



“This is My Summer to Pivot”

Session Five - August 12

“RELEASE INTO YOUR REAL SELF”

Every meaningful pivot begins with a shift in consciousness. Before we can transform our lives, we must first remember who we truly are. From that awakened identity comes the resilience to face life’s challenges without forgetting our divine nature. And as we live from that truth, transformation becomes not something we force, but something we allow.

In today’s session, we’ll explore Day 224, in *The Pivot Year*. In this reading, Weist offers:

Day 224

Some of the very best parts of your life begin to flow right after you give up. After you give up on trying to be someone you're not, in placing other people's opinions higher than your own. After you stop trying to live out the plan that you have outgrown, after you stop trying to make the wrong pieces fit. Sometimes holding on isn't about muscling through, but knowing what you are meant to release along the way.

Introducing The Declaration of Principles (“What We Believe”)

by Ernest Holmes, originally published in *Science of Mind Magazine*, 1927
(updated for gender neutrality by CSL)

ONE GOD

We believe in God, the Living Spirit Almighty; one, indestructible, absolute and self-existent Cause. This One manifests Itself in and through all creation, but is not absorbed by Its creation. The manifest universe is the body of God; it is the logical and necessary outcome of the infinite self-knowingness of God.

EVERYTHING IS SPIRIT

We believe in the individualization of the Spirit in us, and that all people are individualizations of the One Spirit.



PERSONAL IMMORTALITY

We believe in the eternality, the immortality and the continuity of the individual soul, forever and ever expanding.

HEAVEN ON EARTH

We believe that heaven is within us, and that we experience it to the degree that we become conscious of it.

PERSONAL FREEDOM

We believe the ultimate goal of life to be a complete emancipation from all discord of every nature, and that this goal is sure to be attained by all.

UNITY OF ALL LIFE

We believe in the unity of all life, and that the highest God and the innermost God is one God.

PERSONALNESS OF GOD

We believe that God is personal to all who feel this indwelling presence.

PERSONAL REVELATION

We believe in the direct revelation of truth through our intuitive and spiritual nature, and that anyone may become a revealer of truth who lives in close contact with the indwelling God.

UNIVERSAL LAW

We believe that the Universal Spirit, which is God, operates through a Universal Mind, which is the Law of God; and that we are surrounded by this Creative Mind which receives the direct impress of our thought and acts upon it.

HEALING

We believe in the healing of the sick through the power of this Mind.

PERSONAL POWER

We believe in the control of conditions through the power of this Mind.



GOODNESS OF GOD

We believe in the eternal Goodness, the eternal Loving-kindness and the eternal Givingness of Life to All.

SELF-DETERMINATION

WE BELIEVE in our own soul, our own spirit and our own destiny; for we understand that the life of all is God.

God isn't creating a new you.

Life is removing what never belonged.



Session Four Activities

Day 224: “Sometimes holding on isn’t about muscling through, but knowing what you are meant to release along the way.”

Activity 1 — “The Stone I Am Ready to Lay Down”

Complete these sentences:

- I have been trying to be...
- I have been carrying...
- I keep believing I should...
- One role that no longer fits me is...
- Today I choose to release...

Activity 2 — " My Divine Identity Statement"

The Pivot Year, Day 224 says:

“After you stop trying to live out the plan that you have outgrown, after you stop trying to make the wrong pieces fit.”

Instead of saying:

"I am what happened to me..."

I say:

I am...



Examples:

I am an individualized expression of Divine Love.

I am wisdom expressing itself.

I am creative possibility.

I am courage becoming visible.

I am peace in action.

I am joy embodied.

I am enough.

Activity 3 — “My Pivot in Five Words”

I RECOGNIZE... [Something I see more clearly now.]

I REMEMBER... [A truth about myself I had forgotten.]

I RECLAIM... [A quality, dream, possibility, or power that belongs to me.]

I RECHOOSE... [A thought, belief, practice, or way of being I will consciously choose going forward.]

I RELEASE... [Something I no longer need to carry into my next chapter.]



AND NOW I REVEAL...

From this moment forward, I am willing to be _____.

Week Five Daily Practice

During each evening's Daily Review ask yourself:

1. What did I notice today that I am ready to release or stop forcing?
2. Where did I show up today as my authentic, Divine Self rather than who I thought I was supposed to be?
3. What do I choose to carry forward into tomorrow—and what am I willing to leave here?



Homework – Session Five

Read/Review Day 224 in The Pivot Year

Complete ALL Activities (above)

Our “My Summer to Pivot” Daily Practice:

Begin **each morning**, during SS’26, by completing these four sentences:

1. Today I **intend** to...
2. Today I **choose** to embody...
3. Today I **focus** my attention on...
4. Should I lose my center, I will gently **return** to...



Session Five Assignments

1 – A Slight Pivot

Daily **INTENTION** setting (see above)

Weekly **READING** (see above)

+ Write a weekly affirmation: **My affirmation for this week is...**

2 – A Half Pivot

Daily INTENTION setting

Daily **READING** in The Pivot Year

+ **Commit to show up next week**

+ **Answer these questions:**

- What am I noticing?
- What am I releasing?
- What am I choosing?

+ **Write a supporting daily affirmation:** My affirmation for **today** is...

3 – *A FULL PIVOT* (This option is no longer available.)

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1– A SLIGHT PIVOT

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2 – A HALF-PIVOT

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3 – A FULL PIVOT