



THE
TRANSFORMATION
GUIDE COMPANY

WORKBOOK



A Guide and Journey to Mental
and Emotional Freedom, Self-
Mastery, and Spiritual Growth

Transformation Guide Company Ltd.
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Step 1

Setting The Stage (Cathexis)



In Step 1, the primary and most important topic, which is always presented first, is *the observer*.

In this section, one learns how “The Source” (please refer to the textbook for further discussion, definition, and meaning of the term “The Source”) communicates with one. These messages guide, direct, lead, and inspire one, at all times and in all situations. By being astute observers of life, one learns to recognize and interpret the messages from “The Source,” and subsequently chooses how to act on them accordingly.

One is aware that one has problems or issues. However, one does not seek out and attempts to resolve all one’s known problems because one does not want to spend one’s life as a problem solver. While one can’t ignore problems, there is a way to reveal them that allows one to correct them in the order they need to be corrected. This is achieved through a process called cathexis, which refers to the investment of energy and attention—emotionally and/or mentally—directed at a person, object, or idea. The term originates from the Greek word meaning to hold fast to (cathexis).

Cathexis is not just a focus on one aspect of life; it represents a holistic approach. The ten topics in this category allow individuals to develop and utilize ten affirmations that enhance one’s strengths and positive qualities while compensating for weaknesses and negative traits. Additionally, there is a section on goal setting for a balanced life. Here, one learns to create short-term goals across seven areas of life, resulting in twenty-one mini goals to accomplish over specified time spans (I suggest 3 weeks, 6 weeks, and 9 weeks). At this stage of learning, it is advisable not to take on major projects or set significant goals; instead, focus on completing small tasks and reviewing progress daily.

One has now established a destination, and one is working toward a balanced approach (mentally) across the seven areas of life. Make sure to commit to and to do all the goals set and review one’s progress daily. This assists one in keeping one’s **attention** on one’s **intention**.

