

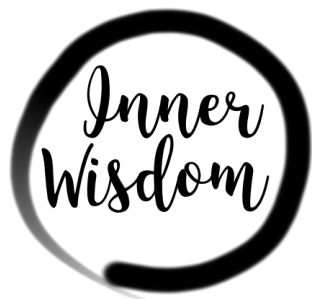


# Inner Circle Wisdom Class

*With Kelly Schwegel*

## #29

*"Social Interaction and the  
Art of Standing in Your Quiet  
Power"*



Kelly Schwegel

# Social Interactions

- Having an exchange between two or more individuals
- A building block of society



# Standing in your quiet power

- Internal Strength
  - Not external control
- Feminine energy
  - Receiving
  - Free flowing
  - Intuitive
  - Wise



# Social interaction is an art form

- Triggers
- Emotional drivers
- Reactionary behaviors
- Personal needs

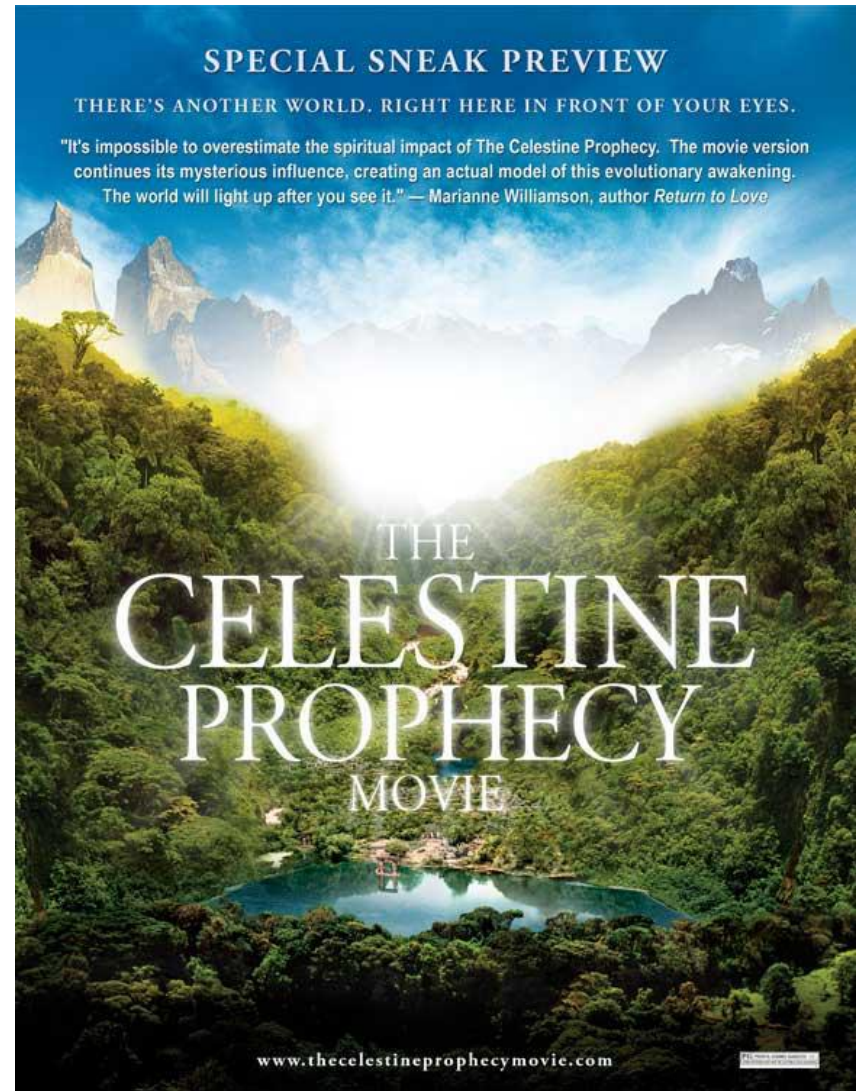
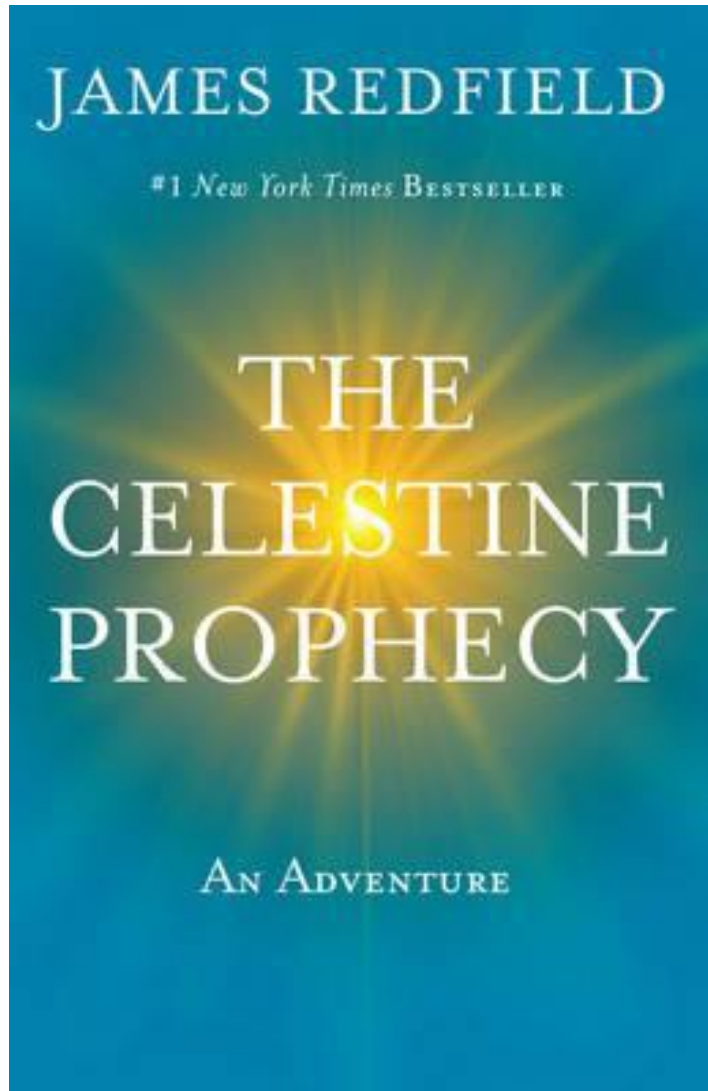


