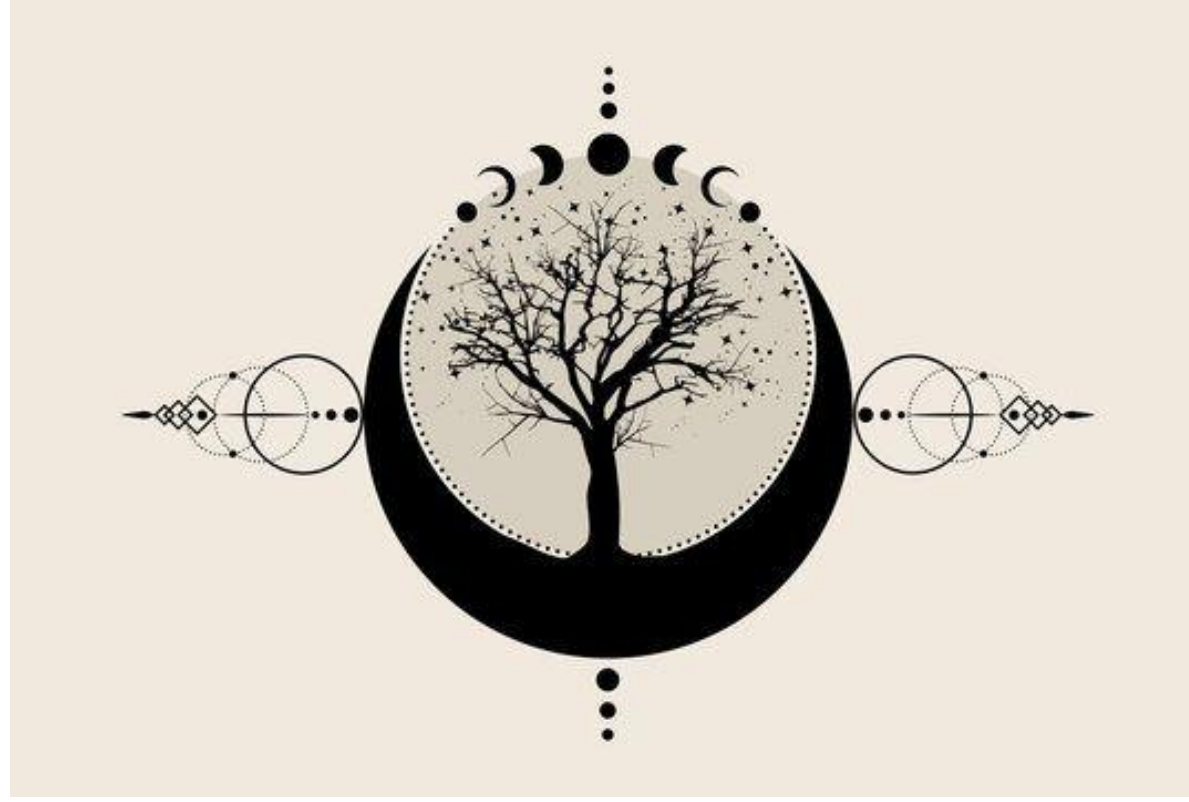




# STAY FOCUSED AND MOVE WITH The Universe

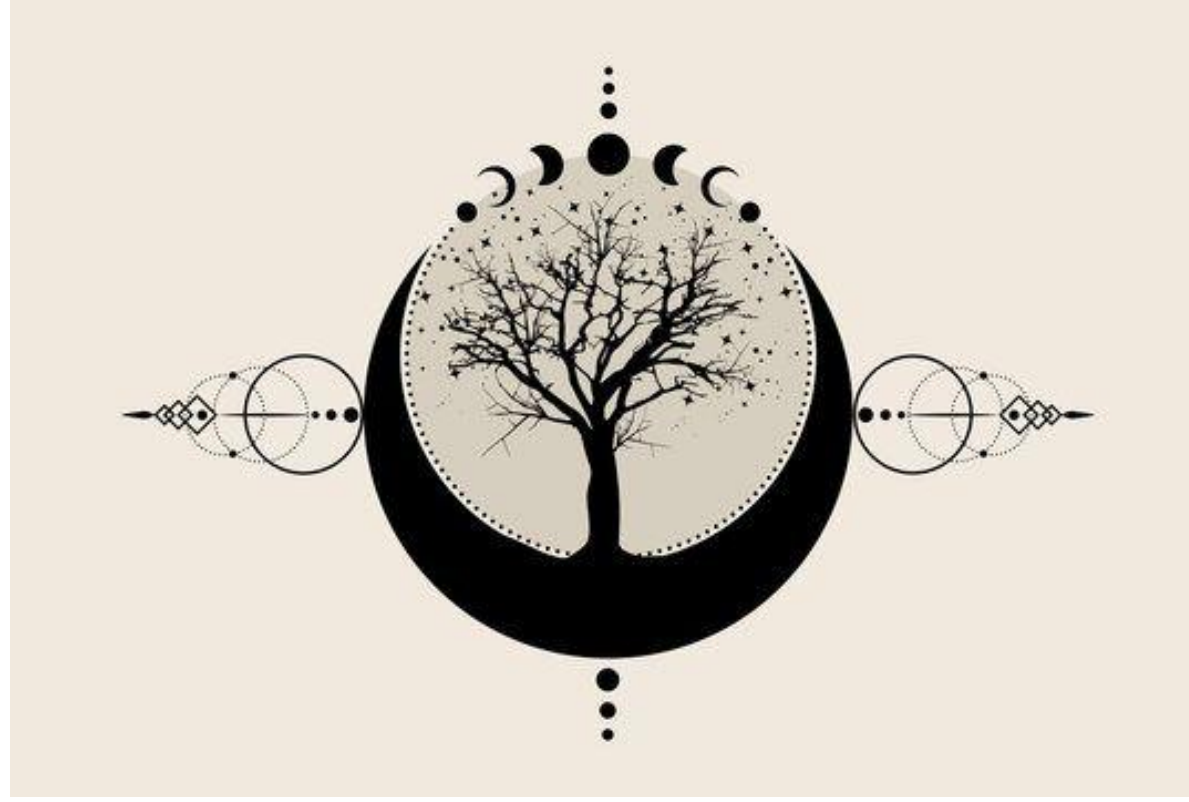
A Guide to Help You on the  
Road to Enlightenment



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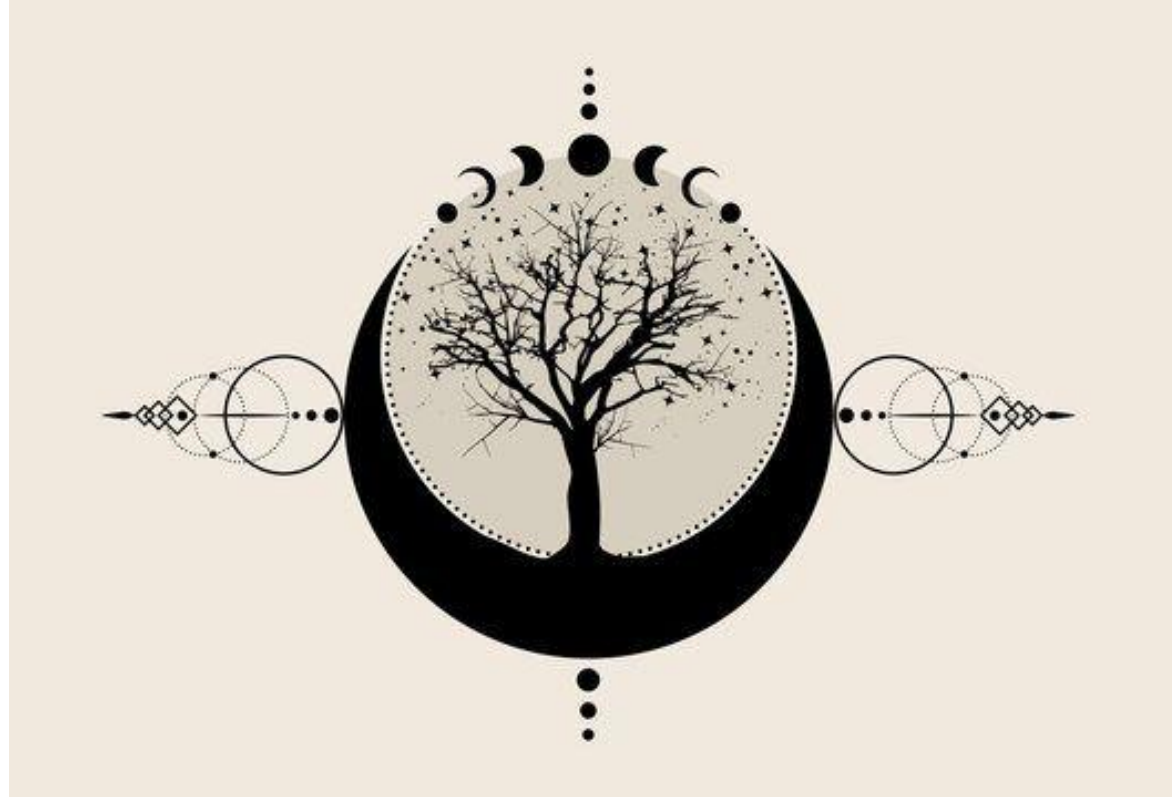
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## Part 1: About Me



That's me... :)  
Daniel Anderson

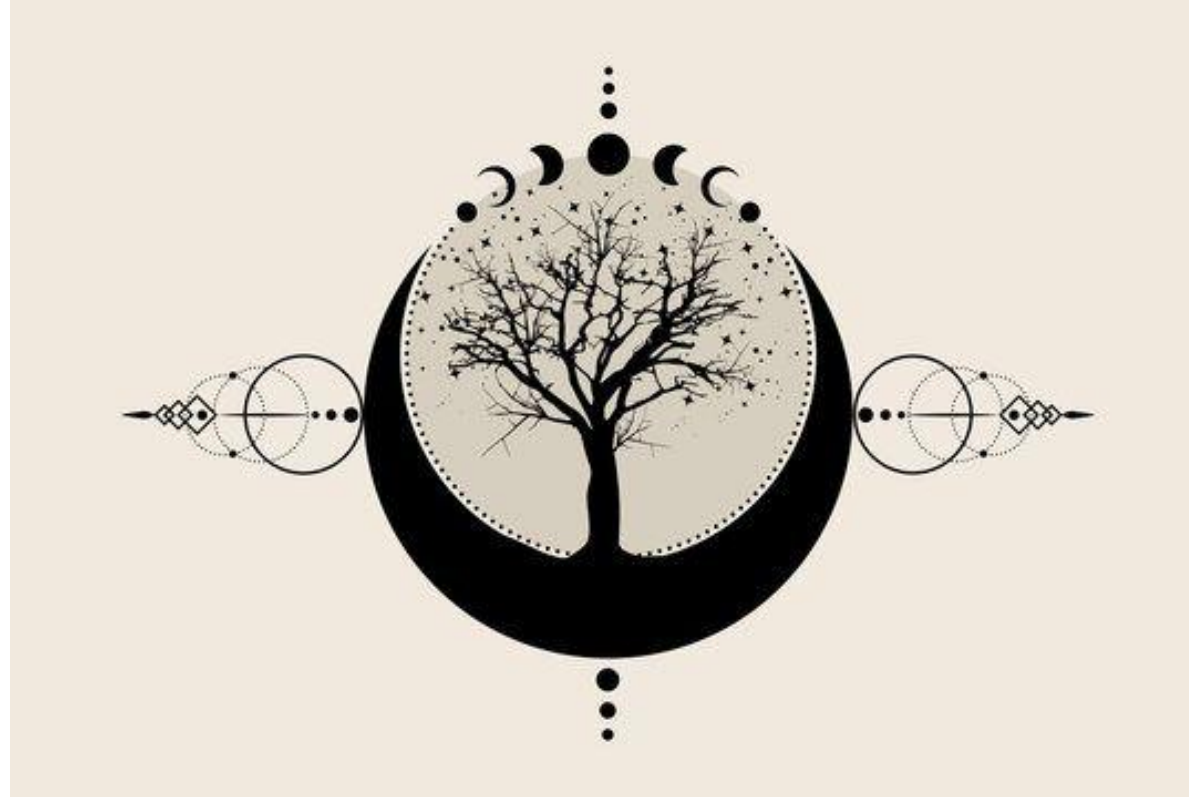


## **PART 1 – About Me**

My life has been filled with hardships, pain, trauma. A victim of Generational Curses – in other words, behaviors that have been passed from one generation to another. Growing up, all my siblings were a victim of this. My parents did not have the easiest upbringing. My mom and her siblings were abused, physically and mentally. My father didn't know his dad. So, growing up, we were the victims of THEIR upbringing. My dad was always gone, except on Sundays, because he was working hard to provide for his family. And I love him for that. Mom was left alone to raise four kids by the time she was twenty, and eight by the time she was thirty-four. Since she was disciplined by physical means growing up, that was all she knew, so she did the same to each of us. It took many years to forgive her for the way we were treated. But now I know that is all SHE knew. Each and every one of us has broken that curse and have grown to be strong people because of our upbringing.

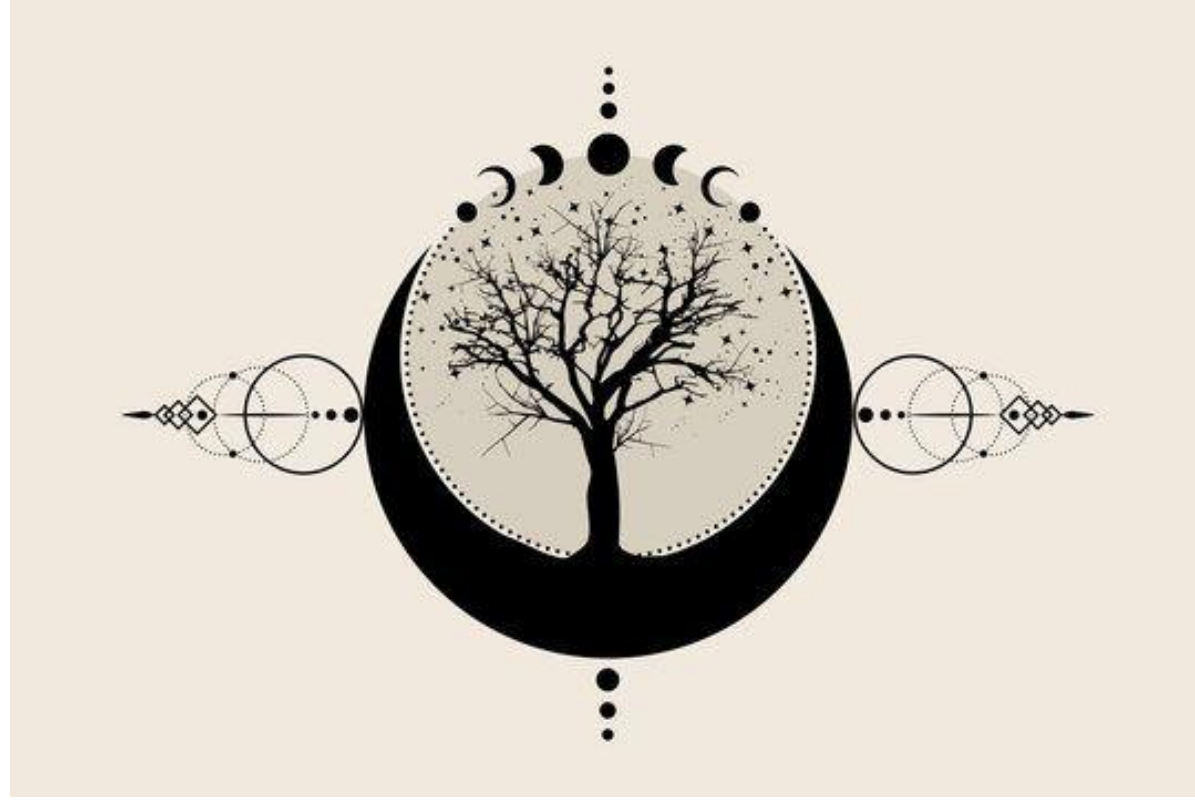
I was what you would call a latch-key kid when I was younger. I spent a lot of time alone, after school, on weekends, etc. and I have always been very shy and introverted around a lot of people, until I got to know them. I didn't have too many friends, and always felt out of place with the neighborhood kids, so I usually played by myself outside, shooting the basketball in my driveway, playing in my sandbox, or down by the creek near my home.





I have to admit, I was a bit of a liar growing up... I felt like I HAD to, to survive. I do not know why I kept doing it, as I was always caught in my lies... and that made things so much worse. As I grew older, I started to steal things, mostly money, just so I could have fun. I never got caught, so it kept happening. It started as a little here and there. \$20 one time, ten another, et cetera. until it spiraled out of control. While working for a retail custom clothing store, I ended up taking about \$1500 worth of money and goods over a period of time, and it caught up to me in a big way. I was arrested and spent 45 days in a minimum-security facility. While incarcerated, and partially because I had nothing else to do, I started to read the Bible. I READ it, and THOUGHT I UNDERSTOOD it, but truth be told, it was just words, and not a lot more than that. I just was not ready to comprehend the actual meaning of the words. During my time there, I started a Bible Study group, with another inmate that I had befriended. Each day we met, and someone would make fun of it, calling us names like 'bible-thumpers' and I am sure worse, but it never failed that a day or two later, that same person was in the group. We ended up with over twenty-five people in the group, and we met every day. On Easter Sunday that year, we had a special little Communion, consisting of some white bread and juice from the cafeteria.

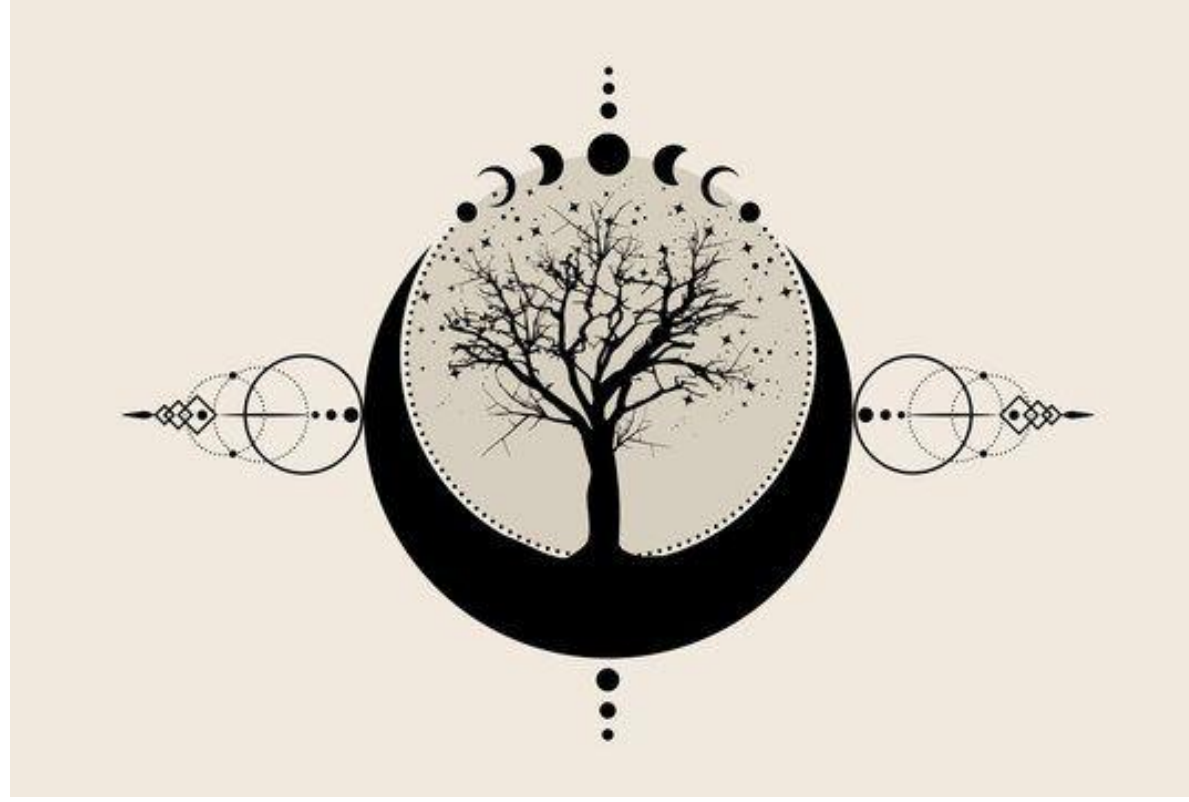




While I learned my lesson of no longer taking what was not mine, I went back to living my life how I had always lived it. It was what I knew, what I was taught and conditioned to follow. I drifted from one meaningless job to another, one meaningless relationship after another. In 1999, I got married to a woman that I should have only been friends with. In fact, when I asked her to marry me, it was a hypothetical question that afterwards I did not know how to get out of. Do not get me wrong, I loved her, but in no way should we have gotten married. But as they say, there are no accidents or wrong decisions, only lessons to be learned. In 2005, after six and a half years of trying, we had a son. Funny little story on how we found out she was pregnant, as we were at the Fertility Doctor because things just 'weren't working.' The nurse HAD to have an inkling, as she suggested that we take a pregnancy test prior to meeting the doctor. Mind you, we had been trying for a long time, and taken test after test, only for it to end in disappointment. Being the (overly) devoted Husband I was, I went into the bathroom with her to take the test. Sure enough, it was POSITIVE. When the Nurse told my wife she was pregnant, she told the nurse to "Shut up, you're lying, the test is BROKEN..."

Life was grand! But soon, my wife's addictions and mental illness got the better of her, and we divorced when my son (my entire world) was three years old. It was Six years of battles between her and I, fighting about child support, custody, placement. Rather than coparent, she fought me the entire way. For years, I blamed myself hard for not fighting for my son harder than I did, to get him away from the things HE experienced. I realize now that blaming myself (or anyone, for that matter) does not do any good overall, and I needed to let that go. In 2014, my ex-wife's demons caught up with her, and she died of an overdose of prescription pain medication. The night before – 4 hours before, actually... her and I had the best conversation we had in years. We reconciled everything, and decided we were going to be parents for OUR son, together; yet apart.

In 2012, it felt like I was losing everything in my world. I lost yet another job – happened a LOT to me, for one reason or another. And because of that, my son's mom decided to take him away from me again, which also happened a lot... The woman I was dating and living with at the time, was secretly seeing someone else, and had been deceitful to me for a long time. One day, she just left me, no discussion, no explanation, and only left a note in our apartment. A brief time after she left, I could no longer afford my apartment, and was being evicted. No love, no job, no son, no home. I was at the end of my rope. I even considered STRONGLY to commit suicide. That though hit me HARD. And after about 15 minutes of trying to produce a plan, all while crying my eyes out, I hear a voice telling me to STOP, SNAP OUT OF IT!



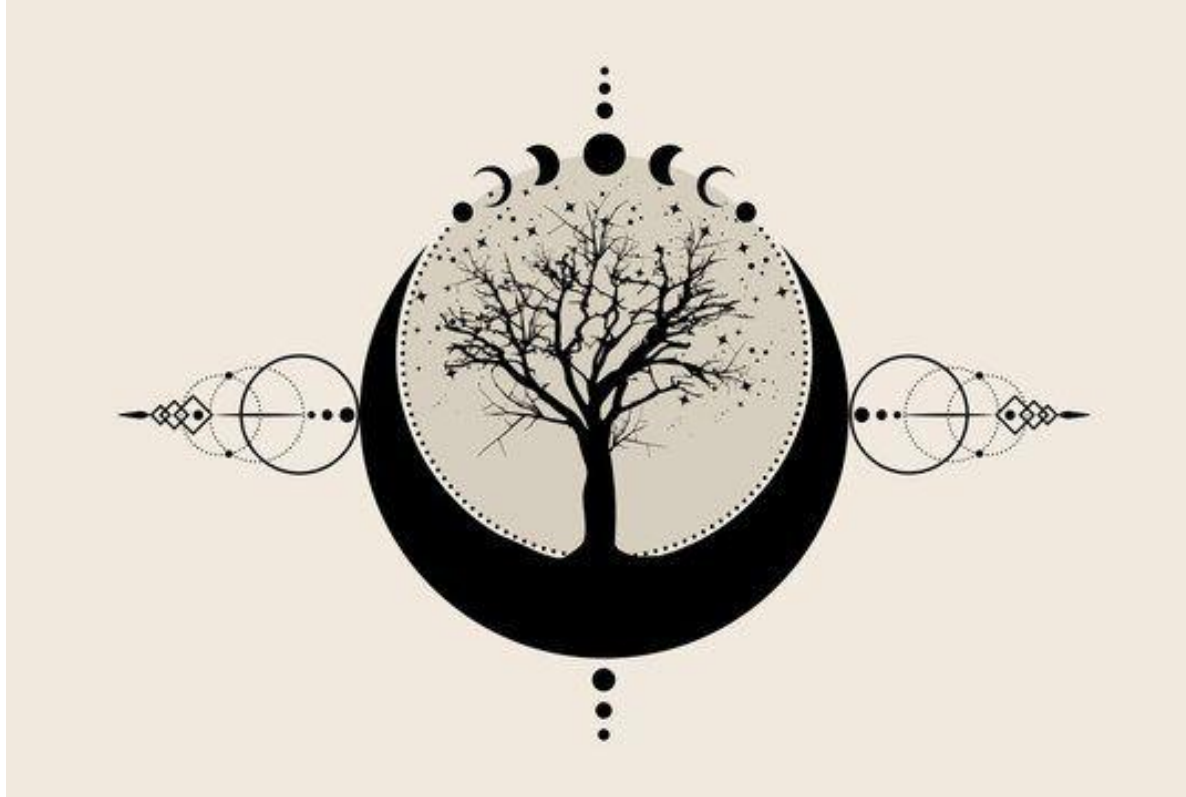
And just like that, my desire to kill myself was gone. Things were still bleak, and did not know where to turn, but then my best friend threw me a lifeline, and I was able to live with him and his family for a few months to get back on my feet. Talk about a humbling experience. Divorced with a 7-year-old son, living in the basement of my friend's house with his family. He then threw me ANOTHER lifeline by covering an amount of money to go towards my own place, as I still had not found a job at that point. I moved into that place with a strong inclination that I was about to land a job after several months, not realizing at the time that I was going into it acting as if I already had it and by doing that, I MADE it so... about a week later I got a great job as an IT person for the largest school district in Wisconsin. But there was still a lot lacking in my life, I was still living for ME. Living like the real me was the physical body. Not yet opening my eyes and realizing that the TRUE me, my HIGHER SELF, is the soul inside my body. Not realizing life was giving me miracle after miracle. One of those miracles that I DID realize, was the woman I am married to now. She has helped me see myself in a better light, has helped me tremendously in so many ways. I do not know if there is any way I could show her enough how much she has meant to me. I love you so much, Carrie..





## Part 2: Live a Better Life with Positive Thoughts

GOOD  
VIBES  
ONLY



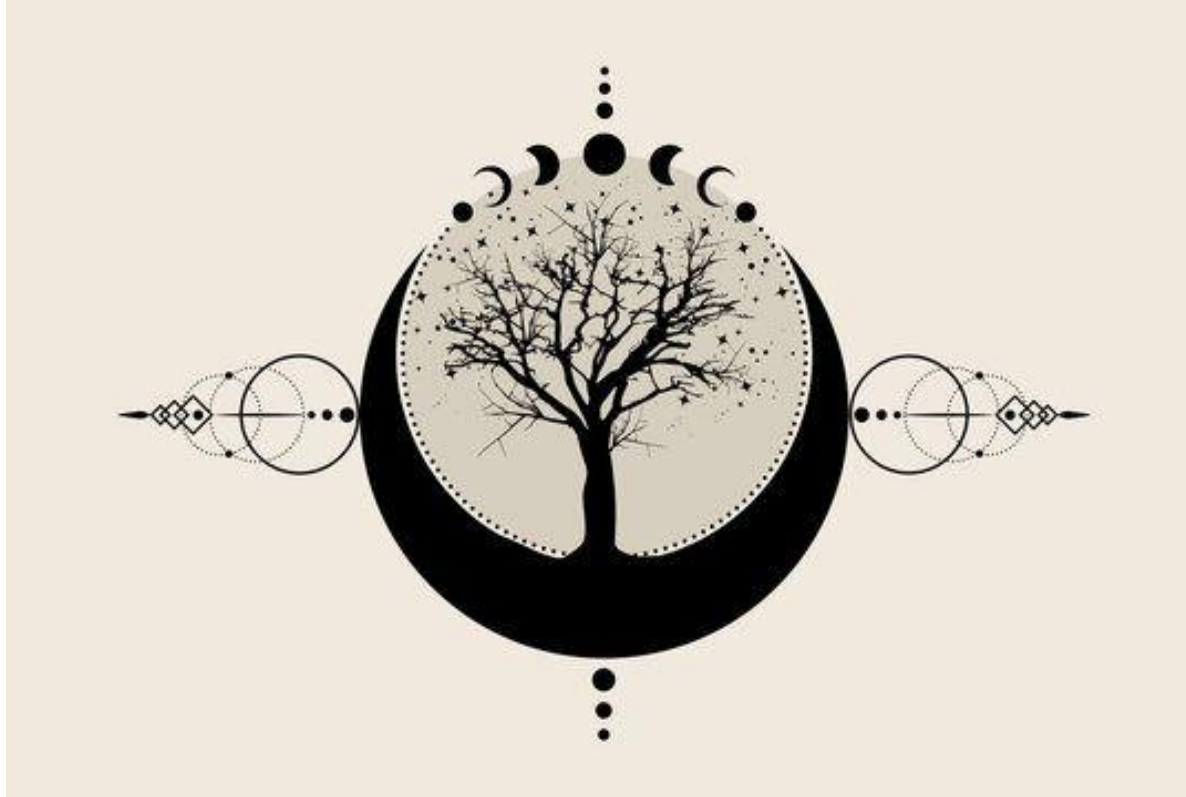
## A Positive Mindset Can Change Your Life

As I have been saying, I really felt like Life had to be so much more than it was but did not know HOW to make it more. I felt directionless, purposeless, helpless, hopeless. Still not 'getting it.' Still living like I wanted to, doing what I wanted to. Still getting down on myself, not believing that there was something higher than us, guiding us. If that was the case I thought, WHY did I feel so alone, with no guidance? I have read several books regarding the Law of Attraction. I THOUGHT it made sense, but it really did not. Until late in 2022, that is. That is when it just clicked for me. I had spent most of my life being down on myself, being negative about everything. Not being as grateful as I should have been. I did not recognize all the blessings I had in my life. Everything in my life felt like a burden. 'Why is life so hard on me? Why is it that only horrible things happen?' etc. After so many years of hating who I was, and blaming everything on other people, and holding grudges that I should not have been holding... I decided to start to look inward. It sounds like a cliché, but it really IS the secret to living a life of happiness and abundance. Negativity and doubt DIDN'T work, so how about positivity, self-love, forgiveness? I started to look at everything in a positive way. My wife gave me a book, "3 Minute Positivity Journal" by Kristen Butler, founder of 'Power of Positivity'. It talks about changing your outlook and includes a positivity and gratitude journal – where you write three things, you are grateful for, three affirmations, three priority goals and a place to jot down any thoughts you have. This was a system that the Author started to use, and it worked so well for her, she turned it into this book for it to help others as it did her. It is partially because of that book that I am writing this, to hopefully make you not feel like you are not alone in your struggles.



