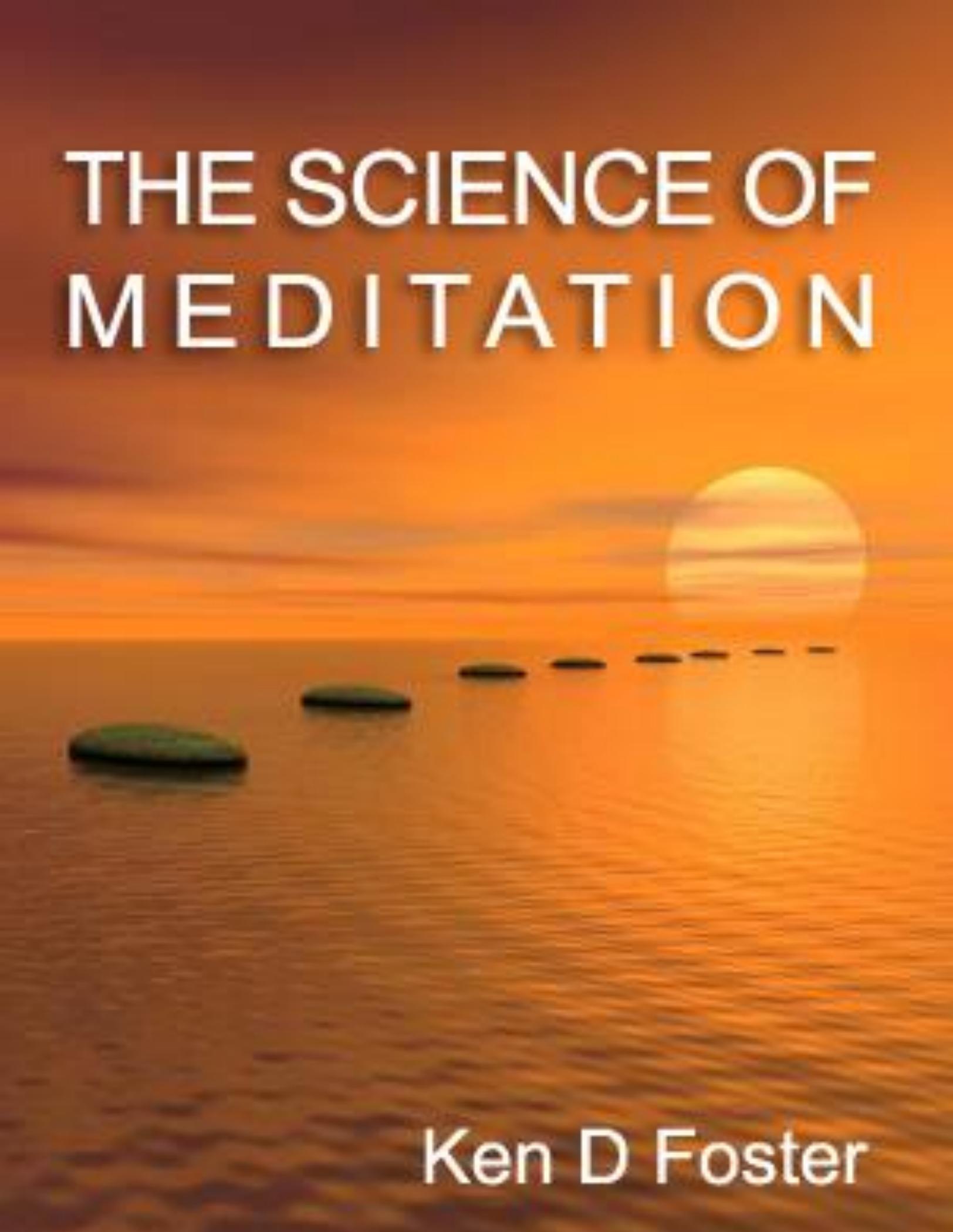
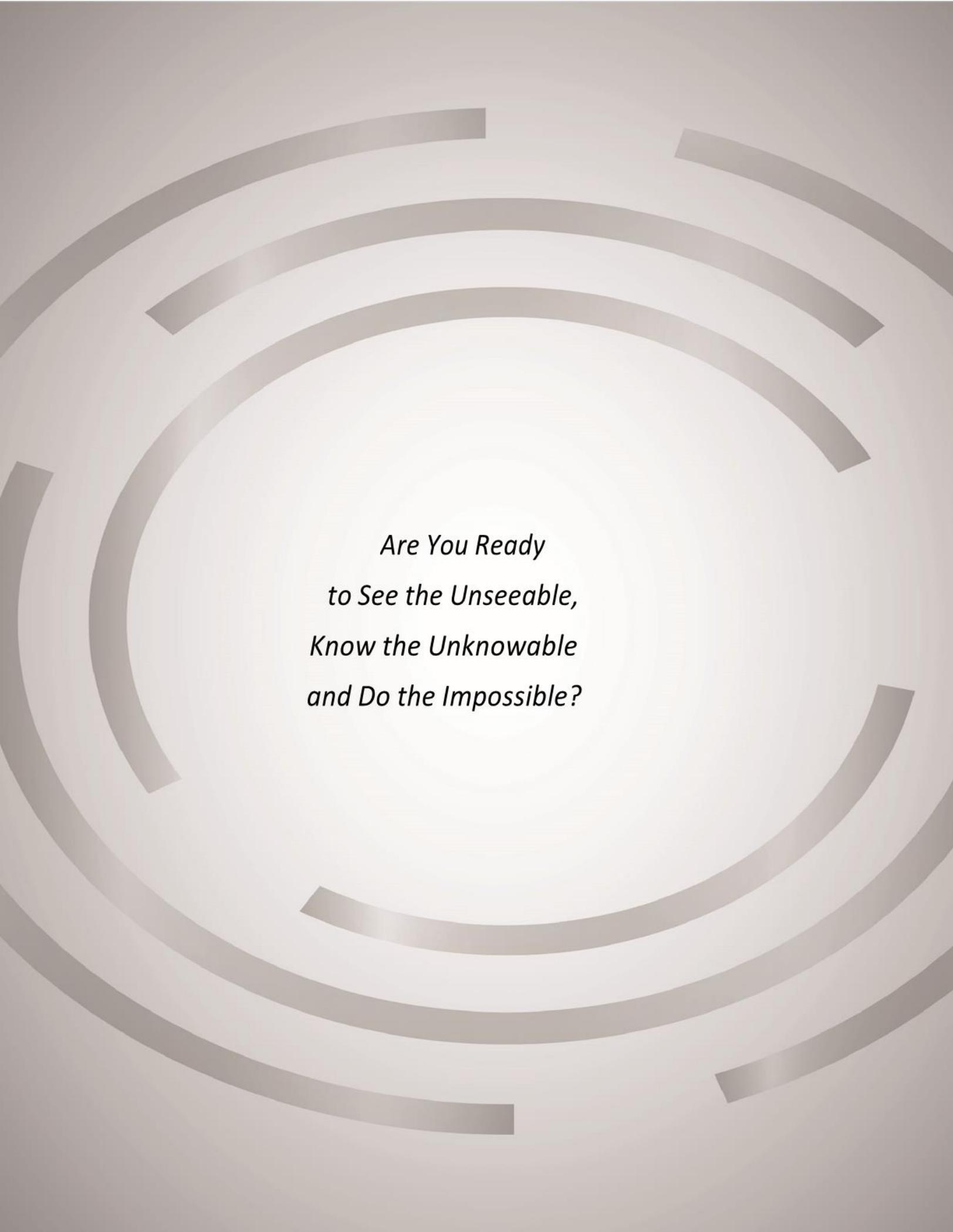


