
Victim
Consciousness

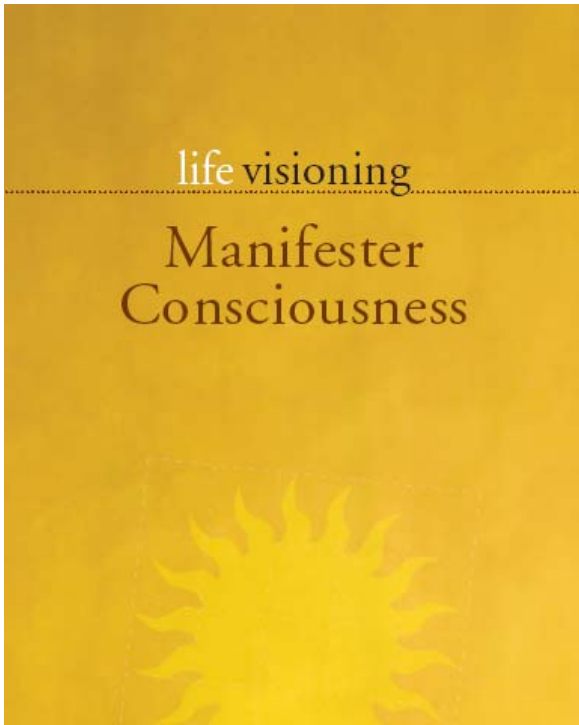
Uncover Your Victim Consciousness


Answering the following questions will help you identify where you are still living in victim consciousness:

- Do I often think negative thoughts?
- Do I feel incessant fear, worry, or anger?
- Do I engage in compulsive behaviors?
- Do I practice blame?
- Do I believe other people can make me happy?

Consider these questions in relation to specific areas of your life: work, relationships, finances, and health. If you identify any areas where you are still stuck in victim consciousness, notice them without judgment. This is not your true identity. Your witness—that still small voice within you—is who you really are, and it is calling you to return to the realm of God.

Use this practice to help you cease judgment, release resistance, and cultivate your inner witness.




Manifester
Consciousness

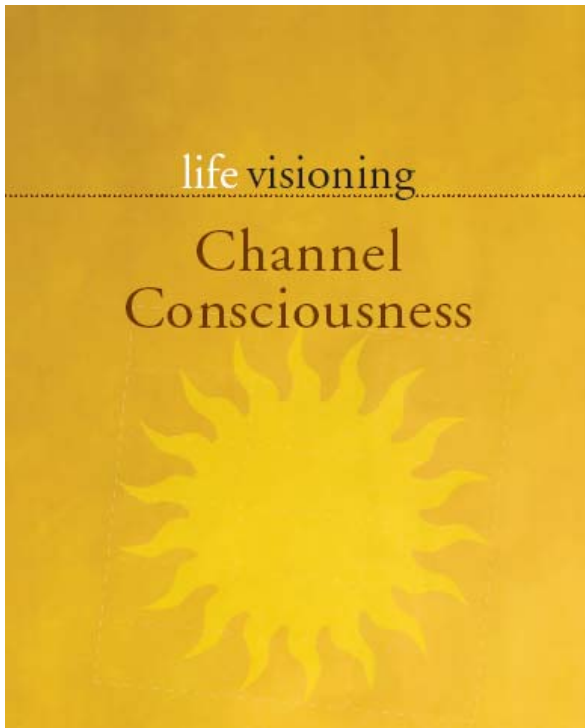
Surrender Control

Human beings all have the innate desire for control. Although you gained a modicum of control over your life in Stage Two, ultimately you must surrender it to move to the next stage of your evolution.

Try this practice:

- Lie down and close your eyes.
- Take several deep breaths and allow yourself to completely relax.
- Recall a time in your past when you decided to let go of something—perhaps a relationship, a point of view, or a habit.
- Connect with the feeling-tone of willingness, despite your anxiety or fear.
- Allow the feeling of willingness to be amplified within you.
- Slowly open your eyes and affirm: “I let go and I let God. I let go and allow excellence to have its way with me.”
- Offer thanksgiving and gratitude.

Remember, when you practice surrender, you’re not relinquishing control to an external deity. Rather, you’re allowing the cosmic order behind all things to express excellence through you.



Channel
Consciousness

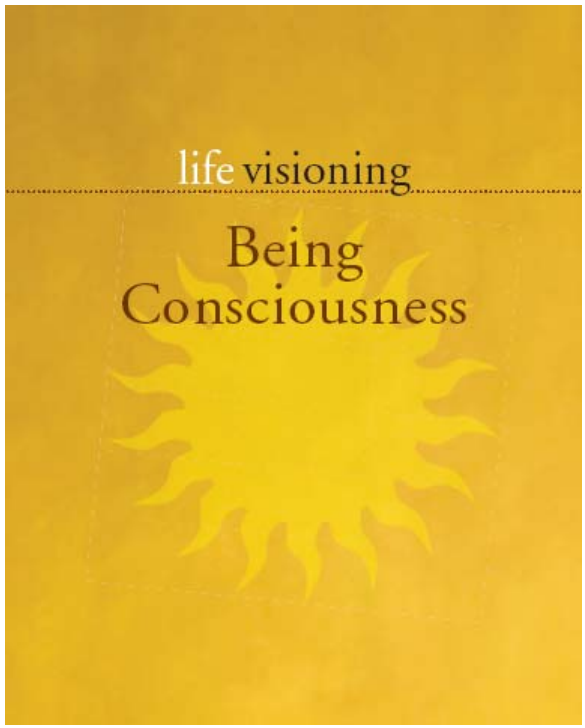
Witness Your Experience

To become a channel, you must learn to stop all thinking and connect with your witness.

Try this simple practice:

- Sit or lie down and close your eyes.
- Take several deep breaths and allow yourself to completely relax.
- Bring your attention to your physical body. In which areas of your body are you experiencing pleasure? Pain? Discomfort? Tension? Notice without judgment or resistance.
- Shift your attention to your mental body. Notice your mental activity. Are your thoughts scattered? Highly focused? Distracted with your to-do list? Notice without judgment or resistance.
- Become aware of your emotional body. What are the characteristics of your overall emotional state? Do you feel content? Elated? Sad? Irritated? Again, notice without judgment or struggle.
- Now, become aware that you are aware. Simply note your experience just as it is, right here and now. Observe it with nonattachment.
- Take a few breaths and open your eyes.

Use this practice to help you cease judgment, release resistance, and cultivate your inner witness.



Being
Consciousness

Realize Your Oneness

Meditation is a powerful vehicle through which you can realize your oneness with God.

Try meditating in this way:

- Sit upright and close your eyes.
- Take several deep breaths and allow yourself to relax completely.
- Connect with your intention to wake up by affirming, "I am here to wake up. I am here to have a realization of that which is true about me, of that which is real about me, of that which is eternal about me, of that which is changeless about me."
- Allow your intention to be amplified times 100.
- With that intention, focus your awareness on your breath.
- If you find yourself drifting off, gently bring your awareness back to your breath and reaffirm your intention to wake up.
- Continue for as long as you like.

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Say "Yes."

Become a candidate to express the ideas that are being broadcast from the mind of love-intelligence. Allow yourself to say, "I'm willing, ready, and available for more good than I have ever experienced, imagined, or manifested before."

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Inspiration

God's real religion is love. "Love" is synonymous with "God" and points to the total given-ness and giving-ness of the spirit; what we call unconditional love. This is the fundamental practice of pure spirit.