

*Harnessing the
Creative Powers
of Your Mind
Workbook*



Passion ♥ Courage ♥ Adventure ♥ Intuition ♥ Love

Higher Faculty of Imagination

Imagination is the most powerful tool we have. If you think about it, absolutely everything that has ever been created was first created in someone's imagination. All of the things we take advantage of to make our everyday lives easier were first created in someone's imagination. We can use this powerful tool to create the things we desire in life, or conversely we can use it to help attract the very things we don't want and fear the most.

You are in the driver's seat, you get to determine where your imagination takes you. In this module we will learn about both synthetic and creative imagination and explore the power of this incredible higher faculty of your mind. We will also begin putting the creative power of the imagination into practice to help you get started in co-creating more of your dreams into your reality.

Synthetic vs Creative Imagination-

What are some ways you have used synthetic imagination to improve things in your life and make it easier?

What are some ideas you have to use your creative imagination or examples of times you have used your creative imagination in the past?

#1- Imagine what it is you want to create in your reality? Create a clear picture of this visualization in your mind and rehearse it with feeling and emotion for at least 5 mins this morning and this evening.

What DON'T you want in your life?

What DO you want?

#2-Identify your blocks- What are the lies you are telling yourself about your dream and why you can't have/ do/ be what you want?

What are the “reasons” you are giving yourself to not go after your dreams?

#3- Write out a clear statement of your goal/dream- “ I am so happy and grateful now that I have (insert your goal/dream here) by (insert te date/target timeline) so that I can (insert your why here) I intend to achieve this goal by rendering the following service.

#4-Now write out the opposite of your false beliefs from #3. Why CAN you have/do/be what it is you would like to have/do/be?

#5-Use these as positive affirmations to reprogram your subconscious mind and counteract the negative beliefs that are holding you back and fighting against your dreams.

#6- Write out a very clear and very detailed vision of what you want to co-create?

Higher Faculty of Reason

The Power of Reason is the ability to think, understand and form beliefs. Reason is the foundation for our belief systems and the basis for actions that we take or choose not to take. Using correct thinking and “right reasoning” is how we change our lives for the better.

By reprogramming our minds with supportive “right” reason, removing false beliefs and poor reasoning, and replacing those limiting beliefs with new beliefs that are in alignment with the truth of our divine nature and the vision of our dreams, we will change our personal reality. By reprogramming our beliefs to “right” reasoning we are able to co-create what we are working on into our reality.

Pay attention to where you are getting your beliefs and advice on how to live your life from. Choose to follow and listen to those who ARE living the life you want to live. Do not allow those who are not even living their own dreams to steal yours as well with their false beliefs and negativity. Choose to not allow other peoples false beliefs, limited perceptions and negative opinions about your dreams to impact you.

Only take advice from those who believe in you and your dreams and who curently have the life you want. First we must think, second we must be aware of what we are thinking and monitor it, and third we must think “outside the box” and change what we are thinking and therefore doing that isn’t helping us get to our dreams.

#1- Take an inventory of where you currently are in all the main areas of your life. “Point A” exactly where you are right now in all major areas of your life Finances, Health, relationships, time freedom, Spirituality, etc.

#2-Write out exactly where you want to be in all of these areas “Point B” with specifics and why you want to achieve these goals?

#3- Take the paper with “Point A” and dispose of it (rip up, burn, etc). Then exercise your Imagination and utilize your creative powers envisioning yourself living your “Point B” in vivid colors.

#4- Also do the same thing with your list of false beliefs from the last module, as well as any new false belief that have come up along the way. Dispose of this list

#5- Write out positive belief statements about what you are working to co-create into your reality and repeat these to yourself several times a day at least 2 or 3 times a day.

#6- Choose 1-10 of these new affirmations to write out every single day. Use your non-dominant hand to write these affirmations out filling a page every day with affirmations of what you are grateful to have and working to create in your life. Imagining what it feels like to have these things and be in a state of love as you are writing them out.

#7- Set aside some time every day (at least 20 mins-1hr) to think about how you can move closer to your goals. Ask yourself how can I attain this goal? What can I do now? What is (are) the next step(s)? Then take action on it every

Higher Faculty of Intuition

Your intuition is your spiritual mind, your higher knowledge, your higher faculty of your mind which picks up on the energy, thoughts, emotions, and energy of those around you.

Your intellect and your intuition are different. Your intuition is your direct connection to your higher source and spirit. You strengthen and improve your ability to hear your intuition by following it and spending time in quiet solitude with your own mind to better tune into intuition.

After you receive and respond to an inspiration/ prompting, ask yourself what that “intuitive hit” felt like to become more familiar with your own intuition? Remember what that direction sounded like to you. Learn the voice of this intuition by following it and paying attention to it.

Exercise-

#1- Ask your intuition, your soul, spiritual guides, and higher power for guidance. Ask “What is my next step?” What do I need to do next? What is my next step to move closer to the goal/dream that I am working on?