## Start a Gratitude Journal





You are NOT alone. There are people that utterly understand. If you feel like things are too far out of control, and think, as I did, that suicide is the only answer, it is NOT. If you feel like you are alone, you are not. We ALL have struggles even people we see as “highly successful.” The difference between those that have success, wealth, the cars, nice homes, etc. and the ones that do not is how they perceive the life around them. Instead of “Why am I facing so many trials?” think “what LESSON is there to be had in this?” Change your mind, change your LIFE. I realize that sounds cliché. And it is not easy to just go from being a “Negative Nancy” to a “Positive Pete.” It takes work. We have to train our brains to switch from a negative mindset to a positive one. And that is because through evolution, our brains have been wired for survival, to protect ourselves and keep us safe. If you are anything like me, you have had moments of joy and elation. But also burdened with negative emotions, stuck in a rut, feeling like a rain cloud is over your head. A good starting point in changing your thought patterns is Journaling. It may be helpful to have some kind of structure to your journal, by breaking it up into sections:

### **MORNING:**

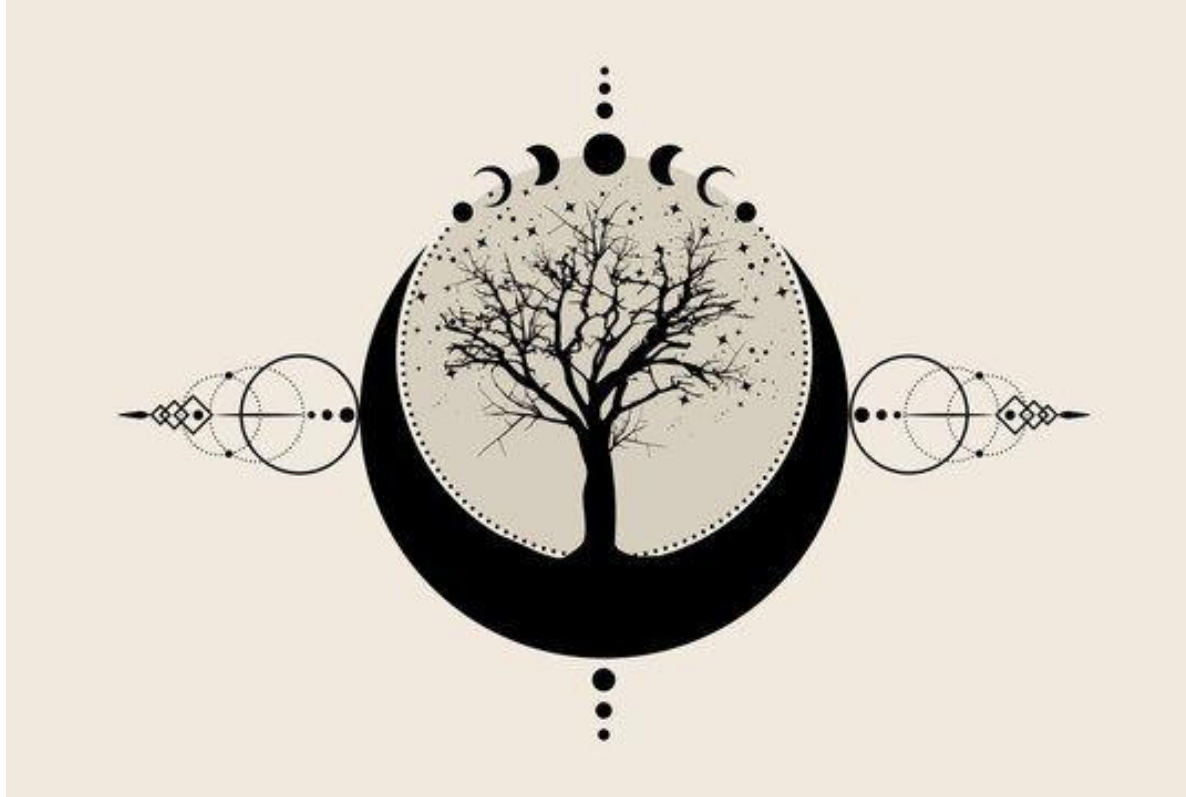
**“Today I Feel”** – take note of the mood you are in and think about how you would LIKE to feel.

**Daily Affirmations** – Using “I AM” statements, list 3-4 positive Affirmations each day. Repeat them to yourself periodically during the day.

**Gratitude Checklist** – Jot down at least three things for which you are Grateful. Example: *Today I am Grateful for my Family, my health, and my knowledge.*

**Goals for the Day** – Write at least three items down that you want to achieve. This can be anything from work you need to accomplish, cleaning your kitchen, or just writing down. *Today I will show love and compassion.*





**Notes and Thoughts** – this can be any random thing on your mind on that particular day.

### **EVENING:**

**Gratitude Checklist** – Same as the morning, list three things that you were grateful for that day.

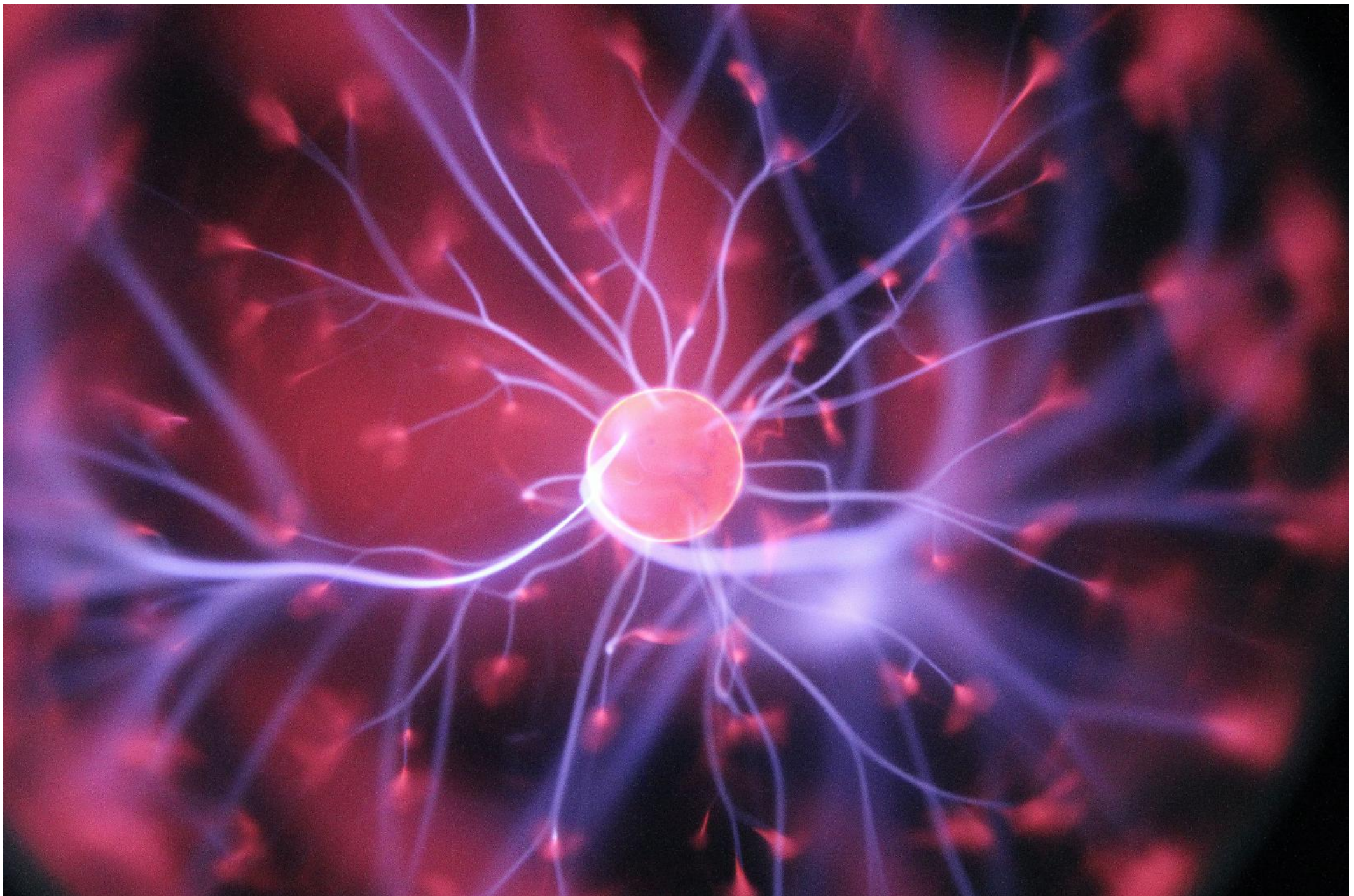
**List any Accomplishments that day** – This does not have to be anything huge or life-changing.

This just helps you remember to celebrate the small stuff. Say you are really feeling down on a particular day. Yet you got up, washed up, and did what you needed to do. Be that going to work, or even taking time to recharge. THAT is an accomplishment!

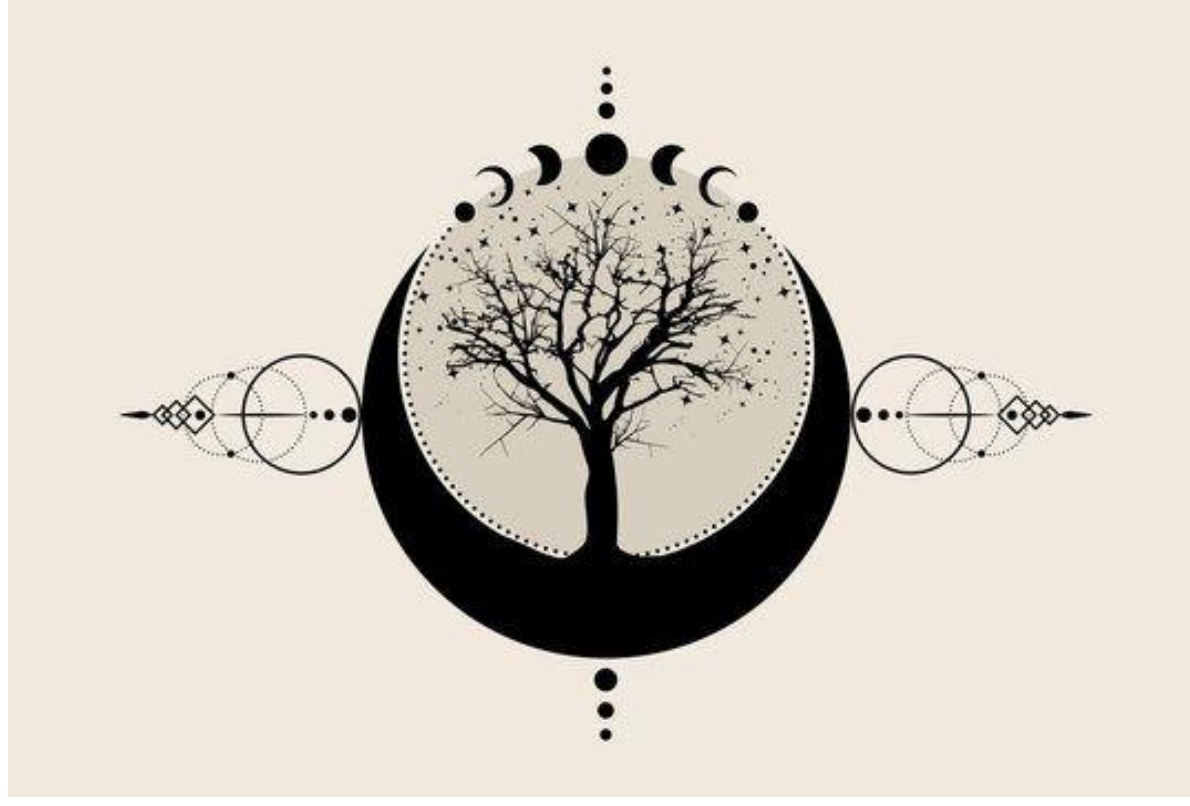
**Notes and Thoughts** – as with the Morning, just jot anything down that you think might help down the road. This is for YOUR EYES only, so write whatever you feel. You do not really have to put a lot of thought into it, and only need to spend a few minutes per day. It might seem hard at first, or like it is not worth it; but if you end up doing this for 21 days, it will become a habit... And I know it can have a positive impact on your Life, because I have done it myself!



## **Part 3: Energy and the Connection Between Us and the Universe**



**EVERYTHING in the Universe is Vibrational Energy.**



## Energy and the Connection between us and the Universe

We all go through our lives living like our body is who we are, and that our soul is something that we have as Human Beings. The truth of the matter is that we are the Soul, and our body is much like a vehicle that we had custom made prior to incarnation. We do not think of ourselves as Pure Energy, as being the same as the infinite universe. But we ARE. And according to the First Law of Thermodynamics, energy cannot be destroyed, it can only transform or transfer from one form to another. (“Conservation of energy - Wikipedia”) This is the meaning of ‘Everlasting Life’ in the Bible. Much like a motor vehicle, the longer you have it, the more it will break down, and it depends on how well you take care of it. If you beat your car into the ground and do not maintain it, it will break down and ‘die’ sooner rather than later. Same with your Body. The better you take care of yourself, the more time you will have to live and grow on Earth. When our bodies finally give out, at whatever age that may be, the Energy that we are truly made of transfers (or ‘Crosses over’ to what is considered Heaven. The Tunnel of Light that people who have Near Death Experiences (NDE) can be considered a Portal to a higher plane of Vibrational Frequency. The concept of Vibrational Frequency broken down to its basic meaning is simple. Our bodies are made of molecules, are constantly vibrating, and this creates electromagnetic energy waves. And it is possible to change the rate of our vibrations, all the way at the cellular level.

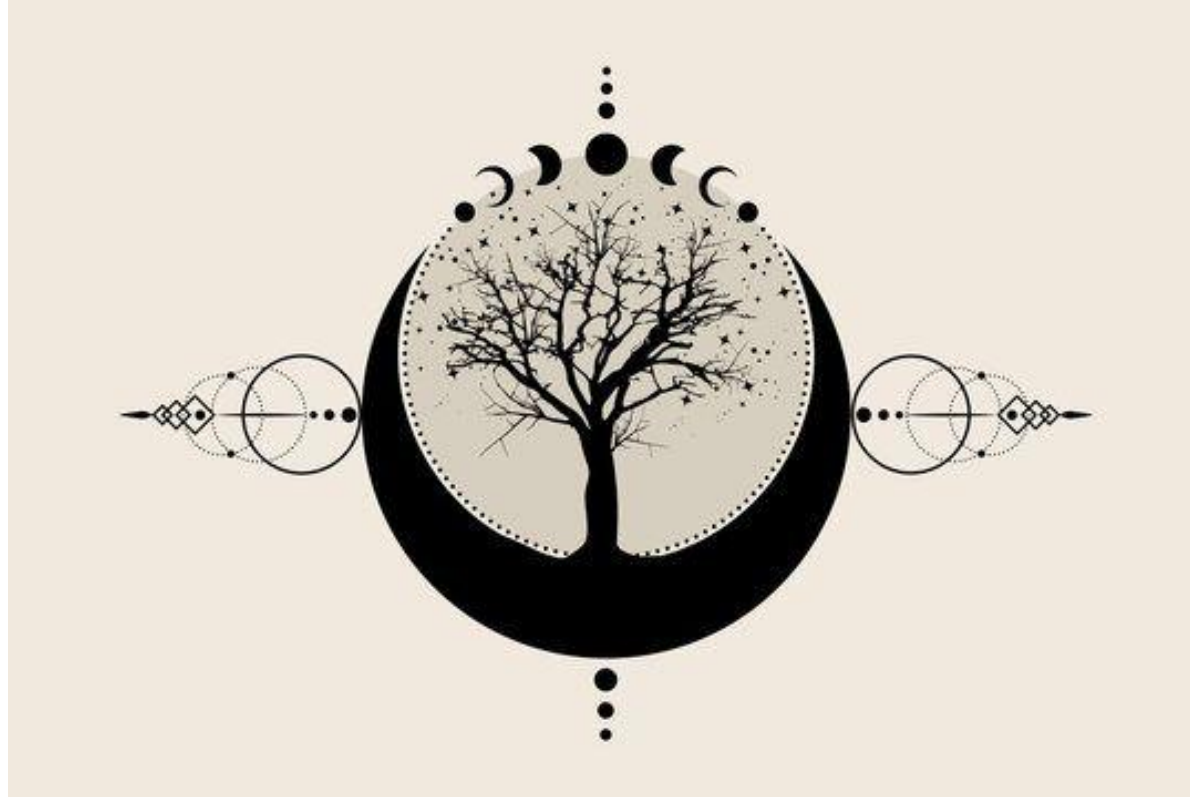


# Raise Your Vibrational Frequency.



Tibetan Singing Bowls



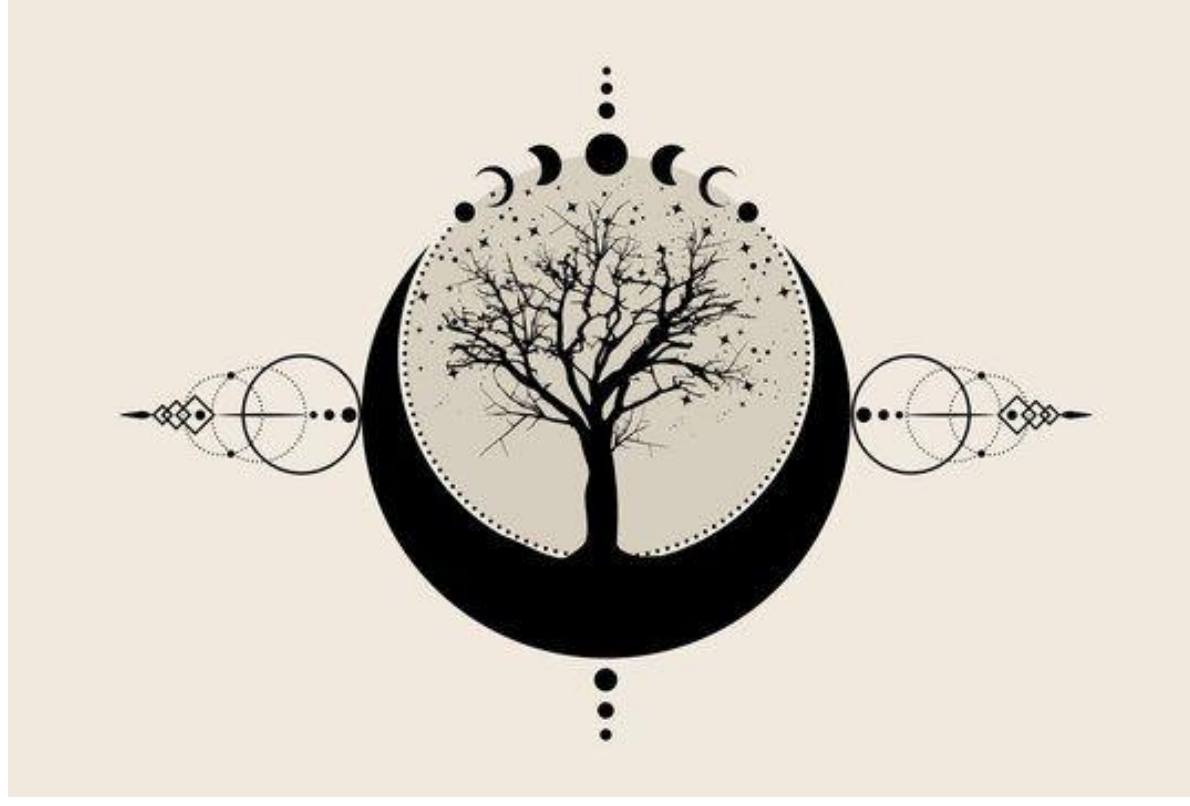


## HOW TO RAISE YOUR VIBRATIONAL FREQUENCY

There are several ways to increase the frequency of your vibration. Taking 10-15 minutes to sit in quiet and meditate is a great start. But you may be saying to yourself “but I don’t know HOW to meditate!” That is the best thing about it. There is really no wrong way to do it. Meditation can be done while sitting in a comfortable position, either in a chair (or couch) or on the floor, and even lying down – although you may end up falling asleep if you lie down. All you really need to do is find a quiet place where you will not be disturbed for 10 minutes. Turn down the lights, or light candles. Listen to some soothing music if you wish. *The most important part of meditation is being in the ‘now.’* Close your eyes and take some deep breaths. In through the nose, out the mouth. Concentrate on your breathing, the rising and falling of your chest. How you are feeling at the moment. As you breathe, try to relax any tension in your body with each exhalation. Clear your mind of the clutter in your life. And just breathe, relax and be in the here and now. It is fine if a random thought pops in your head, just acknowledge that you had that thought and let it go. After the time you set aside is up, start bringing yourself back to your physical body. Notice your breathing again, wiggle your fingers and toes. Notice the ground, chair, or bed on which you are sitting. And slowly open your eyes. There are many exceptionally good Guided Meditations on YouTube, along with other Meditation videos that do not include guidance.

Yoga is another fantastic way to raise your vibration, by assisting you in going deeper into both mind and body and allows you to free up any stuck energies in your Chakras, opening them up. Again, YouTube is a valuable resource for videos on Yoga. Spending time in Nature is another awesome method, especially when it is warmer out (if you live in a cold climate like I do, where it is nice 4 months a year). Taking off your shoes, and connecting with Mother Earth, feeling yourself Grounded, and connected with all that is around you. If that is out of the question due to the climate, taking a walk and getting fresh air because the more we move the more our energy vibrates, and the better we feel.





## Vibrational Energy Breakdown: What Does It Mean To Vibrate At A High Frequency?

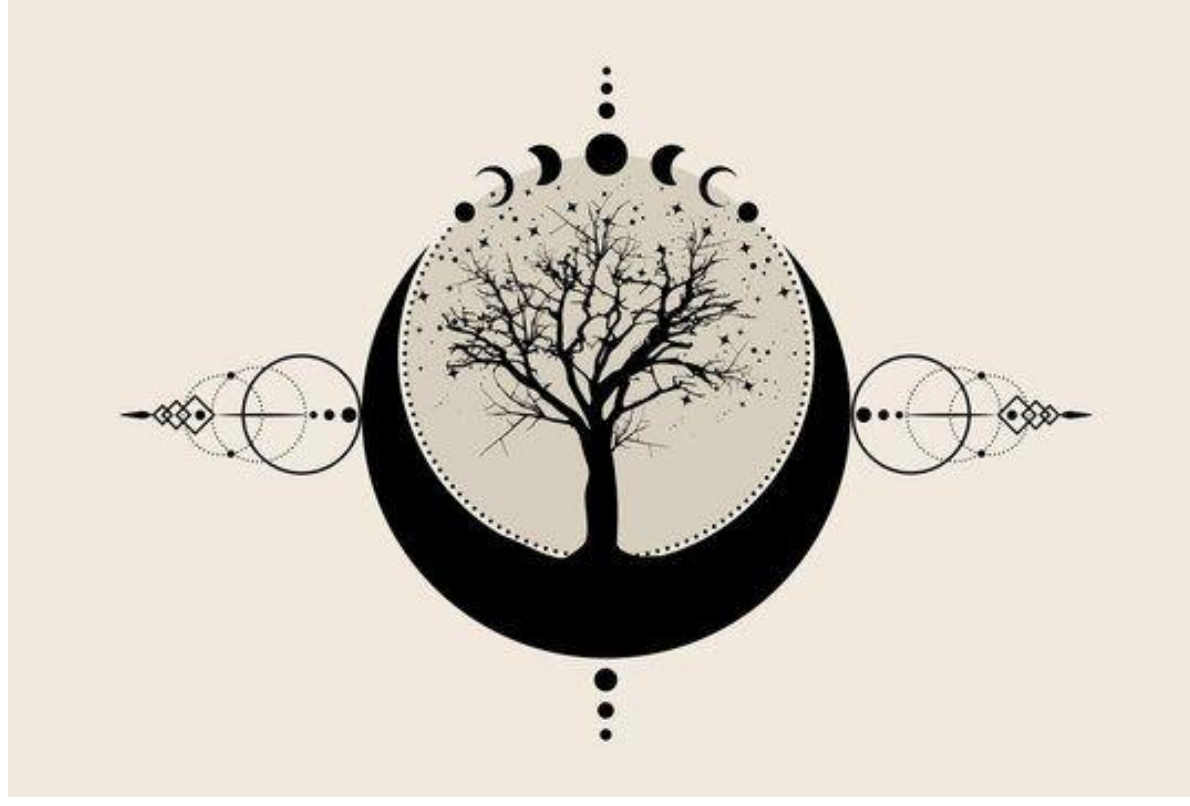
### What Is Vibrational Energy?

Everything vibrates on an atomic level. I am not an expert in quantum physics. But, spiritually, everything vibrates at a certain frequency. Our vibration is decided by the sum total of our thoughts, beliefs, and actions. You vibrate at a specific frequency. And, based on your vibration, you manifest or block specific experiences in your life.

### Low vibrational energy can cause:

- A psychic sickness
- Emotional turmoil
- Mental confusion
- Poverty mindset
- Loneliness
- Victim mindset
- Social withdrawal
- Codependency





Our vibration doesn't change or increase in a day. It takes some time and practice. All activities that free us from negative thoughts and emotions (be that dance, yoga, meditation, or journaling) can improve our vibration.

### **Signs Of High Vibration: How Does A High Vibrational Person Behave?**

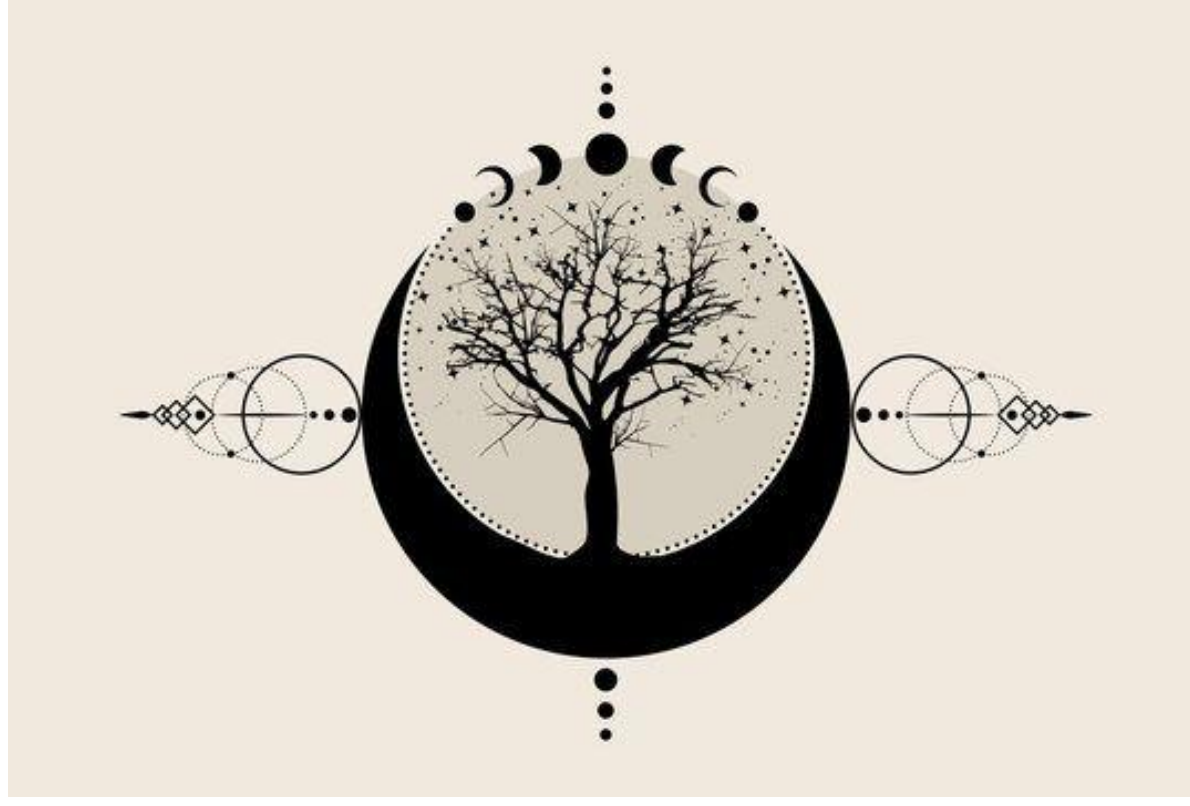
Now that you know what vibrational energy is, let's understand how high vibrations manifest in an individual. If you have ever wondered about the signs of high vibration, this is how a high vibrational person behaves.

He/she/they:

- Trusts their path
- Doesn't get intimidated by adversity
- Take risks to manifest powerful changes in their life
- Engages in self-care activities regularly
- Doesn't mind taking a break when they recognize what they need

That's not to say that a high vibrational person is any better than the rest of us. These individuals aren't perfect, but they recognize their divinity and appreciate their imperfections. And when it comes to living a happy life, that's really all a person needs.





## What Does It Mean To Vibrate At A High Frequency?

Now that you know the signs of a high vibrational individual, let's talk about what it means to vibrate at a high frequency.

*When you vibrate at a high frequency, you are able to:*

**1. Recognize Your Divinity:** You don't feel the need to be perfect. You accept that a human being can't possibly be perfect. We have a right to make mistakes and learn from them. We have a right to become a better version of ourselves. By chasing perfection, we are denying ourselves the right to improve.

**2. Forgive Your Past:** When you vibrate at a high frequency, you understand that everything has a purpose. Our past taught us valuable lessons. It taught us to fight for what we deserve and not accept anything less. It taught us to embrace our mistakes and forgive others for theirs.

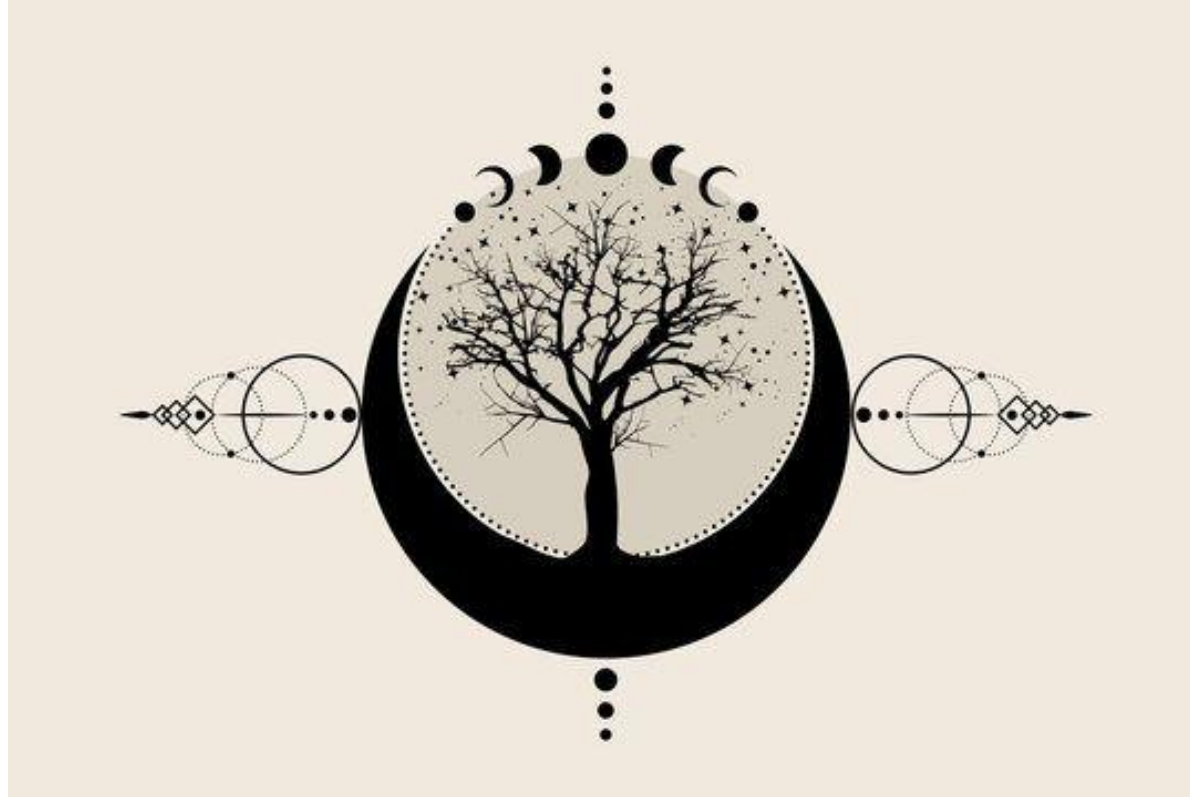
**3. Align With Your Life Purpose:**

Everyone aspires to live a purpose-driven life. But, living out our purpose requires sacrifice. To align with our life purpose, we need to sacrifice our distractions, negative habits and patterns, and people-pleasing tendencies. When we raise our vibration, all these changes happen naturally. We lose interest in things, people, and habits that don't serve our higher purpose.