# THE SCIENCE OF MEDITATION



Ken D Foster

# THE EVOLVE PROGRAM



*Are You Ready  
to See the Unseeable,  
Know the Unknowable  
and Do the Impossible?*

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## **DEDICATION**

This work is dedicated to those who are ready to evolve their consciousness and become a force for good. To all the brilliant souls who are choosing to consciously evolve their mental, emotional, physical, financial and spiritual health. To those who are generating their greatest dreams and making the world a better place for everyone.

# TABLE OF CONTENTS

Title Page.....	01
The Question.....	02
Copyright Page.....	03
Dedication.....	04
Meditation Introduction.....	05
Meditation Resources.....	09
After Meditation.....	10
Morning Questions.....	11
End of the Day Review.....	12
Nurturing Yourself Exercise.....	13
How Beliefs Impact You.....	14
Incantations.....	16
Incantations to Practice.....	19
The Perfect Exercise.....	20
Change Your Habits, Change Your Life.....	27
High Frequency Broadcast Technique™.....	28

## MEDITATION INTRODUCTION

Meditation is a natural science of withdrawing attention from the senses and external conditions and directing your focus inward.

There are many benefits to meditation including stress reduction, strengthening of the body's immune system, better organized thought processes, improved powers of concentration, enhanced powers of memory, refinement and enlivening of the nervous system, awakening of regenerative energies, slowing of biologic aging processes, development of the capacities of the brain to process perceptions and states of consciousness, and orderly functioning of the body's organs, glands, and systems.



While these benefits can be life transforming in themselves, the primary purpose of meditation practice is to expand consciousness and generate authentic spiritual growth. True meditation reawakens for consciousness of our divine nature and ends in complete union with God. The deep love for God and yourself, lies in the fathomless depths within your soul. By steady and patient practice of the scientific meditation presented by the teachers in this guide, you will remove the rust that is covering your soul and reunite with your authentic self.

You may ask what is the rust covering the soul? It is the past beliefs, resentments, harms, guilt, shame, remorse and unforgiveness stored in the subconscious mind. These past karmic activities and negative habits have created groves in the mind, like the groves in a record. They result in continuous life patterns of drama, lack, upsets, and a variety of limitations, resulting in an unfulfilled life.

You can release the rust covering the soul by steady meditation with the proper techniques. As my teacher Paramahansa Yogananda said: "If you meditate deeply, a love will come over you such as no human tongue can describe; you will know His divine love, and you will be able to give that pure love to others".

