



VERENA WHITE

IGNITE YOUR DIVINE SPARK

VISION QUEST

RECODING THE DREAMSPELL

Session 15

Work Book

BY VERENAWHITE

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WELCOME

Welcome to Vision Quest, session 5, the final piece of the puzzle, where we align our Vision to Action.

Create a plan to move forward so you can start to create a magical 2022.

This is the beginning of your new life as a Conscious Creator.

NOW IS TIME FOR ACTION

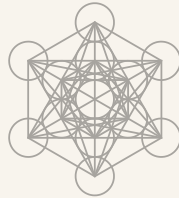
Verena White

“ Action is the highest
form of communication
to your
subconscious mind”

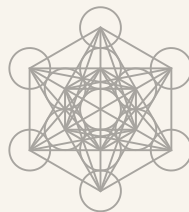
Christopher M Duncan

SESSION FIVE

You Are Not Broken



You Are Superconscious



You Are A Creative Force



The Power of Action

As I have mentioned before everything is created twice once in the mind and once in reality. The key ingredient to manifesting in this physical plain is action.

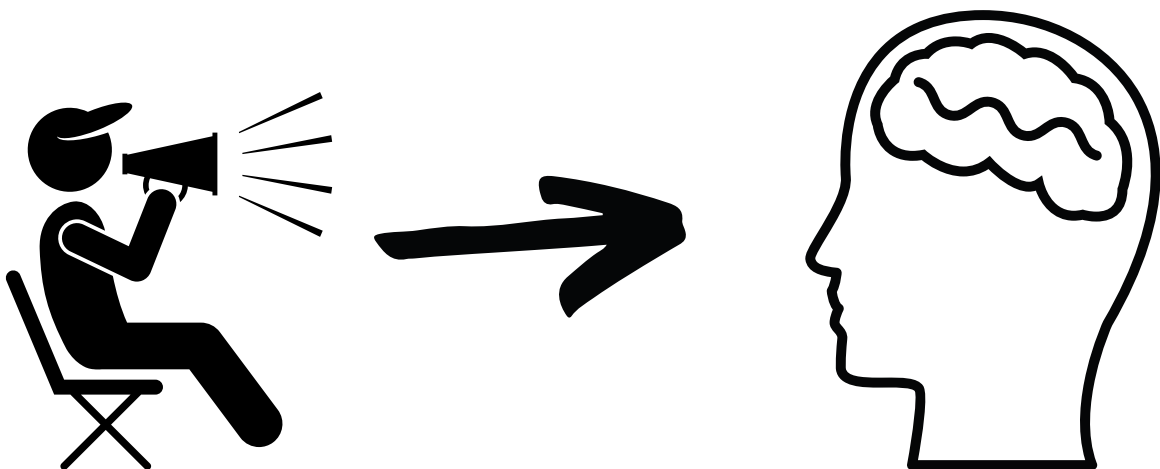
Without the right action, our desires have no anchor in the physical universe, and the message of no action or the wrong action communicates what we value as important. Hence we are giving silent instructions to our subconscious mind.

Silent Instructions

Silent instructions are what we are communicating to our subconscious mind by the actions we take.

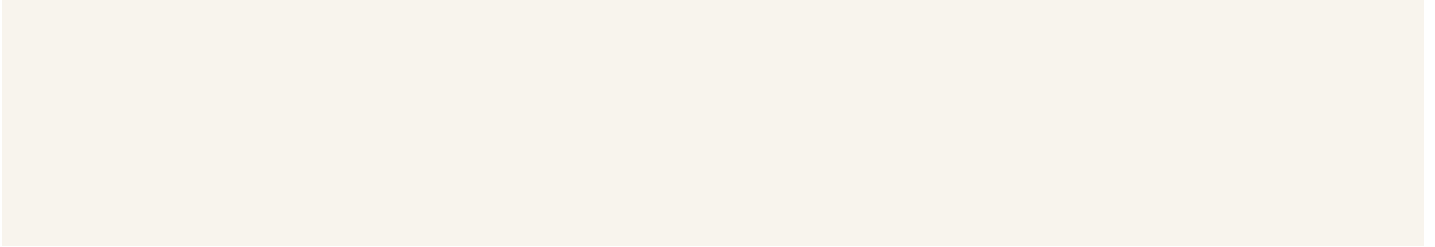
E.G: If you make the choice that you are going to be more active and that you choose Health, yet the action you take is to eat junk food and not exercise. The silent instructions is that this choice is not important to you.

