

...ROBIN BANKS PRESENTS...

SUSTAINING THE

# MAGIC

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

2018 and beyond



Week 3  
MIND POWER MADE EASY!



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banks

## WORKBOOK FOR WEEK 3: SUSTAINING THE MAGIC

Congratulations on completing week two of your Sustaining the Magic program. You are now a third of the way into your 6 week audio program and if you have been doing your exercises *every single day like you should be*, I have no doubt that you have gained a deeper understanding into who you truly are and the incredible gifts that you bring to this world simply by being you. This week's audio recordings have built on what you have already discovered and will assist you in gaining even more clarity into what you wish to create for your future as well as understanding the power of your emotions which are essential in mastering the art of manifestation.

Let us do a quick recap of “WHO’S IN CONTROL?” and “DISCOVER YOUR PASSION”.

### WHO’S IN CONTROL RECAP:

This week we explored the concept of “Who’s in Control”. Being well aware that we live in two worlds at the same time; our inner world of thoughts, feelings, attitudes and beliefs. And the outer world of circumstances, situations, the world of our physical reality and what happens to us.

During your Mind Power training our primary focus was on the power of our thoughts and how they create the outer world of reality. However, we didn’t focus too much on the power of our emotions and how they too create and manifest our circumstances. Naturally the law that relates most to this is the law of attraction: *“Thoughts which are emotionalized become magnetized and attract similar and like thoughts”*.

I believe that while our Thoughts are Real Forces, it is the *emotions behind them* that act as conductors. It is our emotions that create the power which intensifies the vibrational frequency of whatever it is that we are focusing on, increasing or decreasing the time in which we manifest that thought into something tangible and real.

It is important to remember that we all have bad days, we all go through difficult times. So allow yourself the time to feel the emotions, allow the anger, rage, sorrow or whatever it is that you are experiencing to flow through you; honor yourself by acknowledging where you are in the moment, feel the emotions and then release them. As Eckhart Tolle says: “The best way out of pain is through pain”. You want to live at the center of the wheel and yet still keep moving forward while the point on the circumference goes up and down. The invitation is to create not react, become the observer of what is happening in the outer world, acknowledge your feelings but don’t be governed by them because they will change from moment to moment and day to day.

Only you hold the key, as Neale Donald Walsh says: “A true master always has intentions, but accepts whatever happens as the perfect outcome”. You can choose to react or create. This is the power of choice and it is in your hands to do with as you choose.

Another important thing to remember when mastering your emotions is that *Desperate energy repels!* Do you remember the story I told you about that friend of mine that wanted to fall in love? She was thinking the right thoughts, she was saying the right words, but her energy and vibration was a negative energy of desperation meaning the *frequency* she was vibrating was literally repelling what she was wanting to manifest. One of the key components of your Mind Power programme is seeding and what is seeding? Seeding is focusing on creating the FEELING of whatever it is you are wanting to manifest, you don't hope, you don't beg, you don't plead, you claim it and you Make it Real NOW!

So, bathe and soak in the FEELING of what it would feel like to have whatever it is you are wanting to manifest. Use your imagination and feel the circumstance as if you are already in it, you are in a magnificent relationship, you are financially successful, you are living in the home of your dreams.

And the final key component to effective manifestation is to recognise that we create at three levels. We create with our thoughts, words and actions, most people think one thing, say something completely different and do something else and then wonder why they don't have personal power. When you do that you literally leak energy and life force, so be sure that your thoughts, words and actions are in alignment.

"My thought my word and my action are powerful forces of attraction."

You are the master. You are the creator. You are the director and choreographer of this amazing symphony called life. How beautiful. How glorious. How magnificent. Enjoy the process of creation!

### DISCOVER YOUR PASSION RECAP:

I sincerely believe that we all have a calling and when you Discover Your passion and Live your life with Purpose it becomes a total game changer. This is why I created this chapter in the Sustaining the Magic programme, because I want to assist you in experiencing your most powerful self-expression. In this recording I gave you examples of various individuals who discovered their passion and how it led to incredible fulfilment. I know that this is possible for you too.

Each person is unique and that is why it is essential for you to take the time to contemplate, to consider and ponder what it is that you are passionate about, because it is through this process that you will discover your life's true purpose.

