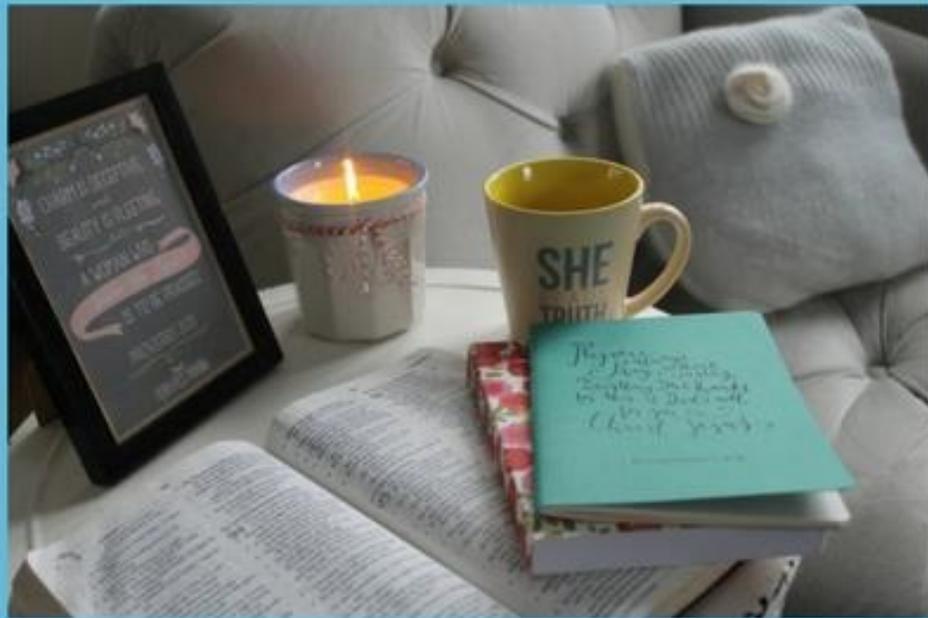


Includes

Listening Library Quick Start Guide



by Rhonda Jones

Please Use this Handy Quick Start Guide to Help You Get the Most Out of Using the Listening Library!

For years, off and on, I've been incorporating Christ-centered Meditation in Morning Devotional Routine. Although, I may not always be consistent by doing it every day, there is NO DOUBT that spending time with God each and every morning is one of the best investment that we can ever make. I can honestly tell you there is a difference in the days that I spend time with God and make my devotional time a priority.



By spending time with God everyday I've seen significant improvements in my:



One of my major life goals is to build my life and my business on a spiritual foundation. It is so easy to get caught up into striving for what we want and completely leave God out of the equation. Building our life on a spiritual foundation means we put God in the forefront and seek HIM for all that we need to be successful. When we partner with God we can be assured that we will receive HIS wisdom, guidance, understanding, and that HE will provide us with the right people and circumstances to support our endeavors. With God in the lead, we learn to work smarter and not harder.

I believe we can work a lifetime striving on our own and not accomplishing what God can do in an instance. Remember the story about the disciples who had been fishing all night and didn't catch a thing. The next morning, when they were pulling in their nets, Jesus came by and said, "Cast them" down again into the deep. Reluctantly they did so. In their minds, the fish just weren't biting. Yet, when Jesus entered the equation, His power mixed with their intention,

created a miracle. The fish practically began to jump into their nets and their boat! Isn't that what we want? Do you need to go DEEPER with God too?

Every perfect gift COMES from God and the Bible says it comes without sorrow or repentance. When God blesses us, because we DELIGHT ourselves in HIM, we can learn to be free from striving and accomplishing in our own strength. We can also let go of the fear of losing what we have received. If we think that WE did it, then we'll also think that it's up to US to keep it.



You Can Incorporate the Listening Library in Your Daily Devotionals.

