

INTRODUCTION TO CHOOSING THE JOURNEY WITHIN

It is most important that you choose to work through this book at your own pace, to be gentle with yourself, patient. We recommend you begin by reading the entire book, without doing any of the 'adventures', to provide yourself with an overview, knowing where you are heading. Next, start at the beginning, choosing one adventure, one skill at a time. Practice it until you feel comfortable with it & it feels natural & you look forward to it being a regular part & practice of your life. The skills learned from each adventure are designed to be additive so please work through the adventures in the order presented.

Please do not attempt to change every aspect of your life presented in this book at one time. This is not a race. You may become overwhelmed & discouraged & this leads to reverting to your path of previous habits that are well ingrained. You will be working on changing a lifetime of ingrained habits that have become automatic, patience with yourself is of primary importance. If you do become overwhelmed, just use your power of choice to choose once again. Give yourself a break, literally. This has only taught you that pacing yourself is one of the skills you need to develop, being gentler with yourself. Learning to be kind, loving, & gentle with yourself is one of the most important outcomes of the guidance we present here. If you could only feel about yourself as your Inner Being does, as we do, this would become natural to you. Choose to go back to your breathing meditation daily until it feels right to move forward again at a slower pace. We are always with you, supporting you. You will need to ask for our assistance & then remain open to our guidance in the way it can be of use to you. You have free will & we can only assist if asked, & even then it is up to you & your Inner Being whether it is the right fit for you.

HOW TO RECEIVE THE FULL BENEFIT OF THE PICTURES

We have chosen the pictures in this book to inspire you with the guidance we present. Begin by focusing on the picture & taking several slow, deep breaths. Read the caption below the picture & focus on the message while you take several more deep breaths. Allow yourself to feel the inspiration of the guidance. The pictures will assist you in slowing down to allow our guidance to be received by the right, or creative side of your brain, as most of the words are processed through the left, or analytical side. It is important to involve both hemispheres of the brain in the discovery & learning process.

SO WE BEGIN!

We would like to start your journey within with an adventure to assist you in identifying who or what had major influences on your life, making you who you are today. You may choose to record your thoughts on your phone or the computer as you speak out loud during this adventure, to assist you in entering all of your discoveries at the end.



ADVENTURE ONE: AWARENESS

Please get into a comfortable position, sitting quietly, then closing your eyes. Inhale very slowly through your nose with your hand on your abdomen until you feel it rise. Breathe out very slowly through your mouth. Take two more deep breaths. As you relax into your regular breathing, think about your entire life, to who, what or where you have looked for guidance to define who you are: your values, who you associate with, how you dress, speak, what you chose to take in school, what type of work you chose, or major turning points? These could either be conscious or subconscious decisions that you made. When ready, open your eyes & list in the box below, the significant aspects/events/decisions of your life that have influenced who you are that you identified during this adventure. Next to each one, in the second column, write who or what had the influence. Please use additional paper if needed, or the My Notes page at the end of this chapter.

The Significant Aspects of My Life	Who or What Influenced

Next, please take a few minutes to look back at your list & determine how many of your choices, major life decisions or minor ones, were influenced by external

influences & which by internal influences; by your loving guidance from within. Please circle the word either External or Internal below to reflect by which area the majority of your life has been influenced.

EXTERNAL OR INTERNAL

Our desire is to assist you in tapping into your unlimited power within, which has been referred to in many ways: your Spirit, Essence, that which animates your physical body, Inner Being or Internal Compass. Shifting your focus from your external influences to listening to & following your internal one, your Inner Being, is the first step in taking the path your spirit chose when you entered this earth life, & the first step on your Path of Bliss.

PERSPECTIVE



When You Change Your Perspective, You Change Your Life

You can choose to change your perspective in any moment. How you look at events & interpret them is a choice. You assign the meaning & the impact that events have upon you by the way you choose to react to them. The event in itself has no meaning. That is why two people may react differently to the same event. Making a shift in perspective is key. One possible shift would be to choose to see all events in your life happening for your highest good, looking for the gift in each one to support you upon your journey. If it is your choosing, another shift may be from an external to an internal focus for guidance in your life decisions. If you are ready to take this step now to set your new intention in these areas, affirm the following.

Things always work out for me with Clear Intention.

I desire only my highest good.

There is always a gift for me to discover to assist
me along my path when I encounter turbulence.

I embrace the Eternal Love that resides within me.

