

**SNEAK PEAK
LOOK INSIDE!**

32-PAGE PREVIEW



**2nd
Edition**

HELP ME GOD CHANGE MY LIFE

DETOX YOUR LIFE & AWAKEN YOUR INNER SPIRIT

*Detox Your Life in 7-Core Areas in the Biblically-Based
12-Week Program to Change Your Life & Deepen Your
Relationship with God! Includes 7-Guided Meditations!*

BY RHONDA JONES, THE CHRISTIAN MEDITATOR

What Readers Are Saying...

"First let me say how much this program is changing my life. I love it! I have been talking about it at our church and we are getting ready to start the 10 weeks together."

"It has taught me to handle my fears and anxiety through surrendering to God thru all three avenues: spiritual, emotional, physical. I am learning and growing, and this program has helped me do that!"

"I am now more aware of my beliefs and negative thoughts and recognize that I can get rid of them. In addition, the meditation practices were great, and I still find that quiet time useful. I am definitely a different person and feel able to achieve all things."

"Rhonda, thank you for producing this wonderful work I'm enjoying going through each lesson. I would like to share this with my daughter who really needs a personal relationship with God."

"I LOVE your program. Honestly, I am really impressed with the ministry GOD has given you and it is a blessing to so many."

"I am breaking through my blocks to relationship and joyful obedience to our God. I am realizing how good God is and I see my relationship and obligations as a positive and desirable thing rather than something I have to do or else."

"I'm on day 10 now and LOVE IT. I feel like I have a tool to correct the ungodly negativity and implement God's word and love into my life. It's helped me become aware of His presence in and around me at all times, such a peaceful yet powerful resource to have."

"Rhonda, I feel honored to be one of the first to have read this program. Many years ago I visited a counselor and she made the observation that I was like a contractor without any tools in my toolbox. I wanted to tackle the job at hand, but I was completely unprepared! I wish I had had your program back then! You are providing much-needed tools to the Christian Community. As a person in recovery from a rare autoimmune disease, I can attest that the steps in your book help to open the individual to fully experiencing God's healing touch. I believe that many people will grow in their faith and walk-in wellness due to your efforts."

"After a search on the internet for Christian Meditation I was so blessed to find your meditations and they immediately started to change how easily it was to renew my mind and stay calmer during the day. As I searched your website, I decided to download your Ebook and committed to a 100-day plan to get it finished starting Nov 14th. I just finished today with the last daily lesson and I have to admit. I am a changed person. So many good things have come from doing the lessons. I have mainly de-cluttered my thinking and gained deeper techniques for renewing my mind and pondering scripture. Thank you, Rhonda, for being so brave and transparent and doing the hard work of getting the daily lessons all in one place. I am rewarding myself with a weekend away with my husband as my goal was to finish by Feb 24th and I DID IT!! Yeah for the feeling of completing something and following through. Thank you again for a great resource."

"Amen and amen! I am currently working through your program and I am so blessed and challenged. Thank you for a brilliant book! Thank you for sharing your experiences with us!! God bless you abundantly!"

"I cannot tell you how much this all is helping me overcome anxiety and fear, I am just about off all medication. Thank you for paying attention to God and allowing Him to use you to help others who are struggling. Praise God!"

Rhonda Jones

Serenity Enterprises

Help Me God Change My Life: Detox Your Life and Awaken Your Inner Spirit

Second Edition

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Please see your health care provider for diagnosis and treatment of any medical concerns, and before implementing any nutrition, exercise or other lifestyle changes.

May God bless you!

Rhonda Jones

To access the resources and tools provide to complete this program, please visit:

[Link Available in Paid Version](#)

Visit thechristianmeditator.com to order a wide variety
of Christian Meditation and Affirmation CDS and Downloads
for relaxation, healing, and intimacy with God.

“One thing I do know. I was blind but now I see.” – John 9:25

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Preface: Why This Program

In the late 90's I suffered from a deep depression. I did everything possible to overcome this malady from counseling, medication, and asking God to take it away. Nothing helped with any lasting value. What was even more disheartening is that I am a Christian and Christians aren't supposed to be depressed; we're supposed to have the joy of the Lord. Yet in agony and despair, I suffered four long years and had begun to reconcile it was my fate.

Then one ordinary afternoon as I sat in my forest green mini-van waiting to pick my three children up from school, I began to breathe. With each exhalation, I released the emotional pain that had riddled my heart and every extremity of my body. It was a pain so dense you could cut it with a knife.

With every breath, I silently affirmed, "I release pain," each time feeling lighter and freer until all vestiges of the pain had subsided. There I sat in the stillness, silence, and peace, something that had eluded me for so long. And then I heard the still small voice of God speak to me.

From this point on I started on a journey of healing and many months later, with God's leading, I learned to conquer the darkness that had gripped my heart for so long. As a result of my healing, a ministry was birthed that has reached and helped thousands of believers gain freedom from their natural minds and develop a deeper and more personal relationship with God. That ministry, Christian Meditation, and Relaxation now includes 23 CDs with over 52 Christ-centered meditation and affirmation recordings.

Although I am elated with the success of Christian Meditation and Relaxation, I am still disturbed by the letters I received from my brothers and sisters in Christ who often asked me "how did God heal you" and they wonder if I can help them gain freedom as well. As much as I'd love to give each individual my personal attention, it's just not possible.

Detox Your Life and Awaken Your Inner Spirit is my attempt to put everything God has taught me that led to my healing into one step-by-step comprehensive program that anyone can follow. I am so thankful to now provide the tools and spiritual disciplines that will help believers move past their minds and into the presence of God as well as health and wellness.

Blessings,

Rhonda Jones

Introduction

Today you are about to embark on a new journey, a journey to wholeness and wellness in your mind, body, spirit, relationships, and your environment. As you complete each day of this journey, you will see old habits and mindsets peel away and make room for a brand new you, a more centered and healthier you. As you let go of the old in your life, you open the door to attracting what truly nourishes your heart, mind, and spirit.

2 Peter 1:3 tells us that "His (God's) divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness." Clearly, everything that we need comes from God and He has already provided it. So, the big question remains, if God has already provided it, why aren't we fully receiving it?

Detox Your Life and Awaken Your Inner Spirit is about making more space for God in your life so you can remove all the blockages that interfere with experiencing all that He has made available for you. If God is the source and He has provided all the goods, then it's up to us to remove the obstacles that block the flow or have stopped the "floodgates of heaven" from pouring in.

