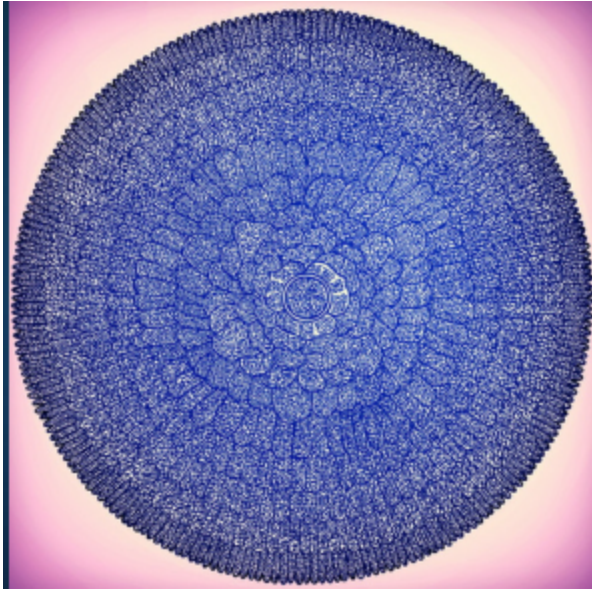


[www.ConsciousManifestations.com](http://www.ConsciousManifestations.com)

*Transforming Lives by Healing and Awakening The Heart*



## 21-Day Self-Empowerment Workbook

My deep appreciation for your presence & your interest in intentional creation/living.

Cosmic laws are unavoidable. For that reason we don't get a second chance. This workbook is designed to establish a way of living that welcomes change and empowers your receptivity so you don't miss any opportunity to evolve, therefore don't simply repeat the same life and state of being year after year, instead you begin to create your own unique life.

Have fun and discipline yourself passionately to enjoy 21 days of simple yet profound tools. Integrate them in your daily life for only a few minutes here and there and see benefits in your emotional, mental and physical body. Soon gratitude, love and trust would be your state of being. Try to get back to this worksheet often and make yourself more familiar with the concept of universal laws and your connections to them, possibly creating new muscles in your emotional body with love and trust. I hope by using this workbook you lovingly service yourself and by doing so feel empowered in every aspect of your life. Empowering one empowers many, your work today is for the benefit of all. So love yourself for doing this and by proxy heal the world.

## *Welcome to Conscious Manifestations Community*

In order to connect and benefit from the 7 worksheets, first we'll look at the ingredients or practices of self-empowerment. A short explanation on each specific practice is provided here that to go through them and use them as needed, It will assist with integration and building newness. The 7-day worksheet is at the end, please repeat that weekly for the duration of your 21-day self empowerment. You may find it much more beneficial if you print this workbook.

### **Have fun mastering the game:**

- **Love**

It means agenda less pure desire “to include” and it always pairs with”trust”.

As you might already know, love is the answer and the only way to self empowerment! Creation is based on love, so anything you wish to change, anything you wish to manifest starts with the pure expression of true emotion of love. Embrace and love what is before you to transform and change it to what it is you desire to experience.

- **Trust**

As old programming of fear breaks down in every being, the new reality of trust must reveal itself. It is, after all, what is real; what is. All else is just an illusion. Trusting that our lives are guided in every way by our largest identity that spans all existence, we can release our attempts to control life. But what guides our highest self? The One Life that sustains us all — infinite, timeless and vast.

### **Love Exercise**

Include yourself: Begin with expressing and experiencing self love, to do so we begin by saying “I love you” to yourself, and to someone you know or see on the street. You don’t have to say it out loud, say it in your heart: “I love you”. Listen to your favorite music and stay conscious and aware of all the sensations in your body. Walk in nature and pay attention to all the details mother nature provides for us as a gift. The fresh air, the colorful flowers... allow yourself to be aware of all the sensations.

Envision the innocent face of a child and acknowledge how everything is unknown and unknowable to him. Notice that you can feel that by just looking at his/her face. Feel his innocence. Why is he innocent? Why is innocence such an attractive quality in any being? Ask yourself what is innocence? Contemplate that. (A Silent Mind )

### **Love and Trust ( Safety)**

Self-empowerment: I include myself and I trust me before anything outside of me. Okay now that we are done with the love exercise, let’s dive in and trust the process even deeper.

