



UPGRADE YOUR THOUGHTS

*"What you think, you become.
What you feel, you attract.
What you imagine, you create."*

- Buddha

USE THIS GUIDE

The first step in raising your consciousness is becoming aware of your thoughts. Use this guide to tap into your subconscious mind. This is a practice you can come back to day after day to gain deeper self-awareness.

- 1** Find a journal or piece of paper, pen, and timer, and sit down somewhere quiet and comfortable.
 - 2** Set your timer to 10 minutes. At the top of the page, write: Stream of Consciousness.
 - 3** Start the timer and begin to write. Write everything that is going through your mind unfiltered. Transcribe the voice in your head without judgement.
 - 4** Continue writing without interruption for the entire 10 minutes. If you get stuck, take a moment to breathe and come back to the page.
 - 5** When the timer goes off, take a moment to pause and be present with whatever came through. Then on a new page or piece of paper, complete the following journal prompts.
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JOURNAL PROMPTS

Following your stream-of-consciousness practice, reflect on the experience using these journal prompts.

- 1** Was it challenging to access your subconscious mind through writing? Did you notice any blocks arise?
 - 2** Were you surprised by what you wrote? If yes, what surprised you? If no, why weren't you surprised?
 - 3** Looking at what you wrote, do the thoughts feel like your own? Is there anywhere you can identify picking up some of the thoughts (ie. media, a friend, family, a teacher)?
 - 4** How do you feel now, after journaling stream-of-consciousness style for 10 minutes?
 - 5** What did you learn or what insights did you gain from this practice?
 - 6** What is one way you can continue to practice being aware of your thoughts on a day to day basis?
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