Blockages come in many forms and can range anywhere from the thoughts we think, the words we use, the foods we eat, the people we associate with, the space we live in, our past experiences, and the way we use our time. That's why *Detox Your Life and Awaken Your Inner Spirit* focuses on those areas in our lives that are most toxic: our mind, our spirit, our home, our relationships, our schedules, and our past.

But mostly, *Detox Your Life and Awaken Your Inner Spirit* is really about healing your relationship with God as well as your relationship with yourself. Everything else is just a by-product or symptom of a misalignment in these two crucial areas.

Are mental, emotional, physical, and spiritual toxins blocking God's light from shining through in your life?



Are You Filtering God's Light?

There is nothing more beautiful than watching the sunlight shine through a crystal-clear window. That light comes through in full force without anything blocking its entrance. But imagine that same window full of fingerprints, smudges, cobwebs, and dirt. Although the same sun shines ever so brightly, the debris on the window will begin to block some of that light from entering in.

The Bible says that if our eye is full of light, then our body is as well. But if our eye is full of darkness, so is our body, our hearts, our thoughts, and minds.

The toxins in our life: our fears, unbelief, depression, oppression, busyness, guilt, unforgiveness, anger, and strife (to name a few) symbolize the smudges and debris that begin to accumulate on the windows of our minds, bodies, and spirits that block or prohibit God's light, which represents peace, joy, abundance, love, trust, and faith from shining into our lives without any obstructions in the way.

The more toxic we have become, the less of God's light that shines on us. It's the same as closing our eyes so that the light of God is shut out, making our whole body partially or fully darkened and limiting what God wants to do in us and through us.

Getting Back in Balance

Life is all about balance. It is when things get out of balance that we begin to lose our focus, joy, and peace, and life becomes an overwhelming blur or a stagnant pond. When God's spirit is not flowing freely throughout our lives, we become discouraged, stressed, and even depressed. Life loses its meaning, or every day can become just another link in the chain. Living on autopilot prevents us from living our Christian walk with authenticity and purpose.

Jesus said that he came that you might have life in abundance. This abundance has nothing to do with what you possess, where you live, what you drive, or even who you are married too.



The abundant life comes from within. It is the life you create with your own thoughts, words, and actions. Unfortunately, many people create their lives by default. They don't know that by changing their inner selves, they can affect their outer world. Instead, they just trudge through life like everyone else taking whatever comes their way.

But that is not God's way. Roman 14:17 says that the kingdom of God is not meat and drink (our tangible endeavors) but righteousness, peace, and joy in the Holy Spirit. Yet a question I am often asked is how do I get that joy? Many of us have looked long and hard to find it. We've looked to our mates; we've looked to food; we've looked to the church; we've looked to recreation; we've looked to sex; we've looked high and low, but as long as we are looking in the wrong places, it will elude us. I want to help point you in the right direction to uncovering the source of true contentment. Luke 17:21 declares, "The kingdom of God is within you."

Lord Change Me

There is a popular book by this title, and I believe this reflects a core principle of God. Although we go to great lengths to change other people or even our circumstances, the only thing we can really change is ourselves and even that can be difficult.

Detox Your Life and Awaken Your Inner Spirit will take you through a process of examining, peeling back, and eliminating those areas in your life, those illusions, obstacles, and deceptions that keep you from being content with your life and experiencing God's peace and joy now. Usually, it's our own toxicity that creates the toxic situations we face. That's because our outer life generally mimics what's going on inside of us. If you have a toxic body, toxic thoughts, toxic emotions, toxic relationships, a toxic home, a toxic schedule, and a toxic vision, guess what...you're toxic and wallowing in waste. It's time to step out of that pit and allow God to make your footsteps firm and plant your feet on His solid rock.

As you work through the program, consider that the goal is to bring change in you and not anyone else. As you change from within, your outer world will adjust to reflect the new you.

Program Overview

Detox Your Life and Awaken Your Inner Spirit contains dozens of daily lessons. I love learning in bit-sized junks as opposed to being overwhelmed by too much information at once. This way I can apply it daily in small and easy tasks. I believe that transformation takes place when we make small changes and stick with them long enough.

If you have purchased this program as a download, I encourage you to print out the entire program, hole-punch it, and place it in a binder. You will also be given the URL (web address) to a webpage that will contain all the meditation audios and additional resources mentioned in the program.

I also suggest that you start the program on the following Monday and use the days prior to Monday to get prepared both mental and physically. The lesson introductions give you an overview of each topic segment and a list of what you will need. Being prepared in advance will lend to completing the program successfully and harmoniously. Please note that the meditations are an integral part of this program and should not be skipped. In fact, I created a unique meditation for each section of the program. Please adhere to the suggested meditation component to get the most out of this course. I will discuss this more a little further down.

Sunday is always a day of rest so you will not have any assignments on that day; however, I do encourage you to spend at least 20 minutes with God in meditation or silence. Also, spend this day of rest enjoying your family and friends. Do something special for yourself, even if it's just watching a movie and eating popcorn alone. And by all means, don't do any work! You'll learn more about keeping the Sabbath as you proceed through the daily lessons.

This daily 12-week program is broken down into the following seven areas: detoxing your mind, spirit, body, relationships, space, vision, and schedule. Within each of these categories, you will receive a daily lesson and action plan. Separately each of these lessons will do very little, but collectively they will change your life, by changing the very core of you.

Christian Meditation: An Essential Part of This Program

How many self-help books have you read? Just browse your home library. Mine is lined with bookshelves and bookshelves of them, and I've read most of them. Many years ago, as I embarked on a journey to know God, not learn more about what others said about Him, but to know Him for myself, I decided not to read any more books about spirituality, Christianity, or God.

In fact, I had absolutely no desire to do so either. I figured that what other authors wrote was all about their own experience with God. Whatever the reason, their stories had no appeal to me. If I was going to learn about God, it would be from the Bible or God's spirit within me. It wasn't until 5 years later that I picked up and read another self-help book other than God's word.

Although this is a self-help program, it is not my desire to create a cookie-cutter, one-size-fits-all-method. I share my experiences not for you to emulate me, but to show you what God wants to do in the heart of his children who are surrendered to Him, who sits at his feet, and who wait upon him.