## Discussion on Chakras





## A BRIEF DISCUSSION ABOUT CHAKRAS

These days, there are a lot of believers in the power of Crystals, and the use of Sound Therapy, to activate and open your Chakras. Chakras are the main Energy Centers of our body, and a misalignment of them can cause a number of physical, mental, and emotional ailments. The body has 7 Main Chakras:

**Root Chakra**, located at the base of the Spine. Associated with color **Red**. Symbolizes Safety and Security.

**Sacral Chakra**, located just below the Navel. Associated with the color **Orange**. Symbolizes Creativity, Sensuality.

**Solar Plexus Chakra**, located above the Navel. Associated with the color **Yellow**. Symbolizes Confidence, Strength, Resolve, and Personal Power.

**Heart Chakra**, located at the center of the Chest. Associated with the color **Green**. Symbolizes Trust, Compassion and Love.

**Throat Chakra**, located in the Neck. Associated with color **Blue**. Symbolizes Communication.

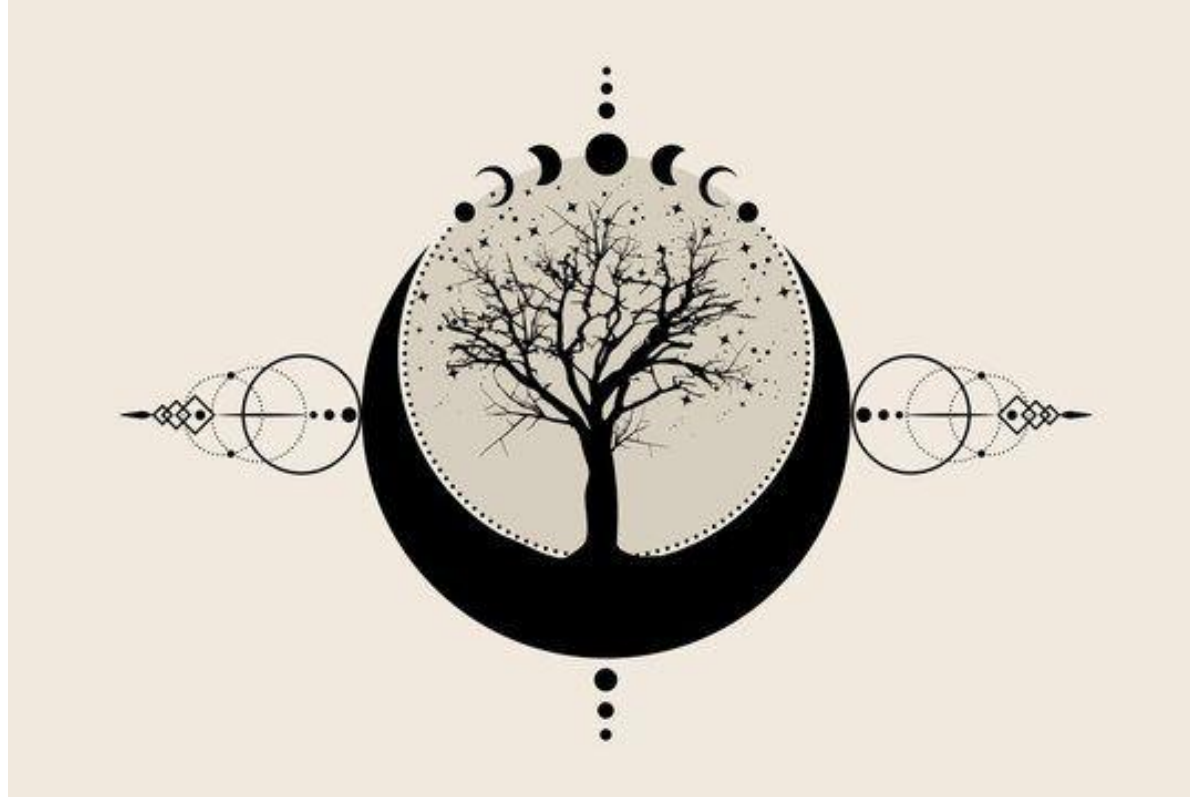
**Third Eye Chakra**, located between the Eyebrows. Associated with color **Indigo/Purple**. Symbolizes Intuition, Mental Clarity, Perception of Truth.

**Crown Chakra**, located at the top of the Head. Associated with color **Violet/White**. Symbolizes Connection to the Divine Source and the Infinite Universe.



## The Root Chakra





**The Root Chakra** supports your lower back, legs, and feet. When the energy is flowing freely through it, it helps you to feel grounded in yourself and the world around you. It is associated with your sense of security, relationships with your family, and your feeling of “home.” If there is a blockage, it can manifest in the physical body – weight gain/loss, lower back pain, leg pain.

**Mentally/Emotionally**, it can cause you to rush from one task to another, increase anxiety and depression, make you feel like you are unable to act, a general feeling of being ‘stuck.’ If you are feeling any of these, and you want to try some Crystals to help you with affirmations/meditations.

**Crystals** that help Balance the Root Chakra are:

Red Jasper, Garnet, Hematite, Red Calcite, or Obsidian.

**Root Chakra Affirmations:**

***I am Financially Secure.***

***I live a Happy Life.***

***I am Safe. I am Grounded and rooted in the present moment.***

***I am Full of Energy.***

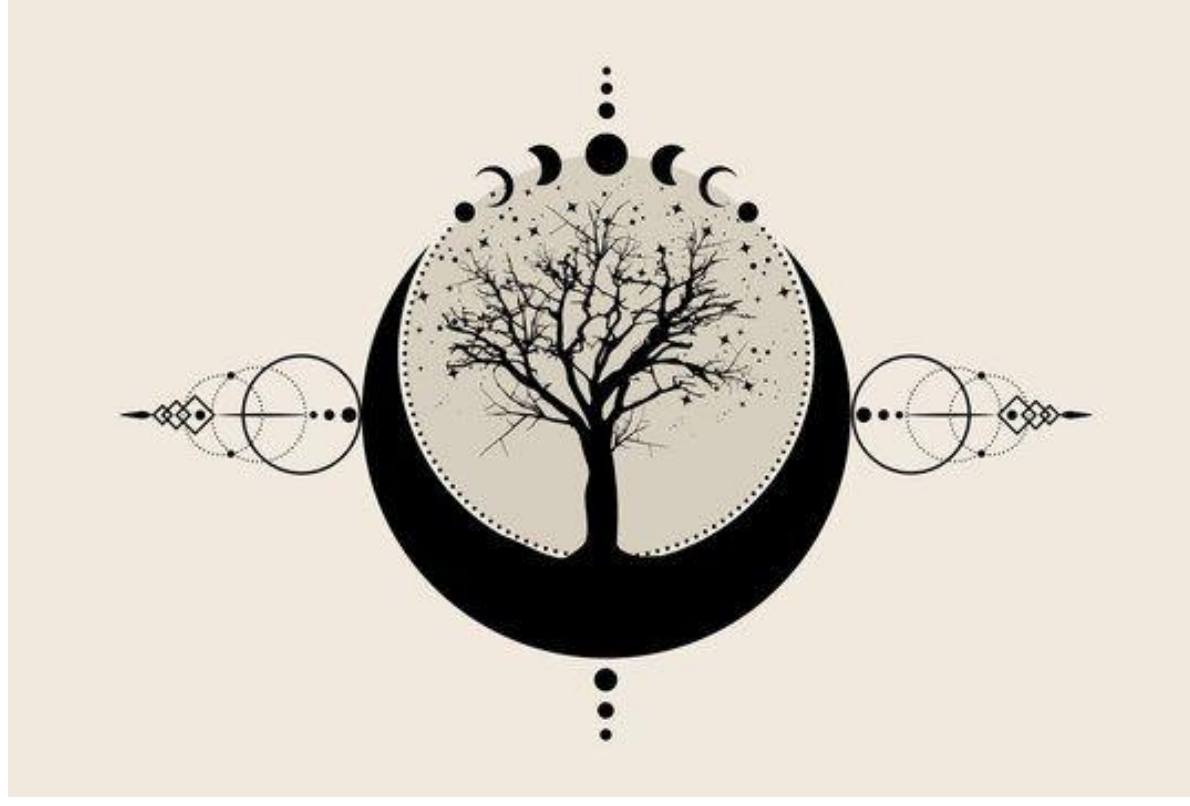
***I am Protected.***





## The Sacral Chakra





**The Sacral Chakra** supports your Kidneys, Bladder, and your Sexual Organs. When the energy is flowing freely through it, it promotes Creativity, feelings of Emotional Wellbeing, Personal Power, and Sexuality. If there is a blockage, it can manifest physically as Chronic Lower Back Pain, Arthritis, Sexual Dysfunction, Low Energy, Kidney issues.

**Mentally/Emotionally**, it can make you feel emotionally and physically weak, overly sensitive, and detached from your significant other.

**Crystals** that help Balance the Sacral Chakra are Carnelian, Orange Agate, Orange Calcite, and Amber.

### **Sacral Chakra Affirmations:**

***I am Creative.***

***I embrace my Sexuality.***

***I am passionate about my Life.***

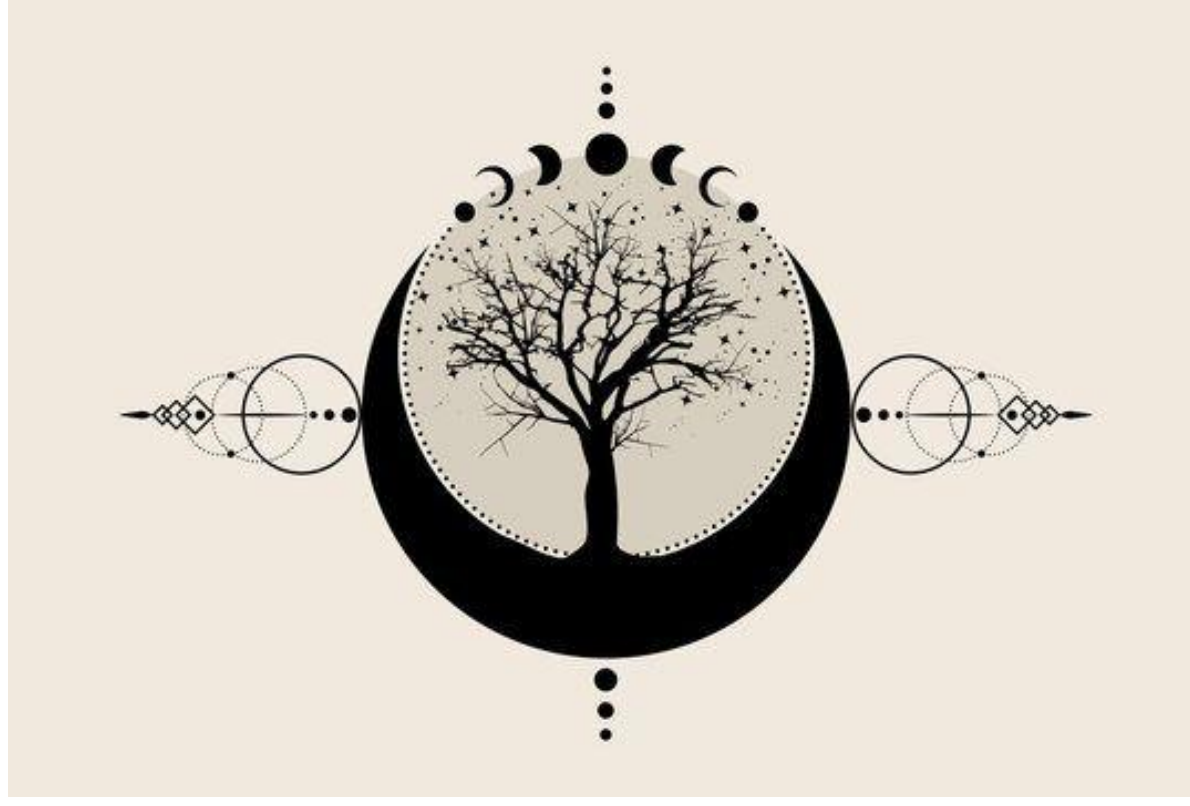
***I feel Loved.***

***I am Clear and Free.***



# The Solar Plexus Chakra





**The Solar Plexus Chakra** supports your Digestive System, Spleen and Bladder. When the energy is flowing freely, it promotes Confidence, makes you feel Motivated, Purposeful, and Responsible. If there is a blockage, it can manifest physically as fatigue, overeating, excessive weight retention around the midsection, and things such as IBS, Ulcers, Diabetes.

**Mentally/Emotionally**, you may suffer from low Self-Esteem, Control Issues, and difficulties in your Decision Making.

**Crystals** that help Balance the Solar Plexus Chakra are Citrine, Topaz, and Yellow Tiger Eye.

**Solar Plexus Chakra Affirmations:**

*I feel Motivated to Pursue my Purpose.*

*I forgive Myself for Past Mistakes, and I Learn from them.*

*I Stand in my Personal Power.*

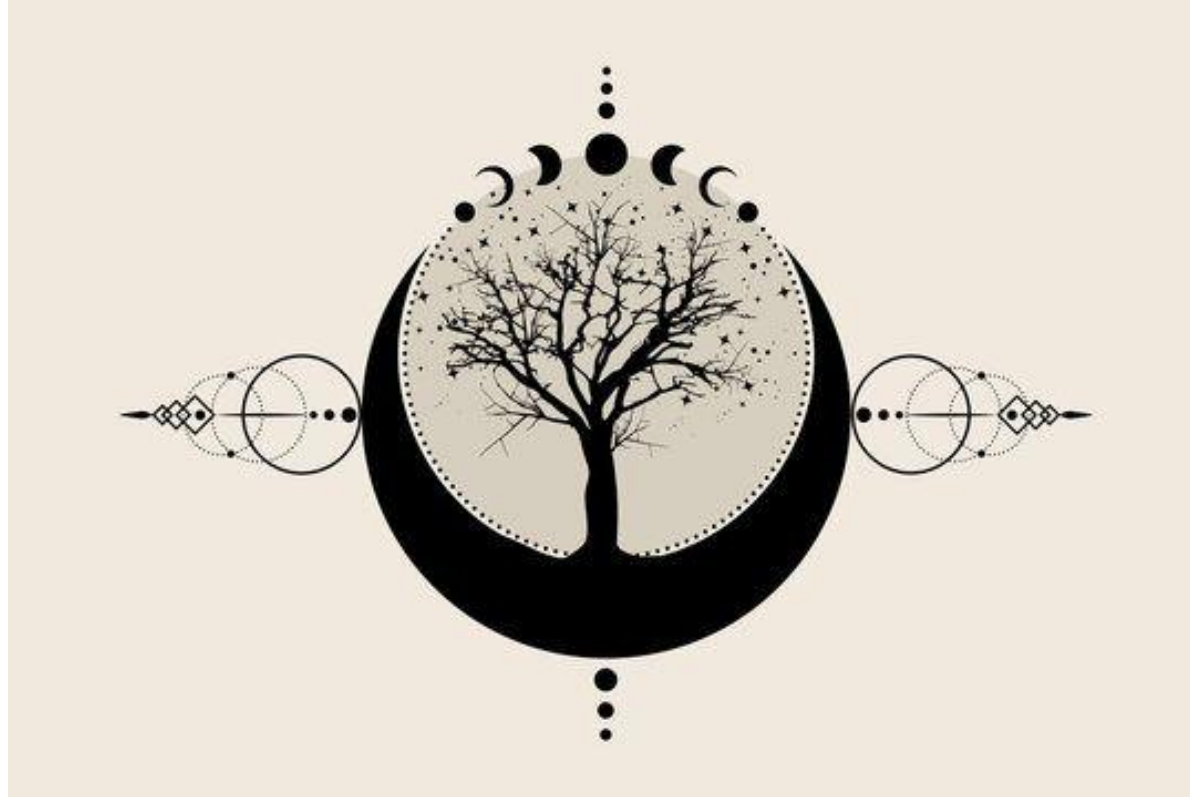
*I am Ambitious and Capable.*

*i am Calm, Confident and Powerful.*



# The Heart Chakra





**The Heart Chakra** supports your Heart, Lungs, Upper Back, Arms/Hands, and Circulation. When the energy is flowing freely, it promotes Peace, Love Compassion, Tolerance, Forgiveness. If there is a blockage, it can manifest physically as Colds/Flus and Infections, Blood Pressure issues, Heart and Lung issues, and Respiratory/Breathing difficulties.

**Mentally/Emotionally**, you may feel like you lose yourself and connection with your surroundings, Selfishness, Mania, and a lack of Drive and Motivation to do things that are essential in your life.

**Crystals** that help Balance the Heart Chakra are Emerald, Green Calcite, Peridot, Green Aventurine, and Rose Quartz.

### **Heart Chakra Affirmations:**

***I am Open to Giving and Receiving Love.***

***I Unconditionally Love Myself.***

***I Accept Myself and Others as we are.***

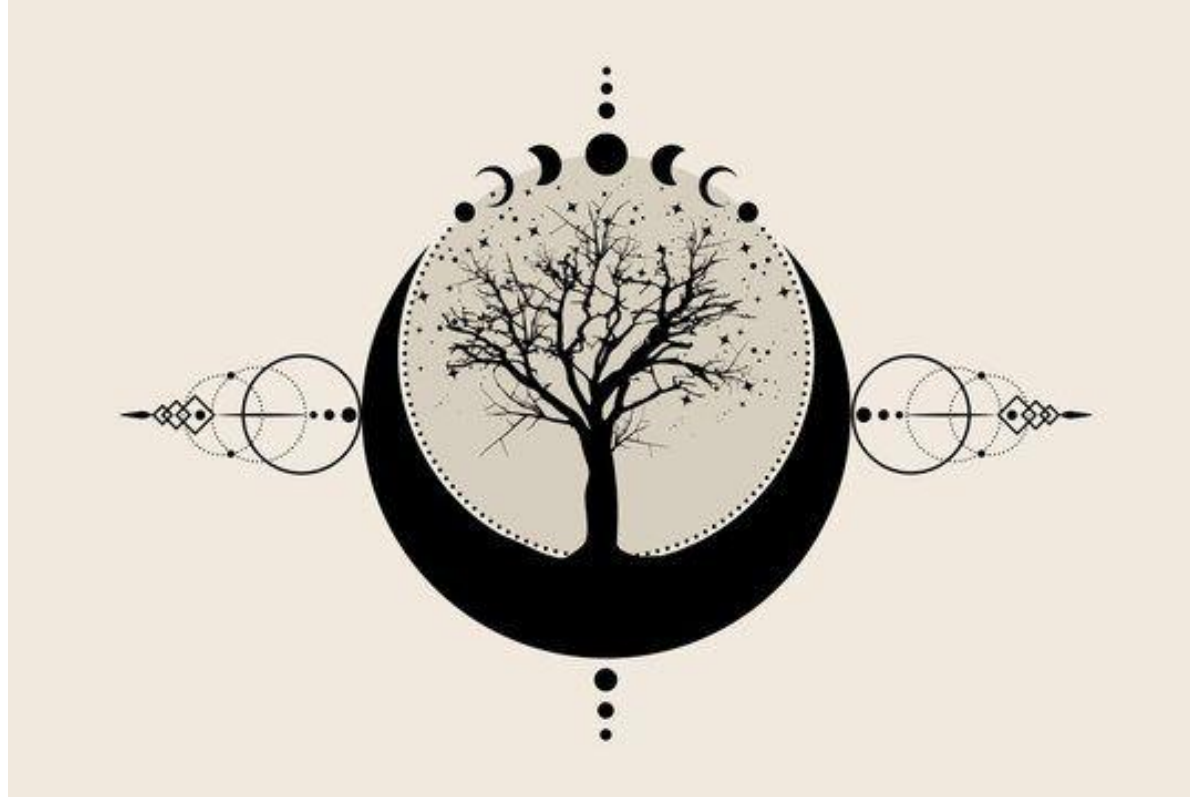
***I Willingly Let Go of the Past and Forgive Myself and Others.***

***I Forgive Instantly, Completely, and Unconditionally.***



## The Throat Chakra





**The Throat Chakra** supports your Throat, Jaw, Neck, Ears, Teeth, and Thyroid. When the energy is flowing freely, it promotes Self Expression, Communication, Honesty, Integrity, Self-Truth. If there is a blockage, it can manifest physically as Thyroid Health Problems, Hearing-Related Problems, Shoulder Problems, Sore Throat, Laryngitis.

**Mentally/Emotionally**, you may suffer from Depression, Stress, Mood Swings. Can also be the cause of Fear of Speaking.

**Crystals** that help Balance the Throat Chakra are Iolite, Celestite, Lapis Lazuli, Turquoise, and Sodalite.

### **Throat Chakra Affirmations**

***I am Safe to Express my Needs.***

***I Speak my Truth Freely and Lovingly.***

***I Speak Up for Myself.***

***I Listen to Myself and Trust my Inner Voice.***

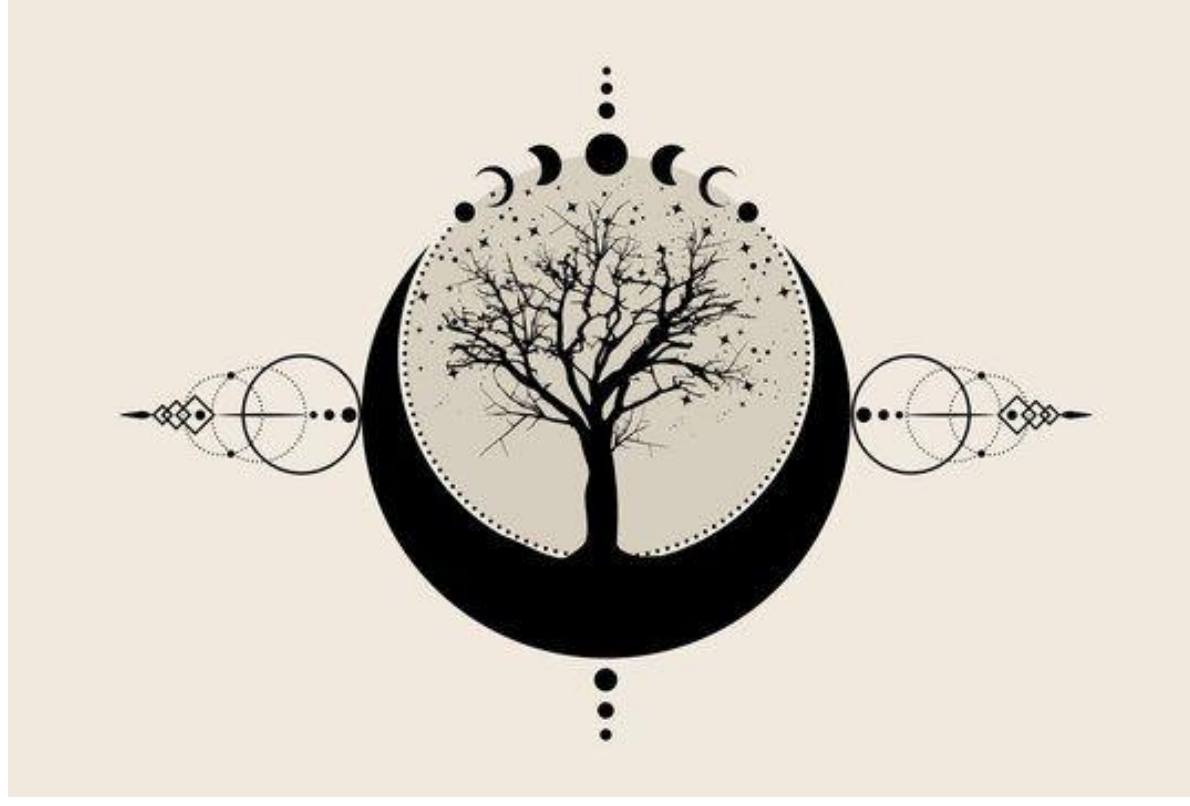
***I am Fearless and Free.***





## The Third Eye Chakra





**The Third Eye Chakra** supports your Eyes, Ears, Sinuses. When the energy is flowing freely, it promotes Intuition, Mental Clarity, Insight, Focus, and Desire to Learn. If there is a blockage, it can manifest physically as Headaches/Migraines, Vision Problems, Sinus Issues, and Insomnia.

**Mentally/Emotionally**, you may feel Spiritually Barren, Depression/Anxiety, Social Withdrawal.

**Crystals** that help Balance the Third Eye Chakra are Amethyst, Sugilite, Purple Fluorite, Moonstone, and Quartz.

### **Third Eye Chakra Affirmations:**

***I am in Touch with My Inner Wisdom.***

***I Trust my Intuition.***

***I am the Source of My Truth and Love.***

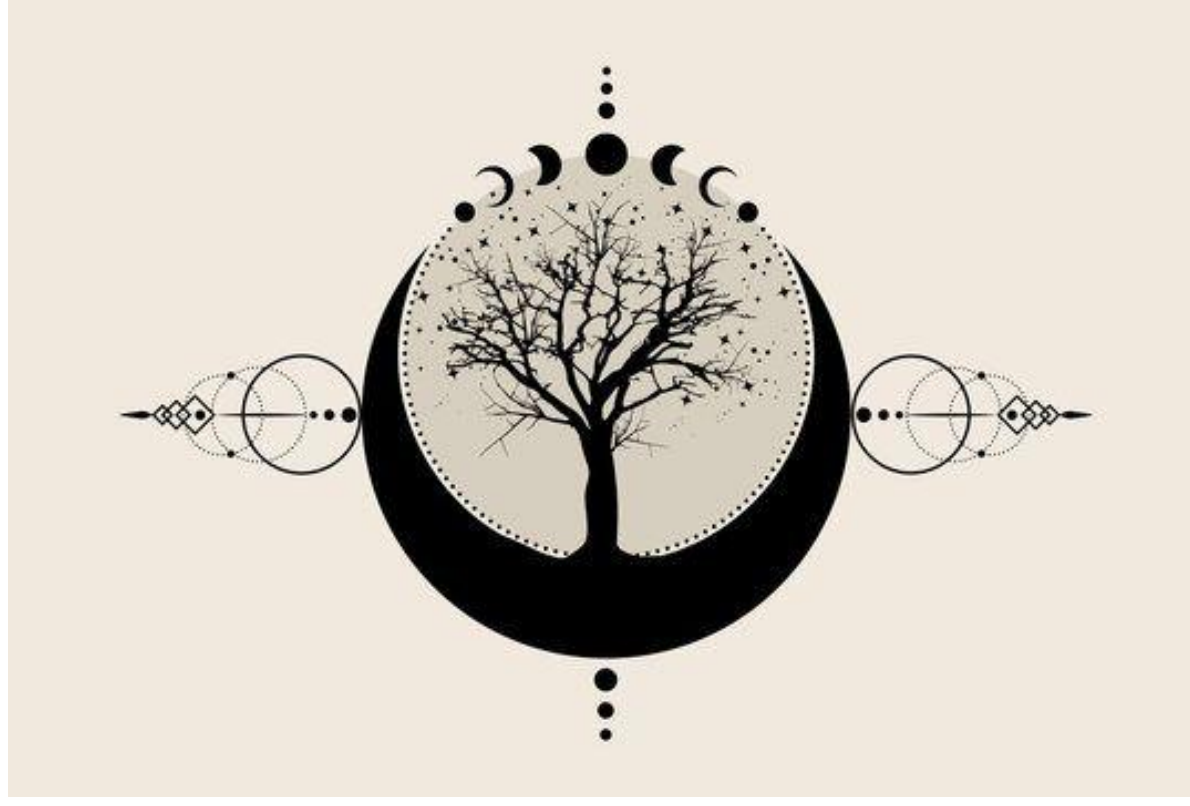
***I am Connected to the Divine.***

***I seek to Learn from My Life Experiences.***



## The Crown Chakra





**The Crown Chakra** supports the Endocrine System, the Pituitary and Pineal Glands. When the energy is flowing freely, it promotes Inspiration, Enlightenment, Faith, Spirituality, and a Connection to The Universe, or Source. If there is a Blockage, it can manifest physically as Chronic Tension Headaches, Poor Coordination, and Exhaustion.

**Mentally/Emotionally**, you may feel Confusion, Poor Mental Focus (or lack thereof), and an unwillingness to be open to different ideas or thoughts.

