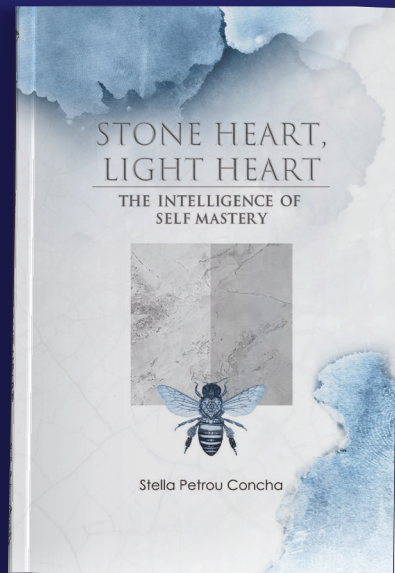




Stone Heart Light Heart

Companion Workbook



STELLA PETROU CONCHA

An Introduction

This workbook is the official companion to my book: Stone Heart Light Heart - The Intelligence of Self Mastery.

Throughout the book I guide you through a series of lessons, encouraging you to reflect on your life, your values, your beliefs and to learn to adapt and mould those beliefs and behaviours. I equip you with the tools you need to master your mind and control your ego. I show you how to connect to your higher consciousness to find the 'I' within.

These teachings all have the common goal of enabling you to unleash your inner power, to truly know and accept yourself and to have mastery of your mind.

Use this resource to begin your awakening and to refer back and see how far you've come. Let's begin this journey together. Step-by-step.

A handwritten signature in black ink, appearing to read 'Stella', written in a cursive, flowing style.

Stella

Notes...



Understanding the Canvas of your Mind

The first step in your self mastery journey is understanding the canvas of your mind and rewiring the beliefs that are not serving you. These exercises are designed to help you work towards that goal.



Refer to Chapter 1

Exercise:



Reflect on the events that have occurred in your life and consider the values and beliefs that formed as a result. Take some time to understand your canvas by writing down your truth on the next page.

Birth to 7 years old

(imprinting stage – values and beliefs)

8 to 14 years

(modelling stage)

14 to 21 years

(socialisation stage)