In this guide, I will be sharing with you my exact [Power Hour Morning Routine](#) and some of the tools I use. I generally spend anywhere from 30 minutes to an hour per day with the Lord, but if you don't have that much time, you can modify to your liking. However, I really want to encourage you to make this a priority. If you can swing going to bed a little earlier so you can get up an hour earlier, it really would be well worth your time! God tends to multiply back to us what we give to HIM.

“Give and it will be given you, pressed down, shaken together, and running over.” (Luke 6:38)
This is a biblical principle we all can incorporate...“GIVE WHAT YOU WANT TO RECEIVE!”

So let's get started! Below is a cute graphic I created to illustrate my Power Hour Morning Routine. You can print this out and place it in your journal to remind you of the steps (see below). Before that, here is my exact morning routine.

GETTING STARTED WITH THE LISTEN LIBRARY

You now have access to a wide variety of Christ-centered meditation and affirmation audio recordings. If you're anything like me you might get overwhelmed when presented with a lot of information, not knowing exactly where to get started.

The Listening Library is broken up by topics. You will notice that some of the meditations may be in more than one category. This gives you an opportunity choose a meditation or affirmation audio most relevant to you at the time.

For example, if you are feeling stressed or anxious, you can go to the **Peace and Stress Relief** category and choose audios from that section. You can listen to the audios by themselves or incorporate them into your own devotional or morning routine.

The meditations are best when listened to in the morning shortly after waking up. This is when our mind and spirit are the most open to receive, and before our old and familiar thought patterns take over. It's generally the first few thoughts that we have when we wake up, that will set the mood for the rest of our day. So why not start our day with our mind fixed on God's word and his presence.

There are quite a few options available to you for using the recordings. Here are a few suggestions below:

Listening to the Christian Affirmations

1. Listen to affirmations as you drift off to sleep. If you are listening to affirmations before bed or when you first wake up, I would recommend also doing the optional progressive relaxation as well.
2. Listen to affirmations when you first wake up, but you're not quite ready to get out of bed. You can have the affirmation set and ready to go on your phone, so you just have to push the play button when you wake up and then roll back over in your bed. Don't worry if you fall back asleep; your subconscious mind is awake even when the rest of you is asleep.
3. Listen to affirmations while you're cooking breakfast, getting ready for work, doing housework, or any other time you can just let them play in the background. You really don't need to pay that much attention to them, as they are impressing upon your subconscious mind.

4. Listen to affirmations while you're working out or even taking a walk in your neighborhood. Just put on some headphones and enjoy.
5. Listen to the same set of affirmations over and over or alternative between different ones.
6. You don't have to try to memorize or repeat the affirmations, unless you want to. Although this engages your conscious mind, we really want to reach your subconscious mind where all of your beliefs are held. This is best done when we are in a resting or relaxing state. Otherwise, the mind tends to reject anything out of your normal patterns of thinking.

Listening to the Christian Meditations:

1. Just like the affirmations, you can also listen to selected meditations while drifting off to sleep or waking up.
2. I prefer to do my meditations as a part of my devotional or quiet time and make it a little more formal. I like to look at this time as my appointment or date with God.
3. You can do the meditations by themselves depending upon how much time you have, or you can incorporate them into your devotional time. For example, you might start your quiet time by reading a daily devotional, followed by a guided meditation recording, a time for journaling, prayer, and reading the Bible.
5. If you want additional ideas on how to enhance your quiet time get a copy of my ebook, "A Date with God." "A Date with God" teaches you how to turn your quiet time into an amazing Hour of Power.
6. Choose meditations based on your current mental, physical, and emotional needs.
7. See the meditation do's and don'ts before getting started.
8. Consider starting out with the 10-day Christian Meditation Challenge to help you jumpstart your practice. It includes a devotional as well as corresponding meditation. This challenge is included free in The Listening Library.
9. Don't judge your meditation time, the only bad meditation is the one you don't do. Think of it as a training of the mind as well as learning how to be still in God's presence. This is not an easy thing to do and takes practice, so don't beat yourself up if your mind continually wanders. Just relax and enjoy the process. Learn to laugh at yourself and your thoughts.

