



CHOOSE SPIRIT NOW

JOURNALING
DISCERN BETWEEN EGO & SPIRIT



- As you move through your Contemplative Practices this week, become aware of moving through the process of awakening from Ego to Spirit.
Begin the Practice / Focus the Mind
Enter state of Witness Consciousness
Become Present
Mind Quiets
Enter a state of Illumined Mind
Experience Clear Seeing: moments of feeling the truth inside you come up as you recognize that you are One and connected with everything in creation. It will sometimes bring you to tears of joy.
Experience Bliss-Union-Integration
- Write about your experience.
- Step 2 to Awakening: Discern between Ego & Spirit, between living in the Illusion and living in the Happy Dream as you move through your week and write down 3 experiences with each.