Over the years, I have come to realize that the proper techniques in meditation will get you amazing results, in a relatively short period of time. After that comes the work. It's not easy to commit to meditating daily, and there will be times when you don't want to do it. But this is what separates those who will eventually obtain liberation in this lifetime from those who are destined to keep struggling their entire lives. I have been meditating almost 3 decades at the time of this writing, and I can assure you it is worth the effort. Everything gets better when you put God first.

In fact, as Sir Isaac Newton so properly said "Truth is the offspring of meditation and unbroken silence." Since knowing the truth will help you make better choices, which lead to a happier life, it's important to pursue it. The opposite is true also, a life without meditation is an unconscious life subject to much suffering and disappointment. The reason is simple. Everything comes out of Spirit or God, including individuated souls. Soul is over mind, mind over energy, energy is over will, will is over actions, actions over results, and results are over your destiny.

If you cannot connect deeper into consciousness than the mind level, you are missing the greatest part of life. You are playing only in the material or outer side of life and missing the inner side of life, where all joy, happiness and abundance come from.

When you can silence the mind and move into the superconscious, all knowing force of Spirit, life changes for the better and quickly. Einstein one said; "I want to know how God created this world. I am not interested in this or that phenomenon, in the spectrum of this or that element, I want to know his thoughts, the rest are details". This should be all you want to know also, because at Gods level, everything you have ever dreamed about opens to you. So, to have an extraordinary life, you will want to meditate every day.

When you want to know something, don't do what most people do, which is look for information outside themselves, go within and concentrate. Seek guidance from within, when the mind is calm, then ask for what you want and start working out the business of personal solutions. Every person is a microcosm of the macrocosm. Which means everything you see on the outside is also on the inside of you. You are a representative of infinite power. Whenever you want to create something, tap into the infinite power. Don't only seek things outside yourself, depending on people or data outside of yourself, go deep within and find out what is there. You will be amazed!

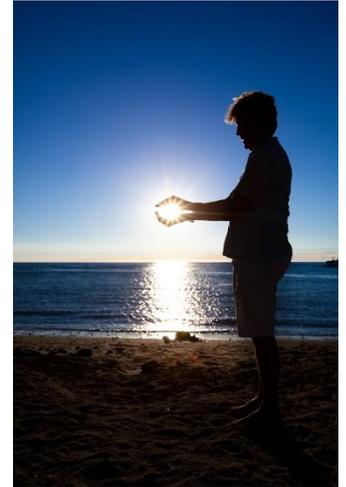
If meditation is new to you, I recommend you study the teachings of Paramahansa Yogananda, who brought meditation to the west in the 1930's. There is much about meditation and specific techniques to help you go deeper on his web site: [www.yogananda-sfr.org](http://www.yogananda-sfr.org).

Meditation is suitable for anyone and for relaxation purposes, I recommend you practice morning and evening approximately 10 minutes a day to start. Do this for at least 30 days before evaluating the results.

Below you will find some resources to help you get started.

## MEDITATION RESOURCES

- **Psychology Today (20) Scientific Reasons to Start Meditating**  
Article: <http://bit.ly/2TIWB1k>
- **Harvard Medical School - Mindfulness meditation may ease anxiety, mental stress**  
Article: <http://bit.ly/3aF9FVF>
- **MIT The Benefits of Meditation (neuroscientists explain why meditation helps tune out distraction and relieve pain)**  
Article: <http://bit.ly/2lhAlKq>
- **Eastern Meditation – The science of reuniting your soul with the infinite spirit.**  
Article: <http://bit.ly/2ImaXIM>



## PROPER MEDITATION POSTURE

Video: <http://bit.ly/2TnFBHY>

Posture Video: <http://bit.ly/2wtsEU7>

## GUIDED MEDITATIONS

- **Guided Meditation with Paramahansa Yogananda**  
Video: <http://bit.ly/38t8G9b>
- **Guided Meditation with Dr. Wayne Dyer**  
Video: <http://bit.ly/38iuwwg>

## **AFTER MEDITATION**

After meditation is a good time to contemplate what is happening in your life. Contemplation is a practice where you bring mindfulness into your daily actions. I recommend you ask these three questions daily. "What is working well in my life?", "What is not going well?", and "Where do I need to improve." If you ask these questions consistently and then focus on improving areas daily, your life will get better and better.

Also, you can practice mindfulness while you are walking down the street or in a quiet room. Practicing mindfulness will help you become more aware of your world. You will become more present to life and you will develop a deeper understanding. Understanding of what is going on in your life will bring about conscious changes to improve your life. So again, with contemplation and being mindful of what is taking place each moment you will be able to generate a productive and happy life.

## MORNING QUESTIONS

Another good practice to set up your life for success and get your mind focused on the right direction is by asking empowering questions after meditation. Here are a few questions you may want to ask.

- ✓ If I had one month to live, would I choose to do what I am about to do today?
  
- ✓ What incredible memories do I want to create today?
  
- ✓ What have I been thinking that has created my life the way it is?
  
- ✓ What am I committed to believing in order to have an astonishing life?
  