If I were to ask you to mimic anything in this program, it is to spend time with God every day in meditation which includes stillness, silence, and solitude. That is the only thing that makes this book different than the many wonderful self-help books out there. The transformative power of this program is not in the words but in the time that you spend in the presence of God, allowing Him to penetrate every fiber of your being and change you. The lessons that accompany each meditation experience are to open your spirit to new ways of relating to God and others that we are rarely taught in church. I call them spiritual disciplines and I will ask you to engage in a variety of them each day throughout the program.

As time goes on you may be tempted to skip the meditations or your mind may become bored with them. I always say that the time we need to meditate most is when we don't feel we need or want to. By giving in to these thoughts you are allowing your mind to call the shots. Your natural mind doesn't know what is best for you but instead wants you to give in to ease and comfort. By continuing with the daily meditations, even when you don't feel like it, you are learning to mortify the flesh and its desires.

IMPORTANT: The book includes guided Christian meditations for each section. A link will be provided where you can listen or download them. You'll find the link in the Overview of each section. The guided meditations included in this program are titled:

1. *Detox Your Mind Guided Meditation*
2. *Detox Your Spirit Guided Meditation*
3. *Detox Your Body Guided Meditation*
4. *Detox Your Space Guided Meditation*
5. *Detox Your Schedule Guided Meditation*
6. *Detox Your Relationships Guided Meditation*
7. *Detox Your Vision Guided Meditation*

Each meditation is between 10-15 minutes long.

Please note that the meditations may not specifically address the areas mentioned. For example, during the *Detox Your Space Meditation*, you will not be meditating on cleaning your home. Instead, the meditation work by accessing your subconscious mind, helping you to eliminate all that is standing in the way of living a more abundant life. Meditation often speaks in symbols and images instead of literal actions.

In addition, if you'd like to have access to additional topic-specific guided Christian Meditations, consider becoming a ***Be Still and Know Meditation Member***. Learn more at <https://thechristianmeditator.com>. It's only \$19.00 per month but will give you access to over 70 topic-specific guided meditation and affirmation audios that you can use during the program.

Scripture Meditation (Alternative Meditation Method)

At the beginning of each **Detox Section**, you will notice a passage of scripture for scripture meditation. As an alternative, you can do a scripture meditation in lieu of the guided Christian meditation recordings at any time.

Scripture Meditation is a simple meditation method to help you to hid God's Word in your heart. The best thing about Scripture Meditation is that all you need is to know a phrase of scripture to do it. No music or props, unless you want them.

During Scripture Meditation you silently and very slowly repeat a passage of scripture in alignment with your breath. For example, if you were meditating on *The Lord is My Shephard*, it would sound (silently) something like this: The (breathe) Lord (breathe) is (breathe) my (breathe) Shephard (breathe), then repeat. Each breath constitutes a full breath, both an inhale and exhale. Whenever you have noticed your mind wandering off, just bring it back to the scripture passage and your breath.

Each time you catch your mind wandering off in thought, you bring your attention back to the scripture passage and continue to repeat it slowly in your mind. As you are silently repeating your scriptural passage, you are giving yourself permission to return to God's presence. Here are the steps:

I like to light 3 candles that acknowledge the Father, Son, and Holy Spirit. As I light each candle I affirm, "Thank you Father, thank you Jesus, thank you Holy Spirit for entering my home and my heart as I dedicate this time of meditation and silence to you." (optional)

Sit in a quiet place that is free from distractions. Set timer for 10-20 minutes.

Be sure you have memorized the scripture passage associated with the series of lessons you are reading. If not, have a copy of it sitting in your lap, so you can glance down at it as needed. You will need to memorize one scripture passage for each chapter. Below are some suggestions on helping you to memorize the passages in the next section.

Next, take yourself through a progressive relaxation as well as some deep breaths.

Here is a **short relaxation script** you can use:

Take in deep breaths through your nose and out through your nose or mouth. Notice your belly rising and falling with each inhalation. Allow each breath to fully fill your entire lungs. Let each out-breath be long, slow, and even. As you inhale, imagine you are breathing in peace and calmness. With each inhalation, imagine a wave of peace overtaking you. As you exhale, imagine the wave carrying away with it all stress, tension, and worry. Continue to breathe until you feel relaxed. **Begin now to meditate on the scripture passage.**

You can do the scripture meditation in complete silence or play quiet music in the background. On the member's audio page, I've provided a few links of meditation music that I use sometimes or just play your favorite music from YouTube or your mobile phone.

Memorizing Scripture for Scripture Meditation

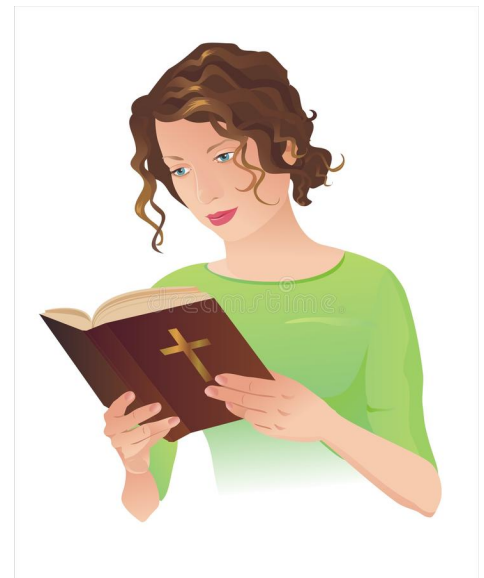
In order to do Scripture Meditation, you will need to memorize specific passages. You will find the scripture passages on the introductory pages of each section. This section will give you some tips on how to memorize scriptures more easily.

- Read the passage aloud.
- Write the passage out several times as you read it.
- Try to write the passage from memory.
- In your own words, write what the passage means to you.
- Look for any patterns in the passage.
- Memorize one or two lines a day until you have memorized them all.
- Write the passage on a sheet of paper and place it on your lap during the meditation. If you forget a word or line, quickly glance at the passage and continue with the meditation.
- You do not need to memorize or repeat the scripture reference during the meditation (i.e. Roman 1:12.)

Meditating on the Word

Each lesson suggests a chapter of scriptures to meditate on each morning or evening. Christian monks call this form of meditation, contemplative prayer. Meditating on the Word involves selecting a short scripture or biblical passage, and then reflecting on it for the entire day. During their reflections, the monks would think about how these particular scriptures were relevant to their lives. They took ownership of the scriptures by making them their own. They measured their behaviors by them and contemplated what changes they needed to make so that their lives personally reflected the passages. They became one with the word of God.

