



2014 Spiritual Success Boot Camp:

WINNING!!!

AWARENESS ASSIGNMENT #2

For the next three days I want you to practice observing the voice. Try these simple exercises:

Do this exercise **before** prayer and quiet time or any time during the day when you have 5 minutes.

1. Close your eyes and see your kitchen. Slowly see the refrigerator, the sink, the stove. Take your time. Notice how many times the voice kicks in to narrate to you what you are looking at. (Take note: you are the one observing)
2. With your eyes closed, notice what things the voice is saying to you.
 - Then deliberately make it say something.
 - Next make it scream it.
 - Try turning the volume down on it. Continue turning the volume down until you don't hear it. If the voice interrupts you before you can turn it down, start over again.
3. Pay close attention and sense what it feels like when you are observing. That is you. Don't listen to the voice. Try your best to feel the quietness and stillness that is your true SELF.