



## **Week 1 tasks**

### **EVERYTHING IS ENERGY.**

Do the cutting of the cords process every morning and evening.

**Before asking the questions do the hand on heart breathing aligning with the words, I AM energy.**

### **POWER QUESTIONS**

Name them to claim them. Power questions invoke a response.

Please be descriptive and detailed in your answers ~

Do I truly believe that everything is energy?

If your answer is no ask. What is holding me back from truly believing that everything is energy?

If your answer is yes ask. Am I living consciously, with the truth that everything is energy and applying that truth in to my every day living? How am I applying it?

In what areas of my life am I not matching my frequency of the reality I want? Examine the mental, emotional, physical – actionable and (spiritual) practices that raise your energy.

Do I truly believe that reality is merely an illusion?

If your answer is no ask. What is holding me back from truly understanding and knowing this?

If your answer is yes ask. What do I align to and apply to support this?

**Now that you have your answers, ask the following.**

What do I need to do to convert my disbelief into belief?

**Observe the following.**

Numbers – what numbers keep standing out to you and if you sit with the number, how does it make you feel?

Colours – what colours stand out to you. Where in your body do you feel it and what does the colour feel like? How does it make you feel?

Sound – becoming aware of all sounds, for example TV, radio, music, peoples' voices, words, and nature. How does your energy and body experience it? What does it feel like?

**Write down your experiences.**

**Complete your weekly landscape creation on Sunday.**