- ✓ What three things can I focus on today to move me in the direction of my dream life?
  
- ✓ What will I do to make a difference in someone's life today?
  
- ✓ What are the healthiest foods I can put into my body today?
  
- ✓ What book or tape will I read or listen to today to inspire me?
  
- ✓ Who do I love and how can I show them?
  
- ✓ What am I truly grateful for in my life today?
  
- ✓ How will I exercise today to increase my energy and strength?
  
- ✓ How do I feel after asking and answering these questions?

## END OF THE DAY REVIEW

1. What worked for me today and what did not?
2. What goals did I accomplish today and what did I put off?
3. In what specific ways have I grown today?
4. In what ways will I change the trend of my life tomorrow?
5. On a scale of one to ten, what was the quality of my life today?
6. How did I spend my time? (constructively, useful, meditation, prayer, focused, wastefully)
7. In what ways could I better spend my time tomorrow?
8. What good habit did I strengthen today?
9. What was my predominant attitude? (moody, anger, critical, worry, fearful, courageous, willing, thoughtful, generous, truthful, hopeful, cheerful, loving, joyous)
10. What new belief will I focus on tomorrow to stay in my power?
11. How much time and effort was spent on my physical health today? (Walking, running, fresh air, sunshine, recreation, proper diet, relaxation, sleep, cleanliness)
12. How much time did I spend in growing my mind? (reading, listening to mentors, attending seminars, etc.)
13. How much time did I spend in nurturing my self? (journaling, massage, movie, warm bath, etc.)
14. How much time did I spend growing my relationships? (friends, family, associates)
15. How much time did I spend being with and thinking about my creator?
16. What did I learn today?

## NURTURING YOURSELF EXERCISE

To break free from past habits of overwhelm or being busy all the time, it is important to slow down if you want to succeed. One of the ways to do this is to bring consciousness and strong intention to nurture yourself on a consistent basis. In that spirit answer the following questions.

Make a list of TEN ways to nurture your spirit

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

How will it serve you to nurture yourself daily?

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What will have to happen for you to continue to nurture yourself in the future?

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## HOW BELIEFS IMPACT US

Our beliefs *about* ourselves form the basis of our belief *in* ourselves. When you believe in yourself, you are capable of limitless achievement. Your accomplishments, in turn, confirm your belief in yourself, and you create an upward spiral of positive thought and action. Even when you stumble along this course, as we all do at some time in our lives, you can always change your beliefs and return to the upward spiral.

In the ancient teaching of India, it is written, “The mind is the cause of your bondage, and the mind is the cause of your liberation”. The question is will you remain in bondage to your beliefs, habits and behaviors or will you become stronger and change?

Strong beliefs are built by making commitments to yourself and making good on those commitments. You keep these promises by engaging in positive self-talk, self-affirmations that motivate and guide you toward your goals. By the same token, you need to “flip the script” on your negative notions about yourself. You can and must take responsibility for your thoughts – transform them – just as you take responsibility for your actions. To be sure, there is willpower, and there is *won't* power.

The best way to start redirecting your thought process is to ask yourself questions. Through my work as a life coach, I've determined that there are four categories of such questions: Positive questions, negative questions, neutral questions, and enlightened questions. It's the positive and enlightened questions that lead us to the upward spiral.

Positive questions go like this: What are my strengths? What am I good at? What do I love about myself? The answers are as varied as grains of sand on the beach: I am honest. I am trustworthy. I've got a beautiful golf swing. I'm a wizard when it comes to surfing the net. I'm a great karaoke singer. I'm an effective communicator. I'm a good listener. I have a beautiful smile.

In my practice, I ask clients to come up with 10 of these attributes for each of 10 days. Then I ask them to narrow that down to their 20 most important positive qualities, then the five things they most admire about themselves. I have them memorize these five affirmations and practice saying them to themselves. This is the essence of positive self-talk, of developing new, productive thinking habits.

Then there are the enlightened questions: Who am I? What is my purpose on Earth? What is the nature of boundless wealth? As Einstein queried, what would it be like to ride a beam of light? Enlightened questions are not answered easily. They must be contemplated on the deepest level, approached with imagination and unflinching self-analysis. These questions help you to understand what makes you tick. The more aware we are of the realities of our lives, the more empowered we are to effect change.

The affirmations that arise from positive questions, and the reflection that is born of enlightened questions, combine to raise self-awareness and engender belief in oneself. What most people find, however, is that they've never asked themselves these questions. They've never learned to locate worthiness within themselves; they rely on acknowledgment from others for their sense of worth. To keep this external assignment of value coming, they tend to give more of themselves than is emotionally – and sometimes physically – healthy.

I once had a client come to me for help in straightening out her finances. She was in the medical profession. Each of her patients was allotted a set increment of her time. But, as I soon discovered, she increasingly found herself going over the time limit. She quickly fell behind schedule and became overwhelmed by demands on her time. The fact is she sought acknowledgement from her patients. On an unconscious level, she believed she would lose that approval if she ended the session before the patient seemed ready.