Now please take a few slow deep breaths & read this again slowly & let yourself feel what you are saying to the core of your being. You may choose to do this every morning until you believe its truth to your core. You may also choose to play with this & look at several events in your life & choose to view them from different perspectives, discovering how your feelings or emotions change with your different interpretations.

FEELINGS & EMOTIONS

Your feelings & emotions are your indicators as to whether you are in alignment with how your Inner Being sees the world, & whether you are hearing & choosing to follow that guidance. If you are experiencing feelings you consider unwanted: sadness, depression, anger, frustration; it is a signal you are not aligned with the guidance of your Inner Being. It is that simple, & that complicated. When you are happy, joyful, peaceful, loving, grateful, appreciative toward life, you are aligned with the way your Inner Being sees your life & you are on your path of the purpose that your spirit chose when entering this earth life. The emotions that most consider negative are really beneficial because they tell you that you are not aligned & are heading off course. All things in your life are for your benefit. Feelings are your sign posts along your path in life; indicators as to whether you are going the direction, or path, your Inner Being is calling you to travel, or not.

CHOICE

You always have a choice to focus within for guidance from this loving, guiding voice, or not. Free Will! Your birthright is your right & freedom to make every choice in your life: what you do, how you act, think, react to the experiences life presents, the feelings you experience; all come from your choices, or choosing not to choose & letting others design your life. The goal is for you to be the captain of your ship of life, taking the rudder, & steering it along your journey to a state of bliss. To accomplish this, the first step is to be aware of the conscious & subconscious choices you are making. This may take some time & practice to increase your awareness of the choices you have made & are making that design your present life.

Each journey starts with a single step, so let's start with another adventure.



ADVENTURE TWO: MY CHOICES

Sit in a comfortable chair or at a table with this book & a writing instrument. Take a deep breath. Sit & center your attention on the area of your heart. Think about all the words you use for the word CHOICE, examples like selection & preference. Please write them in the box on the following page.

Expressions Of Choice

Please review your notes, thinking about all the ways we express our Power of Choice without realizing it.

Next, we'll continue to keep it simple. Choose a day you do not have a regular work schedule & you have been out of bed for at least one hour, take fifteen minutes, as soon as you can manage, to complete the adventure below. Think back to the time you opened your eyes. Record on the following page, every decision/choice you made during the next hour. Start with what you did prior to getting out of bed, how you got out of bed, what you did next until you have completed this for the first hour of the day. Please use additional paper if needed, or the My Notes page at the end of this chapter.

My Choices Made In One Hour

Now, look back at the list & see what you discover. Has this assisted you in realizing in every single moment of your life you are making a choice? Some of

your choices you may make are so often they seem automatic & have become part of your routine. That is still making a choice, to have that routine!

The choices you make involve the thoughts you choose: whether you choose to see that something is for your benefit or you view the intent as hurting you, the actions you choose or do not choose, every move you make or do not make, the way you respond to everyone, the judgements you make. The power in choice is that you may always Choose Once Again, as the Course in Miracles says, making a course correction. & the beauty is we can always choose again, & again, & again, until we have the life that our heart is calling us to live fully. When we do, we are following our bliss, as Joseph Campbell so beautifully expressed it. We will be going into more detail on your Power of Choice in Chapter Three.

Everything that happens in your life is for your benefit: to guide you to remember the purpose you had in choosing this life, the decisions you made as spirit prior to coming into this body, & the gifts you brought to share with the world. We will assist you in remembering this & to use your Power of Choice to live your life in full expression of your spirit within, for that is our reason for being present now with you.

Congratulate yourself for having the courage to take the first steps to claim your power to steer your own life's journey.

GUIDANCE

You are never alone. In addition to your spirit within that is your essence, that is constantly offering guidance, there are non-physical beings, like our members of the Wisdom Council, One Spirit, One Heart, present around you to assist you & protect you on your journey. The key is to remember to ask for assistance, even in regards to the most minor items about which you would desire more clarity. They/we cannot assist if you do not ask. Remember, you each have free will. Since they/we are not limited by time & space, we have a broader perspective of your options & are happy to share what we know with you. Remember, what guidance you choose to act on is always your choice, that which you & your Inner Being feel is right for you. No one, physical or non-physical, is living your life but you. This is your life, & you make the decisions with the information you gather, & that sense of knowing or intuition within. This also includes our guidance within this workbook. Always take the information within & decide what is right for you, your truth.

