

Being Higher Powered Now

Where is it that your vibrant energy comes from? What *Power* or Force determines the moment that your energy ceases and leaves your body? If it is not you who determines this, then who, or what? Think on this: you and I do not get to know the moments before we were born or the place that we were at before we were born, nor do we know the second that our time is up. What we get is *The Power to Exist* in the here and now as intelligent energy.

It's a choice to feel the *Power* of being Higher Powered, and it is of the highest honor to have the ability to turn to God and say, "WOW! How are You doing this?" As far as we know, no other creatures on Earth are given this *Power* to discern and to speak to Creation. Use *Your Power to Exist* to embrace your awakening, then on bended knee say thank you to the Heavens Above for the Creator's vibrant energy that is coursing through every cell in your body, as well as Higher *Powering* you to be you, right now. In fact, right now you are lit up and turned on. The question is, what now? The answer is—use *My Power to Exist!*

Journal Below

Relate the *Power* named above to your own life in some manner, then ask how this *Power* can be used beneficially by you.

The Power to Exist

How to Use My Powers....

Of the many *Powers* displayed in each meditation, this week’s practice is on *The Power to Exist*. We’ve got to start somewhere, so why not here.

One Way that we can practice *Our Power to Exist* is to tell the Heavens whatever line of thinking is in our head, then ask for the guidance to sense the Holy Unseen. We still ourselves to be a part of Creation and listen to hear what sounds are in the quiet—this includes the sound of our breath.

State two additional ways that you can practice *Your Power to Exist* in everyday life.

Commanding My Powers...

Focus on your life. Pick one problem or idea, past or present, that is clear to you from this meditation. Hold this visual front and center, then shorten the above statements to “I Am” statements that you speak out to the Universe. Speak the “I Am” statements aloud at least three times a day until no longer needed.

For Example: With strong focused mystical feelings and energy, you might say something like, “I call upon the Heavens for an increase in the awareness of *My Powers*. I see my desire, my dilemma, or my idea...”

With deep electrical meaning convey to the Heavens and **Own Your Powers Boldly:**

(Breathe In) **-I Am** (Breathe Out) practicing *My Power to Exist*

(Breathe In) **-I Am** (Breathe Out) quieting my mind; I sense the Holy Unseen that I am a part of

Now add your “I Am” statements to this: (with deep electrical meaning)

Practice Prescription: Take a photo and record *your* voice of your “I Am” statements. Practice and listen to *your* recorded voice in the physical world this week. Read your “I Ams” aloud to the Heavens with focused mystical feelings 3x a day, in the morning, at noonish, and in the evening.

Find Your Own Powers... Note any additional *Powers* that you sense from this meditation.

Clear Negative Energy Every Day...

What is standing in the way of my success, of my peace, or of my pleasure?

In relation to the question above:

Ask yourself what Lower or Higher Power is present? What is needed?

How am I willing to participate in moving mountains from my road?

What *Power* that my Higher Power gave me can I evoke and practice today? How and when can I practice this *Power*?

3x3 Daily Planner

Build Self-esteem in *Your Powers* daily by creating your own 3x3 daily planner. Simplify your schedule. Deliberately look for the opportunity in your schedule to practice *Your Powers* as well as to include the moments that you verbally fill your Practice Prescription “PP.”

*See Example on page IX

3-things in the Morning

3-things in the Afternoon

3-things in the Evening

DAY 1

1.

2.

3.

1.

2.

3.

1.

2.

3.

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JOURNAL 1

3-things in the Morning

3-things in the Afternoon

3-things in the Evening

DAY 2

1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

3-things in the Morning

3-things in the Afternoon

3-things in the Evening

DAY 3

1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

3-things in the Morning

3-things in the Afternoon

3-things in the Evening

DAY 4

1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

3-things in the Morning

3-things in the Afternoon

3-things in the Evening

DAY 5

1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____

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3-things in the Morning

3-things in the Afternoon

3-things in the Evening

DAY 6

- | | | |
|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ |

3-things in the Morning

3-things in the Afternoon

3-things in the Evening

DAY 7

- | | | |
|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ |

What is a Higher Power revealing to you today/this week?

These are my feelings, my words, and my vibrations to the Heavens Above...

Notes for the future use of *My Powers*...

This is how I practiced *The Power to Exist* this week:



My Black Tab Page ...

The Black Tab Pages are designed for your special one-on-one weekly appointment with your *Higher Power*. Use this page or time to converse thoughts and emotions in creative sound, writing, deep pondering, and pictures. Consider using color art, 3D-artwork, drawings, or whatever you can conjure up that inspires you to practice this week's *Power* going forward. These Black Tab pages are creative art letters from *Your Essence* that are communicated to what you believe in, and to what you receive your *Power of Life* from.