I also found during my work with this client that she loved to shop. During a coaching session at her home, I saw that the place was festooned with stuff – piles of books and CDs, exercise equipment, clothes and shoes still in shopping bags, an abundance of furniture and knickknacks, toys for her two dogs. It became clear that her self-worth was determined not only by the people in her life but by the *things* in her life.

Through positive self-talk, she began to redirect her beliefs about herself. Then we introduced some “leverage” to help her break what had become a very bad habit. We decided that whenever she let a client go over his allotted appointment time, she would have to give \$100 to the charity of her choice. That way, if she “lost,” at least *someone* would win. This combination of the “carrot” – self-affirmations and enlightened understanding – and the “stick” – donations to charity – was effective. We’d gotten to the crux of the issue, and at its core, the problem was one of faulty beliefs.

Once we uncovered that piece of the puzzle, things started to open up. She began to find worth in herself. Positive thought led to positive action, which led to positive results. She began establishing boundaries and respecting them. She was more fulfilled at work, from which her patients and colleagues benefited enormously. She started to publish in her field and develop a national reputation. In short, she manifested her destiny.

For this client, something clicked. For others, the process is like the peeling of an onion. It may proceed very gradually. It may not follow a linear path. We’re not perfect. People have setbacks. I have seen firsthand the upset of negative thoughts, how they breed fear, anger, judgment, contempt, hopelessness. They cause emotional paralysis. And they block the realization of potential. Enlightened thoughts on the other hand, tap into the super conscious mind of life. They help us locate and access our genius. They imbue us with a profound sense of well-being. They foster creativity, confidence, and love. They nurture the flower of our selves.

When you change your thoughts, and by virtue of this your actions; your world starts to shake. You feel the reverberations of your determination in every aspect of your being. Your spirit is awakened. Small things – the way you dress, the way you carry yourself – are altered. Your home life becomes more harmonious. Your relationships deepen to a level heretofore unimagined. And the people in your life respond. They amend their own thoughts and actions. They are carried with you along the upward spiral.

The ability to activate the positive thought-and-action chain is within the power of each and every one of us. Belief is ours. We *can* make the changes that lead to the lives we truly want to live. As I like to tell my clients, “It’s all an inside job.”

# INCANTATIONS

## Reprogramming Your Mind for Success

The world we live in is created through the law of duality. There are two sides to every experience; for example, joy and sorrow; pleasure and pain; having and wanting. With every thought we think we are aligning ourselves with one end of this continuum or the other, and the outer circumstances that we attract reflect our inner alliance.

Thought is a force that has been scientifically shown to hold the power to attract. If you are focused on the positive you will attract positive experiences in your life, and the same is true if you focus on the negative. Have you ever been around a person who worries? Worry may look unappealing, but it is an incredibly attractive energy. Unfortunately, success is usually not the outcome it attracts. In fact, most of the time, the worrier draws to himself the very circumstances he was worried about. I have seen this principal at work time and time again in people's lives.

To create success, your role is to do everything you can to attune your thoughts, words, and actions with the success you desire. The old proverb "as within, so without" applies here. When you are inwardly aligned with the outcome you desire, the outer world will begin to conform to the inner vision that you hold. Affirmative thinking, which I will describe below as the practice of *incantation*, is a powerful tool that you can employ to reprogram your mind for success.

According to Merriam Webster the definition of incantation is a written or recited formula of words designed to produce a particular effect. The effect I would like you to have is to feel empowered consistently. To properly infuse your mind with a new belief, it is important to say it over and over again with attention on the words and the meaning of the words. Words do matter, and if you would like to have more power and energy, then affirm consistently what you are choosing to have. I suggest you speak the words verbally, then whisper the words, then mentally chant the incantation until you feel it permeating your consciousness.

I think of them as hugs to the soul. Incantations nurture and spread the warmth of love and well-being to every fiber of our being. They cleanse and release past errors of oppressive thinking, and they bring joy and harmony. With right application, they move us deeper and deeper into our natural state of grace. Incantations are actions in thought form. They help us move from the realm of form to the formless, from a state of resistance to one of allowing, and from external consciousness to inner consciousness where we are one with infinite possibilities.

For incantations to be effective, we can't just repeat them mindlessly. Rather, we must infuse our words with feeling, intention, and most of all, we must back them up with action. The words of Jesus Christ still resonate in our hearts and minds two thousand years after he walked the earth not only because he spoke words of wisdom, but because he lived what he spoke. As you begin to turn your thoughts and attention toward the fulfillment of your heart's desires, your mind comes into contact with a realm of ideas and possibilities that go unnoticed when you are bound by the limitations of your everyday thinking. As you continue to affirm your intentions with certainty and strong inner knowing, what you say will come to pass.

Incantations are your greatest defense against the great monster self-doubt and its disreputable associates – ignorance, ridicule, skepticism, false pride, and fear – which attach like barnacles to your thoughts and emotions. Once you learn how to release the patterns of thought that have kept you from knowing how powerful you really are, you unleash the creative force that is within you and reclaim the ability to direct your mind. Ultimately, your success rests totally within yourself. When you align with peace, joy, abundance, love, happiness, fearlessness, and faith, the attunement that you generate from within will manifest in the physical world. Will it happen immediately? That will depend on several factors, but no matter how much time it takes, it will happen if you are disciplined and patient.