**Crystals** that help Balance the Crown Chakra are Amethyst and Clear Quartz. Labradorite, and Selenite.

**Crown Chakra Affirmations:**

***I am Divine.***

***I Honor All Others.***

***I am that I Am.***

***I am Selfless.***

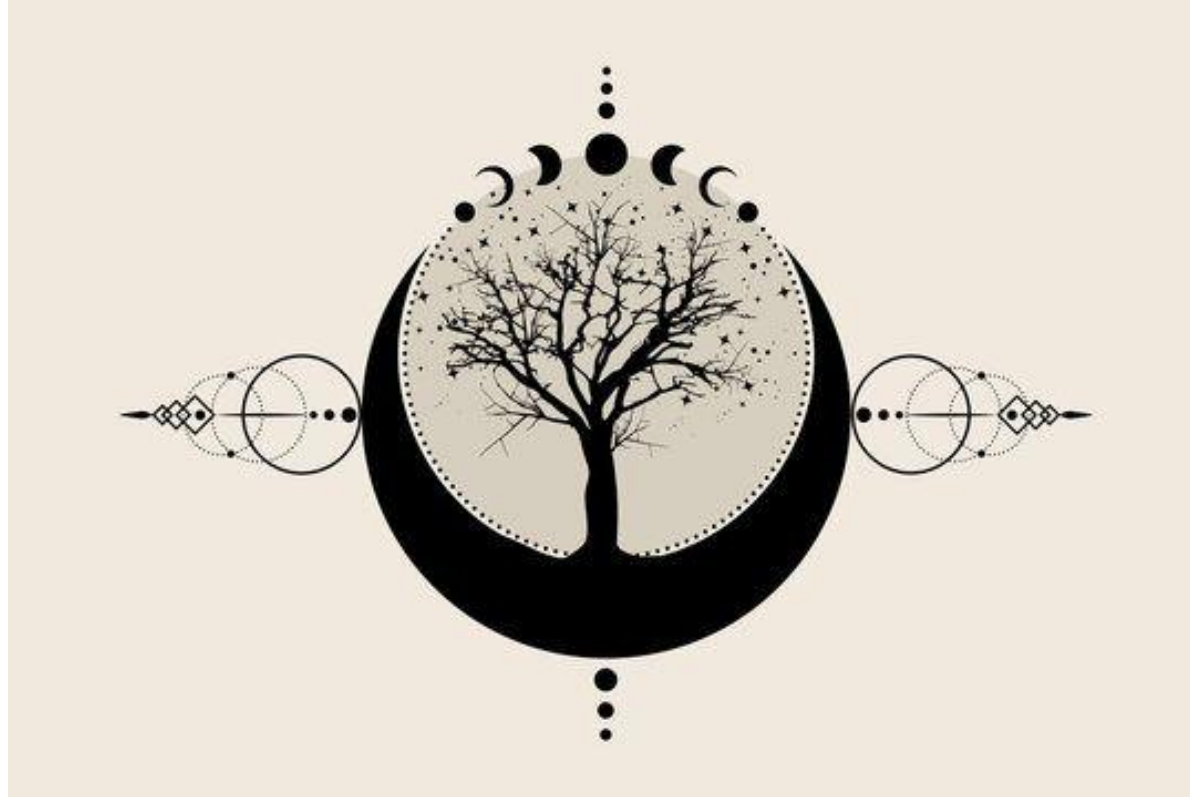
***I am Open to the Abundance and Greatness the Universe Offers Me.***



## How To Stop Absorbing Other People's



## Emotions And Energy



## Are you down with : "OPE"?

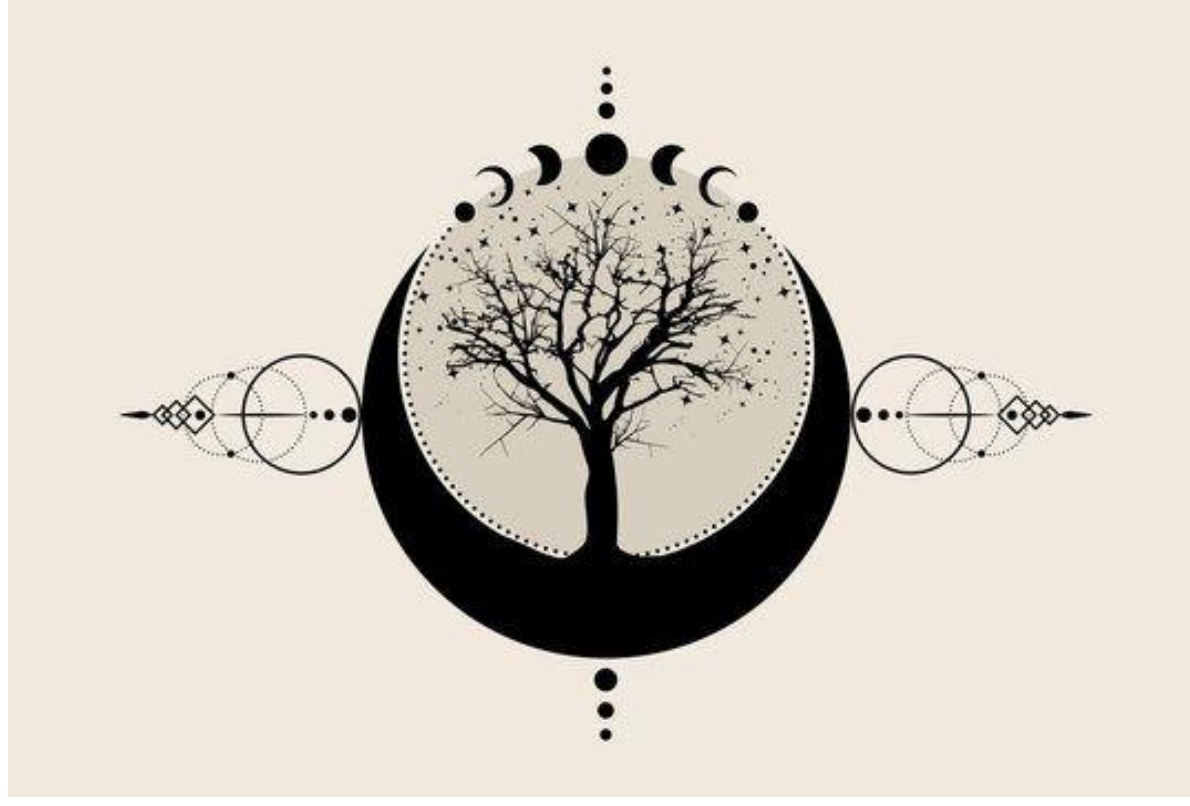
*If you are an Empath, you have to be especially careful to protect yourself from "OPE" (Other People's Energy)*

Empaths find it incredibly difficult to not absorb other people's energy. They internalize other people's problems and feelings. You don't have to run from your gift. But, you also cannot stop living your life just to avoid coming in contact with outside energy. Why not find a middle ground? Let's learn the tools and strategies to help us stop absorbing other people's energy! Establishing strong boundaries isn't easy. But, without them, you will continue to hurt yourself or others. Today, we'll discuss three ways for you to stop absorbing other people's energy and taking on their problems.

**1. Grounding:** Grounding is an excellent way to block negative energy as an empath. When we ground, we send a cord to the heart of Mother Earth and ask her to help us. Grounding helps us to understand what our life is really about. It is not about sacrificing our needs for others. It's not about being selfish either. The purpose of our lives is for us to live. That's all there is to it. So long as our hearts are beating and lungs are breathing, we are alive. If we don't take care of ourselves and continue to ignore our own health and well-being, we might not live for long. Neglect doesn't kill us directly. But, it does impact our health in the long run. Grounding will also help you not be in your head as much. There are many techniques for grounding including:

- ***Visualization***: Imagine sending a cord to the heart of Mother Earth. Ask Mother Earth to help you drop into your heart space. Feel your heart beating. Put your hands on your heart and let your heart tell you what you need to hear. Ask it to help you block other people's negative energy.
- ***Crystals***: Black crystals like Tourmaline, Obsidian, and Hematite can help you ground. You can also try Smoky Quartz, Tree Agate, and Black Jasper for grounding.





● **Essential Oils:** All essential oils with a woody aroma like sandalwood, cypress, and juniper can be used to help you ground.

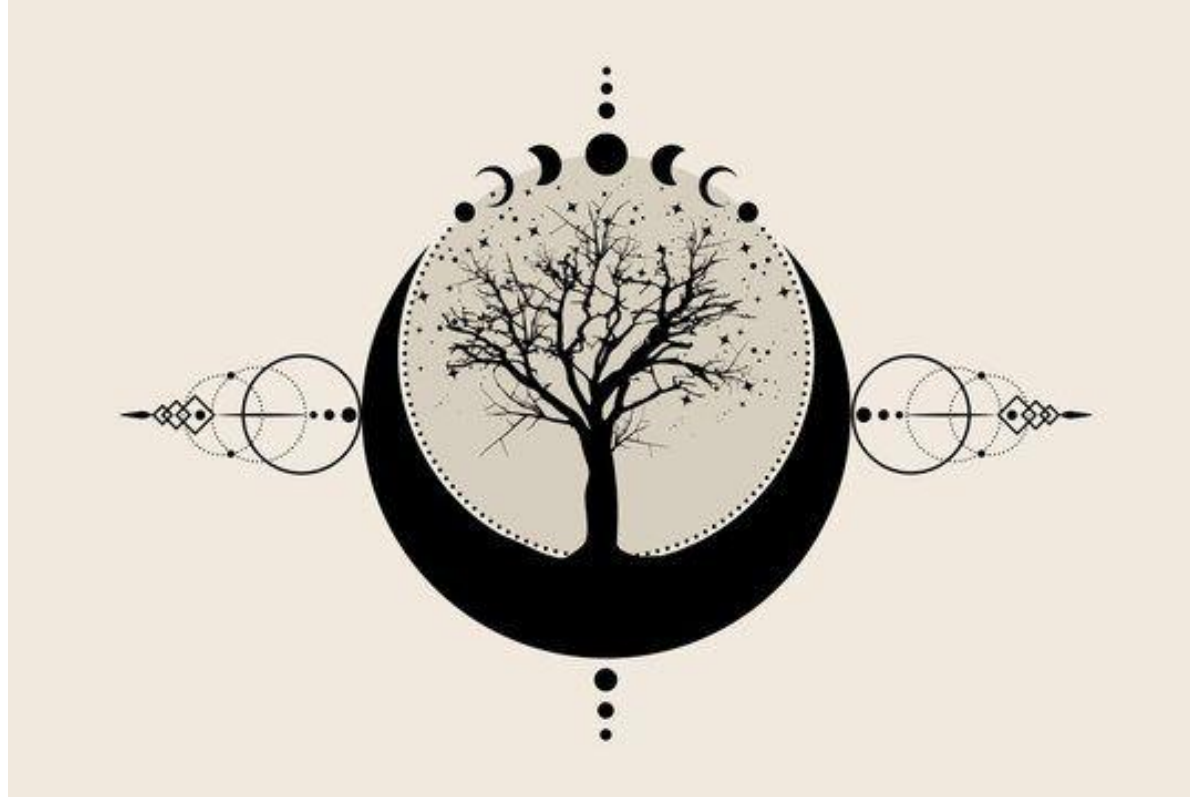
## 2. Affirmations

Writing affirmations will help you assert your boundaries. This will help you to be able to discern your energy from others. *Try the following affirmations to help you stop absorbing other people's feelings and emotions.*

1. I am strong and grounded.
2. I am divinely protected.
3. I am in charge of my energy.
4. I don't absorb other people's feelings.
5. I choose to take care of my health.
6. I am kind towards myself.
7. Nothing can stop me from becoming the best version of myself.
8. I have strong boundaries.
9. I am proud of my gift.

*These affirmations will empower you to not absorb other people's feelings and emotions. They will help you assert strong boundaries. I know that it's good to love other people, but loving yourself first is even better. Affirmations can help you manifest anything that you want in life. Repeat them as often as you can.*





3. **Visualization:** Visualization is an easy way to block other people's energy as an empath. Imagine Archangel Michael giving you a sword. With this sword, create a protective circle around you. This circle will protect you from all kinds of negative energy. Imagine the light of this circle radiating inwards and making an energetic armor around your body. Allow this light to empower you to not absorb other people's energy.

Trust that you will always be protected. You already know how to not absorb other people's feelings and emotions. You don't need to deny your gifts for that. You don't need to disrespect your empathic abilities for that. You don't need to fix yourself. You just need to love yourself as much as you love others. Have compassion for yourself as much as you do for others..

### **A few Final Thoughts on Protecting your Energy**

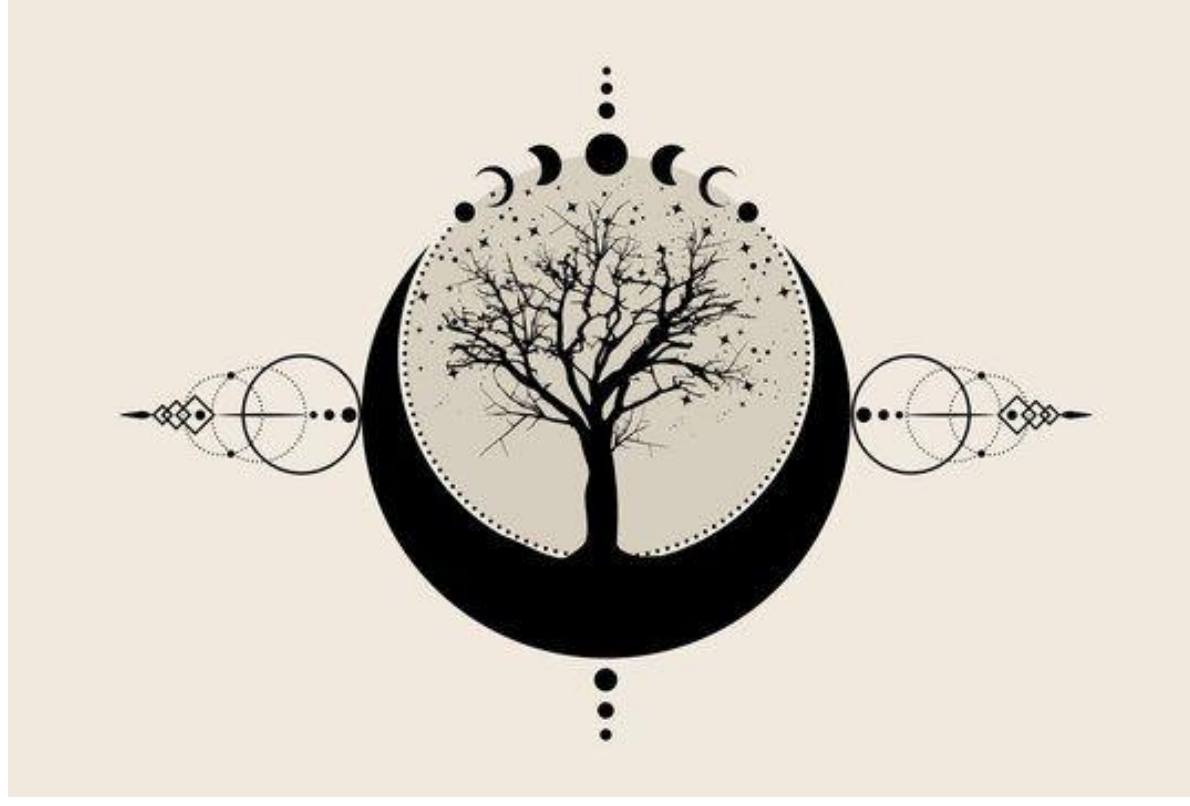
Empaths find it impossible to not care about others. And, you don't need to stop caring either. In this day and age, everyone could use a friend and you will make an excellent one. But, you need to not lose yourself in other people's stories. You can protect yourself. You don't need to absorb other people's energy as much. Imagine a protective bubble or circle around you and allow it to seal your aura. Trust that you are protected. There's nothing you need to worry about. You already know how to stop absorbing other people's energy and emotions. The only thing it takes is courage and trust. That's really all that's needed to block negativity and stop taking on other people's problems.





## **PART 4: Affirmations and the Importance of Self Love**

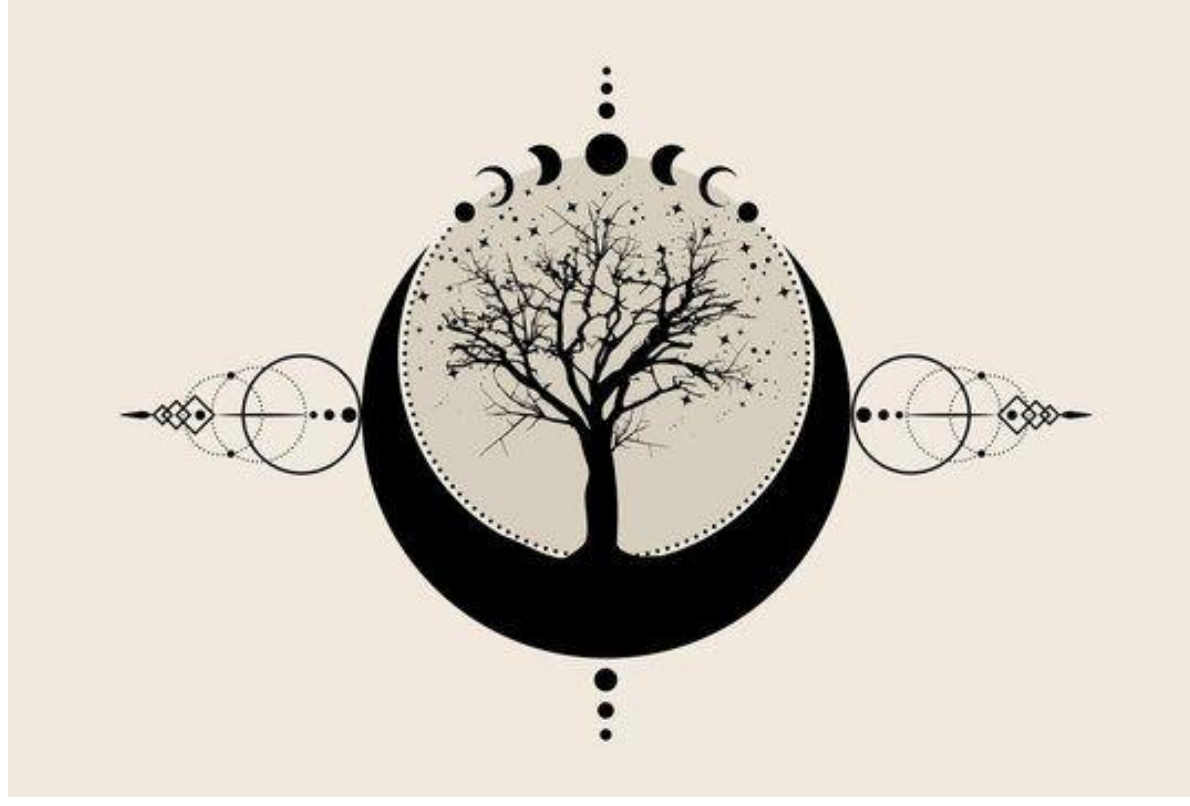




## **AFFIRMATIONS, and the Importance of Self**

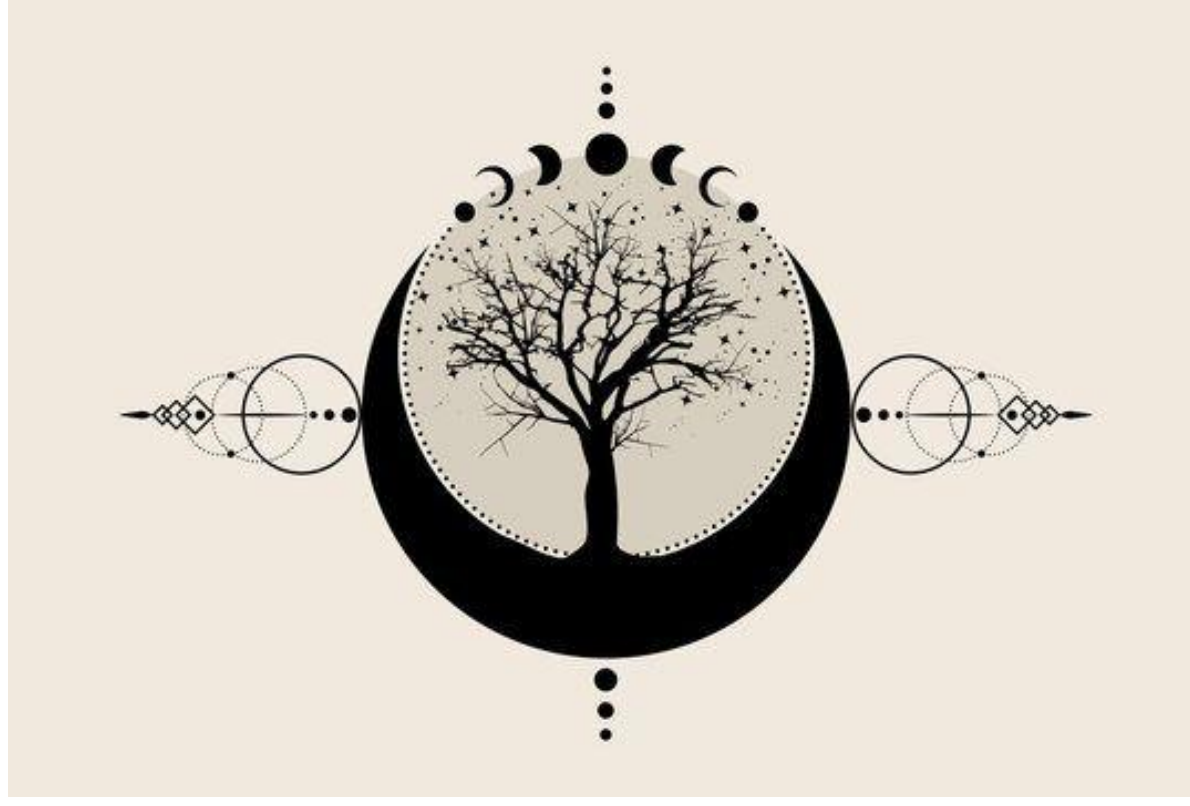
For people of a certain age, there was a skit on ‘Saturday Night Live’ called “Daily Affirmations with Stuart Smalley,” that started in 1991. Al Franken portrayed the character, and his catchphrase was *“I’m Good Enough, I’m Smart Enough, and Doggone It, People Like Me!”* Being the medium that it was on, it was clearly intended to make light of those who thought freely and were doing daily affirmations long before it was more widely accepted. I know for me, it seemed ridiculous to stand in front of a mirror and say a bunch of positive things to and about myself. And that is because I was too busy believing that I WASN’T “good enough, smart enough...” I was a hostage to my Ego. Meaning, I was just a ‘person,’ who was completely imperfect, stuck in my brain, overthinking everything. If you looked up the meaning of “NEGATIVITY” in the dictionary, there would be a picture of ME plastered in front of it. I let MY Happiness and Self Worth be determined by the opinions of people who did not even KNOW me! For far too long, the things I heard most of the time were phrases such as ‘If you had a brain, you’d be dangerous.’ ‘You won’t ever amount to anything.’ Was always made fun of, even by my own family for being a little overweight as a kid.





I *HATED* myself for an extremely long time. And that led to some toxic relationships, once I started to find people that I thought loved me. Becoming overly needy when I finally started dating. Worrying about whether or not they would end up leaving me or cheating on me. Dwelling on all the negative things took me out of the moment, and out of a lot of the good, even wonderful things I was experiencing. And, putting those thoughts out there so often, those very things would end up happening. Your Thoughts make your reality. Nothing in this world, and I do mean NOTHING; that you look at, truly has any meaning other than what you give it. Here is a bit of an embarrassing example of this concept that I experienced, due to someone thinking they would have a laugh at my expense. When I was little, I went on a ‘guys weekend’ trip with my dad, a couple of my brothers, one of my dad’s good friends and his two boys. Stayed in a Cabin on a lake, the whole nine yards. One day on that trip, i started seeing those three-wheeled ATVs all over the area. I just thought those were the bees’ knees. And I REALLY wanted one. I had no idea what they were called, just that they were incredible. To be funny, my dad’s friend told me that the three wheeled all terrain cycle was called a “Menstrual Cycle.” I was like 8 years old. NO IDEA what that REALLY was. So, when I got home, I told my mom, all innocent like “*MOM, I REALLY WANT TO GET ONE OF THOSE MENSTRUAL CYCLES!*” Oh, the HORROR when I found out what that was... So, there you have it. Nothing that you can see has any meaning to it but the meaning you give to it.





Affirmations are a powerful tool to help you get motivated to act. They are an effective way to assist in achieving your goals, help you to change your thinking, and most importantly, they help you bring positivity into your life and raise your self-esteem. Before I started using affirmations daily, I had no idea what to do, how to do them, what to say. But it has gotten easier as I have done it. Affirmations are such a powerful tool, but for it to truly work you need to repeat them three or more times a day, and absolutely BELIEVE it to be true. A good Affirmation to start with would be “I see it BECAUSE I believe it.” Now you are thinking “hey, that is not how the saying goes, it is ‘Seeing is Believing’.” (Or I will believe it if I see it...) That is the low vibration Ego of Humanity speaking that. The positive way to think it is the opposite, I believe it, therefore I see it. Affirmations help us tap into both our Conscious and Unconscious mind, challenging us to reach our full potential and reach your goals.

**Examples of Positive Affirmations you can use:**

***I am Safe, stable, and secure.***

***I am Powerful. I am Unique, and I am here to share my Unique gifts with the World.***

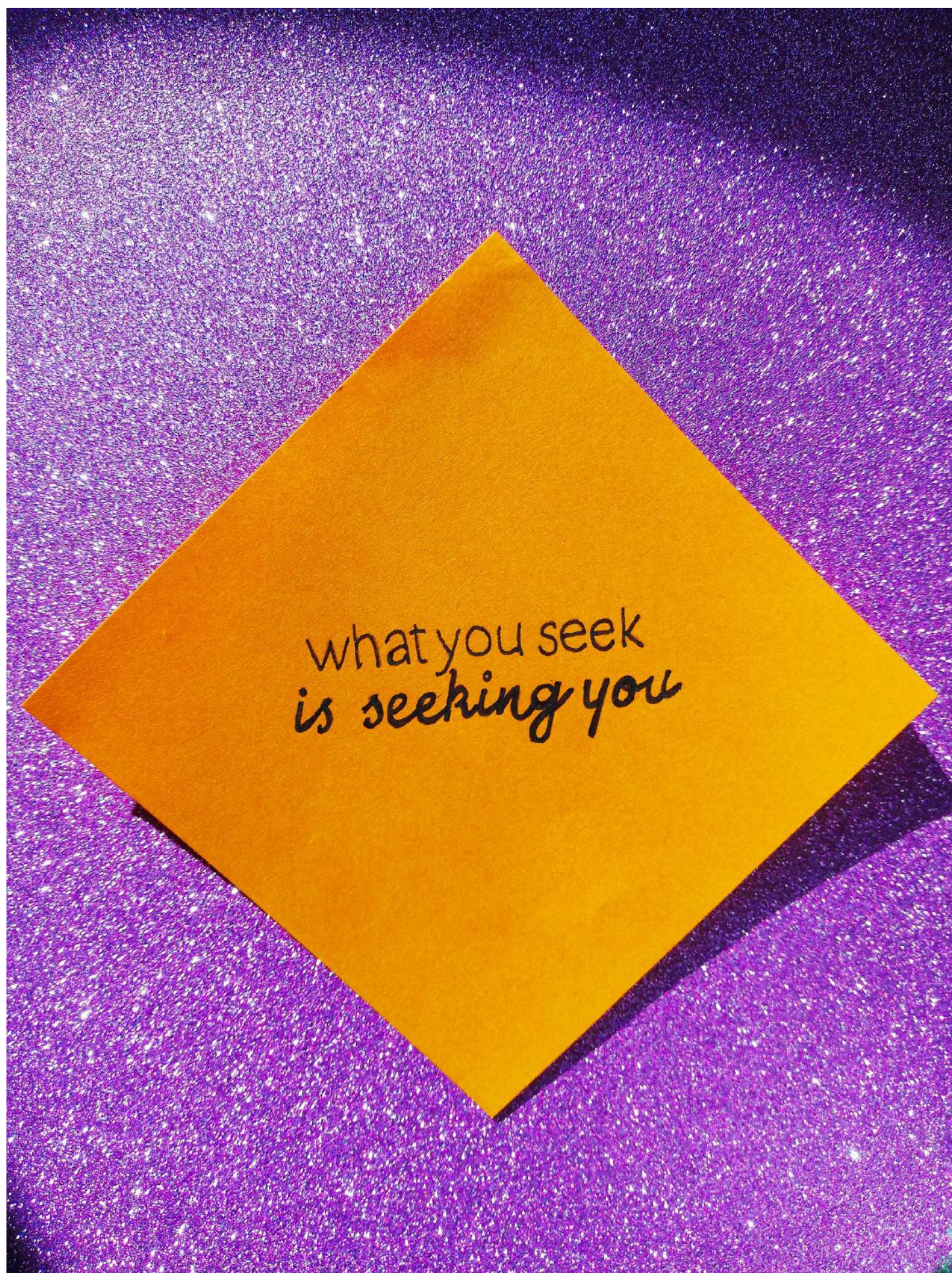
***I am Worthy of giving and receiving Love.***

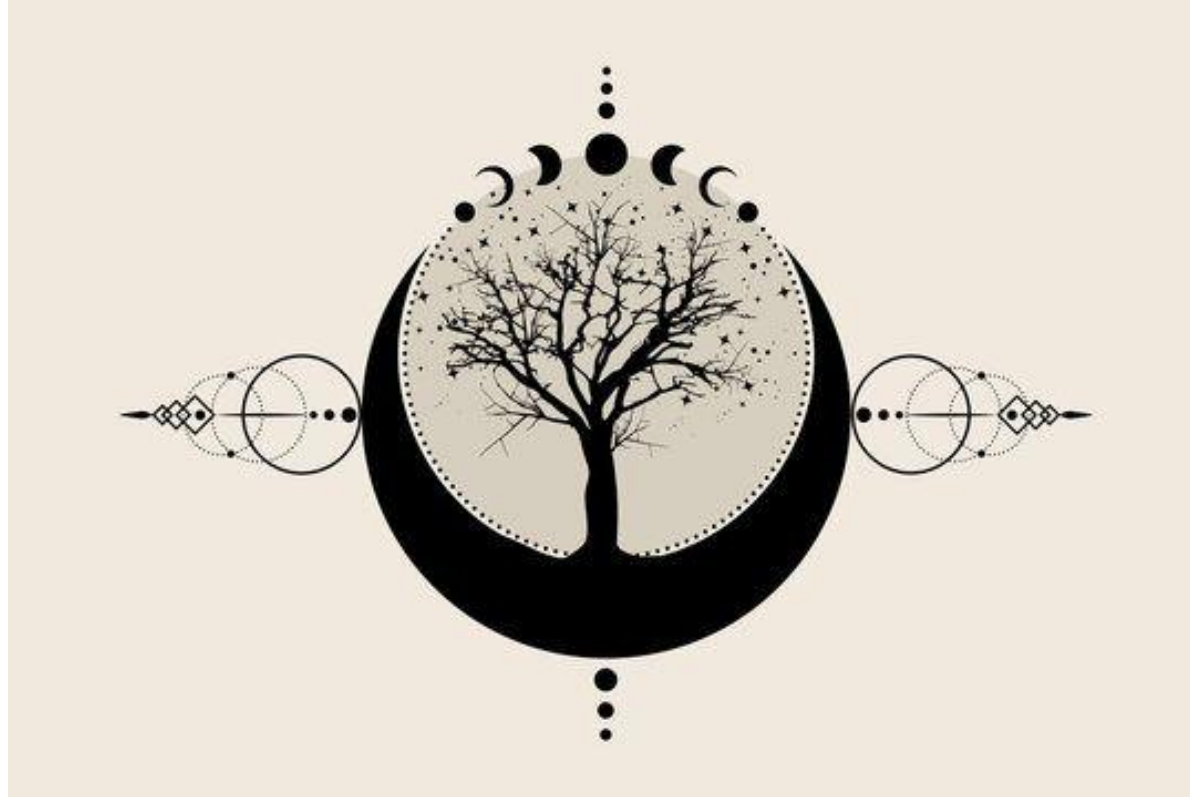
***I am a Leader, not a Follower.***

***No matter what your desire is, your affirmations should be written as if you already have what it is you are hoping for.***



