

Practice: Live as the Observer

This activity will assist you with living super consciously. The purpose of this activity is to help you maintain an unwavering connection with source energy. The goal of this activity is to assist you in living every moment of your life from a heightened sense of awareness and observation. Complete the following tasks:

- Practice being observant in every situation
- Notice recurring patterns, themes, traits, and emotions within yourself and the road signs presented by others
- Maintain an interactive co-creative balance as you artfully play, dance, and share energy space
- Allow yourself to be with what happens
- Write in your journal what you observe and feel
- Complete the daily meditation to help with transforming

Observe Every Moment

1. Observe your situation and environment
2. Notice recurring patterns and themes
3. Go into your internal spiritual space
4. Get actively quiet (be still)
5. Allow spirit to direct and guide you
6. Maintain balance and harmony as you co-create
7. Return to observation

Note: It is only when you can maintain a still presence at all times that you are able to live as the observer and establish a constant unwavering connection with source energy. You become a conduit through which esoteric wisdom transmits and transfers light energy and clear creative manifestations into the world through you.

- Read Super Conscious Model for Living book (pp. 30-33)
- Read Expressions of Unconditional Love book (p. 205)
- Complete the **Transform Meditation**
- Use the **Transform and Be an Exemplar** meditation track from Expressions of Unconditional Love CD, Disk 2
- Prepare for **Lesson 6: Experience Oneness**

"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."