



Working with the Exercises

With each exercise, you need to be focused and mindful. These are not to be done “off the top of your head” so to speak or just when you can catch a moment. Also, these exercises are not something just to think about, but rather actions that are to be incorporated in your everyday life. Some of these exercises have required decades of practice for me.

Suggestions are offered for “in your notes,” but please do write whatever is given to you to say.

Some exercises may seem similar, but are actually different aspects of the same concept. All of the exercises are multi-faceted. In truth, they are all about living from a place of love in all its aspects.

You may not feel you have the abilities that are mentioned in the Intuitive Abilities exercises. This does not mean that you need to skip them. We all have all abilities to one degree or another. Many people are indeed very intuitive and do not realize it. They do not pay attention to the manifestations of their intuition and just know it as a part of their life, not realizing that not everyone does what they do. Therefore, with these exercises, just pay attention or practice with the faith that you can do these things. Sometimes it is just a matter of training the brain to recognize and accept your abilities! The brain will try to tell you there is only one way to connect with the spirit world; it is wrong. The brain will try to tell you it is your imagination; the brain is wrong. The brain will try to tell you that you are wrong; not so, the brain simply does not understand. The heart knows more than the brain will ever know.

Trust your spiritual heart with these exercises and in your life as well.



We begin with the challenge to go a whole day without thinking or saying anything negative about any individual, corporation, government or governmental official... whew! Always we come from a place of love, and within that love all will resolve itself... Being in a place of love is not the same as loving everything and everyone, but rather acting from the energy of love, being love. Love is not an action when thought about this way, but rather a place from where you act.

In your notes, pay attention to your snap judgments of people, places and events. Is it a habit? From where did you learn these judgments? If you look at issues from a place of love, how would they look different? Also pay attention to how you feel when you go a whole day with no negative words about anything. (CPE)



Practice being brave. When we worry or doubt, we are actually saying that Spirit or God or whatever name we give the Universal Forces is not enough. With Spirit all things are possible. So practice knowing you are cared for and be brave, while being mindful it is not good to be foolish.

Note: Remember that fear is a choice. Fear also clouds our ability to see our options. The strength is within you. Find it and lean upon it. Find the faith for that in which you believe and know it is true. Consider the ways you can be brave. (SWL)



Thinking on language and the concept of oneness, try to avoid the words they, them or those people. Instead try saying "those of us who..." whether or not you feel you belong in the group or not. For example, those of us who harm the earth... Yikes! It is not as easy as it sounds, but we are all one in our true selves.

In your notes, consider what western society uses to separate people from all other entities, including humans. (R)

You'd be prettier without glasses

That wasn't too smart!



You should get contacts

You've gained weight, haven't you?
Your face looks fatter.

Can't you do anything to control that hair?
Too bad your lips are so big

Try going a whole day without using the word YOU in your speech. Why? Most often when we use the word, YOU, we are blaming to some degree or ordering someone around. Blaming does not help us get to solutions, and ordering someone is not in the spirit of cooperation.

Find another way to express your concern without using YOU.

Some examples follow

Why didn't you.....?
Help me

understand why

Why don't you.....? → Sometimes this is helpful

You make me.....!!! → I feel ___ when ___ happens

You never.....!!! → I feel alone/unsupported/not cared for when

In your notes, mark how you notice people use the word YOU in unhelpful ways. Are you being more mindful of how you use the word? How are you restructuring your speech? (R)
