

The Spiritual Hedonist

Work Book Exercises – From Chapter 1

“The first step to completing an overwhelming task is to complete the first step.” —Anonymous

1. Listen to *Stage 1– Steps 1 through 3* of the Guided Imagery meditations that come with this book. Listening to this Guided Imagery meditation 15 minutes every day will help strengthen your determination and build your confidence as you begin the first step in the process of manifesting your vision. It will also help you connect your intuitive, creative, generating energy (feminine) to your intellectual, methodical, activating energy (masculine) which will heighten your level of magnetism and attract to you all manner of good luck, opportunities and helpful people and circumstances.
2. Before you go to bed, sit quietly for 15-20 minutes and listen to meditation music. Doing so will help you to more powerfully assimilate the experiences of your day and on an inner level, keep the center of creativity and desire—your heart chakra—open.
3. It's important to express gratitude. Expressing gratitude is more than just giving thanks. In addition to being an acknowledgement, it's also, to quote the author, Robert Emmons, *“a felt sense of wonder, thankfulness, and appreciation for life.”* Gratitude places you in a state of grace and energetically positions you to be a magnet for the good you want to attract. Express gratitude to yourself for setting off on this journey to fulfillment. Express gratitude for your past and current circumstances that brought you to this point. Express gratitude for the people, events and luck that will come to assist you in achieving your goals. And if it's an appropriate reference for you, express gratitude to the Universe or your Higher Power for all of the inspiration that has been, is being and will be given to you.

4. Commitment Contract

I, _____, wholeheartedly, 100% commit to
manifesting my vision, (idea, dream, project) of _____
_____ in its completed form by this date,
_____. I will take the necessary steps to begin, follow through and complete my
goal, regardless of any internal doubt or external pressure.

Signature _____

Date _____

Questionnaire

WHAT ARE SOME OF THE BELIEF SYSTEMS FROM YOUR FAMILY'S TREASURY OF "LIMITATION LITANIES?" LIST 3 OF THEM HERE:

1. _____

2. _____

3. _____

WHAT ARE SOME OF THE "BECAUSES" YOU USE NOW WHEN YOU'RE EXPLAINING WHY YOU WANT SOMETHING? LIST 3 OF THEM HERE:

1. _____

2. _____

3. _____

WHAT ARE SOME OF THE REASONS YOU CAN'T HAVE SOMETHING YOU WANT? (example:
"With the economy the way it is today, I can't afford it.") LIST 3 OF THEM HERE:

1. _____

2. _____

3. _____

WHAT ARE SOME OF THE REASONS YOUR PARENTS GAVE YOU FOR NOT GRANTING
YOUR WISHES? LIST 3 OF THEM HERE:

1. _____

2. _____

3. _____

LIST THREE (3) LIMITING BELIEFS ABOUT YOURSELF:

1. _____

2. _____

3. _____

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Work Book Exercises – From Chapter 10

“Make a joyful noise!” —Psalm 100

“Among the mind's powers is one that comes of itself to many children and artists. It need not be lost, to the end of his days, by anyone who has ever had it. This is the power of taking delight in a thing, or rather in anything, not as a means to some other end, but just because it is what it is.”

—Charles E. Montague

1. Admire your work and listen to *Stage 4– Step 10* of the Guided Imagery meditations that come with this book. Listening to this Guided Imagery meditation 15 minutes every day that you're putting the finishing touches on your project will help strengthen your determination and build your confidence as you come to the completion of manifesting your vision. It will also help you connect your intuitive, creative, generating energy (feminine) to your intellectual, methodical, activating energy (masculine) which will heighten your level of magnetism and attract to you all manner of good luck, opportunities and helpful people and circumstances.
2. Before you go to bed, sit quietly for 15-20 minutes and listen to meditation music. Doing so will help you to more powerfully assimilate the experiences of your day and on an inner level, keep the center of creativity and desire—your heart chakra—open.
3. It's important to express gratitude for your journey and for arriving at this point in the manifestation of your vision. Expressing gratitude is more than just giving thanks. In addition to being an acknowledgement, it's also, to quote the author, Robert Emmons, *“a felt sense of wonder, thankfulness, and appreciation for life.”* Gratitude places you in a state of grace and energetically positions you to be a magnet for the good you want to attract. Express gratitude to yourself for getting to this final stage of completion of creating your vision. Express gratitude for all of the assistance you've been given in getting to this point. And if it's an appropriate reference for you, express gratitude to the Universe or your Higher Power for all of the inspiration, courage, protection and blessings that continue to come your way.
4. **Celebrate and honor the do-er—YOU!** Treat yourself to something nice, you deserve it. And while you're drinking that glass of Champagne (or juice, soda or whatever you fancy), look at and/or think about your creation brought to life by you and congratulate yourself on being the victorious being of Light, creativity, magic and power that you are.