Christian Meditation Do's and Don't's

Do's

1. Do find a quiet spot that you won't be disturbed.
2. Do sit in a comfortable position. Let go of the idea that you must sit like a yogi or with your ankles crossed.
3. Release and let go of any fearful thoughts. Breathe into them and then exhale them from your body.
4. Start your meditation with an intention and a prayer. Your intention can be a variety of things from "Lord, I want to draw closer to you," to "Lord, help me to cast my cares upon you." During your prayer, surrender your mind and heart to Jesus. Invite Him into your heart and ask Him to fill you with His presence.
5. Make an appointment with God just like you would a good friend. Consider that Jesus is waiting to meet with you, so only change or cancel if absolutely necessary.
6. Linger in God's presence for a few minutes after the meditation to allow God's Spirit to speak to your heart. Record any inspirations in a journal.
7. Make the practice your own.
8. Every now and then, check the What's New Tab to see if I've uploaded any new meditations.

Don't

1. Don't let distractions keep you from meditation; distractions are a part of life. During meditation, we're not trying to stop all the noises outside of us, but the noises and distractions within us, coming mostly from the mind and the ego.
2. Try not to skip too many days in-between meditating. After skipping two days in a row, it will be much harder to get back into the routine. In addition to this, don't allow the enemy to beat you over the head with guilt either. Love yourself just the way you are, right now. It is God who changes us.
3. Don't give into feelings like, "I don't feel like meditating today." The days that you DON'T feel like meditating and spending time with God are the days that you need to most.
4. Don't get frustrated if you think you're not making quick enough progress or you're not getting the expectations you were hoping for. Meditation is an inner practice that cultivates inner change that you might not recognize right away.
5. Don't feel there is something wrong or God doesn't love you if you don't hear, feel, or experience any inspiration or His still small voice talking to you. Let go of expectations

that breed suffering. Just enjoy the experience of dwelling in God's presence, staying attune to the present moment, basking in the silence, and detaching from any immediate outcomes. That is just the mind tripping you up.

My Personal Power Hour Morning Routine (Rhonda Jones)

My morning ritual varies greatly depending upon my needs, time available, and what outcomes I want to accomplish. Some days I may only meditate, others I may spend up to an hour going through several different activities. Therefore, let your heart drive your quiet time, instead of your head or fulfilling some underlying obligation.

Here's What I Use:

- Journal (I love large ones)
- Inspirational Book (other than the Bible)
- Devotional
- Guided Meditation or Technique
- Bible
- Favorite Pen
- Quiet and comfy place to sit
- Sticky Notes (optional, but very versatile)



My Routine or Ritual:

-Wake up

-While still in bed, turn on affirmations while still drowsy before I'm ready to get up.

-Get up and brush my teeth and make me a cup of hot tea.

-Read from an educational or Inspirational book, other than the Bible. Right now I am reading "How Not to Die." This book contains information on science-based nutrition. It's really good. Also read autobiographies about other Christians. Another good thing about starting with an inspirational book is that you'll be amazed at how much reading you can do in 10 minutes. Sometimes I will read my book while riding on my stationary bike, so I'm feeding my mind as well as strengthening my body. (10 minutes)

-Read a Devotional Passage. I have several that I alternate. God always seems to have a message for me. One of my favorites is *Jesus Calling*. (5 minutes)

-Guided or Silent Meditation. I like to listen to the same meditation for a while before changing to another. This way I'm getting the full benefit of it. The guided meditation helps me to still my mind and enter into God's presence. (10-20 minutes)

-Read God's Word: I read one chapter in the **Bible**. I generally read in chronological order. I jot down any inspirations, thoughts, or scriptures that touch my heart. It is so important that we hide God's word in our heart. His Word is Spirit and Life. (5-10 minutes)

-I Declare and Decree my Affirmations (which I have posted on sticky notes in my journal or on my prayer cards). Here is where I read aloud my affirmative statements of what I want God to do in the areas of my business, life, and EVERYTHING else under the sun! (5 minutes)

Here is an example: "I declare and decree that I hear the voice of the Lord and I am obedient. I walk by faith and not by sight and am rewarded for it."

