

Mental Focus List: This is My Time | Take a Deep Breath / Center on The Light | I Am the Light | "N"

THE WAY = LIVING RATIONAL POSITIVE ACTION | THE 7 STEPS: KNOW + WANT + CHOOSE + CENTER + BE + UNITE + PERFECT

I BELIEVE AND KNOW I AM: "ONE", POSITIVE, HAPPY, HOPEFUL, OPTIMISTIC, PEACEFUL, GOOD, FREE, MINDFUL, GRATEFUL, HUMBLE, REASONABLE, RATIONAL, RESILIENT, PERSEVERING, INDEPENDENT, CURIOUS, FLEXIBLE, INTELLIGENT, WISE, KNOWLEDGEABLE, CREATIVE, OPEN MINDED, POLITE, RESPECTFUL, CONSIDERATE, HELPFUL, KIND, CARING, EMPATHETIC, SYMPATHETIC, A GREAT LISTENER & COMMUNICATOR, A HEALTHY SKEPTIC SEEKING TO UNDERSTAND BEFORE BEING UNDERSTOOD, DISCIPLINED, DETERMINED, PERSISTENT, DEDICATED, CONFIDENT, ENTHUSIASTIC, MOTIVATED, FAITHFUL, MODEST, COURAGEOUS, PUNCTUAL, PRODUCTIVE, RESPONSIBLE, A HARD WORKER, A PROBLEM SOLVER DOING A GREAT JOB & GOING THE EXTRA MILE, EFFICIENT, FOCUSED, EFFECTIVE, DILIGENT, FRUGAL, PREPARED, HANDY, ORGANIZED, CLEAN, FAIR, JUST, HONEST & HONORABLE, TRUSTWORTHY, FORGIVING, AFFECTIONATE, LOVING, CHARITABLE, COMPASSIONATE, CARING FOR MY COMMUNITY, WORLD & WORKING TOWARD A BETTER SOCIETY FOR ALL, ALERT, SHARP, RELAXED, COOL, CALM, COLLECTED, CENTERED, PATIENT, RIGHTFULLY LOYAL, IN CONTROL OF MY MIND, BODY & EMOTIONS, FIT, HEALTHY, HEALED, TIMELESS, AGELESS, YOUNG, EATING RIGHT & TRAINING MY BODY TO BE STRONG, FAST, ENDURING, BALANCED, GRACEFUL, FLEXIBLE, AGILE, PRECISE, INTENSE, COORDINATED, CONTROLLED, DEXTEROUS, AND AMBIDEXTROUS.

Shazzam

✚ I AM UNIFIED IN POSITIVE RATIONAL BELIEF, PURPOSE, ATTITUDE, INTENSION, THOUGHT, JUDGMENT, CHOICE, WORD, ACTION, REACTION, EMOTION, AND FEELING! I AM TRULY SUCCESSFUL, ON MY TRUE PATH, MY TRUE SELF, LIVING MY TRUE LIFE, & GOING TO HEAVEN.

The 10 Laws Positive Statements

1. I Know My Primary Purpose is to Be My True Self, Live a True Life, and go to Heaven;
2. I Know the Purpose of Society is to Be Our True Society;
3. I Respect Life;
4. I Know We are All Equal;
5. I Treat People as I Want Myself/Loved Ones Treated.
6. I Know God is the Only God;
7. I Know I Have a Direct and Unbreakable Connection w/God;
8. I Know God is My Final Judge, and I am Judged by my True Beliefs, Intensions, Word and Action;
9. I Respect God;
10. I Worship Only God Freely.

The 10 Laws in 3 Statements

1. I Know the Primary Purpose;
2. I Respect All;
3. I Honor God.

I Have (a):

- ✚ Unity of Purpose
- ✚ Clarity of Positive Rational Purpose
- ✚ Unity of True Belief, Intension, Word, and Action
- ✚ High Self-Esteem and Opinion of My Self
- ✚ Abundance /All I Need
- ✚ Good Character and Integrity
- ✚ Great Memory
- ✚ Grace Under Pressure
- ✚ Good Sense of Humor
- ✚ Pleasing Personality & Manners
- ✚ Positive (_____) Attitude
- ✚ PPMESSA: Positive Physical, Mental, Emotional, Spiritual, and Societal Attitude

I Believe in Myself**I Live My Daily Way Everyday****Direction Set to the Positive****Focused & Mindful in the Moment w/ Body, Mind, Emotions, & Spirit Aligned.**

I Know The Way
I Want The Way
I Choose The Way
I Am The Way
I Share The Way
I Perfect The Way
I Live The Way
I Follow The Way

I Am / Am I?

I Am Doing It!

I Am On My Way

All is One

This is Easy!

Everything is Awesome!

I Am Safe & Secure

I Am Awake/Sleep

Om - Om Ah Om

Yelling / Voice Training

Breathing

Crazy Face

The Way in Light

I Know the Light

I Want the Light

I Choose the Light

I Center in the Light

I Am the Light

I Unite with Light

I Grow in the Light

I Follow the Light

I Live in the Light

I Share the Light

I AM

I AM NOT A VICTIM, I AM PREPARED AND WILL PROTECT AND DEFEND MYSELF AND OTHERS.
I TRUST AND VERIFY.

Art, Coincidence, Harmony, Providence
Synchronicity, Serendipity, Synergy

THE WAY = KNOW + WANT + CHOOSE + CENTER + BE + UNITE + PERFECT

- + I AM UNIFIED IN POSITIVE RATIONAL BELIEF, PURPOSE, ATTITUDE, INTENSION, THOUGHT, JUDGMENT, CHOICE, WORD, ACTION, REACTION, EMOTION, AND FEELING!
- + I AM TRULY SUCCESSFUL, ON MY TRUE PATH, MY TRUE SELF, LIVING MY TRUE LIFE, & GOING TO HEAVEN.
- + I AM THE LIGHT, OPEN TO POSITIVE CHANGE, TRANSMUTING NEGATIVE ENERGY INTO POSITIVE, AT ONE WITH GOD & THE UNIVERSE, PART OF THE SOLUTION, ON MY TRUE PATH, MY TRUE SELF, LIVING MY CODE, REFINING MY POWER, USING THE SKILL, LIVING MY DAILY WAY, UNITED WITH OTHERS, AND GETTING BETTER EVERY DAY!
- + I KNOW, WANT AND CHOOSE THE POSITIVE. I FORTIFY MY CHOICE BY STAYING TRUE TO THE LAWS, LIVING MY DAILY WAY, USING THE POWER AND THE SKILL, AS I UNITE WITH POSITIVE PEOPLE AND PERFECT EVERYTHING AS I MOVE FORWARD!
- + I KNOW, WANT, & CHOOSE THE LIGHT/GOOD/POSITIVE. I MOVE TO THE LIGHT BY AFFIRMING MY CODE. I BECOME THE LIGHT THROUGH TRAINING. ALONG THE WAY, I JOIN WITH OTHERS IN THE SOLUTION AS WE WORK TO REFINE EVERYTHING!
- + I BELIEVE IN MYSELF, I LIVE MY DAILY WAY EVERY DAY, DIRECTION SET TO THE POSITIVE, FOCUSED & MINDFUL IN THE MOMENT W/ BODY, MIND, EMOTIONS, & SPIRIT ALIGNED!
- + I KNOW I AM THE LIGHT, JOINING WITH OTHERS ALONG THE WAY AND GETTING BETTER EVERY DAY!
- + I AM THE POSITIVE, CENTERED WITHIN MY CODE, FOLLOWING MY DAILY WAY, UNITED AND GETTING BETTER EVERY DAY!
- + I SEE, WANT AND CHOOSE THE LIGHT. I AM THE LIGHT AND I JOIN WITH OTHER LIGHTS AS I CONTINUE TO BRIGHTEN!
- + I KNOW, WANT, CHOOSE, CENTER, AM, UNITE AND GROW IN THE LIGHT!

Shazzam

Smile - Laugh

The 10 Laws**Purpose**

1. The Primary Purpose of Life is to Be Your True Self, Live a True Life, and Go to Heaven
2. The Primary Purpose of Society is to Create Our True Society

Universal

3. Respect Life
4. All People are Equal
5. Treat People as You Want to Be Treated

God

6. There is No God Other than God
7. We are All Directly Connected with God and this Connection Cannot be Broken
8. God is Our Sole and Final Judge, and We are Judged by our True Beliefs, Intensions, Word, and Actions
9. Respect God
10. Worship Only God, God Does Not Require Worship, and God Can Only be Freely Worshiped

I AM**The Way in Light**

- I **Know** the Light
- I **Want** the Light
- I **Choose** the Light
- I **Center** in the Light
- I **Am** the Light
- I **Unite** with Light
- I **Grow** in the Light
- I **Live** in the Light
- I **Follow** the Light

Single Statement

- + I Am The Light

2 Word Statement

- + I Know The Light
- + I Am The Light

3 Word Statement

- + I Accept The Light
- + I Am the Light
- + I Share The Light

The 10 Laws in 3 Statements

1. I Know the Primary Purpose;
 2. I Respect All;
 3. I Honor God.
- I Am Truly Successful, On My True Path, My True Self, Living My True Life, & Going to Heaven.
 - I Am On My Way
 - All is One

The Way

1. I See/Learn/Know the Positive/Light.
2. I Want the Positive/Light.
3. I Choose the Positive/Light.
4. I Center on My Choice through My Code.
5. I Am the Light, Living My Daily Way, Perfecting My Power, Using The Skill.
6. I Unite with Positive People Along The Way.
7. I Perfect Everything as I Go Forward.

I Know the Positive
I Want the Positive
I Choose the Positive
I Center in the Positive
I Am Positive
I Unite with Positive People
I Perfect the Positive

I AM NOT A VICTIM, I AM PREPARED AND WILL PROTECT AND DEFEND MYSELF AND OTHERS. I TRUST AND VERIFY.

Ahn Do - Ryu - Zen - Chi - Om
Peace - Control - Stillness - Power - Oneness

Meditation Outline – Details in The Way: Step 5: Foundation 5: Our Practice**Remember: Body Position and Breathing**

Options: Focus on one OR Go through them all or a few

Breathing Exercises to do during Meditation:

- Deep and hold
- All Air out
- Compression
- Slow & Out
- Slow deep in, fast out
- Fast in slow out

Shazzam**Types:**

1. **Mindfulness:** Single focus on breathing, or a positive physical image, or candle light, or a positive mental image. Let all else flow by with no attachment.
 - **Mindful Observer:** Letting Mind go where it will. Listening to mind as observer. Changing Perspective: Note tasks, lessons, action items that resonate
 1. Observe what thinking;
 2. Observe the judgments we are making on what we are thinking (1);
 3. Observe the judgments we are making on our judgments (2);
 4. Observe everything without judgment (3)
2. **Control:** Healing light move through body/limbs – heal problem areas. Light filling/expelling all darkness w/light at end. Boxes closing and moving, planets moving, being in control. Use Element Power: Fire, Water, Wind & Earth. Heating, Cooling, Un/Covering, Control Size. Have total control over the imagery and what happens.
3. **Clearing:** Oneness/Stillness/Empty/Full/Surrender/Let Go/Nothingness/Silence/Peace: Still Mind, Quite Mind, Zen mind, Be The Center Light, Beyond breath and thought. Oneness.
4. **Focus:**
 - a. See List Previous Page: Go through all or just focus on a few
 - b. Repeat phrase, names etc.
 - c. Stare at Image (nature, candle, other art, etc.) & Image in mind.
5. **Visualize:** Positive Achievement - Goal, Daily Way, upcoming event, general way of being, good communication. Hitting the ball right, running faster, etc. Visualize the scene in the most positive. Pull Power from Past-Future Universe, Nature, Self, etc. Store and Send Power to future self in times of need.