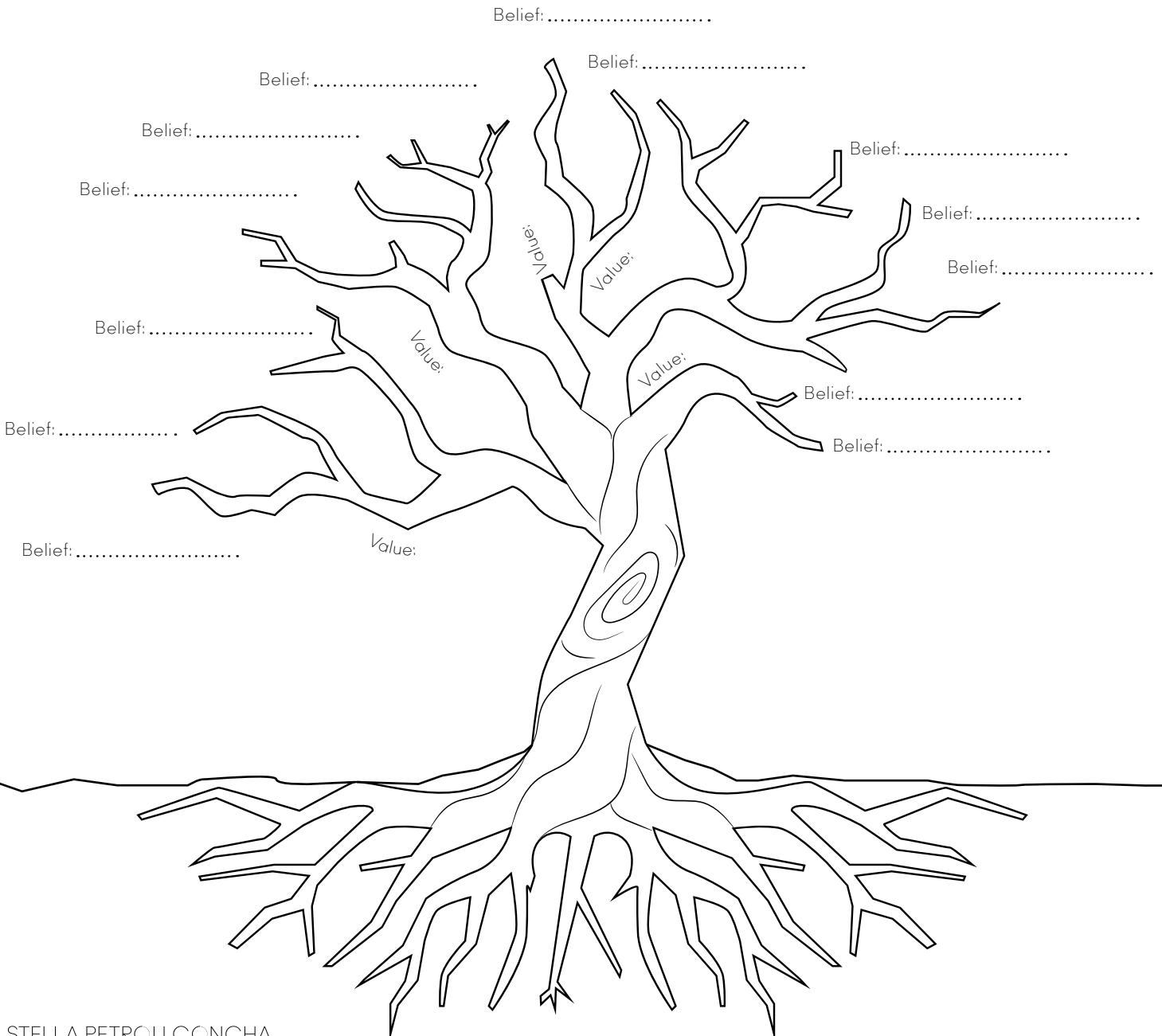
Your Values Tree

Exercise:



Draw your values tree, with all the values you hold in life. Next, add in the beliefs that stem from those values. Think of as many beliefs as you can.

For example, for the value 'education', a belief might be 'I must go to university to be successful'



