

Consciously Cultivating Feeling States (part 2)

From Without to Within:

If it is without you, you will always be without it. If it is within you, you will never be without it. Flip the script from the first exercise to create a new empowered statement of your authentic truth. Fill in the blank with what you are craving (out-sourcing) in the material world then rewrite it placing YOU as the source (in-sourcing) of what you crave.

Out-sourcing perspective:

I crave _____ because I believe it will make me feel _____.

In-sourcing perspective:

The source of _____ (feeling) is within me.

(Repeat the sentences plugging in and flipping all of your initial statements from week one)

Repeat the mantra when needed:

All the power that is and ever was is available to me now, I need only realize that I am my source. I am my supply. The source of what I crave is always available to me because it is within me. I find all I seek when I turn within.

“Nothing outside yourself can save you; nothing outside yourself can give you peace. But this also means that nothing outside yourself can hurt you or disturb your peace or upset you in anyway.” ~ACIM