



Expansion or growth is commonly lost when it's not acknowledged or valued. The more you acknowledge and celebrate your growth the more you anchor in what has been as well as establish a focus of creation for your future. aka: "What you pay attention to you get more of..." ☺

The following activity will assist you in anchoring in the expansion you have made from taking this course.

Preparation:

- **Expand out** (Solar system, Galaxy, Universe, Mult-verse, All that Is, Beyondaverse)
- **Quite the mind**
"Everything is the opposite of what it appears to be.
Nothing is the opposite of what it appears to be." *(keep slowing down each time)*

Activity:

-Allow yourself to go back to where you were in your expansion and level of consciousness 3 months ago, before this course began.

1. What was going on then, that no longer is an issue for you now?



2. What have you learned or “gotten” about yourself during this course, that you never knew or understood before?

3. How can you imagine this course has benefited or changed your life?

Share what you came up with, with at least 1 other person

(maybe your phone/skype partner from the last exercise or a friend) **Give voice to it.**

Allow another person to give witness to and support your change.

This is a POTENT last step to OWNING It!

I would love to know how this course has impacted you!

It helps me to continually refine my materials and become more effective at how I teach things.

Can you share this with me? *(I will never share or use this without your written permission.)*