-Gratitude Prayer (or Letter to God): My gratitude prayer kind of brings it all together. It's my opportunity to pray in the affirmative for my needs, situations, or the needs of others. Sometime I just reaffirm what I know God is already doing. If you like to write, you can write your gratitude prayer instead and then read it aloud. (5-10 minutes)

WOW...does seem like a lot, but it is so enjoyable and I love knowing that I honored God with the first fruits of my day! Plus I feel ready to start my day with focus and balance. These are just a few ideas. Check out A Date with God for more!

REMEMBER, make the routine completely yours. Change, eliminate, and modify to best meet your unique needs. Just try to mind a way to make it work for you even if it's only 30 minutes per day.



I hope these tips will help you get the most out of the Listening Library. Please email me with any questions and I will answer them and add them to the FAQ section in the member's area.

 Blessings, Rhonda Jones

- Please join the Facebook group, Christians Who Meditate, and share your experiences using the Listening Library!



The Christian Meditator's

POWER HOUR MORNING ROUTINE



Optimize Everyday for peace, joy, and success God's Way!

1

**Read a Inspirational
Book (10 minutes)**

6

**Declare & Decree
Affirmations
(5 minutes)**

2

**Silent or Guided
Meditation
(5- 15 minutes)**

7

**Testimony Time
(5 minutes)**

3

**Reading a chapter or two
of the Psalms
(5 minutes)**

8

**immediate Needs
(5 minutes)**

4

**Read passage from
Favorite Devotional
(5 minutes)**

9

**Emotional Healing Work
(5 minutes)**

5

**Read One Chapter of
Scripture
(5 minutes)**

10

**Graditute &
The Lord's Prayer
(5 minutes)**

**Get your free Power Hour Morning Routine
Guide at www.thechristianmeditator.com**

DON'T FORGET YOUR PHYSICAL FOOD AS WELL! I LOVE THIS GREEN SMOOTHIE CHART. I TRY TO HAVE ONE EVERY MORNING.

A CONSCIOUS CLEANSE GUIDE TO
**Building a Perfect
Green Smoothie**



1 Choose Your Base

2 CUPS
of your choice

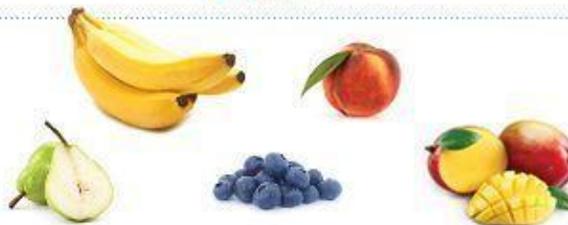
- water
- nut milk — almond milk, hemp milk or coconut milk
- raw coconut water



2 Choose Your Fruit

1-2 PIECES
fresh or frozen

- bananas
- mango
- blueberries
- peaches
- pears



3 Choose Your Leafy Greens

2 CUPS
of one or two

- spinach
- swiss chard
- kale
- romaine lettuce
- collards



4 Optional Boosters

- 1 Tbsp. chia seeds
- 1 tsp. maca
- 1-2 tsp. spirulina
- ¼ avocado
- 1 Tbsp. coconut oil
- 1-2 Tbsp. ground flaxseeds
- 1-2 tsp. cinnamon
- 1 in. chunk of ginger
- 5 drops stevia



5 Blend & Enjoy!



www.consciouscleanse.com
connect@consciouscleanse.com