

FIRED UP! CONTENTS

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3.

“GOOD MORNING, CHILD OF GOD”

A strange wonderful thing happened to me one morning. I was away from home for a speaking event. As I awakened in the hotel room and turned to step out of bed, I heard in my spirit these words, "Good morning, child of God." Though the voice was not audible physically, its resonant clarity could not have been more real in my spirit. Stunned, I walked to the bathroom and stared at myself in the mirror. After a moment, I heard the words again, but this time I was saying them to myself, "Good morning, child of God." More mornings than not now, I say, "Good morning, child of God," to myself, to my wife, Bunnie, and to our bold budding teenager at home, Jovonna.

Celebrating God's blessing on humanity, David writes in Psalm 8:5, "You have crowned them with glory and honor." You have no more important thing to do in life than this: Come into a conscious realization of your own divinity. It is the master-key that unlocks a spiritual abundance we usually--and tragically--don't even dare to imagine. As we embrace who we are as children of God early and often each day, we are filled with divine loving acceptance, healthy self-esteem, and amazing creativity.

Know that you are loved unconditionally and you can risk loving others without expecting anything in return.

Know that you are wonderfully valued from within, and you can value others naturally and effortlessly.

Know that you derive from the Divine, and creative genius no longer looms as a blessing for the gifted few, it is yours by birth.

Condition your mind with your God-consciousness. As soon as you awaken, remember from whence you derive. Anthony De Mello tells the following story in his challenging book, *Awareness*:

A man found an eagle's egg and put it in a nest of barnyard hen. The eaglet hatched with the brood of chicks and grew up with them.

All his life the eagle did what the barnyard chicks did, thinking he was a barnyard chicken. He scratched the earth for worms and insects. He clucked and cackled. And he would thrash his wings and fly a few feet into the air.

Years passed and the eagle grew very old. One day he saw a magnificent bird above him in the cloudless sky. It glided in graceful majesty among the powerful currents, with scarcely a beat of its strong golden wings.

The old eagle looked up in awe. "Who's that?" he asked.

"That's the eagle, the king of the birds," said his neighbor. "He belongs to the sky. We belong to the earth—we're chickens." So the eagle lived and died a chicken, for that's what he thought he was.



5.

THE S.E.A.T. OF POWER

The S.E.A.T. of Power is an exercise I developed to spend some moments each day directing my mental energy towards things I deeply desire in my life. In our “crazy busy” world, our energy is usually directed in multiple directions at once. *When everything is a priority, nothing is a priority.* The key to succeeding at anything is focused commitment and extended quality time. That’s why your most important desires deserve a little bit of your commitment and time each day. *The only way this will happen is through discipline: dedicated devotion to a particular pattern of behavior.* Each day, get into the habit of spending some time intensely focused on what matters most to you, on your true heart-desires.

The S.E.A.T. of Power is focusing on manifesting your heart-desires through *Silence, Envisioning, Affirming, and Thanking*. Mind you, this mental exercise will not take the place of sacrifice and work in making your dreams come true, but it will energize your efforts and sacrifice making them more productive. In order to practice **The S.E.A.T of Power**, find a comfortable place to sit and follow these steps, allowing 1-5 minutes to complete each step:

1. **Silence** your mind. Empty your mind of all thoughts. The goal is for you to stop the expenditure of physical, emotional, and spiritual energy. Rest your spirit. Be at peace.
2. **Envision** yourself doing and living your dream. Take a mental photograph or see a mental video of yourself living your desire. Even if the details are dim, get a visual-feeling sense, no matter how small, of your desire having already come to past. To help you become more effective in your visualizations, I highly recommend reading *Creative Visualization: Use the Power of Your Imagination to Create What You Want in Your Life* by Shakti Gawain.
3. **Affirm** your heart's desire by mentally saying or speaking aloud a phrase or sentence that speaks of your fulfilled dream. For example: "I write with great joy and freedom." "I dance fearlessly into my future." Do not use long statements. Do use statements that make you feel strongly inspired when you say them.
4. **Thank** God for inspiring you to fulfill your "Holy Dreams." *Gratitude is an unsung Dream-Energizer.*

Remember, your life becomes what you think about the most. Do not under-think what matters most to you, your deepest dreams and desires. *Give your dreams your focused energy, and your dreams will give you their fullest expression in your life.*