Fear – the desire to retreat ( Replaced by Trust)

Love – the desire to include within ( Core of Creation)

Allow yourself to surrender to the guidance and love of the Infinite. Receive openly and give generously the love that is surrounding you, the Infinite's Love, All that is: Love  
The first step of self love is authenticity and honesty. We are here only **to grow and evolve**, in other words, we are here **to love and be loved**. Allowing to be loved is the path to Conscious Manifestations even better "Co-Creation". Allow yourself to be loved by YOU and ask daily do I love me? **How do I express and experience my own love?** Can I feel my love for me and for others? How does it feel? We understand the true meaning of love by first paying attention to our feelings about ourselves and recognizing the feeling that giving and receiving love ignites within us. We are unique and we feel differently. Give a voice to your heart, mind and body parts. Make sure every part of you feels your love. We get lost in the content of our lives and become confused thinking we are also the content of our lives! We are much more than what we could see with the eye. By paying attention to our feelings and getting to know the emotions stored in the body parts we open the door to self knowledge and that is where love begins. As a result we become empowered. Life becomes meaningful without anything really changing outside, it was us who changed inside.

Is it self-realization or establishing self love? Could they be the same? Self-empowerment increases the quality of our life. Because now you feel safe and at home. You realize that you are not alone and never have been. You are always supported by the most important person on the Earth, The Self YOU.

**Two questions :**

**Do you love yourself & Do you feel safe?**

**"Practice Feeling Safe, Feeling Loved by YOU"**

**Trust:Desire to Surrender** - Although it is a longer discussion that can be addressed individually, for the purpose of this work consider this: Love is an emotion that needs to balance itself with the emotion of Trust. In other words, when we feel love, we want to include or to be included. It doesn't feel completely right if there is no trust there, right? Trust is the desire to surrender. So if you love yourself you also trust yourself, you love the child in you and you also trust him/her. If trust is missing, **love more**, up to the point that the feeling of surrender comes around. Surrender only means to accept. Not to drop everything or do nothing, but to accept yourself just the way you are and accept another just the way they are. To look at what is so called and judged as the good, the bad and the ugly and find the poetry of creation in it. To accept all that is. This in time will provide the support you need to welcome change and bring out the best in you, the true self, your vast inevitable power will be able to express through you. To manifest consciously, you need to use the power of "love & trust". This is the root and foundation of creation: Love and Surrender Trust. Emotions are frequency & the perception behind it, is what we call light within. To heal these emotions & empower our inner senses we use Belvaspata<sup>1</sup> healing that heals with frequency and light to purify the emotions & allow the inner power to express fully as a result healing the physical, emotional and mental body. Belvaspata is available to all to learn/ practice daily on yourself & loved ones. If you are initiated to this modality it is recommended to use it alongside this workbook for greater results.

---

<sup>1</sup> <https://www.consciousmanifestations.com/belvaspata-healing/>

- **Affirmations**

There are seven affirmations to contemplate daily. You may also be inspired to come up with your own affirmation as intuitively guided to a specific area in your own life. Share it with me, share it with others. If you can, create a small group of friends to share these affirmations every morning. For example you can email it to your friends or write it on your social media page daily. Try to feel the affirmations and what it represents or means to you during the day.

**Seven affirmations we are using in this workbook are as follow:**

(with some explanation on how they may assist you)

- **“Through self-regeneration I am as new as the moment”**

Acknowledging the fact that our body is a powerful vehicle, is very important. It receives its guidance from our belief system to come up with the quality of our cells or physical form/health. Allowing this acknowledgement to replace the social condition of aging and health issues is recommended. This affirmation will change the belief around that.

- **“I cease to oppose life”**

Another affirmation to ease life’s experiences and slow aging, if not eliminate it, is to allow your experiences in your life flow through you like currents of an ocean. Do you feel resistance there? As the currents of an ocean travel effortlessly with ease, it moves around any obstacle in the way without resistance. You can also travel through experiences effortlessly with joy and open heart. Life is a journey not a destination! Enjoy the journey.

