

Grow Your Business Action Steps Summary



Part I: Growing Your Relationship with the Universe

Chapter 1 Living in a Conscious Universe

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Start to notice when you experience a strong negative reaction to something. Take some time to reflect and journal the answers to the following questions. Ask yourself:

1. *What did I do as a result of how I was feeling?*
2. *What other choice could I have made?*
3. *What would have been the probable outcome of the other choice?*

Next time a similar emotion is evoked, see if you can catch the moment before you react automatically and make a conscious choice about your response.

This takes practice – be patient with yourself.

Chapter 2 The Power of Love

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Use the meditation given in this chapter to create your own 'Sacred Centre' deep within the Love at the heart of the Universe. You can use it as a meditation in its own right or as a place to which you will return for all the other meditations in this book

Chapter 3 Meditate Daily

instructions on taking a Walking Meditation.

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1. Schedule daily meditation time into your calendar.
2. Practice taking a few deep breaths and relaxing at regular intervals throughout your day
3. Go to www.JasmineSampson.com/bookresources for instructions on how to create meditative moments throughout your day.

Chapter 4: Pray

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1. Draw up your own Covenant with the spiritual realm. What do you commit to? What are you asking the Life Force to do?
2. Research the mystical writings of your own spiritual heritage, or of a spiritual tradition that appeals to you. Write out prayers or meditations that make you feel inspired and uplifted and make them a regular part of your practice.
3. Look for a local meditation and/or spiritual focus group to join.

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Chapter 5: Heal Your Trust in the Universe

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Set aside some time when you won't be disturbed. Have a glass of water and your journal available. Set your intention to release fear and grow in trust in the universe during this time. You can do this either aloud or silently.

Relax by sitting upright in your chair with both feet flat on the floor, your hands lying open in your lap, and breathing gently and deeply into your abdomen. Ask your body to bring up all the ways you hold fear about life and lack of trust in the universe.

Become aware of all the places where you hold tension or feel any pressure in your body. Starting at the top of your head do a complete body scan, making a note in your Journal of all the places that you identify. For each one make a note of the following points:

1. Where is it?
2. If you are going to draw this sensation what shape and colour would you draw?
3. What, if any, texture does this sensation have?
4. Any emotion you can identify
5. Rate the intensity of this sensation out of 10

Your finished list will look something like this:

- Top of my head: flat grey circular pressure. Feels sad and frightened. 6/10
- Dark grey bar between my eyebrows—feels like a wedge, extending back into the top of the eyeball. Intense pressure, very solid. Angry 7/10
- Triangular dull green ache at the top of the chest. Flat and dull. Feels sad 6/10

Continue until you have listed all the physical sensations you can identify. Now continue to the following meditation to help heal your fear and grow your trust.

Chapter 6: Take Your Place in the Global Jigsaw

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If you haven't already done so, start keeping a journal to record your reflections, insights and experiences. I write about the practice of journaling in more detail on page 33.

Go back to the list of Soul Themes and see which word most appeals to you. Make a note also of any that you particularly averse to. Strong emotions, both positive and negative, hold important clues to your inner life.

If your soul theme is not immediately clear to you, ask to be shown or guided, and you will receive the necessary direction. Relax by sitting quietly and invite your innate wisdom to alert you to which theme is yours. Be open to what emerges and allow the awareness of your theme to come to you. It may come in an unexpected way so be alert for words of a song, or a passing conversation 'sticking with you.' You might have a particularly vivid dream, or be strongly attracted to a book or a picture. You could also try asking your friends and those who know you well—they usually see us more clearly than we do ourselves!

Consider the following questions in your quest to deepen your understanding of your soul theme and the overarching intent of your life:

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1. What is it that you find yourself doing over and over again in different ways and different circumstances? This is a major clue to what your soul wants to express
2. Are there unlikely gifts that the Universe is offering to you right now? Be open to receive whatever is offered to you, even if it doesn't seem to be what you need right now. Remember that staying open to receive will move you forward
3. Is there something you have been trying and consistently failing to achieve over a period of time? Consider the possibility that this is not the right thing for you. Perseverance is a wonderful character trait, but the thing that is right for you will feel natural and give you a sense of satisfaction, even in the midst of challenges. If it doesn't feel like it fits you, or you are consistently unhappy with what you are doing, then it's probably not the thing you are here to do. Let it go!

