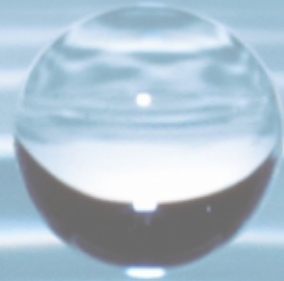


Uncover and Manifest Your True Self

**Week 6 : Conscious Co-Creation: Finding
Joy on the Journey**





Week 6

**Conscious Co-Creation:
Finding Joy on the Journey**

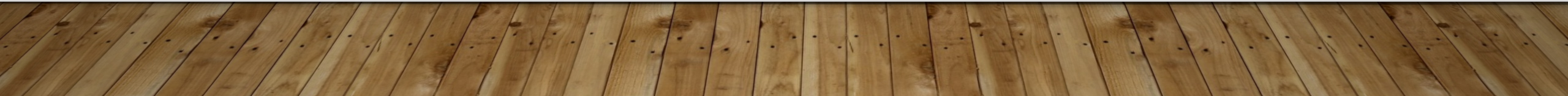
Series OUTLINE

- Week 1 (Feb. 1): Know Yourself Beyond the Body
- Week 2 (Feb. 8): Tap into the Incredible Power of your Mind
- Week 3 (Feb. 15): Learn to Experience Limitless Love
- Week 4 (Feb. 22): Beyond aging – Revitalization, Restoration and Healing
- Week 5 (Mar. 1): Develop a Healthy Lifestyle
- **Week 6 (Mar. 8): Conscious Co-Creation: Finding Joy on the Journey**
- Week 7 (Mar. 15): Learn to Live Harmoniously with All of Life

Outline of Session SIX

- Opening Centering
- Conscious Co-Creation: Finding Joy on the Journey
- Connect with soul consciousness with exercises
- Meditation: Co-creation
- Exercise: “Enso”
- Wrap-up
- Next week...

When you look at these photos, what do they tell us about co-creation?

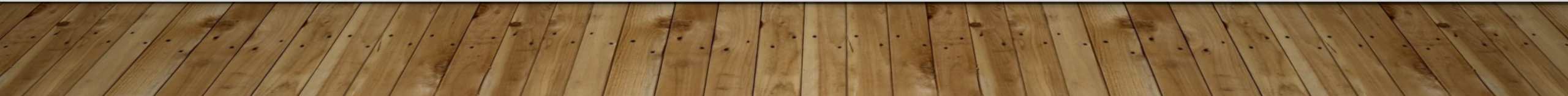


What is conscious co-creation?

- Understanding that our individual ego exists in the Divine and is fulfilling the intention of the Divine



Have there been moments in your life where you felt you were an instrument of the Divine?



What is conscious co-creation?

- Understanding that our individual ego exists in the Divine and is fulfilling the intention of the Divine
- Understanding that we are creating within something bigger, empowered by something bigger than our individual/finite



How do we manifest that
Divine power in our field?



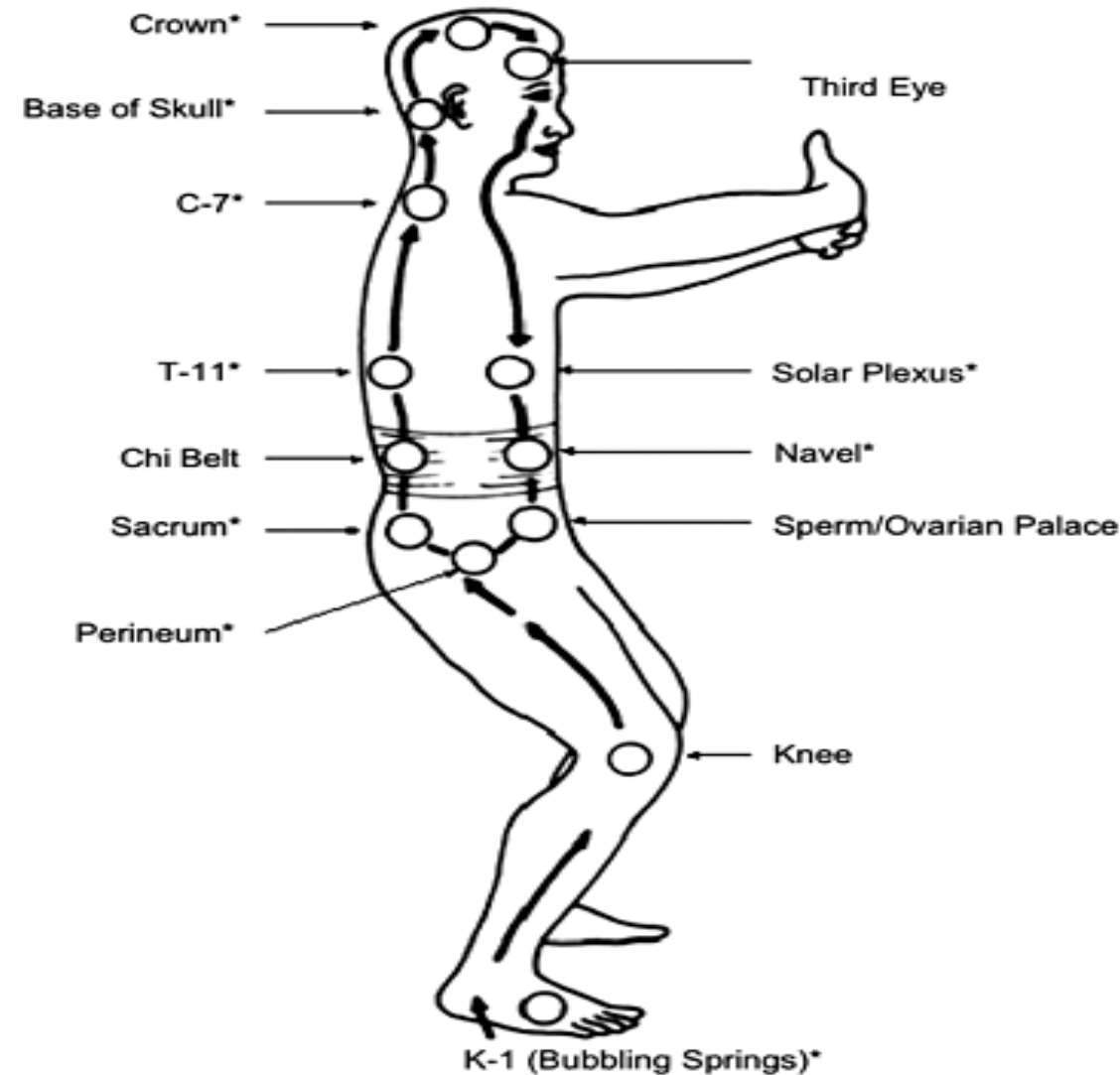
What is conscious co-creation?


- Understanding that our individual ego exists in the Divine and is fulfilling the intention of the Divine
- Understanding that we are creating within something bigger, empowered by something bigger than our individual /
- Being in unity with the Divine as it creates



Connect with soul consciousness in movement

- Breathing
- QiGong





Meditation Co-Creation

Japanese Enso

- In Zen Buddhist painting, ensō symbolizes a moment when the mind is free to simply let the body/spirit create.



Wrap Up

- Sharing
- How can we remind ourselves to stay in the awareness of co-creation until it becomes who we are?
- **Next Week:** Learn to Live Harmoniously with All of Life