



COURSE WORKBOOK

Welcome!

This Workbook is where you can do your written exercises from Modules 4, 5 and 6 from this Course to become clearer about your Life's Purpose. The other Modules have exercises that are more experiential and therefore don't need to be written down.

Remember, even though accessing and releasing the information that is stored within you is a profound experience... have fun doing it! You are on an amazing journey that will change your life forever

if you allow it. So please, allow yourself to expand into this journey and have some fun.

Note: You can listen to the bonus that came with this Course:

[“Meditation in to Your Heart”](#) before doing these exercises as it will shift you into a receptive state so that you can open up to what is waiting to be revealed to you.

Please revisit the exercises in this Course as often as you are called to so that the information you receive can develop and deepen.

(There are lined pages below if you'd like to print this Workbook out, or you can write in your own journal if you'd prefer.)

Enjoy your journey!

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Mod 4

What's Blocking Your Intuitive Guidance?

It can really benefit you to become clear about what is blocking you from being able to receive your intuitive guidance. So, without becoming attached, write down what patterns of stress and mind chatter have recently been recurring in your life?

Write about how you may identify with the problems you experience and your thoughts and judgments around those problems. Many people start to feel that a problem they are experiencing, a health issue or unhealthy relationship for example, is who they are; they identify with it. You are *not* the circumstances of your life, you are much more. **Decide to stop this identification and feel your *truth* instead.**

Can you identify if there is a particular area in your life that you think about too much? Maybe your children not listening to you causes you a lot of frustration for example, and you find yourself complaining about it a lot and placing too much of your attention on it.

Do you judge others a lot, or judge yourself harshly? Do you have self-doubt?

You are bringing these patterns into your conscious awareness so that you can become clear and do something about them; so that you can simply let go, choose differently and be happier in your everyday life.

When you have finished revealing the main subjects of your mind chatter and stress and you can be alone for a few minutes, do the **Becoming Aware Listening Practice** (the full Practice is available at <https://letgoandknow.com/becoming-aware-listening-practice/> if you want to go deeper).

1. Acknowledge

2. Soften to Listen.

3. Love yourself.

When you acknowledge what is arising for you, and you soften to listen, the energy changes and a shift occurs when you let go. When you feel sad, frustrated, lost or heavy, whatever you feel, there is an energy within you that hasn't been integrated properly and has remained stuck. Until you shine the light of your attention on it, you can't feel the joy you could be feeling because it can feel to you that there's an upper limit to it.

The beautiful solution to this, the opportunity for huge growth and expansion for you, is for *you* to become the loving parent to this part of yourself instead of looking outside of yourself for love or for fulfillment.

When you acknowledge the feelings, then allow yourself to just stop; soften and listen to what is arising and how you are feeling about it, the energy changes, you can feel a shift and the old energy can leave.

In this softness, healing and integration can happen, resulting in your feeling much lighter and your being able to continue your life from a clearer space so that you can connect with your truth and receive the intuitive Divine guidance (or feedback from the quantum field of intelligence – however you wish to view it) that makes life so fulfilling.

So, if you're sad, angry, anxious or depressed, you feel you're not living your purpose, don't resist it, just feel it. Don't collapse into it or identify with it. Stay open.

You are acknowledging the agitation and witnessing the part of you that feels abandoned, sad or frustrated. When you listen, you allow the energy that needs to come up and out to do so. You'll cry probably, maybe laugh, just shake it off... do whatever you feel like doing to release the energy. The feeling only lasts a minute or two when allowed to flow up and out and when no resistance is put in its way.

You are becoming present, no longer stuck in the past; and the present moment is where the magic and power is!

Now, give yourself some love. If this feels awkward for you, don't worry, this is normal, please persist. Start small and allow more love in as you get used to it. Allow yourself to feel the love that is available for you from your Source.

If you like, you can put your hand on your heart and say to yourself "I'm sorry you went through that, I love you."

Please make a habit of practicing this, a couple of times a week can yield huge benefits for you. Ideally, you would use this practice every time something arises in you, so that the energy can be transmuted and integrated.

Mod 5

Explore Your Life's Purpose and Gain Clarity on Your Life's Big Vision!

As a foundation, not just for this exercise but for your life, I'd like to start by encouraging you to ask yourself what your true desires are. I call these your "Light Desires."

I feel that your soul is showing you the most fulfilling path through your Light Desires. They will give you such clarity for your everyday living and lead you to your joy.