5. Now that you've completed your quest, what changes have you noticed in yourself?

6. What changes have you noticed in the people around you?

7. How do you feel about yourself now and your experience of creating what you wanted?

The Spiritual Hedonist

Work Book Exercises – From Chapter 2

*“Commitment is doing the thing you said you’d do,
long after the mood you said it in is gone.”*—Georg Zalucki

1. Listen to *Stage 1– Steps 1 through 3* of the Guided Imagery meditations that come with this book. Listening to this Guided Imagery meditation 15 minutes every day will help strengthen your determination and build your confidence as you continue the process of manifesting your vision. It will also help you connect your intuitive, creative, generating energy (feminine) to your intellectual, methodical, activating energy (masculine) which will heighten your level of magnetism and attract to you all manner of good luck, opportunities and helpful people and circumstances.
2. Before you go to bed, sit quietly for 15-20 minutes and listen to meditation music. Doing so will help you to more powerfully assimilate the experiences of your day and on an inner level, keep the center of creativity and desire—your heart chakra—open.
3. It’s important to express gratitude. Expressing gratitude is more than just giving thanks. In addition to being an acknowledgement, it’s also, to quote the author, Robert Emmons, *“a felt sense of wonder, thankfulness, and appreciation for life.”* Gratitude places you in a state of grace and energetically positions you to be a magnet for the good you want to attract. Express gratitude to yourself for setting off on this journey to fulfillment. Express gratitude for your past and current circumstances that brought you to this point. Express gratitude for the people, events and luck that will come to assist you in achieving your goals. And if it’s an appropriate reference for you, express gratitude to the Universe or your Higher Power for all of the inspiration that has been, is being and will be given to you.

PERSONAL GOAL QUESTIONNAIRE

Remember, the more consciously aware you are of the answers to these questions, the more you'll be able to connect with your powerful reservoir of knowledge and strength as you work to make your dream a reality.

1. What does my goal mean to me—what is its true value to me?

2. What does achieving my goal mean to me?

3. Will achieving my goal enhance or change my life or me in some way; if so, how?

4. How much do I believe in myself?

5. How committed am I to seeing this through?

6. How willing am I to do what is required in order to make this happen?

7. Who will help me achieve my personal goal?

8. What kind of support systems will I need in order to succeed?

9. If my personal goal involves other people—how will achieving my goal enhance and/or change the lives of those who are close to me?

PROFESSIONAL GOAL QUESTIONNAIRE

The more clearly you answer these questions, the easier it'll be for you to make your vision a concrete reality.

1. What is the value or profitability of this idea in dollar amounts or career achievement?

2. How much time will it take to complete my goal?

3. How much money will it take to accomplish my goal?

4. On a scale of 1 to 10—*10 being highest*—how committed am I to seeing this through?

5. On a scale of 1 to 10—*10 being highest*—how willing am I to do what is required in order to make this happen?

6. How much do I believe in my idea?

7. How much do I believe in myself?

8. What kind of assistance and support systems will I need in order to succeed?

9. Will it help to belong to any organizations, associations or social networking sites?

10. If the answer to question 9 is "Yes," which organizations, associations or social networking sites will I join?

My Commitment Statement

“Unless it is supported by a practical plan, no mundane, creative or spiritual concept can come to successful fruition.” –Sheilaa Hite

MY COMMITMENT on (month) _____, (date) _____, (year) _____

Handwriting practice lines consisting of 30 horizontal dashed lines.

