

Dear Friends

**The following guidelines may be helpful to you.
They are for me.**

Feel with your heart as you speak.

Experience the trajectory of your conversation and find out if your words actually take you to the place where you choose to be.

Silence can be golden.

Words are powerful.

The full power of our language is released when we speak what we choose to have come into reality with feeling and alignment from our hearts.

Pure Speech already resides in our Heart of Hearts.

Let your heart speak, find your heartdrive and live your heartware.

Remember, choose to make it fun and easy.

Enjoy your new language. May your love and success be increased with each newly chosen word.

Blessings, Love and Victory to you, *Robert Tennyson Stevens*

Mastery Systems Presents:

Conscious Language™ 101

With Founder

Robert Tennyson Stevens

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Agreements of the Game of Conscious Language™

Play 125% S-T-R-E-T-C-H (be willing to go as far as you think you can, and then go even farther, now, and now, and now...)

Live your word.

Choose to choose.

Speak only what you choose to have come into manifestation now and continuously.

Upgrade your life into your highest choice.

Give yourself permission to remember Conscious Language (Pure Speech).

Choose to make your upgrades fun and easy.

Play your game of life with enthusiasm!

Excercise 1: Imagination Activation™

Imagine you have experienced open, honest, direct, heartfelt outcome-oriented communication and have used conscious creative language all your life. Imagine you were conceived consciously by your Mother and Father, who planned for you, chose you, prepared for you with their own personal deep, sacred focus and commitment. Imagine you were received at your birth by many loving attendants and family members. Imagine you remember who you really are. Fully place yourself in this imagined state.

Coming from your newly imagined state of awareness, describe what your life is like. Ask yourself: What am I doing? Who is with me? What is around me? What is my workplace like? What are my relationships like? What does my life look like? Smell like? Feel like? Imagine a genie is instantly giving you your every wish.

(Write your response on a separate sheet of paper.)

Excercise 2: Transforming Internal Dialog into Conscious Choice

Internal dialog is any thought, feeling, body sensation, or memory that you are continually aware of that keeps you from being a committed listening or from being fully and completely present. If you experience internal dialog, write these thoughts on a separate sheet of paper and upgrade them into your choice. Writing internal dialog can free the "thought form" or "belief system" held in the subconscious mind. When these thoughts are written, the subconscious is acknowledged, quieted, and again we are able to easily concentrate.

Examples: It's going too fast. I don't understand. I'm tired. I've gotta make this work in my life. I can't wait to tell my spouse about this. What if I don't have anybody in my life to speak with this way? How will I remember all of this?

Frequently, internal dialog is revealing the counterfeit of the new choices emerging from the subconscious mind. By being conscious of our internal dialog, we can upgrade any reactive pattern into our new choice directly, immediately, and easily. Each reactive pattern has a corresponding strength within itself.

Examples of Upgrading

Fear turns into Faith when it meets Love.

Anger turns into Forgiveness and Loving Action when it meets Love.

Grief turns into Joy when it meets Love.

Apathy turns into Caring and Ease when it meets Love.

Pain turns into Enthusiasm when it meets Love.

Struggle turns into Ease when it meets Love.

Lack turns into Plenty when it meets Love.

Darkness turns into Light when it meets Love.

"As we use Conscious Language, our upgrades are simply meeting our reactions with our new choices. Add your Love and the whole process speeds up your success."

Robert Tennyson Stevens

Play Conscious Language™ like a new game by...

Exploring the effects words have in our lives.

- Communicating with others
- Communication with ourselves
- Being communicated to
- The nature and "listening" of the subconscious mind

Discovering our current belief systems and what we have made up and proved about: life, receiving, learning, success, feelings, work, money, relationships, self, parents...as expressed in WORDS!

Creating alternatives in languaging, moving from right/wrong, good/bad into our highest choices.

Learning how to "hear" and to consciously "catch" internal dialog, transmuting it into choice before it can act.

Becoming aware of any automatic unconscious, limiting speaking.

Utilizing the formula and chemistry for success:

- Words + Specificity + Feelings = Manifestation

Understanding the nature of moving upscale.

"Possible" Components of the Mind

The Subconscious Mind:

- is power without direction.
- receives direction from the conscious mind. (anyone's conscious mind)
- plays back what it receives like a computer.
- is literal.
- responds to repetition.
- responds to feeling.
- attracts experiences to us according to our beliefs.
- is always operating and functioning.

The Conscious Mind:

- has power of choice.
- has freewill to direct or be directed.
- can choose unconsciousness.
- can suppress into or express from the subconscious.

The Super-Conscious Mind:

- gives us 100% of the information in the conscious and subconscious mind, which is our reality.

Examples of the Domain of Limitation and No Choice

I want I choose, I claim, I empower myself to have, I will have, I deserve, ...

I can't I can, I choose to be able to, God in me can, I empower myself to be able to, ...

It's too hard I choose to make it easy, I empower it to be easy, Even though it appears challenging - I will do it, ...

I don't know how I do know how, I choose to know how, I will find out how, ...

I come up with a blank I fill in the blank with my choice, I AM creative and come up with an idea, ...