Give yourself some time to write down how you'd love to feel, what feelings are most important to you? What key words would represent these feelings? It's so important to find yours (and they will change as you grow) because they can be the foundation for your everyday life!

So, what are your Light Desires; how do you wish to feel? List the words that represent these feelings for you, for example: "I love to feel... freedom, spacious, passionate, artistic, strong, supported, love, expansion, joy, creativity, vibrant health, connection, wealth, perfect self-expression, community, contribution, peace, laughter..."

Once you are clear on how you wish to feel, bring these feelings to the forefront of your awareness, think about them often, FEEL them NOW. Before sleep, even for moments, bring them to your mind and heart, do the same upon waking. Put in to your daily planner actions you can take that will have you feeling your Light Desires.

Imagine when you begin each day from this foundation, imagine the clarity and fulfillment you'll feel!

Now that you have this clarity, you can become clear about your life's big vision. So, get comfy and write the answers to the following questions...

1. Ask yourself what qualities do you enjoy expressing most/certain characteristics you enjoy expressing the most.
2. When have you felt happy before?

When have you felt joy, expansion before?

Close your eyes and allow several memories up, then write down 2 or 3 times in your life when you felt joyful and fulfilled, even if it was years ago.

Then, ask yourself, is there a theme to how you felt in these examples. So, was there an overall sense of peace, fun, joyful self-expression, did you feel free?

Note: Bring this feeling into your awareness more and more from now on and choose to feel it NOW. Don't wait for something amazing to happen, you are a conscious creator of your life, FEEL IT NOW! BE HAPPY NOW!

3. Explore what you love to do and what comes easily to you.

What are you passionate about, what lights you up?

So, think back to when you were a small child, or older, was there something you really liked to do? Did you love to paint, play music or sing, make people laugh, encourage your friends, was there a way you were around people, or animals for that matter? And when you did this/were this, you got lost in time, you felt connected and happy and full?

This could be a signpost as to maybe all or part of your purpose.

Go and look at your book shelves, what type of interests do you have? Is there a pattern to the type of books/audios you have? Personal development for example or making crafts, or perhaps you have many cookbooks for healthy eating...

Now, take a look at your credit card statements. What do you repeatedly spend your money on? This will give you an indication as to what you are really interested in as you will likely notice a pattern.

The main question is, is there something you love that would add value to the world?

4. Remember what I shared about the superpower of your intuition; USE it!! Follow your inner guidance, the guidance of your heart and soul, what are you being called to do? Write about this, explore this...

Mod 6

Exercise to Discover Your Life's Purpose

Become present. Your awareness may be scattered so just move your awareness into your body, down from your head into your heart. This is where you connect from. Simply surrender, let go of trying to control the outcome of this, just allow it to happen, perfect well-being is within you always. Connect with the light within you, let peace wash over and through you and carry you through this exercise.

Now, sense the overall emotions and repeating experiences of your childhood.

Think back to your childhood or earlier in your life and open up to noticing a pattern in your experiences. What are the 3 main events or feelings that come to mind? In most cases, I have found that these experiences won't be positive ones. Just accept what arises without judgment (this acceptance can then lead to change.)

Don't resist and allow the energy to come up and out. If you want to cry, let yourself cry. Let it all go. Just be, let the awareness - the insight bubble up.

After you do this, realise that you can choose the opposite of what you experienced - what was denied to you in your childhood; this is a signpost towards your life's purpose.

When you are clear, (remember, you can do this exercise once or several times to reveal more and more clarity) create a Life Purpose Statement and keep it with you, put it in your car, on your mirror, on your phone, everywhere.

Write out what you wish to claim, what you wish to experience, how you wish to BE, in the form of your “I am....” statements to ground your purpose.

Write them and speak them often; “I am free.” “I am happy.” “I am joyful, expressive and wealthy in every way.” “I am discovering and living my purpose with ease.” “I am designing my best life.” “I am vibrantly healthy” and so on.

My wish is for you to commit to living your life’s purpose and to choose your Deeper Destiny from now on so that you can experience the fulfilled life you were born to live.

Wishing you love, joy, health, wealth and perfect self-expression!

Marianne



If you’d like to connect with me to inquire about any of the other Programs I have available or about working with me, please email info@letgoandknow.com

www.letgoandknow.com

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Lined writing area consisting of 25 horizontal lines.

Notes & Observations

