

Module 8 Exercise

Conclusion: Awakened Living

An excerpt from the book, Conscious Creation

What is the most rewarding result of the Conscious Creation process? It is living an awakened life. Awakened living is fundamentally simple. It's our natural state. Awakening, in its simplest form, is waking up from the illusion of separateness. It is waking up from the misconception of fear and scarcity and returning to our original perfection. It is experiencing absolute presence and living in a state of awe and wonder.

Conscious Creation isn't forcing anything; it's simply focusing on embodying your essential self as whole and perfect, one with source and with all of life. By embodying this more fundamental vision throughout the creation process, you will naturally embrace the most dynamic, useful, and fulfilling version of yourself. You will truly experience the life of your dreams—a life filled with love, connection, and true happiness.

You have the power to step fully into an awakened life. You have the power to experience a life overflowing with a deep sense of gratitude, peace, and happiness. Everything you need to manifest the highest and best vision for your life is already within you.

A gentle reminder of the truth:

You are Unharmmed

You are Unharmable

You are a Whole and Perfect Spiritual Being

You have the power to consciously create the life of your dreams.

THIS IS THE MOMENT!

What is Awakened Living? Exercise: "Embracing the life of your dreams is not something that you do or practice (although it involves plenty of doing and practicing). It is something that naturally emerges as you move through the five steps and radiate the energy of your vision. It's the ultimate fruit of your inner and outer labor, the natural consequence of your Conscious Creation process. Like everything else about developing conscious awareness, the process takes its own time." (Conscious Creation, page 140)

- What does this excerpt mean to you?

- What do you think "radiate the energy of your vision" means in this excerpt?

- In what ways is your ego invested in the success of this vision?

“Once you’ve caught your vision, you might find yourself wanting instant manifestation, too. Sure, your vision might manifest overnight, but it might also take a bit more time. Bringing your vision to life is a process that has divine timing, and part of Conscious Creation is learning to match your expectations to this organic unfolding. Conscious Creation calls you to practice patience, commitment, and authenticity.”

(Conscious Creation, page 140)

- What did you notice about this excerpt?

- In what ways have you *not* practiced patience, commitment, and authenticity related to your intentions in the past?

- What has that created in your life?

“Whenever you feel yourself getting impatient or your focus slips away from your vision, from your oneness with source, take some time to get centered. If you start to notice that you’re feeling anxious about whether your vision will “succeed,” pay attention to that concern.” (Conscious Creation, page 140)

- What does this excerpt mean to you?

- Where are you holding anxiety or fear?

- What has that anxiety and/or fear created in your life?

“By embodying this more fundamental vision throughout the creation process, you will naturally embrace the most dynamic, useful, and fulfilling version of yourself. You will truly experience the life of your dreams—a life filled with love, connection, and true happiness.” (Conscious Creation, page 141)

- What do you think “naturally embrace” means in this excerpt?

- Who will be served when your ultimate vision manifests?

- What are the infinite possibilities for your life in this moment?
