



## Module 2: Assumptions and Worldview

### Video 2-5 Exercises 2-3 and 2-4. Examining Core Assumptions

Now we will have a look at fundamental assumptions. Please go to the Downloads for Exercise 2-3 and have a look at your core beliefs about the nature of the Universe. Really give the exercise some thought. In order to shift our perception of our life stories, deeply and completely, so that we can move into gratitude and away from anger and self-pity, we must take on some absolutes. Can you accept as absolutely true the proposed assumptions for the remainder of this course? Can you move into this framework with your mind and allow your heart to let go of the armor that has protected it all these years? Are you ready to open to the wonder that is you, and accept that everything in your life has served you?

Please spend this week looking at your life and circumstances through this new lens.

As an additional exercise please go to Downloads for Exercise 2-4 and read the Definitions and Assumptions we present in *The Trust Frequency* book. They are the fundamental axioms that will shift our understanding about the nature of the Universe that allows us to move beyond duality into a higher vibrational state, a higher frequency where the laws are expanded and there is more beauty, balance, joy and abundance than we can fathom.