Meditating on God's word is different than just reading a chapter or passage of scriptures, then putting your Bible away. Reading through the scriptures quickly may only be skin deep.



Many people have a hard time understanding some passages or quickly forget what they just read. If you are reading materials that have no relevance to our past or current situation it's difficult to absorb it. Meditating on the scriptures assures that some portion of scriptures will penetrate your heart and there is no pressure to get your reading quota in for the day. You just read until something in God's word pricks at your heart or jumps off the page like a neon light. It could be one word or an entire scripture. Hebrews 4:12 says that God's word is like a two-edged sword, it is alive, and it quickens us. We are changed by the word; but the word has to get into our hearts and our spirit and not just our minds. Many years ago, as I began to study the word to write my manuscript, *"Don't Go Back to Egypt,"* I was amazed to see meaning in specific scriptures that eluded me before.

Meditating on the Word by taking small bites and then chewing them slowly, is transformative and much more effective than just reading whole chapters or passages.

To practice meditating on God's Word, read the suggested chapter or passage of scripture. Continue to read the passage until something in the scriptures jump out at you and appear to have some relevancy to your life. Continue to read the rest of the chapter to see if any other portion of scriptures relate or stand out. After reading the chapter, find the passages that were meaningful to you and highlight them in your Bible. Reread them several times. You may also want to write them down in your journal or on a notecard. Ask God to make these passages real to you. Begin to reflect on them throughout the day, pulling them out and rereading them as needed. Begin to reflect on your life in light of these passages. Does your life mirror God's word? If not, what could you do differently? Offer your mind and body as a living sacrifice to God, surrendering "your" will and way to God's divine plan and purpose. If needed, repent for any sins or ungodly behaviors revealed to you. Let God's word clean and purify your heart. Commit to becoming a doer of the word and not a hearer only. As you meditate on God's word, it will begin to change your thoughts and actions.

Diving Deeper:

Diving Deeper are the assignments that coincide with each lesson in this program. These assignments help you to take the information you're reading past the intellectual and into the emotional and spiritual, the place where true change can take place. These assignments are highly recommended, and I want to encourage you to do them. However, because of time restraints, you may find that you only have time for practicing the daily meditation, affirmations, meditating on the word, and reading the lessons. Also, if there is more than one assignment with the lesson, you can elect to do them all or choose those that most appeal to you.

God is the Source of Our Healing and Wholeness

You may have bought this program because you suffer from depression, your life is out of balance, you need healing in your relationships, you want a deeper relationship with God, you're overwhelmed with your life, you need direction from God, you want to lose weight, or even desire better health. All of these are great reason for purchasing *Detox Your Life and Awaken Your Inner Spirit*. However, I believe that the source of all healing and wholeness begins with an intimate relationship with God and knowing who you are in Christ.

Detoxing has become the new health buzz word and detoxing your body is more popular than ever. I agree it is an important part of a healthy regiment. However, what good does it really do to detox your body if you're not going to detox your mind from the mental habits that lead to unhealthy eating in the first place? Or what good is it to have a healthy body and even a healthy mind, if the space you live in is full of toxic chemicals or even toxic people. Similarly, if your spirit is toxic and weighed down with depression, anger, and unforgiveness, how can you enjoy ultimate health in the other areas of your life?

1 Corinthians 12:26 says that when one member suffers all the members of the body suffer. That is why I believe we must approach detoxification in a holistic manner if we are to truly acquire health and wholeness. Long-lasting healing is not compartmentalized healing; it is healing of the whole self. And most importantly, it's receiving our healing as a direct correlation to our love and commitment to God. In God, there is no darkness, sin, or illness; therefore, as we align our hearts and minds to God, we move closer to all that God is, love, joy, peace, health, and wholeness.

Working Through the Program

This program is not about adding another project to your to-do list. In fact, as you work through *Detox Your Life and Awaken Your Inner Spirit*, one of two things should happen, 1) if you are overwhelmed with life to the point of exhaustion, this program will help you to examine your life and values and live more authentically, meaning you will eliminate some non-essentials from your life or bring balance to areas that are out of control. Or 2) you may feel your life is uneventful, you are not living your purpose or would if you knew what it was. You feel unmotivated most of the time and find yourself mildly or moderately depressed because life isn't what you expected. *Detox Your Life and Awaken Your Inner Spirit* will help you to find peace and contentment right where you are "now" while opening the door to possibilities in the future.

Whether you are a stay-at-home mom, busy entrepreneur, full-time employee, or retired business owner, you decide how you want to progress through this program. If daily is more than you can handle, do a new lesson every other day or even every two days. Some of the assignments are lengthier than others and may require more days or time. Just complete one lesson before moving onto the next. Even if you can't get to a particular lesson, try not to skip the daily meditation time with God. As you progress through the activities you will find your time freeing up and can re-adjust as needed. Whatever you do, just don't allow guilt to stop you from finishing. Just start where-ever you leave off and continue.

Eliminate Multitasking

I really hate that word. In my opinion, multitasking is the opposite of being fully present in what you are doing and being fully present is a spiritual discipline that leads to joy, peace, and contentment. Multi-tasking also leads to stress and anxiety and women are much better at it than men. The one exception to this multi-tasking rule has to do with talking on the phone.

Most social calls are big time wasters, but if you can talk on your headset and drive, do the dishes, or some other task that doesn't require your attention, you can connect with friends while taking care of labor-intensive activities. I will often make calls while driving here and there or even on some morning walks. It makes the time go by faster and you're not wasting precious time on casual conversation.

Make It a Family Affair When Necessary

I can hear some parents saying, "How do you expect me to meditate on God when I have 2 toddlers running around all day?" Most definitely you will have to do some juggling, but here are a few tips. I watch my grandson several days a week and he is anything but docile. On the days I watch him, I may do my meditation time when I first wake up while he is still asleep. Generally, I like to exercise first but will do it a little later if necessary. Additionally, if I have him at nap or bedtime, I will bring a chair and tape player into his room and do my meditation while he is falling asleep. I usually have to sit in the room for 15-20 minutes anyway to help him settle down, so this works out well. The soft music will also help him to relax. Also, any other activities you can do with the family can be a lot of fun.

