

Mastering M.E. - Mind & Emotions

Week 12 Living from your point of POWER

Meditation —

Intentions - personal and group

Recap of week 11

Emotion Mastery - Feeling / Experiencing emotions w/o giving meaning to it

Noticing where you are still allowing yourself to resist emotions and attach to them

Living from your Point of Power the energy of inner power

This week's focus is on Discipline. Pure Consciousness, Awareness.
Summed up as just ONE discipline.

In a physical sense they appear as:

Spiritual Discipline

Physical Discipline

Mental Discipline

Emotional Discipline

Generally the perceived problem is actually the SOLUTION.

Your LIFE WORK for the week.

1. Drop in to your life force energy - your inner power
2. Notice when you are struggling or effecting
3. 4 stages of Awareness
4. Review and visualize your Vision daily
- 5.. Set Goals -TAKE NEW ACTION STEPS - Utilize your PLANNER