SAT - CHIT - ANANDA

Sat - Chit - Ananda comes from the Hindu tradition & is discussed in the book, TALKS: 1935-1939 With Sri Ramana Maharshi. It means: Being - Consciousness (or inner knowing) - Bliss. All three states cannot be accurately understood by the mind, they may be experienced, but the path to understanding these concepts is found by connecting with your Spirit Within. We share the same concept with you, but our view may differ a little from the Hindu tradition.

BEING

Achieving a state of “Being” is truly feeling the power of the spirit dwelling within & recognizing that this energy is your essence, your eternal life force. Being is a state of oneness with your life force & experiencing its infinite love. It is through stillness, quietly focusing on the area of your heart, the radiant, infinite love, & its connection to the creative energy of the universe, that one experiences a state of Being. As the Bible says, Be Still & Know. . .



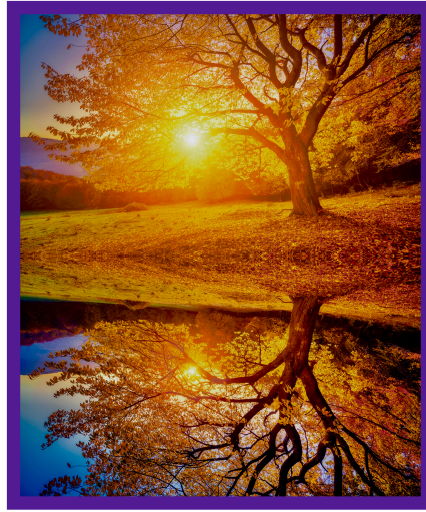
ADVENTURE THREE: BECOMING STILL

Find a quiet place to sit or lay down where you will not be disturbed. Close your eyes so you will not be distracted by your environment. Take a slow deep breath through your nose until it feels like your abdomen is filled with air. Slowly release your breath through your nose. As you breathe in, follow your breath with your attention on the area of your chest & focus upon the radiant loving energy of your heart. Continue breathing like this for five minutes, if you like you may set a timer. When finished, open your eyes & rub your hands together & your feet on the ground to bring back your normally attentive state. We encourage you to do this grounding at the end of each meditation. When ready, write notes about your experience in the box below.

My State of Stillness

You may not have noticed any change or you may have achieved a state of stillness. This takes practice, & the more you practice, the more you will develop your ability to become still, which will lead to the experience of Being, transcending space & time, if only for a few moments. Practice this five minutes every day until you feel ready to progress to ten minutes daily. When you are comfortable with ten minutes, start fifteen minutes each day. If advancing in five minute increments is too difficult for you, advance at your own pace until

you are comfortable with fifteen minutes. The choice is yours. We will discuss other forms of meditation in Chapter Five that you may choose to use if you are not achieving a quiet stillness after practicing this exercise for a time. We also would encourage you to start a meditation journal to record short notes on what you experience so you may see your progress over time.



In Stillness There Is Knowing

KNOWING

Once you are able to achieve a quiet state, an inner focus, you can start to discover your inner knowing. That sense within that you experience that you know to the core of your being: You Know! It is your Inner Being letting you know what you are considering is right for you, your truth, or not. Each of us experiences our own truth that may be different than anyone else's understanding of their truth, & that is how it should be. You are each here for a different reason & each have your own guidance system within. Some may experience this as a 'gut feeling', some a feeling in their solar plexus, & for others it is a feeling in the area of the heart. Some may call it instinct, others may call it intuition. It is not a function of the brain, so when saying, 'I think', that is not knowing. **Adventure time!**



ADVENTURE FOUR: IDENTIFYING YOUR KNOWING

As you become inner focused, begin to notice when you get a strong feeling that you are sure something is right or not right for you. What does that feel like? Where in the body are you experiencing it? What are you calling it? What words do you use to describe it? In the box on the following page, please record

your answers. This will lead you, with time, to discovering your sense of knowing & to use it to guide your decisions.

My Knowing

BLISS

Bliss has been defined many ways. We define it as a serene state of joy, a quiet peacefulness & contentment, & being fully present to the beauty & wonder of all within & without. It is a state of Being, not doing, although one can be active in this state. It is just that the action is driven by the strong sense of a desire or calling to do something as part of this state, not out of your mind driving you to take action. Bliss is what your Inner Being experiences all of the time. The more you can experience your Inner Being & follow the Inner Being's guidance, the closer you come to this state. **Next, an adventure!**



ADVENTURE FIVE: REMEMBERING BLISS

Take a few moments & think about your life, especially your childhood, have you had blissful moments, however brief? Take your time to contemplate this. Please describe these times in the box below. Please include what you felt, where you were, & what you were doing.