Where to Begin

You may have one specific reasons for purchasing this program and you may be eager to get started detoxing that particular area, i.e. body, relationships, in your life that are way out of control. I encourage you to follow the program in its order; however, if you feel you need to address one particular area immediately, then please start there. You can begin at the topic of your choice and when finished, go back to the beginning and work your way down. The first two chapters, *Detoxing your Mind* and *Detoxing your Spirit* are the most important because they set the foundation for being successful in the other areas. Just keep in mind that this program wants to heal you at the core and not just address the symptoms in one area, so all the lessons are important. If you are out of balance in one area, more than likely, you are out of balance in others as well.



Morning Stretch & Quick Yoga Routine

Do you jump out of bed each morning and start your day without honoring your body with a morning stretch? Not any-more. Dr. Oz puts a morning stretch on the top seven list of practices that keep you healthy and living longer. Stretching is a great way to wake your body up and prepare you for movement throughout the day. An alternative to a morning stretch is a quick morning yoga routine. Yoga has so many wonderful benefits. These include greater flexibility, strength, and range of movement. I created a 10-day Christian yoga challenge for stress and anxiety that includes 10-minute yoga workouts that you can use. You can find a link to these at [Link Available in Paid Version.](#)

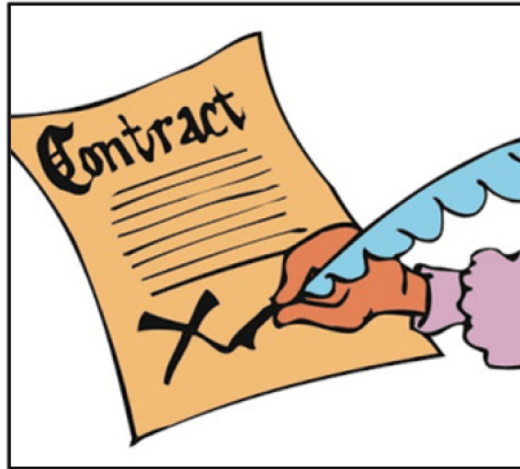
Get Moving

I also want to encourage you to get moving. Two essential components of this program are meditation and movement. Beginning with week one you will be incorporating a daily 20-minute Christ-centered meditation time in your schedule. The second component, movement, isn't addressed in detail until the 5th week of the program; however, because movement is so vital to your health, I want to discuss it briefly now.

Movement creates momentum. Movement stirs up what is stagnate. Movement releases those hormones in your body that promote well-being. Movement reduces depression. In fact, in a study of 156 clinically depressed people, they found that 30 minutes of exercise three times per week was more effective at lifting depression than the antidepressant Zoloft. (*Source: Walking by Faith by Christian Fitness Guru Leslie Sansone*). Therefore, beginning today, include some form of exercise in your day, especially if you struggle with mild depression. It can be as simple as a 30-minute walk to a vigorous workout. I have gotten into the habit of exercising within 15-minutes of getting out of the bed each morning. Sometimes I will do a walk/jog where I alternately walk to one streetlight and jog to the next. Not only does this rev up my metabolism, but it just makes me feel great. Need a simple solution, check out Leslie Sansone's, *Walking by Faith Book and DVD set*. Also, check around for locally fitness or workout classes. I recently started taking a Zumba class three times a week and have never had more fun exercising ever. Lastly, on a recent Dr. Oz show, he said that 30 minutes of daily exercise and one hour of meditation, prayer, or other relaxation techniques would dramatically reduce heart disease.



Detox Your Life and Awaken Your Inner Spirit Contract



Please put your name into the correct space and sign the contract. You can also duplicate it and paste it in your journal.

I _____, commit to completing the *Detox Your Life and Awaken Your Inner Spirit Program* and will dedicated the time needed to assess my life, connect with my inner spirit, and allow God's transformative power to make the necessary changes in me to move me from just existing to true living. As I work through these processes, I ask God through the power of the Holy Spirit to bring attention to those areas in my life that I need to surrender to Him for healing and restoration. As buried, lost, or denied baggage surfaces in my life, I commit to turning them over to God. I will resist the urge to repeat my old patterns of coping that masked the symptoms instead of addressing the core problems in me. I give God permission to peel back the layers and re-create me into the person I am meant to be. I honor myself by honoring my words to myself this day and every day forward.

Your Name

Date

Getting Started: Prior to Day 1

In this section, you will begin to prepare for the upcoming chapters and lessons. One of the core practices that you will incorporate on a daily basis is a quiet time with God. Your quiet time will include a 15-20-minute guided meditation, reading of the daily *Detox Your Life and Awaken Your Inner Spirit* lesson and working through the exercises (these may be extended to other times during the day), meditating on God's word, completing your daily schedule, and writing in your journal. In reality, you will need at a minimum one hour, but it could easily take up to two hours or more if you choose to complete the *Diving Deeper* assignments during this time. Although you will need to arrange your quiet time in a way that best fits your daily schedule and personal preference, below is an example of what works for me:

First, let me state that I do some form of exercise within the first 15 minutes of getting up. This is generally a stationary bike, 10-minute yoga, or ab workout on YouTube. Sometimes I'll do my own Christian Yoga Challenge videos (on YouTube) for stress and anxiety. I have found that not only do I accomplish a huge feat at the beginning of my day, but it just makes me feel good. I've tried over the years to exercise during a variety of times, but I've been able to stick with this schedule best. Now it is pretty much a habit and I feel like something is missing if I don't get it in. If possible, please try to incorporate some type of movement beginning this week. Also note, your quiet time is not a Bible study, but a time to dwell in God's presence and abide with Him. You can either extend your time with God by concluding with a Bible study or schedule it for a different time during the day or week.

Quiet Time Agenda for Scheduling Your Time with God Recommended:

- Read the Daily Detox Your Life and Awaken Your Inner Spirit Lesson
- Prayer or reading of Psalms to invite God into quiet time
- 20-Minutes of Guided Christian Meditation
- Complete Detox Your Life and Awaken Your Inner Spirit Lesson now or later in the day.
- Journaling
- Completing Daily Schedule, Add to Project List, Add to Weekly
- Schedule
- Meditate on God's word in morning or evening before going to bed.

Here is a brief explanation of each, but they will be explained in greater detail as your progress through the lessons.

