

...ROBIN BANKS PRESENTS...

SUSTAINING THE

# MAGIC

....MIND POWER FOR LIFE....

2018 and beyond



Week 2  
MIND POWER MADE EASY!

## WORKBOOK FOR WEEK 2: SUSTAINING THE MAGIC

Congratulations on completing week one of your Sustaining the Magic program. I trust you took the time to play and experiment with the various daily rituals and that you're enjoying the benefit of using net time to do your Mind Power exercises. The benefit of these processes is that you complete your Mind Power in an easy but effective way, I'd encourage you to keep playing around with the various rituals, like your Mind Power training they are sometimes effective and other times not as potent, so be sure to do each of the rituals at least 5 times before abandoning it as ineffective.

I trust that you have gained deep insights into what makes you unique, literally everything about you is unique, your upbringing, your ancestry, the books you've read, the places you've been to, the list is endless and it all adds up to your unique contribution you make to the planet. Your top ten qualities and your shadow qualities are also unique to you as it's unlikely that others share the exact same strengths and weaknesses. Be sure to Celebrate Your Uniqueness as well as transform your shadow aspects in order to make you more effective and holistic.

This week we will be going deeper into your understanding of who you are and what truly makes you unique and why that is the greatest gift to this planet.

Let us begin with a quick recap of this week's two audio recordings The Power of Contemplation and Your Winning Formula.

### THE POWER OF CONTEMPLATION RECAP:

Remember, all contemplation really is, is the process of asking and answering questions. It is an extremely powerful technique which will provide you with deep insights and understanding into whatever it is that you are focusing on. Any question that you ask your mind, it must look for answers, it is the ultimate Google search engine, your mind's job is to think thoughts and provide you answers to whatever you're looking for.

In order to become a true athlete of the mind; mentally fit, sharp, focused and ready to lead, we must continuously train and discipline the mind and one of the best ways of doing this is contemplation.

The other incredible thing about contemplation is that because we are all made up of energy, we can consciously use contemplation to dramatically shift our reality. The simple act of contemplation begins the process of shifting your vibration into a more desired vibration, while your mind gives you the solutions to whatever it is you are searching for.

The use of contemplation has expanded my horizons and made me realize that I'm

capable of much more than I had realized, like the house I thought I couldn't afford in Cape Town. Through the process of contemplation I realized I could actually afford a house, which initially I believed was way beyond my means, having that realization was extremely empowering for me. I also appreciate that contemplation not only led me to that realization but also gave me the wisdom not to buy the house as it was a decision based on "ego". Contemplation also assisted me in creating my perfect home and office space, which I am still complimented on to this day. The list of how contemplation has assisted me and many others is vast and extensive and I highly recommend that you use this technique every day.

I invite you take the time to contemplate and ask yourself:

- how can I make it better?
- how can I make my life more successful?
- how can I achieve my goals?
- where do I want to go, what do I want to achieve?

You can use contemplation for absolutely anything.

Your thoughts are indeed real forces. You have unlimited power at your disposal. The scope and magnitude of the human mind has never been measured before, we have no idea of the extent of human potential but what we do know is that the key to unlocking your power is through contemplation. You are sitting on a Gold Mind, use it!

*"A mind once stretched by a new idea never returns to its original dimensions"*  
Ralph Waldo Emerson

### YOUR WINNING FORMULA RECAP:

While we all have a whole host of qualities that we employ in our day-to-day lives, there are certain qualities which we employ more than others, those which are our greatest strengths and therefore our closest allies.

In this session, we take it one step deeper as you identify your top 3 qualities, known as Your Winning Formula. These are your three greatest strengths which you call upon to assist you to transform any situation.

Your winning formula is often a trait which has been accentuated as a result of an intense emotional experience during your formative years. Something happens, challenging our



current way of being. You make up a story that who you are isn't good enough and you unconsciously choose to accentuate a particular quality in order to fill the void and make up for the seeming inadequacy.

