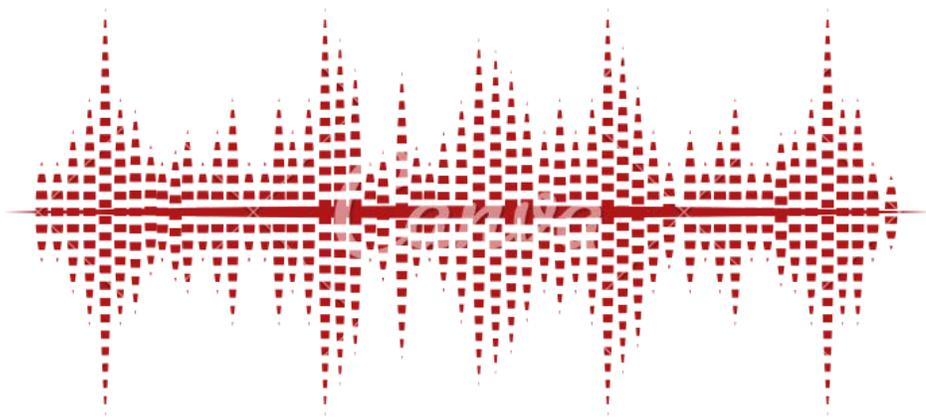




THE SCIENCE OF EMOTION





THE SCIENCE OF EMOTION

Understanding the Influence of Hormones

Familiarize yourself with the following hormones for a better understanding of habitual emotion and inner turmoil:

NAME & DESCRIPTION	SYMPTOMS
<p>SEROTONIN</p> <p>WIDELY KNOWN FOR PLAYING A MAJOR PART IN REGULATING MOODS, SEROTONIN HAS BEEN CALLED THE BODY'S NATURAL "FEEL GOOD" CHEMICAL AS IT IS INVOLVED IN YOUR SENSE OF WELL-BEING. THIS IS TRUE WHEN SERRATION LEVELS ARE WITHIN NORMAL RANGE. LOW LEVELS ARE ASSOCIATED WITH DEPRESSION.</p>	<p>High Levels - Sensitive, Peaceful Nature Low Levels - Violence, Aggressive, Mean</p>
<p>CORTISOL</p> <p>CORTISOL IS NATURE'S BUILT-IN ALARM SYSTEM, KNOWN AS THE STRESS HORMONE. IT WORKS WITH CERTAIN PARTS OF YOUR BRAIN TO CONTROL YOUR MOOD, MOTIVATION AND FEAR.</p>	<p>Fight or Flight Instinct Regulates Blood Sugar Controls Sleep Cycle Boosts Energy After Stress</p>
<p>OXYTOCIN</p> <p>OXYTOCIN INFLUENCES OUR LIFE THROUGH TOUCH. IT IS A CRUCIAL BONDING AGENT FOR RELATIONSHIPS. HOLDING HANDS INCREASES OXYTOCIN LEVELS. THIS HORMONE BONDS AND ATTACHES US TO THOSE WE LOVE. INVOLVED IN PARENTING BEHAVIORS, IT REDUCES STRESS AND KEEPS US "IN TOUCH" WITH EACH OTHER.</p>	<p>Involved Childbirth & Breast-feeding Empathy, Trust, Sexual Activity & Relationship Building</p>
<p>DOPAMINE</p> <p>DOPAMINE IS A CHEMICAL RESPONSIBLE FOR SENDING MESSAGES BETWEEN THE BRAIN AND DIFFERENT NERVE CELLS OF THE BODY. ITS MAIN FUNCTIONS DEAL IN MOVEMENT, MEMORY, SLEEP, MOOD, PLEASURABLE REWARD, BEHAVIOR AND COGNITION.</p>	<p>The Pursuit of Pleasure. Critical to Mood Disorders & Drug Addiction.</p>

The Science of Emotion



THE SCIENCE OF EMOTION

In 2005, the National Science Foundation published an article regarding research about human thoughts per day. The average person has about 12,000 to 60,000 thoughts per day. Of those, 80% are negative and 95% are exactly the same repetitive thoughts as the day before and about 80% those are negative.

Take the next 48 hours to monitor your daily thoughts. Your initial thoughts when you wake in the morning, how you feel on the way to work, dealing with children, after school flow, dinner, sleep time etc. Keep track of the underlying energy - Love vs Fear | Positive vs Negative. Low Vibration vs High Vibration. Keep a notebook handy throughout the day.



THE SCIENCE OF SELF

How Emotions Play Out Everyday

THE SCIENCE OF EMOTION

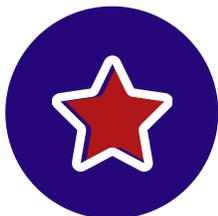
Fear shows up as.... Ex. Afraid to let my boss know his tone or management style makes me feel uncomfortable.



Self doubt shows up as... Ex. Afraid to enroll in night school & continue education.



Inner turmoil shows up as... Ex. Questioning myself every time I make a big decision.



The Science of Emotion



What role has fear played In your dreams & aspirations?

Recall examples in your adult life when there was an opportunity available and you either; didn't take advantage, moved on it too late, sabotaged the opportunity (directly or indirectly) or passed on it due to self doubt.

