



## **Embracing the Day**

### ***Ongoing Self Maintenance***

Establishing and maintaining the right attitude toward each new day, regardless of what challenges may lay ahead, is essential for continued growth, for increasing inner-harmony and for successfully achieving your goals.

What this means is that you will be using the skills that you have learned so far in this book in a summarised daily process. At times though, the challenges that you face in your life may be such that they take up much of your attention, and much of your process work will be focused on these issues. You may be in the process of trying to survive each day as you battle through these major challenges.

There is a tendency, however, to drop our personal growth work when the crisis is over, which leaves us unprepared for the next major challenge. As a result, we tend to lurch from one crisis to the next. This roller-coaster ride can be reduced, or even avoided, by maintaining a daily self-awareness process, such as I am going to lay out here.

This process of embracing each day is usually done in the evening or first thing in the morning. This will of course require discipline. For example, if processing in the morning, getting to bed earlier and setting the alarm to get up earlier may be required. Such discipline may be tough at first, but the energy-saving benefits of consistently sticking to this process will soon compensate.

Of course not everyone's circumstances and schedules will allow for doing this work first thing in the morning. Doing the work at some other time in the day or evening will still work, providing it is consistent.

This constructive approach to your daily affairs covers four main areas, which are: **Acceptance and Responsibility, Gratitude/Connection, Clarity and Ongoing Awareness.**

### **Acceptance and Responsibility**

- 1) If you are in conflict with what is going on in your life, in other words, if you see yourself as a victim, you are not in the optimal position to successfully work through whatever challenges you may have or may think you have. I say "may think you have" as a reminder that most issues are really created imaginings, that we project onto life, that are not real at all. When you believe you are a victim, you are actually denying your potential as an empowered being of conscious-awareness. You cut yourself off from the power and knowing of your higher-consciousness.
- 2) Know that everything that comes your way today is an opportunity for you to grow. See all things as ultimately beneficial to you and not as a problem, or as unfair. To work

with life and overcome your challenges, you must accept it as it is. You must be willing to step up and face it squarely. Take some deep breaths, therefore, and prepare yourself to let in, without resistance, all that faces you this day, including your own human vulnerabilities, with compassion and with courage.

## **Gratitude/Connection**

- 3) Before the practical part of this exercise begins, spend some time raising your awareness of what you have to be grateful for. An “attitude of gratitude” is an essential step up to connecting to your higher-consciousness. Looking for the good in your life lifts your consciousness to a more constructive and motivated frame of mind. It will also remind you that just a shift in focus can make all the difference when it comes to having a positive frame of mind.
- 4) Open up your journal and make a list of what you have to be grateful for and spend some minutes contemplating on this. Don’t just look for big or special things. Have a more aware look at the everyday mundane things that you may take for granted.
- 5) Other ways of lifting your consciousness are achieved by reading some inspirational literature, meditation and music, or whatever helps you to connect to your own inner-sanctum.
- 6) This will help to empower your consciousness so that you can see/feel the reality of things more clearly.

## **Clarity**

- 7) To begin the practical part of this process, make a spontaneous list of what is ahead of you this day.
- 8) When this is done, examine each point and separate *fact* from *fiction*. The facts are the things that you actually know, such as a bill you need to pay or a job interview you need to attend. Fiction is all the worry that your ego’s imagination may add to the mix, such as convincing yourself that the person who is to interview you for the job is bound to reject you.
- 9) Create two separate lists—one for the facts, and one for the fiction. Separating the content of what you have previously written in this way will help you to process it. (You can also do a similar exercise for “What I can control and What I can’t control”).
- 10) Re-examine your fact and fiction lists and expand and refine them if you need to.
- 11) Using the “fiction” list, under the Heading of “Vulnerabilities”, spend some time writing about any fear or concern that you may have about what lies ahead of you this day.

- 12) Knowing that you are conscious-awareness, the representative of Unconditional Love to your human-self, spend some time processing these thoughts and emotions with an open compassionate heart. This will help you to redirect this vulnerability through your conscious-awareness throughout the day, while at the same time being able to stay above it enough to act consciously and constructively.
- 13) Don't forget to keep your breath open and flowing as an essential part of the process of channelling and welcoming your human-self into your heart of consciousness.
- 14) Now revisit your fact list and get in touch with how you are going to plan out your day. Draw yourself up a quick schedule and a list of things you need to remember. Bear in mind that this will just be a working plan, which will no doubt need altering as the day unfolds.
- 15) Often, what you thought would be a straightforward task ends up taking far longer than expected. Sometimes something unforeseen occurs that demands a greater priority over what you had previously planned. It is essential, therefore, to be flexible.
- 16) This plan, nonetheless, will give you some good direction and allow you to be much more aware than you would normally be.

### **Ongoing awareness**

- 17) Throughout the day, frequently refer to what you have written in regards to your schedule and other reminders, as well as any fear and insecurity that you were able to identify from within your vulnerable humanness.
- 18) Throughout the day, use your open, conscious breath as a way to stay in tune with your whole self. Stop, breath and let yourself into your awareness. Pay attention to what you are feeling so that you can stay in touch with your human-self with your conscious-awareness.
- 19) Now you have raised your conscious-awareness to what your day may have in store. You have also prepared yourself to be in tune with the needs of your vulnerable human-self. You will be in a better position to deal with the unexpected, and also your own negative conditioning that can threaten your balance.
- 20) As conscious-awareness, you have the power to take charge of your day, to embrace it as a most precious gift from life.