## Part 5: The Law of Attraction

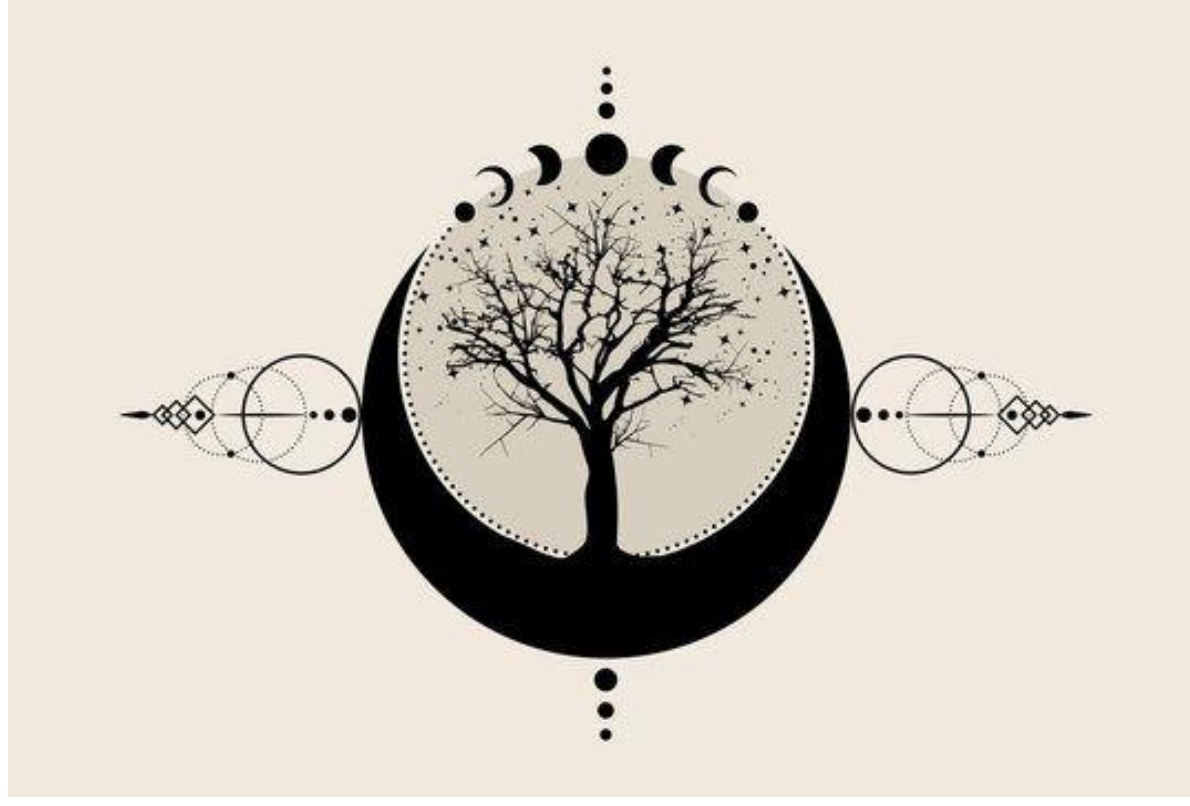




## The Law of Attraction

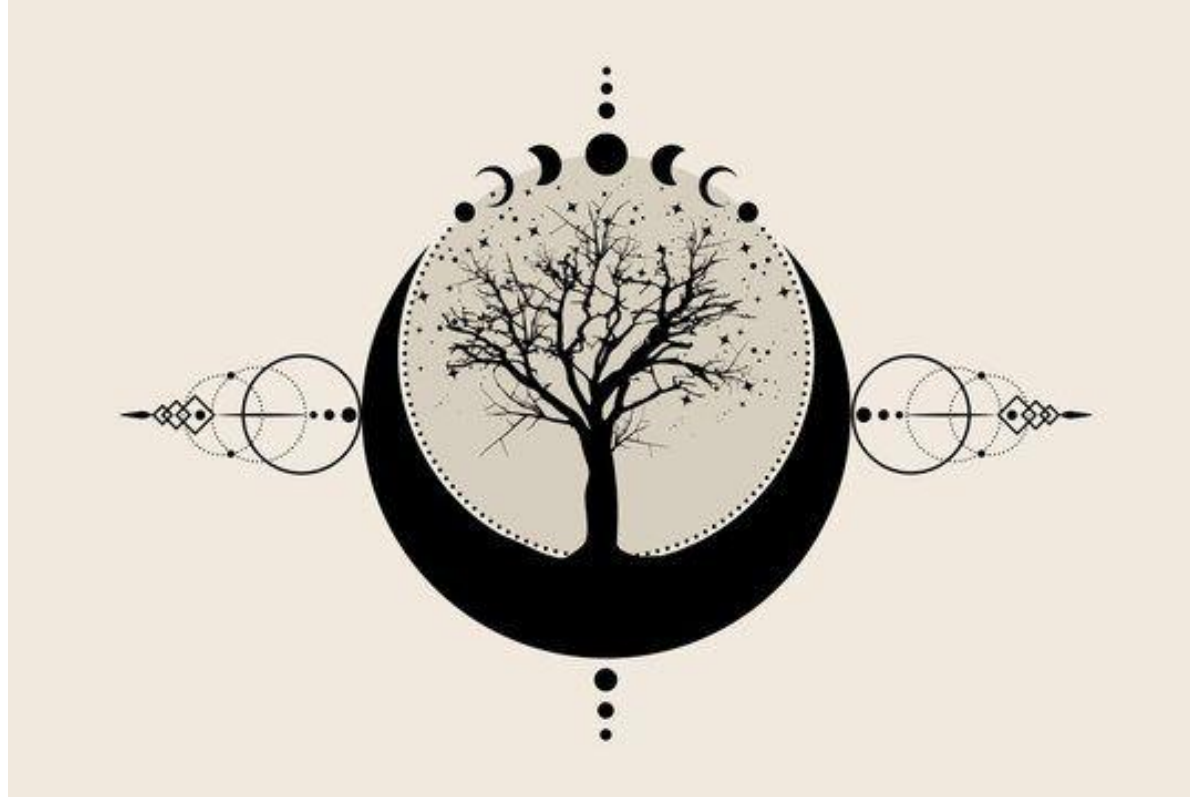
Our thoughts create our reality. Focus on how everything is horrible, how much in debt you are, how impoverished you are – and you will attract more of the same. But switch up your thoughts to how Rich you are, how blessed you are, how successful and happy. And you will begin to see those things multiply in your life. There are many books on the Law of Attraction. *The Law of Attraction* consists of three main 'Laws.' First is **'Like attracts like.'** While the old saying of 'Opposites Attract' can be true at times, this first Law of Attraction is even more true. Our thoughts attract our results. If you believe in what you are thinking about, that is what you are going to achieve, and take action to produce the results of your thoughts. Negative and limiting thoughts will not bring any results, because they lead to you not acting. If you have spent your life thinking that money is the root of all evil, chances are you are more than likely to not attract money. You will need to change the negative thoughts about money into positive thoughts and beliefs and in turn lead you to start taking the action to start building Wealth. Thinking about relationships with other people, if you are coming from a place of overt Neediness, you will tend to repel everyone around you. It is in our innate nature to distance ourselves from people who are giving off the energy of neediness. Same happens with wealth/money, as money is just energy along with everything else in the world. Your Vibe will attract your Tribe. The Second Law of Attraction is **'Nature Abhors a Vacuum.'** This is based on the laws of Thermodynamics – it is not possible to completely empty space, due to the fact that Atoms are bouncing around infinitely and immediately fill any empty space. Think of it like you have a junk drawer. You may empty it out after a period of time, but it never fails to fill back up again. The Third Law of Attraction is **'The Present is Always Perfect.'** Even though it may seem like things are far from perfect, there is nothing imperfect in this Universe, it is how we think about it that defines reality.





We give meaning to everything we see. For example, if you have a job, you do not like, or a boss you do not like, that does not mean you should complain about it and not put in any effort. Think about it like this instead: If the job is not perfect for you, work to make yourself perfect at your job. Putting in the effort will more often than not lead to improved things. Constant complaining at your job in most cases will not lead to a promotion... Hard work and performance will do that. Perfect your skills, and you will be more attractive to other employers when it comes time to put yourself back out there. There is something called the “Science of Deliberate Creation.” This has to do with 3 Principles: ‘**The Law of G.O.Y.A.**’ (or the law of Get Off Your Ass). This means if you want something, you need to get up and put in the WORK for it. Everything takes work – if you want to get rich by playing the Lottery, it will not happen if you do not get up and get a ticket. Principle number two is ‘**Detachment.**’ This is you needing to let go of YOUR timeline and trust the Universe’s timeline. Things will come to you if you have faith that it will come to you when the time is RIGHT. This is what is meant by the saying “Let Go and Let The Universe.” The third principle is ‘**Certainty.**’ This requires you to do something that not a lot of people think they can do, which is trust YOURSELF. Do not second guess yourself. There is also a process called the “Art of Allowing.” The art of allowing has two main ingredients, Gratitude and ‘more = less.’ Gratitude just says to be thankful for everything in your life, the things that worked out, the things that did not. More = less just states that the more you attract and have, the less you need, as the old saying goes, “the Rich get Richer.”





**Here is a Simple Assignment to start applying the Law of Attraction into your life.**

Take one area of your life and perfect it – if it is a room in your house, do not just clean it, make it look perfect. As an example, on laundry day, do not just throw a couple loads in and stop for the day. Wash and dry, then fold your clothes and put them away. It will make you feel so much better and give you a better start to your day when you know exactly what you are going to wear and where it is. This concept can be used in any scenario, not just cleaning up. Every aspect of your Life can be perfected! By starting on something small, and seeing the satisfaction of perfecting that area, will give you the boost of energy and momentum to move forward onto perfecting other areas of your life: Home, health, mind . Here are some inspirational quotes from some of the greatest minds in existence, who definitely knew how to put things eloquently:

***“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”*** - Albert Einstein:

***“The world as we have created it is a process .”*** — Albert Einstein

***“You must be the change you wish to see in the world.”*** (“7 Inspiring Gandhi Quotes About Change I Be Unique”) — Gandhi

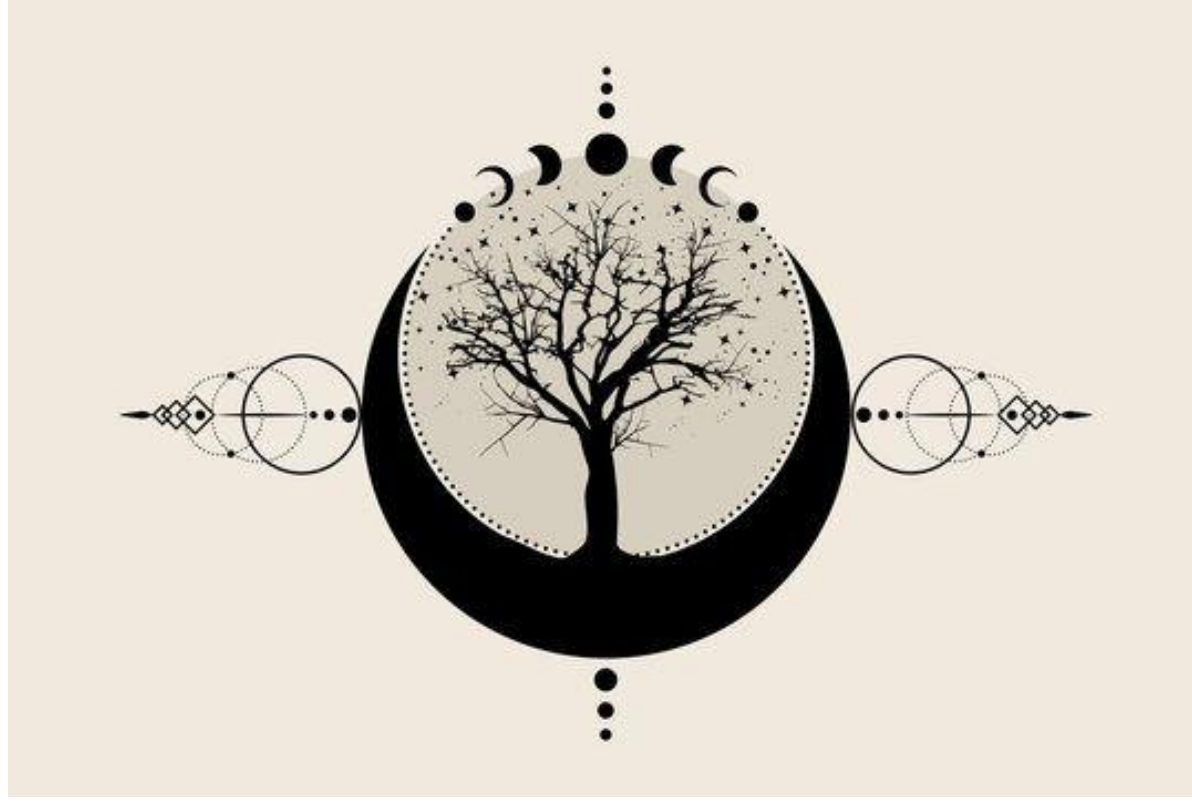
***“If you think you are too small to make a difference, try sleeping with a mosquito.”*** — His Holiness the 14th Dalai Lama

***“The only true wisdom is in knowing you know nothing.”*** (“The only true wisdom is in knowing you know nothing.” - Goodreads”) — Socrates

***“A life spent making mistakes is not only more honorable, but more useful than a life spent doing nothing.”*** (“Quote by George Bernard Shaw: “A life spent making mistakes is not only ”) — George Bernard Shaw





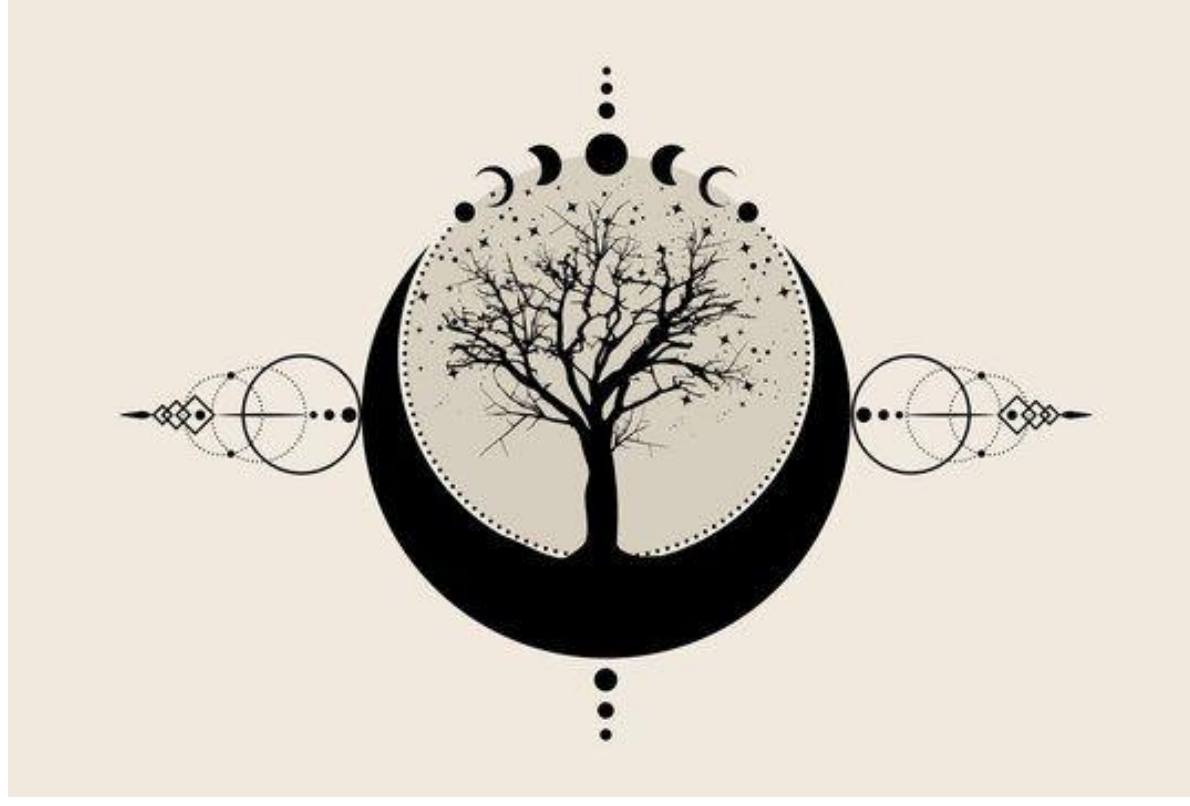


***“You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.”*** (“Quote by Sharon Salzberg: “You can search throughout the entire ...”)  
— Buddha.

***“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”*** (“Quote by Viktor E. Frankl: “Everything can be taken from a man but one ...”) — Viktor Frankl

So, you see, similar things have been said across time, different religious beliefs, different eras. All say that the world we live in is created by our thought patterns. I have noticed in my ongoing journey of self-discovery that it is truth. Always worried about what I did not have, worry about how I am going to get caught up on the mountain of debts that I have. What steps to take, where to turn. And negative things all across the board. And the terrible things kept piling up on me. Believe me, these things are still occurring, all too often. But I have changed my thought process and instead of looking at everything negatively and being completely unhappy all the time... I think positively, look at everything as a lesson, show gratitude in EVERYTHING, and I have FAITH that in time, everything that I have worked for and dream of will come to me. Because it is our limiting beliefs that hold us back. Believe it or not, there are certain things you can say or think that can BLOCK the Law of Attraction. The three most common are “**I WANT...**” When you say something like ‘I want,’ it infers something you do not have, and comes from a place of lack. Instead say or think “I am so GRATEFUL for...” Even if it is something you do not have, function as if you already do. Like attracts Like. Second is “**IN THE PAST...**” Being fixated on the past, comes from a place of loss. EVERYTHING in Life is a test. The past is history. Honestly, the only time of your life that worrying about the past effects is the PRESENT. Correct mindset is “I am being PREPARED, not being PUNISHED.”





And the third of these words/thought processes that can block Attraction is "**BUT...**" This can be one of the most dangerous words in the English Language. Because 'BUT' gives you the beginning of an excuse. In the grand scheme of things ***BUT*** equals ***NEVER***. Think about how many times you have been asked to do something, or thought that you had to do something, only to say 'but...' How often did you actually accomplish what you wanted to after saying it?

**To fully utilize the Law of Attraction, remember these three words:**

**'ASK, BELIEVE, RECEIVE.'**

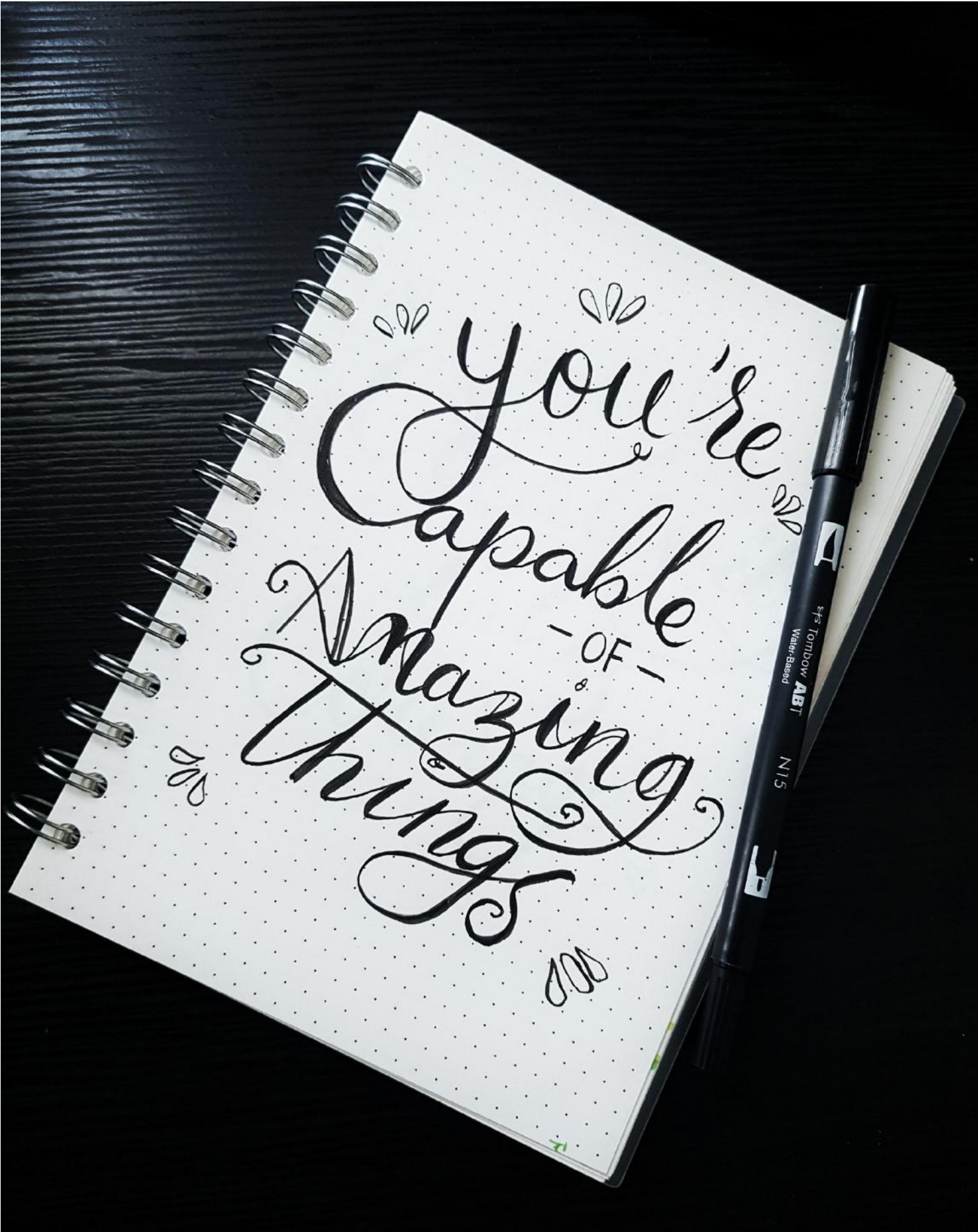
**ASK** the Universe/The Universe/Source for what you desire. Do not be limited by your brain. Universal Abundance is infinite. Do not let your limited beliefs get in the way.

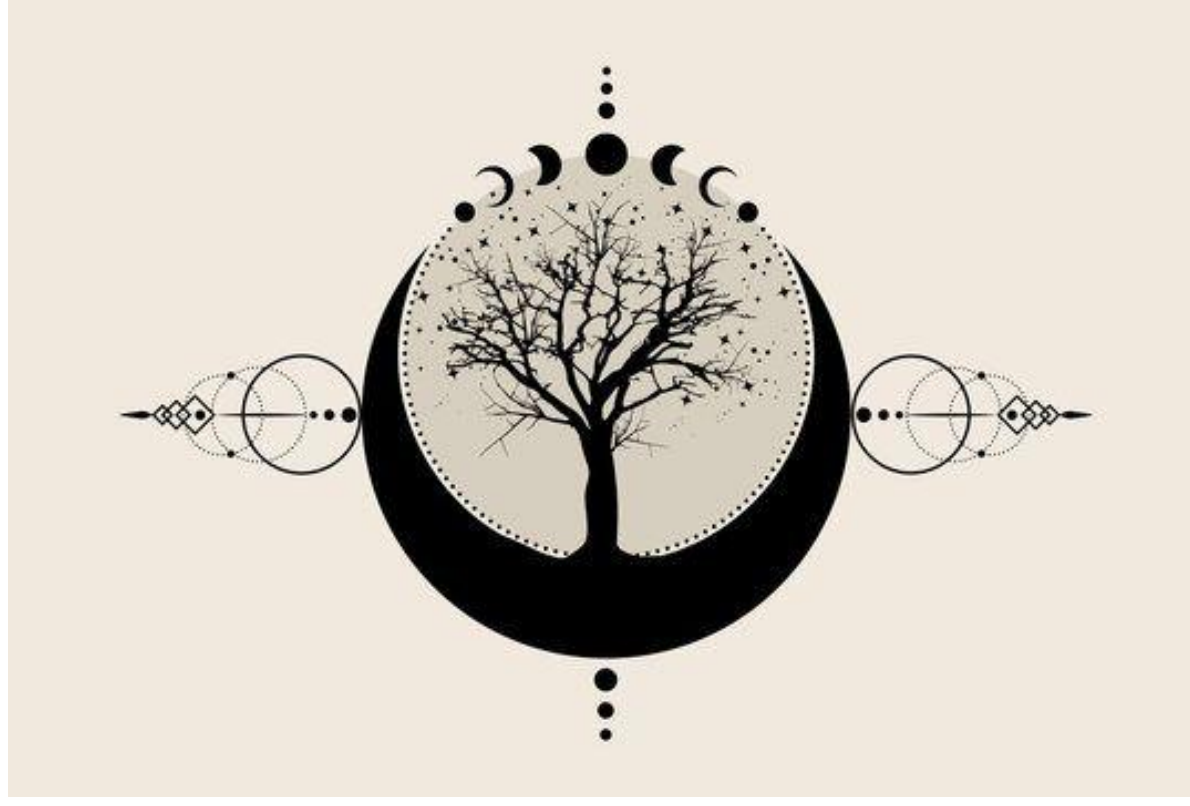
**BELIEVE** that what you ask for is already yours. Believe that the Higher Power, whatever you believe in, has heard you ask, and you are being prepared to receive.

**RECEIVE** your wishes. Open yourself up to them. Set your mind to them. The Universe will give it to you in time. Most of all, **DO NOT STRESS** about what you are trying to attract. That will cause a blockage that will prevent your manifestations.



Part 6: Reconnect with Your True Self

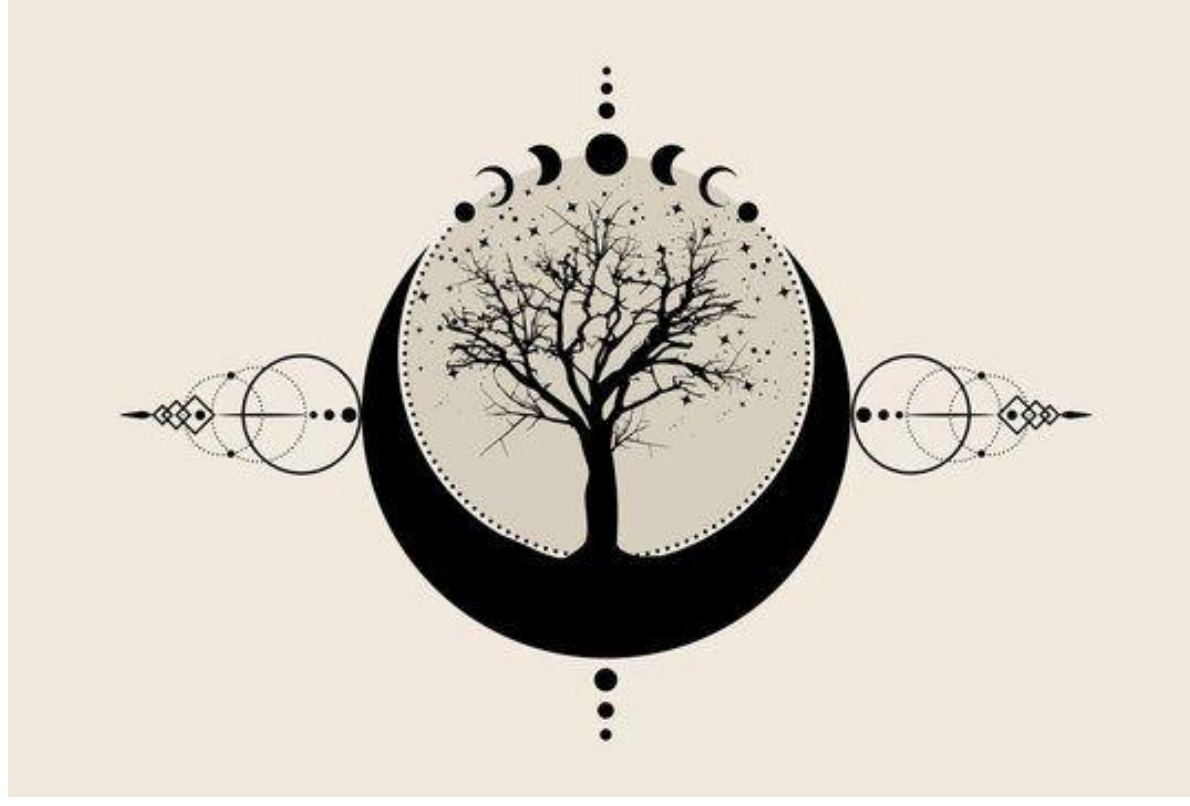




## Reconnecting to your true self

If you are like me, you may have been thinking about your purpose in Life. You have had all these ideas. But you are not sure where to or how to start achieving them. The First step is to trust your Intuition. It is always right... That is because you DO have a Purpose! We are all here for distinct reasons, and each of us is in various stages of our Spiritual Development. That is really what we are – Spirits. And I do not necessarily mean “ghosts.” But WE are Souls. “WE” are not our bodies; they are just vessels that we ride around in. Think about it. During our lifetimes, we occupy numerous bodies. Each and every day, of each and every week, of each and every year, of each and every decade, our bodies change. Nobody has the exact same body at 50 that they did at 10. Scientific studies have shown that every seven years, every single cell in our body is replaced by new cells. ALL OF THEM. The one constant is our Soul. Your life essence, the ‘spark’ that you truly are. This is the same Life Energy that The Universe is, no matter what you call ‘Him’ – be it Source, the Universe, Allah, Buddha. It is all the same thing, an Energy that envelops everything. For too long, when people heard ‘The Universe made us in His Image,’ people assumed that it is meant that He looks like US – Human. That is not the case at all. The Universe made US in HIS Image, as a never-ending mass of energy, of Light, of Love. In the course of our lives, we discovered Free Will and Ego. And because of that, most of us lost our connection to our Father, our Source. Dr. Dyer described **EGO** as *‘Edging The Universe Out.’ Humanity decided to try and control everything and everyone.* I do not know about you, but each and every time I have tried to control any situation, the worse the situation got. The more you try and control, the more out of control things get. A perfect example of not having control and just going with the flow: Our development in the womb. It just HAPPENS. Because there is not someone hovering over us saying ‘uh oh, you do not have an arm yet, you better seek answers!’ There is no such thing as worry as we develop. We just go with the flow. That is the real secret. Stop trying to control every aspect of your life. Stop trying to control every aspect of your Children’s lives. (obviously not saying to just ignore your kids, but do not try to micromanage everything. Let them learn. Grow. Become who they are meant to be.



