

Three Levels Of Consciousness

1. Identify the three levels of consciousness in your own life:

This week is about being in observation of your three parts and how they function.

Suggestions:

- The next time you are in a conversation with someone, notice how you perceive the interaction of your different awareness.
- How are your three parts working together, your Lower Self fear-based awareness, your Middle Self logic-based awareness and your Higher Self awareness? Are they at odds with each other? Is one part louder or more insistent than the others?

Lower Self: _____

Middle Self: _____

Higher Self: _____

2. Draw your three levels of consciousness:

On a separate piece of paper draw a picture of your three parts. Notice what comes into your mind as you do this exercise. Observe the drawing that comes from you and notice anything about it that seems significant i.e. which self you paid more attention to in your drawing; what character traits did you draw on each part, etc. Post in the comment stream.

3. Describe a Decision Forming Incident from your own life:

🗨️ List all of the limiting believes you created in your mind based on your own specific Decision Forming Incident.

🗨️ Example: You were beaten by your father for spilling soda on the new carpet

- I am worthless

- I deserve to be abused by men because my mother did not protect me
- I need to fight all the time to protect myself and be right
- I am powerless around men
- I must save others from violence
- I must be a good wife
- In order to be worthy I must always prove myself to others by paying for everything and to gain their approval

👤 What were the decisions you made about others based on that incident? Be specific people, places things. Examples:

- Men/fathers are bad
- Women are only feminine when they are powerless to men
- Life is scary
- Men are violent
- Relationship always include some time of conflict
- Men and women really don't get a long

👤 What is the lower self, fear based reactions that you developed in your interactions now, that were formed during that decision-forming incident?

👤 If you look at your life now what are the continual patterns that show up in your life based on the decision forming incident? Think about this. Things like how you interact with all men, how you interact with women. Etc.

4. Challenge yourself to spend a full day without saying anything negative.

👤 Notice what seems to pull you into using negative words. Notice what happens from even *attempting* to do this challenge! If you say something negative, start over the next day. If you find yourself having negative thoughts and choosing to not say them, give yourself extra credit for making that choice. Note: This is not about beating yourself up, but rather observing what seems to pull you into negative words. Start your Higher Purpose Mastery Journal.