

Practice: Listen, Hear, and Follow Directions

This activity will assist you with listening and tuning. The purpose of this activity is to help you quiet the mind so you can listen, tune in, and receive messages to guide you in your daily living. The goal of this activity is to assist you in honing and controlling your mind by reducing mental chatter that convolutes, blocks, and distorts intuitive guidance. Complete the following tasks:

- Practice reducing mental chatter
- Quiet your mind (no thoughts)
- Allow yourself to be with what happens
- Write in your journal what you observe and feel
- Complete the daily meditation to help with listening

Activity

Sit silent and still without mental activity. If thoughts enter your consciousness, simply let those thoughts pass through. Do not evaluate your thoughts. Just observe them in your consciousness.

Quieting your Mind

1. Observe your mental activity
2. Eliminate all thought activity
3. Are you thinking?
4. If yes, you have more work to do to eliminate all thought
5. If no, your mind is still and ready to receive
6. Allow and be with what happens during moments of fleeting stillness
7. Practice quieting the mind while performing other daily activities
8. Record your experience in your journal at each event

Note: The more you hone this skill of quieting the mind the more you are able to master and align your ego.

- Read Super Conscious Model for Living book (pp. 23-25)
- Read Expressions of Unconditional Love book (p. 204)
- Complete the **Listen Meditation**

- Use the **Listen, Hear, and Follow Directions** meditation track from Expressions of Unconditional Love CD, Disk 2
- Prepare for **Lesson 5: Transform and Be an Exemplar**

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."