

Assignment : Week Two

As you focus on the positive aspects of your body in love and acceptance, you will receive inspiration that, when acted on, will lead to an enhanced physical condition.

Think of all the inspired ideas you've received regarding your body. It might be to join a gym, to fast, to change your diet, to walk, etc.

Inspired Idea #1:

What is the fear that pops up when contemplating this idea?

What is the one action that you can take in the moment?

Inspired Idea #2:

What is the fear that pops up when contemplating this idea?

What is the one action that you can take in the moment?

Inspired Idea #3:

What is the fear that pops up when contemplating this idea?

What is the one action that you can take in the moment?

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When you notice some aspect of your body, you will dip down into fear consciousness and receive urges to change or control the conditions.

What is one thing you would like to change about your body?

What is the feeling you think you would feel if you were able to change this aspect of your body?

What is the urge that comes to you when you think about this aspect of your body?

What is another thing you would like to change about your body?

What is the feeling you think you would feel if you were able to change this aspect of your body?

What is the urge that comes to you when you think about this aspect of your body?

What is another thing you would like to change about your body?

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