

# Ego Workshop – Video 2

## *with Cindy Teevens*

What does B.S.S mean?

B \_\_\_\_\_ on S \_\_\_\_\_ S \_\_\_\_\_.

You don't need \_\_\_\_\_ to be happy.

You need some \_\_\_\_\_ to be unhappy.

### Alchemy

The first two questions of Alchemy are:

1. \_\_\_\_\_

2. \_\_\_\_\_

Pain is your \_\_\_\_\_. It's trying to \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_.

### Reality Check

Doing a reality check is comparing the \_\_\_\_\_ to the \_\_\_\_\_.

### Your Second Power

Is my power of \_\_\_\_\_.

If you don't take conscious control of your power of attention, it goes on \_\_\_\_\_.

*...continued...*

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The movie in the mind can be \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_ - \_\_\_\_\_, and \_\_\_\_\_  
\_\_\_\_\_.

When you contract your power of attention onto the movie in the mind, you  
become \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ to what is.

### Attention

Your power of attention can \_\_\_\_\_, but it can also \_\_\_\_\_.

### Two-Minute Technique to Inner Peace

Cindy's Two-Minute Technique means to \_\_\_\_\_  
\_\_\_\_\_.

### Shifting State

When you shift state, you shift \_\_\_\_\_.

What is this video's Core Concept? \_\_\_\_\_.

*...continued...*

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Your Third Power

Is my power of \_\_\_\_\_.

What's your first step going to be...

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Three years from now, how will your life have changed?

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*...continued...*

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It's easier to get started and stay on this journey when you have others on the path with you.

So share this video with at least three people (maybe one will stick with you :).

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**Please leave me a message below the video. I will reply to all there.**

Up Next:

- Your fourth power, the reason you confuse the movie with reality, but still feel something's "off", and
- a crazy but true story of the damage unconsciousness can inflict.
- I'll be pulling it all together to make your understanding very tangible.

Stay tuned, because:

*You are just one Realization away...*