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Weekly Empowerment Workbook

The Ultimate Self Expansion Kit

Yes, you are ready!

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Author contact details:
www.ascension101.com
www.ineliabenz.com

Introduction

Every week for the past year I have been putting together, and practicing a self-work project, exploration or exercise which the Ascension101 Team and I call “Awareness Expansion Kits”.

These kits developed as part of the membership benefits at Walk With Me Now and are weekly practiced by many individuals with amazing results.

Creating and using these exercises has been a highly rewarding experience. It involves tapping into the Higher Self, Collective, Divine Consciousness and bringing forth what we could do with most at the present time.

One of the hardest parts of compiling this book was to choose 52 out of nearly 100 weekly exercises! So, we decided to add a few more.

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How to Use This Book

The best way to use this book is to start the first exercise when you first get it, then mark your calendar to remind you every week to do the next exercise.

You can also read the book from cover to cover when you first receive it, then as your alarm goes off every week randomly pick a page to do for the week.

Some of these exercises and tools are super good to do on a permanent basis as part of our daily routine. When you find one that you want to integrate on a long term basis, mark the page and go back to it week after week as you do the other exercises.

Remember, you don't have to stop doing an exercise just because the week is over. You can do one of them for several weeks before you move on to the next one. You can also take a break and come back to the book at any time. Pace yourself and also push yourself a little bit every week to step out of your comfort zone and into an expanded state of awareness.

Week 1 - Change Routine

This is an exercise that I have encouraged individuals to do many times before. It is a great one, and one that I do have to remind myself to do on a conscious level every few months.

It is very simple. *For the next week, do something completely different in your physical life.* Here are some of my personal favorites, choose one and stick to it for the entire week, or go from the most comfortable to the least comfortable and do one per day:

1. Wear odd socks.
2. Wear clothing that is completely opposite to what you would normally wear.
3. Wear runners, sneakers, or sandals if you normally wear formal shoes, and formal shoes if you normally wear runners, sneakers or sandals. This can be on a situation to situation basis per day. If you go to a fancy restaurant, wear sneakers, if you go to a picnic, wear formal shoes. That type of thing.
4. Drive to work using a radically different route.
5. Wear a hat if you don't wear hats, or take it off if you always wear hats.
6. Have your dinner at breakfast time (it helps if you cook it the previous night), and have your breakfast at dinner time.
7. If you normally wear jewelry (earrings, rings, necklaces) change their style or take them off for the week. If you don't normally wear jewelry wear some.

The aim is to physically shift us out of our linear time construct by making us aware and taking us out of our unconscious routines.

Most of all, have a lot of fun doing this exercise!

Week 2 - Playing with Physicality

Most of us have asked ourselves, “why am I here?”

The answer to that question has been highly discussed, and many different reasons are given to us. The most popular in Western culture, are that we are here to learn through pain, learn lessons, and repay our karma.

Imagine for a moment that all the above are nothing but games, and that the only reason we are here is to play with Physicality. That the game itself is neutral. What we do in it, we choose as a species, a collective, is ruled by resonance and vibration. And imagine, that the compass to find out what physicality experience we are personally here to have, is resonance.

For this week, let's put two notes next to our bed. One for the morning and one for the night. The morning reads something like, “today, I will become conscious of all the moments of resonance I experience, no matter how small.”

The one for the night, to read something like, “now I remember all the moments of perfect resonance I experienced today.”

Feel free to recall these in your mind, or make notes and write them down.

Let's do this!

Week 3 - The Objects Around Us

The objects we surround ourselves with are charged with energy, meaning, and “history”.

They are the “anchors” that make our linear time, and timeline, energy specific. What helps to keep us grounded to a certain reality and not another.

This week’s exercise is short, but it will be difficult for some, and very easy for others.

This week pick between one and five objects per day from your environment, give them away, sell them, or trash them.

You can, or not, replace the objects with ones that reflect and resonate with where you want your life to be, or really resonate with you now.

Week 4 - Actions Toward Our Goals

This week is an exercise which is pretty well known in the area of “manifestation”. Where we have a goal, or an image, of what we want our lives to be, and every day we take an action toward it.

The suggested number of actions per day is between one and five. These numbers don't particularly have any significance in and of themselves, except for our own sense of comfort and capacity to do on a daily basis. So I would say, choose your favorite number, and take that many actions per day toward fulfilling your vision.

Examples could be:

- Acquire an object per day that reflects your new reality (it can be small or big), and place it where you spend most time during the day or use it (depending what it is).
- Dress in the manner in which you will/would dress if your vision is real now.
- Visit a location, and stay there for a few minutes/hours, that perfectly reflects your vision.
- Do a manifesting exercise (*The seven steps* perhaps - see Appendix) toward your goal per day.
- Add photographs and paragraphs to a vision board that illustrate your new reality.
- Do small, simple things that will achieve your goal, or you would be doing if you had already achieved it.

Week 5 - Music

This week I'd like to invite you to join, listen to or express music that you would *not* normally listen to or play.

The exercise is to broaden our auditory reality. This does not mean music that you don't like, on the contrary, find something that you do like. For example, if you are English speaking, find traditional Spanish or French music, or something from India, the Andes, Africa, China, Tibet, whether modern or native. If you only listen to rock, listen to classical or channeled music. If you only listen to spiritual music, then listen to rock, jazz, hip hop, or some sort of popular music.

It's important that you resonate with the music you choose to listen to. One song or piece per day, close your eyes and simply listen or play. If you feel moved to dance, do that too!

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