

# Consciousness Commitment



## 1. Place Spirit<sup>1</sup> in Charge

Make a conscious choice to value the Light within, rather than the personal (or conditioned) mind.<sup>2</sup> This choice places your Inner Guidance in charge.

- Every morning choose to connect with Spirit before your feet hit the floor.
- Pray this prayer or something similar:

“Spirit, I place you in charge of my mind. Guide my thoughts, words, and actions towards the highest and best for all.”

## 2. Track Yourself Like a Shaman

Whenever you find that you are not at peace, go within and ask for help.

- Humbly admit that you don't know what to do or say. You might say to yourself, “I don't know what's in the highest good for myself or the other. I acknowledge that I need help and guidance.”
- Use a tool like a timer (e.g. a Gym Boss) to remind you to check in every hour. This will give you an opportunity to remember your choice to value Spirit over your personal (or conditioned) mind.

## 3. Cultivate Deep Listening and Open Mindedness

Cultivate a willingness to actively listen, from a place of trust, to the still, quiet Voice within.<sup>3</sup>

- Place your hand on your heart. Breathe Love in and open the channel for Guidance.
- As you actively and willing listen, remain quiet, resting into the stillness. It is important to note that the personal (or conditioned) mind often speaks first and is the loudest.

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<sup>1</sup> Also, referred to as Light, Inner Guidance, Christ Consciousness, True/Essential Self, Essence, etc.

<sup>2</sup> Sometimes referred to as the ego

<sup>3</sup> Divine Guidance is subtle and comes to us as a “... a gentle whisper.” 1 Kings 19:11-12 New Living Translation

- Recognize when the personal (or conditioned) mind’s voice presents itself and choose again to listen deeply with an open mind for Guidance.

Though not an exhaustive list, here are some ways to cultivate a receptive and open mind:

*Meditation, listening (or creating) beautiful music, ecstatic dance, walking, hiking, being in nature, eating healthy food, deep breathing, emotional release tools<sup>4</sup>, taking responsibility for and managing your triggers<sup>5</sup> (e.g. taking a time out, offer up to Spirit, make an agreement with the other to come back a talk about the issue the next day.)*

- Gradually work up to spending ten minutes, three times a day, in silence. Insight Timer is a wonderful app.
- This conscious choice allows one to rest in Spirit.

#### **4. Pay Attention! Follow Inspiration or Guidance**

- Look for and expect Guidance to come!
- It may come right away
- A thought may drop in at a random time when you least expect it
- Guidance may come through another person
- It may come in a dream
- Inspiration can come through a journaling practice

Remember . . .

The Guidance that comes through will feel “right”, but it may not be easy.<sup>6</sup> For instance, you may be called to do/say something that calls you to be courageous such as speaking up, setting a boundary, saying “no”, quitting a job, etc.

This practice will take commitment, determination, diligence, and effort until it becomes a new normal in your mind effecting every aspect of your life. The personal (or conditioned) mind is the well-worn pathway until, with our free will, we choose the way of the Spirit.



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<sup>4</sup> Reach out us if you would like more information about these tools: [interface4wellness.com](http://interface4wellness.com)

<sup>5</sup> We expand upon this in another handout. There is treasure to be found in our triggers.

<sup>6</sup> Feeling right is different than feeling good. Beware that sometimes people equate “feeling good” with the subtle promptings of the Spirit. This has led to much abuse within religion and spirituality.