

Lesson 5 Exercise 2. The SEJ Worksheet Part 1 Step 2

Exercise Instructions: After watching the video example, complete each step in turn.

STEP TWO SELF Regulation

Sit in Silence and greet the thought you believe. Remember as you sit with the thought you stop thinking, in other words you do not run with this thought or add new thoughts to it, you simply remain open, observing the thought with no judgment. In this open state a Truth will rise from within you.

How do you know if the mind or Truth is speaking?

Remember, the mind will limit you and cause lower vibrational emotions. The Truth however, will resonate deeply within you, feel empowering and lead to higher vibrational emotions. It will feel like an Aha! moment, a light bulb moment, a satori moment, you'll be smiling at the very least, crying with joy, or laughing aloud.

Or...

Climb the ladder of Truth!

List some opposites until a thought resonates with you.

Mental: My Truth is...

Emotional: The emotions I experience when I allow space for this Truth are...

Physical: With this Truth my bodily sensations are...

Physical Action: With this Truth my actions are...

Spiritual: With this Truth I am open to...