I run into a wall I move through all obstacles, My way is clear, I find my way, ...

I'm blocked I AM clear, I have my clear path, My Divine way is prepared, I AM the open door, ...

I'm numb I feel, I sense, I choose to feel, I transform my numbness into sensitivity, I experience, ...

It's beyond my control It's within my control, I have Divine control, ...

It's out of my reach It is within my reach, All I require is at hand now, I contact and have all I require, ...

I don't understand I choose to understand, I do understand, Please help me understand, ...

I need I choose, I claim, I have, I empower myself to have, I will have, I AM claiming, I deserve, ...

Results: Creativity is blocked.

Subconscious Mind Says: "Okay", and is obedient.

Examples of the Domain of Non-Choice

I choose to not ...

... to not be sad

... to not struggle

... to not be fat

...

... to not be poor

... to not do that again

I choose to ...

I choose to be happy, ...

I choose to make it easy, to enjoy Grace, ...

I choose to be fit, thin, healthy, wear a size ____, ...

I choose to be wealthy, be abundant, thrive, ...

I choose to do ____ continuously, ...

I choose to:

lose weight

I choose to be fit, and comfortable in a size ____, ...

stop struggling

I choose to start enjoying ease about ____, ...

quit smoking

I choose to be a fresh air breather, ...

never do that again

I choose to consistently do what is successful, ...

Results: Not being, not doing, not having, etc.

Subconscious Mind Says: "Okay", and provides more sadness about not being, keeping your weight and losing.

Examples of the Domain of Ineffective Choice

- ...try to do good** I do good, I AM good, I do well, I choose to do good...
- ...hope it will work** It works, I empower it to work, It will work,
I work it well...
- ...intend to improve** I commit to improve, I AM improving...
- ...attempt to change** I do change, I commit to change, I AM changed...
- ...have it happen, I think** I do have it happen, It does happen,
I experience it happening...
- ...perhaps I can do it** I can do it, I AM doing it now, I do it well for sure...
- ...kind of make it** I do make it, I make it now...
- ...possibly do it** I do it, I AM committed to doing it now...
- ...almost have it** I have it, I AM committed to having it now,
I enjoy having it...
- ...I would like to choose** I choose, I am committed to doing ___ now,
My choice is ____...

Results: Almost, possibly, I think, not quite! Room to lose
Subconscious Mind Says: "Does not compute, I either do it or not, yes or no, start/stop, open/close."

Examples of the Domain of Absolutes and Grandiosities

- ...help everyone** Help who specifically?
- ...always be better** Better in what way specifically?
- ...better in everything** Better in what specifically?
- ...complete transformation** Transformation into what specifically?
- ...totally improve** Improve how specifically?
- ...absolutely get it** Get what in what way specifically?
- ...perfectly obtained** Obtained how, in what way specifically?
- ...the best I can do** I did it specifically ___ (in what way?)
- ...giving it my all** Giving it my full focus, my enthusiasm,
my commitment.

Results: Vagueness, incompleteness
Subconscious Mind Says: "Huh, say what?"

Examples of the Domain of Conditional Choices

I choose to be good so that I will be loved.

I choose to do good and be loved.

I'm going to look smart to be accepted.

I choose to be smart and be accepted.

I'm committed to success in order to have my dad love me.

I'm committed to success and have my dad love me.

I like to smile so others will like me.

I like to smile and have others like me.

I'm joining a fraternity because it will make me look popular.

I'm joining a fraternity and I choose to be popular.

Results: One condition must be met before the other condition can be met

Subconscious Mind Says: "Okay" and sets up a condition where one thing must happen prior to or simultaneously with another thing happening.

Examples of the Domain of This, That, These, Them, They, Those, It, The

I choose:

to have <u>the</u> son I've always hoped for.	<u>my</u> son.
to be <u>that</u> friend.	<u>your</u> friend.
to share <u>these</u> gifts.	<u>my (your)</u> gifts.
to receive <u>this</u> help.	<u>your</u> help.
love from <u>them</u> .	From who specifically?
the support <u>they</u> are.	<u>You</u> are, who specifically?
to have <u>it</u> for my relationship.	Have what specifically?

Results: Vague, non-specific, unconnected, impersonal, implied.

Subconscious Mind Says: "Who specifically?"
"What specifically?"

Examples of the Domain of Cancellation

You did a good job, however	You did a good job, and
I'm excited, but	I'm excited, and
I love it, although	I love it, and
Won't it be great?	It will be great.
Doesn't it look excellent?	It does look excellent.
Isn't it beautiful?	It is beautiful.
Shouldn't you come early?	Please come early.
Can't you help?	Can you help? Please help.
Wouldn't you like to go?	Do you choose to go?
Didn't you love it?	Did you love it?
Don't you enjoy that?	Do you enjoy that?

Results: Statement cancels itself.

Subconscious Mind Says: "Yes, not."

