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# SELF-AWARENESS AND MEDITATION

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*Be as you  
wish to seem.*

## DIVINE INTERVENTION

Out of your head and into your heart. Business with soul.

# MODULE SUMMARY.

"You cannot transmit wisdom and insight to another person. The seed is already there. A good teacher touches the seed, allowing it to wake up, to sprout and to grow."

## SELF-AWARENESS

Expressing self-awareness:

- (1) Self-care: Fill yourself up daily and be consciously aware of how your experiences make you feel
- (2) Releasing: Practice the art of releasing and forgiving. Don't be hard on yourself. Release the baggage that you would normally hold onto.
- (3) Develop a practice of doing something good for yourself everyday.
- (4) Keep a daily gratitude journal: A gratitude journal helps you be present to the blessings in your life everyday. This practice allows you to become more aligned with the abundance and the blessings that are coming to you as a result.
- (5) Set goals and intentions: Working towards goals shows the universe that you are willing to do your part to co-create the life you desire.

## MEDITATION

They say that when you pray, you are speaking to God, but when you meditate, God is speaking to you.

The goal of meditation is not to get rid of thoughts and emotions. The goal is to become aware of your thoughts and emotions and learn how to move through them without getting stuck.

**DECLARE IT:**

*I am the language of love*

# ACTIVITY ONE.

## SELF-CARE

For the next 24 hours, make a list of all the things you do in your day (e.g. eat breakfast, work out, scroll Facebook, vacuum, walk dog, etc.) and then make a note on how it makes you feel.

After your 24 hours and reflect on your list. Are there activities that don't feel that great? Could you replace those activities with better feeling activities?

And for the activities that feel good, how can you make that good feeling last longer throughout your day? Those good feeling activities are a good time to practice gratitude.

Write your list below:

### DECLARE IT:

*I am from the universe, like a wave from the ocean*



# ACTIVITY TWO.

## RELEASING

FLIP THE SWITCH: Practice the art of flipping the switch. Choose 2 moments this week that you have felt frustrated/annoyed/mad/sad and let's make them better feeling experiences. What did they teach you? What lessons did you take from them? How did they impact you positively?

**DECLARE IT:**

*I let it come, I let it be, I let it go*

# ACTIVITY THREE.

## DO SOMETHING GOOD FOR YOURSELF

List 10 things that you could do for yourself that would make you feel good. They don't have to be things that you necessarily have the means to do, just write them down.

Now, everyday, try to do at least one of those things, to whatever degree you can, and reflect on how it makes you feel.

While you are doing it, say some affirmations to utilise that good feeling.

**DECLARE IT:**

*There's no going back*

# ACTIVITY FOUR.

## DAILY GRATITUDE JOURNAL

Use this blank page (and the following page) and write as much as you can about what you are grateful for today, until it no longer feels natural to you. Write, give thanks and savour the moment for each blessing.

You could then turn your list into a prayer by adding at the beginning:

God/Universe/Angels/Holy Spirit,

Thank you for what I am. Thank you for what I have. Thank you for what I am becoming.

I am so happy and grateful for... (insert your list)

I love the feeling of joy, abundance, freedom, health and impact. Thank you for sending me these blessings and I receive them with ease.

Amen.

### DECLARE IT:

*When I talk to myself, I am talking to the Universe*



# ACTIVITY FOUR.

DAILY GRATITUDE JOURNAL

DECLARE IT:

*What is meant for me, won't pass me*

# ACTIVITY FIVE.

## GOALS AND INTENTIONS

Write a list of goals and intentions you have for this year.

For each of the goals/intentions, write next to them how you desire for them to make you feel (e.g. abundant, free, joyful, impactful, creative, fulfilled, of high service, etc.)

Hold onto those feelings and read the list to yourself daily (but also don't be afraid to add/omit from the list if you feel called to)

**DECLARE IT:**

*I accept what is. I let go of what was. I have faith in what will be.*

# ACTIVITY SIX.

## MEDITATION

The meditation activity is in the bonus section of this module, on the module homepage.

For quick reference:

Find a place where you will practice your meditation that feels comfortable.

Choose if you will sit or lie down.

Choose your soundtrack or just sit in a quiet place.

Set your timer if you choose to set a time. (To start with you can choose a short amount of time, like 2-5 mins)

Close your eyes and surrender your thoughts.

Begin with a long deep breath in. Hold your breath and then release slowly.

Feel your blood flowing through your body to all your extremities.

Focus your thought on the action of your breath.

### DECLARE IT:

*I fully and completely love and accept myself.*

**MODULE HOMEPAGE**

**FACEBOOK GROUP**

**COURSE INFO**