- **“Trust in my ability to self-sustain myself is my firm foundation during the winds of change”**

Growth is everyone's desire even though we may think that we have it all. We want growth and fulfillment in some or more than one area of life; relationship with self, love and romance, finance, family, resources. There is always something to grow in. This only happens if we welcome change. External change also happens by us changing internally first. For that we need to have faith and trust our inner strength and abilities. Without trusting in ourselves, we can easily quit. **Change can be difficult in the world where addiction to comfort exists.** When our comfort zone is really important, quitting becomes the only way to survive. Comfort zone does not let you let go unless you trust yourself. Love yourself enough to provide the change you wish to have. When you love another (child, parent, partner, a best friend), you go out of your comfort zone and assure them that they can trust you. Your love is strong for them so they can count on you. You do this for them, right? YOU also deserve change! YOU also deserve your support and one hundred percent of your attention. The winds of change are too strong and bring us down without love and trust in our own ability. “Quit? No WAY”... Trust in yourself. Never give up. Trusting in your words and receiving your own support are your firm foundation during the winds of change. This affirmation will assist you in supporting yourself and releasing fear. That is why we never give up. Be your own best friend and tell yourself: “you are safe with me, trust me and take my hand. We'll make it together”.

- **“Power emanates from my being with every touch and word I speak. I bear this responsibility with reverence”**

Staying conscious about the **words we use** in communication with others or while planning our day can be difficult. Acknowledging this law of the universe helps your journey unfold effortlessly. Contemplate the affirmation as many times as you can during the day. Notice the words and thoughts you focus on to remind yourself of the responsibility you got in shaping your reality.

- **“With great consideration I powerfully shape my environment with my words and thoughts”**

An example could be working in a place that you don't enjoy. Instead of saying: “I hate my job” you could say “I would love a job that has flexible hours, an exercise room, child care for children, free refreshments”. “I don't oppose life by hating what it is. I cease to do that by being authentic with myself and allow myself to have a vision of my desired workplace”. Without resistance, take a moment and envision what you want to experience instead of this job and do your best in the job before you. Breathe in knowing that will come in time and move on. Through acceptance of what is, you start shaping the changes of what is to become.

- **“I attract what I love and I empower what I focus on”**

This affirmation is a good reminder to find more things you love to focus on in life. As you go through your day remember to **only focus on what you wish to empower** in your life. Whenever you see happiness, health and wealth around you, focus on that and take a moment to love and enjoy it. What you focus on will increase around you. When you see sadness and pain show **kindness and love**, be happy that you are able to provide love and kindness. When you see madness and hate, stay in your heart, be **compassionate** and take responsibility in your response. “Choose” the things you focus on. As you may have noticed, we focused on what we want to experience in the above examples: wealth and health, kindness, love and compassion.

This is also an acknowledgement of the soul in others with the soul in you.

- **“With great sensitivity to the consequences of my actions, I live spontaneously and express myself freely”**

When we know our words and thoughts have such an effect in our life, we may tend to police ourselves. You may watch every word and move with a negative approach. Just be, and allow awareness to take care of your words and actions. Don't resist yourself. Remember the affirmation: “I cease to resist life”. The awareness you are gaining in this simple worksheet will push your perception in ways that you might not even notice. So just trust it. You'll be more sensitive to the consequences of your actions automatically and will find yourself breathing deeply before saying anything. So there would be no reaction but conscious response in alignment with your higher self. Breathe deeper before taking any actions, breathe a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to. Dive deep in life before watching news every hour, every day... you may ask yourself: “is it necessary to hear negativity



often and repeatedly?" You can find other ways to stay informed and participate in society. So live spontaneously and express freely. Trust yourself.

### **Exercise:**

For the purpose of this worksheet, I choose **dancing**. What kind of exercise do you enjoy? What do you choose for your daily exercise? Play your favorite music and dance or exercise for 5 to 30 minutes. Dancing increases your vibration, cleans the chakras, brings you to the moment and now. Your physical, emotional and mental body benefit from it. I also integrate the integrity dance from hinduism. It is joyful and definitely useful. The Skeleton Dance; close your eyes and envision your body's skeleton dancing! Imagine your skeleton as you dance with your eyes closed and dance your heart out. Acknowledge the cooperation of your bones, how well they work together. Feel the integrity in your bones. Appreciate the integrity within, in practicing integrity internally we create faster results in our external world.