Opportunity:

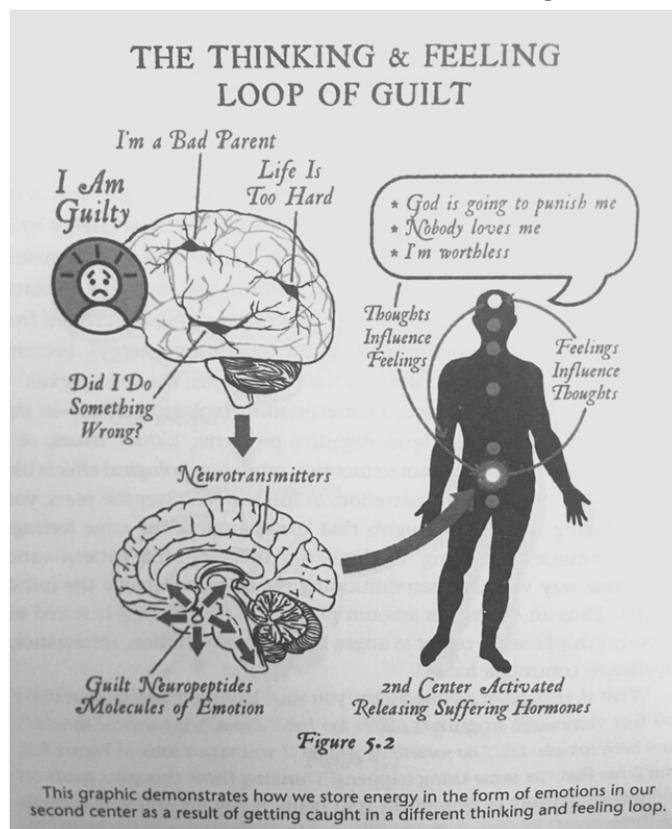
**Action Taken
Not Taken:**

End Result:

KEYS TO MANIFESTING YOUR REALITY

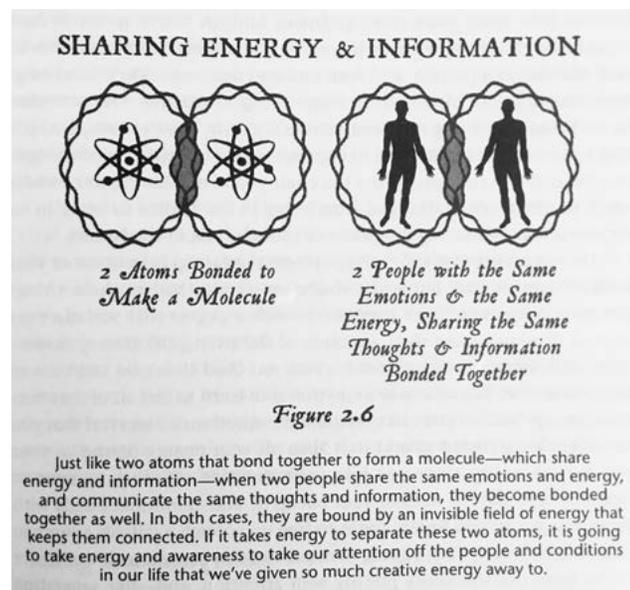
In "Becoming Supernatural" Dr. Joe Dispenza explains Fear and it's connection to Heart Intelligence -

Every thought you think produces corresponding chemistry equal to that thought, which in turn creates an emotion. Therefore, you are suggestible only to the thoughts equal to your emotional state. We now know that when our students are heart centered and feel more wholeness and oneness, they're less separate from their dreams. When they feel gratitude, abundance, freedom, or love, all of these emotions welcome corresponding thoughts. Those heart-centered emotions open the door to the subconscious mind so that you can program your nervous system equal to the thoughts of your new future. We also know that if they live in the feeling of fear or lack but try to think they're abundant, they can't produce a measurable effect, because change can only happen when thoughts are in alignment with the emotional state of the body. They can think positively all they want, but without a corresponding feeling or emotion equal to that thought, the message cannot be felt or understood throughout the rest of the body.



Continued -

So you could repeat the affirmation "I am fearless" until you're blue in the face, but if it's *fear* you're actually feeling, the thought *I am fearless* never makes it past the brain stem, which means you're not signaling the body and nervous system into a new, specific destiny. The feeling is what produces the emotional charge (energy) to stimulate your nervous system into a different destiny. With the feeling, a disconnect remains between your brain and body - between the thought of health and the feelings of health - and you can't embody that new state of being.

