

# What We can Behold, We Can Become

## Webcast Class/Handout

(John-Roger Quotes from *The Power Within You*, pgs.84-85)

1. Ask for the highest Light to surround you, fill you, protect you and assist you for your highest good.
2. Look at your life and ask yourself;  
What **is** working for you?

Share out loud what **is** working for you.

3. Now, look at your life and ask yourself;  
What is **not** working for you?

Share out loud what is **not** working for you.

4. Now, look at the list of techniques and choose a technique (s) that could apply to the area(s) that are **not** working for you.

- a. Watch your thoughts.

**“In the bible it says that as a man “thinketh in his heart, so is he” (Proverbs 23:7). Watch what you ask for; you just might get it.”**  
**John-Roger**

- b. Concentrate on what you want.

**“Focus on that which will bring more loving and joy into your life.”**  
**John-Roger**

- c. Watch your emotions.

**“A good rule of thumb is, for every feeling, have a thought to match it that you can act on physically in a positive way. This process allows you to harness the energy of your emotions to work for you, enhancing the quality of your life.”**  
**John-Roger**

d. Watch what you do with your imagination.

**“What pictures do you show yourself? What stories do you tell yourself? Use the theater of the mind to clearly visualize your desired result.”**  
**John-Roger**

e. Always win in your imagination.

**“If you are telling yourself a story in which you lose, in which events turn against you, rewrite the ending.”**  
**John-Roger**

f. Ultimately, everything is perfect already.

**“God’s will is being done perfectly. You do have choices in this life, however, and the choices you make can affect the way you experience your life. It’s your choice.”**  
**John-Roger**

5. How can you apply these technique(s) you’ve identified to assist yourself with what is **not** working for you?

6. Remember, you don’t have to make any radical changes in order to begin taking conscious responsibility for your life.

Take a moment now to go inside and stand back from your life and see it in a larger context.

Bring your awareness to your breathing in and your breathing out.

Imagine yourself using these techniques in your life. What would you say or do differently? What are you experiencing? Is there a next step you can take?

7. Close your eyes and take a moment to thank yourself for taking the time to tend to your garden and weed out those things that you no longer want or need and take a moment to nurture yourself with loving care those things you value. When you are ready open your eyes.