Be aware of your silent instructions and do that empower your choices and so they align with your end result identity.

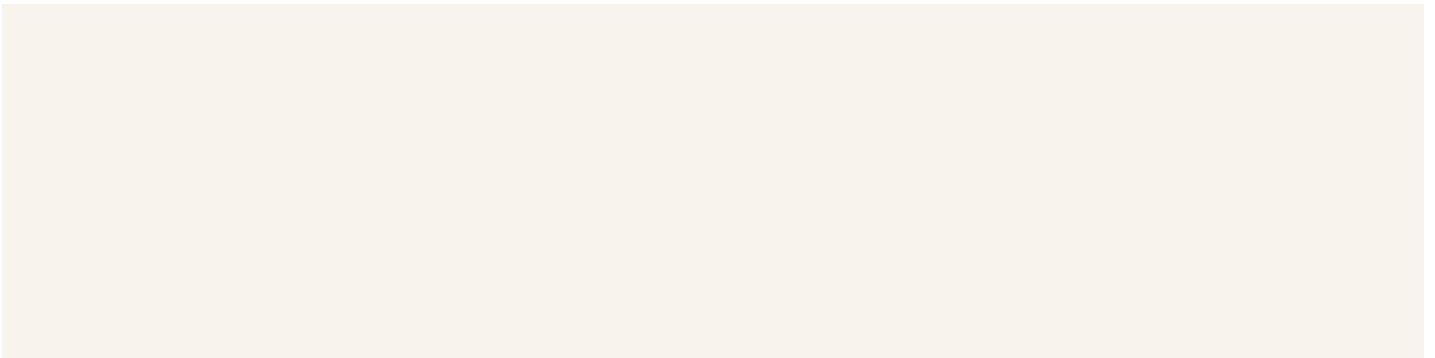


Aligned Action Plan

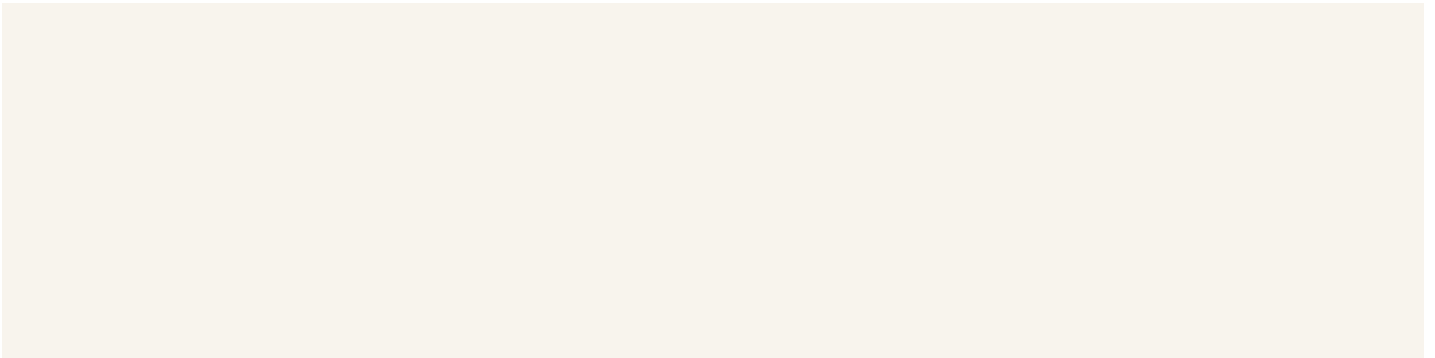
1. Past



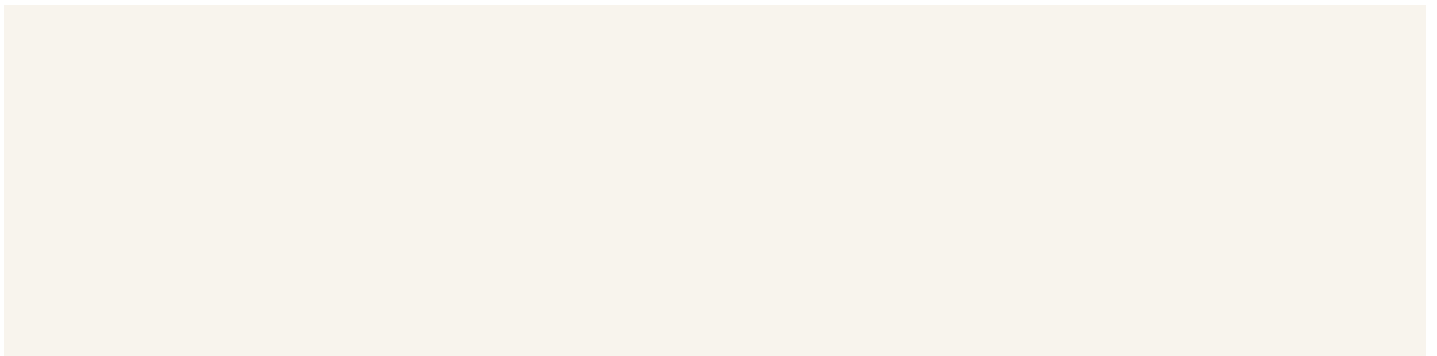
2. Present



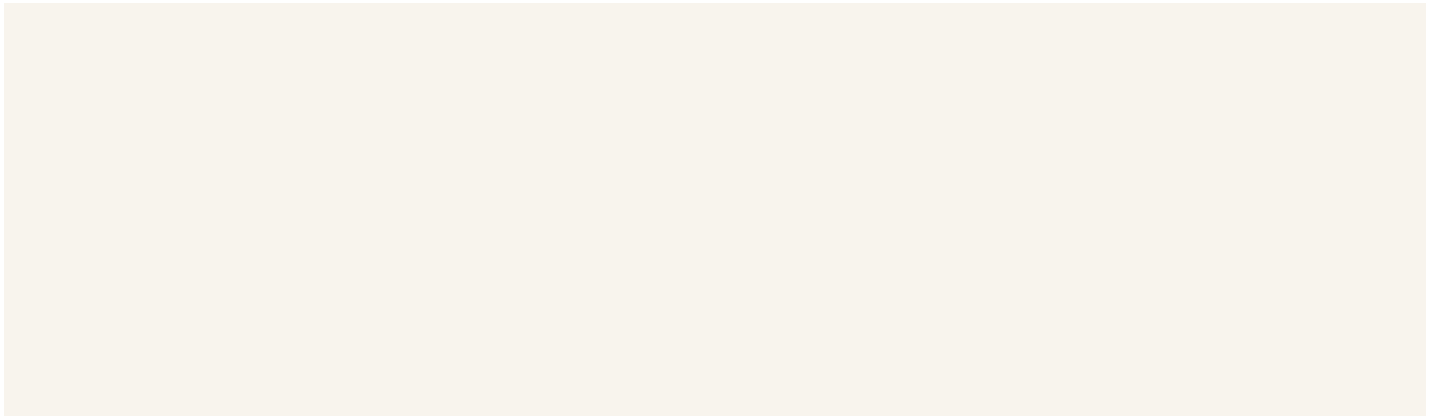
Step 1



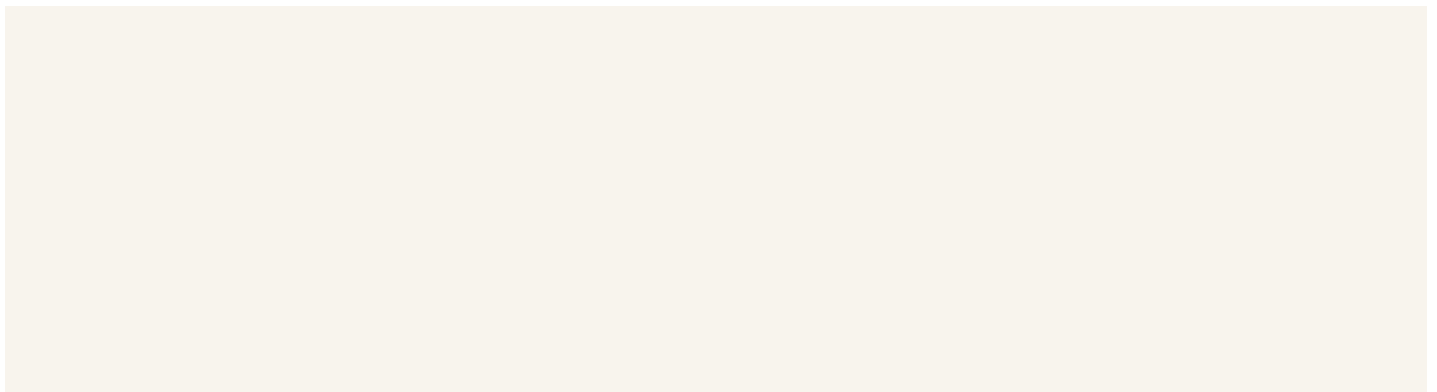
Step 2



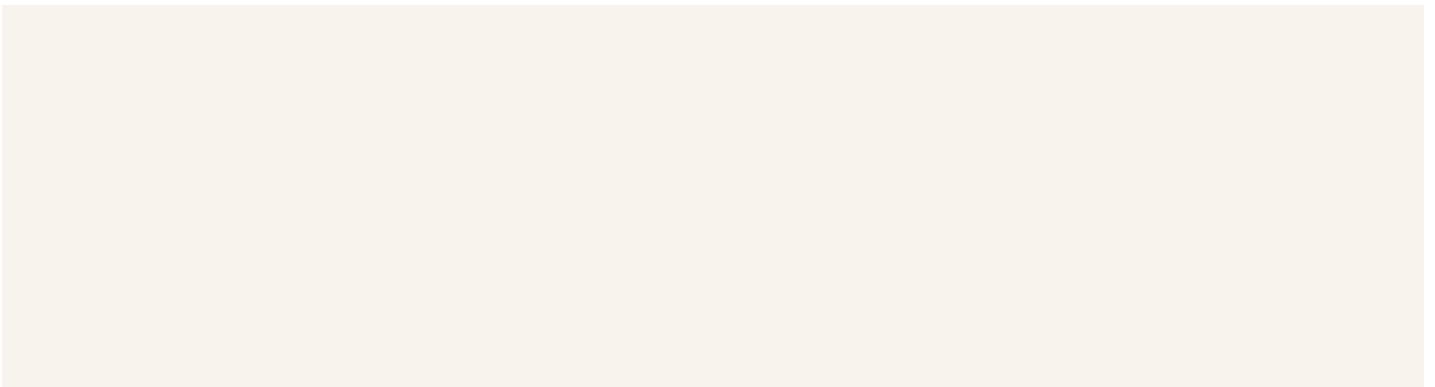