For example – my winning formula are the following three:

- I am confident;
- I am charming;
- I am eloquent

These 3 qualities are a powerful force for me, they are deeply ingrained in my psyche and I call upon them when I need them, especially when I am challenged. The reason it's called Your Winning Formula is that these 3 forces, even though you're not aware of them, will get you through when you are in a tough situation.

My invitation is for you not to judge or criticize yourself or even the person or situation that lead you to accentuate the quality, because within every quality there lies a positive and negative aspect. Rather look at how it has served you and use the positive aspects of that quality to continue to assist you on your path. One of my traits is that I am charming, some people may perceive this as a negative trait but I use my charm in an authentic way to open doors and create opportunities to transform situations.

Your winning formula is a gift and it is good to know what it is so that you can consciously use it in your life to serve you as well as those around you. The truth of the matter is, that you already do use your winning formula but you have been doing so unconsciously because you don't consciously know what it is.

The challenge with your winning formula is that it presupposes that who you naturally are is not enough, which is not true. You are more than enough and when you can let go of the need to try and be someone other than who you naturally are and accept and love yourself with all of your strengths, weaknesses, short-comings and quirks, then you will find peace, love and acceptance, and people will naturally be drawn to you.

So, once again, the invitation is for you to know thyself. Remember to approach this without judgement but rather with curiosity and introspection. You're wanting to Know Yourself in order to Master Yourself. This is where your personal power lies and the more you connect with your uniqueness, your strengths and your authentic self, the clearer your mission becomes and the world your oyster.

On that note, let's have a look at our exercises for week 2.



## **EXERCISES FOR WEEK 2:**

### **Exercise No. 1**

For 5 minutes every day, contemplate what you think your winning formula is. Allow your mind to wander about it, don't be too anxious about getting the right answer. Just contemplate, what are the three qualities that you unconsciously call upon when you need to transform a situation?

### **Exercise No. 2**

For 5 minutes every day, repeat the affirmation –

“I always remember my dreams”

“I always remember my dreams”

“I always remember my dreams”

Be sure to have a dream journal next to your bed, so that you can record your dreams first thing in the morning. Why are we doing this now? Because you are searching for your winning formula and more than likely your subconscious is working on giving you that answer and the answers may come to you in a dream.

### **Exercise No. 3**

For 5 minutes every day, repeat the following affirmation:

“I do enough, I have enough, I am enough”

“I do enough, I have enough, I am enough”

“I do enough, I have enough, I am enough”

We are using this affirmation because we are exploring significant emotional events which may bring up feelings of inadequacy and rejection. The truth of the matter is that you are already magnificent, there is nothing to do, there is nothing to become. Who you naturally are is more than enough, accept yourself completely, love yourself because You Do Enough, You Have Enough, and YOU are Enough.

### **Exercise No. 4**

For 5 minutes every day, visualize every aspect of your life going well and working out to fulfillment.

This is an exercise from Week 3 in your Mind Power training, it's one of my absolute favorites and I use it all the time.

### Exercise No. 5

Spend 5 minutes every day, acknowledging yourself for all the positive gifts you bring to the world. Remember to Celebrate Your Uniqueness and acknowledge yourself for being you!

I like to do this exercise while looking at myself in the mirror. I look myself in the eyes, as I acknowledge myself for all the positive things I bring to the world. For my efforts in transforming global consciousness and empowering individuals to be the best they can be, for how much I have achieved and for my ongoing efforts in achieving more.

Acknowledging yourself affirms how much you have already achieved which elevates your personal vibration and naturally moves you into a stronger, more successful frequency.

Remember that thoughts that are emotionalized become magnetized and attract similar and like thoughts.

That brings us to the close of the exercises for week 2, enjoy doing these exercises don't take it too seriously or make it too heavy, enjoy this process of discovering your Winning Formula and even if you don't get it 100% right, it's okay, this is not a life test, you're exploring your psyche and getting to know yourself intimately. Feel free to add your own exercises based on your specific goals and objectives. You are well on your way to becoming a member of the 90 day club, remember to acknowledge yourself for your consistency and follow through.

Enjoy week 2!