### **Meditation**

Each morning when you are ready to start the day, mabe still in bed, close your eyes for 5 to 15 minutes and breathe deeply while observing your breaths. If you are sitting make sure your spine is straight and if lying down you are comfortable and warm.

As you breathe in and breathe out count 5 deep breaths. Connect with your heart and stay there. If any thought arises don't resist it. Just don't participate in it. Let it rise and fall. Observe your breaths. Think of what it is that you wish to have and envision yourself as if you already have it. Don't think about how you are going to get it. How the desire takes form, is not your work, just know and remind yourself daily what it is that you want. That is your work, do it first in the morning and get it out of your own way.

If you don't get an image it's ok, concentrate on your feelings. Feel it, see it, enjoy it. The rest of the day forget about your vision and detach yourself from the outcome. Just get yourself busy doing something else. Like a job that is done, no need to think about it anymore. Add more details each day if you wish. Make sure to set your alarm so you are not worried about time. You may wish to increase your meditation length as you feel more comfortable. It is entirely up to you.

**We don't manifest our desires, we manifest our beliefs.** What we are doing with the 21 days exercise is to find the beliefs that are not serving us anymore and allow them to leave. In your meditation, like the olympic runner, see the finish line and feel the joy, because you believe it, it is done. It's ok if that didn't happen. It's a win-win game. Play it joyfully! you'll know the belief beyond it. During the day whether you work at home or somewhere out there, find a quiet place to take some time off and slow your mind. Breathe deeply and consciously. Make sure your breaths are deep and felt in your stomach not in your chest. 1 minute to 5 minutes wherever you are. It is recommended to practice using one affirmation per day for one week ( add your own affirmation to this practice if you wish or are inspired). Then repeat for 3 weeks. Read the affirmation, close your

eyes and repeat it a few times. Say them aloud and repeat them as many times as you can during the day. Bring your attention to your breaths and exercise daily to master your mind.

- **Belvaspata**

We Work with 12 Pairs of Emotions in Belvaspata, the first 3 pairs of emotions are the core of creation they are tools for us to manifest our desire reality: 1- Love & Trust (replacing fear) 2- Peace and Inspiration ( replacing protectiveness and anger) 3- Creativity and Pleasure (This is where desire to be delighted at all time and to create is born)

If you are initiated to this healing modality I recommend doing healing on yourself using one or a couple of pairs of emotions and their relevant sigils daily. However it is extremely beneficial to you if you have time and are inspired to do all 12 pairs twice a week for 3 weeks as it balances the emotions. **I love to hear your voice and thoughts, if you are inspired to share your experience drop me a line at: [Hello@ConsciousManifestations.com](mailto:Hello@ConsciousManifestations.com)**



Read more about Belvaspata Sessions Here:

<https://www.consciousmanifestations.com/belvaspata-healing/>

The 12 New Pairs of Emotions (-) (+)

- 1) Trust & Love -The desire to surrender & The desire to include (replaced fear)
- 2) Peace & Inspiration - The desire to be at ease, to feel & The desire to inspire and to at home (replaced protectiveness) be inspired (replaced anger)
- 3) Pleasure & Creativity - The desire to be delighted & The desire to create
- 4) Acknowledgement &Empathy The desire to see perfection.The desire to connect
- 5) Receptivity & Generosity The desire to receive &The desire to give
- 6) Beauty & Encouragement The desire to be uplifted The desire to encourage and to be encouraged
- 7) Assimilation & Communication The desire to integrate & The desire to express
- 8) Joy & Passion The desire to live & The desire to know
- 9) Fun & Achievement The desire to revel & The desire to excel
- 10) Contentment & Enlightenment The desire to retain & The desire to enhance and to to be enhanced (replaced pain)
- 11) Humor & Empowerment The desire to be amused & The desire to be of service
- 12) Satisfaction & Growth The desire to be fulfilled & The desire to expand

**Become your own healer with Belvaspata practitioner training - Initiation to Belvaspata:**

<https://www.consciousmanifestations.com/sacred-healing/>

It is always wise to trust our heart and our feelings to direct our course of actions.

