



ANASTASIA

ADVOCATE, ALCHEMIST & APOTHECARY

THE JOY ACCLIMATION PROCESS

There are stages in the process of moving from your current level of Joy to higher levels of Joy in your life. The following maps out each stage you will go through and highlight the challenges and opportunities of each Stage. By going through this process you are making one of the most pivotal shifts in your life. Get ready because your life is going to get AMAZINGLY Joyful and Magical. Finally you will reconnect with who you were born to be.

Stage 1: Lack of Awareness

You are in the current Joy Level that is your Joy Set Point which is what you have been used to up until this point. You are bumping around in this state, not fully conscious of it.

Challenges of this Stage: You are struggling with depression, anxiety and apathy but you aren't sure why.

Opportunities: The pain of this stage is what prompted you to get help. The struggle and pain is a good thing and can motivate you to learn, grow and change.

Stage 2: Awareness that your Joy Level is within your control and is adjustable. It is not set in stone but can be raised to whatever level you desire. This is a core shift from being a Victim to embracing the reality that you are a powerful Spiritual Being with unlimited potential to create your desired emotional state.

Challenges of this Stage:

- You might go in and out of believing you really are in control and that your Joy level is adjustable.
- There can be some resistance to embracing this shift because your Conditioned Self knows once you make this shift, it loses control of all the ways it has tried to keep you safe (even though those methods have kept you out of Joy.)
- You struggle with truly believing this. What will help you make this shift fully is practicing the Joy Techniques in Stage 3.

Opportunities:

- This is one of the key shifts that will change your life. When you move from Victim to knowing that you are a powerful Spiritual being, EVERYTHING changes.
- Hearing inspirational stories from others who have made this shift can help inspire you. These can be stories from your Therapist or Coach or other people you meet in this process (at a Joy Workshop or in a Group).
- This shift helps you to be open and receptive to the Joy Techniques you will be using in Stage 3.

Stage 3: Practicing Joy Techniques

You begin using the Joy Techniques to begin to raise your Joy Level.

Challenges of this Stage:

- Your Joy levels can go up and down dramatically as you practice. It initially can feel like a roller coaster as you go up and down as you practice.
- Your Conditioned Self can sabotage and try to get you back down to your old Joy Set Point. Notice when this happens and help your Conditioned Self know it is safe to be in higher levels of Joy.
- You may move into deeper releasing and healing of unresolved issues from your past. Don't worry since the higher vibration of Joy can help you move through this rather quickly.

Opportunities:

- When you move to higher states of Joy your body is adjusting to the higher vibrational field of the new level of Joy. There can be an adjustment phase as the new level becomes normal for you and your system can hold the higher vibration.
- You will be surprised at how quickly you can begin to shift into Joy and wonder why no one ever showed you how to do this before.
- It feels like a whole new world has opened up for you. Friends and family begin to make comments that you have changed and seem happier.
- It feels like your life is finally how you always knew deep down inside it could be!!

Stage 4: Commitment

- You are encouraged by the power of what you learned in Stage 3, that you are able to shift your Joy Level and now move into commitment.
- You are committed to working with the Joy Techniques consistently and challenge yourself to remain in Joy no matter what.
- You are excited by challenging situations because you can deepen your skill level to shift into Joy regardless of what is going on around you.
- You are able to hold Joy consistently for longer periods of time.

Challenges of this Stage: Your Conditioned Self may try a big attempt to revert to moving back into your old, comfortable patterns. Just notice what it is and don't get pulled into it.

Opportunities:

- You have made the shift and you will never go back (for long) to your old patterns.
- You have practiced and maintained Joy consistently for longer periods and you now firmly believes you are ALWAYS in charge of this.
- It feels like a whole new world has opened up for you. Friends and family begin to make comments that you have changed and seem so much happier.
- There is no turning back; you are finally reconnected with who you came here to be – your Joyful, Loving Authentic Self!!