

Spiritual Awakening Program

Workbook

Published by **Pathways of Light®**

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Introduction

During the eight weeks of the Spiritual Awakening Program, you will learn how to receive Inner Guidance more clearly, what pitfalls to avoid, and how to apply what you are learning in your daily life experience.

The program setting will help you uncover your own innate Wisdom in a nurturing environment of safety and trust. This environment makes it easy to release limiting concepts you no longer need.

With the loving support of others who are also exploring their own awakening, you can let down your defenses, your shields, even your denials as you realize you are not alone. As you do this, you can allow yourself to experience the unconditional Love, joy and inner peace, which is your true Nature.

Through empowering experiential processes, the Spiritual Awakening Program helps you grow and expand your awareness of your true Spiritual Nature with the support and shared insight of each person. There are many activities to help you connect feelings with ideas so you can make the ideas work in your life.

This workbook can be a journal of your awakening. Space is provided to write notes about your experiences, meditations and discussion questions. Later you may want to look back at what you wrote. It will serve as an encouraging confirmation of your progress. You will see how much insight you have gained and how far you have come on your journey Home.



The purpose of Pathways of Light is to provide helpful, healing resources that nurture and support the return to our true nature as Love. As we open to the Love within, we naturally want to extend It to others. Pathways of Light offers training in a *new* kind of ministry that helps us remove our blocks to the awareness of Love's Presence.

Pathways of Light courses, publications, CD's and DVD's help us become aware of our mistaken thoughts and open to the Truth within to have our perceptions corrected. Pathways of Light doesn't lead to something outside ourselves, but leads to the Spirit within.

When we remember that of ourselves we do not know, but the Holy Spirit within us does, we become more willing to let go of our limited, fearful thinking. We become more willing to allow the wise Teacher within to gently help us forgive and lead us Home.

Pathways of Light is nonprofit, providing self-study and correspondence courses with *A Course in Miracles* orientation. Pathways of Light, a church without walls, is dedicated to following the lead of the loving Teacher within. Website: www.PathwaysOfLight.org.



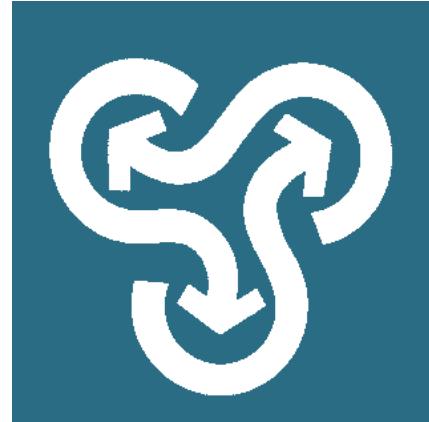
Guidelines for Participation

The purpose of this Spiritual Awakening Program is to provide a loving, supportive, non-judgmental environment to nurture your spiritual growth.

This Spiritual Awakening Program is simply a vehicle for your spiritual growth. You are the driver, responsible for your own growth.

We are all each other's teachers. We are here to learn from each other.

If anything doesn't fit or feel right to you, put it on a mental shelf — you may want to come back to it later. You don't have to accept anything.



Agreeing to the following guidelines will help you gain the most from your experience.

1. We listen with an open heart and open mind.
2. Out of mutual respect for everyone, we accept each person's opinion or expression as valid for that person at that moment.
3. We remember that we all have free will. We are free to choose what ideas we accept as true for us.
4. Out of respect and value for everyone's time, we arrive before the scheduled meeting time so we can start promptly.
5. While acknowledging each person's right to express themselves, we are also aware of keeping our own sharing to a reasonable portion of the available time.
6. We agree not to use our time together as a place to dwell upon our troubles. Rather, we use this time as a place to look at perceived problems, explore the thoughts behind them, and open to new perspectives from Inner Guidance.
7. We hold what is expressed in this program confidential so that everyone can be comfortable sharing their feelings.
8. We are committed to attending regularly each week to maintain the continuity of our awakening process.
9. We use our time together for sincere focus on spiritual awakening. We reserve social conversation for after the program or other agreed upon times.



Nurturing Qualities

Qualities to nurture in ourselves to help our progress and foster spiritual awakening.

