

Practice: Accept Your Innate Power

This activity will assist you with accepting your inner essence and beauty. The purpose of this activity is to help you continually practice recognizing, letting go, and being with the experience of knowing your inner essence until you can stand in your greatness as a glorious beam of radiant energy. The goal of this activity is to assist you in the process to feel at ease with acknowledging, declaring, and accepting your greatness. You are I am too! Can you accept, know, and trust your inner power? Complete the following tasks:

- Practice releasing your identified ego characteristics and affects
- Allow yourself to be with what happens
- Write in your journal what you observe and feel
- Complete the daily meditation to help with accepting

Outer Self Separate and Incomplete <i>Disposition of the mind</i>		Inner Self Whole and Complete <i>Natural, balanced, and centered</i>	
Characteristics	Affects	Characteristics	Affects
Arrogance	Anger	Abundance	Kindness
Control	Animosity	Acceptance	Knowledge
Coercion	Fear	Authenticity	Openness
Intimidation	Jealousy	Compassion	Peace
Manipulation	Pain	Empathy	Power
Narcissism	Regret	Forgiveness	Selflessness
Pride	Resentment	Freedom	Trust
Resistance	Sorrow	Generosity	Unconditional Love
Selfishness	Stress	Intention	Wisdom

- Read Super Conscious Model for Living book (pp. 19-20)

- Read Expressions of Unconditional Love book (p. 203)
- Complete the **Accept Meditation**
- Use the **Accept Your Innate Power** meditation track from Expressions of Unconditional Love C, Disk 2
- Prepare for **Lesson 4: Listen to Your Innate Wisdom**

***Note:** As you complete the meditation, start at the beginning and go for as long as you can in the traditional meditative posture while the music plays. If you get tired, lie down and rest while the music plays through to completion. Continue focusing on accepting your inner power to know yourself while the music plays.*

"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."