The Spiritual Hedonist

Work Book Exercises – From Chapter 3

*“Half of our mistakes in life stem from feeling where we ought to think,
and thinking where we ought to feel.”* —John Churton Collins

1. Listen to *Stage 1– Steps 1 through 3* of the Guided Imagery meditations that come with this book. Listening to this Guided Imagery meditation 15 minutes every day will help strengthen your determination and build your confidence as you continue the process of manifesting your vision. It will also help you connect your intuitive, creative, generating energy (feminine) to your intellectual, methodical, activating energy (masculine) which will heighten your level of magnetism and attract to you all manner of good luck, opportunities and helpful people and circumstances.
2. Before you go to bed, sit quietly for 15-20 minutes and listen to meditation music. Doing so will help you to more powerfully assimilate the experiences of your day and on an inner level, keep the center of creativity and desire—your heart chakra—open.
3. It is important to express gratitude. Expressing gratitude is more than just giving thanks. In addition to being an acknowledgement, it's also, to quote the author, Robert Emmons, *“a felt sense of wonder, thankfulness, and appreciation for life.”* Gratitude places you in a state of grace and energetically positions you to be a magnet for the good you want to attract. Express gratitude to yourself for getting to this first stage of completion of your project. Express gratitude for the people, experiences, and blessings that have assisted you in getting to this point. And if it's an appropriate reference for you, express gratitude to the Universe or your Higher Power for all of the inspiration and courage that have been, is being and will be given to you.

Sample STEPS NECESSARY TO COMPLETE MY GOAL Instruction Guide

STEPS NECESSARY TO COMPLETE MY GOAL:

September 12 – October 24, 1995

1. Write out each guided meditation and the introduction.
 - a. Sit at computer 2 hours a day, 3 days a week—Monday, Tuesday and Thursday from 10:00am to 12:00p—and write the meditations and the introduction.
2. Speak with Sarah re: her knowledge and information on audio recordings and distributors.
 - a. This is the 1st order of business at our meeting tomorrow.
3. Speak with Scott re: his knowledge of audio recordings, the market for them, audio distribution and distribution companies.
 - a. Meet with him on Friday, Sept. 22, 1995.
 - b. Make a list of the distributors he recommends.
4. Visit book and CD stores in order to see what's being sold and how it's being sold.
 - a. Call 1st and find out if and what they carry in audio series.
 - b. Visit stores until I'm clear about how I want to package and present my guided meditation series.
5. Speak with and/or meet with audio distributors re: my CD's.
 - a. Call and question each distributor re: requirements, percentages, territories and payment.
 - b. Speak with different distributors everyday until I have the information I need.
6. Speak with and/or meet with musicians, publishing companies and BMI executives.
 - a. Talk with Edward re: meeting with Brenda at BMI.
 - b. Talk with Edward re: music and musicians for my guided meditation series.
 - c. Talk with Scott re: music from existing music CD's and getting permission to use it.
 - d. Go to Malibu Shaman, listen to music CD's and choose the music I want to use.
 - e. Get publishing company information from existing audio and CD inserts and contact the publishers.
7. Speak with and/or meet with all of the technicians necessary to manifest my CD's—producers, recording engineers, as well as owners of recording studios, duplicators, packagers, printers, artists for cover art.
 - a. By Wednesday, Sept. 27, 1995, make list of all technicians needed to complete CD's.
 - b. Contact and meet with each of them by Oct. 3, 1995 and get their price lists for their services.
8. Report to class each week on my progress as well as enlist their assistance in any problem solving.
 - a. Keep a journal of my activities, my results and my feelings.
 - b. Talk with my "support-partner" the agreed upon 3 times a week re: support.
9. **Visualize:** 5 minutes before I begin each day's work on this project and before I go to sleep each night, I'll visualize my presentation package for my CD's being received, listened to, read, loved, wanted and invested in by all of the investors I present it to in order to have my guided meditations recorded, packaged and promoted profitably for all involved.

