



Step Four: Wisdom Vision

Half way through! Congratulations!

You have started to become familiar with the mechanical programs in your mind.

This is a hugely important step.

This awareness means that you are **much** better able to create and maintain focus. When the mind plays its usual games of emotional reactivity, you will recognise that these are habitual patterns and know that you have the choice and ability to choose another way. You no longer need to **believe** your mind.

So what do you want to focus on?

This is a course designed to **Create an Empowered You and a World Where Everyone Wins.**

As **you** focus on the **deepest** desires in **your** heart, you are tapping into, **allowing**, the pure flow of the creative universe to flow through you.

Diverse and endlessly abundant, the energy of creation flows through your unique make-up with what fills **your** heart with joy and manifests as you being you as no one else can.

So what goes on in the More Beautiful Life your Heart Knows is possible?

For you?

For the human race?

For the planet?

What do you see and how do you feel there?



Step Four: Wisdom Vision

Step Four Practice:

1. Re-read Step Four in 'Creating a World Where Everyone Wins'.
2. Listen to the daily mediation and allow a free flow of writing to pour from your hand. Write continuously without editing or thinking, just let the universal life energy pour through you.

(N.B. It is also a good idea to continue to keep an eye on your emotional reactions!

It is very likely you will have started to notice some patterns that you think you want to change, but annoyingly enough you keep finding yourself doing them!

Do not worry. Your awareness has increased, so you notice them more.

It is ESSENTIAL you do not beat yourself up about them. This has the effect of ensuring they stay in place.

The best thing to do is to look lovingly at yourself, as if you are a small child trying to learn something new.

See how sweet you are.

How earnest, How sincere.

Watch yourself with the confidence of a mother who know that her child **will** learn to walk without falling.

Gently encouraging and endlessly loving.

Then your success is assured.)...Onwards to the Vision Focus...



Step Four: Wisdom Vision

"Without a Vision, we have nothing to aim for". Maryjane.

DAY 1:

Listen to the meditation and let the free flow of universal life energy pour through you. Do not think or edit.

Base your writing on these questions:

What goes on in the More Beautiful Life your Heart Knows is Possible?

For you?

For the human race?

For the planet?

What do you see and how do you feel there?



Step Four: Wisdom Vision

A Vision gives us the direction to go,
the reason to go,
the courage to go there,
and the persistence to keep going". Sadguru

DAY 2.

Listen to the meditation and let the free flow of universal life energy pour through you. Do not think or edit.

Base your writing on these questions:

What goes on in the More Beautiful Life your Heart Knows is Possible?



Step Four: Vision Focus

Create the Highest, Grandest Vision Possible for your Life,
because you become what you Believe"
Oprah Winfrey.

DAY 3. **Keep going! the really fun bit comes at the end!**

Listen to the meditation and let the free flow of universal life energy pour through you. Do not think or edit.

Base your writing on these questions:

What goes on in the More Beautiful Life your Heart Knows is Possible?

For you?

For the human race?

What do you see and how do you feel there?



Step Four: Wisdom Vision

Vision without Action is merely a Dream,
Action without Vision just passes the Time,
Vision with Action can Change the World"

.Joel A Barker

DAY 4.

Listen to the meditation and let the free flow of universal life energy pour through you. Do not think or edit.

Base your writing on these questions:

What goes on in the More Beautiful World your Heart Knows is Possible?

For you?

For the human race?

What is it like?

How do you feel?



Step Four: Wisdom Vision

"In order to Carry a Positive Action, we **must** develop a Positive Vision".

The Dalai Lama

DAY 5.

Listen to the meditation and let the free flow of universal life energy pour through you. Do not think or edit.

Base your writing on these questions:

What goes on in the More Beautiful World your Heart Knows is Possible?

For you?

For the human race?

What is it like?

How do you feel?



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Summary

Now read back through everything you have written.
Use a highlighter to mark everything that is repeated,
or that jumps out at you.

Make a summary of these things.

This is what goes on in the More Beautiful World
your Heart Knows is Possible.

"Make sure your Dream is inextricably Linked to
Who You Are".Ama Yawson