Examples of the Domain of Process Without Outcome

... change my life...	How specifically? In what way, shape, or form?
...do it differently ...	Differently how?
... adjust my income...	In what way? Up or down? By when? By how much?
... transform my relationship...	Into what?
... alter my plan...	How specifically? In what way, shape, or form?
...I'm in the process of therapy ...	How specifically, to attain what?
... working on it...	Working on what to attain what? What is your outcome?
... dealing with it...	To attain what outcome specifically?
...it's starting to make a difference ...	For what specific purpose?

Results: Constant and continual processing without the desired outcome.

Subconscious Mind Says: "Okay, okay, all right already!"

Examples of the Domain of Co-Dependence

I am happy if you're happy.

I am happy, and I empower you to be happy.

You make me angry when you do that.

I experience anger when you do that.

It's my parent's fault that I have problems with intimacy.

I picked up challenges with intimacy through my perception of my parents.

I hope **I can make you** happy.

I choose to be happy and I empower you to be happy. I enjoy happiness.

I couldn't go to college **because I had to** raise my children.

I chose to raise my children instead of going to college.

Let me go to the bathroom.

I am going to the bathroom.

Let me think.

I am thinking.

I've got to resolve this so you'll feel better.

I am committed to feeling resolve about this, what about you?

Results: Choices are dependent on powers outside of the self.

Perpetuates disempowerment.

Subconscious Mind Says: "Okay" and gives it's power away.

Examples of the Domain of Specific Quality Without Personal Connection

I choose...

...love

With whom, in what ways, shapes, and forms?

...support

With whom, in what ways, shapes, and forms?

...happiness

With whom, in what ways, shapes, and forms?

...joy

With whom, in what ways, shapes, and forms?

...victory

With whom, in what ways, shapes, and forms?

...empowerment

With whom, in what ways, shapes, and forms?

...completion

With whom, in what ways, shapes, and forms?

...prosperity

With whom, in what ways, shapes, and forms?

...consciousness

With whom, in what ways, shapes, and forms?

Results: Outcome, non-personalized.

Subconscious Mind Says: "Okay, how? With whom? In what way? How often? When? Where? Still searching...more data please."

Examples of the Domain of Outcome, Almost

I choose...

<u>...love with my Father...</u>	How, in what ways, shapes, and forms?
<u>...support from my employer...</u>	How, in what ways, shapes, and forms?
<u>...happiness with my spouse...</u>	How, in what ways, shapes, and forms?
<u>...increase my income 10%...</u>	How, in what ways, shapes, and forms? When, by how much, how often?
<u>...empower myself...</u>	How, in what ways, shapes, and forms?
<u>...to heal my body...</u>	How, in what ways, shapes, and forms? Into what state of health specifically?

Results: Energy directed and connected without specificity of:
action, time, place, event, memory, etc.

Subconscious Mind Says: "Okay, I can begin and more data is required for completion."

Review: Examples of the Language of Self-Sabotage

I want	I would
I need	I could
I should	I might
I hope	I wish
I must (compulsion)	In order to
I have to (compulsion)	So that
I've got to (compulsion)	If all else fails
I can't	At least
I don't know	Won't it
It's hard	Isn't it
Try	Doesn't it
But	Wouldn't you
However	Can't you
Kind Of	Didn't you
Almost	If / then
Probably	When / then
Perhaps	I feel that
Decide	I feel you did
Always / Never	Shouldn't you

Examples of the Domain of Creativity and Outcome

I have love
I AM loved
I come from having...
I empower myself to have...
I claim...
I imagine having...
I give myself permission to have...
I appreciate having...

Examples of the Language of Mastery

I can
I am
I will
I choose
I have
I love
I create
I enjoy

While Upgrading to CONSCIOUS LANGUAGE™
& Your NEW CONSCIOUS HUMAN OPERATING SYSTEM, Remember:

Coach yourself.
Move from right / wrong, good / bad into your highest choice.
Be fully and completely present.
Remember specificity brings up feelings.
Words spoken with feelings + specificity = manifestation.
Speak from your heart.
Explore the first words that come to you, they have truth in them.
Remember choice is always available.
Instead of moving away from something, move toward something.
Instead of stating what is not, state what is.
In your speaking: be first person, personal, here and now.
Have ownership.
Be honest, empowering, connected, and unified.
Speak and think only that which you choose to have
come into reality now and continuously.
"Cancel clear" and "In the past" help clean the slate.
Always leave "on the screen" your Highest Choice.
Be a committed listening to yourself and others.
"Decree a thing thus, and it shall be established unto you."
"In the beginning was the word. The word was with God and the word was God."
Every word we speak is our prayer coming into manifestation now and now and now.
Speaking is self-fulfilling prophecy.

The More Specific You Are, The Quicker The Manifestation

Specificity Factors

Who? What? Where? When?
With whom? How Often? In what way, shape, or form?

16 Senses

Color	Light	Dark	Sound
Smell	Taste	Motion	Direction
Balance	Heat	Cold	Weight
Tactility	Pressure	Internal Sense	External Sense

Specificity brings up feeling.
Feeling is the key to healing, having, actualizing,
manifesting, and realizing.

Be specific, conscious, creative, first-person, personal,
outcome oriented, here and now.