

# Conscious Being

## Exercise Eleven: The Law of Radiance

Manifestation is life's natural, automatic response to who we are being. Life cannot help but manifest all around us, in accordance with our state of being, our state of consciousness. And if we are *being abundance*—because we are attuned to source—that is what will naturally manifest in our personal lives. Living in this way, there is nothing to chase, and nothing to attain. Rather, the door is opened to living in a state of grace and of harmony with the whole of life. There is also a natural desire to share this inner richness with those around us. *We don't attract what we want, we attract what we are.*

### Releasing Statement

*I release the idea that I need to attract anything.*

### Affirming Statement

*I am abundant exactly as I am.*

### Simple Meditation Practice

This module's meditation is an abundance visioning meditation. With this meditation you have a choice. You can choose to do it in a seated position, a lying position, or you can even do it standing. The key to this meditation is to tap into the place of inner stillness and repeat the question: "What is abundance?" to yourself repeatedly. Simply notice throughout the meditation what answers emerge to this powerful question. Similar to the questioning meditation from a previous chapter, the intention is to notice if the "answers" come from a deeper, more intuitive place as the meditation unfolds. Once again, write about your experience once you have completed the meditation.

1. 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.”*

- What does this excerpt mean to you?

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

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

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*"The key to growth, openness, and change is deepening our level of awareness."*

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

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- How might you become more open and change?

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

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**2. Levels of Consciousness Technique:** In this section, we'll be working with a case study:

Sasha had been working at her law firm for many years, where she had put in countless hours of overtime, often working late into the night and on weekends. In private conversations with her boss, it was implied (or at least she believed) that she would be the next person in line for a promotion. Ultimately, the promotion she had been working for was given instead to another lawyer in the firm.

**Level 1, "Martyr Consciousness,"** - i.e., the belief that "I am a victim/things happen to me."

Sasha exploded in anger. She saw this as a public humiliation and was overcome by shame and anger. "How could they do this to me? I trusted them and they violated my trust! I am going to quit, then they'll see how valuable I am."

**Level 2, "Magical Thinking Consciousness,"** i.e., "I make it happen."

"I'm not going to take this. What can I do to change the situation? Maybe it's my fault I didn't get the promotion. I'll do everything I can to change this."

**Level 3, "Metaphysical Consciousness,"** i.e., "Things happen through me/I let things happen."

"What's the bigger picture here? What am I making this mean? What if it's not as bad as I think it is? What's right about this that I'm not yet getting? What's the opportunity here that I might be missing? Maybe the Universe is trying to nudge me in a different professional and/or career direction."

**Level 4, "Mystical Consciousness,"** i.e., "Things happen as me."

"What if this isn't right or wrong? What if the only thing that needs to change is my point of view? What if there's something greater happening here? What would it take for this to turn out greater than I could imagine? What would it take for me to see this as an opportunity in some way? What would be the greatest outcome for everyone?"



Write answers to the following questions regarding what you just wrote.

- From what level are you primarily functioning?

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- What might it take to move/evolve to the next level?

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- What judgments or points of view might you have to change?

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- What ideas might you have to move beyond?

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- What ideas might you need to embrace?

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- If you were to tap into the higher levels, in what ways might it change the way you feel about the situation?

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If you are struggling with this, ask a trusted friend, mentor, or counselor to help you see the situation from a different perspective.

3. Living in Conscious Awareness Exploration: *“Conscious awareness is really about making moment-to-moment decisions about where we place our focus. Do we want to focus on the part of ourselves that experiences the pain of a wound? Or do we want to focus on the part of us that is love and light and one with source?”*

- What does this excerpt mean to you?

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- When you focus on your personal pain, how does that feel? What does it create for you?

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- When you focus on the part of you that is love and light and one with source, how does that feel? What does that create?

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- In what ways have you found yourself functioning more from a focus on “me?”

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- In what ways have you found yourself functioning from more of a focus on “we?”

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- If you were to shift your perspective from functioning as a separate self to functioning more from oneness, what might change in your life? What possibilities might open for you?

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4. From Manifestation to Magnification Activity: *"The Law of Attraction focuses on manifestation. That is, it focuses on creating an outer experience, making things happen. 'I am going to manifest x.' In Conscious Creation, we are clearing our core false beliefs and going beyond manifestation. Our spiritual self, what we can also refer to as our 'core self,' our 'original face,' then becomes magnified. We are living as expressions of source. We no longer have to manifest anything; it's no longer about attracting things by changing our thoughts, like a magnet. It's about opening up to the infinite possibilities, all around us."*

- What does this excerpt mean to you?

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- In what ways have you been "efforting" or *doing* things in order to manifest what you desire?

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- How successful have you been with that?

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- What might happen if instead you would focus on magnifying your being?

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- How might you go about doing that?

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- What possibilities might then open for you?

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Questions for journaling and further reflection:

- 1. What illusions of fear has your thinking mind created?
- 2. Are they even yours?
- 3. How have these fears impacted your life?
- 4. Are they keeping you stuck?
- 5. What if these fears were actually false?
- 6. Do you actually have any evidence to support that they are real?
- 7. What would change if you were to allow these illusions to dissolve?
- 8. What illusions would you have to let go of to have heaven here now?
- 9. What would you have to be willing to do differently in order for that to occur?
- 10. What disillusionment (the letting go of illusions) are you now ready to embrace?

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