

# Journey Book



Stephanie Trager



**ALIGNMENT ONE:**  
Activate Your Power as a  
Quantum Creator:  
\*Owning Your Power

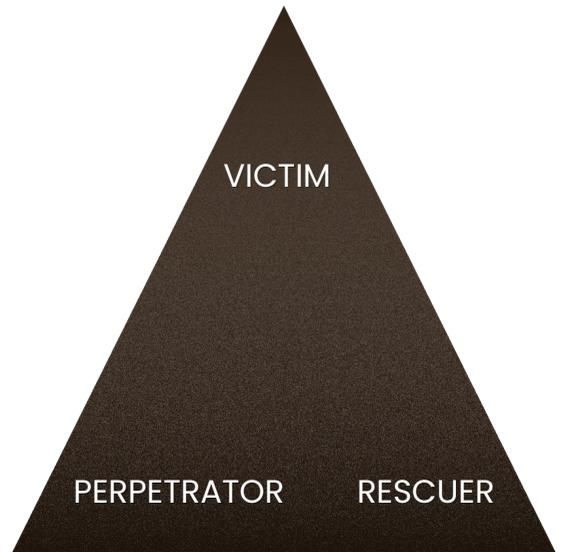
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# ALIGNMENT ONE:

## ACTIVATE YOUR POWER AS A QUANTUM CREATOR

### Owning Your Power

We choose to stand in our authentic power, or our default programming will choose for us. I love this simple practice of staying off the **Triangle of Disempowerment** in ALL areas of life. To do this we take full responsibility for our experience.



- Where have I been or am I being Victim?
- Where have I been or am I being Perpetrator?
- Where have I been or am I being Rescuer?

And how is each of these serving me? Remember there is always a secondary gain- a benefit – even if it seems to go against us or is the inversion of what we say we want. In some way this behavior or perception is benefiting us or our role in a dynamic.

Stepping off the Triangle of Disempowerment in our Devotional Practice we master dropping into self-reflective questions like:

***“How have I been devoted to being rescuer?” (or victim or perpetrator). “How has this served me?”***

One of these may be more alive for you than the other. How has XYZ behavior been my devotion (focus) and why? How has this served me? What am I choosing to focus my devotion on instead?

I am devoted to ----- In order to access our fully EMPOWERED place of Higher Purpose we hone deep **radical honesty with ourselves.**

Each day being willing to ask pointing questions of self inquiry, to acknowledge "devotion to the struggle," "devotion to not good enough," "devotion to drama and chaos," "devotion to feeling 'broken.'

The gift in this practice is the depth of each door that opens as we're willing to blast whatever stands in the way of our devotion to love, grace, joy, abundance, and expansion.

### **EXAMPLE:**

"I am devoted to world peace." Where am I at war within myself?

"I am devoted to Love." If that is your fist devotional statement for example, we then drop into our inquiry – where am I not loving myself?

How have I withheld love- from self, other, community? (Going deeper) – I am withholding love from myself in XYZ ways- because ... I withhold love from \_\_\_\_\_ and it shows up as \_\_\_\_\_ How this served me in the past was to protect me from being vulnerable, ... (go deeper, unpack, write, journal, reveal)... (keep going!)

After you've poured as much out as there is, and perhaps acknowledge if there is more, yet at this moment it's not available, journal your acknowledgement.

***What we acknowledge receives permission in our other than conscious mind.*** It then reveals itself in divine timing.

**Today my devotion is to \_\_\_\_\_**

Notice whatever you're focusing on is a point of devotion.

Are you devoted to more of what you want or more of what you don't want?

This is where an honest self inquiry comes in, and when you weave this awareness into your 40 Days of Devotion practice, it will become second nature to tune into what you've been devoted to and shift through intention, to what you're choosing devotion for now.

## **ANOTHER VIBRATIONAL UPGRADE TOOL**

### **The Cognitive Dissonance Buster**

We all have a bit of it...

How can we not given the world of contradictions, oxymorons, and inverted truths!