The incantations in this book are designed to quicken your understanding of your unlimited reservoir of inner power and provide you with a reliable means to take your life to new heights that you never dreamed possible. The daily incantations that follow will expand your awareness of who you are and what you can become. They will help you heal your mind of false beliefs and align with your soul's wisdom. They will attune you to the unlimited abundance that awaits your acceptance.

Of course, your old programming may come up from time to time to challenge you and take you off course, but with determination you will overcome all obstacles to success. Through repetition and emotional conviction, you will impress a new belief onto your subconscious, changing the way you show up in life, and ultimately changing your destiny. I have never known a person who conscientiously used daily incantations who did not experience positive, life-enhancing results.

To help you get started, I have designed some easy-to-follow directions that will accelerate the process of transforming your thinking. The way to maximize your results is to follow these instructions exactly and commit to a daily action plan of focusing your energy, time, and effort into mastering the incantation process.

*The best time to start the incantation process is in the morning, immediately upon waking, before turning on the television set, drinking your morning coffee, or reading the newspaper. Because the mind is clear and fresh in the period just after waking, morning is the best time to deliberately choose the beliefs that you want to introduce into your subconscious mind.*

*Many of the incantations start out with a statement to support you in releasing negative thoughts. The reason for this is to create a vacuum into which new thoughts can flow. Nature abhors a vacuum and always rushes in to fill the void. With powerful new incantations not only is the void filled, but through the spirit of truth and by affirming the highest good for all, a new world will open up to you.*

### **Step 1: Quiet Your Mind**

Find a quiet place to sit in silence for several minutes prior to reading the incantation of the day. To quiet your mind chatter and release any tension in your body, try taking in a slow deep breath, then tense your entire body, hold for the count of three, and then slowly release your breath. Do this six times. Expressing yourself in writing is another effective way to get your thoughts out of your head and on to paper so that you can release them. Journaling creates the same peace, clarity and relief that you feel after putting a list of to-dos on paper. Giving a voice to the thoughts and ideas that are churning around in your mind makes room for the new and powerful incantation to take root in your life.

Next, close your eyes and gently lift your gaze to the spiritual eye – sometimes called the third eye – located in the center of your forehead, between your two eyes. If you find your mind is drifting away or thoughts are rapidly passing through, try focusing on the breath. It is natural when you first start calming the mind that many rapid thoughts pass through. Just notice your thoughts and say quietly to yourself: “This thought is meaningless; I am at peace.” Another message you may try repeating is: “Peace be still” or “I am present in peace”. Repeat this process until your mind is quiet. This may take some practice, so be patient with yourself.

## **Step 2: Recite the Incantation**

As your mind grows more still, allow the softness of silence to penetrate to the very essence of your being. Read the entire incantation for the day once. As the words sink in, silently ask yourself the question, *What does this mean to me?*

Next, read the incantation a second time, and imagine that God is reading these words to you. Feel the emotions that are evoked within you as you do.

Lastly, spend a moment studying each line, allowing the words to sink in. If the incantation feels uncomfortable, try to identify the reason. The ones that make you most uncomfortable may be the ones you need to look at more closely. When you find a line that moves you, or inspires you, write it down on a note pad and keep it in your consciousness for the day, speaking it aloud with passion when circumstances permit. Have fun with the incantation process. You will learn quicker, retain it longer, and grow quickly if you and a sense of humor into the process.

## INCANTATIONS TO PRACTICE

- ✓ I am committed to living the life of my greatest dreams!
- ✓ I joyfully and spontaneously step into the world and embrace life!
- ✓ I love following through with every commitment I make!
- ✓ I am awake, alert, and alive! Every little cell in my body is happy and healthy!
- ✓ This is the greatest day I have ever lived, and I am committed to making it memorable!
- ✓ Today I choose peace, health, success, and prosperity in all areas of my life.
- ✓ Now I am the voice, power, and presence which no one can shut down!
- ✓ The joy of success thoughts blow through me. Blow through me!
- ✓ I am free and I choose to empower my life!
- ✓ I will let nothing stand in my way!
- ✓ I am a magnet for success!
- ✓ My inner strength carries me through no matter what!
- ✓ I am mighty and victorious in all I think, do and say!
- ✓ I am unstoppable!
- ✓ My life is getting better and better, every day in every way!

## THE PERFECT EXERCISE

This exercise has the power to change your life! I don't say this lightly, I mean it, and you will know what I mean in just a few days of using it.

You are the creator of your life experiences. You are in control of the who, what, when and where of your life. The people, places and things in your life are determined by the questions you ask and the beliefs you hold. In other words, the thoughts you focus on will determine love or hatred, success or failure, wealth or poverty, health, or sickness. Your thinking will determine a life well lived or a mediocre, unfulfilled void, characterized by stress and struggle.

This exercise will help you transition from disempowering thoughts to understanding why life is showing up the way it is. It will help you change your thinking from a point of view of bad or good, right or wrong, black or white to viewing the perfection in exactly how your life is working. You will become much more in touch with the impact your thoughts are having on your life. It will literally transform the way you think and therefore change the way you interact with the world and the world interacts with you.

