

Compiled Weekly Homework Series: *Audacious Living*

Minister: Rev. Ric Beattie, Unity of Royal Oak

Week 1 (April 19): The Identity Audit

- **The Practice:** Monitor your "I Am" statements. Whenever you catch yourself saying "I am tired," "I am broke," or "I am worried," stop mid-sentence.
- **The Shift:** Recite **Saying 77** from the Gospel of Thomas: *"I am the light which is over them all. I am all; all came forth from me."*
- **The Goal:** Consciously replace one "poverty identity" with a "Divine identity" every day this week.

Week 2 (April 26): The "No/Yes" Authority

- **The Practice:** Practice your spiritual authority. When an appearance of lack or fear arises, say "No" to the power you've given it, and "Yes" to the Divine Law of Abundance.

Week 3 (May 3): The Heart-Check

- **The Practice:** Practice "Heart-Brain Coherence." Before reacting to a stressful news story or email, drop your awareness into your heart center and breathe "Love" for 60 seconds before responding.

Week 4 (May 10): The Imagination Vision

- **The Practice:** Actively "Mother" a new idea. Spend 5 minutes daily visualizing a world governed by Love. Do not look at *how* it happens; simply hold the *feeling* of its completion.

Week 5 (May 17): The Daily Shed

- **The Practice:** Forgiveness as Elimination. Each night, write down one grievance from the day on a scrap of paper and physically tear it up or burn it, symbolizing its total removal from your consciousness.

Week 6 (May 24): The Frequency Breath

- **The Practice:** Use your breath to entrain your energy. On the inhale, affirm *"I am filled with Divine Vitality."* On the exhale, affirm *"I release all that is not Life."*

Week 7 (May 31): The Zeal Appointment

- **The Practice:** Treat one mundane task this week (laundry, driving, filing) as a "Divine Appointment." Bring 100% of your enthusiasm to that moment, recognizing God in the