**Working with Belvaspata removes distortions and makes our guidance ever clearer.**

## **Day One**

Start Date:

End Date:

---

Name:

---

### **1- Love Exercise**

**“Practice feeling safe and feeling loved by YOU”**

**I love myself:** In your words, write down how do you love yourself today:

---

---

**I feel safe:** Trusting yourself and your abilities combined with trusting life and cosmic laws- where do I feel safe today:

---

---

### **2- Today’s Affirmation:**

**“Through self-regeneration I am as new as the moment”**

Acknowledging the fact that our body is a powerful vehicle is really important. It receives guidance for the quality of our cells or physical form/health from our belief system. Allowing this acknowledgement replaces the social condition of aging and health issues. This affirmation will change the belief around that.

Are you thinking of a specific area in your life that you wish to include here? Write down your own affirmation here:

---

Read the affirmation then close your eyes and repeat it a few times. Say it aloud. Write it down, if you are a visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it often.



## Exercise:

What kind of exercise do I want to do today and for how long?

---

## Meditation

- Deep breaths

Observe your breath to quiet the mind. If a thought arises, don't resist it, just don't participate.

- You are comfortable and warm,
- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

---

At night review your day: How many times I meditated, when, where and how long:

---

Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive deep in life before watching news every hour, every day... you may ask yourself: "is it necessary to hear negativity often and repeatedly?" You can find other ways to stay informed and participate in society.

**Live spontaneously and express freely. Trust yourself. Always permit yourself to feel whatever you feel. Allow yourself to feel the power within.**

## Day two

### **1- Love Practice**

**“Practice feeling safe, feeling loved by YOU”**

**I love myself:** In your words write down how do you love yourself today:

---

---

**I feel safe:** Trusting yourself and your abilities combined with trusting life and cosmic laws- where do I feel safe today:

---

---

### **2- Today’s Affirmation:**

**“I cease to oppose life”**

Another affirmation to ease life experiences and slow aging if not eliminate it, is to allow your experiences in your life flow through you like currents of an ocean. Do you feel resistance there?

As the current of an ocean travels effortlessly with ease, it moves around any obstacle on the way without resistance. You can also travel through life’s experiences effortlessly with joy and open heart. Life is a journey with no destination, the quality of each moment to me counts.

Are you thinking of a specific area in your life that you wish to include here? Write down your own affirmation here:

---

Read the affirmation then close your eyes and repeat it a few times. Say them aloud. Write it down, if you are a visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it a few times.

## Exercise:

What kind of exercise do I want to do today and for how long?

---

## Meditation

- Deep breaths

Observe your breath to quiet the mind. If a thought arises don't resist it, just don't participate.

- You are comfortable and warm,
- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

---

At night review your day: How many times I meditated, when, where and how long:

---

Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive deep in life before watching news every hour, every day... you may ask yourself: 'is it necessary to hear negativity often and repeatedly?' You can find other ways to stay informed and participate in society.

**Live spontaneously and express freely yet very disciplined. Trust yourself.  
Always permit yourself to feel whatever you feel and express.  
Remember to also feel the power within with confidence and trust.**

## **Day Three**

### **1- Love Practice**

**“Practice feeling safe, feeling loved by YOU”**

**I love myself:** In your words write down how do you love yourself today and what do you do today to practice self love:

---

---

**I feel safe:** Trusting yourself and your abilities combined with trusting life and cosmic laws- where I feel safe today:

---

---

### **2- Today’s Affirmation:**

**“Trust in my ability to self-sustain myself is my firm foundation during the winds of change”**

Growth is everyone's desire even though we may think that we have it all. We want growth and fulfillment in some or more than one area of life; relationship with self, love and romance, finance, family, resources. There is always something to grow in. This only happens if we welcome change. External change also happens by us changing internally first. For that we need to have faith and trust our inner strength and abilities. Without trusting in ourselves, we can easily quit. Change could be difficult in the world that addiction to comfort exists. When our comfort zone is really important, quitting becomes the only way to survive. Comfort zones do not let you let go unless you trust yourself. Love yourself enough to provide the change you wish to have. When you love another ( child, parent, partner, a best friend) You go out of your comfort zone and assure them that they can trust you. Your love is strong for them so they can count on you. You do this for them, right? YOU also deserve change! YOU also deserve your support and one hundred percent of your attention. The winds of change are too strong and will bring us down without love and trusting our own ability. Quit? No way... Trust in yourself. Never give up. Trusting in your words and receiving your own support is your firm foundation during the winds of change. That is why you should never give up.