[illegible]

Handwriting practice lines consisting of 28 horizontal dashed lines.

The Spiritual Hedonist

Work Book Exercises – From Chapter 4

*“Do not wait to strike till the iron is hot;
but make it hot by striking.”* —William B. Sprague

1. Listen to *Stage 2– Steps 4 through 6* of the Guided Imagery meditation that comes with this book. Listening to this Guided Imagery meditation 15 minutes every day will help strengthen your determination and build your confidence as you continue the process of manifesting your vision. It will also help you connect your intuitive, creative, generating energy (feminine) to your intellectual, methodical, activating energy (masculine) which will heighten your level of magnetism and attract to you all manner of good luck, opportunities and helpful people and circumstances.
2. Before you go to bed, sit quietly for 15-20 minutes and listen to meditation music. Doing so will help you to more powerfully assimilate the experiences of your day and on an inner level, keep the center of creativity and desire—your heart chakra—open.
3. **Who’s On Board?** Go over the “Steps Necessary to Complete My Goal” instruction guide and make a list of the types of support/help you’ll need and the names, phone numbers, e-mail addresses and physical addresses of the individuals and/or groups who can help you. Be sure and write down how you think they can be of help to you (knowing and being able to articulate what you want from them will really help determine if they are the right “team” members for you and your project). Contact them and arrange to meet with them, either in person or via phone. After each meeting, make brief notes on the meeting—what was discussed, if the person committed to helping you, how they offered and/or agreed to do so, your feelings about them and the meeting. Making and keeping records of your meetings will be of great help to you. The people you meet with and those who become part of your “team” are important resources and should be catalogued for easy reference and accessibility.
4. **“To Do” & “It’s Done”:** This is one of the most important aids you’ll create. List and review what’s been accomplished so far and what still needs to be done in order of importance. This list has two main advantages, 1—you’ll be able to easily see what you’ve done and what still has to be done every step of the way; and 2—the psychological and emotional boost to your self-confidence as you complete each item on the list, knowing you’re one step closer to achieving your vision. And yes, you will be adding to the list from time to time. Things change and you’ll be called upon to acknowledge and adjust to the changes. Once you’ve completed something on your list, don’t erase the item, just draw a line through it. That way, every time you look at the list, you’ll have the psychological satisfaction of seeing and knowing that you’ve completed an item and that you’re one step closer to your goal.

5. **Ah—expenses!** What is your budget? Just as with all ventures, you'll need to know how much your project will cost. Gas, carfare, phone calls, paper, printer ink—all of the small as well as large expenses that you'll need to take into account if you're going to keep your "vision mission" afloat and moving forward. Estimate and itemize your projected costs and add 15% for unexpected expenditures. Keep a detailed accounting of your money (and time) spent and you'll appreciate your efforts even more, plus, you'll be less likely to be caught off guard by an unanticipated expense at an inconvenient time.
6. It's important to express gratitude. Expressing gratitude is more than just giving thanks. In addition to being an acknowledgement, it's also, to quote the author, Robert Emmons, "*a felt sense of wonder, thankfulness, and appreciation for life.*" Gratitude places you in a state of grace and energetically positions you to be a magnet for the good you want to attract. Express gratitude to yourself for getting to this first stage of completion of your project. Express gratitude for the people, experiences, and blessings that have assisted you in getting to this point. And if it's an appropriate reference for you, express gratitude to the Universe or your Higher Power for all of the inspiration and courage that have been, is being and will be given to you.