5. Desired End Result

A large, empty rectangular box with a light beige background, intended for writing the desired end result.

Future 1

A large, empty rectangular box with a light beige background, intended for writing details about Future 1.

Future 2

A large, empty rectangular box with a light beige background, intended for writing details about Future 2.

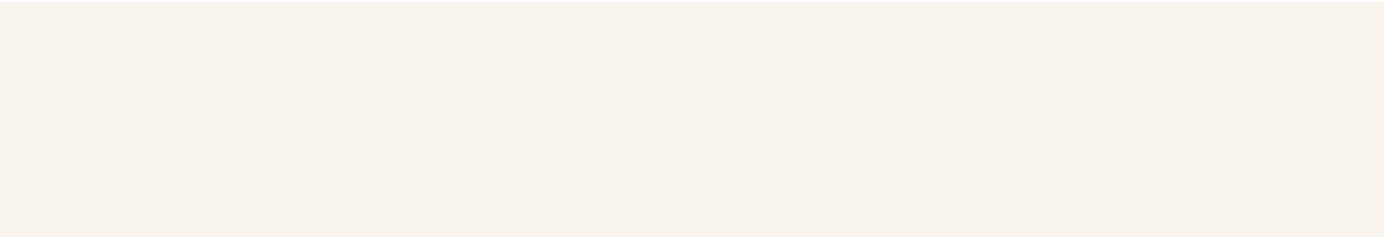
Simple Steps To Create Your Desires

1. **True Choice**
2. **Create Tension** - Desired Reality to Current Reality
3. **Focus on your Vision** & Into The Emotion of the end result.
4. **Empowering Beliefs** of your Conscious Creator Identity.
5. **Align to Conscious Creator Identity** - Identity Matrix Exercise
6. **Meditate** - Quantum Jump / Wisdom meditation
7. **Take Aligned Action** - As Superconscious for intuitive guidance and next action.

