
A study in
SELF-
AWARENESS

WITH REV ANNE HICKEY

*'I'm not interested in simply telling you the Truth,
but in awakening in you a consciousness of the
dynamic flow of life' - Eric Butterworth*



There is a difference between knowing something and experiencing something. When we develop an understanding of self-awareness we begin to increase our awareness of our self through our experiences.



YOU ARE THE UNIVERSE expressing as you

~ there is no competition

~ there is no conflict

All of our needs are met when we express

~ all-potential

~ all-peace

~ all-love

Work with the law, be in the flow of life.....

*'Figure out the questions that you,
with all your heart and soul, most need to ask
.....don't worry about the answers'
- Gay He ndricks*



The 2 MAIN QUESTIONS for conscious living are

- 1.How do I live at peace with myself ?
- 2.How do I live in harmony with those around me?



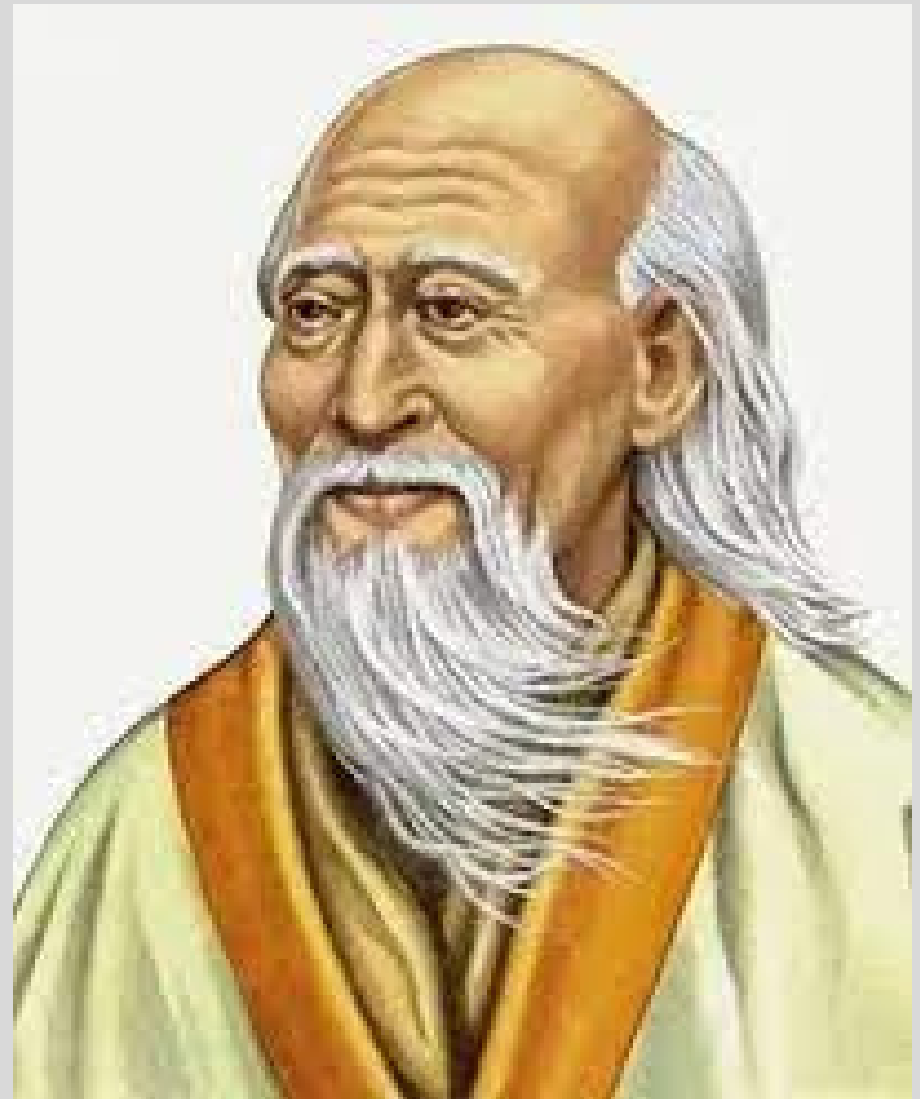
*'The only real choice we make about the
JOURNEY to conscious living is about WHEN
we're going to choose to take it'
- Gay Hendricks*



Complete the sentence,

'My purpose is to.....'

‘The human spirit has its source in a cosmic flowto find one’s fountain.....is to learn the secret of Heaven and Earth’ – Lao-tzu



AFFLUENCE literally means *free flow*



PROSPERITY is being in the flow of substance

SUCCESS is being in the flow of the creative process



Wherever there is lack of any kind, there must be a frustration of the flow of abundance – Eric Butterworth



*The mind of the spirit will
guide you in perfect
ways, even in the minute
detail of your life, if you
will let it do so*
- Charles Fillmore



**The 5 REQUIRED
LESSONS OF THE
JOURNEY**

- Feel all your Feelings Deeply
- Seek Your True Self
- Let go of the Uncontrollable
- We are all made of the Same Thing
- Life is Fullest when we're most True to Ourselves

VIDEOS

Are You Willing to Feel Your Feelings?

<https://www.youtube.com/watch?v=VDEY8jgkdxk&t=134s>

Are You Taking 100% Responsibility?

<https://www.youtube.com/watch?v=m3JNfEZAM-w>

True giving is giving way to the flow
- Eric Butterworth



Usually we think about what we're giving to,
the most important thing is what we're giving from

There are

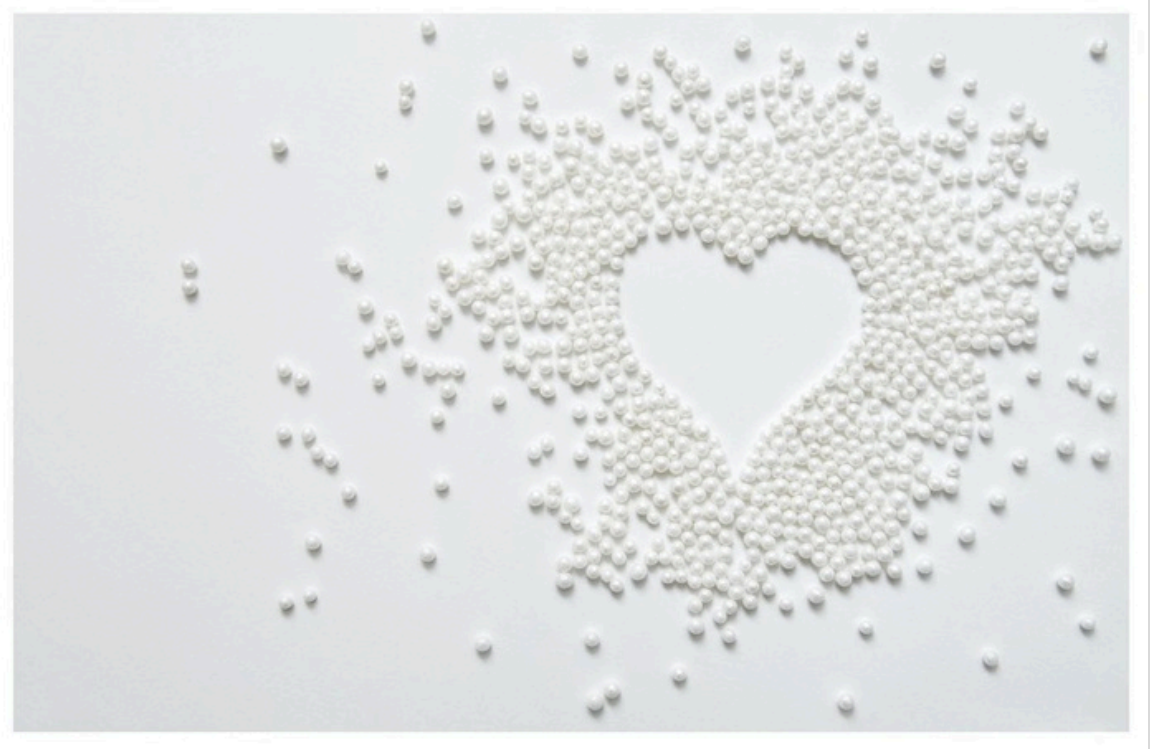
2 DISTINCT KINDS OF GIVING

1. Giving that is outer-centered - it depletes the giver
2. Giving that is inner-centered - the gift transcends its value & it blesses the giver



Peter said,

'I have no silver and gold, but I give you what I have; in the name of Jesus Christ of Nazareth, walk' - Acts 3:6



To find genuine self-esteem, you need to know how to create peace in your mind, your body, and your heart - Gay Hendricks



F*A*C*T* - The 4 Key moves to conscious living

F*A*C*T*
4 Key Moves

FACING
ACCEPTING
CHOOSING & COMMITTING
TAKING ACTION

Befriending Fear VIDEOS

Fear Melters

<https://www.youtube.com/watch?v=bbXWriGlgkg>

Fear Melters Dance

<https://www.youtube.com/watch?v=pzNrv44lvkg>

*Our fears are often so big
that love is the only thing...*



We are all uniquely beloved expressions of the Divine. We are here to live fully in every aspect of our lives, to look at the obstacles and identify ways to move around and through them. We are here to feel fulfilled, to experience and express Love and to be all that we were created to be.



Creating a Life of Your Own Design VIDEO

Why Your Picturing Power is Your Greatest Asset

https://youtu.be/W3JlvO_uikA



Music VIDEOS

There is Only Love - Michael Gott

<https://www.youtube.com/watch?v=WXGm17ZRIHo>

My Wish for You - Rascal Flatts

<https://www.youtube.com/watch?v=zGB7IWklW3s>

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