Experiencing Bliss

If you had these experiences great, the goal is to expand them to fill your life. If not, if it is of your choosing, working with the five keys will lead you to your discovery of Bliss.

We cannot leave the area of bliss without discussing Joseph Campbell & his significant work in regards to following your bliss. Joseph Campbell was an American mythologist, professor, writer & lecturer. He spoke often on the importance of following your bliss. He felt so strongly about this he did not feel you were living your life if you were not following your bliss. We discuss this more in Chapter 6. For now, we would encourage you to look further into his work in this area as you develop these skills to further inspire your quest. You may find videos of Joseph Campbell speaking on Bliss on YouTube. In his book, *The Power of Myth*, with Bill Moyers, he states:

“If you do follow your bliss, you put yourself on a kind of track that has been there all the while waiting for you, & the life you ought to be living is the one you are living. Wherever you are—if you are following your bliss, you are enjoying that refreshment, that life within you, all the time. . . Follow Your Bliss.” Joseph Campbell

WHAT ARE THE FIVE KEYS?

The keys we present here are to assist in removing the barriers & opening the doors that have obscured your path to inner joy & bliss, keeping you from hearing the loving voice within, knowing why you came into this life, & expressing the gifts you brought to share.

KEY 1: SETTING CLEAR INTENTION
KEY 2: EMBRACING YOUR POWER OF CHOICE
KEY 3: SILENCING THE INNER CRITIC
KEY 4: TAPPING INTO YOUR POWER WITHIN
KEY 5: OPENING TO YOUR PATH OF BLISS

KEY 1: SETTING CLEAR INTENTION

One of your powers is clear intention. This is the first step to lasting change. One of the areas we will use as an example of clear intention in the next chapter is around the way you view your external environment. The goal is to not allow your external environment, & your reaction to it, to design your life. By that, you give away your power. You are the chooser for your own life. Likewise, you are not the chooser for another. Each is here for his/her own unique journey.

For your life, you have the power to choose to focus within & see your environment as a manifestation of what you are choosing or you can choose to see differently; that you are a victim of your environment, letting others control you. We are here to tell you that you are not a victim of life but the creator of it. The realization of this is the first step to taking your power back. The skill of

clear intention is one you will be able to use in any part of your life to answer your soul's calling & follow your Path of Bliss.

KEY 2: EMBRACING YOUR POWER OF CHOICE

We have previously introduced you to your Power of Choice, conscious choosing, but in Chapter Three we will talk to you about how you may choose to use this power to fully embrace the creation of your life, & your right to choose once again to make course corrections. Through grasping this power & choosing to connect with your Inner Being, you will be able to live the life of your dreams.

Choosing your Inner Being means you experience the loving voice within that is always calling to you, guiding you, supporting you, loving you. The Key is to base your choosing upon this guidance because it is coming from your True Self, that which you are. This, as in all things, is a choice you have; but the path within to your heart, your essence, your Inner Being or True Self, is the most important choice that is before you to make.

KEY 3: SILENCING THE INNER CRITIC

Negative self talk takes away your confidence, your personal power, your energy. This negative inner dialogue comes from the mind within the brain, by your environmental conditioning, not your Inner Being. Learning to distinguish between the conditioned negative self dialogue of the brain & the loving voice within, your Inner Being, is the key. It is a shift of focus & practice, but one that will give who you truly are the influence over the choices you make & also assist you in taking your power back! In this chapter, if it is of your choosing, we will guide you in successfully making this shift.

KEY 4: TAPPING INTO YOUR POWER WITHIN

As we have already said, the goal is to shift your focus from your external world to define who you are to your internal world, to your spirit, for this is who you truly are. You may learn to make this shift, if you choose, by incorporating a few practices that may be new to you; leading you to recognize & hear your inner guidance by discovering how it communicates with you. Each one is unique in this respect.

A second shift related to this is discovering that you are the essence of love, & what a gift this shift is! Your very Being is the energy of infinite love. In other words, that which you seek you already are. There is never a need to search externally for love. All the love you seek is within, & when you discover this, & radiate your loving presence, you attract this same love in your external world. This is the love at the core of your being that is calling you. This attractive influence is the “Law of Attraction” that Abraham-Hicks has spent years speaking about, Abraham-Hicks.com. Think for a moment, what energy do you radiate most of the time? You can tell by the energy you are attracting into your life. Learning this will take practice & consistency, but it will open the doors to the life of your dreams, your bliss.