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Work Book Exercises – From Chapter 5

*“It’s not the size of the dog in the fight,
it’s the size of the fight in the dog.”*—Mark Twain

1. Listen to *Stage 2– Steps 4 through 6* of the Guided Imagery meditation that comes with this book. Listening to this Guided Imagery meditation 15 minutes every day will help strengthen your determination and build your confidence as you continue the process of manifesting your vision. It will also help you connect your intuitive, creative, generating energy (feminine) to your intellectual, methodical, activating energy (masculine) which will heighten your level of magnetism and attract to you all manner of good luck, opportunities and helpful people and circumstances.
2. Before you go to bed, sit quietly for 15-20 minutes and listen to meditation music. Doing so will help you to more powerfully assimilate the experiences of your day and on an inner level, keep the center of creativity and desire—your heart chakra—open.
3. Print “Risk” out and post it on the mirrors in your home, your refrigerator, your desk, the inside of your entry doors—even your car’s dashboard and be sure to read it every chance you get. It’ll be a constant support and reminder to you as you pursue your goals. You’ll find this amazing declaration in the Affirmations section in the Appendix at the back of this book.
4. To paraphrase Einstein, *“You can’t solve a problem with the same thinking that created it.”* When the pioneering aviator, Bessie Coleman, an American black woman in the 1920’s, wanted to become a pilot, she couldn’t find anyone in the US willing to teach her because of her gender and race. So, she learned to speak French, went to France, found a flight instructor there and became the first person of color to earn an international pilot’s license. When renowned financier, J. P. Morgan, needed important investment information that his left-brain Wall Street advisors couldn’t supply, he wisely consulted astrologers and successfully followed their advice all the way to the bank. When an applicant to the nation’s top military academy was denied entry because he was half an inch too short, he didn’t let that stop him. Determined to attend the academy, he researched the body’s ability to transform and did stretching exercises for several months before he re-applied to the academy. With his second application, he was accepted because he had stretched his body so much that he measured a quarter of an inch taller than the lower end of the academy’s height requirements!

The point is—sometimes, you need to think outside of the box. When the need to change perspectives and/or tactics presents itself to you, sit down with a pen and paper and imagine yourself in their shoes as you ask *“What would Bessie or J. P. or a height challenged military cadet do?”* and write down whatever comes to mind. This stream of consciousness thinking will allow for all sorts of innovative ideas to come to you. Thinking outside of the box liberates and has the potential to empower you as you expose yourself to new sources, information and energy. After all, when one door closes, another one will open somewhere.

5. This is one of my favorite “dispel all personal doubts and fears” exercises. I’ve recommended it in earlier chapters because it works so well in different circumstances. Whenever you find yourself becoming overwhelmed with self-doubt and/or fearing that you’ve no reason or right to expect your dreams to come true, take a pen and paper and write down your doubts and/or fears. Keep it short—two or three words will do for each doubt or fear. When you’ve finished your list, do what you do with all garbage—get rid of it! If you have a shredder, shred the list, put the pieces in a bag and toss the garbage into a dumpster. If you don’t have a shredder, tear the list into tiny pieces, put the pieces in a bag and leave that bag of non-entities in a dumpster. Afterwards, those feelings of distress you were dealing with will be gone and you’ll be in touch with your personal power again.

6. It’s important to express gratitude. Expressing gratitude is more than just giving thanks. In addition to being an acknowledgement, it’s also, to quote the author, Robert Emmons, “*a felt sense of wonder, thankfulness, and appreciation for life.*” Gratitude places you in a state of grace and energetically positions you to be a magnet for the good you want to attract. Express gratitude to yourself for getting to this first stage of completion of your project. Express gratitude for the people, experiences, and blessings that have assisted you in getting to this point. And if it’s an appropriate reference for you, express gratitude to the Universe or your Higher Power for all of the inspiration and courage that have been, is being and will be given to you.