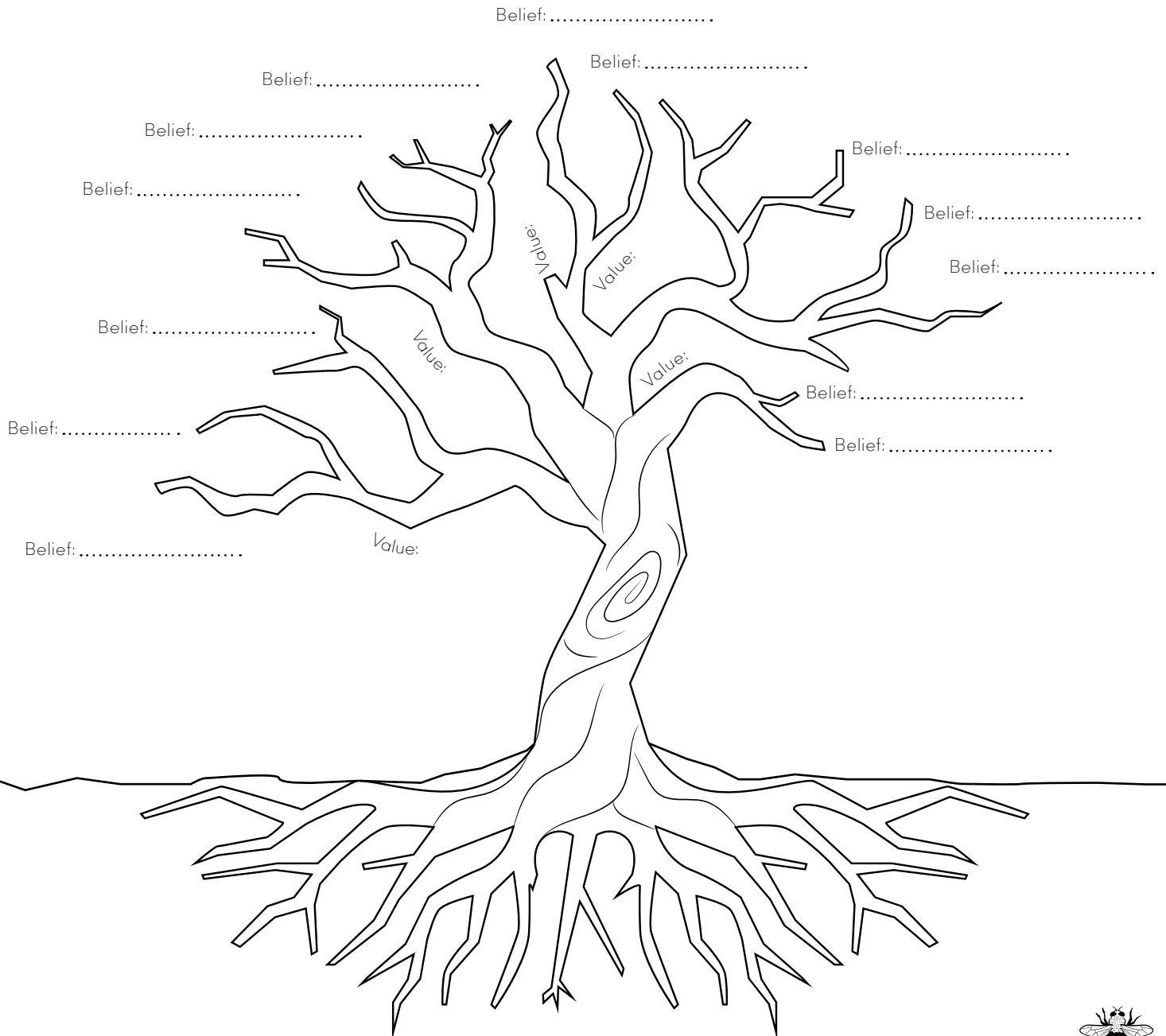
Your Values Tree

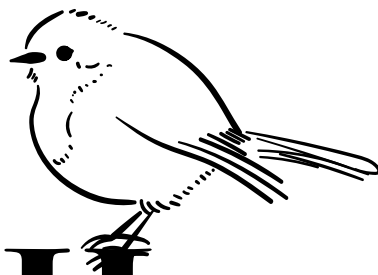
Take some time to reflect on these values and beliefs. Begin to explore the canvas of your mind more deeply. Which beliefs serve you, and which do not? Which beliefs need to change?

Remember, the beliefs you have are just the stories you tell yourself. They are not immutable truths.

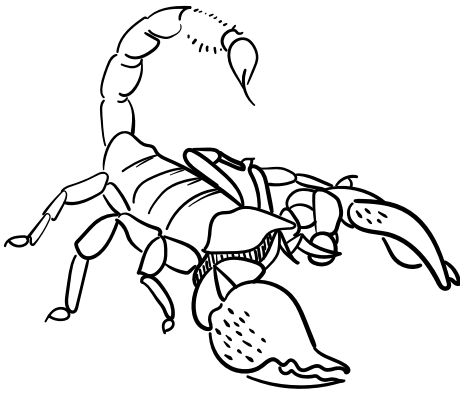
Exercise: 

Now redraw the tree with more resourceful values and beliefs. What beliefs do you wish you had instead? Would these new beliefs give you more desirable outcomes? A more desirable life?





Stone Heart



Awakening Stone Heart

Stone Heart is the behaviour or habit of awakening to the division between the ego and I, understanding how to distinguish between them, and detaching from the ego.

The philosophy of Stone Heart is built around the idea that our values and beliefs are a framework that we have built over time.

This framework can be changed and through changing it we also change the lens through which we perceive the world.

The lessons in this section provide an awakening of Stone Heart. An awareness of your current behaviours to enable to you to identify those you wish to stop or change.



Refer to Chapter 2, Page 49

Exercise: 

Reflect on your current attachments. List ideas that you have a fixed perspective on. Which values do these align to? Do these fixed ideas serve you?

Exercise: 

Reflect on times where you have behaved in ways to gain attention, love or acceptance from others. What are your typical behaviours? Are you in a behaviour 'loop'? What do you gain when you behave this way?

Exercise: 

Reflect on the past and how you have judged others. What are your typical judgements? What fixed ideas do you have? Do these judgements serve you?