Many times you start off your day feeling great and then something happens and you become disappointed, frustrated, saddened, angry, etc. Can you relate? You may label your feelings and the experience as either bad or good. You may even start to collect evidence based on circumstances that it is either going to be a "good day" or a "bad day". But through the Socratic method of asking empowering questions like "what is perfect about what is happening" you can instantly transcend negative thinking into a positive focus.

When you start to look at life from the perspective that everything is showing up for your own good and growth you start to realize that life is perfect. In fact, it is perfect because you are making it so!

## INSTRUCTIONS

**Step one:** Commit to doing this exercise for 21 days

**Step two:** No matter how foreign it seems; you will hold the concept in mind that your life is perfect.

**Step three:** Whatever happens, weather it is negative or positive, you will immediately declare it perfect and then ask the question; "What is perfect about this?" or "What is perfect about what is happening"

**Step four:** Before you retire at night, make a list of what was perfect about the day. Then, set your intention to wake up feeling empowered, energized, alert and ready for a perfect day.

Day 1 – What was perfect about your day?

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Day 2 – What was perfect about your day?

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Day 3 – What was perfect about your day?

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Day 4 – What was perfect about your day?

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Day 5 – What was perfect about your day?

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Day 6 – What was perfect about your day?

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Day 7 – What was perfect about your day?

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Day 8 – What was perfect about your day?

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Day 9 – What was perfect about your day?

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Day 10 – What was perfect about your day?

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Day 11 – What was perfect about your day?

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Day 12 – What was perfect about your day?

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Day 12 – What was perfect about your day?

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Day 13 – What was perfect about your day?

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Day 14 – What was perfect about your day?

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Day 15 – What was perfect about your day?

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Day 16 – What was perfect about your day?

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Day 17 – What was perfect about your day?

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Day 18 – What was perfect about your day?

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Day 19 – What was perfect about your day?

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Day 20 – What was perfect about your day?

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Day 21 – What was perfect about your day?

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Perfect Review

1. What did you learn by doing the Perfect Exercise?

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2. How will your life be different as a result of doing the Perfect Exercise?

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## CHANGE YOUR HABITS – CHANGE YOUR LIFE

You have the power to change your destiny. It is right inside of you. All you need to do is improve your memory of your divine inheritance and your innate strength and you will succeed in all you set your mind to accomplish. So, what is this innate strength that resides within you? It is your intuition plus will power and you won't power. The secret to success is using this power! In fact, your destiny is in your hands. It is what you make it.

Now is the time to change. Not tomorrow. Resolve that you are going to avoid the mistakes of the past. Make a strong determination that you are not going to let old ways of thinking and behaving stop you from manifesting your dreams. Change will only take place when you turn vague desires to strong commitments. You have made yourself who you are, therefore, you can change who you are in the future.

It has been said that the prison bars are created on the inside long before they show up on the outside. Have you ever wondered what the prison bars of the mind are made up of? They are made of disempowering habits, such as poverty thinking, depression, anger, blame, a busy mind, or unfocused actions. If you are carrying any of these invisible prisons, right this moment you can make the choice to change. You can break free from these limited habits.

As soon as you admit that you are caging yourself up with these habits, you can change. Don't be limited by thought habits that say, "I can't do this", or "I can't stand this" or "I will never be successful," and so on.

Why are these habits so strong? They are so strong because, they have been given energy time and time for years. There is an old myth that says whatever you feed will become stronger. So, when you feed habits they stay strong and seem unmovable. Disempowering moods and habits have the stench of a skunk. They repel everyone around you and penalize yourself as well.

So, make up your mind right now, that today is the day, you are going to let go of disempowering habits forever. You can't change what you don't acknowledge, so in this exercise, you are going to make a list of all the habits that you have in your life. The empowering ones and the disempowering ones, then you make a list of the new habits to cultivate.

Make a list of the habits that you would like to stop doing.

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Make a list of the new habits that you will cultivate.

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## High Frequency Broadcasting Technique™

Each person is stamped with a vibrational signature of their consciousness. This signature is a frequency which will either propel you to success or create lack and limitations. This exercise will raise the frequency of your vibrational signature when used frequently to support you in manifesting your greatest dreams and becoming the best version of yourself.

### **Step 1 Zero Point - Stillness**

Meditate and raise your vibration. There is no shortage of wisdom or abundance in the universe, it is everywhere. But, misinformation, programmed limits, and misidentification of the self, blocks the ever-present flow of wisdom and abundance. Still the mind and immerse yourself into meditation consciousness. Then feel the stillness and peace of the superconscious state.

### **Step 2 – Noble intention**

Determine your noble intention. This is an intention which benefits your community, family, and yourself. It's an intention where you are primarily in service with a high-minded objective.

### **Step 3 – Future Vision**

Visualize your future and feel your noble intention as if it were accomplished now. Let go of any uncertainties or doubt. Increase your frequency with the feeling of unshakable faith.

### **Step 4 – Wonder**

Immerse yourself into the feeling of wonder as you allow the expansion this feeling and what is possible to permeate your mind.