#2-What is my next step to increase and strengthen my own intuitive faculty?

Higher Faculty of Will

In this case your “WILL” refers to your ability to focus on your dream and what you are working to create in your life. Your concentrated focused attention is an amplifier that activates many of the spiritual laws of creation, and draws the experiences and resources you need to create your dream into your reality. This is a focus of both mind (thoughts) and heart (emotions) on your end goal.

The power of focus can work in your favor for what you want and it also works just as powerfully to create more of what you don't like or want in your life. “Where attention goes, energy flow”. If you focus on what you don't want and everything that isn't working or is going wrong, you will attract more of this. Just as the law of gravity works regardless of whether we want it to or not, the spiritual laws of creation like the “Law of Attraction and Law of vibration” work whether you are paying attention to and “believe in them” or not.

Choose to focus on and be obsessed with your dreams, not with your problems. “Thoughts become things”.

Exercise #1- Meditation is a very powerful tool for learning how to focus your mind. Focus on living in the moment while you are doing your meditations, and/or focus on the future you are working to co-create.

Make sure that you are repeating your statement of your goal or dream to yourself and focus your mind on it's attainment several times a day as well as right before and during your meditation.

Exercise #2- Practice focusing your attention on the flicker of a candle flame.

Exercise #3- Practice focusing your mind on dot on the wall to center and focus your mind on it.

Higher Faculty of Perception

How we choose to view our life and the things that have happened and continue to happen in our life has the potential to make or break us. We can use our power of perception to shift our entire lives by simply looking differently at the things that are happening in our lives.

Exercise #1- Put the problem you are having on a paper and put that paper in the middle of the table. Then sit down and look for solutions to the problem. If you don't come up with a solution physically switch chairs and ask again what a solution to your problem is? Do this until you have some potential solutions to your problem. Then go out and take action on what you feel is the best solution (s) you come up with.

#2- Learn to look for what is "right" not what is "wrong" in your life. Ask yourself what are the things that are going right in your life? What is the good in my life?

#3- If there is a problem in your life right now, ask yourself ``What is “right” about this situation?”

How can I see this problem as an opportunity and a blessing for personal growth?

What can I do right now to positively impact this situation? Now go out and do that thing that first came to mind. If it doesn't work, do this process again. :)

#4- What have been your “blessings in disguise” that you have noticed after the fact in your life?

#5- Are there any situations or experiences from the past that you have just not been able to let go of? If so look for and identify, and list out the “silver lining” from those experiences.

#6-If you don't have the results you want in the important main areas of your life (relationships, business, finances, health, family, etc.) ask yourself what are the most predominant thoughts I have about this area of my life? Are these thoughts in alignment with what I want to create?

Higher Faculty of Memory

Learning new knowledge is the first step to changing your memories (Declarative memory) and rewiring your mind. Your memories are the basis of your beliefs, paradigms and patterns. The second step is acting on this new knowledge and therefore having new experiences (Declarative memory), as you repeat these new behaviors and you have new experiences, you solidify new neural networks in your brain.

As these new behaviors become associative memories that you are familiar with (from repetition) you hardwired these new memories and they become habitual (non-declarative memories).

You change your mind and life by shifting your perspectives and creating new memories from different perspectives. By memorizing new behaviors through repetition, cutting off the habitual thoughts and behaviors that are not serving you (and are solidifying old neural networks and patterns), and creating new habits, you build a new state of mind. Your mind will naturally propel your body into actions that are in alignment with the future you are working to co-create.

We have the ability to use our powerful creative faculty of memories to co-create the future. Memories can become our future and not just our past. We can use this creative power of the mind to co-create our future by consciously choosing the memories we want to have. We can also use our mind power to recreate the memories of the past by shifting our perspective on the experiences that are keeping us in bondage.

Everything is first created spiritually and then physically.

#1-What emotions do you notice that you have memorized?

#2-After identifying these emotions ask your subconscious mind when was the first time you felt this emotion? What is the memory attached to this experience and this memorized emotion?

#3-How can you shift your perspective about what happened in that experience? How can you shift this experience to be a positive asset to your growth?

#4-Consciously choose a new positive emotion to go along with this experience, create a new memory of this experience and repeat this new memory with a new perspective and new emotion over and over until it becomes hardwired in your memory.

#5- Stop replaying this old memory and the accompanying emotions in your mind. Instead choose to “remember” this new empowering perspective and supportive emotion when you think about this old memory of this old experience.

#6- Ask your future self (the version of you who has already accomplished this goal or dream) what the next step is to move you closer to this goal/ Dream?

#7- Work backwards from the “future memory” of you successfully accomplishing your goal/dream that you are working to create, to where you are now. How did you get there?

Exercise Practice “Ridiculous association” to improve your memory, and increase the creative capacity of this powerful creative higher faculty of the mind