The Spiritual Hedonist

Work Book Exercises – From Chapter 6

*“Our grand business in life is not to see what lies dimly at a distance,
but to do what lies clearly at hand.”—Thomas Carlyle*

1. Listen to Stage 2– Steps 4 through 6 of the Guided Imagery meditation that comes with this book. Listening to this Guided Imagery meditation 15 minutes every day will help strengthen your determination and build your confidence as you continue the process of manifesting your vision. It will also help you connect your intuitive, creative, generating energy (feminine) to your intellectual, methodical, activating energy (masculine) which will heighten your level of magnetism and attract to you all manner of good luck, opportunities and helpful people and circumstances.
2. Before you go to bed, sit quietly for 15-20 minutes and listen to meditation music. Doing so will help you to more powerfully assimilate the experiences of your day and on an inner level, keep the center of creativity and desire—your heart chakra—open.
3. It’s important to express gratitude. Expressing gratitude is more than just giving thanks. In addition to being an acknowledgement, it’s also, to quote the author, Robert Emmons, “*a felt sense of wonder, thankfulness, and appreciation for life.*” Gratitude places you in a state of grace and energetically positions you to be a magnet for the good you want to attract. Express gratitude to yourself for getting to this second stage of completion of your goal. Express gratitude for the people, experiences, and miracles that have assisted you in getting to this point. And if it’s an appropriate reference for you, express gratitude to the Universe or your Higher Power for all of the inspiration, courage and good fortune that continue to accompany you on your journey.
4. Make a list of what needs to be altered at this point in the creation of your vision. Edit and amend your original Commitment Statement and “Steps to Complete My Goal” instruction guide to reflect the necessary changes.
5. Celebrate your progress and results up to this point. Acknowledge yourself and how far you’ve come and what it’s taken to get here. Relax and spend some time admiring the process, the project, your support and yourself. As frivolous and time consuming as this exercise may seem to some—its gifts to you are invaluable. Every living thing thrives on acknowledgement. In almost every circumstance, when we’re acknowledged for our time and participation in something, that acknowledgement has the magical effect of encouraging, enlivening and energizing us.
6. Buy yourself a present. It doesn’t have to be expensive, it just has to be meaningful to you. This is a great way to have a conscious reminder of your expressing gratitude to yourself. Every time you see it, you’ll think of this step and it’ll remind you that you have created something of value as it encourages you to continue on and complete your project.

The Spiritual Hedonist

Work Book Exercises – From Chapter 7

“Words are also actions, and actions are a kind of words.” —Ralph Waldo Emerson

1. Listen to *Stage 3– Steps 7 through 9* of the Guided Imagery meditation that comes with this book. Listening to this Guided Imagery meditation 15 minutes every day will help strengthen your determination and build your confidence as you continue the process of manifesting your vision. It will also help you connect your intuitive, creative, generating energy (feminine) to your intellectual, methodical, activating energy (masculine) which will heighten your level of magnetism and attract to you all manner of good luck, opportunities and helpful people and circumstances.
2. Before you go to bed, sit quietly for 15-20 minutes and listen to meditation music. Doing so will help you to more powerfully assimilate the experiences of your day and on an inner level, keep the center of creativity and desire—your heart chakra—open.
3. At this point in manifesting your vision, you’ll begin to notice that all kinds of impressions, doubts and related as well as unrelated ideas will try to take up residence in your mind and distract you. This is simply the result of excess energy that has no other outlet. In addition to meditating, it’s important that you take time out of every day and do some mindless physical task: sort through the medicine cabinet, rearrange your sock drawer, clean off your desk. Working in the garden or going for a walk will work, too. Afterwards, when you return to working on your project, you’ll find that you’ll get more meaningful work done because you’ll have more clarity and more control over your energy.
4. On a regular basis, meander (don’t rush from exhibit to exhibit!) through the zoo, visit a botanical garden and/or spend some time in a butterfly reserve—lose yourself in nature. Don’t forget, we’re a natural part of life, too. By visiting these places of natural beauty and wonder, you reconnect with the essence and majesty of life. This priceless gift of reconnection naturally invigorates and inspires you and your renewed enthusiasm will pay off in countless, often magical ways.
5. It’s important to express gratitude. Expressing gratitude is more than just giving thanks. In addition to being an acknowledgement, it’s also, to quote the author, Robert Emmons, *“a felt sense of wonder, thankfulness, and appreciation for life.”* Gratitude places you in a state of grace and energetically positions you to be a magnet for the good you want to attract. Express gratitude to yourself for getting to this first stage of completion of your project. Express gratitude for the people, experiences, and blessings that have assisted you in getting to this point. And if it’s an appropriate reference for you, express gratitude to the Universe or your Higher Power for all of the inspiration and courage that have been, is being and will be given to you.
6. On a scale of 1 to 10, with this project, how much do I really believe in my ability to make it happen successfully and why?