1. Read Today's Detox Your Life and Awaken Your Inner Spirit Lesson (5-10 Minutes)
Read the lesson for the day.

2. Meditate on God's Word - (5 to 10 minutes)- This can be done in the morning or in the evening before bed. Each lesson highlights a chapter of scriptures to read. To meditate on God's word, begin to read the chapter until a word, phrase, or specific scripture resonates in your heart. Continue reading the entire chapter and then reread the phrase that pricked your spirit. Ponder these words for a moment and ask the Lord how these words apply to you. Record the scripture verse on your Daily Schedule Form and then write the scripture or create an affirmation to meditate on throughout the day. Write it below the verse.

3. Begin Meditation with a Prayer from the Psalms to invite God into your Quiet Time (optional)

First, light three candles. The candles represent the Father, Son, and the Holy Spirit. As you light, ask that the light of God's love, joy, and peace to enter you and radiate to the rest of the world. Next, open your time with God by reading a chapter or passages from the Psalms in the Bible.

4. Guided Christian Meditations -There is more information on the **Detox Your Mind Chapter Page** regarding how to access the guided Christian meditations that are included in this program.

Quick Overview:

- 10- 15-Minutes Guided Christian Meditation
- Close your meditation with a personal prayer or psalms.
- Complete the Diving Deeper assignments now or
- schedule them for a later time during the day. (5 minutes plus)
- Journaling (5 minutes to 1 hour)
- Write about any inspirations, thoughts, or messages that swell up within you. Complete your detox assignments and/or list 3 things you are grateful for this day.
- Complete Your Daily Schedule, Ongoing Project List, and Weekly Schedule (5 to 20 minutes)

By the time you leave your quiet time, you'll have prepared your agenda for the day. No more scatter brains or wasting precious time trying to figure out how you're going to spend your day. You're going to feel empowered from day one!

Beginning Your Day with God Equals Success!

Recently I was meeting with a client who thought her life was out of control. She was having a difficult time staying focused at work and spent a large portion of her day visiting coworkers, walking the halls, and distracting herself with non-work-related tasks. As a result of this behavior, she spent many days working after hours and on weekends to catch up. Her personal life wasn't much different.

When I had her do her first 20-minute meditation session in my office, she could not relax her mind. She commented that her thoughts were all over the place and that she was easily distracted. A disorganized life means only one thing, disorganized thoughts. A quick inventory of your home or business can tell where you fall on the organization scale. Until you get your thought life under control, your life will be out of control.

For the next week, I encouraged her to spend time each morning doing the following steps. She could do them when she first woke up or when she arrived at work. These steps would keep her on track and focused. By sacrificing these few minutes initially, she would gain hours of productivity and reduced time wasted. After only one day of the plan, she felt like a brand-new person. She completed more work in one day than she had done in the past two weeks. She was so excited. Later she commented that she didn't realize just how scatterbrained she was. The next day at her job, she said that she noticed how easily distracted she was but that instead of giving in to her normal impulses, she was able to stay on track.

Each day you will follow the steps below to complete your daily schedule sheet:

Step one: Follow or create a Quiet Time Agenda that meets your needs. Now complete your daily schedule, project list, and weekly schedule according to the following plan.

Step two: Spend the next 5 minutes in prayer asking God to help you plan your day, order your steps, and guide your activities. You want to acknowledge God's direction for your day and in everything you do.

Step three: Spend the next 10-20 minutes planning out your day. There are several parts to this exercise. First, on the **Short and Long-Term Project Sheet**, keep a running log of everything you need to do. You may need to create two separate list for work and home. As tasks and projects come to mind, add them to this list. Post or place in a binder.

On the **Daily Schedule Form** add today's date. Jot down the activities you would like to complete for this particular day. Use your **Short and Long-term Project Sheet** to help you decide. On your Daily Schedule Form prioritize each item by giving them a 1, 2, or 3. Your 1's are must dos; 2's you would like to accomplish today; and 3's will do if time permits. Now go back over the list again, this time prioritizing the 1's, then 2's, then 3's by adding an a,b,c,d... behind each number. Therefore, each item will have a corresponding number and letter depending on their level of importance for this day, i.e. 1a- Answer Emails, 1b- Write Smith Letter, 2a- Get Auto Insurance. Next, in the right-hand column of the schedule spend several minutes scheduling your time zones. For example, from 7-8 meditation / planning, 8-10 meetings, 10-12 projects, 12-1 lunch, 12-3 errands, 3-3:30 break, 3:30-5 emails, 5-7 exercise, etc. This is a very loose schedule and doesn't have to be exact; you can also add appointments or events you plan to attend with corresponding times.

Start by doing each task in the prioritized order listed. Tip: Do the activities you dislike most first and get them out of the way. Check or cross off completed tasks using the icons listed. Don't diverge from the list. When you find yourself getting distracted or wanting to put something off for later, your motto is "*just do it now.*" Repeat it often. Work within the scheduled time frames, then find a comfortable place to stop. Maintaining balance is just as important as getting things done. If you don't complete everything on your list, that's okay, just add them to tomorrow's list. In addition, be realistic about what you can efficiently complete in the allotted time period. Don't write down 10 tasks, if there is only time for 3. Add those that aren't in your top priority to your short-term list.

If you will commit the first fruit of your day to the Lord and follow these simple steps, not only will you bring organization to your mind but also to your life. Everything around you will begin to fall into order and you will be amazed at how much you can accomplish.

Today's Assignment:

- Decide how you'll schedule and format your daily quiet time with God and where you plan to do your quiet time.
- Reproduce 30 copies of the daily scheduler, 6 copies of short-and-long-term project list, and 5 copies of the weekly schedule. The forms are in the appendix section of this guide.
- Purchase any items on list that you don't already have.
- Do the following for today:
- Read the Daily Detox Your Life and Awaken Your Inner Spirit Overview (next page)

- Find or download needed meditations and recordings
- Journaling-What do I hope to gain from this program?
- Completing Daily Schedule for today, start adding items to Project List, start adding to Weekly Schedule
- Do what's on your Daily Schedule for today.