Exercise: 

Upon completing this reflection, what "Aha!"s have surfaced? Have you identified any patterns of behaviour in yourself? Is there anything you wish to stop or change?



Strengthening Stone Heart

Strengthening Stone Heart is about celebrating failure and using it as a tool to grow stronger.

Mental toughness is achieved when you find the inner strength and the perseverance necessary to detach from your ego. It's understanding that you've made a mistake, acknowledging it, but not dwelling on the negativity surrounding it; rather learning from it and moving forward.

The CVS to BVS equation is a way to shift your thinking. It considers your current view state and looks for options that are ten times better. These better view states provides options for a new pathway, something to work towards. In time the BVS becomes your new CVS. This is growth.



Refer to Chapter 3, Page 74

Exercise:



Create a list of traits and behaviours present in your current view state (CVS) of a particular aspect of your life (as a leader/athlete/parent for example). For each item, ask yourself how these traits or behaviours could change to create a better view state (BVS).

Looking at your BVS, which behaviours/habits/ways of thinking stand out as things that you can change immediately? Circle or highlight these.

Exercise:



Are you a medicine ball or a basketball?
How high do you bounce?

In the columns opposite, write down any judgements or baggage you might be holding on to that may be preventing you from bouncing as well as you otherwise could. Then, write down the learnings you can take away from that.

CVS:

BVS:

Judgements:

Learnings:



Accelerating Stone Heart

Deepen your self control and build consistency in your behaviours. If we allow our reactions and behaviours to be driven from within ourselves, rather than influenced by the forces surrounding us, we can build consistency and we react logically to situations.



Refer to Chapter 4, page 92

Exercise:



Write down a mantra that you can say to yourself to build your Stone Heart – a mantra that will help you remain detached from your monkey mind and stay connected to your inner power.

Exercise: 

List all your values and the areas of life that brings you most joy.

Exercise: 

Now brainstorm some daily/weekly habits that could lead towards mastery in those areas of life.





Design a schedule of habits that will support you in your journey towards mastery.

Habits

List your habits for the week

Weekly planner

Plan your habits for the week

Morning

Evening

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Leading with Stone Heart

Great leaders understand that they don't need help from others in order to be energised; they can energise themselves. Leadership with Stone Heart is about turning in; it's applying leadership to yourself in self-reflection.



Refer to Chapter 5, page 109

Exercise:



Reflect on your leadership at work/as a parent/in another chosen function of your life and answer the following questions:

Where do I get my energy from?

Exercise:



When I am flat, what do I do to recharge?

Exercise:

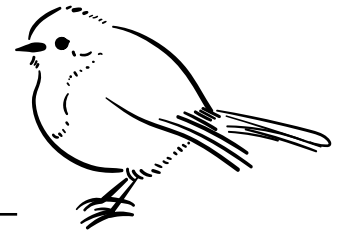


Do I have a way to energise that is independent of others?

Exercise:



Do I have a bird?



Exercise:



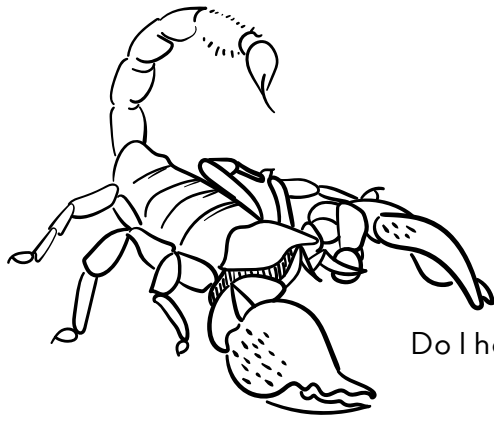
What does the bird say?

Exercise:



Am I inhibited by the bird in any way?





Exercise:



Do I have any scorpions in my team?

Exercise:



Am I tolerant of their behaviour?

Exercise:



Are they stinging me and others?

Exercise:



Can I do anything about it?

Exercise:



Do I have a rule in place that helps me to safeguard my decisions from my monkey brain?

Exercise:



Your answers to these questions will give you a heat map on how you apply Stone Heart and to any areas you can tweak.

