example for others to watch you and learn. Get grounded in this purpose. Every time you love yourself, you are aligning with God and being a messenger of love.

*As I honor and love the way I was created, I honor God.*

*When I choose unconditional love, I put God first.*

*I am a messenger of love!*

### **Homework:**

1. Practice the above tools daily. Start your mornings with at least five minutes of getting Grounded in God’s Light meditation, checking in with your crown, aura and grounding cord to make sure you are centered and in a high vibration.
2. Connect to your inner child. Have a dialogue with her at least once daily.
3. Stay in touch with your feelings. No more shutting them down. Express them in a safe loving way so your inner child feels protected and loved.
4. Find a picture or something symbolic of your inner child and put it in a place where you are reminded to connect regularly. If you don’t have one, find a toy or stuffed animal to remind you of her or him.
5. When driving in your car, standing in line, or having a quiet moment, talk to your inner child. Create a connection so this child feels safe, heard, and supported.
6. Ask your inner child what she or he needs from you. Your goal is to focus daily on nurturing her or him into abundance!
7. Check in with your crown chakra as many times a day as you can. Keep it open. Recognize when you are in fear or in a space of love. You have the power to shift into love at any time!

8. Pay attention to your interactions with others. Allow yourself to practice getting grounded when talking to them. This keeps you from taking on their energy and helps you create energetic boundaries of love and protection.
9. Ground your surroundings. Get in the mindset of playing with energy and visualize white healing light streaming down from the highest point of the Universe. Let it wash your home, car, work, you name it, and let all the darkness slide down to the center of the earth. See if you can feel the energy shift. You might be amazed at how peaceful each of these things feel after clearing negative energy.

Most of us have been taught NOT to receive. But as you now know, this only creates pain, suffering, lack and “you against me.” To break this cycle and create a life you love, you must give yourself permission to receive love, nurturing and support. You do that by choosing unconditional love, claiming your crown and raising your vibration to a high Worthiness Quotient. Otherwise, you’ll ask and ask, and never feel as if you’re being heard by the Universe.

As you practice all of these tools and commit to doing your homework, or better yet, your LOVE WORK, not only will you tap into the power to create a life you absolutely cherish and adore, but you’ll also feel worthy of receiving it!