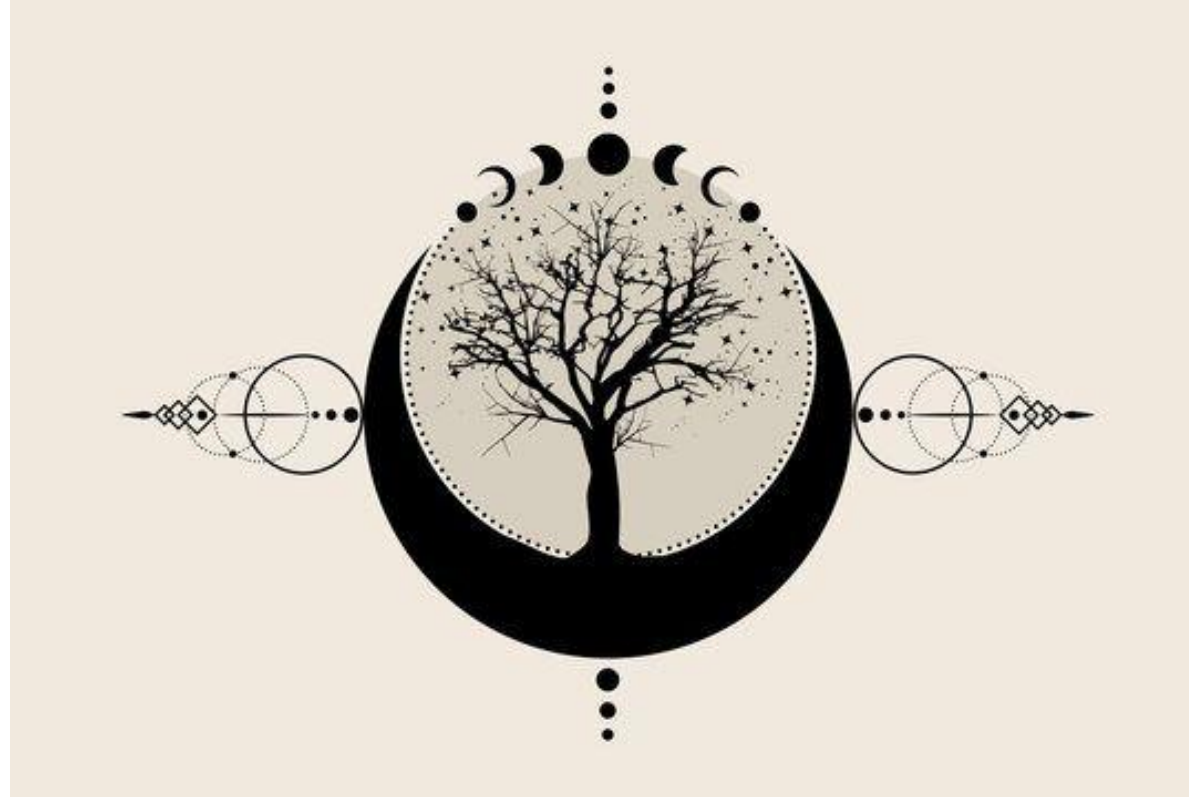


## Find Your Purpose, Stay Focused, and Move with The Universe.

Finding your potential and staying focused are important aspects of personal growth and development. Here are some suggestions to help you on this path:

- **Set clear Goals:** Define what you want to achieve and break it down into smaller, manageable steps. Having specific goals gives you direction and helps you stay focused.
- **Prioritize and manage your time:** Identify the most important tasks and allocate your time accordingly. Avoid getting overwhelmed by focusing on one task at a time. Use productivity techniques like time blocking or the Pomodoro Technique to enhance your focus.
- **Cultivate self-discipline:** Train yourself to stay committed to your goals and resist distractions. Develop healthy habits and routines that support your progress. Remember, discipline is the bridge between goals and accomplishments.
- **Embrace the present moment:** The universe is constantly changing, and being present allows you to fully engage with the opportunities and challenges that arise. Practice mindfulness and meditation to stay centered and aware of the present moment.
- **Stay adaptable:** The universe is dynamic, and your path to potential may change over time. Be open to new possibilities and willing to adjust your course as needed. Adaptability allows you to seize opportunities and overcome obstacles.
- **Seek growth and learning:** Continuously expand your knowledge and skills. Embrace a growth mindset that sees challenges as opportunities for learning and improvement. Read books, take courses, seek mentors, and surround yourself with like-minded individuals who support your growth.
- **Trust the process:** The universe unfolds in its own way, and your journey to finding your potential may have ups and downs. Trust that the challenges you face are opportunities for growth and that everything is happening for a reason. Have faith in yourself and the path you are on.





## Considering your Passions to unlock your Purpose.

Finding your passions in life is an exciting and personal journey. Here are a few steps you can take to help discover your passions.

**Self-reflection:** Take time to reflect on your interests, values, and what brings you joy. Think about the activities or topics that you naturally gravitate towards or that make you feel energized. Consider what you enjoyed doing as a child or what activities you lose track of time while engaging in.

**Try new things:** Explore a wide range of activities and hobbies. Be open to trying new experiences, even if they seem outside of your comfort zone. Join clubs, take classes, attend workshops, or volunteer in different fields to gain exposure to various areas of interest.

**Pay attention to your emotions:** Notice how you feel when engaging in different activities. Do you feel excited, fulfilled, and motivated? Pay attention to moments when you feel a sense of flow or lose track of time, as these can indicate a potential passion.

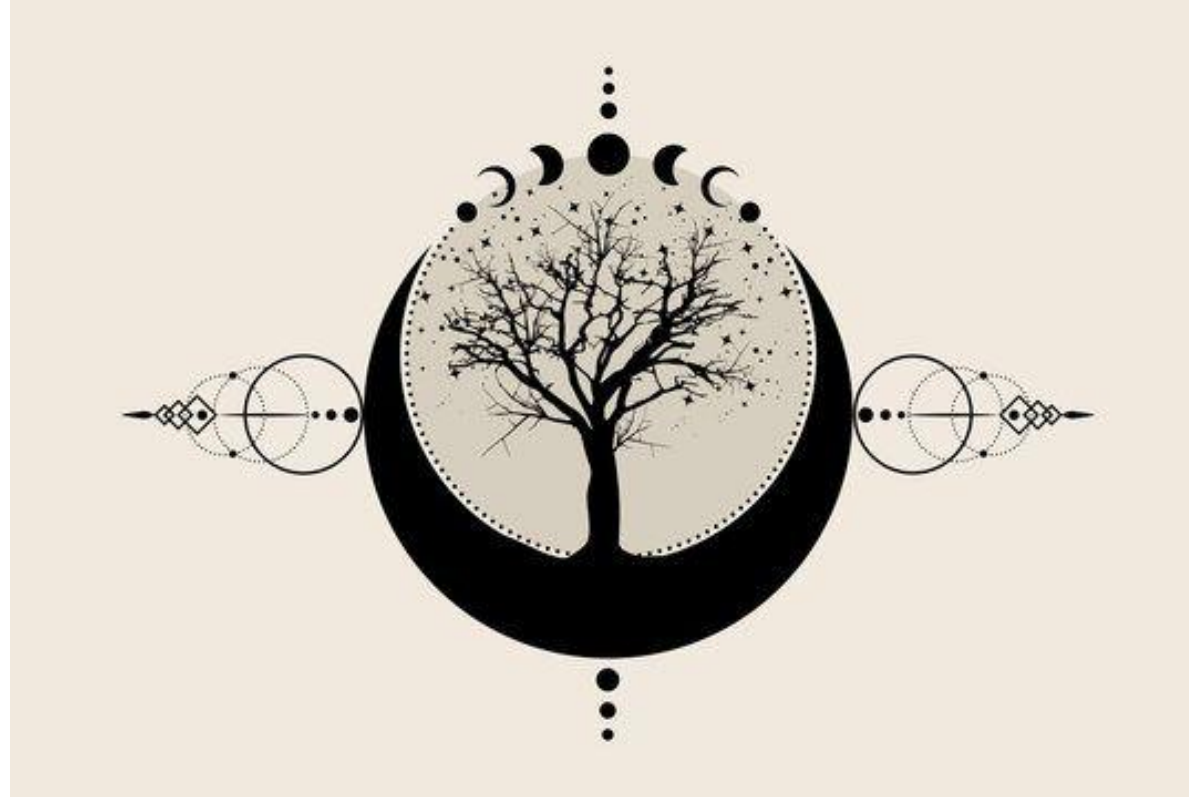
**Reflect on past experiences:** Think about moments in your life when you felt a sense of accomplishment or deep satisfaction. Consider the skills and talents you used during those experiences and whether they align with your current interests.

**Seek inspiration:** Read books, watch documentaries, or listen to podcasts on topics that intrigue you. Surround yourself with people who are passionate about their pursuits and engage in conversations with them. Their enthusiasm might spark new ideas and passions within you.

**Experiment and iterate:** Once you identify potential areas of interest, experiment within those fields. Take small steps to explore them further. This might involve taking on projects, pursuing educational opportunities, or finding mentors who can guide you.

**Embrace curiosity and learning:** Be curious and open-minded. Approach new experiences with a learner's mindset, allowing yourself to explore and discover without the pressure of immediate mastery. Embrace the learning process and see it as an opportunity for personal growth.

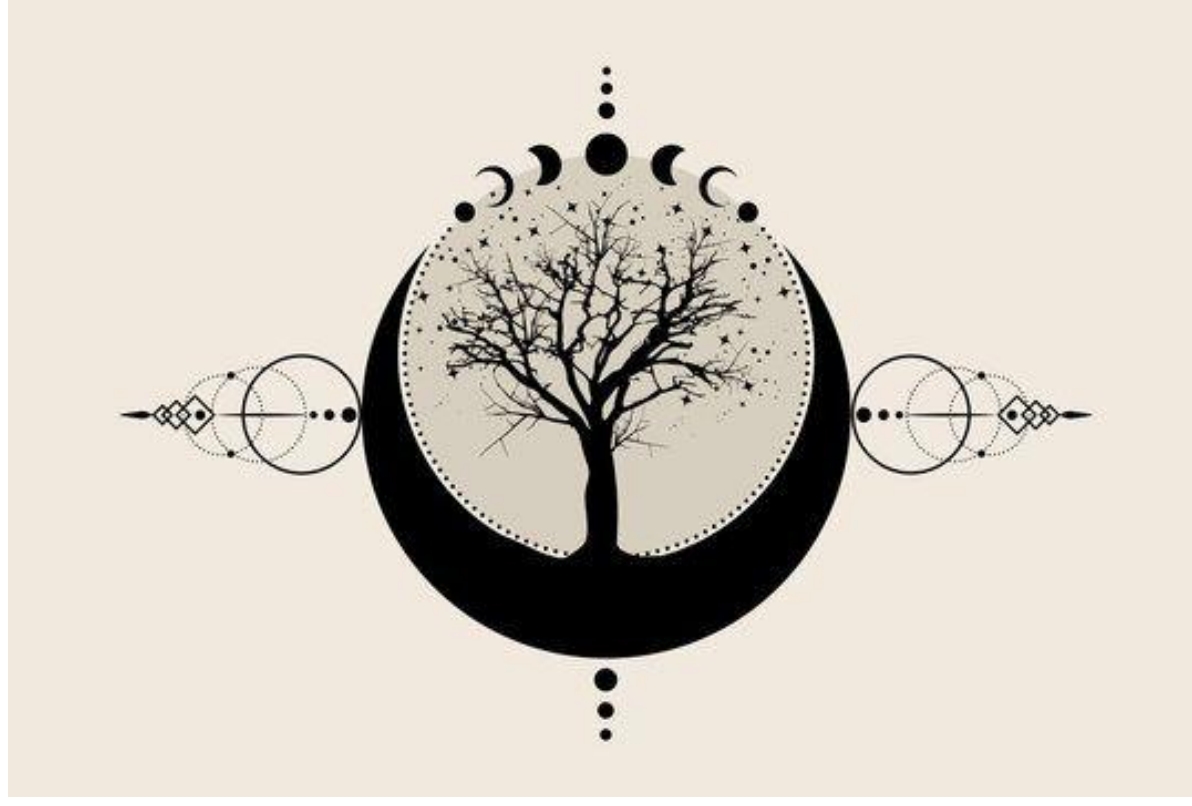




**Reflect on your values and impact:** Consider how your passions align with your values and how they can make a positive impact on others or the world. Connecting your passions to a greater purpose can bring deeper fulfillment.

Discovering your passions is an ongoing journey. It's okay to explore multiple interests and evolve over time. Be patient with yourself, stay open to new experiences, and trust that your passions will reveal themselves as you continue to grow and explore.





Living a life with purpose and passion is something that many of us strive for. We want to feel fulfilled and make an impact in the world. But how do we get there? How do we live a life that is driven by our passions and goals? The first step is to identify what you want. What is it that drives you? What are your passions and goals? Do you want to make a difference in the world? Do you want to create something that will last? Spend some time reflecting on these questions and take some time to really think about what it is that you want. Once you have identified what it is that you want, it is important to create actionable steps to get there. Make a plan and set achievable goals. This will help you to focus and stay on track. Also, make sure to give yourself some flexibility in your plan. Life is unpredictable and sometimes things do not go as expected. It is also important to surround yourself with people who will support you and encourage you to reach your goals. Having a dedicated support system is key to achieving anything. Surround yourself with people who will challenge you to be the best version of yourself. Finally, stay committed and focused. It can be easy to become discouraged when you do not see results right away, but it is important to stay focused and keep pushing forward. It is also important to remember to take breaks and give yourself time to recharge.

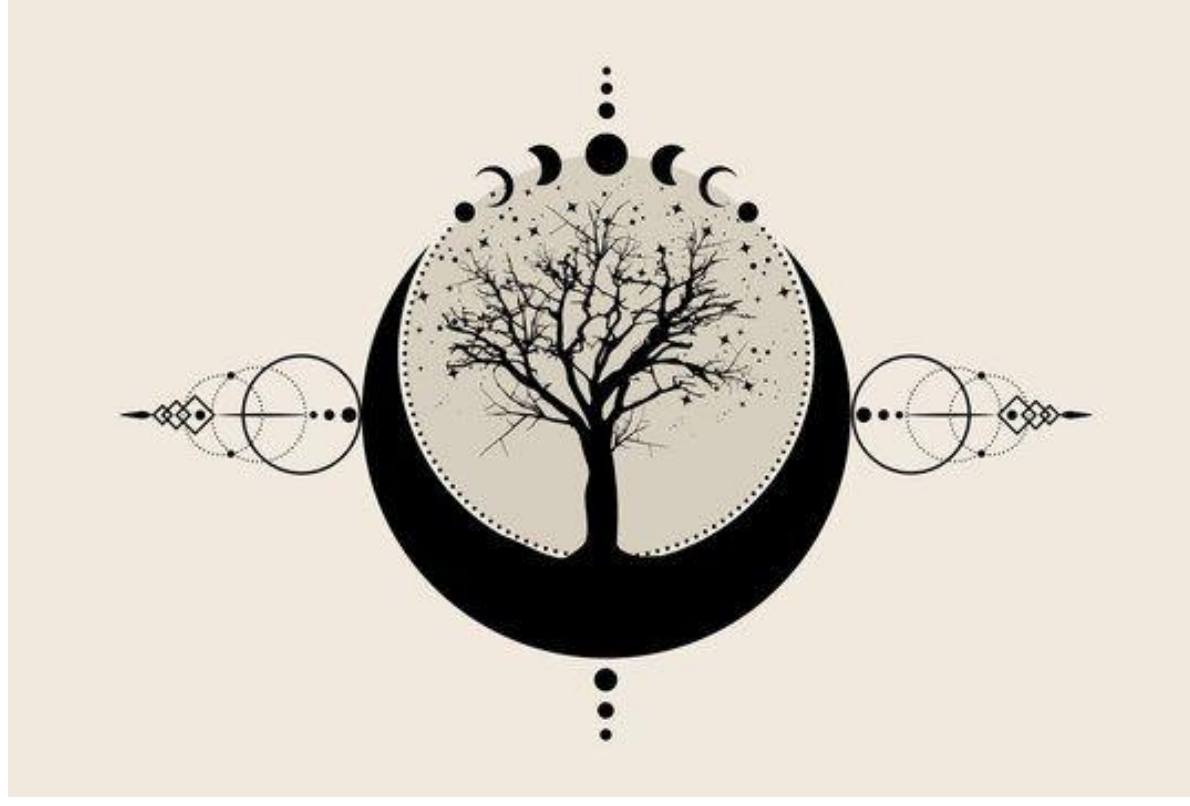
Living a life with purpose and passion does not happen overnight, it is a journey that requires dedication and commitment. But if you stay focused and keep pushing yourself, you will create a life that you are passionate about and is driven by your goals. It can be hard to stay motivated and push through challenging times, but it is worth it in the end. You will be surprised at the results you can achieve when you stay true to your vision and purpose. Live a life that is meaningful and fulfilling! Focusing on your goals and remaining determined will help you stay on track and achieve more than you ever thought possible. You will have the satisfaction of knowing that you have worked hard and given your best and that you have achieved something remarkable. Believe in yourself and have faith in your abilities. No matter what obstacles you face, do not give up. Keep striving for success and let your dreams come true. Take risks and do not fear failure. Instead, use failure as an opportunity to expand your knowledge. *For more on Fulfilling your Destiny and Living Your Life With Purpose, see [Part 12: Destiny and Purpose](#).*





## Part 7: Messages from the Angels



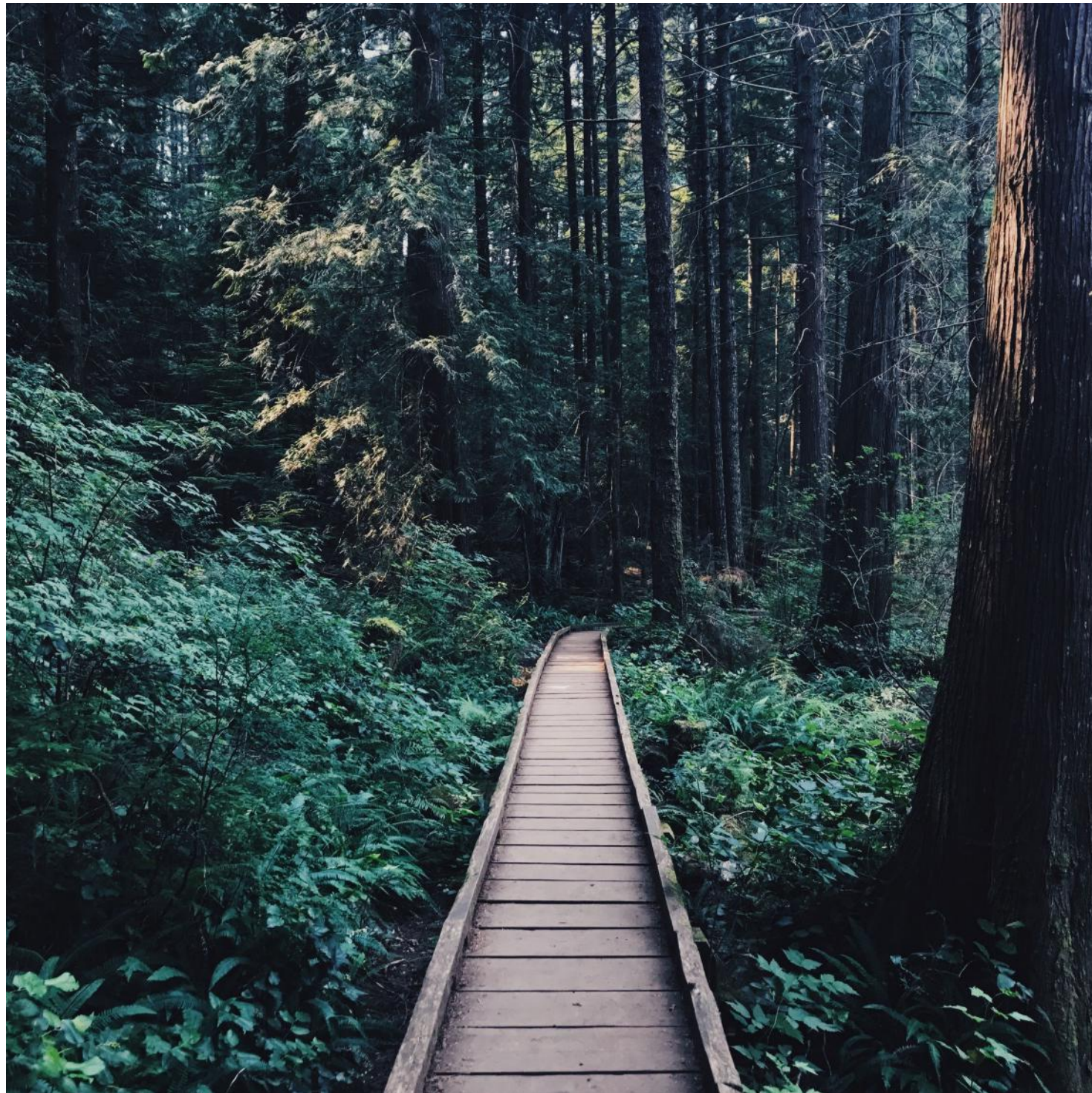


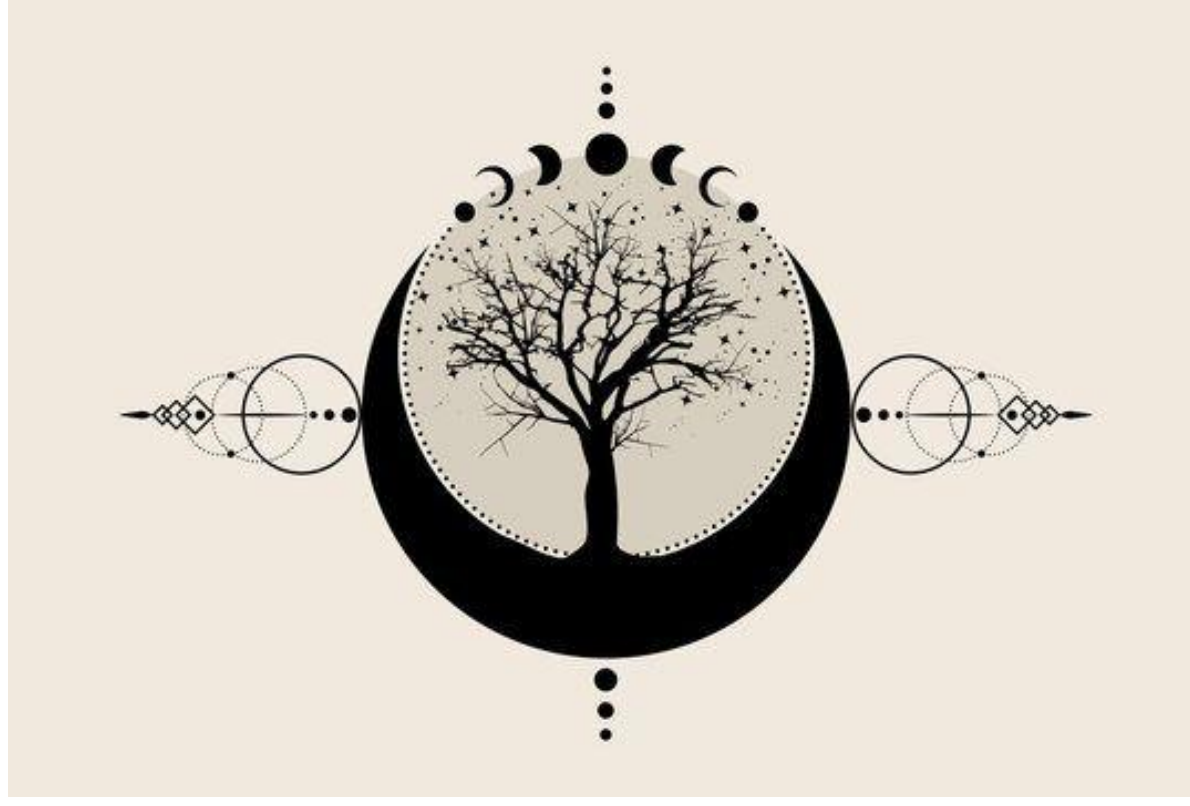
## Messages from the Angels

We all have a Spiritual Team of Angels, Spirit Guides, Ascended Masters, Ancestors, and Loved Ones who have passed. And it IS possible to communicate with them if you just clear the ‘junk’ out of your mind. Through Meditation, you can quiet the mind enough to be able to listen to the calming voice in the back of your brain – otherwise known as Intuition. Intuition is our Inner Guidance, and it comes from the Spirit Realm, where our subconscious and Soul still have residence. That is a remarkable thing to think of, isn’t it? Human Beings have a connection to BOTH the Physical Realm AND Spirit Realm. But most people have completely forgotten about that connection. They are so focused on the lower vibrations of our physical reality and have been told over and over to ‘not have their head in the clouds,’ so they have completely been cut off from Source. However, It is entirely possible to reconnect with Source, and amplify your connection to the Spirit Realm with practice and work. By ‘Spirit Realm’ – in this instance, I am not referring to seeing Ghosts or things of that nature. I am referring to being able to connect with your Spirit team. Signs are all around us, every day. Angels LOVE to communicate to us through numbers. Do you find yourself looking at the clock at 11:11, 12:12, or 8:08 all the time? Could be that your Guardian Angel has a message for you at that particular time. Or you may see sequential numbers on license plates on the road all the time. Angels trying to send you a message. For me, once in a while I will ask for a sign in the form of a Mourning Dove. And at some point, after I ask, there will be one or two (or more) that make their presence known to me. It isn’t always immediate, but it has never failed me yet that I ask them to send me a dove and within an hour or so, I see them.



## Signs You're on the Right Path





## What are the meanings of the most common ‘angel numbers’?

**1111**: The usual meaning of this number is a sign that your guardian angels are close and want to connect with you. That your soul is walking the right path, and you’re having a Spiritual Awakening.

**1212**: Your Angels are supporting you, and represent prosperity, joy, and tell you to be content in each situation you find yourself in.

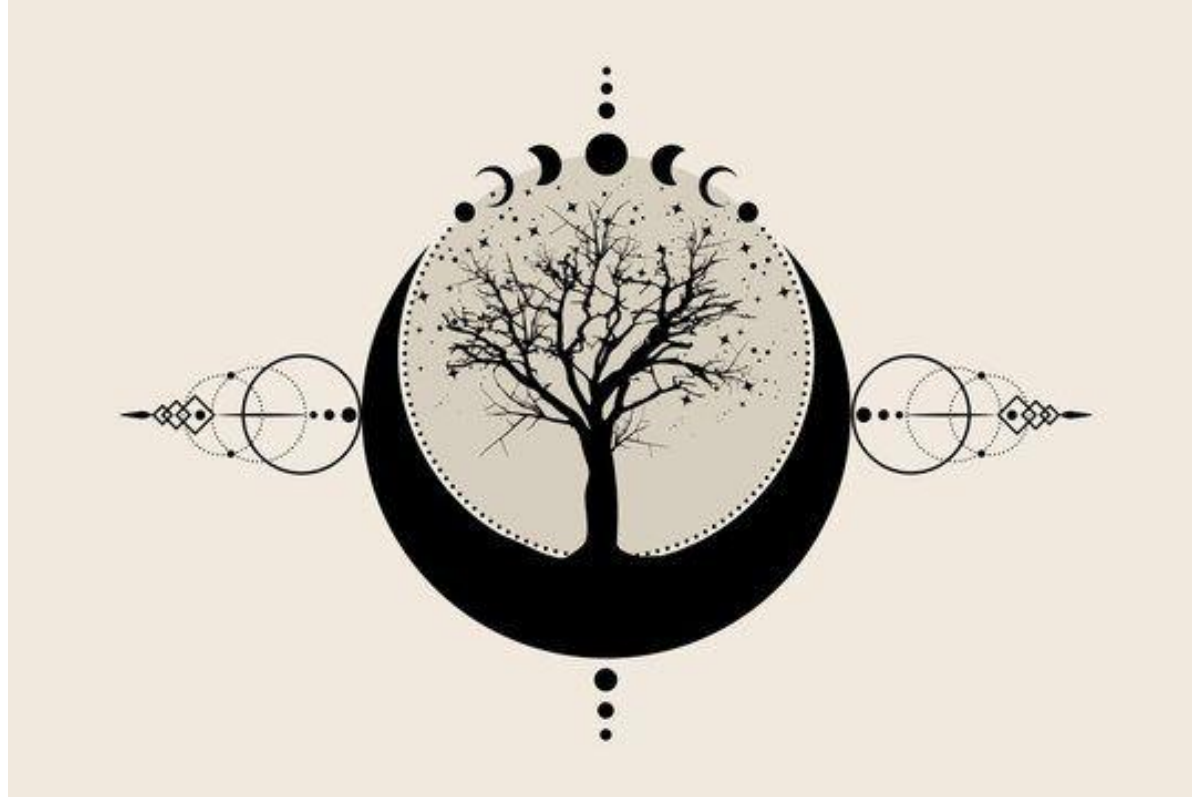
**222**: Place your Focus inward, before moving forward. Realize the duality of situations.

**333**: Set your plans into action and let your personal strength be your guide. Trust yourself and put thought into your actions.

**1234**: A sign that your hard work is paying off and you are getting closer to accomplishing your goals.

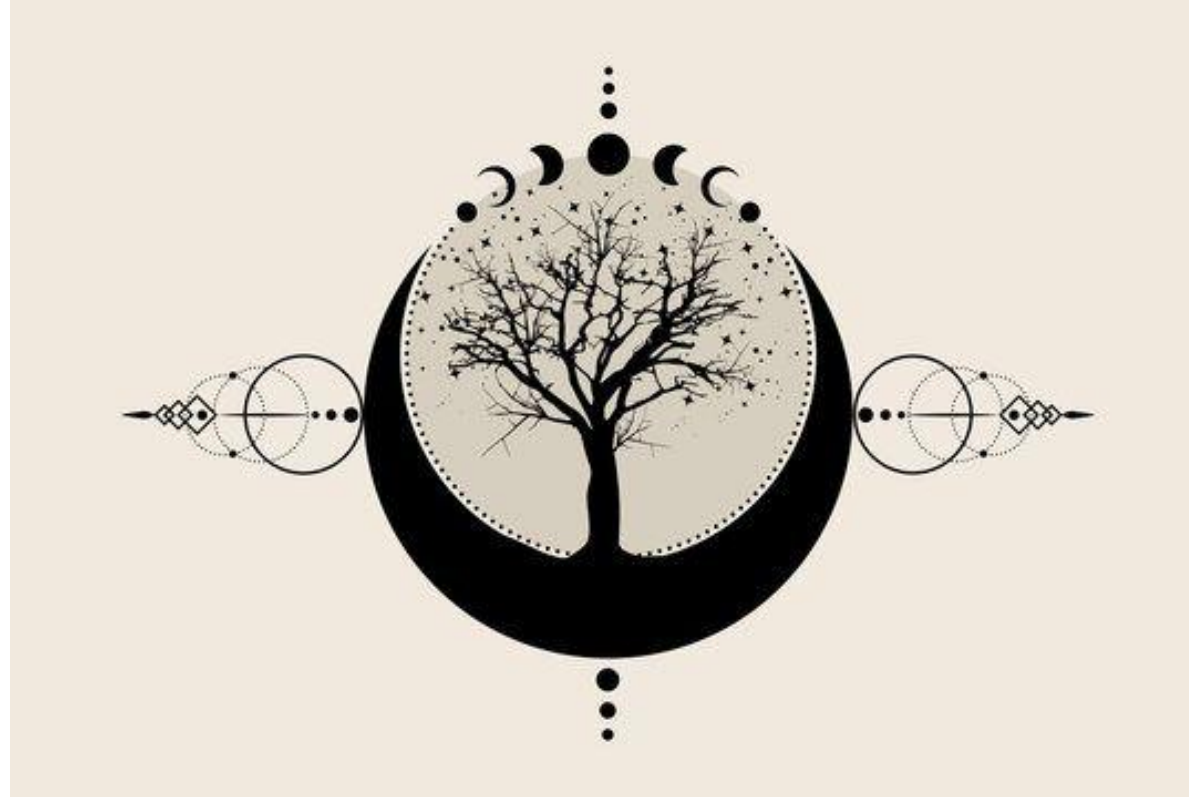
There are countless other numbers that have meanings and are signs that your Spirit Team is trying to contact you. There are numerous books on the subject, as well as countless websites that go into the subject. I have relearned as I have grown spiritually that I have certain gifts and abilities, metaphysically speaking. I have an open line of communication with MY Spirit Team and have been able to ‘talk’ to deceased relatives, by using a method called Pendulum Divination. By using a pendulum and a pendulum board (which is similar to a Ouija board in that it has letters and numbers... but in my opinion at least, is not as ‘sinister’) I have had some pretty deep conversations with different Angels and my Archangels who are assigned to me, Uriel and Raguel. I have gotten a lot of GREAT advice through my divination work, along with some not-so-great advice, as certain negative things have also come through as I have been learning to better use the tools I have. With time and practice I have been able to recognize when my board is being taken over by lower energy beings and put an end to their nonsense right away.