Be your own best friend and tell yourself: “you are safe with me, trust me and take my hand. We'll make it together”.

Are you thinking of a specific area in your life that you wish to include here? Write down your own affirmation:

---

Read the affirmation then close your eyes and repeat it a few times. Say them aloud. Write it down, if you are a visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it a few times.

### **Exercise:**

What kind of exercise do I want to do today and for how long?

### **Meditation**

- Deep breaths

Observe your breath to quiet the mind. If a thought arises don't resist it, just don't participate.

- You are comfortable and warm,
- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

---

At night review your day: How many times I meditated, when, where and how long:

---

Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive

deep in life before watching news every hour, every day... you may ask yourself: “Is it necessary to hear negativity often and repeatedly?” Can you find other ways to stay informed and participate in society?

- **Individuation and Oneness**

The more we surrender to the One, to ourselves, the deeper our love for all beings grows. We can include them in our love because we see so clearly that the roles we play in our experiences are but small ones on a small stage. When we look further, each being is a unique perspective superimposed over all that is — just as vast as we are and just as deserving of life as a part of the Infinite’s Being.

Allow love, trust and total surrender to flood your being until they have become part of all you are.



**Live spontaneously and express freely yet very disciplined. Laugh and enjoy everything you do. Always permit yourself to feel whatever you feel, express gracefully. And remember to feel the power within in surrender Trust**



## Day Four

### 1- Love Practice

**“Practice feeling safe, feeling loved by YOU”**

**I love myself:** In your words write down how do you love yourself today and what do you do today to practice self love:

---

---

**I feel safe:** Trusting yourself and your abilities combined with trusting life and cosmic laws- where I feel safe today:

---

---

### 2- Today's Affirmation:

**“Power emanates from my being with every touch and word I speak. I bear this responsibility with reverence”**

Staying conscious about the **words we use** in communication with others or while planning our days can be difficult. By acknowledging this law of the universe, help your journey unfold effortlessly. Pay attention to the words you choose to use, and to the thoughts that you focus on and remind yourself of the responsibility you got in shaping your reality.

Are you thinking of a specific area in your life that you wish to include here? Write down your own affirmation here:

---

Read the affirmation then close your eyes and repeat it a few times. Say them aloud. Write it down, if you are a visual person, stick it somewhere you can see easily. During the day try to remember your affirmation for the day and repeat it a few times.

## Exercise:

What kind of exercise do I want to do today and for how long?

---

## Meditation

- Deep breaths

Observe your breath to quiet the mind. If a thought arises don't resist it, just don't participate.

- You are comfortable and warm,
- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

---

At night review your day: How many times I meditated, when, where and how long:

---

Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive deep in life before watching news every hour, every day... you may ask yourself: 'is it necessary to hear negativity often and repeatedly?' You can find other ways to stay informed and participate in society.

**Live spontaneously and express freely yet very disciplined. Laugh and enjoy everything you do. Always permit yourself to feel whatever you feel, express gracefully. And remember to feel the power within in surrender Trust**

## **Day Five**

### **1- Love Practice**

**“Practice feeling safe, feeling loved by YOU”**

**I love myself:** In your words write down how do you love yourself today and what do you do today to practice self love:

---

---

**I feel safe:** Trusting yourself and your abilities combined with trusting life and cosmic laws- where I feel safe today:

---

---

### **2- Today’s Affirmation:**

**“With great consideration I powerfully shape my environment with my words and thoughts”**

An example could be working in a place that you don’t enjoy. Instead of saying: “I hate my job” you could say “I would love a job that has flexible hours, an exercise room, child care for employee’s children, free refreshments”. I don’t oppose life by hating what it is. I cease to do that by being authentic with myself and allow myself to have a vision of my desired workplace, breathe in knowing that will come in time and move on. Through acceptance of what is, you start shaping the changes of what is to become.