Chapter 7: Ask For Guidance

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1. Take a few minutes to centre and tune in before you write your 'to do' list for the day
2. Use the written meditation below when you are setting your 90 day goals.
3. Make peace your guide. When you find you aren't at peace, stop what you're doing and check in with Spirit. Ask to be guided back to the right path. Follow the prompts.

Chapter 8: Harness the Power of Intention

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1. Each morning set the intention that today will be a good day. Think yourself through the day ahead, imagining the people you will meet and the tasks that need to be performed. Set the intention that you, and everyone you interact with, will be guided and blessed and that life will flow. Take note of ideas and 'coincidences' that occur. Act on them!
2. Trust your feelings and check in with them regularly throughout the day as they are your most reliable guide. If you feel 'lightness,' or a state of connected happiness, you have remained connected to the Power of intention. If at any point throughout the day you notice that you are feeling tense or blocked or that things are not flowing as you would wish, stop and reconnect to the Light at the centre of your being. Focus your attention onto your inner light, and reconnect with the peace and tranquillity that radiates from your heart. Allow your mental and emotional energy to relax back into harmony with the timeless peace that is at your core. Watch how your effectiveness and productivity increase as you and everyone around you relaxes and life flows more easily.
3. Imagine yourself moving gently and joyfully through life, with exactly the right combination of events, people, resources and opportunities flowing towards you. They intersect with your life stream at exactly the moment that you need them. Imagine that you can put your hand out and take from the stream of life exactly what you need right now. Be very grateful.

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Chapter 9: Welcome Your *Shalom*

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1. Review the other chapters in this section which give you foundational practices for developing your business in partnership with Spirit. If you haven't already done so choose at least one practice and make it a regular part of your daily schedule.
2. Go to www.JasmineSampson.com/bookresources Download the MP3 of the *Shalom* meditation below and schedule time to listen to it at least once a week.

Part II – Growing Your Relationship With Yourself

Chapter 10: Embrace Your Uniqueness

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1. Review Chapter 4 (Prayer) and 6 (Global Jigsaw). Commit to doing the work you are here to do and give thanks that Spirit is guiding and blessing you
2. Do the *Shalom* meditation each week

Chapter 11: Practise Forgiveness

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1. Use the processes outlined in this chapter to clear past issues that need healing.
2. Learn the skills of Focusing and Tapping to help you process difficult emotions as they arise. (I coach you through both of these at www.JasmineSampson.com/bookresources)
3. Keep yourself clear by staying tuned to your inner responses as you go about your day. Pay attention when pain and discomfort come up and note whether the discomfort is physical or emotional. In particular stay alert for signals from your heart and your gut, as they will give you valuable information about what is happening in your inner world. The faster you can process the information your body and emotions give you, the quicker you will grow.

Part III – Growing Your Relationship with Other People

Chapter 12: Let Go Of Judgment

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1. Take an inventory of your business relationships. Is there a client/colleague/employee who regularly pushes your buttons? Make a list of the thoughts and emotions you have around them
2. Then go online to www.JasmineSampson.com/bookresources and work through the ZPoint process with me
3. Practice tuning into your heart when you make decisions. Choose the thing that leaves you feeling peaceful and open-hearted

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Chapter 13: Use the Technology of Love

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1. Learn the four Ho'oponopono phrases and use them whenever you experience delay or difficulty in your business affairs.
2. When you encounter negative behaviour in others choose to see it as a cry for Love, and choose one of the ways suggested above to respond
3. Regularly use the Loving-Kindness meditation below for everyone connected with your business

Part IV – Growing Your Relationship with the World Around

Chapter 14: Ask For More Money

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1. If you haven't already done so schedule regular time for meditation and prayer into your business calendar. Actively seek the guidance of Higher Consciousness in your business decisions. Ask for help to release any unconscious blocks to financial flow and prosperity.
2. Use the Financial Abundance meditation at the end of the chapter on a regular basis.
3. Use the practices of **Error! Reference source not found.** and Blessing given in Chapter 15

Chapter 15: Practice Appreciation and Blessing

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1. Schedule time daily in your calendar to practice the skills of Appreciation and Blessing for your business.
2. Keep a record in your journal of what you have blessed and the results you are getting as you extend this practice. It will help build your trust and faith. A Real Estate Agent I know blessed her list of potential vendors for just 2 days before being called with a new listing.
3. Stay open-hearted as you pay your bills. Rather than feeling constrained from a belief that you have limited means, allow yourself to see paying your bills as a way of *paying it forward* into the community. As you pay each bill imagine the people and situations that it represents. Let yourself feel grateful for each one, and send a blessing to them as you make payment.