

WEEK 3 • MAY 12 • 7 PM ZOOM

STEP ONE **FOCUS** Your Mind

STEP TWO **SHIFT** Your Consciousness

Affirmation: *I am willing to examine my thoughts, beliefs, and behaviors. I release what no longer serves me, and I am willing to be changed at the core.*

Facilitated by Cynthia Roberts

Co-Spiritual Leader & Licensed Unity Teacher

Kn Last Week We Discussed

Step 1 Focus (Clarity)

01

Do you have clarity about what you want? Do you know what you don't want? Can reframing help you?

How will you feel when you get what you want?

02

Can you state your Your Purpose clearly and succinctly?

Have you determined a Purpose that can be achieved in every circumstance?

Can you integrate what you want with your purpose?

What binds them together?

04

Are you using affirmations, prayer, and meditation? If no, why not?

How does your inner world (visioning, thinking and beliefs) support you in manifesting what you want.

05

Have you begun to understand what actions you could take to move in the direction of unapologetic manifestation?

What specifically did you do last week that supports the manifestation that you are consciously seeking? If nothing, what blocked you from taking any action?



Step Two of Five

*Building the
foundation
for conscious living
and abundant
manifestation*

Tonight's Journey

SHIFT YOUR CONSCIOUSNESS

01

The Power of Consciousness
How our inner world shapes outer reality

02

Shadow Work & Self-Discovery
Bringing hidden parts into the light

03

Four Levels of Consciousness
Victim • Victor • Vessel • Verity

04

Forgiveness & Releasing Resentment
The Prodigal Father principle & Ho'oponopono

05

Feng Shui Your Life
Making space for abundance



**Step Two
of Five**

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The Power of Consciousness

Core Truth

"None of us see the world as it truly is; we see it as we are, filtering everything through our internal lens."

- › Our outer world is a reflection of our inner world
- › Thoughts and beliefs act as a filter on all experience
- › Shifting beliefs alters the vibrational frequency we emit
- › What we attract changes when our consciousness shifts

Conscious Living =

1. Recognize thoughts as powerful creative forces
2. Align them with your highest vision

Practice This Week

Spend 5 minutes daily visualizing yourself free from old beliefs and limitations. Feel the freedom and peace that come with this shift.

Shadow Work & Self-Discovery

Carl Jung: The shadow is the part of our unconscious mind we repress or deny — fears, desires, and impulses we're not fully aware of but that still influence our thoughts and behaviors.

What is the Shadow?

- › Parts deemed unacceptable or undesirable
- › Also powerful qualities we hesitate to own
- › Strength, confidence, pride we were taught to suppress
- › Hidden aspects that run our behaviors unconsciously

Why Do the Work?

- › Clears subconscious burdens & barriers
- › Enhances mental & emotional well-being
- › Deepens relationships & authenticity
- › Enables manifestation of your highest good

How to Engage

- › Observe thoughts without judgment in meditation
- › Use the Levels of Consciousness worksheet
- › Journaling: bring dark corners into light
- › Share with a trusted guide or therapist

✦ *Shadow work requires courage & honesty — the rewards are profound transformation*

Four Levels of Spiritual Consciousness

VICTIM

To Me

DEFAULT

External forces control what happens

THOUGHT

"Why does this always happen to me?"

TOOLS

Giving up, complaining, blaming

GROWTH

Give up blame • Change thoughts • Take action

VICTOR

By Me

DEFAULT

I determine my life

THOUGHT

"I can accomplish anything I put my mind to."

TOOLS

Affirmations, vision boards, positive thinking

GROWTH

Help without controlling • Own your power

VESSEL

Through Me

DEFAULT

Spirit is at work in me

THOUGHT

"I am an instrument of the Divine."

TOOLS

Visioning, meditation, surrender, forgiveness

GROWTH

Give up separation • Allow good to flow

VERITY

Is Me

DEFAULT

I am one with all living things

THOUGHT

"I am love. I am peace. I am that I am."

TOOLS

Meditation, silence, oneness, kindness, love

GROWTH

Expand consciousness • Peace & empowerment

We move between levels throughout the day — awareness is the key to conscious choice

Enrichment Exercise: Levels of Consciousness Worksheet

Think of a recurring stressful situation. Use the chart to identify your level of consciousness and reframe it.