## The 3 Core Patterns of Cognitive Dissonance

There are three primary ways this dissonance tends to show up:

- **Denial of Knowing:** We know something isn't aligned, but we pretend not to know and do it anyway. A fracture in integrity masked by performance or distraction.)
- **Mental Justification:** We look for evidence to convince ourselves it's right, even when deep down, we know it's not. (A bypass masquerading as logic.)
- **Self-Punishment:** We know it's dissonant and do it anyway, but carry guilt, shame, or energetic contraction. (A rejection of self-mastery in favor of martyrdom.)

We've all been in one or more of these spaces. The goal is not to judge, only to be honest, inquire and discern the impacts. From here we can choose from a place of gentle awareness with compassion and clarity.

We can pretend we don't know, yet somewhere in our psyche lives that knowing and there is an affect.

# WHY OWNING OUR POWER AS CREATOR FIRST

In our 40 Days of Devotion practice we aim to unpack where we are on the triangle of disempowerment and where cognitive dissonance lives in us.

Time is speeding up right now and we're witnessing a lot of chaos 'out there.' We must ask, where does this live in me?

***Where does shooting others live in me? Where does wildfire live in me? Where does destruction live in me?***

"Where am I devoted to living in dissonance from what I say I want?"

This is clean up time..

Impeccability with our word, thoughts and actions unlocks our magic and activates our higher potentials. 100% across the board.

**ALIGNMENT ONE:**  
Activate Your Power as  
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# ALIGNMENT ONE

## Activate Your Power as a Quantum Creator



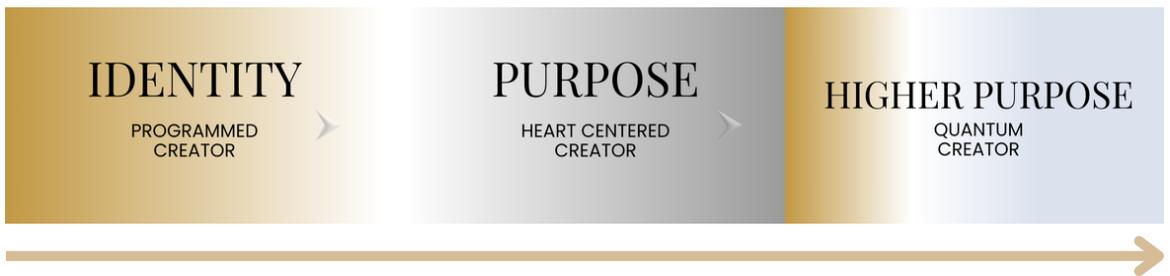
In this alignment we'll examine where old identities are playing out, keeping us stuck, and patterning old ways of being that are ready to shift.

This is the framework you'll remember.

We're not saying identity is 'bad' or higher purpose is 'good,' we're bringing radical awareness to our agency to dance through this spectrum and play the game of each, instead of being played by the game of each.

# ALIGNMENT ONE

## Activate Your Power as a Quantum Creator



### IDENTITY: THE PROGRAMMED CREATOR

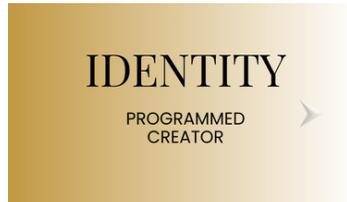
**Qualities:** When we live our life from the place of our identity, the coded program conditioned as us by our family, lineage, community, and society, our paradigm of life stems from who we are and how we are perceived by others.

We lean on logic, linear perceptions and our intellect. When we want to create change, we focus on our mindset. We follow the rules based on societal norms dictated by the authorities – the “they.”

We have an anthropocentric worldview where we humans are the center of creation and life. We are separate from each other and nature. We exist in a vacuum on earth untouched by the cosmos.

# ALIGNMENT ONE

## Activate Your Power as a Quantum Creator



### Identity: The Programmed Creator, continued

Maybe there's something out there. We still 'identify' as our story, as our religion, as our role, title, job, or pedigree. From our identity we make meaning of the world, feeding 'the program' and colluding with narratives of war, good, bad, right, wrong, positive, negative.

