

Practice: Remember Who You Are

This activity will assist you with remembering who you are. The purpose of this activity is to help you with identifying first cause in your life. The goal of this activity is to open you up and give you a new perspective from which to view yourself and the world around you. Complete the following tasks:

- Practice looking in the mirror for the next week (do this once in the morning and once at night or as frequently as you can)
- While looking in the mirror ask yourself a single question or make a single statement to yourself
- See beyond your reflection
- Allow yourself to be with what happens
- Observe how you feel and what comes up as you practice seeing
- Write in your journal what you see and feel
- Complete the daily meditation to help with recognizing your inner essence
- Document and bring your findings to the next session

Ask yourself this question

Who are you?

or

Make these statements to yourself

I am unconditional love. There is nothing else. Life begins and ends with me.

Note: You may make the statement and ask the question. You can also write your own questions or statements that resonate more closely with your inner soul. Do what makes you feel most at ease and free. Be consistent with asking yourself the question(s) or saying the statement(s) that you write.

- Read Super Conscious Model for Living book (pp. 5-18)
- Read Expressions of Unconditional Love book (pp. 1-20 and p. 201)
- Complete the **Recognize Meditation**
- Use the music track **Recognize Your Inner Essence** from Expressions of Unconditional Love CD, Disk 2
- Prepare for **Lesson 2: Surrender Your Outer Essence**

"You should spend a minimum of seven (7) days to work through this practice activity. This practice allows ample time for you to develop a repeated daily discipline for yourself. Discipline and regular daily practice is essential to you accelerating personal transformation."