Items Needed:

- If you purchased the eBook, you may want to print out the entire ***Detox Your Life and Awaken Your Inner Spirit*** E-guide or email it to your local Staples or copy store for duplicating, hole-punch and place in a binder (copy front to back) to reduce thickness.
- Binder and Dividers or Binder Tabs
- Journal or Composition Notebook
- Timer
- Computer, cell phone, or MP3 Player (to play meditations)
- Rent the movie: *Groundhogs Day* for Day 6 (See Netflix)

Guided Christian Meditations



The Detox Your Life and Awaken Your Inner Spirit Program incorporates **guided Christian meditation** at its foundation. This is extremely important and should not be skipped. The meditations are designed to engage the sub-conscious mind, where real change takes place. You have several options here:

Access **guided meditations** that are included with this course online at **Link Available in Paid Version** (can be downloaded). The passcode to access the page is PASSCODE. (not actual code)

2) Access additional optional meditations through the **Be Still and Know Meditation Membership**. There is a \$19.00 monthly fee for this membership. You can cancel it at the conclusion of the program. You can find out more about the membership at <https://thechristianmeditator.com> and go to the products link in the menu.

CHAPTER 1: DETOX YOUR MIND OVERVIEW

This week we will embark on the journey of detoxing your mind and thoughts. Your thoughts create your words, your words produce your actions, your actions become your habits, and your habits create the life you live. So, the revealing questions you need to ask yourself this week are: Is this where I want to be? Is my life filled with the peace and joy I desire? Am I involved in relationships that nourish my well-being? Am I following my dreams and desires? If you answered no to any of these questions, it's time to do an excavation of your mental processes.

This section includes the following lessons:

- Understanding Your Thoughts
- Christian Meditation: Creating Space for God
- Understanding Your Emotions
- Eliminating Toxic Emotions Naturally
- Who's on Your Mind Committee?
- Hire a Mental Gatekeeper
- That's my Story but I'm Not Sticking to It (entered)
- Rewriting your Subconscious Mind (entered)
- Live in the Present Moment
- Keeping the Sabbath
- What You Say is What You Get
- Dealing with Depression
- Casting Every Care on God
- Christians and Eft (Emotional Freedom Technique)
- Forgiving Yourself
- Releasing the Past
- Forgiving Others
- Let God Do the Judging
- Healthy Habits Equal Healthy Lives
- Choose This Day Whom You Will Serve
- Check Your Ego at the Door
- Diminishing of the Ego



Scripture Passage to Memorize: Romans 6: 8

The mind controlled by the Spirit is life and peace.



Guided Christian Meditation: *Detoxing Your Mind* –
[Link Available in Paid Version](#)

Optional Guided Meditations:

- Control Negative Thoughts
- Quieting a Restless Mind
- Diffusing Toxic Emotions
- I Forgive
- Releasing the Past

Day 1- Understanding Your Thoughts

Proverbs 3:27 declares, "As a man thinks in his heart, so is he." If you believe your thoughts, they are real to you regardless of whether they are true or false. Your thoughts shape your world. Every action begins with a thought. Our life is made up of one action after another. Your present circumstances were determined by the thoughts you had years, months, or even days ago. If you want to change the course of your life, you must first change the thoughts that you are thinking.

Yet it's not easy changing recurring negative thoughts, old thinking patterns, or ingrained mindsets we have adopted. Many of the thoughts we think were established as children. Also, most of your thoughts are on a subconscious level and overcoming ingrained habits and mindsets is more than a just battle of the will. For example, if you've driven the same route to work every day for the past year, you're probably now driving on autopilot. You don't have to think about what street to turn on or fear getting lost. It's practically unconscious. However, if you want to take a different or unfamiliar route, you must remain alert and make a conscious effort to get from point A to point B. Several years ago, I moved to a new residence, yet on at least on a dozen occasions when driving home, I actually would get to the street of my old residence before I realized I didn't live there anymore. In the same light, your mind is on default most of the time and it's going to revert back to your old habits and learned patterns unless YOU teach it a new route.

Many years ago, a good friend told me that I say the phrase "I don't know" in my conversations just like some people say "uh", "um" or "okay." After she told me this, I began to pay closer attention to my speech, and she was so right. I prefaced almost every answer with "I don't know," then I would answer the question. I also began to notice that I was saying the same phrase in my thoughts to myself. I'd been told by several people that I tended to be indecisive. In light of how our words and thoughts shape our reality, it's no wonder I had a hard time making decisions. I kept telling myself "I don't know" repeatedly and subconsciously.

Now that I was aware of this terrible habit, I could stop it. I asked the Holy Spirit to alert me every time I said, "I don't know" and it was quite a lot. Then I would say aloud, "Stop, yes I do know." After about a week of doing this, I didn't say "I don't know anymore." I also began to feel much more focused and less indecisive as a result. My friend even commented during a brief conversation some weeks later, "you would have said ten 'I don't knows' by now," but I hadn't said any. We can't change what we don't see or acknowledge, and what we can't see or acknowledge is influencing our lives whether we recognize it or not.

Paul in Romans 7:14-20 declared his struggle with mind over matter. "For what I want to do I do not do, but what I hate I do...for what I do is not the good I want to do; no, the evil I do not want to do - this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin (my old patterns and habits) living in me that does it." Sound familiar?

2 Corinthians 10:5, tells us to "Cast down every imagination that exalts itself against the knowledge of God and bring into captivity every thought to the obedience of Christ." If you are like most people, you have experienced the dilemma of trying to get a perpetual pesky thought out of your mind with no avail. Sometimes you can't even pray these thoughts away. You may even verbally give the situation over to God, only to have those nagging thoughts resurrect their ugly heads again.

One day I asked my problematic teenage daughter to record every thought she was having in the course of an hour. I made her walk around with a pen and pad to list every thought that popped in her mind. At the end of the hour, below were some of her negative thoughts:

"I hate myself."

"No one loves me."

"I don't have any friends."

"I'm worthless."

"I can't do anything."

"No one will hire me."

"I'm ugly."

"I'm fat."

"I have a bad personality."

These were only half of them. During the course of that hour, not one positive thought about herself or her situation crossed her mind. It's no wonder she had so many emotional problems; her thoughts were literally making her sick and not one of them was valid! Yet, they controlled her like a ball and chain! Until she changed the way she thought about herself, she would continue to suffer in every area of her life.

Diving Deeper:

1. Before you can take control of negative thoughts or destructive patterns you have to realize they are there. Today you are going to become the silent observer of what's going on between your ears. If you are like most people, you're probably unaware of the reoccurring thoughts in your head. As you go through the day, pay attention to what your mind is saying to you.

Meditating on the Word: 2 Corinthians 10

Optional Meditation: Quieting a Restless Mind

That's it. You're done. See you tomorrow.