### **Step 5 – Awe**

Increase your frequency to the feeling of Awe. In this consciousness your future is here now. Spirit has delivered the people, places, and things to manifest your noble intention. This is the step where you are in Awe and communion with the eternal oneness with Spirit.

### **Step 6 - The Word**

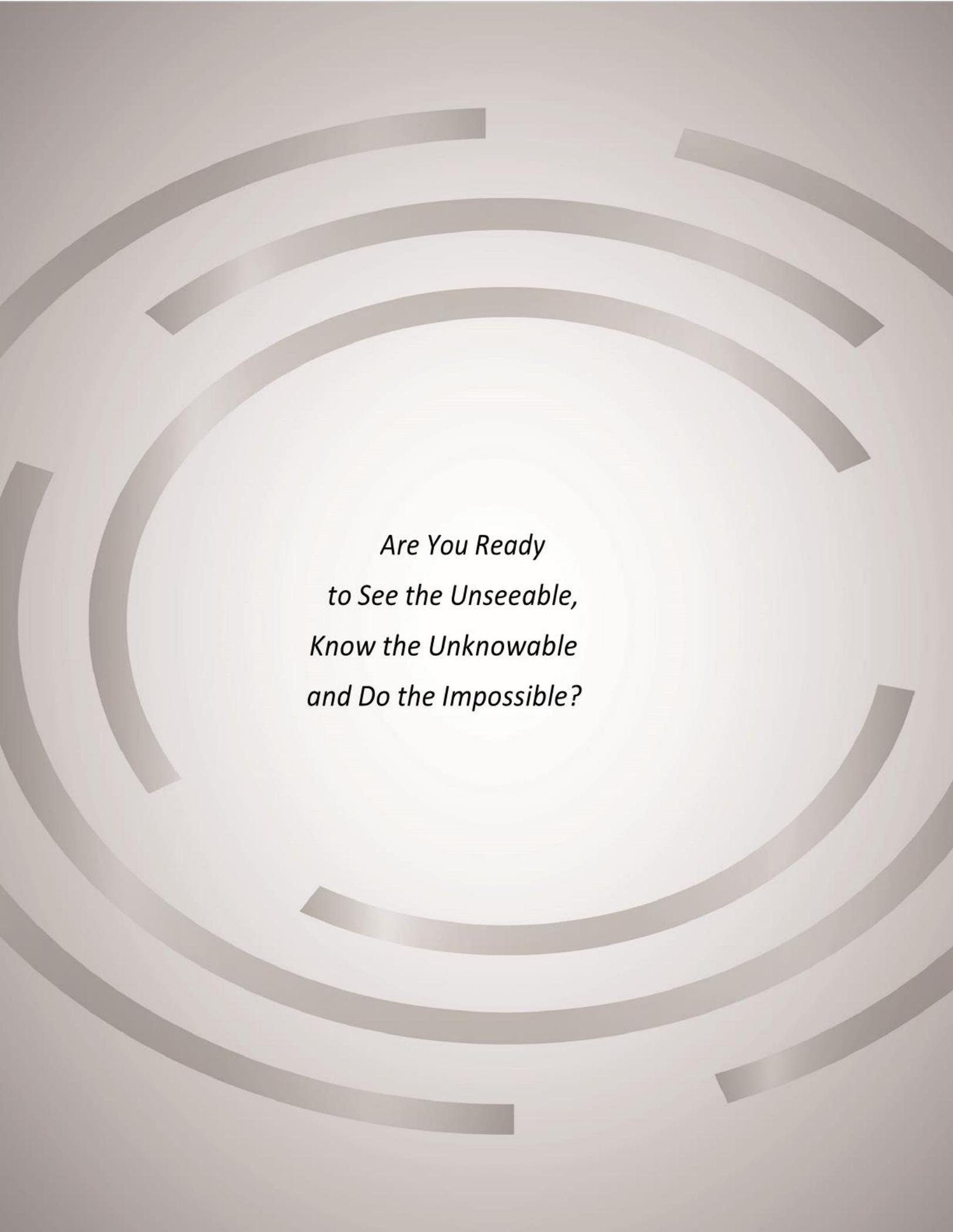
In the beginning was the word, and the word was with God, and the word was God. 'Om', 'Ohm' or 'Aum' is the vibrational word or sound of the universe from which all the manifest universe emanates. Submerge yourself into the Ohm Vibration. Then, broadcast your noble intentions into the superconscious mind with a sense of gratitude as the omnipresence wealth flows into your noble intentions.

### **Step 7 - Knowing**

Focus your attention on your heart and feel the expansion of Love and then gratitude. Then open up to the completion of this noble intention “Knowing” that it is now in existence. Then say the words that Christ said; “I thank you that you have heard me and that you do hear me always”. It is done.

### **Step 8 - Contribution**

Consciously feel this new signature state of high vibration, then focus on one person and realize for them that their noble intention is accomplished. (Note: you may want to start over with the steps as you support another person)



*Are You Ready  
to See the Unseeable,  
Know the Unknowable  
and Do the Impossible?*