Structural Conflict

Exercise

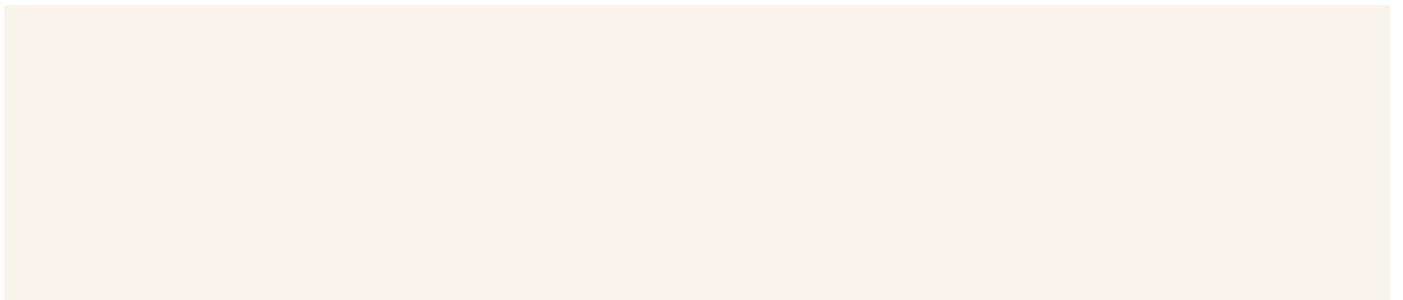
1. What ONE THING would you love to create more than anything in your life?



2. Go into your heart and witness this end result from the perspective of your superconscious/genius

- What did you notice? How did it feel? What actions are motivated?

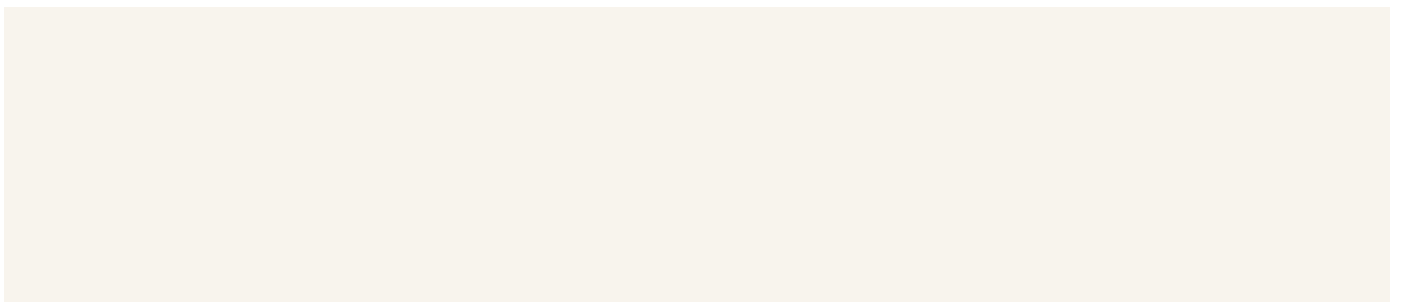
Write it down



3. Go into your identity and witness this end result from the perspective of what having the end result “means” to you?

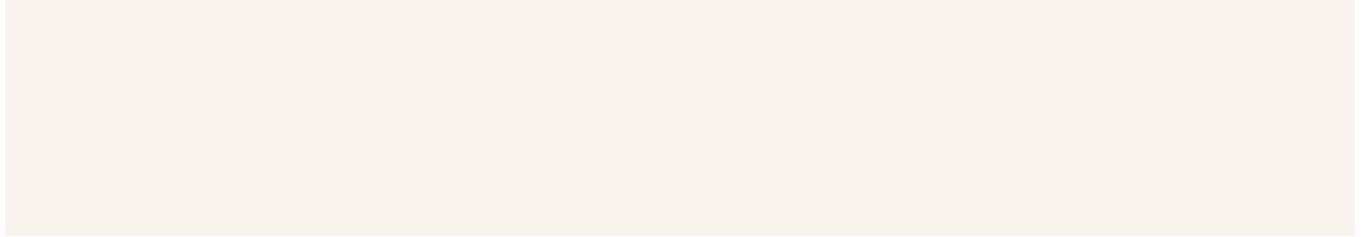
- What did you notice? How did it feel? What actions are motivated?