Are you thinking of a specific area in your life that you wish to include here? Write down your own affirmation here:

---

Read the affirmation then close your eyes and repeat it a few times. Say them aloud. Write it down, if you are a visual person, stick it somewhere you could see easily. During the day try to remember your affirmation for the day and repeat it a few times.

## Exercise:

What kind of exercise do I want to do today and for how long?

---

## Meditation

- Deep breaths

Observe your breath to quiet the mind. If a thought arises don't resist it, just don't participate.

- You are comfortable and warm,
- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

---

At night review your day: How many times I meditated, when, where and how long:

---

Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive deep in life before watching news every hour, every day... you may ask yourself: 'is it necessary to hear negativity often and repeatedly?' You can find other ways to stay informed and participate in society.

**Live spontaneously and express freely yet very disciplined. Laugh and enjoy everything you do. Always permit yourself to feel whatever you feel, express gracefully. And remember to feel the power within in surrender Trust**

## Day Six

### 1- Love Practice

**I love myself:** In your words write down how do you love yourself today and what do you do today to practice self love:

---

---

**I feel safe:** Trusting yourself and your abilities combined with trusting life and cosmic laws- where I feel safe today:

---

---

### 2- Today's Affirmation:

#### **“I attract what I love and I empower what I focus on”**

This affirmation is a good reminder to find more things you love to focus on in life. As you go through your day remember to only focus on what you wish to empower in your life. Whenever you see happiness, health and wealth around you, focus on that, love and enjoy **wealth and health**. What you focus on will increase around you. When you see sadness and pain show **kindness and love**, be happy that you are able to provide love and kindness. When you see madness and hate, stay in your heart, be **compassionate** and take responsibility in your response. “Choose” the things you focus on. As you noticed, we focused on what we want to experience in the above examples: wealth and health, kindness - love and compassion. This is also an acknowledgement of the soul in one with the soul in you.

Read the affirmation then close your eyes and repeat it a few times. Say them aloud.

Write it down, if you are a visual person, stick it somewhere you can see easily. During the day try to remember your affirmation for the day and repeat it a few times.

Are you thinking of a specific area in your life that you wish to include here? Write down your own affirmation here:

---

Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive deep in life before watching news every hour, every day... you may ask yourself: 'is it necessary to hear negativity often and repeatedly?' You can find other ways to stay informed and participate in society.

### **Exercise:**

What kind of exercise do I want to do today and for how long?

---

### **Meditation**

- Deep breaths

Observe your breath to quiet the mind. If a thought arises don't resist it, just don't participate.

- You are comfortable and warm,
- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

---

At night review your day: How many times I meditated, when, where and how long:

---

**Live spontaneously and express freely yet very disciplined. Laugh and enjoy everything you do. Always permit yourself to feel whatever you feel, express gracefully. And remember to feel the power within in surrender Trust**



## Day Seven

### 1- Love Practice

**“Practice feeling safe, feeling loved by YOU”**

**I love myself:** In your words write down how do you love yourself today and what do you do today to practice self love:

---

---

**I feel safe:** Trusting yourself and your abilities combined with trusting life and cosmic laws- where I feel safe today:

---

---

### 2- Today's Affirmation:

**“With great sensitivity to the consequences of my actions, I live spontaneously and express myself freely”**

When we know our words and thoughts have such an effect in our life, we may tend to police ourselves. You may watch every word and move with a negative approach. Just be, and allow awareness to take care of your words and actions. Don't resist yourself! Remember the affirmation: “I cease to resist life”. The awareness we are gaining in this simple worksheet will push your perception in ways that you might not even notice. You'll be more sensitive to the consequences of your actions automatically and will find yourself breathing deeply before saying anything.

Breathe deeper before taking any actions, breathe a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to. Dive deep in life before watching news every hour, every day... you may ask yourself: ‘is it necessary to hear negativity often and repeatedly?’ You can find other ways to stay informed and participate in society. So live spontaneously and express freely. Trust yourself. Always permit yourself to feel whatever you feel.

Are you thinking of a specific area in your life that you wish to include here? Write down your own affirmation here:

---

Read the affirmation then close your eyes and repeat it a few times. Say them aloud.

Write it down, if you are a visual person, stick it somewhere you can see easily. During the day try to remember your affirmation for the day and repeat it a few times.