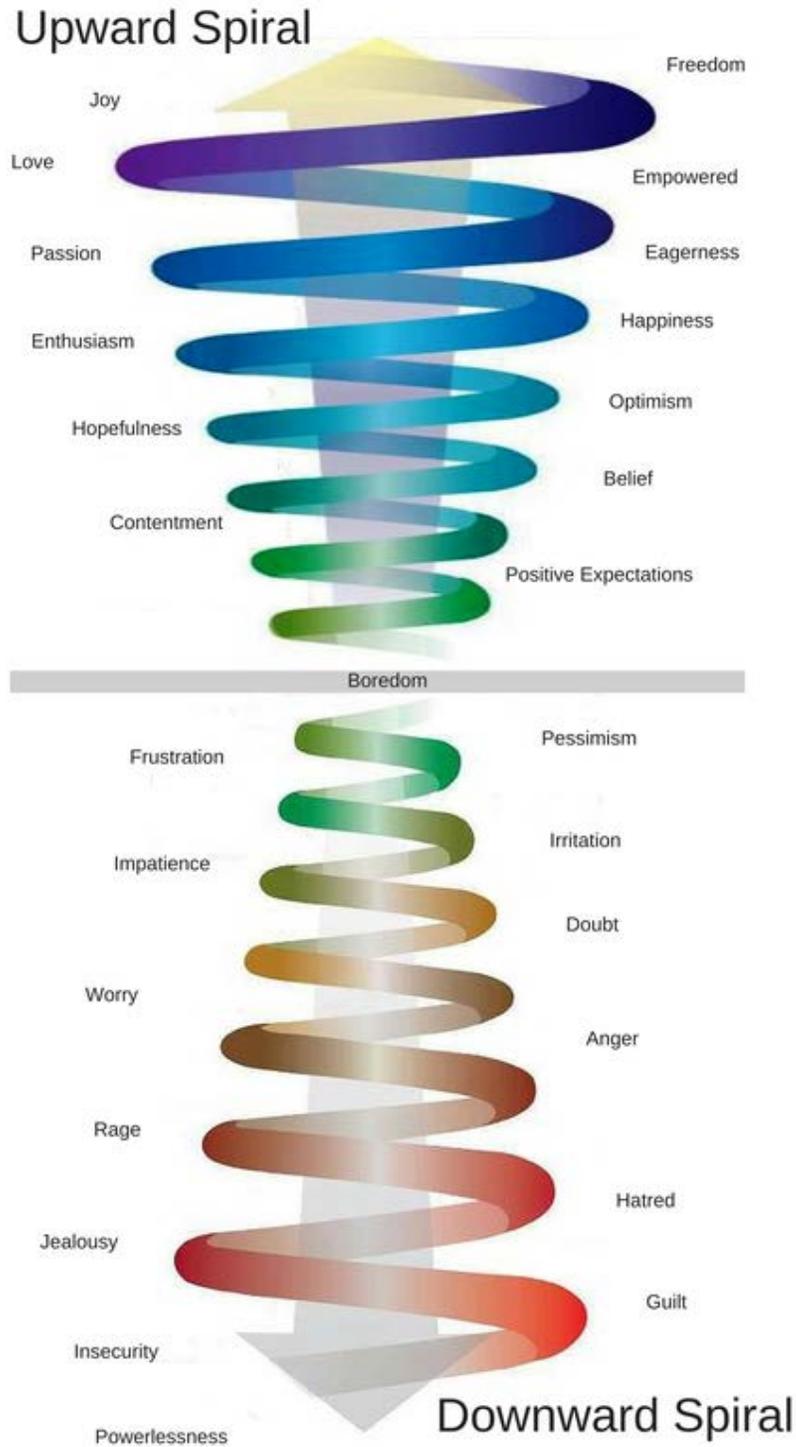


It's only when you change your energy that you can produce more consistent efforts. If you sustain these elevated emotions on a daily basis, eventually your body, in its innate intelligence, begins to make relative genetic changes. That's because the body believes that the emotion you are embracing is coming from an experience in your environment. So when you open your heart center, practice feeling an emotion before the experience occurs, and marry it with a clear intention, the body will respond as if it's in the future experience. That heart-mind coherence then influences your body chemistry and energy in a series of ways.

If coherence between the heart and the brain can originate in the heart, and their synchronization results in optimal performance and health, then you should be taking time every day to focus on activating your heart center. By intentionally choosing to feel the elevated emotions of the heart rather than waiting for something outside of yourself to elicit those emotions, you become who you are truly meant to be - a heart empowered individual.

THE SCIENCE OF EMOTION

Surviving Vs Thriving





THE SCIENCE OF SELF

SURVIVE VS THRIVE

Upward Spiral Emotions: Passion, Empowered, Freedom, Positive Expectations

Downward Spiral Emotions: Pessimism, Guilt, Powerlessness, Frustration

Describe one thing that you are passionate about right now:

If your friends / family had to identify an area of pessimism for you, it would be:

Powerlessness comes as a result of:

What does freedom mean to you?:

Guilt and Powerlessness are both located at the bottom of the downward spiral, indicating them as the worst of negative emotions. Please give your opinion in agreement / disagreement with that idea:



THOUGHTS BECOME THINGS: THE POWER OF THE SUBCONSCIOUS MIND



THE SCIENCE OF SELF



WHAT IS THE SUBCONSCIOUS MIND?

Thoughts Become Things: The Power of the Subconscious Mind The Science of Emotion

You have only one mind, but your mind possesses two distinctive characteristics. The two functions of your mind are essentially unlike. Each is endowed with separate and distinct attributes and powers.

The common reference used to distinguish the two functions of your mind is as follows: The objective and subjective mind, the conscious and subconscious mind, the waking and sleeping mind, the surface self and deep self, the voluntary and involuntary mind, the male and the female, and many other terms. The terms "conscious" and "subconscious" represent the dual nature of your mind.

Consider the Following -

The idea of deeper levels of information processing was developed and extensively studied by famous Austrian psychologist [Sigmund Freud](#) (1856 – 1939) who introduced the [3 level mind model](#). According to his model, the mind could be divided into following levels:

- **Conscious** – defines all thoughts and actions within our awareness.
 - For example, the beauty and pleasance of the smell of a red tulip
- **Subconscious** – defines all reactions and automatic actions we can become aware of if we think about them.
 - For example, our ability to drive a car: once we get skilled we stop thinking which gears to use, which pedals to press, or which mirror to look at, yet can always become aware of what was done once we think about it.
- **Unconscious** – defines all past events and memories, inaccessible to us no matter how hard we try to remember to bring things up.
 - For example, the first word we've learned to say, or how it felt to be able to walk on our own.



THE SCIENCE OF SELF

WHAT IS THE SUBCONSCIOUS MIND?