I realize that this process may seem daunting to some of you, but I assure you, the answer lies within. All you need to do is ask your brain, your ultimate google search, to provide you with the answer and it will be revealed. As Nelson Mandela once said: "It always seems impossible until it's done."



Here are a few questions I believe may assist you:

- What subject could you read 100 books on without getting bored?
- What would you do even if you weren't paid to do it?
- What would you spend your time doing if money wasn't a factor?
- Where do you spend your time, what do you love doing, what it is that you do when time just seems to fly by?
- Where do you spend your money, I've spent a lot of time & money on personal development because that feeds my soul, what's that for you?
- What are the top 10 qualities you'd use to describe yourself? We covered this in Celebrating Your Uniqueness
- What is your Winning Formula? even if you only know one of them.
- What are you naturally good at, are you good at numbers, socializing, listening, are you technically minded, do you like detail or do you prefer the overall picture.
- Make a list of all the things you really good at
- Make a list of the things you're not good at or really don't enjoy doing
- What did you love doing as a child?
- Have you ever done a personality profile test? If not I'd highly recommend that you do one as it will provide you with deep insights into your natural gifts, which can be very beneficial in steering you towards your Life Purpose.

These are just some ideas to trigger your thinking. If you're not too sure what your calling is, perhaps you could spend 10-20 minutes answering these questions. Have fun, be curious and explorative and feel into it as the answers you are searching for reveal themselves to you.

I gave you examples of individuals I know, including myself, who took their passions and redirected their skillset into a career and a vocation which was both fulfilling and lucrative. If they could do it, then there is no reason why you can't do it too.

Now not all of your passions are going to make you money, some of them you will continue to enjoy purely because they are fun and you love to do them. For me, Golf is a great example of this. I know that I will never be a pro golfer because my number one, truest passion lies in transforming global consciousness. That doesn't mean that I don't love to play golf, I book myself a game as often as I can, it just means that my top priority is being on stage, connecting to people and creating content that is in line with my mission.

So perhaps it will be useful for you to make a list of your major passions in life, identify as many as you possibly can in all areas of life. People, travel, sports, history, finances, the arts, music, fashion, beauty, animals, wildlife, nature, politics, dancing, boats, cars, planes. There are so many areas it's impossible for me to name them all, so make a list of all your passions and you might just be surprised to discover that there are areas you may be really good at that you haven't even begun to explore.

I believe that Discovering Your Passion is the key to a life of both success and fulfilment. So, here is the big question – **WHAT ARE YOU-PASSIONATE ABOUT?** What are you excited about? What moves you? What is it that you do and love doing so much, that time just vanishes?

Once you have identified the top three causes that you feel most passionate about, remember to keep your top ten qualities in mind, as well as your winning formula, these qualities are very likely to assist you within your chosen vocation.

Remember that the great thing about doing what you love is, that it's not work, it's fun!

As you do your exercises this week allow yourself to ponder these points. Let me assure you that you do indeed know what your calling in life is. The answer lies within and you have an amazing technology in Mind Power to help you discover your passion.

Find and identify your passion and it will open doorways to tremendous opportunities for you, often beyond what you thought possible.

### With that, let's discuss our Exercises for Week 3

#### **Exercise number 1:**

For 5 minutes everyday contemplate the following questions and any of the questions previously asked on page ;

1. Where do you spend your time, what do you love doing, what it is that you do when time just seems to fly by?
2. What would you do even if you weren't paid to do it?
3. Where do you spend your money?
4. What did you love doing as a child?

#### **Exercise number 2:**

Make a list of all your passions, name at least your Top 10 and see if you can list them in order of priority. What are the things that you are naturally good at? What are you truly passionate about?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

Now spend 5 minutes every day contemplating this list, what opportunities and possibilities do they open up for you? What would your ideal purpose in life look like?

### **Exercise number 3:**

Create an affirmation, specifically designed for your job or vocation and repeat it out loud for 5 minutes every day.

For example – my affirmation that I say everyday is:

"I am a top international speaker, successful throughout this planet. I am a top international speaker, successful throughout this planet".

So, create an affirmation that works for you, something powerful with rhythm that makes you feel excited and brings your future self to the present moment.

### **Exercise number 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.

That brings us to the end of our exercises for week 3. Enjoy exploring and discovering your true passions; make it fun, play around, like a curious and inquisitive detective. And finally remember to have your dream journal handy so that you can diarize your insights and the answers that come to you in your dreams.