**Exercise:**

What kind of exercise do I want to do today and for how long?

---

**Meditation**

- Deep breaths

Observe your breath to quiet the mind. If a thought arises don't resist it, just don't participate.

- You are comfortable and warm,
- 5 minutes visualization. (How do I want to feel and what do I want to have)

How long do I meditate today:

---

At night review your day: How many times I meditated, when, where and how long:

---

Allow yourself to stay sensitive to the consequences of your actions with humor. Make sure you are not policing yourself. Breathe deeply before saying anything. Breathe deeper before taking any actions, breathe in a few deeper breaths before participating in a conversation that may get you to agree to the words you wish not to agree with. Dive deep in life before watching news every hour, every day... you may ask yourself: 'is it necessary to hear negativity often and repeatedly?' You can find other ways to stay informed and participate in society.

**Live spontaneously and express freely yet very disciplined. Laugh and enjoy everything you do. Always permit yourself to feel whatever you feel, express gracefully. And remember to feel the power within in surrender Trust**

---

**“Through the rapture I feel at the boundless miracle of life,  
I dwell in passion & in joy”**

The Affirmations used in this workbook are copyrighted work of Seer Almine @ spiritual Journeys LLC

To order the XL Hardcover Book of **Daily Mantras** follow the link below:

<https://www.alminewisdom.com/products/book-of-daily-mantras>

**Become a Belvaspata Practitioner:**

<https://www.consciousmanifestations.com/sacred-healing/>

**The Song of The Self**

<https://www.consciousmanifestations.com/the-song-of-the-self-2/>

**Healing Trauma and Abuse - Sexual / Childhood**

<https://www.consciousmanifestations.com/healing-sexual-abuse/>

**One on One Transformational**

<https://www.consciousmanifestations.com/life-coaching/>

**One on One Manifestation**

<https://www.consciousmanifestations.com/hakulit-2/>

*With Love,*

*Sara Roshan*



*Hakulit Manifestation Counselor*

*Spiritual Mentor, Healer and Teacher*

*Sacred Breaths, Movements, MerKaBa and Inner Technology Practitioner*

Supporting the evolving journey of consciousness in form

[www.ConsciousManifestations.com](http://www.ConsciousManifestations.com)

[Hello@ConsciousManifestations.com](mailto>Hello@ConsciousManifestations.com)

**Transforming Lives by Healing and Awakening The Heart**



**The words mean:**

Innocence is restored through communion with nature

**The small writing**

**says:** To right a wrong, judges and divides - To acknowledge wholeness, uplifts all.

**The Seer's Notes:**

*"Within the silence of the mind, all things are possible. The silent mind is born of surrendered trust."*

## Innocence = Silenced Mind

Print this Sigil and put it somewhere you can see it often, so it can help you raise your frequency and silence your mind. An excellent way to do that is to use it as a wallpaper on your phone, tablet or computer.

This means to keep the mind calm and silent when you don't need to think. And get it fully active and engaged when you need to. When you gain the ability to silence your mind you automatically improve your ability to manifest consciously and more abilities and skills awaken in you. Ways to silence the mind include affirmations, purifying the emotions of love and trust, focus on your breaths, exercise and spend time in nature. All of which we are using within this workbook.

## *Basic Terms*

### *Spiritual and Mystical Teaching*

- Light = accessed information
- Emotion = irrational frequency based on desire
- Attitude = a mutually interdependent relationship between perception and emotion. In other words: emotion arising from perception and perception arising from emotion.
- Perception = an aware understanding of accessed information.
- Awareness = the understanding of the value of the application of knowledge. The understanding of intrinsic value beyond superficial appearances.
- Intelligence = the ability to make aware choices
- Consciousness = self-awareness. Self-awareness knows *I am*, without considering identity through comparison. In other words it does not know *I am that*.
- Feelings = non-cognitive knowledge
- Love (as an emotion) = it is the desire to include something or someone into your life (life = your sphere of physical experience).
- Love (as an attitude) = inclusiveness; the embracing of another by acknowledging the worth of someone or something.

Teachings of Greatest Mystic of Our Time Seer Almine @ Spiritual Journeys LLC