We have a need for safety.

Security comes from enough money, enough control, enough status, enough approval, enough education, enough belonging, enough of everything defined by prevailing televised culture.

We create value in the world based on a program – **The Programmed Creator**. The program includes imprints around performance, time, money, and achievement. The scarcity template is coded into life. Life happens to me. It's hard, so if you work hard, it will turn out ok, maybe even really good by 'the' standard.



## Identity: The Programmed Creator, continued

What parts of you are still run by your old identity that no longer serves your blossom reaching toward the sky? Which parts are you choosing to carry forward? What are you ready to release and why? List all the roles you play, hats you wear and teachers you have or have had. Deconstruct the construct.

Ritual: Fire Ceremony – Take it to the fire. You can write on small papers or take little sticks. Blow each role and teacher into them before placing them into the fire to be transmuted to their highest form of medicine. Burn all the roles and teachers in the fire and as you honor them, feel into what they have taught and the gifts you've received.

You are stepping into being as Quantum Creator and no longer carry the identities of the teachings. Your teacher is HOW you receive and hold the wisdom. Integrated and whole.

# IDENTITY TRAPS

Identity traps are those sticky affinities that call us back to our old identity like Velcro even after we've long transcended the program. These places are coded in our nervous systems.

Our natural tendency will play out until full transcendence and even then we may witness ourselves snap back for a minute. Once we're occupying a wholly different space we dance out of the trap with more grace and rapid ease. We look back and laugh.

When we do find ourselves in an identity trap it's always an opportunity to extract the medicine and ask, "what's still alive in me here that I've reacted this way?" Or "...that this thing is triggered," or "that I'm acting like I did when I was 15..." When around old family or friends. What's my gift here?

Human nature is not a linear trail to analyze. We are complex non-linear beings sometimes tapping into old energies, old family dynamics, societal templates or lineage trauma.

When we are present to the medicine, the teaching that will sooth, heal and help us transcend, we can take that forward and use it to empower our freedom and sovereignty as Heart Centered- On Purpose or Higher Purpose Quantum Creators.

Identity traps are just that...traps.

***There is always a freedom valve. It's our job to find and release it. This is Liberation!***

## PURPOSE

HEART CENTERED  
CREATOR

# PURPOSE: THE HEART-CENTERED CREATOR

**Qualities:** Our journeys are all so different. Some are keenly aware of purpose – their purpose – at a very young age. A healthy sense of embodiment, self-awareness and self-image often encouraged by families with healthy boundaries and a good dose of unconditional love and nurturing always helps.

Their Soul chose that path here in this lifetime and they were ready for the evolutionary awakening early.

For others the seeking takes more time. The unlearning of conditioned programs adds a layer.

Whatever our path, our Soul's have an agenda for us in this lifetime and it's our opportunity to tap in, explore, evolve, and expand in the limitless potential we truly are.

We're still oriented toward an anthropocentric worldview where we humans are the center of life. Although still separate, we choose sovereignty and follow our inner compass meeting life on its terms.

## **PURPOSE: HEART-CENTERED CREATOR CONTINUED**

When we live our life from the place of our Purpose, as heart centered creators we place emphasis on mindfulness, compassion to self and others, growth and learning to co-create with our Souls.'

We source our boundaries from honoring needs of self and others, money is attached to emotion and we focus on alignment and gratitude. We defend our purpose because that's 'why we're here' and from here we are nourished and our energy fed.

**Follow the 40 Days of Devotion Prompts and explore what's here for you**

### **Fire**

Take it to the fire. You can write on small papers or take little sticks.

Blow each role and teacher into them before placing them into the fire to be transmuted to their highest form of medicine.

Burn all the roles and teachers in the fire and as you honor them, feel into what they have taught and the gifts you've received. You are stepping into being as Quantum Creator

## PURPOSE

HEART CENTERED  
CREATOR



## IDENTITY

PROGRAMMED  
CREATOR



## PURPOSE IDENTITY

On our trajectory toward Higher Purpose, we know that being in, and coming from Purpose as a Heart Centered Creator is awesome. For most of our adult lives this has been the holy grail.. To know your purpose. Why you're here. To feel a deep sense of fulfillment...

