



## CHOOSING THE JOURNEY WITHIN, FIVE KEYS TO YOUR PATH OF BLISS: A WORKBOOK CHANNELED BY THE WISDOM COUNCIL, ONE SPIRIT, ONE HEART

Recorded by their voice channel, Katie Easterwood, MSW & available on Amazon.com

### GUIDANCE FROM CHOOSING THE JOURNEY WITHIN

#### INTRODUCTION TO CHOOSING THE JOURNEY WITHIN

- Adventure 1: Awareness
- Adventure 2: My Choices
- Adventure 3: Becoming Still
- Adventure 4: Identifying Your Knowing
- Adventure 5: Remembering Bliss

#### KEY 1: SETTING CLEAR INTENTION

- Adventure 6: My Clear Intention

#### KEY 2: EMBRACING YOUR POWER OF CHOICE

- Adventure 7: Discovering Your Values
- Adventure 8: New Choices, New Life
- Adventure 9: Learning More From The Past
- Adventure 10: Creating By Choice
- Adventure 11: Choosing to Experience Your Inner Being

#### KEY 3: SILENCING THE INNER CRITIC

- Adventure 12: Awareness of Negative Self Talk
- Adventure 13: Developing Loving, Supporting Inner Dialogue
- Adventure 14: Letter Releasing the Inner Critic

#### KEY 4: TAPPING INTO YOUR POWER WITHIN

- Adventure 15: Clear Intention, Experience Your Inner Being
- Adventure 16: The Practice of Gratitude
- Adventure 17: Identifying Your Methods of Receiving Information
- Adventure 18: Basic Breathing Meditation
- Adventure 19: Meditation with Music

#### Adventure 20: Walking Meditation

#### Adventure 21: Meditation by Visualization

#### Adventure 22: Automatic Writing

#### KEY 5: OPENING TO YOUR PATH OF BLISS

#### Adventure 23: Discovering Your Gifts, Your Innate Skills

#### Adventure 24: Expressing Your Gifts, Your Innate Skills

#### Adventure 25: Developing Your Monthly, One Year Plan

#### Adventure 26: Developing Your Two Month Plan, by Week



Music for event by Karen Drucker. She puts affirmations to music beautifully, that complements the guidance of The Council. To discover her music, visit her website, [www.karendrucker.com](http://www.karendrucker.com). Her music may be purchased by individual downloads or entire albums.