

# LESSON 8

## WORKSHOP

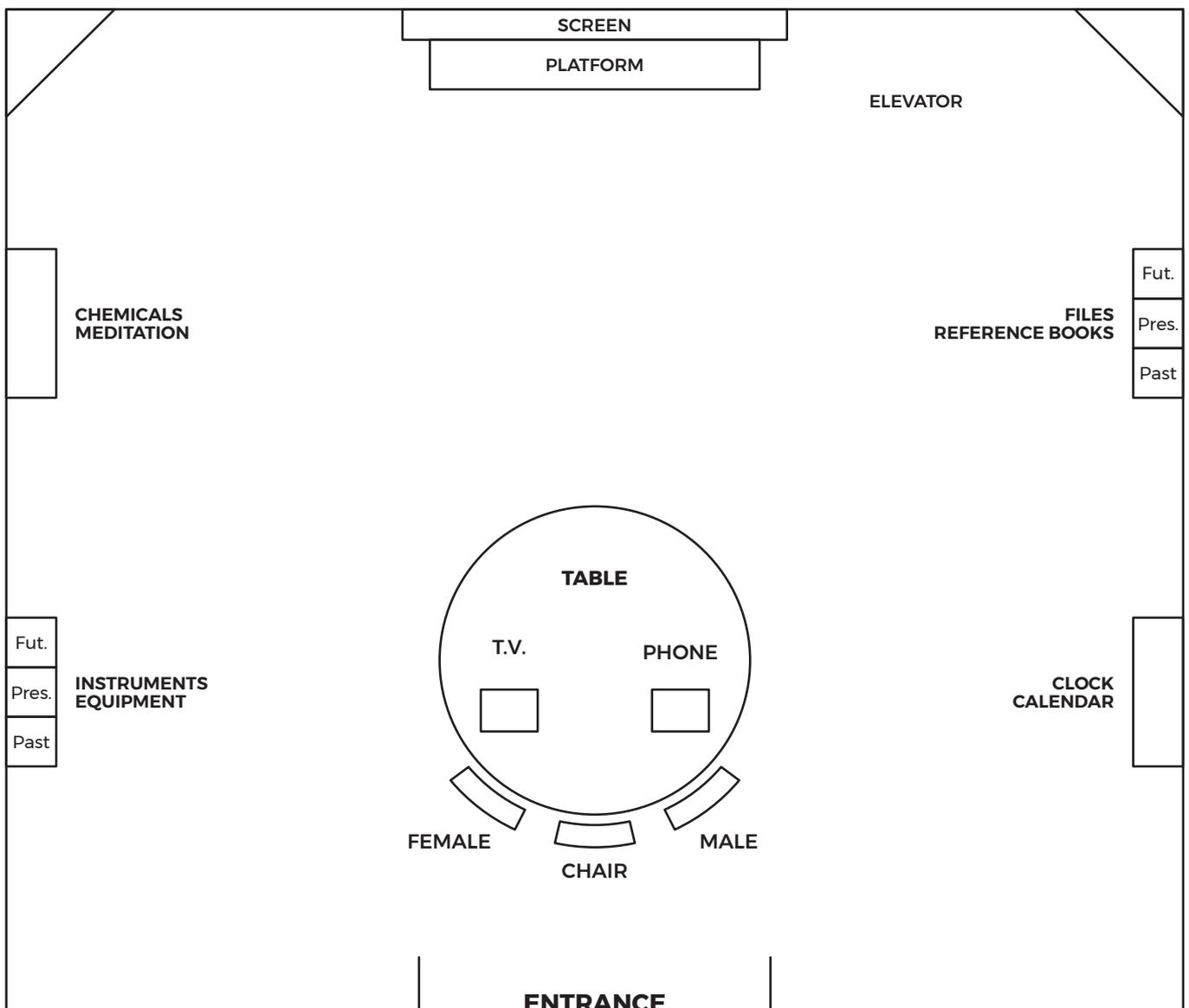
### WORKSHOP OF THE MIND



... YOUR ULTIMATE CREATIVE TOOL

#### YOUR WORKSHOP:

- Is located anywhere you desire.
- May be re-modelled or added to anytime.
- Is reached by moving 12 to 1 to enter  
1 to 12 to leave your room.
- Triggers your creativity, imagination & intuition.



## LESSON 8

# WORKSHOP SUGGESTED USES

### **Suggested Applications of Alpha Methods for Personal Use**

#### **Remember that the Law of Increase is spell "U-S-E"!**

That means that, as with any other ability, practice brings greater and greater ease and perfection in the performance of your inner senses. Also, your realisations, insights, and positive experience depend on your continued use of your "levels".

Don't energise a negative suggestion such as a doubt now that you can consciously utilise the most powerful levels of your mind. Look on to the constructive thoughts, feeling and actions and stay there!

The following is a suggested outline of practical applications of the course materials for individual and private use. Group Workshop experiences are urgently recommended for everyone, but these ideas will serve to get you started on your own.

1. Go to your own levels early in the morning and plan your day. Just spend five minutes or more seeing yourself successfully completing each important task of the day with a spirit of real command over your experiences and state of feeling. Establish an air of positive expectancy and keep it up!
2. Periodically, briefly go to your levels during the day if possible. Do this to recharge your energy your positivity, and direction of mood. With a little practice, you can easily go to your levels with your eyes open. Others will merely think you are in deep thought about something.
3. Nightly review. Each evening, although not necessarily at bedtime, go over the whole day's activities. While at your levels, preferably in your workshop, review experiences that were not to your liking and use your mental screen to see them done the way they should have occurred. Be sure to add the correct attitude and state of feeling to the experience, and where things did occur to your liking, give that experience your thanks and praise. Both of these manoeuvres serve to strengthen the correct attitudes and course of action in your subconscious and whole being while it also serves to destroy wrong habits of thought and action.
4. Work at the Workshop level and use the equipment there to:
  - a. Find information from your files, books, films and assistants to get creative ideas to solve problems.
  - b. Hold conferences with assistants and also with the principal parties that you deal with at the physical level. Do this to thrash out problems, work out or rehearse meetings that have as yet not occurred in the physical.
  - c. Project into the future to check out results of current trends or proposed courses of action.
  - d. Treat for individual or personal success, physical and mental health, prosperity, etc. in any aspect of action, thought, talent or affairs. Do this using the screen of the mind, positive suggestion to yourself and others, and by other methods that will occur to you while at the workshop level.
  - e. Treat for group success for your business, your industry. etc.
  - f. Treat for world conditions - ecology, labour problems, business problems, social problems, political problems, etc. This work will have a definite beneficial effect. Remember, the more you use your powers to help mankind, the more higher intelligence find you a useful channel.

**As a result, more power and ability will be added to you!**

**If there are any questions, contact your Growth Session Leader.**