Draw or write the main elements of your heat map below, however you feel compelled to represent it.





Light Heart



Awakening Light Heart

Light Heart enables us to experience inner peace no matter what is going on around us. It is mastering the concept of being in the present moment, by escaping the conscious mind entirely and allowing yourself to just 'be'. When you strip away the layers of ego you experience a space where nothing exists but your own awareness. In this space you can draw on creative potential to re-imagine your life and your goals. It's where you can solve any and all problems.



Refer to Chapter 6, page 136

Meditation:



Set a timer for 60 seconds. Press play and do a 60 second meditation in which you bring your awareness to the space between your thoughts. Notice your thoughts, but remain detached from them. Don't judge them. Accept them.

Breathing:



Choose one of the breathing exercises. Put on some meditation music and put in your headphones. Set a timer and do some purposeful breathing for five minutes.

Note: Breathing is a form of meditation. If you can persist with a breathing exercise for 20 minutes, you will have accessed a space of conscious awareness. In this space you can ask your higher conscious mind to help you solve a problem or recreate and imagine a new future.

Exercise:



What do you learn? What do you sense?

Write your thoughts below.

Scan me:



Scan this QR code for a free trial of Brain FM:
Music to focus the brain.



Scan this QR code to access a free trial of
Headspace meditation app.



Strengthening Light Heart

By making your Light Heart strong you build the capability to recognise the stories your monkey mind tells you, to silence them and to return home. You live a more complete life as you are much more present for every moment.



Refer to Chapter 7, page 151

Exercise:



Go back through this chapter and note the parts that resonated with you.

Reflect on what you have written down and digest those learnings. Now write down three new behaviours that you can implement to develop a stronger Light Heart.

1.

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2.

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3.

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Accelerating Light Heart

As you expand your heart energy, and build on the creative force within you, you will be empowered to manifest and create your life at a faster rate. In the book we explore the laws that exist at the intersection of science and consciousness. Reflecting on these laws can help you to build your heart energy by identifying which behaviours you are holding on to that might need to change.

 Refer to Chapter 8, page 166

Exercise: 

Go back through this chapter and note the parts that resonated with you.

Reflect on what you have written down and integrate those learnings. Now write down three new behaviours that you can implement to have an accelerated sense of Light Heart.

1.
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2.
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3.
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Leading with Light Heart

Energy is contagious and will set the tone for your team. As a leader you will see your energy reflected back at you, so take some time to look at the dynamics of your team. What does this tell you? Use this space to consider the leader you are and the leader you want to be.



Refer to Chapter 9, page 179

Exercise:



Look around you. Observe the behaviours and states of consciousness of your team members/partner/family/friends. What are they reflecting back to you?

Write what you perceive. Which of these perceptions are reflections of you?

Exercise: 

Are you the leader you wish you could have?
What do you want in a leader? List five of the traits you would value most.

1.
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2.
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3.
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4.
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5.
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Exercise: 

What gaps do you notice in your own leadership that you could work on?



Power

Power begins by mastering the inner world. What is your purpose? Are you a bee or a fly?



Refer to Chapter 10, page 195

Exercise:



Find your purpose.

Ask yourself these questions:

What do I like about myself?

.....

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What don't I like about myself?

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Exercise: 

If I knew I only had six months to live, how would I live my life (assuming I still have to work and my environment will remain the same)

Exercise: 

How will I live my life as it stands?

Exercise: 

Do I have a hero – dead/alive, real/fictitious?
What character traits do they have that I love?
What do they have that I wish I had?

Exercise: 

Write your eulogy as if you had led your fullest life and lived out your deepest desires.



Power

Take some time to review all the information you have completed in this section. Once you have had some time to reflect, complete the sections below.

Exercise:



What is my vision for my life here on Earth?

Exercise: 

What is my mission? How will I achieve my vision?

Exercise: 

What will the outcome of your vision and mission be?



Conclusion

The journey of self mastery is taking information and turning it into knowledge, taking knowledge and turning it into wisdom, and taking wisdom and turning it into intelligence.

It's time to connect with your inner world. Take back control of your thoughts. Take your body through the techniques of meditation. Start to master your external world and see where it takes you. I think you'll be surprised.

Notes...



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