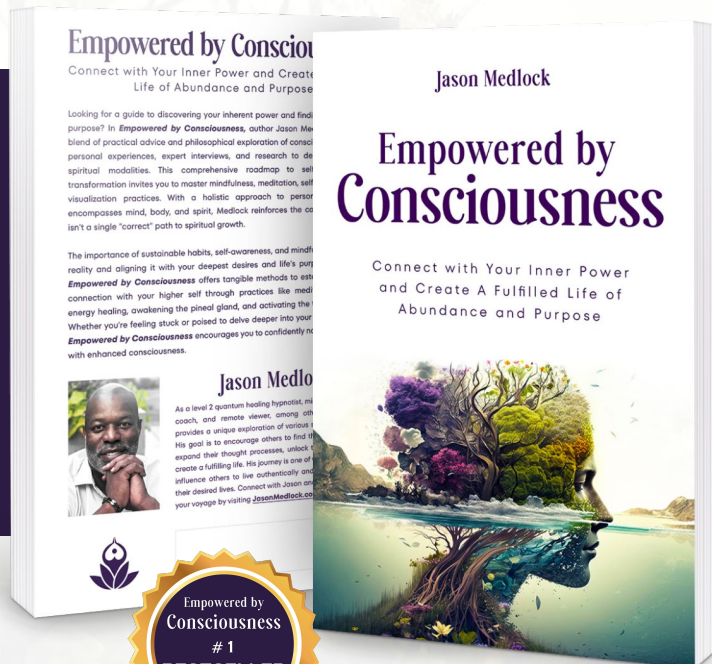


# Empowered by Consciousness

Connect with Your Inner Power  
and Create A Fulfilled Life of  
Abundance and Purpose



Hello,

Thank you for reading *Empowered by Consciousness*. I hope that the book club questions spark meaningful discussions about the book's content, themes, and my own message of self-discovery and empowerment through various spiritual modalities.

Jason Medlock MBA, MLA,  
C.HT Practitioner, Level 2 QHHT Practitioner  
*Mindset-Performance Coach*  
Expansion of Consciousness

I offer a 30-minute virtual call as a thank-you to the book club members. To schedule the call, please email [info@jasonmedlock.com](mailto:info@jasonmedlock.com) with the requested date and time.

I encourage you to use the hashtag #EmpoweredbyConsciousness or tag @expansionofconscious on social media to share pictures of you, your group, or your favorite reading spot.

I also appreciate your book review on your retailer of preference.

Jason Medlock



## DISCUSSION QUESTIONS:

1. The author, Jason Medlock, has a diverse background as a quantum healing hypnotist, mindset-performance coach, and remote viewer. How do you think his varied experiences contribute to the unique perspective presented in the book?
2. Jason Medlock's goal is to help individuals unlock their potential and create fulfilling lives. How does this overarching goal align with the themes explored in "Empowered by Consciousness"?
3. The book simplifies complex concepts related to consciousness and offers practical techniques for their application. Can you share an example of a complex concept that was simplified in the book and how it benefited your understanding?
4. The book discusses the idea that there isn't a single "correct" path to spiritual growth. How does this perspective impact the way you view your own spiritual journey, and what resonates with you personally?
5. Mindfulness, meditation, self-awareness, and visualization practices are highlighted as tools for changing thought patterns and becoming the leader of one's life. Have you tried any of these practices, and if so, how have they influenced your life?
6. The book emphasizes the importance of sustainable habits, self-awareness, and mindfulness in shaping reality and aligning it with one's life purpose. How do these principles apply to your own life, and do you find them challenging to implement?
7. The author suggests using various practices like meditation, hypnosis, remote viewing, psychedelics, and energy healing to establish a stronger connection with the higher self. Which of these practices are you most intrigued by, and why?
8. Jason Medlock's journey is described as one of wisdom, aiming to inspire others to live authentically and in alignment with their desired lives. How has reading about his journey influenced your perspective on your own life's path?
9. The book aims to help readers overcome life's challenges and self-doubt. Can you share a specific insight or piece of advice from the book that resonated with you and might help you in your own life?
10. "Empowered by Consciousness" encourages readers to Confidently navigate their paths with enhanced consciousness. How has reading this book impacted your view of personal empowerment and your ability to shape your reality?