Day 2 - Awakening Your Inner Spirit

Each morning, usually around sunrise, I tread to my meditation spot, an overstuffed comfy brown chair in the corner of my bedroom. Some mornings it's cold and I just want to hide under my covers, but regardless of the conditions, eventually I make my way to my chair, light a candle, wrap myself in a blanket, set my timer, and close my eyes. For the next 30 minutes I become completely absorbed by God's word and his presence.

For me, Christian meditation is like a daily shower of my mind. It's where I can dissolve any fears, worries, stresses, or the onset of negative or toxic emotions lingering nearby. During meditation, I cast all of my cares upon the Lord and allow them to diminish in his light, Spirit, and love. To forfeit my meditation practice any one day means that my flesh has gotten the victory over my spirit and now sits on the throne. It is said that how we begin our day is how we often finish our day.

My meditation practice consists of slowly meditating on passages of scripture or inspirational texts. I meditate on the 23rd Psalms, The Lord's Prayer, The Love Chapter, The Beatitudes and other verses that I have memorized, and God puts on my heart.

During meditation, I slowly graze over the scriptures in my mind, and as I do, I sink deeper and deeper into the peace, calm, and presence of God. Each time my mind wanders off in thought, fear, or anxiety, I turn my attention back to my scripture passage, keeping my mind on the Lord. The Bible says that "you will keep in perfect peace whose mind is stayed on thee."

Jesus tells us in the Bible that we become what we think about or meditate on. Through meditation, we hide God's word in our heart and that planted word begins to take root and grow a harvest of godly fruit. Each time we return our wandering mind back to the scripture passage, it's the same as plucking up the weeds that want to invade our mental garden.

The benefits of meditation aren't generally realized during the actual practice, though dwelling in God's presence is definitely an added reward. The real benefits of Christian Meditation are realized throughout our day when we find that we are more loving, kind, patient, and compassionate or when we squash thoughts of fear or worry that come to steal our peace and evade our joy. Just like we divert our attention from them in meditation, we do the same as we go about our daily tasks. Through meditation, we learn that we can choose what we allow in our minds. We can choose what we allow to rule over us. Meditation empowers us to "cast down every thought and imagination that exalts itself against the knowledge of God and to bring into captivity every thought to the obedience of Christ.

Paul said that we are a slave to whatever we are allowing to rule over us. Too many Christians are ruled by the whims of their thoughts. Just like watching a television commercial that tells us we want a Mrs. Smith's Cherry Pie and we run out and buy one, our unregenerate mind rules most of us. It says stay in bed, and we stay in bed. It says we're depressed, and we become depressed. It says sin and we sin. It says don't forgive and we hold grudges. Christian meditation gives us the opportunity to become slaves of righteousness as we continue to hide God's word in our hearts and crowd out the voices of illusion and deception. Through Christ-centered meditation, we also experience a deeper connection with God. As our meditation practice deepens, we gain a greater capacity to know God, hear his voice, and experience him in a new and real way.

James 4:8 declares, "Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded." Christian meditation allows us to wash away the mental dirt and debris that we pick up each day. It helps us to break the conditioning, patterns, and falsehoods of the world and start each day clean, purified and centered in Christ. As we soak in God's Spirit or dwell in his presence, God begins to peel back the layers of our ego, habits, addictions, and influences. As each layer is slowly sheared away, the real essence of who and what we are begins to emerge- spirit, unencumbered, lacking judgment, loving, and free. Through the spirit, we move towards greater unity and oneness with God, which should be the goal of every believer.

If you want to be truly liberated, you must detach yourself from the delusions of the world and the desires of the flesh. These are pits of darkness that lead to emptiness, promising so much but delivering so little. Jesus said that we are snared by them. They have caused us to set up permanent residence upon the earth, yet in just a little while, they will be no more. We are admonished not to put our trust in them. Just as God told Adam to forsake the tree of good and evil planted in the middle of the garden, our commission is even greater because now there are orchards of trees seducing us to come and take a bite.

But there is really only one way to victory, and that is through the way of the cross, which is to deny ourselves, to carry our burden, and to follow him wherever he leads. Yet it not something we can do in our own strength for fear, vices, and other attachments will always obstruct our path. It is only when we come out from among them, when we separate ourselves unto God, when we become one with Him in body, mind, and spirit that we can embrace the courage through God's spirit to seek the eternal way, the way of love, joy, peace, and spirit. This is the purpose of meditation.

Some people would never think to miss their morning shower or bath. But how much more important is it that we clean our insides from worldly contaminates. Through Christian meditation, our minds are swept clean and polished with the light of God's word and glory.

2 Corinthians 7:1 says, "Let us cleanse ourselves from every defilement that contaminates either flesh or spirit." Through meditation, we learn to become the master of our thoughts. This gives us the power to eliminate those ideas that are contrary to our faith. Mastery of the mind is the only road to true freedom in Christ, for it is in the mind and thoughts that all things are created, "for as a man thinks in his heart, so is he," and "a good man out of the good treasure in his heart creates that which is good."

Jesus said, "Come to me all who are weary and of a heavy heart and I will give you rest. Spending time with God in meditation, whether scripture, guided, or mantra, is that place of rest for me, for it is where I lay my burdens at the cross and then cloth myself with the Lord Jesus Christ. Each time I enter meditation I am covering myself in His Word, Presence, and Love. I am dwelling under the shadow of the Almighty. Each time I leave my brown comfy chair, I leave cleansed, renewed, and restored and prepared to begin my day.

Meditating on the Word: Romans 1

Optional Meditation: Controlling Negative Thoughts

Diving Deeper:

1. In your journal, write about your conceptions or misconceptions regarding meditation. Has this program, so far, given you a new light or perspective on the value of meditation? How important do you think Christian meditation will be in your journey to connect with God on a more intimate level? In your journey to wholeness? In your ability to detox your life?
2. **Record Your Thoughts:** Using your journal, spend several hours recording each and every thought that pops into your head. If the same thought comes more than once, just put a checkmark by it. When you are finished you may be surprised to see just what thoughts have been circulating in your mind. Most likely, you've been thinking these same thoughts for weeks, months, or even years. Do your thoughts build you up or tear you down? Are they thoughts based on faith or fear? Once you determine the thoughts that are mentally crippling you, you can eliminate or alter them. Thoughts that do not build you up and help you realize your divine nature in God are bad, faulty, or limiting beliefs.

END OF PREVIEW

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