



40 DON MIGUEL RUIZ DAYS OF DISCOVERY ONLINE COURSE



Lesson 1 – Activity

Birthing of Your Creation

Alarm Clocks

Your homework for the next four days and one that should continue all the way through the end of the 40 days and beyond is to stay very aware of yourself. Over the next four days I would like you to be as aware as possible at all times, know what you are thinking, what you are speaking and what you are doing. Keep your focus completely and entirely in this moment, do not dwell on the past or invite the future.

You can place things to assist you in this process around your home, car, work and anywhere else you may end up over the next four days. Even a new piece of jewellery can be of great assistance in reminding you. I want you to place alarm clocks we are going to call them, all around you. When you see these objects you are going to become fully aware of yourself. The purpose of these objects is just like an alarm clock they are saying wake up, it's time to wake up.

You may be very surprised how often you forget and return to just a blind reactive place throughout the day. This is your opportunity to see the birthing of your creations. When you are fully aware of what you are doing, you then see that you are choosing all things. You are able to step in before you create an entire story based on reactive and old painful beliefs.

Remember what you read in the lesson:

When an event happens outside of you and you read or hear about it, immediately you begin to process that information. Based on the filter of what you know or your book of law, you will begin to craft a story about this event. You will use what you believe and what you see others believing around you to form a story you wish to enjoy. This story can be one of great drama, a story that will most likely be supported greatly by those around you. Or it can be a story of forgiveness, love and enjoyment. You have that much power in your dream. You are creating your experience one event at a time and can choose or change the story at any given time.

With your alarm clocks you will help you to see this process as it is happening. If you are unaware and blinding yourself then you will never understand or full accept that you are creating your experience. You will never be able to see it in action and experience it from the place of a witness. When you witness what you are doing, watching and listening with awareness as you craft a story in your mind, you begin to see how you are choosing to create.

It may not be an easy task, but this increased awareness will be of huge benefit as you move through the next 40 days.