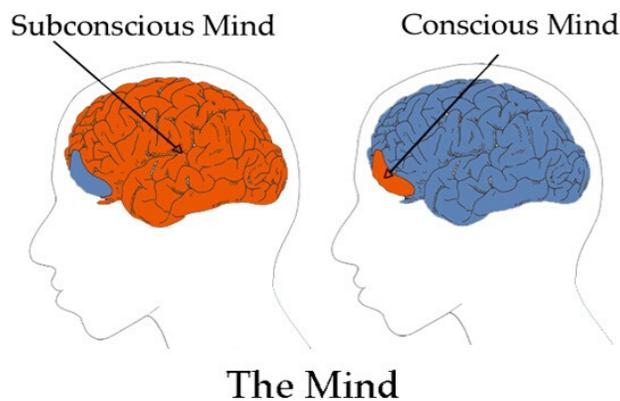
Thoughts Become Things: The Power of the Subconscious Mind The Science of Emotion

There are two levels to your mind:

The conscious or rational level

The subconscious or irrational level

You think with your conscious mind, and whatever you habitually think sinks down into your subconscious mind, which creates according to the nature of your thoughts. Your subconscious mind is the seat of your emotions and is the creative mind. If you think good, good will follow. If you think evil, evil will follow.

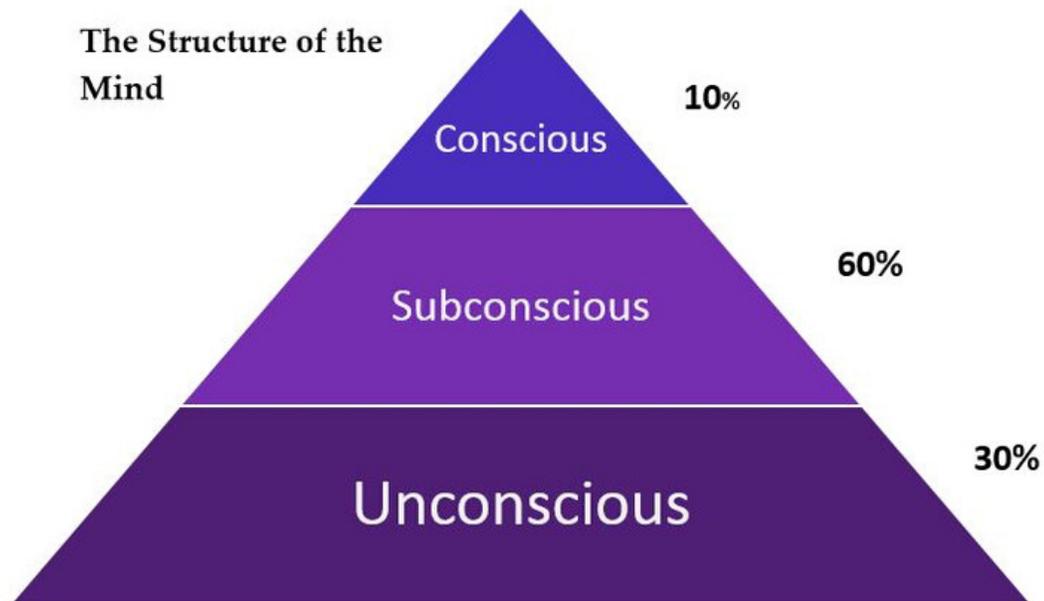


You must remember that these are not two minds. They are merely two spheres of activity within one mind. Your conscious mind is the reasoning mind. It is that phase of mind which chooses. For example, you choose your books, your home, and your partner in life. You make all your decisions with your conscious mind. On the other hand, without any conscious choice on your part, your heart is kept functioning automatically, and the process of digestion, circulation, and breathing are carried on by your subconscious mind through processes independent of your conscious control.



WHAT IS THE SUBCONSCIOUS MIND?

Thoughts Become Things: The Power of the Subconscious Mind The Science of Emotion



Conscious Mind

Thinking, rational, logical, planning
Sets goals, knows what you want
Short term memory
Goal: To Understand

Unconscious Mind

Early impressions (in utero, birth, 1st year)
Automatic physiological systems
Intellectual responses
Forgotten trauma
Cellular memory
Goal: To Survive

Subconscious Mind

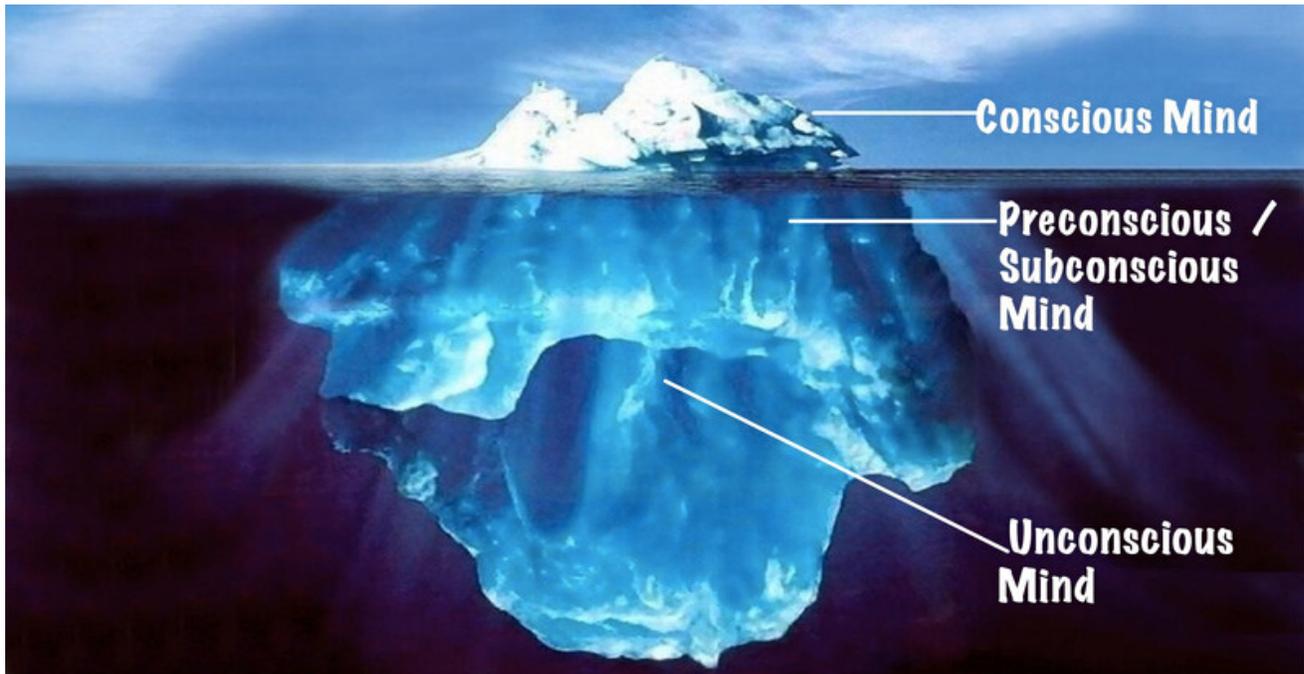
Semi-Automatic physiological systems
Holds beliefs about the world
Holds beliefs about self
Habits, thoughts, emotions
Fight or flight response
Remembered trauma
Long term memory
Protection
Fears
Desires
Goal: To Protect and Be Right



THE SCIENCE OF SELF

WHAT IS THE SUBCONSCIOUS MIND?

Thoughts Become Things: The Power of the Subconscious Mind The Science of Emotion



Innumerable experiments by psychologists and others on persons in the hypnotic state have shown that the subconscious mind is incapable of making selections and comparisons which are necessary for a reasoning process. They have shown repeatedly that your subconscious mind will accept any suggestions, however false. Having once accepted any suggestion, it responds according to the nature of the suggestion given.

To illustrate the amenability of your subconscious mind to suggestion, if a practiced hypnotist suggests to one of his subjects that he is Napoleon Bonaparte, or even a cat or a dog, he will act out the part with inimitable accuracy. His personality becomes changed for the time being. He believes himself to be whatever the operator tells him he is.

These simple illustrations portray clearly the difference between your conscious reasoning mind and your subconscious mind which is impersonal, non-selective, and accepts as true whatever your conscious mind believes to be true. Hence the importance of selecting thoughts, ideas, and premises which bless, heal, inspire, and fill your soul with joy.



THE POWER OF YOUR SUBCONSCIOUS MIND

THOUGHTS BECOME THINGS



1. Based on what you've learned so far, give a definition of the subconscious mind in your own words:

2. If your conscious mind is filled with worry, fear and doubt, what actions or programming do you think will take shape in your subconscious mind?

3. Give two examples of the duality of mind:

What is the Subconscious Mind?



Whatever the conscious, reasoning mind of man believes, the subconscious mind will accept and act upon.

Provide an example from personal life experience that validates the above statement...

Never finish a negative statement; reverse it immediately, and wonders will happen in your life... please list at least one example of a constant negative statement that you say to yourself without conscious thought...

I'm always saying this to myself -

Think about one belief that has been impressed upon your mind as a child that you have decided to let go. What was the belief and how has releasing those ideals moved you closer to living a free life?

Thoughts Become Things



The Power of the Subconscious Mind

Identify a thinking pattern that has manifested itself in your life:

In your opinion, how did the manifestation of a thought in your mind become a reality in your life:

Our subconscious mind is like a record player that keeps track of our feelings and emotions. What record, over the last five years of your life has been playing. Please explain:

Identify one new habit / goal that you would like to implement to reprogram your subconscious mind:

NAME

DATE

Thoughts Become Things



The Power of the Subconscious Mind

Make a list of your morning routine - things you do without giving your brain instruction:

Make a list of your bedtime routine - things you do without giving your brain instruction:

Summarize a negative belief that you say to yourself throughout the day. Try to identify any triggers that bring this feeling / thought up in your mind:

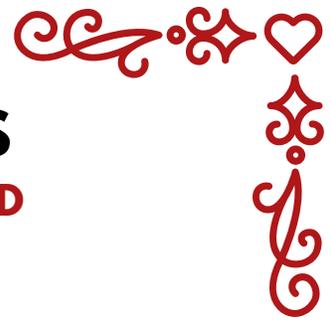
Identify a goal or state of mind that you can focus on during your bedtime routine that will program the subconscious mind and set the tone for a positive sleep / morning energy:

NAME

DATE

THOUGHTS BECOME THINGS

THE POWER OF THE SUBCONSCIOUS MIND



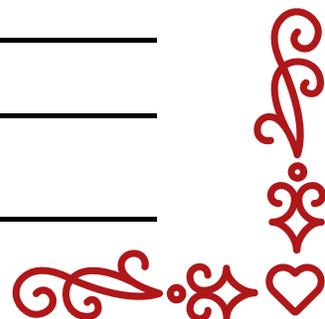
In this section, I've learned:

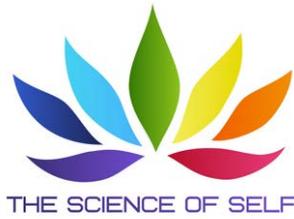
Give a brief description of the Conscious Mind:

WHICH PART OF THE MIND PLAYS A KEY ROLE DURING SLEEP AND WHAT IS HAPPENING DURING THIS PROCESS?:

MOST OF OUR SUBCONSCIOUS PROGRAMMING COMES FROM:

"BELIEF IS A THOUGHT IN YOUR MIND WHICH CAUSES THE POWER OF YOUR SUBCONSCIOUS TO BE DISTRIBUTED INTO ALL PHASES OF YOUR LIFE ACCORDING TO YOUR THINKING HABITS. ALL YOUR EXPERIENCES, ACTIONS, AND THE EVENTS OF YOUR LIFE ARE BUT REFLECTIONS AND REACTIONS TO YOUR OWN THOUGHTS. PROVIDE AN ARGUMENT FOR OR AGAINST THIS CONCEPT. "





THE SCIENCE OF SELF

IDEAS WORTH REMEMBERING

THE POWER OF THE SUBCONSCIOUS MIND

1. Your subconscious mind controls all the vital processes of your body and knows the answer to all problems.

2. Prior to sleep, turn over a specific request to your subconscious mind and prove its miracle-working power to yourself.

3. Whatever you impress on your subconscious mind is expressed on the screen of the universe as conditions, experiences and events. Therefore, you should carefully watch all ideas and thoughts entertained in your conscious mind.

4. The law of action and reaction is universal. Your thought is action, and the reaction is the automatic response of your subconscious mind to your thought. Watch your thoughts!

5. All frustration is due to unfulfilled desires. If you dwell on obstacles, delays and difficulties, your subconscious mind responds accordingly, and you are blocking your own good.

6. The Life Principle will flow through you rhythmically and harmoniously if you consciously affirm: "I believe that the subconscious power which gave me this desire is now fulfilling it through me." This dissolves all conflicts.

7. You can interfere with the normal rhythm of your heart, lungs, and other organs by worry, anxiety, and fear. Feed your subconscious with thoughts of harmony, health, and peace, and all functions of your body will become normal again.

8. Keep your conscious mind busy with the expectation of the best, and your subconscious will faithfully reproduce your habitual thinking.

9. Imagine the happy ending or solution to your problem, feel the thrill of accomplishment, and what you imagine and feel will be accepted by your subconscious mind and bring it to pass.



INTERNAL SOFTWARE: RECOGNIZING SIGNS ON HOW & WHEN TO MOVE



THE SCIENCE OF SELF

The Science of Emotion

INTERNAL SOFTWARE

RECOGNIZING SIGNS ON HOW & WHEN TO MOVE



"In every waking moment of your life, you are utilizing the data that makes up the details of your life in order to expand." - Abraham Hicks

We live in a participatory universe. This means that no conversation, thought, feeling, idea, pattern, behavior, action; nothing that we do is without impact. In order to better understand how our emotions and thoughts impact our lives and the broader world, let us consider the following emotional scale guide -

JOY	PASSION	EMPOWERMENT	FREEDOM	LOVE	APPRECIATION
ENTHUSIASM	EAGERNESS	HAPPINESS	POSITIVE	EXPECTATION	BELIEF
TRUST	OPTIMISM	HOPEFULNESS	CONTENTMENT		
BOREDOM	PESSIMISM	FRUSTRATION	IRRITATION	IMPATIENCE	
DISAPPOINTMENT	DOUBT	WORRY	BLAME	DISCOURAGEMENT	SADNESS
ANGER	RAGE	REVENGE	HATRED		
JEALOUSY	INSECURITY	GUILT	UNWORTHYNESS		
FEAR	GRIEF	DEPRESSION	DESPAIR	POWERLESSNESS	

Please describe your current mood and which emotional scale resonates with where you are in this moment:

Think back to a time when you really wanted something - a job / promotion, acceptance into a program / school, love from a partner, a loan for business, etc. and you didn't get the outcome you wanted. Being honest with yourself, where were you on the emotional scale at that time?

The Science of Emotion

INTERNAL SOFTWARE

RECOGNIZING SIGNS ON HOW & WHEN TO MOVE



Do you think your state of emotion had anything to do with you not realizing the opportunity? Please elaborate:

If the situation had turned out different, and you had gotten the job, loan, relationship, acceptance, etc., what do you think would have been the eventual outcome?



What did you learn from this experience?

Please share a time, event, position or circumstance where you exuded excellence. How did this experience register on the emotional scale?:

"A fundamental conclusion of the new physics also acknowledges that the observer creates the reality. As observers, we are personally involved with the creation of our own reality. Physicists are being forced to admit that the universe is a "mental" construction. Pioneering physicist Sir James Jeans wrote: "The stream of knowledge is heading toward a non-mechanical reality; the universe begins to look more like a great thought than like a great machine. Mind no longer appears to be an accidental intruder into the realm of matter, we ought rather hail it as the creator and governor of the realm of matter."

- R. C. Henry, "The Mental Universe"

"Our physical makeup is one that is not physical at all. We are atoms, made up of subatomic particles, that are actually a bunch of energy vibrating at a certain frequency. Us, these vibrational beings of energy exhibit consciousness, which has been shown to manifest, create and correlate to our physical material world. The next question to ask ourselves is: what level of consciousness/ state of being do we individually, and more importantly, collectively operate from?"

Studies have shown that positive emotions and operating from a place of peace within oneself can lead to a very different experience for the person emitting those emotions and for those around them. At our subatomic level, does the vibrational frequency change the manifestation of physical reality? If so, in what way? We know that when an atom changes its state, it absorbs or emits electromagnetic frequencies, which are responsible for changing its state. Do different states of emotion, perception and feelings result in different electromagnetic frequencies? Yes! This has been proven.

The fact that material substances (matter) appear out of thin air, with lots of evidence to point to consciousness as that which is creating it, is pretty intriguing. One minute we are holding a physical object in our hand, like a coin, and then the next minute we realize that if we were to focus in on the coins material substance with an atomic microscope, we would see that we are actually holding nothing."

- Arjun Walia

By paying attention to the way you feel, then choosing thoughts that feel the very best, you are managing your vibrations, so says the teachings of Abraham Hicks. We will touch more on the science of vibration, frequency and quantum physics more later, however we need to make a mental note here of the power of understanding your emotions in relation to your decision making process. This is a source of power for those seeking to consciously create their reality. When you feel anxious about a decision - applying for a job you really want, asking your boss for a raise, debating a new business name, or even asking a woman you've been admiring on a date; the most important factor in this process is staying in alignment with the first three levels of the emotional scale. Gratitude is truly a source of strength, and in the quantum world can literally make the difference between a yes, no, proceed with caution or it's not time answer from within.

THE SCIENCE OF EMOTION

Recognizing Signs on How and When to Move

"It's not hard to make a decision once you know what your values are."

- Roy E. Disney

Best Business Decision
 Ever Made:

Dominate Emotion /
 Vibration at the time:

Longterm
 Outcome / Lesson:

Healthiest Relationship
 to Date:

Dominate Emotion /
 Vibration at the time:

Longterm
 Outcome / Lesson:

Please share an experience where you were of service to another human being.
 What was your dominate vibration before this experience vs after?

Describe specific people, places or things in your current life that shift your emotions / vibrational well-being from a predominately high and positive energy to a low, negative frequency. Provide names along with a corresponding label from the emotional guidance scale:



THE SCIENCE OF SELF

THE TIMELINE OF YOU

UNDERSTANDING YOUR INTERNAL SOFTWARE



PROMINANT MEMORIES

ELEMENTARY YEARS

MIDDLE SCHOOL

HIGH SCHOOL

COLLEGE / YOUNG ADULT



THE TIMELINE OF YOU

DID YOU GET IT DONE ON TIME?



Please share your goals for yourself during these periods of time, and whether you met the goal or not. If not, please share the progress or regress during that time period. Ex. College - I took a year off then didn't go back due to getting a great job.

1

Teen Years

2

Early Twenties

3

Late Twenties

4

Early Thirties

5

Late Thirties and Beyond

"I AM" VERSUS "WE ARE"

An Exercise about Perspective at Different Times in Your Life

I AM

You see yourself as an isolated individual.
You listen to the demands of your ego and place "I, me, and mine" ahead of other people's.
You are powerless in the face of mighty natural forces.
The basics of survival require work, struggle and worry.
You long to join with another person in order to solve the problems of loneliness.
The constant cycle of pleasure and pain is inescapable.
You find yourself prey to mental states beyond your control, such as depression, anxiety, hostility
& envy.
The external world dominates over the inner world - hard reality is inescapable.

WE ARE

You are not in the universe. The universe is in you.
"In here" and "out there" are mirror reflections of each other.
Consciousness is continuous and present in everything. It is the one reality.
All the separate activities in the universe are actually one activity.
Reality isn't just fine tuned, It is perfectly tuned.
Your purpose is to align yourself with the creativity of the cosmos.
The next thing you feel like doing is the best thing to do.
Existence feels free, open and without obstacles.
Mind and ego still exist, but they get a lot more time off.
Knowing who you really are, you set off to explore unknown possibilities.

- Source "You Are the Universe", Deepak Chopra

Identify your top three selections from the statements above. Selections from "I Am" should reflect aspects of today's Man | Woman that you aspire to change. Selections from "We Are" should reflect a growth in consciousness.



THE TIMELINE OF YOU

DID YOU GET IT DONE ON TIME?



1

2

3

4

5

6

THE TIMELINE OF YOU

UNDERSTANDING YOUR INTERNAL SOFTWARE



1. Identify your # 1 "I Am" selection and elaborate on why you'd like to improve this part of your character or outlook on the world:

2. Identify the "We Are" selection that resonates most with you at this time. At what point in your development did you develop this character / outlook on life?

3. When you look at your top 3 "I Am" selections, is there a specific timeframe, environment, stage in life where these concepts developed within you?

ATTENTION & INTENTION

Understanding Your Internal Software



"If you have life-centered, present-moment awareness, then the imaginary obstacles - which are more than ninety percent of perceived obstacles - disintegrate and disappear. The remaining five to ten percent of perceived obstacles can be transmuted into opportunities through one-pointed intention.

One-pointed intention is that quality of attention that is unbending in its fixity of purpose. One-Pointed intention means holding your attention to the intended outcome with such unbending purpose that you absolutely refuse to allow obstacles to consume and dissipate the focused quality of your attention. there is a total and complete exclusion of all obstacles from your consciousness. you are able to maintain an unshakable serenity while being committed to your goal with intense passion. This is the power of detached awareness and one-pointed, focused intention simultaneously."

- The Seven Spiritual Laws of Success

Understanding this concept of attention and intention is key to learning how and when to make the right decisions. And keep in mind that there are no "wrong" decisions in the meantime, as every step we take on this journey is focused on leading us to our highest and best selves. if you've been consistently placing your attention on a subject, place or thing - that momentum should help carry you in the direction of the best choice. the "quality" of intention on the object of "attention" will orchestrate an infinity of space-time events to bring about the outcome intended. The quality of intention is empowered by emotions and faith; faith in terms of knowing not believing. start to pay attention to the things you pay attention to on a daily basis. how much time are you online? Watching TV? How much do you read? Have intelligent conversations? Remember new thoughts and patterns spark the neurons of the brain and stimulate energetic growth, therefore giving way to better ideas, clarity, and answers in the decision making process.



