



# 4 LEVELS OF CONSCIOUSNESS EXERCISES



CONSCIOUSNESS IS A LEARNED PROGRESSION +  
UNDERSTANDING

“evolve, grow, appreciate, and  
identify”.



## EXERCISE 1 - PERSONAL ASSESSMENT

*Answer these on a scale 1-10*

*1 being poor – 10 being awesome in your life right now:*

- *love life - .....*
- *friendships - .....*
- *adventures - .....*
- *your environment - .....*
- *growth - .....*
- *health and fitness - .....*
- *intellect - .....*
- *spiritual life - .....*
- *skills - .....*
- *contribution - .....*
- *creation - .....*
- *career - .....*
- *family life - .....*





## EXERCISE 2 – LEVEL 1 ASCENSION

***Level 1 - Emerging from the Victim State (only complete if this is the level you currently sit within)***

***A daily tool - segment intending – start each day with:***

*Wouldn't it be nice to... (its not, I will, as you are not at that level yet –its rather the mere reflection / pondering of something else, something more)*

***Document these wouldn't it be nice to statements by completing the below:***

Wouldn't it be nice to.....

Wouldn't it be nice to.....

Wouldn't it be nice to.....

Wouldn't it be nice to.....

Wouldn't it be nice to.....

Wouldn't it be nice to.....

*Wouldn't it be nice to.....*

*Wouldn't it be nice to.....*

*Wouldn't it be nice to.....*

*Wouldn't it be nice to.....*



## EXERCISE 3 – LEVEL 2 ASCENSION

### Level 2 - Future Hacker

- *You must know what you want...your work is to simply determine what you want*

#### **Write 5 things that you want:**

*I want - .....*

*I want - .....*

*I want - .....*

*I want - .....*

*I want - .....*

#### **Daily tool - Creative Visualisation - go into alpha (slower brain wave frequency)**

*See and feel the pain*

*Stop feeling pain and shift to solution*

*See and feel solution*

#### **For Example: Healing of Pain – 6 Phase Meditation**

*See and feel the pain*

*stop feeling pain and shift to solution*

*see the body symbolically healed*

*see and feel being fully healed*

*repeat 3 times a day for serious injury/illness*

#### **Amplifying the Results:**

- *dont attach to the outcome*
- *the power of expectancy*
- *the time gap of manifestation (its occurring, just be patient)*
- *forget the how (don't worry about how you will solutionise it)*
- *the how breaks down - the universe will find the best way to bring it to you"*



## EXERCISE 4 – LEVEL 3 ASCENSION

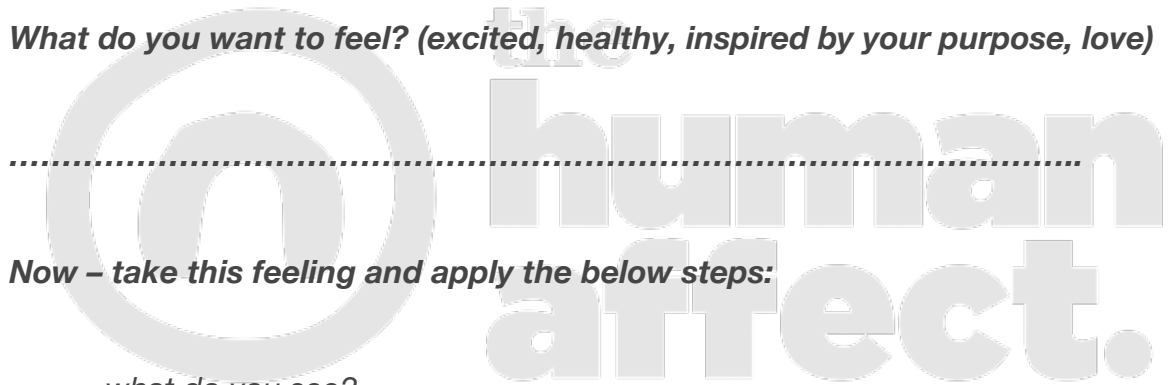
### Level 3 - The Calling

- *inspiration leads to intention - the universe speaks to you*
- *mission oriented life*

**Advanced Training: How to See the Outcome not the Process – Visualise Having it Now**

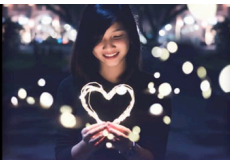
***focus on the feeling and the universe will give you the best guidance***

***What do you want to feel? (excited, healthy, inspired by your purpose, love)***



***Now – take this feeling and apply the below steps:***

- *what do you see?*
  - *what do you hear?*
  - *what do you touch?*
  - *what do you smell/taste?*
  - *now what do you feel?*
  - *end with the feeling?*
- 
- *see what you want to see*
  - *hear what you want to hear*
  - *touch what you want to touch*
  - *smell / taste what you want to smell/taste*
  - *feel what you feel*



## EXERCISE 5 – LEVEL 4 ASCENSION

### Level 4 - Feeling of Oneness

*Creative Visualisation - the core exercise (the area you scored lowest on your personal assessment)*

**List Your Top 5 Areas for Growth (as identified in Personal Assessment):**

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

- **start** by seeing that (career, relationship etc.) and see and feel what you don't like about it
- **now** - what's it that you do want - see a good solution, what do you hear, the sounds, what do you touch,
- **to** focus on the manifestation - focus on seeing/touching/taste/hear/feel it for 17 seconds
- **now** what are you feeling when you touch this, taste this, hear this..(do you feel sexy, accomplished, confident, joyful associate with it)...focus on the feeling for 17 seconds
- **do** this once a day - maybe pick a different item a day to focus on..