

Module 7 Exercise

Step Five: Embodying the Vision

An excerpt from the book, *Conscious Creation*

When we unequivocally recognize we are one with our fundamental vision, we experience something profound. We feel that oneness; we are that oneness. Our individual energy vibrates at a level that is one with divine energy, and our individual energy becomes more expansive. It expands outward to everything we encounter, even to the whole universe. The more fully we do the deep spiritual work of Steps 1 and 2 and the more grounded we are in our primary vision, the more powerfully this energy will flow into the external world. All of our relationships tune more fully into the divine vibration; the perfect people seem to magically come into our life and doors begin to open when we really embody our deeper vision.

Releasing Statement

I now release the energy of limitation.

Affirming Statement

I radiate divine frequency.

Simple Meditation Practice

This module's meditation is a lying meditation. Set the timer for 10 minutes and find a comfortable place to lie down. The intention of this meditation is to simply rest and notice any physical sensations, thoughts, or feelings that are present. See if you can "tap into" a deeper spiritual place within yourself. Just notice. As always, once the timer has sounded, simply write about your experience.

What is Embodying the Vision? Exercise: *“As we’ve seen, we manifest our visions not only through our thoughts but through our emotional center, the core frequency at which we are vibrating. We begin to recognize that these are powerfully creative forces in addition to our thoughts. As we continue the spiritual practices of sitting in the silence and listening, we come to experience the influence of something even more foundational: the felt sense of our primary vision—who and what we are as whole, perfect, and grounded in our oneness with source energy. This is our true, essential, pristine self. It’s like the alter-ego of core false belief. Just as your core false beliefs were deeply held in your consciousness and even sometimes in your body and energy field, so too can your fundamental vision—your oneness with source, your recognition of who and what you really are—be held even more foundationally...Embodying the Vision requires that we dedicate ourselves to noticing and shifting the very vibration we hold. It’s fully embracing our fundamental vision—in our thoughts, our intentions, our language, our relationships, our energy, our whole self.”* (Conscious Creation, page 124)

- What do you think “pristine self” means in this excerpt?

- What is the difference between a thought and a core vibration/frequency?

- In what ways have you felt a oneness with source energy?

- What was that like for you?

- What did it create in your life?

- What did it uncreate in your life?

Key 1: Raising Your Vibration: *“Sometimes when we catch a vision it’s tempting to revert to the power of our thoughts to try and will it into being. The habit of using willpower can be hard to interrupt, and embodying might be something we’re not comfortable with if we’re not tuned in to our intuition or accustomed to releasing the reins.”* (Conscious Creation, page 127)

- What does this excerpt mean to you?

“If a core false belief stems from trauma, it resides in your body as well as your thoughts and emotions. Getting down to the level of the trauma trapped in your body may not happen the first time or even the second time you go through the five steps.” (Conscious Creation, page 127)

- If you’re feeling stuck at any point, bring this question into meditation: Where does the “stuckness” reside?

- How might you release it?

- What techniques could you employ?

- How might you bring more compassion to whatever feels stuck?

- What happens when you do that?

“When you know your vision is coming not from a wounded ego but from a deeper sense of purpose and authentic identity, when you set your intentions and have started to take action around those, the next step is to simply own all that. Allow it to be. Release the ego reins to your spiritual self, to source, and all will be well. Even a momentary glimpse into ultimate reality creates a softening of the ego.” (Conscious Creation, page 127)

- What does this excerpt mean to you?

- How do you know if your vision is coming from a wounded ego?

- How do you know if your vision is coming from a deeper sense of purpose and authentic identity?

“It’s one of the great paradoxes of our spiritual journey: When we arrive at this place and begin to own it in a full and powerful way, we come to know that we don’t need to manifest anything. We don’t need to reach spiritual perfection in order to sit in the unconditional love and acceptance of our oneness with source. And just as we come to comprehend this truth, creation commences to happen naturally. We’re no longer creating so much as stepping into our fullness. By having enough trust to let our small, worried selves release the reins, we let our essential selves come into being. We cease defining our individual selves and we experience oneness with all of life. And so we find ourselves embracing the life of our dreams.” (Conscious Creation, page 128)

For this activity, we invite you to spend some time in the silence and really connect with the energy, asking questions, being in that energy even if it’s not directly related to a specific action. (You might want to do this daily for a while.)

- What did you notice about this process?

- What would living in this energy create in your life?

Key 2: Shifting Your Perception: *“How much of life is perception? All of it. We each see the world through our own lens. Multiple people in the same situation will each have a different experience of that situation based on the lens through which they see it. It’s not that one person sees the truth and the others are incorrect. It’s that our perception colors and creates our experience.”* (Conscious Creation, page 129)

- What does this excerpt mean to you?

- In what ways do you relate to it?

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

“If we live as if the one true reality is out there, external to our perception, and if we hold onto the idea that things happen to us, we will suffer. Suffering comes from living in duality, in the idea of a separate self, in a belief in ‘us’ and ‘everyone and everything else.’ When we release the idea of a separate self, the whole universe is ours. Pain and suffering are two different things. Pain is in the body; suffering is in the mind. Pain, at least at our current stage of evolution, seems to be an inevitable part of the human experience. Suffering, on the other hand, is usually based on the belief that something should be different than what it is. Suffering happens when we resist pain—when we come up with strategies to avoid, numb, or forget pain. It occurs when we isolate ourselves in our pain.” (Conscious Creation, page 129)

- In what ways have you experienced pain in your life?

- In what ways have you turned that pain into suffering?

Because this step really focuses on embodiment, we are inviting you to practice meditating on some selected readings from Conscious Creation.

