

## CONSCIOUS EMPOWERMENT WORKOUT GUIDE

Consider working with this guide to help you become more self-conscious; aware of your soul qualities and thus aligning you with the Law of Unity - I am One - empowering you to harmoniously build your own happiness and helping those around you.

It is said it takes 21 days to change or start a new habit, thus there is a 3 week check off list in some areas and space to write your observations and awareness of your thinking and feelings.

### *BEING CONSCIOUS OF YOUR SOUL QUALITIES: MANIFESTING THE FOURSQUARE*

Consider asking yourself the following questions when you are faced with choices to help bring out and consciously align with your soul qualities:

- \* Am I being enthusiastic, strong and energetic?
- \* Am I thinking and acting wisely without assuming?
- \* Am I feeling sincere and being honest with the situation?
- \* Am I being kind, giving and loving without taking it personally?
- \* Am I aware of being balanced in these qualities and know I have the Great Law, God, helping me?

I will, with the help of the Great Law, God, be conscious of being FourSquare as described above in the following situations:

- 1.
- 2.
- 3.

### SELF OBSERVATIONS:

### *DAILY EMPOWERING EXERCISES*

The subconscious is too busy, tired and frustrated to do these exercises. These exercises let you relax mentally and physically thus releasing tension that can hold you in states of distress, hurry, worry, and desire to please. Try to remember that these traits are holding you back and instead fight for your freedom! You free yourself to deeply listen to your soul's guidance.

In order to help you consciously remember that you are a Divine Being empowered by and One with God, first thing in morning and last thing before you go to sleep realize and say an 'I am' statement, such as: "Father, I am an Individualized projection of Thee, proceeding from and indissolubly connected with Thee, manifesting all Thy Qualities. Thou art inspiring me on the Spiritual Plane, guiding me on the mental plane and protecting me on the physical plane. Thank you."

**Week 1**

[\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM]  
 [\_\_AM\_\_PM] [\_\_AM\_\_PM]

SELF OBSERVATIONS:

**Week 2**

[\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM]  
 [\_\_AM\_\_PM] [\_\_AM\_\_PM]

SELF OBSERVATIONS:

**Week 3**

[\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM]  
 [\_\_AM\_\_PM] [\_\_AM\_\_PM]

SELF OBSERVATIONS:

*Daily practice of The Silence and the Mental Contact. Start with 1 minute, then 5 minutes, then more!*

**Week 1**

DAY: [ ] [ ] [ ] [ ] [ ] [ ] [ ]

SELF OBSERVATIONS AND INSPIRATIONS:

**Week 2**

DAY: [ ] [ ] [ ] [ ] [ ] [ ] [ ]

SELF OBSERVATIONS AND INSPIRATIONS:

**Week 3**

DAY: [ ] [ ] [ ] [ ] [ ] [ ] [ ]

SELF OBSERVATIONS AND INSPIRATIONS:

*Daily practice of the Star Exercise to empower you!***Week 1**[ ] AM [ ] PM [ ] AM [ ] PM [ ] AM [ ] PM [ ] AM [ ] PM [ ] AM [ ] PM  
[ ] AM [ ] PM [ ] AM [ ] PM

SELF OBSERVATIONS:

**Week 2**[ ] AM [ ] PM [ ] AM [ ] PM [ ] AM [ ] PM [ ] AM [ ] PM [ ] AM [ ] PM  
[ ] AM [ ] PM [ ] AM [ ] PM

SELF OBSERVATIONS:

**Week 3**

[\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM] [\_\_AM\_\_PM]  
[\_\_AM\_\_PM] [\_\_AM\_\_PM]

SELF OBSERVATIONS:

*Consider making daily entries into a journal, which can help you become conscious of the air you breathe, the earth beneath your feet, the shine in your loved one eyes, the lessons you learn, the feeling of joy great or small. In turn this can help you be more receptive of abundance of all good things in your life!*

Questions to consider:

- \* Am I grateful for Our Father's Infinite Love?
- \* How do I express gratitude?
- \* What am I grateful for?
- \* Am I grateful for even the difficult challenges that have within them opportunities to learn about Love?

MADE GRATITUDE ENTRIES IN MY JOURNAL:

**Week 1**

DAY: [ ] [ ] [ ] [ ] [ ] [ ] [ ]

SELF OBSERVATIONS:

**Week 2**

DAY: [ ] [ ] [ ] [ ] [ ] [ ] [ ]

SELF OBSERVATIONS:

**Week 3**

DAY: [ ] [ ] [ ] [ ] [ ] [ ] [ ]

SELF OBSERVATIONS:

*BEING CONSCIOUS OF SUBCONSCIOUS INFLUENCES*

Your emotions and feelings are gifts of the soul to help you be conscious of your thinking. They can especially help you identify and then release subconscious temporary traits like resentment, jealousy, annoyance, impatience, etc. When it just 'feels wrong' you know that the feeling is telling you something. Take the opportunity to step away from it and turn to the 'I am' thought and realization to help harmonize yourself, then step forward to act with enthusiasm, wisdom, honesty and love, manifesting the FourSquare. Thus, you build your happiness.

Questions to consider and write about in your journal:

- \* Am I conscious of any 'bad feelings' today?
- \* How did I respond?
- \* Did I mentally step away, and instead focus on my connection with All Harmony?
- \* Did I release the thought and feeling?
- \* Was there a 'cause and effect' that I am aware of?
- \* Are there any negative patterns in my behavior concerning the situation that I am aware of?
- \* Do I know that something better is meant for me, especially when I feel down and out?

Below are some negative emotions to be aware of, the first step to releasing them:

negative self-talk like 'my bad,' 'I'm no good,' 'I'm a not worth much'

jealousy	hurt pride	resentment
shame	hatred	anger
desire to please	hurray	worry
depression	superiority	impatience

MADE ENTRIES IN MY JOURNAL CONCERNING CONSCIOUS AWARENESS OF FEELINGS AND ACTIONS:

**Week 1**

DAY: [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**Week 2**

DAY: [ ] [ ] [ ] [ ] [ ] [ ] [ ]

**Week 3**

DAY: [ ] [ ] [ ] [ ] [ ] [ ] [ ]

## *BEING CONSCIOUS OF OPPORTUNITIES*

Consider these questions to help you think about it:

- \* What does my body language say?  
Example: looking upwards as you think helps you look up mentally (Law of Analogy)!
- \* Did I have an attitude of goodwill and kindness today?
- \* What opportunities did I help create for myself or others today?