Write it down:

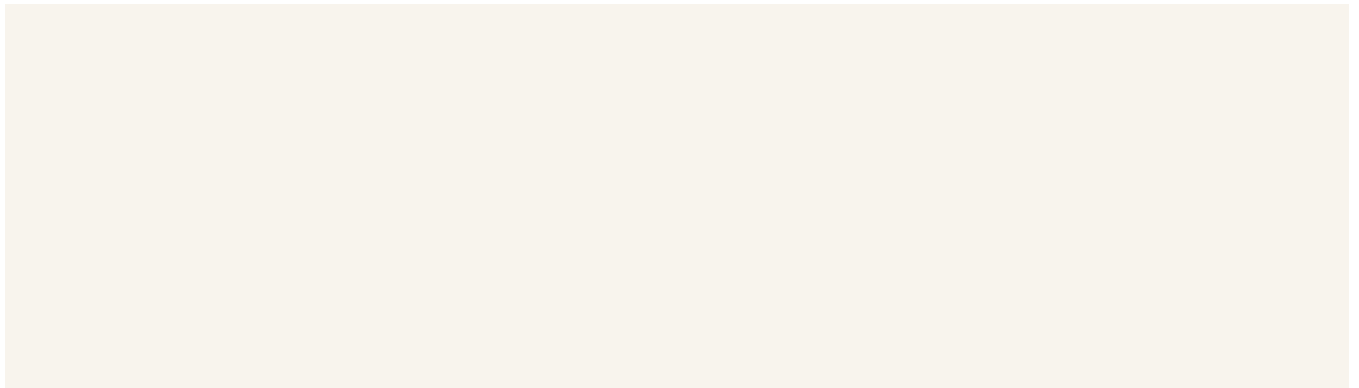


Structural Conflict - Cont..

4. What is the difference? What will you recognise moving forward??



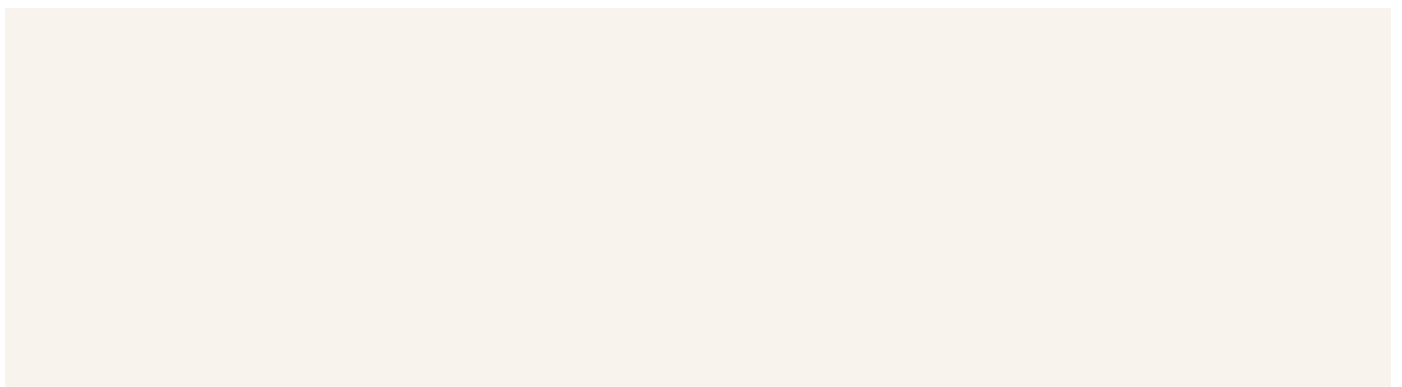
5. Go through the 5 steps of superconscious creation. •- Choose the truth, follow through.



6. Go into your identity and witness this end result from the perspective of what having the end result "means" to you?

• What did you notice? How did it feel? What actions are motivated?

Write it down:



Notes:

