

## MY GOALS

I want to be more effective in all aspects of my life.

I am currently jerked around by my thinking, emotions and habitual responses. I don't want them to have me. I want to have them.

I want to re-make myself.

## THE STEPS I AM TAKING TO ESTABLISH A HIGHER SELF AND USE IT TO RE-MAKE MYSELF

1. I am using Kleopatra Ormos' 'fingers/toes/head' practice to access dis-embedded awareness.
2. Now that I can access dis-embedded awareness, I am using it to establish an 'internal reference point' (the sensations of having a body). By resting attention on this internal reference point I am now able to access dis-embedded awareness more directly and easily, whenever I want to.
3. I am beginning to use my inner reference point to access dis-embedded and spacious awareness in various activities in the midst of my daily life.
4. I am expanding my dis-embedded awareness to include my external environment by using KO's 'feeling external objects' and 'seeing without looking' practices, including in ordinary life.
5. I am using KO's guided meditations and also practising in ordinary life to increasingly develop my ability to access dis-embedded awareness in the face of a wider range of challenging and emotionally demanding circumstances.
6. I am increasingly using my ability to dis-embed and gain distance from my habitual thoughts and emotions in real time to free myself from their control and to instead act more wisely and effectively.
7. I am now actively searching for situations in which I am still jerked around by thoughts and emotions, and actively working on them. For example I am de-linking feelings of anxiety from the worry, unproductive thinking, self-doubt, and negative thoughts that they habitually drive. I am increasingly able to 'sit with' and 'passively accept' feelings of anxiety without acting on them internally or externally.
8. I am intentionally creating alarms and pre-programmed responses to ensure that I dis-embed and operate from my higher self whenever I am being challenged.
9. I am increasingly operating from my higher self, life is much easier, I am much more aware in all circumstances, I can now see how ridiculous I was when I was embedded in my habitual emotions and thinking, and I am now acting far more wisely and effectively.

Guidance notes for using KO's Induction to Meditation CD are [here](#). The CD itself can be purchased [here](#).