7. On a scale of 1 to 10, with this project, how much do I doubt my ability to make it happen successfully and why?

8. Write this affirmation by Henry Ford—“*Whether you believe you can do a thing or not, you are right.*”

9. How did you feel as you were writing the affirmation? What were you thinking ? How does this affirmation relate to you and your desire to make your dream a reality?

10. Describe a time when Inner Knowing led you to a new awareness about yourself and/or manifesting your vision.

11. Describe a time when you used appropriate action and achieved a victory because of it. How did you feel? What conclusions did you come to because of the outcome?

The Spiritual Hedonist

Work Book Exercises – From Chapter 8

“That which we persist in doing becomes easier, not that the task itself has become easier, but that our ability to perform it has improved.” —Ralph Waldo Emerson

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4. Keep it simple. This step is the mundane, ‘grunt’ work that'll give your project the professional polish it needs and you'll need to fortify and encourage yourself with these ‘helpers’ and reminders.
5. Play music during this gathering and finishing phase. It doesn't matter what type of music, as long as it doesn't interfere with your process.
6. Print out and post encouraging affirmations in your work space. At the back of this book, you'll find a selection of affirmations to choose from or you can use encouraging affirmations from another source.
7. Remember to BREATHE. Breathing deeply, gently, rhythmically will keep your body energized and your brain activated.
8. Every hour or two, stop working and stretch your body or take a walk or dance to the music you're listening to. This kind of movement will dispel the physical and mental tension that happens as a result of such intense concentration.
9. Keep on keepin' on.

The Spiritual Hedonist

Work Book Exercises – From Chapter 9

“To finish first you must first finish.”—Rick Mears

1. Listen to *Stage 3– Steps 7 through 9* of the Guided Imagery meditation that comes with this book. Listening to this Guided Imagery meditation 15 minutes every day will help strengthen your determination and build your confidence as you continue the process of manifesting your vision. It will also help you connect your intuitive, creative, generating energy (feminine) to your intellectual, methodical, activating energy (masculine) which will heighten your level of magnetism and attract to you all manner of good luck, opportunities and helpful people and circumstances.
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4. If your project is a presentation, practice it at least three times before you present it to your target audience. (You can practice it more than three times but you don't want to practice it so much that you take the feeling of naturalness and vibrancy away from it.) If you can, practice it in front of your mentor or someone from your support group. Get comfortable working with your media equipment and your hand-outs and make whatever final adjustments are called for.
5. If a formal or group presentation isn't necessary to the success of your project, it still needs you to test it out and make sure it works smoothly. Invite a friend over to review your handy-work; if it's feasible, take the results of your efforts out into the world as I do with my coats. Make whatever final adjustments are necessary.
6. Take some time to acknowledge yourself for how far you've come, for how much you've learned and for how powerful you've become.

The Spiritual Hedonist

The Pictorial Muses – From the Appendix

The Pictorial Muses

Download from my website the Three Pictorial Muse Images that will describe you and your quest and write them here:

Image 1 -

Image 2 -

Image 3 -

Download from my website the Three Pictorial Muse Images that will identify the key energy of each stage of your quest and write them here:

Image 1 – Stage 1

Image 2 – Stage 2

Image 3 – Stage 3

Image 4 – Stage 4

Your Daily Pictorial Muse Image:

Day _____ Date _____

Image _____

Day _____ Date _____

Image _____

Day _____ Date _____

Image _____

Day _____ Date _____

Image _____

Day _____ Date _____

Image _____

Day _____ Date _____

Image _____

Day _____ Date _____

Image _____

Day _____ Date _____

Image _____

Day _____ Date _____

Image _____