As our collective evolves more and more are awakening to a realization that there is more, there is another way because once in this place of Purpose, it can become our identity layered with societal programs. We reach a point where perhaps the old coded ways of being are outgrown. There is more.

When we need to articulate our purpose, when our purpose is a "what," or a 'marketing message' or a canned keynote statement of WHO I AM. When it becomes you so that when or if you're not aligned or DOING ENOUGH- it's draining and leads to burnout. The ultimate shame game, "I thought I was on purpose," Who am I now if I'm not that?"

This is the nudge toward Higher Purpose.



HIGHER PURPOSE  
QUANTUM  
CREATOR

## HIGHER PURPOSE: THE QUANTUM CREATOR

**Higher purpose is not a 'What', it's a 'How.'**

Before we move to Higher Purpose, remember to bring the inquiry to your 40 Days of Devotion practice around what Purpose means to you

- What does it mean to be in devotion to your purpose?
- How does that differ than being in devotion to purpose?
- What are some purpose identities you've been devoted to?
- What identity traps have show up for you?
- How have you experienced purpose identity?
- What's the specific nudge for something more expansive feel like?

\*There's so much to extract in this practice. Please ask for support if anything feels stuck or you'd like some extra guidance!



HIGHER PURPOSE  
QUANTUM  
CREATOR

## HIGHER PURPOSE: THE QUANTUM CREATOR

We have so many purposes in this one life it's crazy to think we have ONE PURPOSE.

Our purpose is to know ourselves. Our purpose is to know what it means to be a Soul in a body, a healthy body, to co-create, to express, to steward beautiful life giving environments, and to expand and express as happy, harmonious being.

We can define purpose in myriad of ways and yet we all have an essence, that energy of who we are that lends flavor to everything we do. And that which we choose to focus on with most rigor, and create – that is the 'thing' we feel is our purpose.

As we choose to claim and step into higher purpose, we reframe purpose as HOW we be, as MINE, as how we receive information, how we take action, how we engage with others and the world, and how we perceive the world instead of what we DO or what we're ABOUT.

# HIGHER PURPOSE

The HOW is about engaging our capacity as Quantum Creators. As Quantum Creators we are tapped into a higher intelligence which delivers information, guidance, insight, knowing. We know because we know.

We're tapped into the ancient past, and future intelligence, we're able to see beyond the program.

As Heart Centered Creators on Purpose we rely on our inner knowing, in Higher Purpose we rely on a universal knowing – gnosis.

We are tapped into a multidimensional field with numerous tracks and timelines.

We can jump timelines and jump tracks at will – with intention. When we find ourselves utilizing the Identity Programmed Creator paradigm and we want to shift we can 'jump tracks' to our Quantum Creator selves. In other words, we have purview to access all states and ways because we're aware of 'where we are coming from.'

In Higher Purpose we become masters of discernment and 'just know.' We listen to guidance we receive even if it's not coming from our control, INTUITION or knowledge. Guidance drops in and we listen.

# HIGHER PURPOSE

We are tapped in at a multi-sensory, interdimensional level and sense what messages mean and we know when to listen.

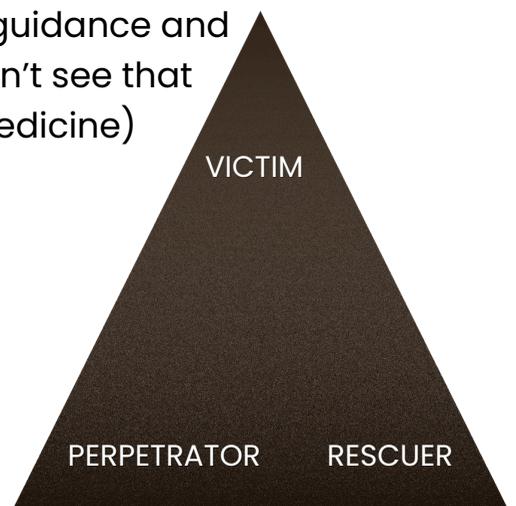
We trust our visions, precognition, remove viewing, our 'hits,' and downloads.