Here is some of the knowlege I have gained during my Conversations with my Angels. And the best part is that these words are for EVERYONE. Not just me. They have asked me to bring this message to the world, so here we are. A message that has come through quite often is ***‘trust your intuition.’*** We all have it. And not a lot of people realize that they do. Intuition is that little voice that tells us to do the right thing. The way I look at it is that it is like the ‘angel on our shoulder’ telling us the good things, while the ‘devil on our other shoulder’ is the negative, sometimes all-too-intrusive voice that yells at us, telling us that we are worthless, and the other negative self-talk. I can honestly say that my intuition has saved my life on several occasions – most notably one year, on July 3<sup>rd</sup>. My hometown has HUGE fireworks display every year on the third over Lake Michigan. It draws hundreds of thousands of people to the downtown area to watch them, a lot of whom are down there celebrating all day and consuming a lot of alcohol. This particular year, my wife, son, and I were staked out in a really great spot to view them. There were a lot of other people, families, etc. having a fun time... but also a significant Police presence around as well. Which was a good thing. BUT I kept having an overwhelming feeling that we needed to pack up and go before the end of the display. And it wasn’t because I just wanted to beat all the traffic. (Not this time at least, but traffic is a NIGHTMARE with that many people in a not-so-big area.) No. This was something different. My intuition was telling me something was off. Something was seriously wrong... and how right it was! I found out the next morning that four people were shot during a huge fight that broke out in the area where we were sitting, less than 35 minutes after we left! So, yes. ALWAYS trust your intuition. In my Spiritual Growth, I rediscovered a few of my “Clair’s” that I had when I was younger, and as a gift, I seek the guidance of my Spiritual Team several times a day and a lot of the messages that come through are similar. Trust your feelings. Trust the process. Trust the Universal Plan. And most of all, Stay Focused and Move WITH the Universe - No Matter WHAT you call Source. Focus on the Goal. Keep Spirit, Love, and Joy in your heart. Know that all you have asked is coming. And ENJOY THE JOURNEY!





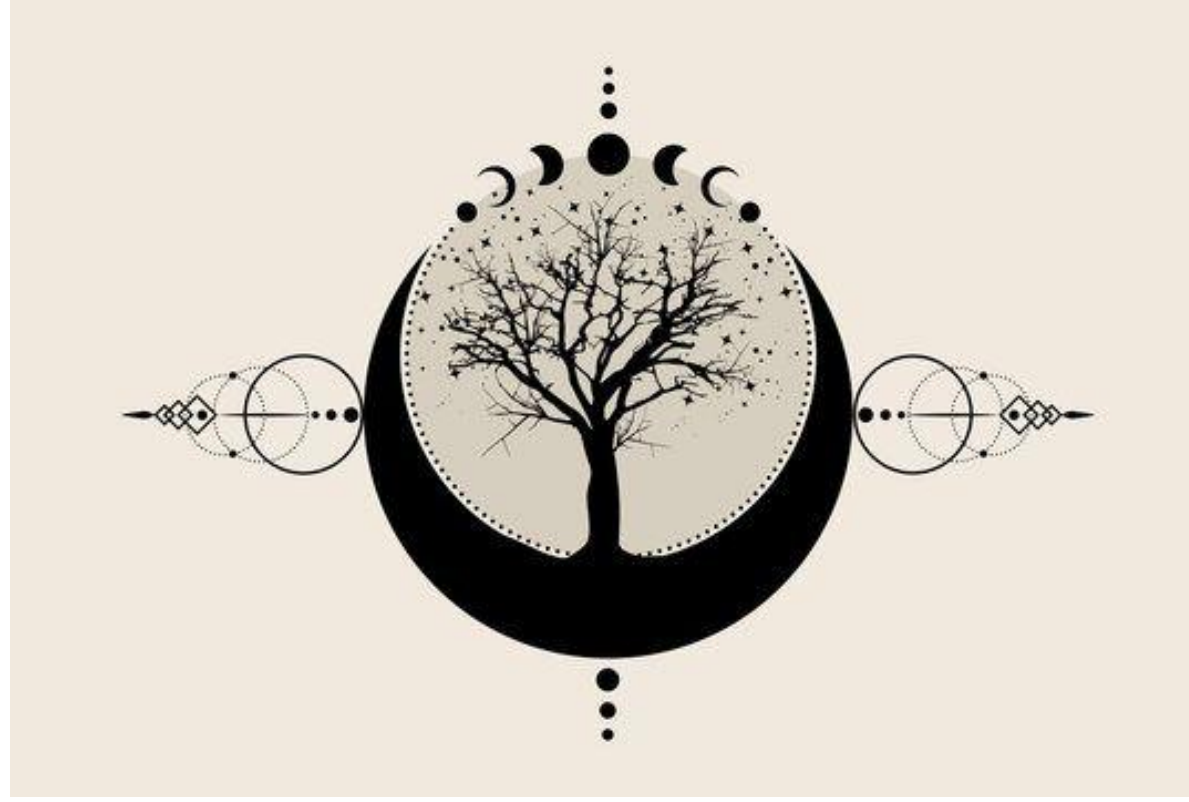
## Seven Steps To Connect with YOUR Angel Guides

Angels truly are Universal. According to Research done by the Pew Foundation, a whopping 72% of Americans believe in Angels. This percentage is MUCH higher than those who believe in any of the World's Religions! There are records of Angels in Islam, Buddhism, Judaism, Hinduism, Christianity, Mormonism, and the list goes on. St. Augustine, considered to be an Authority on Angels, said, "Make Friends With Angels". It was his recommendation that we make PERSONAL RELATIONSHIPS with Angels, and that we let those relationships deepen and grow, like we do with any other significant Intimate Relationship.

There are Seven steps you can take to connect with your Angels. Number 1 seems so very obviously simple, yet nobody seems to think to do it... It is one of the most Spiritual practices you can do, at any time, in any place. ASK THEM FOR THEIR HELP.

1. **Ask for Help** - Angels offer help to us 24/7, 365. The more open we are, the more help they give us. Furthermore, the more 'closed off' we are, the more limited Angels are in their ability to help. You can create your own prayers (invocations) to call on the specific help you need. When you call your Angel, you are actually tuning in to their signal, much like you would tune your car stereo. One thing to always keep in mind is this: You MUST think of yourself as being WORTHY of Angelic assistance. Because the truth of the matter is, you ARE. It doesn't matter what your personal history is, what you were 'programmed' to believe. Angels, being infinite and Omnipresent - are unable to be diminished by your request in any way. Each of us asking for help does nothing to hinder Angels from being able to assist all of us at the same moment, as they exist beyond our experience of Time and Space and can respond to EVERYONE with total Unconditional Love.





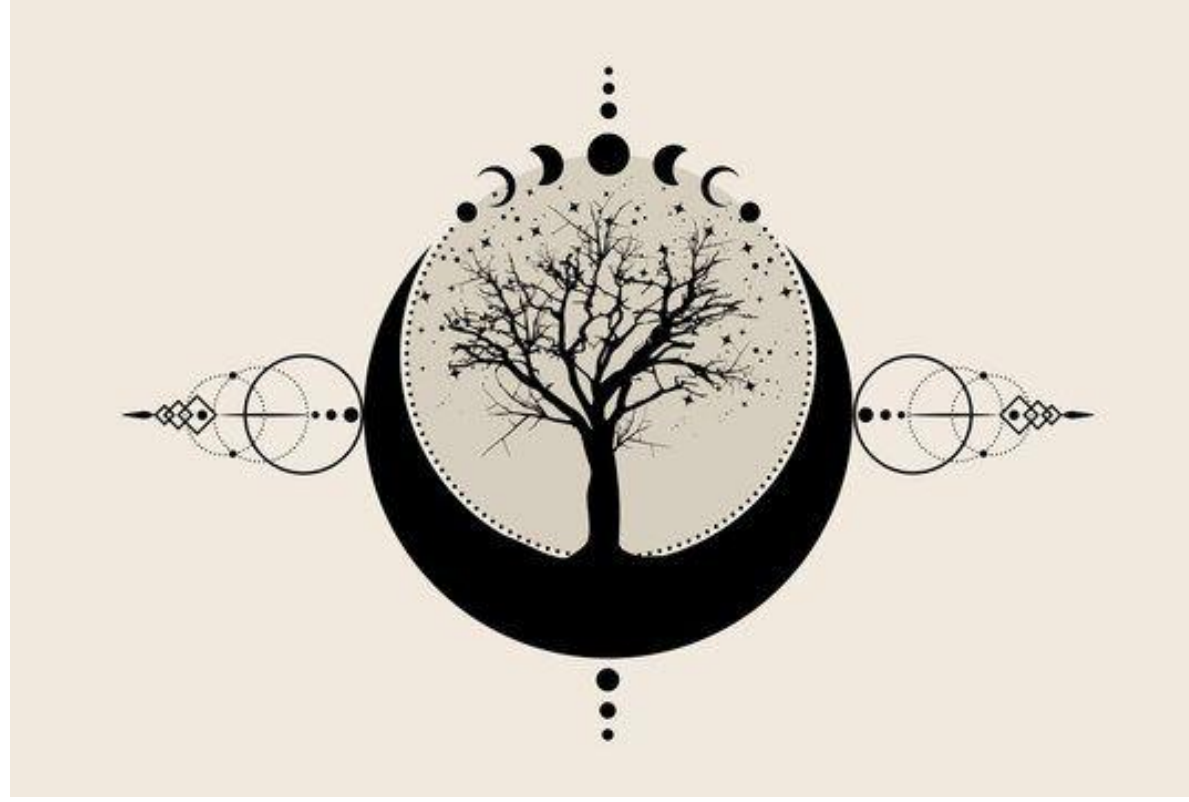
2. **Connect with your inner Divine Child as you call on the Angels and ask for Help** - We each have an Inner Divine Child. Your inner divine child is whole, innocent, and true. This inner child recognizes that Angels are Trustworthy Gifts of our Creator. Tapping in to your inner child will create in you openness, excitement, wonder, and eagerness while you prepare to receive the gifts your Angels have prepared for YOU.

3. **Hand EVERYTHING over to the Angels.** - Every issue, problem worry, doubt, and fear, along with every good intention and positive outcomes you picture coming as a result. You need to release ALL expectations of how your prayers/requests/invocations will be answered.

4. **Express your Appreciation and Gratitude.** - You need to be able to find gratitude, *GENUINE* gratitude, and appreciation for things in your life, as they currently are. You may struggle with this, a LOT, and that is normal. Ask the Angels to help you find the LOVE that is present in whatever it is you're going through, difficulty you are facing. Just be patient with this process and let go of your expectations of how this love will be revealed to you.

5. **KNOW that it is DONE.** - Each and every call for help is answered, and help is always given. The great thing about Angels? They don't care if we act like curious little children, asking more questions on top of the ones we already did. Worry it won't be answered? Ask for assistance in understanding. Know in your SOUL you will see the Love in each answered Prayer. Your Angels and Spirit Team know you completely, and love you unconditionally. As long as what you are asking them for is for your greatest good, nothing you ask for is withheld from you. **Believe it. Feel it. Know it. Receive it.**





**6. Act quickly on the Guidance that you receive.** - Accept the opportunity, and act upon it without hesitation. Guidance and Help from the realm of Angels is Infinite and Unlimited. You CANNOT use it up or run out, you are unable to ask for 'too much'! Angels are OVERJOYED to give to you without limits, without conditions. Beautiful, isn't it... You may be thinking, "Well, if it is unconditional, and unlimited, there is no such thing as too much, WHY do I need to act quickly? Answer is actually simple. The faster you act on the things you receive, the faster you can receive MORE assistance! BRILLIANT!!!

And Finally:

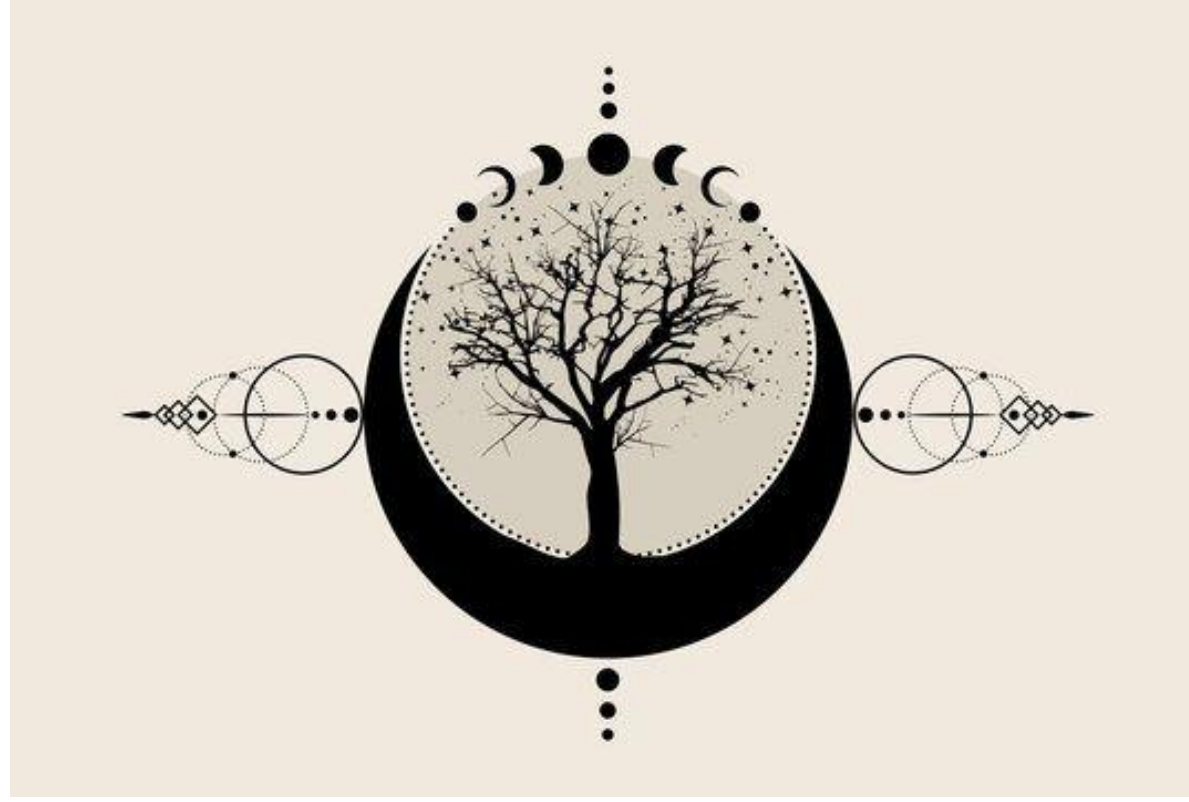
**7. CELEBRATE YOURSELF EXACTLY AS YOU ARE IN THE MOMENT!** - Leave all negative feelings or critical thoughts about yourself, life, or other people in the hands of the Angels for Healing. It does not matter if it is only for a few brief moments. Let go of EVERYTHING that is not Love for yourself and everything around you. Even in the shortest of moments, when you Surrender, Angels can do more for you than you can accomplish at any time on your own. Congratulations! You have learned the secret to a deep and meaningful relationship between you and your Guardian Angels. Angels are always with us, and are at our sides each and every step of the way. They see the good things, and also the not-so-good things. They just cannot interfere on our behalf, until we ASK them for their help, assistance, and Guidance.





## Part 8: Astrology.



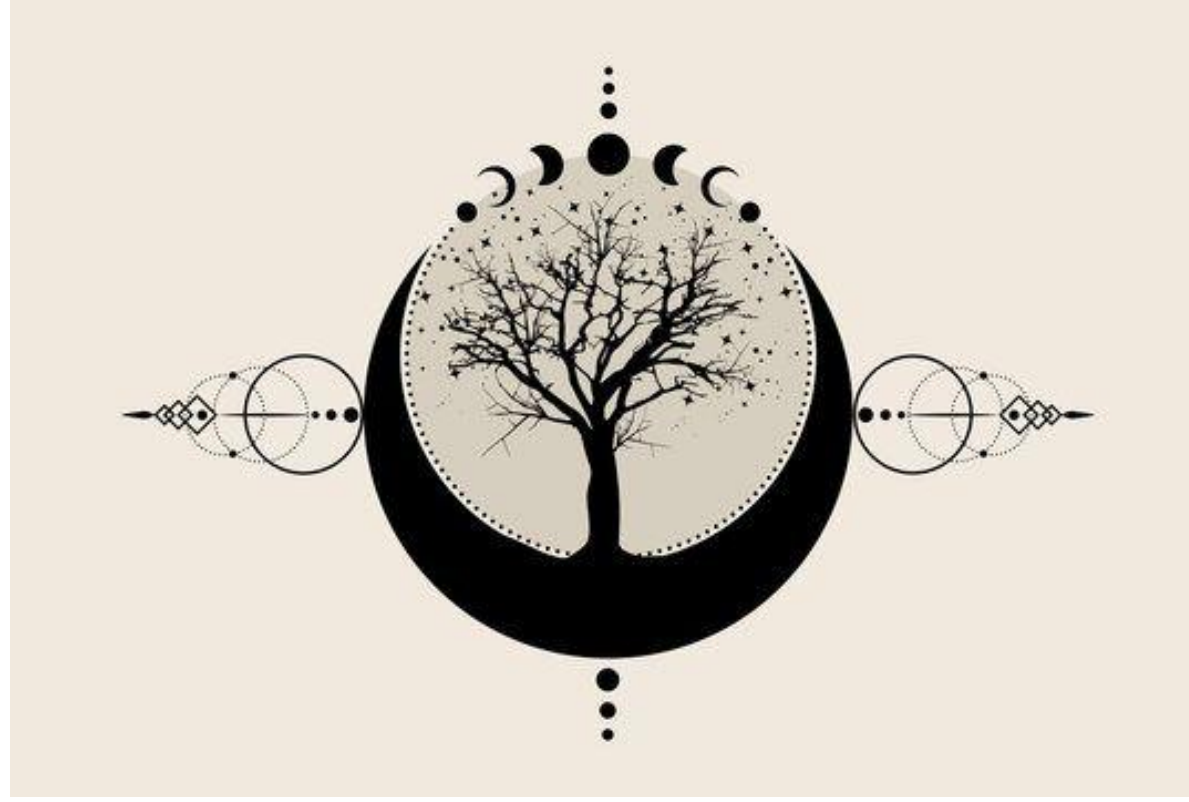


## An Intro to Astrology

Astrology is defined as 'the art or practice of determining the supposed influences of the planets and their motions on human affairs and human disposition'. From this practice a horoscope can be produced which is a diagram (or chart) of the relative positions of planets and signs of the Zodiac at a specific time, usually the time of birth. Astrology is a complex art and science which applies symbolic meaning to astronomical information as it existed over two thousand years ago when the practice of astrology was first documented in writing by ancient astronomers and astrologers. Western astrologers use the ancient positions of the constellations and Sidereal (aka Hindu) astrologers use current astronomical positions. ***The two systems are very different, but work equally well.***

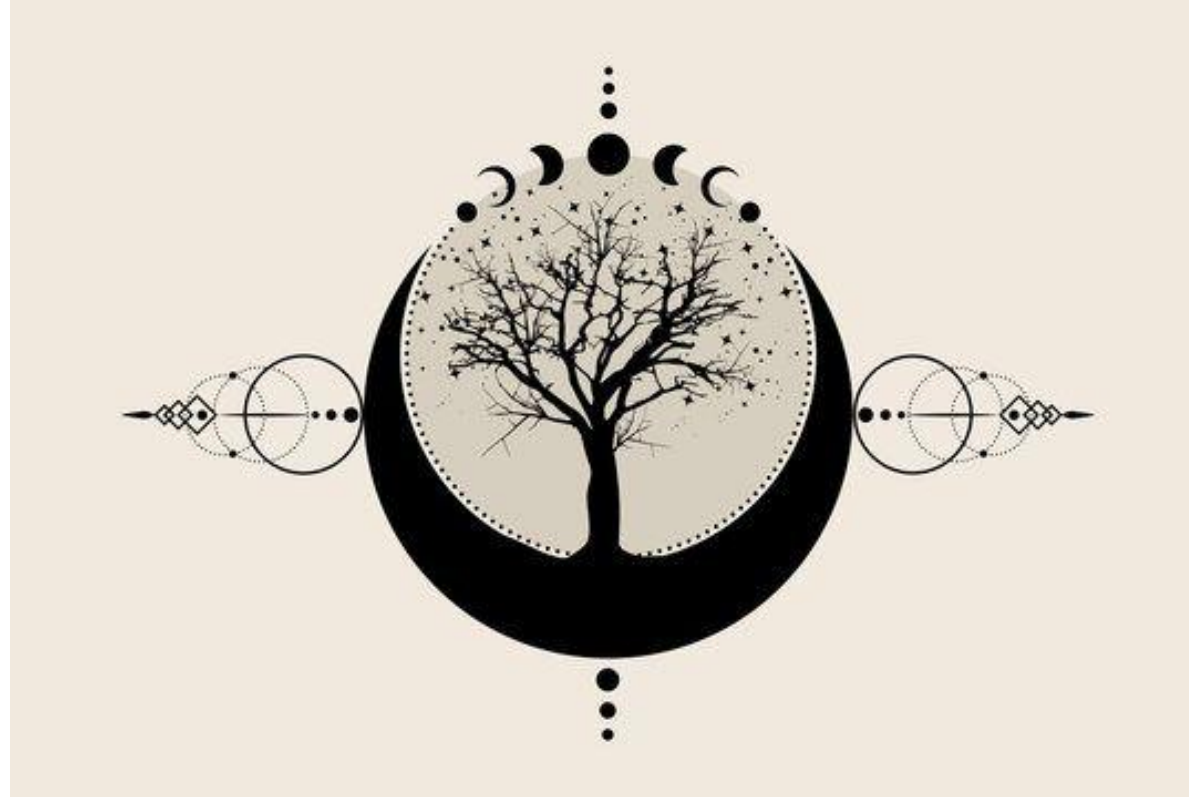
They begin by creating a "Natal Chart," which is similar to a horoscope, that is based on the Date, Time (hour and minute) and City of Birth. Nowadays, MOST Charts are created on a computer - that not only makes the work easier, but it also makes your chart so much more accurate. That being said, the information is only as accurate as the information that you provide the Astrologer. So if you were to get a chart pulled on your life, and you only know the *approximate* time that you born - say "Around 6:30 PM", you would not get a very accurate chart/reading as Astrologers glean information from the position of the stars and planets at the exact time you entered the World. *Every Astrologer worth his salt* will surely tell you that you have to have the exact time, in order for them to get an exact reading of the sky when you were born. Just like everything else in our lives, "If you put crap in, you get crap out!" So, if you are looking to get a chart pulled for you, be as *accurate as possible*. Astrologers interpret everything in your chart individually and then integrate it all for you into a picture of you and your life. Interpretations come in many forms: basic insight into your personality; examining specific trouble spots in your life; comparing and contrasting your chart with that of a loved one, friend, co-worker, etc.; looking at career options and financial indications; finding the best place to live; forecasting future opportunities; selecting the best time for a wedding, to start a business, etc.; spiritual growth; and, answering questions. Most astrologers have a general practice which incorporates a variety of these services, and they may also have some areas in which they specialize such as relationships or careers.





The best way to use astrology is to learn to evaluate a problem on your own, to examine the choices you have to make in order to fix the problem, *and then* to consult your astrologer to see in which ways the possible solutions will work for you and when the best time is to make changes, take risks, be patient and wait, plan, etc. With all that information in hand, you will possess a powerful knowledge with which to solve your problems, change your life, and be the person you always wanted to be.



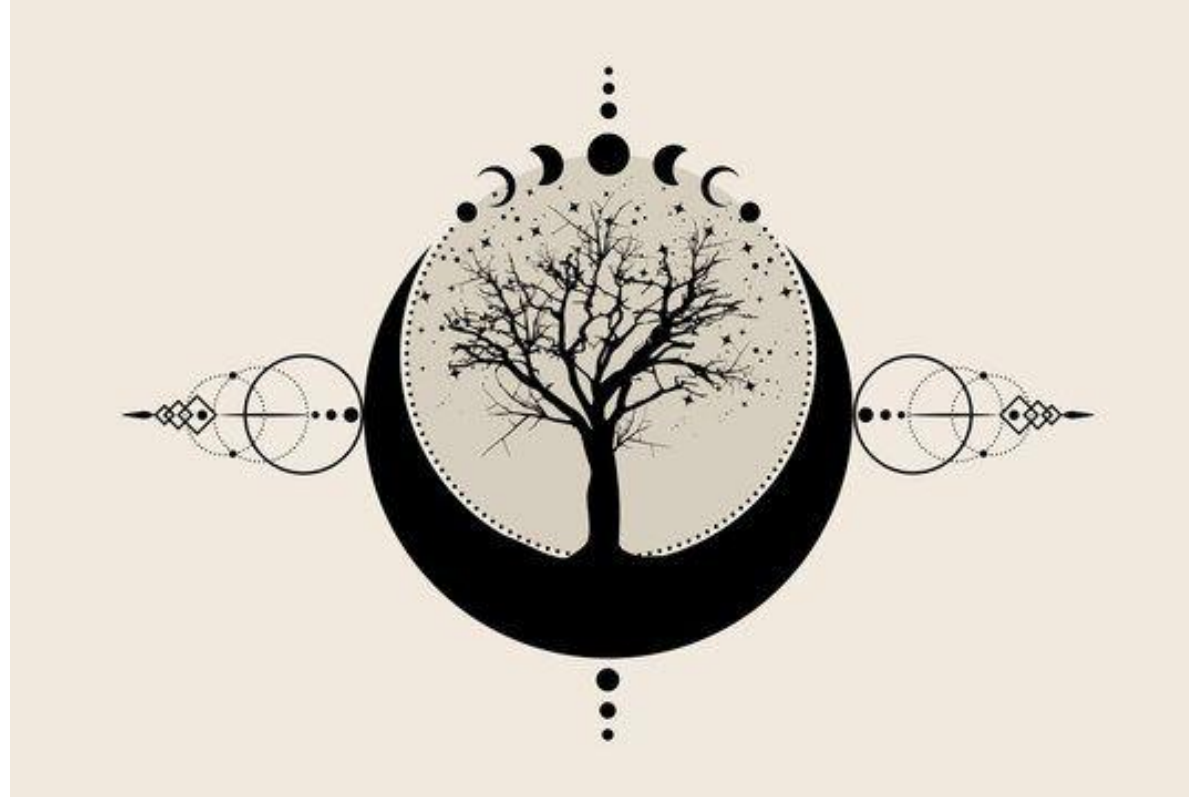


## **Astrology And Your Birth Chart**

Astrology can be extremely accurate. But, it is only as accurate as your birth time, which is used to calculate not only the planetary positions, but also your Ascendant (Rising Sign), to the exact degree and minute. That calculation then determines the degree on the Midheaven and all of the house cusps. The cusps then determine in which house your planets will fall. Without an accurate birth time, interpretations and forecasts are invariably incorrect. All of this information is then used in interpreting your personality, determining your career choices, comparing and contrasting your chart with those of other people you know, and forecasting events in your life. I know, it sounds pretty interesting, and it IS. However, before you go and schedule a consultation with an Astrologer or order any charts or reports, you *really* should make sure you have a copy of your birth certificate.

Depending on time and place you were born, your birth certificate may not even have a space for the time of birth. Some people have no written birth certificates at all because they were born at home, or during times when birth certificates were not considered necessary, or in countries where birth certificates are or were not issued. Some parts of the United States have other problems with birth certificate times. For example, during certain years in the state of Illinois, War Time, the precursor to our modern Daylight Savings Time, was in effect but was not observed by all hospitals, many of which continued to operate on Standard Time. That means that if you happen to have been born in Illinois during those times, your birth certificate could be off by an entire hour.





## The Elements and Astrology

There are four elements that divide the twelve Signs of the Zodiac: Fire, Water, Earth, and Air. Astrologers can draw an in-depth Profile on the person by examining the different plants associated with the Signs.

**Fire Signs: *Aries, Leo, Sagittarius.*** People with these signs are explosive, volatile, and energetic. They are leaders, inventors and adventurers. Their weaknesses are the tendency of doing their work to their extremes and burning themselves out. The Fire attributes are best to be counterbalanced by Earth signs.

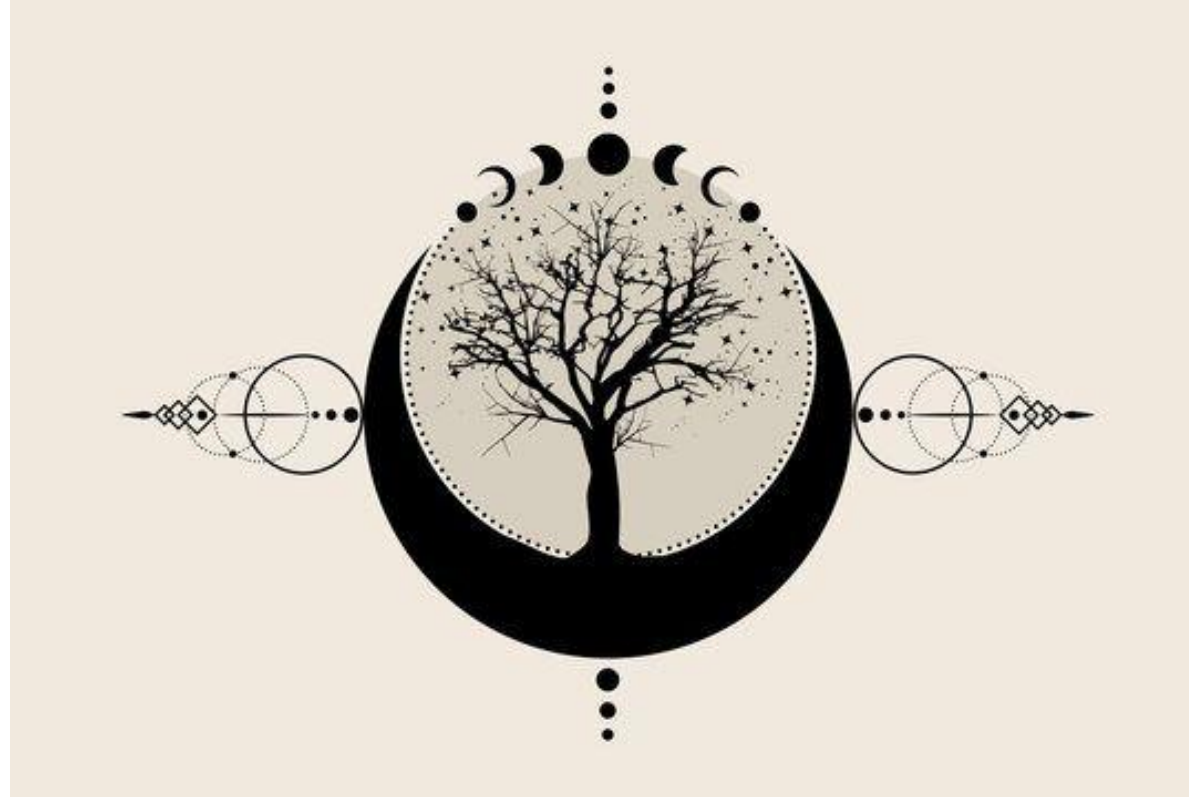
**Earth Signs: *Taurus, Virgo, Capricorn.*** People with Earth signs are practical, cautious and reliable. If they are lacking (few Earth signs) they lack imagination and creativity.