Non-judgmental

Focused

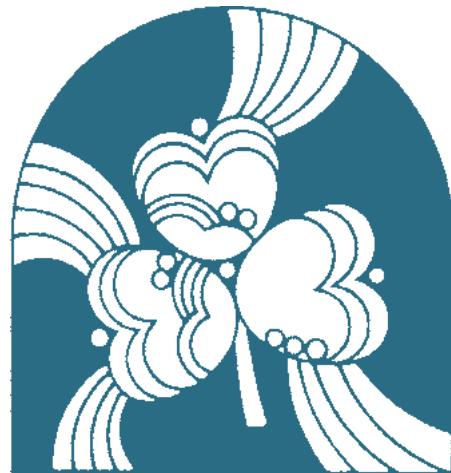
Relaxed

Supportive

Open to Spirit

Caring

Enthusiastic



Giving

Friendly

Open

Gentle

Self-Empowered

Sensitive

Receptive

Respectful

Empathic

Trusting

Calm

Self-Confident

Sincere

Flexible

Accepting

Attentive

Loving

Spontaneous

Playful

Patient

Nurturing

Accepting Abundance

Letting Spirit Be in Charge

Connecting with Inner Guidance

Letting go of the concerns of the outer world and tuning in to your true Spiritual Self.

Getting Acquainted

Getting to know each other.

Guidelines for Participation

Creating a safe nurturing environment for growth.

Three qualities you want to focus on developing:

1. _____ 2. _____ 3. _____

Self Awakening Meditation: Click to Listen

Guided meditation to receive insight from Spirit and gain a new perspective.

Write about your experience.

Reading and Discussion

A sharing of insights from the following reading material.

You Create What You Focus On

Everyone perceives life through their own filter. We have all heard the phrase, “seeing the world through rose-colored glasses.” We each tint our glasses according to the beliefs and attitudes we are focused on in the moment.

You have probably experienced the exhilarated feeling of being “in love.” At that moment you are functioning in an energy of love, even if it is simply a romance. All of life seems exciting. You see other people around you in a loving light. You seem to notice many others who are in love. Your perception of the future is enthusiastic and positive. You feel on top of the world.

You have also probably experienced deflation when a romance faded. If you were very attached to the relationship, you may have gone into a deep depression, with feelings of loss, discouragement, self-doubt, even hopelessness. From this perspective, the world appears gloomy. People around you seem to be depressed or angry, too. There seems to be little to be happy about. Everything seems to go wrong.

How is it that the world you experience and perceive can change so completely and so suddenly? Have the people in your life changed? Has the world around you changed? Chances are your physical circumstances have not changed. Most of the people in your life are still there, but you see them through a different filter.

So what is the difference? *The difference is your focus.* When you focus on light, you see light. When you focus on darkness, darkness seems to be everywhere.

Everyone has their periods of joy and exhilaration, their disappointments, their feelings of hurt, of love, and oneness. Some people experience broad swings between extreme highs and extreme lows. The experience of the swing can become addictive — something is happening, it’s exciting. There may even be an adrenaline rush with the swing in either direction.

Others may not be so tied to the experience of swinging between highs and lows. Yet mental habits lead them to *dwell upon the possibilities they fear and don’t want.* It may not lead them to extreme mood swings, but their focus keeps them manifesting the very things they say they don’t want.

Focusing on fears is a game of the ego. It uses the effects of this focus to justify its fears. The cycle continues because, indeed, you experience what you believe.



Consider shifting your focus. **Imagine spending an entire day focusing on the innate goodness that is there in every person in your life. Imagine spending the day focusing on your innate Love and abundance, without one thought straying into a focus on fears.** How do you imagine you would feel at the end of such a day?

The empowering truth is that if you can imagine it, you can experience it. There is not one thing which has been made in your physical world that did not start in the imagination of someone. You are surrounded by countless demonstrations of the power of imagination.

If each person were to invest just five minutes a day in imagining their entire day focused on the innate goodness in everyone and on their innate Love and abundance, they would experience a dramatic transformation in their lives.

There is no time in the dimension of Spirit. Five minutes of imagining the Truth about yourself and others reaches out much further than those five minutes. **When you are seeing the goodness in others and focusing on following Spirit's plan for your life, you are connecting with the natural, abundant state of Oneness.** When you focus on fear or limitation, you are resisting what is natural. It takes great effort to resist what is natural to your true inner Spirit. That is why five minutes of surrendering to what is natural to your true Spiritual Nature goes a long way toward neutralizing the effects of fear.

This five minute exercise can bring you greater success, more joy, and deeper peace than you have ever imagined. It can bring you closer to experiencing your true loving Spiritual Nature. What are you waiting for? You can begin it now.

Discussion Questions

Take a look at how you feel about your present circumstances. Ask yourself, "What must I be focusing on in order to be having these experiences?"

If what you see and feel is not what you would like, what would you need to focus on in order to experience what you would like in your life?

Activity — Focusing on a New Image

Practice working with Inner Guidance to create a new, abundant self-image.

Focus for the Coming Week

Working with the Focus Card for the coming week — I Remember Who I Am

Closing Thoughts to Practice Through the Week

Tuning in to the feeling of this week's Focus Card and envisioning yourself practicing this through the week at home, work and at play.