“When you continue to see yourself as limited or to have a destructive point of view about yourself and the world, that focal point might keep you feeling powerless. For example, if you find yourself saying, “I should do x” or “I have to do y,” that’s a limiting perception of yourself. What you’re aiming for in this step is a broader point of view: “I’m able to do x” or “I get to do y.” This perspective is more expansive; it opens you up to more potential. Miracles are simply a momentary shift in perspective. Have you been looking for a miracle? Look in the mirror.” (Conscious Creation, page 129)

- For this excerpt, we invite you to take some dedicated time in the silence, reflecting on what you just read. See if you can really feel the frequency of the reading. Now, simply write anything that emerged in the silence:

“Another way to shift our perspective is to notice our thoughts about the future. Rather than wishing for a particular thing or outcome, let the words in your mind relate to the deepest truth of who and what you are already: a being of divine love in the world. The primary illusion of the mind is believing that awakening is not happening now. But this moment holds within in it everything you need to awaken. The deeper truth of your divinity has already been there forever in the invisible realm. Such a focus opens us to its presence, and through this meditation we allow it into the visible realm. We embody it.”
(Conscious Creation, page 130)

- Again, for this excerpt, we invite you to take some dedicated time in the silence, reflecting on what you just read. See if you can really feel the frequency of the reading. Now, simply write anything that emerged in the silence:

Key 3: Practicing Presence: *“Embodying invites us to live from that invisible realm where our vision is real even when the visible realm doesn’t match it, even when our vision hasn’t fully come to life. Patience is important, and it assumes a commitment to the vision that extends beyond the immediate, beyond what you can perceive right now.”*

So if you have feelings of frustration and impatience, continue to meditate on and lean into those feelings. Honor the emotions and sit in gratitude for what they bring—maybe it’s an awareness that you’re skimping on quality for quantity in your action items. Witness how all of this makes you feel physically. Allow any destructive spaces to be filled with connection, humor, hope, and love.

As we grow in awareness, we inevitably return to similar situations in our lives, not in mere repetition but in a new way of considering them from a higher level of consciousness that we have attained. And this transforms everything.” (Conscious Creation, page 131)

- What does this excerpt mean to you?

- In what ways does it apply to your life?

Key 4: Engaging in Community: *“Another key for Step 5 is engaging in community—connecting with the people who share your vision while it is still emerging. People who support not only your vision but the entire process of Conscious Creation, people who recognize the truth of who and what you are and see the vision as your most fundamental purpose.”* (Conscious Creation, page 132)

- What is your definition of supportive community?

“Develop relationships with people who will support and uplift you, rather than deny what you’re experiencing in this process. Your circles might seem to still contain some relatively unenthusiastic people, and that’s quite possibly part of life. However, when you have a few trustworthy, like-minded people, you’ve developed a supportive community.” (Conscious Creation, page 133)

- Where might you find some supportive communities?

“When a group of people come together and dedicate their time and energy to each member’s journey toward fullness, this shared intention can increase the power of your vision and the amplitude of its frequency. When you’re surrounded by people who embrace the highest vision for you, it has a magnifying effect. The MOVIE metaphor works perfectly here: even when you take on many of the big roles—script writer, casting agent, director, editor, producer—your creative process can be greatly aided when you collaborate with others who understand and support what you’re accomplishing.”
(Conscious Creation, page 133)

- What are 3 action steps that you can take this week to connect with or engage in supportive community?

- What are 3 core values you’re looking for in a supportive community?

- Who are 3 people you would like to play key roles in your life?

Key 5: Staying the Course: *“Moving through the five steps of Conscious Creation is really about continuously raising our awareness. We learn to remain aware of our thoughts and our language even as they change; we learn how to become aware of our inner state, our energetic frequency. We learn to become more sensitive to the shifts and sensations in our bodies, our thoughts, and our emotions so that over time, we develop methods for checking in on all levels—physical, intellectual, emotional, spiritual. These methods include meditation, prayer, yoga, and body scanning, and all of these involve ongoing learning. One doesn’t reach the end of meditation in this lifetime; it just keeps going deeper into infinite possibilities.”* (Conscious Creation, page 135)

- What does this excerpt mean to you?

- What are some ways you are aware of your inner state, your energetic frequency?

- What are some ways you might increase that awareness?

Questions for journaling and further reflection:

1. "In embodying your vision, you are certainly alive to the flow of life, but you are making conscious decisions that guide you as you go. You aren't being tossed around, nor are you giving into the current completely, nor are you fighting the flow and trying to row against the current." What does this quote mean to you?
2. In what ways have you been fighting the flow and trying to row against the current?
3. What would happen if you turned your boat around, and let go of the oars?
4. What does that bring up for you?
5. How might you shift any fears or core false beliefs associated with that?
6. "Release the ego reins to your spiritual self, to source, and all will be well." What does this excerpt mean to you?
7. What comes up when you think of surrendering control in this way?
8. How might you shift any resistance to this?
9. What is your vision for your life and for the world?
10. What is your soul trying to reveal to you?
11. In what ways are you ready to unquestioningly dedicate yourself to holding the vibration of your intention?
12. In what ways are you prepared to create a space where you can listen carefully to that inner voice as you move through the intention-setting process?
13. In what ways are you willing to evaluate your responses so that you can recognize when experiences or beliefs about yourself or about the world are taking over and running the show and keeping you small?
14. In what ways are you ready to create a relationship of accountability that will help ensure that you do follow through?
15. In what ways are you willing to step into absolute trust in the powerful inner voice, knowing that as you listen more deeply, the authentic vision for your life of happiness and joy will become clearer?
