



with Alicia Isaacs

Changing Inside Out Now! Newsletter Special Edition

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Stay Connected to the Source of your Power and Become Empowered from Within

Action Workbook

Instructions:

Print out this Action Workbook for your convenience.

Meditation Statements: Where ever a statement is made, meditate on these statements and allow them to sink deep into your subconscious mind.

Personal Affirmations: Repeat these affirmations and become one with them. Own them.

Self-analysis: With pen and paper handy, answer these questions to gain clarity, inner direction and clear the debris in your life.

Action Steps: Apply the action steps to your life. Do them every day and several times a day.

Section 1

Meditation Statement #1 - There's a Source of unlimited power and abundance that we can connect with and be one with the Power Source.

Personal Affirmation #1 – I am connected to and I am one with the Source of unlimited power and abundance.

Meditation Statement #2 - We change when we become consciously aware that we are not independent but are connected to a Source, a power that is greater than this physical realm.

Personal Affirmation #2 – I am connected to the Source, a power that is greater than this physical realm.

Meditation Statement #3 - Recognizing that all life flows from the unseen realm, we begin to experience from this unlimited resource, new levels of power, inner strength and abundance manifested in all aspects of our lives.

Personal Affirmation #3 – I am experiencing new levels of power, inner strength and abundance manifested in all aspects of my life.

Self-analysis #1 - What thoughts and activities can you change that are draining your energy and denying you the opportunity to connect with your Source so you can be energized and filled with new life?

Self-analysis #2 - In what way are you or what aspect of your life do you find a disconnection from the Source of your power?

Section 2

Stay Connected

Self-analysis #1 - What area of your life do you need to draw nutrients from the life-giving Soil of the Spirit?

Self-analysis #2 - Examine your heart –

How have you become hardened within?

What has caused this hardness?

Is it from past disappointments?

A failed relationship?

Betrayal by a friend?

Are you willing to let go and allow the nurturing love of the Spirit to heal you and enable you to forgive and love again?

Section 3

The Higher the Tree, the Deeper the Roots

Self-analysis #1 - How can you adjust your schedule so you can spend more time in quietness so your inner roots can go deeper down in the Soil of the Spirit and nurture you from within?

Self-analysis #2 - How would your life be different if you set this time aside?

Self-analysis #3 - What hindrances are there preventing you from spending this quality time in quietness? How can you remove this hindrance?

Section 4

How to connect to the Source of your Life

Action Steps - Take Action Now!

1. Find a quiet place

Set a time and place, where you will not be disturbed, to sit quietly and listen in the stillness. It is not always necessary to talk but just listen. The sweetest experiences take place in the silence. Silence is music to the soul.

2. Release everything from your mind

Release from your mind all external concerns, all negative energy and allow your attention to be drawn to your inner being. Breathe in life energy and exhale, releasing all tension and allowing your body and mind to relax.

3. Open your heart

Allow your heart to relax and be open to receive love's gentle touch and inner guidance. An open heart is free to allow the sweet essence of the Spirit to flow through it and fill it with life.

4. Enter into the chamber of the inner holy sanctuary

Focus your thoughts and emotions on your inner secret place of peace. There's a place inside all of us where none of the outer conditions can disturb. Look for the peace within. This is the chamber of your inner holy sanctuary. Rest here. Feel the calmness within.

5. Feel your feelings

Feel the feelings of this peace allow it to flow within you. Feel it within every cell of your body and allow your body to become one with it. Don't rush through this. As you become familiar with this peace, you'll find that you can enter into the space more easily no matter where you are.

6. Enter into the Presence of Unconditional Love

Feel the feelings of love within and bask in the rays. Allow the warmth to penetrate and saturate your inner being until you are satisfied in your soul. Let the Presence of Unconditional Love penetrate your pain and heal you from within. Be open. You are safe here. You are home. Let the healing energy flow in and through you now.

7. Listen carefully

Keep your inner ears open in the stillness for the gentle whispers of the Spirit. Here is where you become familiar with the Spirit's inner promptings and wisdom. Develop your listening skills. Listen intently.

8. Allow the radiance of love to begin the miraculous transformation process

As you allow love to flow in and through you, removing all the debris that blocks the path of this transforming energy, you'll find that this same energy will begin to change you from within. Others around you will also be affected by this change in a positive way on a subconscious level because that energy of love will emanate to them as well.

When you make this a regular practice, it will begin to become a way of life and you'll find yourself enriched with the inner beauty of love, joy, peace and the abundance that life has to offer – your true heritage. You'll be empowered from within to face any situation victoriously.

Section 5

Do you know your path?

Meditation Statement #1 - Everything you ever needed to manifest your desires and purpose is already in you. They're embedded in your make up.

Personal Affirmation #1 – I have everything I need inside of me to manifest my desires and my purpose here on earth.

Meditation Statement #2 - Everything you need has always been there. The path has always been there. It is for you to come in alignment and connect back with the Source, where all Divine Intelligence lies.

Personal Affirmation #2 – I am aligned and connected with the Source where all Divine Intelligence lies.

Action Steps #1 - Release the clutter of negativity from your mind

Action Steps #2 - Shut down the voices and noises from the outer world and listen within giving your attention to the voice within.

Section 6

Build your House on the Rock

Meditation Statement #1 - Roots that go deeper into the soil sustain the tree when the storms hit. Staying connected to the Source is like building your house on the rock.

Personal Affirmation #1 – I build my house on the rock. No matter what comes my way, I am strong.

Meditation Statement #2 - Whatever storms you face, no matter how hard the wind blows, you will stand secure knowing who you are. And because you are connected to the Source of life, and this life flows in and through you, you can overcome every obstacle.

Personal Affirmation #2 – The life of the Spirit flows in and through me. I can overcome every obstacle.

Meditation Statement #3 - He who builds his house on the rock, when the

winds and storms of life come, will stand, for you are focused on the final result. You will give your attention to the end result and know that all is well.

Personal Affirmation #3 – All is well. I am safe.