



Week
5

Creation vs Consumption

Connection Is The Key To Creation...

Week 5 is an awakening to the potential to co-create your life.

In week four we learned that impressions without expression lead to depression. When you don't express your creativity, it really runs the body and soul down. We were made in the image and likeness of God, and God is a creator God!

Where people lack vision they perish. If you can capture the vision of who you are, and your life mission, then you can steps into what you can be!

In this section we have now grounded ourselves to the truth of who we are- and the truth is we are children of God. Then we learn it's okay to have passion for life, and emotion is energy in motion! We've taken back our power, and learned how to love and be loved! We have begun to use our voice for good, and gained the ability to express ourselves with courage, creativity and truth!

Now we are gaining the ability to see beyond our current circumstances by developing our eye of faith. This ability can happen by sitting in a room and looking at a wall. What is beyond the wall? You've seen it before, and as you recall in detail what is beyond that wall, you are sharpening your eye of faith.

It is important to pay attention to the things you allow into your visualization senses. Over consumption of anything leads to lack of ability to visualize. The ability to "see beyond" what's in front of you is a key component of faith.

Visualization is also a gateway to creation. If you want to become something, visualize what that would be. If you want to remember who you are, close your eyes and visualize and ask to be shown in your minds eye who you really are, and from there you can create what you want to become!

If you can capture the vision of what you desire to become, and create it, you can live a powerful and purpose filled life.

Zero to Hero

Zero to Hero

Week
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Creation vs Consumption

Connection Is The Key To Creation.

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Day
13

Mindset - Creation vs Consumption

Movements - Learn Squat, Skandasana, Lizard, Triangel, Crow

Meditation - Connection to Diety

Link to Meditation - [www.mogamovement.com/\(God's Love video\)](http://www.mogamovement.com/(God's Love video))

Day
14

Mindset - You Are A Co-Creator

Movements - Warm up with A & B, Learn Sunsalutation C.

Meditation - Life by Design
worksheet

Day
15

Mindset - Impressions Without Expression = Depression

Movements - Learning Flow Creation -
Connecting Breath, Movement, and Mindset.

Meditation -Your Sacred Self

Link to Meditation - www.mogamovement.com/

Creation vs Consumption Worksheet

Instructions for an -Eye of Faith-

“Be ye therefore transformed by the renewing of your mind”

We read versus like this, but it can be challenging to figure out how to put these things into practice.

In the study of Neuro science, you learn that pathways come together and eventually fuse together according to whatever you repeat in your mind. Again, whenever you say the phrase “I AM” your brain actually thinks it’s your identity. And your only option is for your brain to follow whatever you allow it to think. Become aware of I AM phrases you are using.

Creation is the healing balm to suppression and depression.

On the following page, I want you to begin to create what you can be. It’s creating a possibility of who you are becoming. Your brain will overtime follow the commands you give it.

Declaration Statements:

Write an “I am” statement after every paradigm of health, about what and who you’d like to become. Even if it’s not currently how you are, just create what you do want and over time, your actions will follow. It can be as long or as short as you’d like it! You may find yourself adding to these things over time.

Spiritual:

Mental:

Emotional:

Physical:

Environmental:

Social:

Relationships:

Creation vs Consumption Examples

And example would be:

Spiritual: I am deeply connected to God. His love is alive in my heart, and I bring His peace with me everywhere I go. I accept His love and Grace for me and allow myself room to grow. Others feel His love while near me because His image is in my image, his heart is with my heart. The spirit of love, power, and a sound mind is with me. I am grateful for my life experiences.

ex-Environmental: I am clean in my surroundings. I know what to throw away, and what to hold onto. I am able to let go of what I don't need, and keep what I want. I am able to practice self care though keeping myself clean and my surroundings clean.

ex-Social: I am filled with happiness and I am able to connect well with anyone I meet because I am a powerful listener. I am able to value myself and I make others think and feel they are valued. I am nice and loving and people experience joy when I am near. I socialize often and I am able to speak up because I know my voice matters. I know I belong, I have the right to exist, and my life is valuable to myself and others. I make a difference in people's lives everywhere I go, and my inner circle of friends are people who lift and build me up. I value myself enough to walk away from influences that don't support my well being. I have healthy relationships because I am healthy, and I know happiness comes from inside, and not from other sources.

Mental: I have a powerful and sound mind. I am sharp, witty and have an incredible memory. I am able to recall in detail events and situations in my life.

Once you've written out one to three sentences for each dimension of health, I want you to record yourself either on audio or video, saying those things. Play classical music in the background, or "Revelation" by David Tolk" and then listen to it daily to plant good thoughts about yourself in your mind. Overtime, once planted, you WILL watch your actions start to follow. Your brain loves a story, and hearing your own voice with your own written words is so powerful!