We master our powers of perception and our ability to read others expands dramatically.

We influence through presence. Yes, we work at it, though what we're really doing is shedding old programs to reveal the powers already here. We're unlearning old programs and remembering who we really are. From here emerges what we're really here to do.

In place of judgement we discern, we resonate or we don't, we feel energy and move from instinct – knowing we are responding (not reacting) for the best and highest good of all. We no longer need to apologize for our choices and decisions because we know what's best for us came from higher guidance and therefore it's good for other. If they don't see that yet, it's ok, it's an opportunity (their medicine) to grow.

We're completely off the triangle of disempowerment.



# HIGHER PURPOSE

We no longer live from expectations of others.

Our worldview is Eco-or Cosmo-centric and we exist in an ever-evolving hologram.

Where life happens **to** our Identity self, and **for** our Purpose self, life happens **through** our Higher Purpose self.

We are a vessel for a higher form of creation and we live in reverence to the good fortune we are experiencing in all forms.

Your **40 Days of Devotion** practice will sharpen our consciousness toward Higher Purpose. Continue to pour in and sharpen your ability to discern your 'come from.'

Where is the thought, problem, challenge, issue coming from and what part of you is responding? Is it the programmed self, the heart centered self, or the quantum higher vibrational frequency self - your Soul?

***Devotion as a portal for reverence will feed our energy field with magic receptors. The oracles of synchronicity avail themselves everywhere.***

The quantum field is no make-believe mythical story. It's science.

Thing is there's more than one science and as we evolve we're remembering to look in hidden places, ancient libraries, and in our own deep remembrance that there is so much more than we've been told.

There is science for each, the old program science, the heart centered science, and quantum creator science. And even the no linear is linear, depending on the math.

The old program seeks to keep the old systems in place, and in order to run them, old identities and programmed creators are needed. Even if we make nuanced changes and upgrades to the system, identity programmed creators can roll with those changes. And now with an abundance of greenwashing and purposewashing, so too can purpose heart centered creators roll with them, keeping old-ish systems in place with a newly purpose polished glow.

This is why WE are feeling called to a truth that is higher.

Purpose Heart Centered Creators are definitely game changers. They change the story and narrative. Quantum Creators slash old paradigms empowering our highest timeline of possibility. This is the playground we're activating, remembering and empowering.

You get to leverage all parts. Remember jumping tracks is available 24/7 on speed dial.

Feel into Higher Purpose as a Quantum Creator in your 40 Days of Devotion practice.

## HIGHER PURPOSE

Notice any blocks or lack of clarity – we’re feeling in at first, like dancing with a stranger. Soon you’ll know the moves and dial in all the way. Get in the zone, feel that flow. Commit to this dance for 40 days (or more) and you will absolutely begin to feel old identities shifting, and new parts of yourself coming online.

## TRAPS

Hold awareness when a need arises to identify with Higher Purpose as a What or as a ‘my higher purpose.’

The traps of branding and naming ‘it’ will arise. We still get to indulge in the world on Purpose.

Higher Purpose isn’t an Identity, it’s a way of being, a frequency, the feeling of liberation, and it’s where we activate our highest potentials.

## THE FRAMEWORK

On the next page you’ll find the framework laid out. As you practice your 40 Days of Devotion, each day, reference the chart, also in the Alignment One portal, and ask, “Where are you coming from?”  
Explore ....

