

Module 1 Exercise

What is Conscious Creation?

An excerpt from the book, *Conscious Creation*

If it's true that we create our reality with our projector or lens, how do we change that lens? How do we shift our awareness away from trying to adjust the conditions of the world and begin the inner journey that can bring true and lasting joy in paradise? This is exactly what this book will explore. It examines what it means to consciously create a life that is grounded in love and connection regardless of your outer circumstances. It invites you to imagine such a perfect creation, unmarred by memories and fears, untouched by perceived difficulties. But first, this book will guide you in some deeper inner work that will allow you to be more profoundly open to finding the vision that is genuinely yours—the life of your dreams.

Releasing Statement

I now release all outdated ways of viewing the world.

Affirming Statement

I am grounded in love and connection.

Simple Meditation Practice

This module's meditation is a contemplative meditation. We invite you to find a comfortable place to sit. Set a timer for 10 minutes. Before you start the meditation read these sentences three times: "I can consciously create my life, grounded in love and connection regardless of my outer circumstances. I imagine such a perfect creation, unmarred by memories and fears, untouched by perceived difficulties." During these 10 minutes, simply contemplate the quote. See if you can get in touch with a deeper understanding of the quote. What does it mean to you? How does it relate to your life? How might this change your awareness?

Awareness and Growth Exercise: *"The seeds of our deepest beliefs are planted within us when we are very young. They come from our early experiences, from our parents, from traumatic events, even from seemingly benign situations." (Conscious Creation, page 1)*

- What are some examples of your earliest childhood experiences that may have led to some of your deepest beliefs? (For this exercise, we recommend you simply allow answers to emerge without a great deal of thought.)

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- How did they form your deepest beliefs about yourself?

- In what ways have those beliefs helped you grow?

- In what ways have they limited you?

- How might your life be different if you were free of those limited beliefs?

Changing Your Movie Process: *"Bringing the unconscious to consciousness is the first part of consciously creating the life of your dreams. Conscious Creation requires unearthing what lies in the shadows, the beliefs and patterns you've unconsciously created."* (Conscious Creation, page 5)

- What does this excerpt mean to you?

- What beliefs and patterns might you have relegated to the shadow?

- What would happen if you were to explore what's in the shadow? Is there any fear surrounding that?

- How might you overcome that fear? What might you say to yourself?

- Have you ever worked with the Law of Attraction? How did it work for you?

- How did it not work for you?

- What might have prevented it or stopped it from working?

Expanding Consciousness Method: *"As we evolve, our way of making sense of the world broadens and deepens, and a new level, or paradigm, opens to us."* (Conscious Creation, page 11)

- What does this excerpt mean to you?

- In what ways has your consciousness expanded throughout your life?

- What are some ways you see yourself now versus 10 or 20 years ago?

"The key to growth, openness, and change is deepening our level of awareness."
(Conscious Creation, page 10)

- How might deepening your current level of awareness help you to grow?

- How might you become more open and change?

- What are some steps you could take toward that end today?

Questions for journaling and further reflection:

1. What motivated you to take this course?
2. In what ways are you aware of feeling stuck or trapped in some pattern?
3. In what ways are you aware of feeling lost, empty, a lack of purpose and direction?
4. In what ways are you wondering if there's something else for you to learn or do?
5. How much bolder and more interesting could your life be if you could make decisions in growing conscious awareness?
6. How might you go about that?
7. "You can accept only what you truly imagine you deserve." What does this quote mean to you?
8. In what ways have you believed you deserved to fail?
9. In what ways have you acknowledged your successes?
10. What beliefs allowed you to be successful?
11. In what ways do you believe you have "failed" at something?
12. What beliefs might have contributed to that?

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This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for handwriting practice or general note-taking. The margins are consistent on all sides.

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