1

Recall & Feel

Complete the statement:

"I am ___(emotion)___ with ___(person/situation)___ because ___."

2

Reflect on Thoughts

What were you thinking? What level of consciousness were you operating from?

3

Reframe the Situation

Choose a NEW emotion. Complete the sentence with the same situation but a different feeling.

"I am ___(new emotion)___ with ___(same situation)___."

4

Tools, Advantages & Opportunities

What tools would you use? What benefits do you see? What opportunities does this reveal? What level is this?

Forgiveness: The Power to Set Yourself Free

✦ *"Holding on to resentment is like taking poison hoping the other person will die."*

Why Forgive?

- ✓ Reduces stress, anxiety, and depression
- ✓ Lowers blood pressure & boosts immune system
- ✓ Increases feelings of peace, empathy & self-esteem
- ✓ Repairs damaged relationships & builds trust
- ✓ Creates a sense of purpose and life satisfaction
- ✓ Opens infinite possibilities for new experiences

Ho'oponopono Practice

Hawaiian practice of reconciliation: to make right or correct a mistake

1 **I apologize.**

2 **Forgive me.**

3 **Thank you.**

4 **I love you.**

Repeat 5 times or until you feel a shift. Then move to the next person — including yourself.

Enrichment Exercise: The Resentment Inventory

Adapted from the Alcoholics Anonymous "Big Book" — one of the most powerful tools for self-awareness and forgiveness.

Column 1	Column 2	Column 3	Column 4
Resentment	What Happened	What It Affected	My Part In It
<p>List all people, places, institutions, or situations with which you are angry, hurt, or feel threatened.</p> <hr/>	<p>Write the reasons for each resentment. Be specific about why you were angry, hurt, or threatened.</p> <hr/>	<p>List what part of yourself was affected: self-esteem, pride, finances, emotional security, ambitions, or personal relations.</p> <hr/>	<p>Ask: What's the truth here? Where was my responsibility? What might I have done differently?</p> <hr/>
<p><i>Be brave. Don't overthink it. Is your own name on the list?</i></p>	<p><i>Example: "I am angry at Mom because she always favored my brother."</i></p>	<p><i>No wrong choices — write what comes to mind.</i></p>	<p><i>This shifts you from victim to seeing your role — a powerful transformation.</i></p>

Key: Willingness • Recall Past Resentments • Work One Column at a Time • Self-Compassion

Feng Shui Your Life

Making Space for What You Desire

A full bucket cannot hold more water.
You must create a vacuum to welcome the new.

Clear physical & mental clutter.
Unsupportive relationships and outdated habits block your good.

Make room emotionally.
What you want may already be in your life — open to seeing it.

Baby step for this week:
Clear out ONE drawer today. Let it symbolize your readiness.



Quantum Entanglement

Our connection to the past keeps
creating our present.

To get a new outcome, stop being
your old self. Make new
connections within the present.

*"The quantum you has
no limitations."*

Meditation 4 & Reflective Practices for the Week

MEDITATION 4

What Am I Already Forgiving?

- 1 Create a Comfortable Space**
Find a quiet place. Have a journal & pen nearby.
- 2 Breathe**
Inhale 6 counts · Hold 2 · Exhale 8. Relax head to toe.
- 3 Visualize**
See someone you need to forgive. Tell them the hurt. Grant forgiveness. Feel it.
- 4 Deepen the Practice**
Write what you saw & felt. Include as many details as possible.
- 5 Reflect**
Where has resentment lingered? Where have you forgiven? Self-forgiveness?

Recorded meditations available at thefivesteps.org

Reflective Practices This Week

Visualization Exercise

Spend 5 minutes daily visualizing yourself free from old beliefs and resentments. Feel the freedom and peace.

Forgiveness Practice

Choose one resentment this week. Use journaling or meditation to explore and work toward releasing it.

Levels of Consciousness Exercise

Reflect on a stressful situation. Journal your thoughts, tools, insights, and growth opportunities.

Baby Step: Declutter

Clear one drawer today. Let go of something physical to signal readiness for new abundance.



Closing Reflection

"By embracing self-awareness, releasing limitations, and consciously aligning with abundance, you set the foundation for a transformative journey."

Embrace this step with openness, curiosity, and compassion — knowing that true abundance begins within.

Power of Consciousness

Shadow Work

Four Levels

Forgiveness

Ho'oponopono

Feng Shui Your Life