# ACTIVATE HIGHER PURPOSE

IDENTITY	PURPOSE	HIGHER PURPOSE	Creator Zo... <span>▼</span>
PROGRAMMED CREATOR	HEART CENTERED CREATOR	QUANTUM CREATOR	What's something you want to shift? Check the Zone you're in most for the theme of the row
<b>How we know what we know:</b> intellect, logic, mind	<b>How we know what we know:</b> intuition, inner compass	<b>How we know what we know:</b> we are "radio antennas" attuned to universal intelligence	
<b>How we know what to do:</b> figure out, change mindset, think, look to authorities, follow the rules	<b>How we know what to do:</b> look within, imagine and visualize, prioritize flow states, avoid identity traps	<b>How we know what to do:</b> Discernment, receive vision and guidance, spontaneous intelligence, just know	
<b>How we interface with the "other":</b> judge, control, resist, compare, obey, imitate, react, try to get	<b>How we interface with the "other":</b> curiosity, compassion, presence, give	<b>How we interface with the "other":</b> sensing, perceiving energetic resonance and dissonance, wonder, there is no "other"	
<b>Fundamental orientation:</b> Anthropocentric- we are separate from each other, from nature, and from the cosmos. To get our needs met and to feel safe in the world, we need to control more, be guarded and cautious, and prioritize safety over growth	<b>Fundamental orientation:</b> Anthropocentric -we are separate and sovereign with the capacity to resource ourselves in healthy ways	<b>Fundamental orientation:</b> Eco-centric / Cosmo-centric - everything is energy, and we are microcosms of the macro in a dynamically evolving hologram	
<b>Relationship with life:</b> life happens TO me, and it's hard, everything is hard, so you work hard and it may turn out ok	<b>Relationship with life:</b> life happens FOR and FROM me, and I'm resilient and growth-oriented	<b>Relationship with life:</b> life happens THROUGH and AS me, and evolution just is	
<b>Identity:</b> personality with a body, conditioned programs include lineage, social input and family template	<b>Identity:</b> soul, emotions, empathy, body and mind	<b>Identity:</b> vessel for, and instrument of creation	
<b>Relationship with emotions:</b> ignorant, awkward, unconscious, unwelcomed	<b>Relationship with emotions:</b> constructive, mindful awareness, self-compassionate	<b>Relationship with emotions:</b> emotions are welcomed and useful data in the feedback loop that is Consciousness learning about itself	
<b>Value:</b> externally defined then internally reinforced by imprinted beliefs and performative requirements (game)	<b>Value:</b> intrinsically generated (guilt)	<b>Value:</b> created in service to the highest expression of life force for all (no guilt)	
<b>Time:</b> rigid constraint, often adversarial, usually creating contraction in the body and an upregulation of cortisol	<b>Time:</b> honoring of own pace of creation	<b>Time:</b> a useful construct that can catalyze creative power	
<b>Money:</b> physical object associated with power or lack thereof, scarcity program	<b>Money:</b> creatively sourced, emotionally driven	<b>Money:</b> a natural flow of currency that can expand the presence of love, mythical manifestation	
<b>Boundaries:</b> judgement	<b>Boundaries:</b> honoring of needs, preferences, desires	<b>Boundaries:</b> serve the flow of creative power and harness and direct energy appropriately - discernment	
<b>Success Paradigm:</b> Achievement	<b>Success Paradigm:</b> Alignment	<b>Success Paradigm:</b> Is-ness	
<b>Warm expression:</b> appreciation (expectation)	<b>Warm expression:</b> gratitude (reciprocity)	<b>Warm expression:</b> reverence (sacred flow)	
<b>Dangers</b> falling into identity traps	<b>Dangers:</b> falling into Purpose Identity	<b>Dangers:</b> Falling back to Purpose Identity or Purpose traps - or compromising to belong or applying the rules of purpose to higher purpose, (ie. figure out what's happening and why it's happening) .	
<b>About How:</b> Traditional leadership	<b>About How:</b> Conscious Leadership	<b>About How</b> - Awakened Leadership -How am I being, how am I creating, all about raising the frequency on the planet -as the source of one's joy and success- and manifestations of all desired outcomes - Leverage the program and heart center for playing in the 3D realm	
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# Activate Higher Purpose

Thank you thank you thank you.



*Stephanie Trager*

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# Be True to You

Stephanie Trager