

La Familia Nuestra®

BIG PICTURE: This enclosure is designed to assist you working with the La Familia Nuestra® (LFN) Energy Calendar and Concept Maps, collectively called LFN. LFN includes: monthly themes, daily color coded energy bands, stickman concepts and other graphics*. It is essential that you respect that your sensitivity and guidance, not your intellect, is your best ally in this endeavor. The information here is designed to help you and your guidance in this endeavor. It is not a substitute for your free will, common sense or personal initiative.

Dr. Francisco Coll founded and defined the La Familia Nuestra service between 1985 and 1987. It is the fourth service in the Four Pillars of Spiritual Freedom. Dr. Coll first mentioned it without name as a service to “help you with your direction”. Though much of the service relates to either the energies hitting planet earth, or the concepts affecting people and the environment, it is a service designed to assist you with direction, timing and where to most effectively focus your energy.

Dr. Coll frequently was given these energies, pictures and concepts 18 months or more in advance by spirit. This tradition lives on through his son, Francisco D. Coll, and others working with him. Frequently the themes of the month and concepts will show themselves in the media or the environment



UNDERSTANDING ENERGY: Part of mastering yourself includes mastering your energy and the impact of those we live and work with. Most people have trouble either with people or the environment. We live in a sea of energy and concepts that can work for us or against us if we don't understand how to flow with a bigger picture. The seven color coded energies are described on the enclosure “**Descriptions of the Energy**” with a square color code by each. Read and refer to them. They are listed in order from a more feeling and relaxed energy to the more intense.

Action, Ambition and Direction energies require more planning and goals to effectively work in without big ups and downs, unexpected pitfalls or “tragedies.” Detailed direction, agendas, and goals are strongly suggested in each, but particularly in *direction* and *action energies*. Otherwise you may waste a lot of opportunity and energy and /or move in the wrong timing. Spiritual energy is another form of money, backing, and fuel.

Orientation is a more relaxed energy; a good time to plan or set new goals and direction. Don't waste this more casual time!

Regrouping Our is a great time to take time out for yourself and regroup yourself spiritually, materially and physically. Physical projects in your home or office are suggested to keep you grounded and to get new insights from spirit.

Friendship and Family energy are frequently on weekends or holiday times. You may find it challenging to stay directed in business when this energy occurs. Fun, family and fellowships are strongly suggested.

UNDERSTANDING THE THEMES: Read a good dictionary definition; meditate on what it means for you with your guidance before the month begins or on the first day. The Wayshowers Philosophy is based upon the theme of the month and is usually shared near the first of each month by Francisco D. Coll on an ALC conference call and emailed to the grass roots soon thereafter.

* The stickman concepts are in the level two and three subscriptions. The theme of the month and color coded energy is in each of the three levels.

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PRACTICALITY: Obviously to get the most out of this service, you need to be involved in life and directed to reach people or places, near or far. It also helps to have spiritual and material direction, objectives and agendas for each quarter, month, week and day. These objectives will be most rewarding when coordinated with the calendars. If its *family or friendship energy*, for instance, it's a good time to be with or communicating to people, especially family or friends. That doesn't mean making a religion out of being with your traditional family or friends, but at least respect this is a more social energy, time to be with, relate to people and have fun with people.

There have been cases where the graphics on a particular day matched up completely with important events, for instance the 1989 San Francisco earthquake and 911. Working with guidance and key word sentences using the themes and energy is a great way to have deeper LFN experience. You might want to ask your guidance to give you a feeling or experience for each energy and theme and to assist you in setting goals to master working with each energy and theme.

TECHNIQUE: One of the most powerful tools in all of the programs and movements founded by Dr. Francisco Coll is the key word and key word sentence. The most important thing is consistency and setting time aside to work with planning and key words with your guidance.

DAILY: The daily technique is to write down the theme for the month, energy of the day and your personal key word. Meditate on each and read them from front to back and back to front. If a pattern, solution or insight stands out to you, write it down in your daily journal or personal organizer.

Check with guidance whether to write a key word based sentence using the keywords from front to back or back to front. Write it down where you can meditate or use it whenever you need inspiration, regrouping or direction. Writing from front to back (theme first, energy second, key word third) order helps you more with direction. Starting with your key word first and theme of the month last works more with the feeling for the energy and healing.

MONTHLY: A similar technique can be used in planning each month using your personal key word and the theme of the month. After you master that you can add key pictures and other variations you learn. You can plan ahead weekly and quarterly. At the end of each day, week or month regroup what you learned that relates to the sentences, energy or key words; what you physically accomplished, what you would do different and your highlights. Keep it compact and simple, journal as much as feels good to you. You may want to regroup with others you live or work with, particularly if they are subscribers, but never assume or impose on them.

YEARLY: At the end of each year, it is suggested that you review each calendar or theme and write a keyword sentence for the year. This helps compact your wisdom and streamline your energy. It is important to balance your thoughts and understanding with your feelings and experience, without losing the feeling and purpose for what you are doing and why.

ADDITIONAL HELP: If you need assistance, contact your Journeyman or other current or former subscribers you have an affinity with at this time. Make sure you read all the enclosures with your calendars first.

La Familia Nuestra course 100 gives in depth immersion in making all of this practical, particularly how people and concepts can affect or block our progress. In addition it is possible to experience LFN group-work which includes working with the calendars, themes, energy and concepts. Periodic La Familia Nuestra 100 series courses are part of this opportunity.

Successfully using the LFN calendars is 50% following a suggested step by step process, and 50% using your own sensitivity to discern additional insights from Spirit.