# Reactions based on fear

- Fear + anger = fight/confrontation
- Fear + powerlessness = flight/avoidance
- When you feel
  - Threatened
  - Backed in a corner
  - Unsafe
  - panicked



# Celestine Prophecy



# The Celestine Prophecy

1. Looking for more meaning in life
  - synchronistic events; following them will start you on your path to spiritual truth
2. Observe our culture
  - Under the thumb of the church
  - Preoccupied with material comfort
  - Ready to discover life's ultimate purpose
3. Energy infuses all things
  - Learn to work with it
  - Understand how it works



# The Celestine Prophecy

4. An unconscious competition for energy
  - underlies all conflicts
5. Open up to spiritual teachings
6. Heal childhood traumas
7. Once cleared of traumas, you can build energy through contemplation and meditation (pineal)





# The Celestine Prophecy

8. Operate with tamed ego
  - Share wisdom when asked
9. Evolve into spiritual light beings here on Earth
  - Evolve with the Earth vibration



# The Fourth Prophecy

A unconscious competition for energy

- underlies all conflicts
- dominating or manipulating others
- we get the extra energy we think we need
- feels good - but both parties are damaged in the conflict



# The Fourth Prophecy

- Conflict occurs when humans feel the need to control and dominate one another
- Subconscious arguments between people in relationships are, in fact, about who will hold the “power”



# The Fourth Prophecy

- When we are not aware of our own internal power we try to get it from others through control
- Conflict occurs when humans feel the need to control and dominate one another



# The Fourth Prophecy

- Subconscious arguments between people in relationships are, in fact, about who will hold the “power”
- When we hold power over another we absorb their energy, which can be gratifying and addicting
- Power creates safety



# Why do we need power?

Human conditioning or Mature/Old Soul

- Power stripped as a child
- In a controlling relationship
- No one to rely on in childhood
- Young soul
- When there is control
  - Your future is safe
  - You don't rely on anyone else
  - You are in power
  - You are safe





# Indigos



1. May be strong willed independent thinkers who prefer to do their own thing rather than comply with authority figures/parents
2. Have a wisdom and level of caring beyond their youthful experience
3. Traditional Parenting and discipline strategies don't appear effective with these children. If you try to force an issue, a power struggle is the typical outcome.
4. Energeticly, Indigos are vibrating at a much higher frequency so they can get scrambled by negative energy (human or machine)
5. Emotionally they can be reactive and may have problems with anxieties, depression or temper rages if not energetically balanced



# Indigos



6. Are creative right brain thinkers, but may struggle to learn in a traditional left brain school system
7. Often Indigos are diagnosed with ADD and ADHD since they appear impulsive (their brain can process information faster) and they require movement to help keep them better focused.
8. Indigos are very intuitive, and may see hear or know things that seem unexplainable.
9. Indigos have more problems with food and environmental sensitivities, since their system is more finely tuned.
10. When their needs are not met, these children seem self centered and demanding, although this is not their true nature. They are emotionally sensitive
11. These children have incredible gifts and potential, but they may be shut down when not properly nurtured and accepted



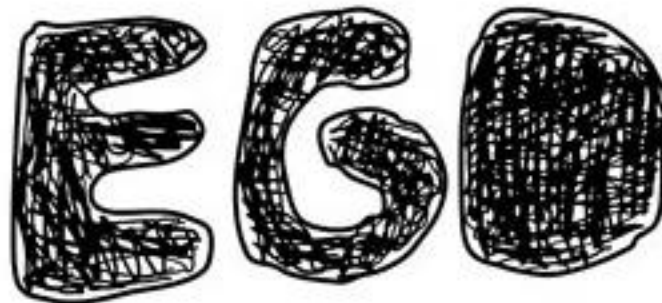
# Shared energetic space

- Mutual respect
- Standing in internal power, not external
- Reining in your energy
- Speaking a truth internally first
- Speaking a truth externally without confrontation



# Spiritual Consciousness

- Becoming aware of the ego at play
- Unveiling the purpose of this life here on earth
- Becoming detached from what others do and say while still trying to become a better, more balanced person



# Balancing of opposites

- Conjunction
- Giving and receiving
- Power vs. Force



# Stages of Social Interaction

1. Forming
  - Honeymoon
2. Storming
  - Finding your differences
3. Norming
  - Finding how to work best together
4. Performing
  - Working as a team



# Standing in your quiet power

- Internal Strength
  - Not external control
- Feminine energy
  - Receiving
  - Free flowing
  - Intuitive
  - Wise



# Resources

- Celestine Vision by James Redfield <http://www.celestinevision.com/2015/05/spirituality/the-celestine-prophecy-fourth-insight-experience-study/2/>