ATTENTION & INTENTION

Understanding Your Internal Software

"Conscious change is brought about by the the two qualities inherent in consciousness: attention and intention. Attention energizes, and intention transforms. Whatever you put your attention on will grow stronger in your life. Whatever you take your attention away from will wither, disintegrate, and disappear. Intention, on the other hand, triggers transformation of energy and information. Intention organizes it's own fulfillment."

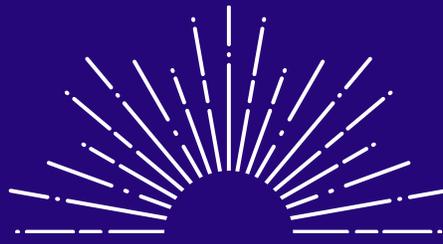
- The Seven Spiritual Laws of Success

FOR THE PAST FIVE YEARS, WHAT HAS YOUR ATTENTION BEEN FOCUSED ON PRIMARILY?

INTENT IS DESIRE WITHOUT ATTACHMENT TO THE OUTCOME. WHAT DOES THIS MEAN TO YOU?

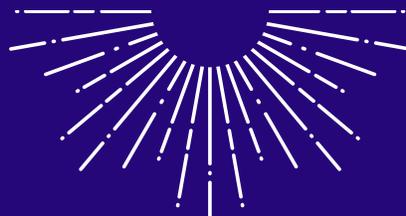
YOUR INTENT IS FOR THE FUTURE, YOUR ATTENTION IS IN THE PRESENT. WHAT DOES THIS MEAN TO YOU?

INTENTION, GROUNDED IN THE DETACHED FREEDOM OF THE PRESENT, SERVES AS THE CATALYST FOR THE RIGHT MIX OF MATTER, ENERGY AND SPACE-TIME EVENTS TO CREATE WHATEVER IT IS THAT YOU DESIRE. HOW WILL YOU USE THIS INFORMATION IN MAKING DECISIONS IN THE FUTURE?



"THE LAW OF INTENTION & DESIRE"

- Slip into the gap. This means to center yourself in that silent space between thoughts, to go into the silence - that level of being which is your essential state.
- Remain in the state of Self-Referral. This means remain established in the awareness of your true self - your spirit, your connection to the field of pure potentiality. It also means not to look at yourself through the eyes of the world, or allow yourself to be influenced by the opinions and criticisms of others. A helpful way to maintain that state of Self-Referral is to keep your desires to yourself; do not share them with anyone else unless they share the exact same desires that you have and are closely bonded with you.
- Relinquish your attachment to the outcome. This means giving up your rigid attachment to a specific result and living in the wisdom of uncertainty. It means enjoying every moment in the journey of your life, even if you don't know the outcome.
- Let the Universe handle the details. Your intentions and desires, when realized in the gap, have infinite organizing power. Trust that infinite organizing power of intention to orchestrate all the details for you.





SPIRITUAL GOALS

THE LAW OF GIVING STATES THAT "THE UNIVERSE OPERATES THROUGH DYNAMIC EXCHANGE - GIVING & RECEIVING ARE DIFFERENT ASPECTS OF THE FLOW OF ENERGY IN THE UNIVERSE."

... And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives....

Deepak Chopra



We are spiritual beings having a human experience. According to physicists, reality as we know it in the physical world is only made up of 1% matter. 99% of everything in, around, and throughout our universe is comprised of the unseen. Energy, Vibration, Frequencies, Thought, Emotion, Sound, Consciousness, Electricity, Wavelengths, etc; all forms of detectable reality. Yet it is only in the alteration of the unseen that we are able to prove its existence. A working microwave oven verifies electricity. Wifi verifies wavelengths and energy. One need only mention the word love to inspire a global resonance; further proving the power in such things.

The purpose of this exercise is to begin to explore our power and participation in the unseen world. Every question intends to poke and prod the spiritual senses to remind us of our divine place in the grand scheme of things.

There are no right or wrong answers. Our challenge is to keep these keywords in mind as we assess ourselves with a spiritual lens -

| Energy | Vibration | Frequency | Thought | Emotion |
| Sound | Consciousness |

SPIRITUAL GOALS



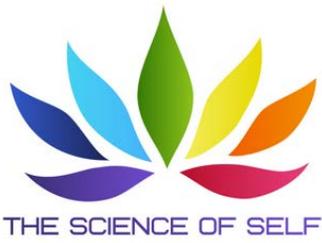
The closest I ever came to being completely free...

My most trusted and reliable method of practicing spirituality is...

The last book I read that inspired me to be a better person is...
because...

I have a great understanding of my connection to a higher power because...

Physically, I express the spiritual side of myself by practicing...



SPIRITUAL GOALS

ANALYSIS OF SELF CARE

LIFE MOTTO: _____

GREATEST ACCOMPLISHMENT: _____

FREEDOM TO ME MEANS:

BONADAGE TO ME MEANS:

MY MOST IMPORTANT SPIRITUAL GOAL FOR MYSELF RIGHT NOW IS:



SPIRITUAL GOALS

ANALYSIS OF SELF CARE

PLEASE DESCRIBE YOUR CURRENT MEANS OF SELF CARE AS IT PERTAINS TO EACH SUBJECT:

ENERGY:

VIBRATION:

THOUGHT:

EMOTION:

SOUND:

CONSCIOUSNESS:

LIST SPIRITUAL METHODS, PRACTICES OR GOALS THAT YOU WOULD LIKE TO LEARN MORE ABOUT:

