

SANGA





# PATHS TO EXPANDING CONSCIOUSNESS

- Silence, Prayer, Meditation, Stillness,
- Thinking, Learning, Understanding, Philosophy, Mathematics
- Physical, Somatic, Movement, Dance, Yoga
- Music, Frequency, Singing, Chanting, Sound
- Creation, Intention, Imagination
- Earth Consciousness, Sacred Plant Consciousness
- Troubled Path, Growth Through Struggle or Pain
- Connection, Relationships, Union, Sacred Love-Making

**Write down your top 4 paths to expanding your consciousness and a list of ways you can incorporate them more intentionally into your daily life.**

PATH 1:

PATH 2:

PATH 3:

PATH 4:

# DE-CONDITIONING EXERCISE

Your core belief systems not only significantly affect the way you interact with your environment, but they also play a powerful role in your ability to persevere in life in order to achieve your goals. A belief is an individual's feeling of certainty about what something means. The majority of our beliefs are created and shaped in childhood, and they mostly come from outside sources, such as our parents, teachers, cultural influences, and the society in which we are raised. Self-limiting beliefs (I'm not smart, I'll never find true love) can be adopted when we are in unhealthy environments or in difficult relationships with the people around us. They absolutely affect the way we see ourselves and the way we choose to live our lives, yet we rarely take the time to examine them and consciously decide if they are serving us. What is a goal that you have wanted to achieve but haven't? There is almost always a self-limiting belief which is blocking your path.

Take some quiet time to sit with yourself and get clear on which topics stand out or most resonate with you during this time. Then continue the exercise on the next page.

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Career        | <input type="checkbox"/> Abundance        | <input type="checkbox"/> Beauty             |
| <input type="checkbox"/> My Emotions   | <input type="checkbox"/> Self Fulfillment | <input type="checkbox"/> Care-Taking        |
| <input type="checkbox"/> Education     | <input type="checkbox"/> Self Love        | <input type="checkbox"/> Strength           |
| <input type="checkbox"/> Finances      | <input type="checkbox"/> Love For Others  | <input type="checkbox"/> Work               |
| <input type="checkbox"/> Spirituality  | <input type="checkbox"/> Health           | <input type="checkbox"/> Being Heard        |
| <input type="checkbox"/> Abundance     | <input type="checkbox"/> Relationships    | <input type="checkbox"/> Being Seen         |
| <input type="checkbox"/> My Body       | <input type="checkbox"/> Commitment       | <input type="checkbox"/> Being Understood   |
| <input type="checkbox"/> Leadership    | <input type="checkbox"/> Sharing          | <input type="checkbox"/> Fear               |
| <input type="checkbox"/> Sexuality     | <input type="checkbox"/> Celebration      | <input type="checkbox"/> Uncertainty        |
| <input type="checkbox"/> Patriotism    | <input type="checkbox"/> Success          | <input type="checkbox"/> Self Determination |
| <input type="checkbox"/> Substance Use | <input type="checkbox"/> Politics         | <input type="checkbox"/> Accomplishment     |
| <input type="checkbox"/> Friendships   | <input type="checkbox"/> Nature           | <input type="checkbox"/> Intelligence       |
| <input type="checkbox"/> Community     | <input type="checkbox"/> Authority        | <input type="checkbox"/> Creativity         |
| <input type="checkbox"/> Loyalty       | <input type="checkbox"/> Violence         | <input type="checkbox"/> Communication      |
| <input type="checkbox"/> Forgiveness   | <input type="checkbox"/> Power            | <input type="checkbox"/> Having Children    |
| <input type="checkbox"/> Sacrifice     | <input type="checkbox"/> Control          | <input type="checkbox"/> Expectations       |
| <input type="checkbox"/> Service       | <input type="checkbox"/> Risk             | <input type="checkbox"/> Nutrition          |

# DE-CONDITIONING EXERCISE

TAKE SOME TIME TO THINK ABOUT THE THREE MOST IMPACTFUL TOPICS FROM THE PREVIOUS PAGE AND ANSWER THESE QUESTIONS IN RELATIONSHIP TO THOSE TOPICS.

1. What ways have you been conditioned to behave, think, or feel about these areas of your life? (Ex: "You have to go to college in order to have a successful career.")
2. What are some of the things you felt you had to do or change about yourself in order to be loveable or be good enough?
3. What are the feelings and emotions you experience with these relationships, beliefs, or constructs?
4. What was your relationship to them growing up?
5. How have your perceptions changed and where are you at with them now?
6. In what areas would you like to expand your perceptions, remove limiting beliefs, or create with more possibility?

**TOPIC #1**

# DE-CONDITIONING EXERCISE

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## TOPIC #2

# DE-CONDITIONING EXERCISE

TAKE SOME TIME TO THINK ABOUT THE THREE MOST IMPACTFUL TOPICS FROM THE PREVIOUS PAGE AND ANSWER THESE QUESTIONS IN RELATIONSHIP TO THOSE TOPICS.

1. What ways have you been conditioned to behave, think, or feel about these areas of your life? (Ex: "You have to go to college in order to have a successful career.")
2. What are some of the things you felt you had to do or change about yourself in order to be loveable or be good enough?
3. What are the feelings and emotions you experience with these relationships, beliefs, or constructs?
4. What was your relationship to them growing up?
5. How have your perceptions changed and where are you at with them now?
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**TOPIC #3**