KEY 5: OPENING TO YOUR PATH OF BLISS

By developing your ability to hear your guidance within, & learning to pay attention to your soul's calling, you will discover your innate gifts. By discovering your innate gifts or talents, the gifts as spirit you chose to bring into this life to share with the world, choosing how you will share them, & taking the first steps to do so, you begin your journey of bliss. In the stillness there is knowing & love. In the expression of your gifts there is radiant love, joy, enthusiasm; the energy of who you are, to the core of you, being expressed. This is Bliss. Again, it is your knowing along with your inner guidance that will assist you in discovering these gifts. A part of you already knows!

Let's get started! Ah, we hear you think you already have, & you have. Congratulations, the journey to the rest of your life, your bliss, now begins with the Keys. There is nothing here that others, & that we, have not said before. This is a message non-physical energy has been sending to support you for some time. This is just as concise as we can make it, with adventures & learnings to assist you on your path. We have learned from what we have observed from the confusion & problems ones have had with hearing these messages in the past, that expressing it in this fashion will better assist you. Some of the best teachers of this message that have been on earth are in non-physical now to assist you, just waiting for you to ask.

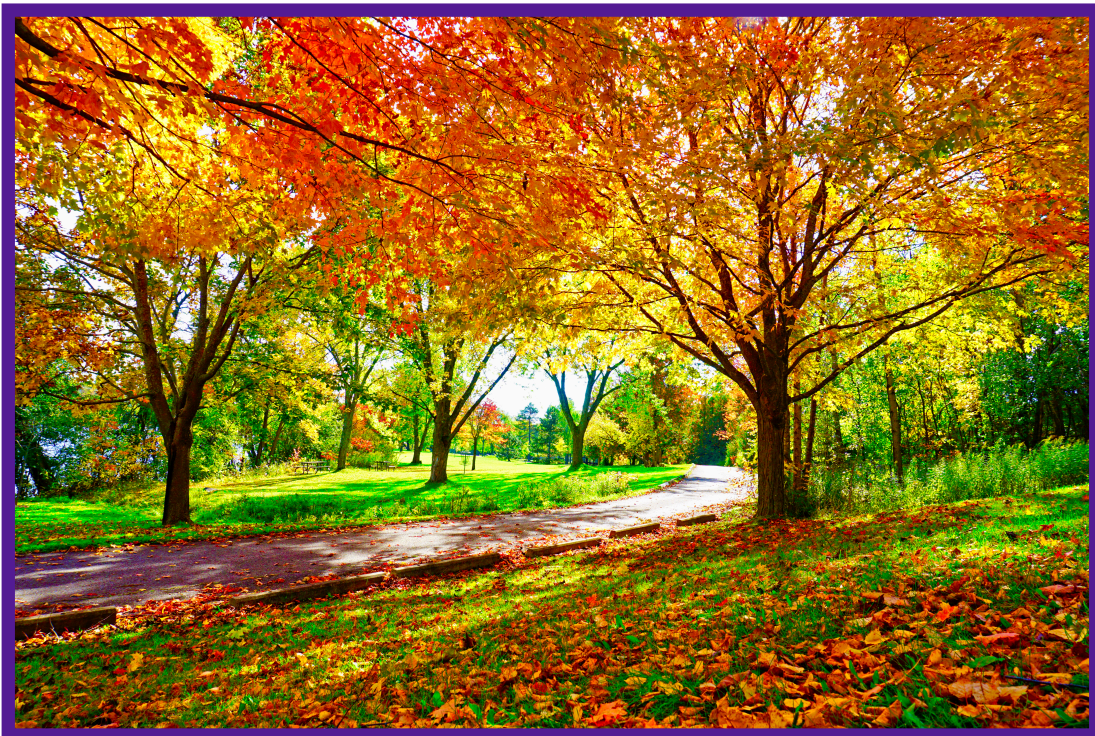


AS YOU TAKE THIS JOURNEY

**REMEMBER ALWAYS
YOU ARE LOVED & YOU ARE LOVE!**

Please see our website if you desire more information or assistance to incorporate these skills into your life.

www.wisdomcouncilonespiritoneheart.com



And What A Beautiful Journey This Life Is!