**Air Signs: *Gemini, Libra, Aquarius.*** Air signs are responsible for intellectual activity, thought and philosophy. People who possess many planets in the Air signs are good planners. Without Air signs, subjects may have difficulty in communication, and be weak in artistic inclination. The excess of planets in Air signs are best to be counterbalanced by planets in the Water signs.

**Water: *Cancer, Scorpio, Pisces.*** These are emotional signs. The planets in Water sign moderate the practicality of Earth, the ideas of Air, the careless energy of Fire.

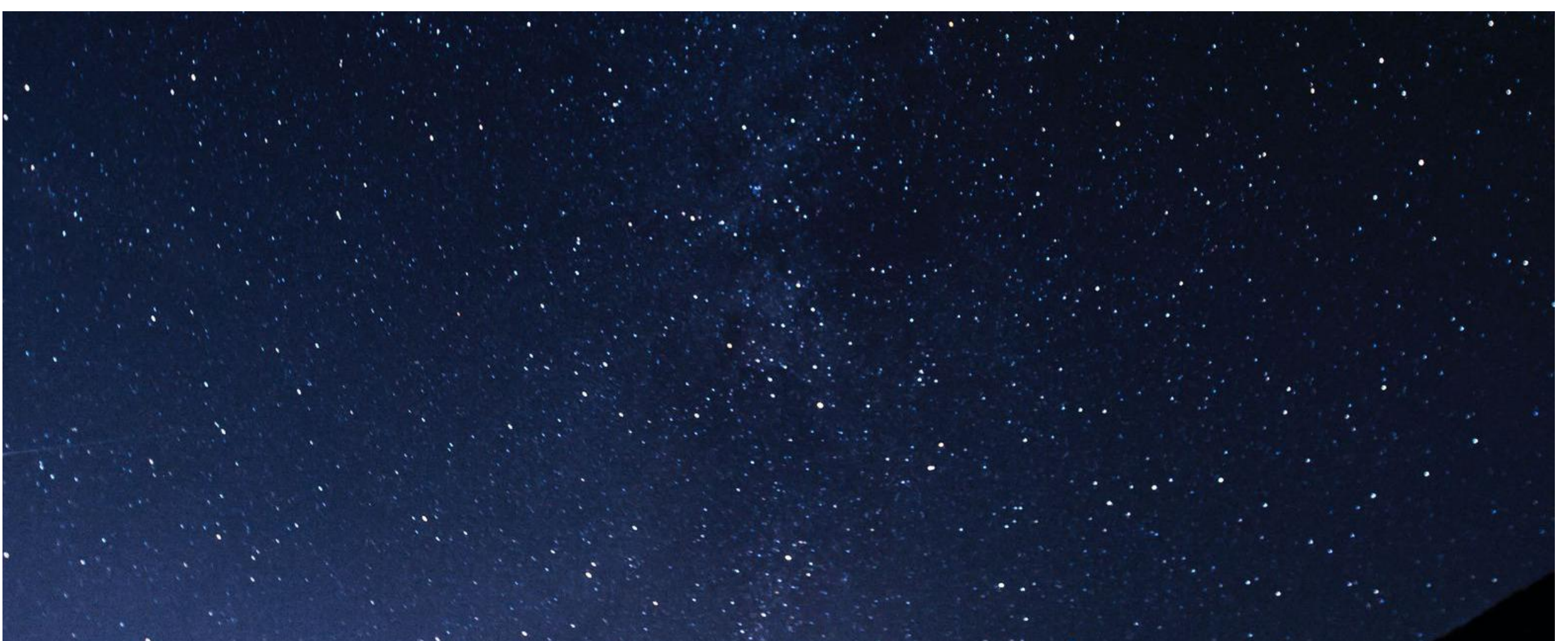
In terms of interpreting Astrology, the element analysis is the most traditional. For example, many planets in the Fire sign of a chart is indicative of the subject being very lively and enthusiastic. Though this interpretation is simplistic and direct, astrologers must also consider the effect of the Qualities and Aspects of the subject's birth chart to draw a complete personality profile.

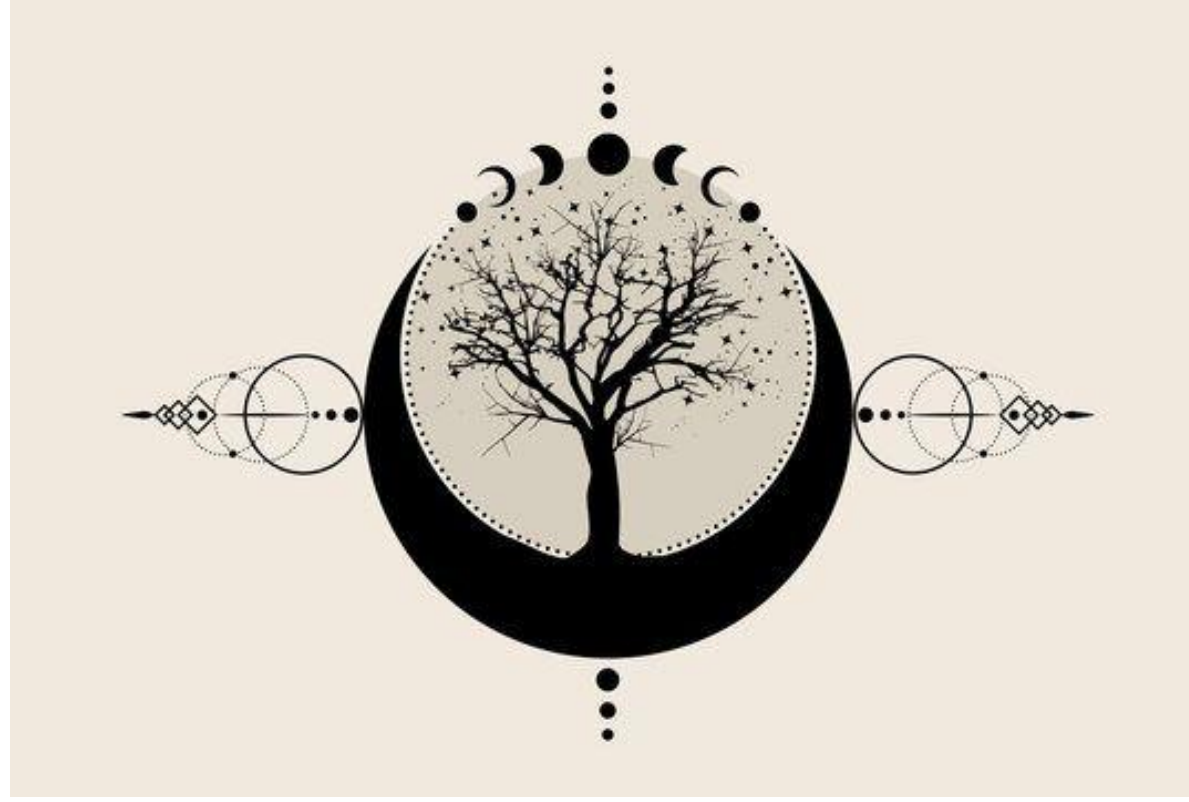




## The Use of Intuition and Astrology for Guidance

The term Intuition is used to refer to the ability to perceive things that are hidden to ordinary senses through means of extra-sensory perception. While the term astrology is defined as the study of the relationships between people and events on earth, and the cycles, movements of the planets and how they influence the lives of peoples. Intuition and astrology can help people to make decisions about love or career, and can steadily point people in the right direction on their life's path. These days, many people use astrology and intuition for guidance on personal matters as well as business. When you develop your intuition you start to tap into the spirit that accompanies us through our everyday life. Our senses will pick up smells and sounds, and we may even see things and we often put it down to logical reasoning. It is easy to explain away these things. Being open minded and listening to your natural intuition can help improve a person's life. Becoming aware of your inner potential to connect with your highest self, and to know that you are at one with all around you. ***You are a spiritual being having a human experience;*** this is a natural part of life, be open and let astrology and your intuition guide you!





## Astrology: Elements, Modalities, And Zodiac Sign

Western Astrology originated around 500 BC, with a concept called the Zodiac. This consisted of an imaginary sphere surrounding the earth, which followed the path of the Sun through the constellations during the year. The Zodiac was split into twelve sections, each named after the specific constellation noted in that area. Many ancient philosophies used a set of classical elements to explain the way nature behaved. Each sign was connected to one of the classical elements (fire, earth, air, or water) and was also related to a region of focus; social, personal or universal.

**Water Signs** are related to growth processes, identification and emotion. In tandem with the other elements, water feels that fire will make it boil, air will evaporate it, but earth will shape and channel it.

**Fire Signs** are related to action, passion, and energy. In tandem with the other elements, Fire feels that earth will smother it, water will drown it, but air will fan and enliven it.

**Air Signs** are related to thought, perspective and communication. In tandem with the other elements, air feels that water will obscure it, earth will suffocate it, but fire will inspire and uplift it.

**Earth Signs** are related to sensation, stability, and practicality. In tandem with the other elements, earth feels that air will dry it, fire will dry it, but water will refresh and nourish it.

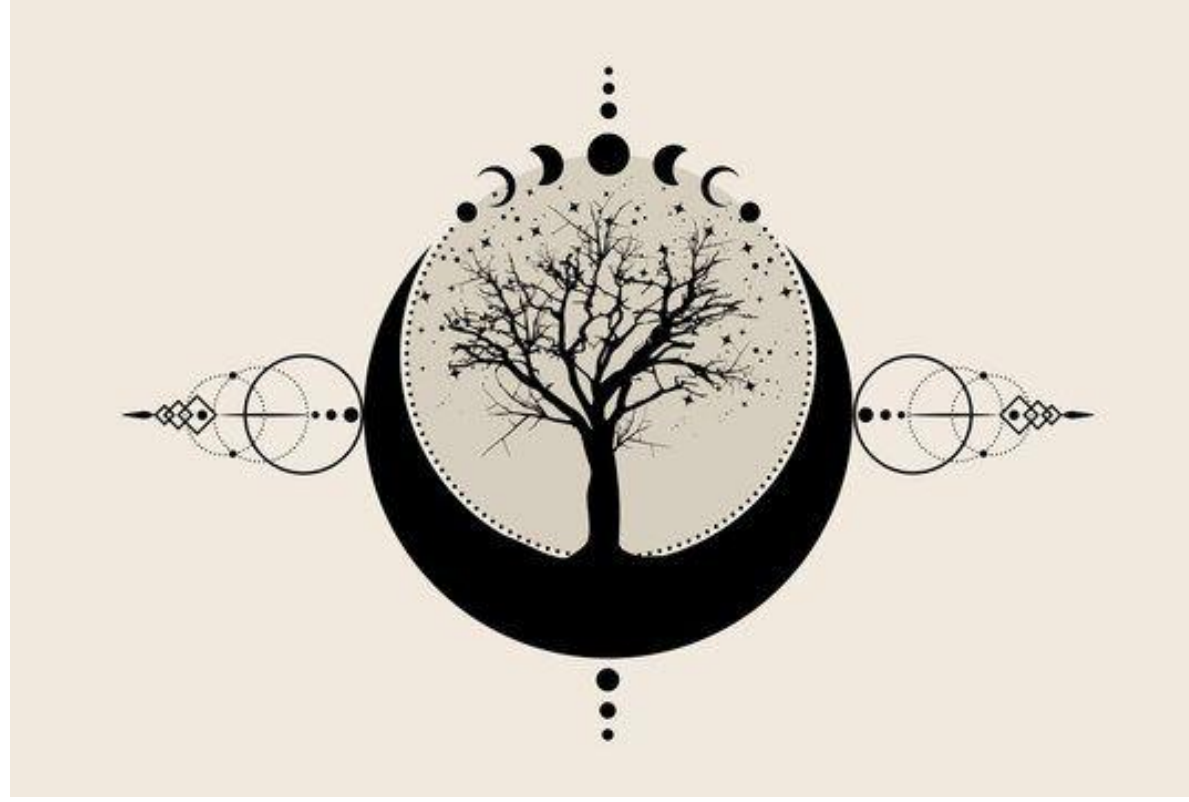
*Each sign is connected to one of three modalities; cardinal (sometimes referred to as movable), fixed, and mutable. There are four quadrants following the order of the zodiac signs, with three signs in each. Each quadrant describes a season, beginning with a cardinal sign, continuing to a fixed sign, and ending with a mutable sign.*

**Mutable signs** are related to adaptability, resourcefulness and holism. They are Gemini, Virgo, Sagittarius and Pisces.

**Fixed signs** are related to determination, focus and individuality. They are Taurus, Leo, Scorpio and Aquarius.

**Cardinal signs** are related to creativity and initiation. They are Aries, Cancer, Libra and Capricorn.





*Finally, here is a quick summary of Zodiac Sign Characteristics*

**Aries** (*Cardinal, Fire, Personal*): Defensive, Energetic, Head Down, Assertive, Impulsive.

**Taurus** (*Fixed, Earth, Personal*): Patient, Indulgent, Resourceful, Thorough, Devoted.

**Gemini** (*mutable, air, personal*): Quick, Logical, Inquisitive.

**Cancer** (*cardinal, water, personal*): Clinging, Protective, Sensitive.

**Leo** (*Fixed, Fire, Social*): Theatrical, Generous, Proud.

**Virgo** (*Mutable, Earth, Social*): Critical, Practical, Efficient.

**Libra** (*Cardinal, Air, Social*): Lazy, Co-Operative, Fair.

**Scorpio** (*Fixed, Water, Social*): Anxious, Passionate, Sensitive.

**Sagittarius** (*Mutable, Fire, Universal*): Careless, Free, Straightforward.

**Capricorn** (*Cardinal, Earth, Universal*): Suspicious, Prudent, Cautious.

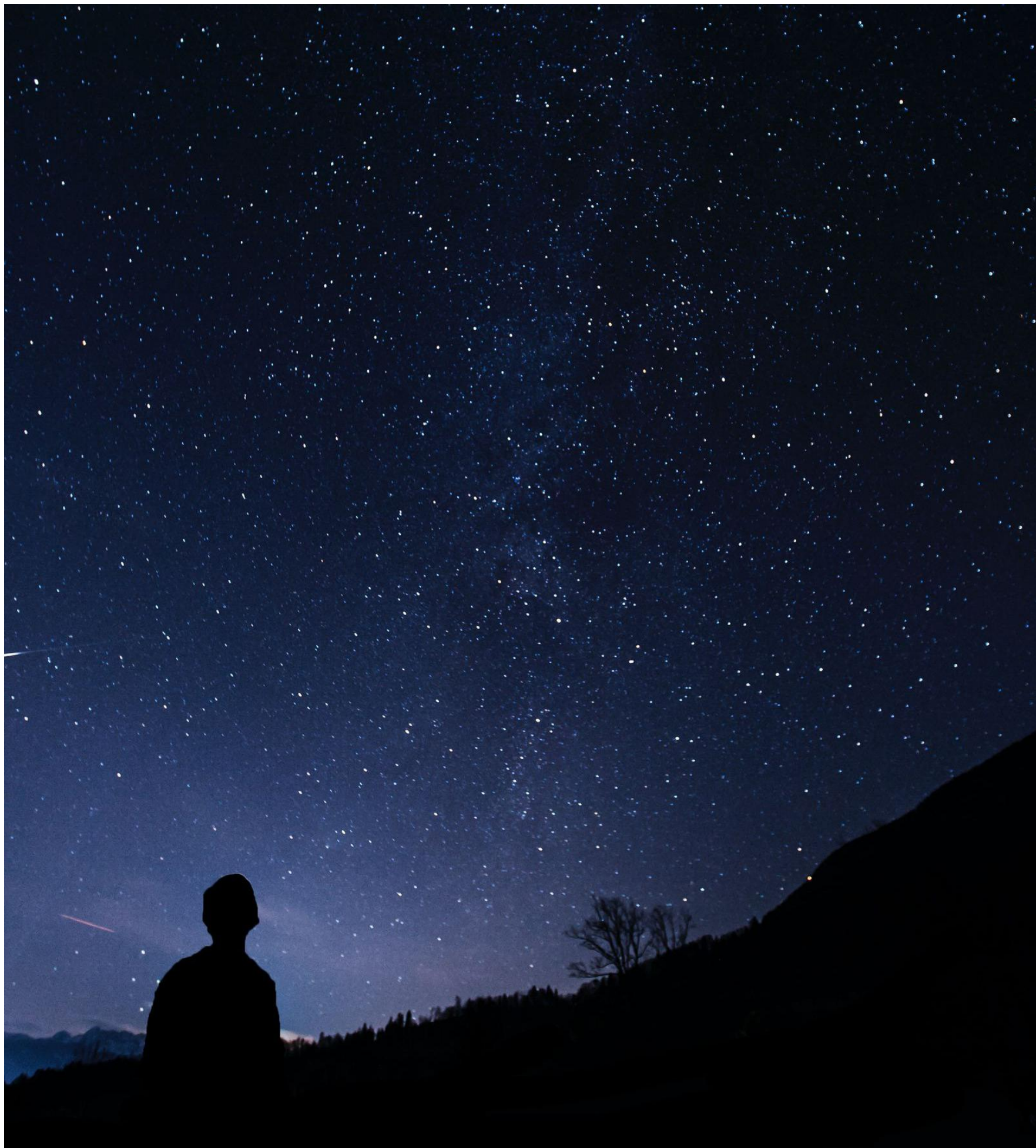
**Aquarius** (*Fixed, Air, Universal*): Detached, Democratic, Unconventional.

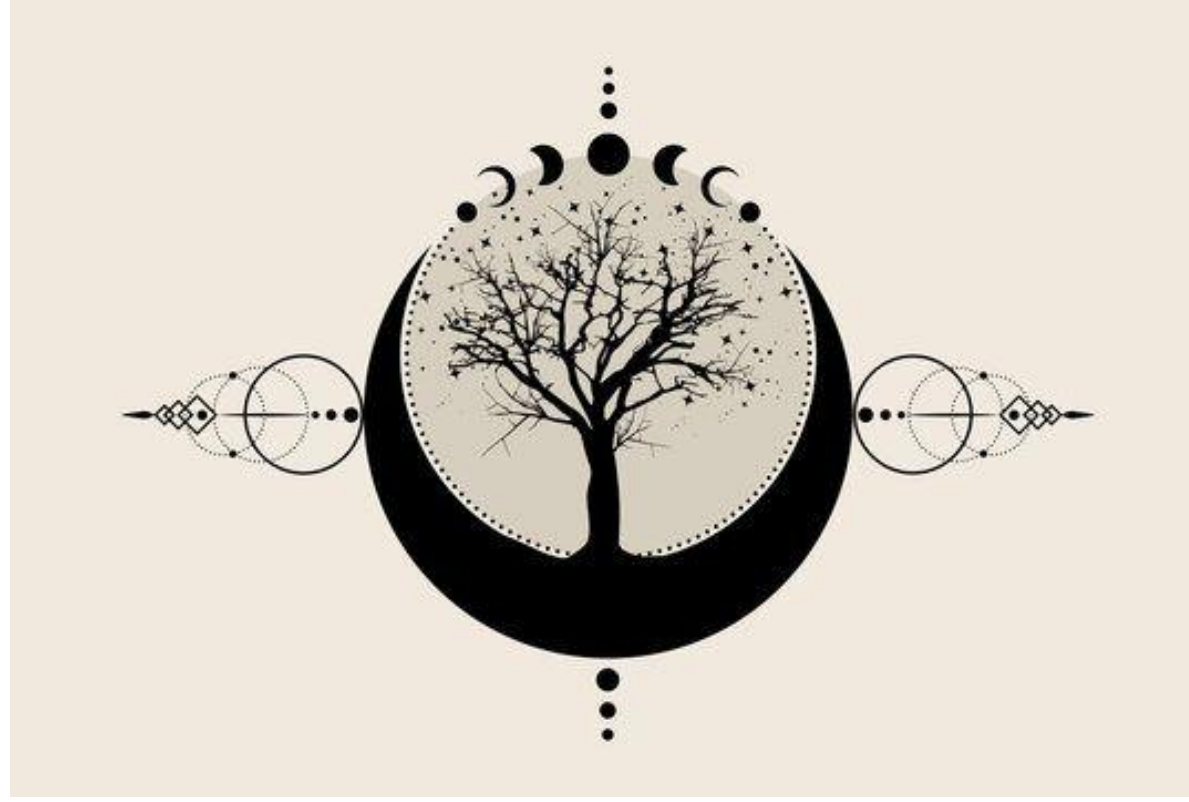
**Pisces** (*Mutable, Water, Universal*): Distracted, Imaginative, Sensitive.





## Part 9:Awakening Your Intuition

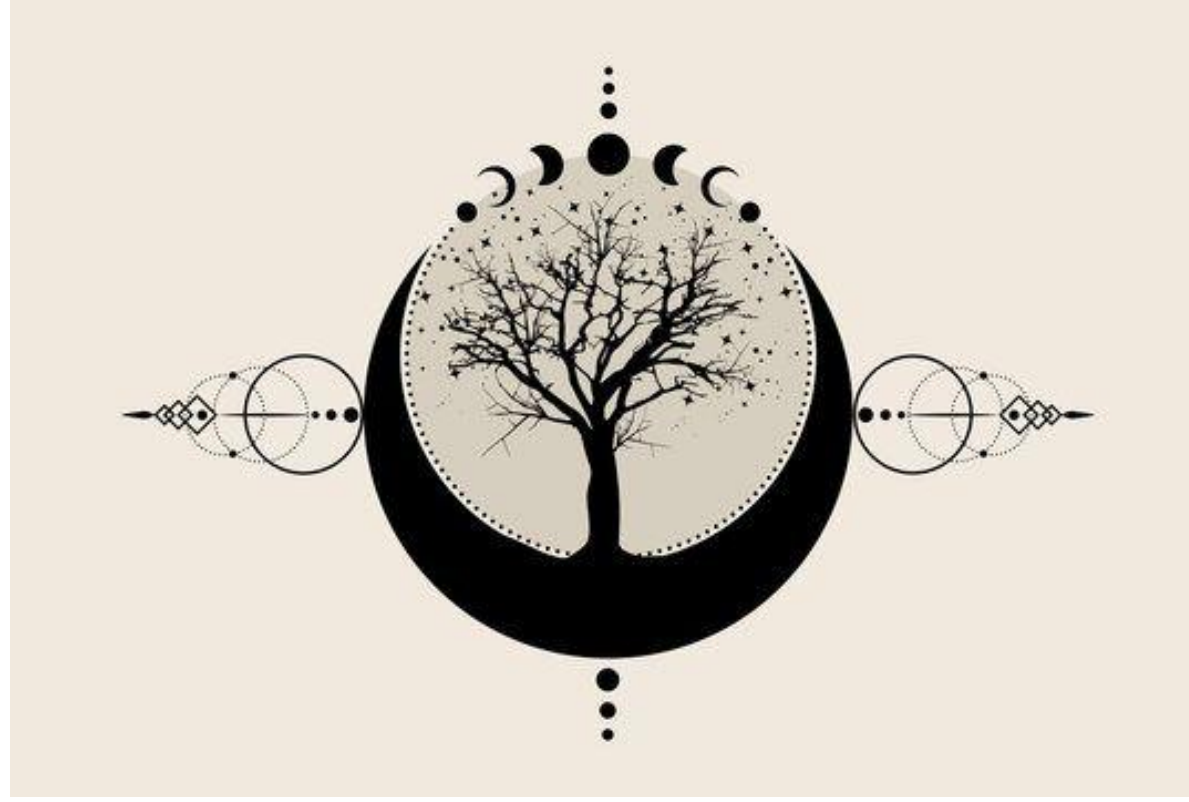




We live at a time when the ability to hear Spirit's voice speaking within our hearts and minds has become greater, due to the intensification of light within the physical plane. As a result, even for those who have wandered far away from a spiritual path, the way back is more possible than ever before. All you need is a wish to return and give time and attention to the "voice of inner knowing" that you may have been ignoring. This inner knowing is what we call intuition.

*The definition of intuition is, "the ability to understand something immediately, without the need for conscious reasoning". In other words, it's the bridging of the gap between our conscious and unconscious minds.* It takes place in silence and in the presence of inspiration that arrives from another level, often by asking and waiting. Though some intuitive perceptions are primarily focused within the human plane, for example, knowing someone so well that we can anticipate how they might react to something or what they might do, the kind of intuition that may be called 'higher intuition' comes from a different place. It is the voice of understanding that translates messages from the level of the soul where Divine truth, light, and wisdom can be heard. For many there still remains a large gap between Human Intuition and Higher Intuition – a space that makes it more difficult to hear the words that are being whispered to and from the soul. In order to bridge this gap, the mind and heart have to be willing, and there needs to be at least the beginning of trust in one's capacity 'to know'. However, Intuition is not something that 'needs' to be taught - it needs to be ALLOWED. This is an ability that as always been with us, lying in a dormant state, waiting for us to look inwards, to turn to it; the way a flower turns to the Sun. All it takes is a small willingness to 'know' more about Truth, Light, and Wisdom as it applies to our lives and to the lives of those we Love. *We can begin to pray to have the obstacles removed that cloud understanding or diminish our perception of what t his truth might be.* The desire to make contact with higher truth begins to open the doors to inner knowing, especially when such desire is accompanied by a willingness to receive and to pay attention to what has been heard or sensed.





There are people who ‘know’ things who do not believe what their inner senses tell them. They invalidate and reject what they feel or believe. This choice begins to close the doors to higher perception as it gives more power to fear – fear of being wrong, fear of being different, fear of needing to change one’s life based on what is heard. In order to open the doors to intuition and to keep them open, we need to be willing to hear and know, and we need to be willing to trust.

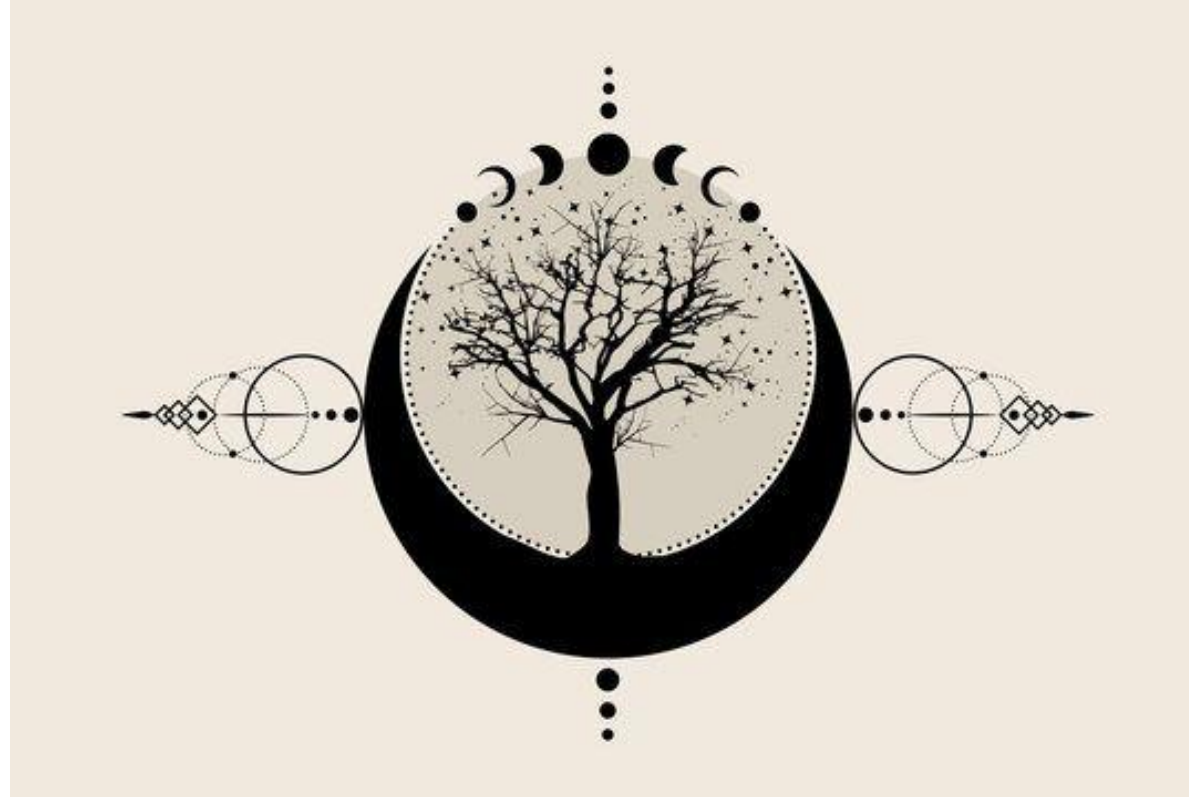
Trust is not a simple thing, for it often involves a reevaluation of how we have lived our lives. It may be that life has compelled us to be more practical, more focused on the daily tasks of living and providing for others. Or, it may be that we have made mistakes in the past concerning who or what to trust. It also may be that we have forgotten that we have the capacity to feel more, to sense more, or to be more open to life on all levels. Trust involves not only a willingness to receive something from another level of our being. It also involves a willingness to believe in our own capacity to grow with life and to change what needs to be changed on the outside or on the inside in order to do so.

There are many who know a great deal but who are afraid to let themselves recognize this because of where it might take them. This fear must be let go of in order to open the doors further to intuition and to the greater perception of light and truth.

*Especially* these days, when there are so many issues before us as a collective humanity, and so many actions taken that can have a profound effect on all of mankind,

it is particularly important that we reclaim our ability to know and to trust, for it is this ability that gives rise to intuition. To do otherwise leaves us in the precarious position of not knowing what or who to believe – not knowing which direction to go in, in terms of making the world a better place and relieving the immense suffering that currently exists. Without access to the deeper intuitive sense that is part of us, we live at the mercy of public opinion rather than in the presence of truth. It is essential, now, for us to open to the light that is present so that we can participate more fully in the collective life of humanity, as well as, in the circumstances of our own lives. It is time to allow our inner senses to awaken and to become the light-filled beings that we are.





The time we are in asks this of us, and for each of us, our hearts ask this of us so that we can begin to solve the problems and challenges that are directly in front of us. We can make ourselves ready to become vessels of truth and light. The gift of intuition may not happen immediately, but it will happen, and all of life celebrates when someone who has left the path of recognizing their Divine self begins the journey of the return to *True Self*.

## **9 Ways We Unintentionally Sabotage Our Intuition and How to Correct It**

Ralph Waldo Emerson said “*The primary wisdom is intuition.*” It is not just a *theory*, it is part of who we are. Without training, we can happen upon it occasionally, and when we follow our intuition we usually like the results. What would happen if we learned to tap into our own innate intuition on a daily basis? Why don’t we? As Carl Jung said “*Intuition does not denote something contrary to reason, but something outside of the province of reason.*” It is real and it is not in our heads. And our head can’t control it. There are many ways we sabotage our own natural intuition all the time.

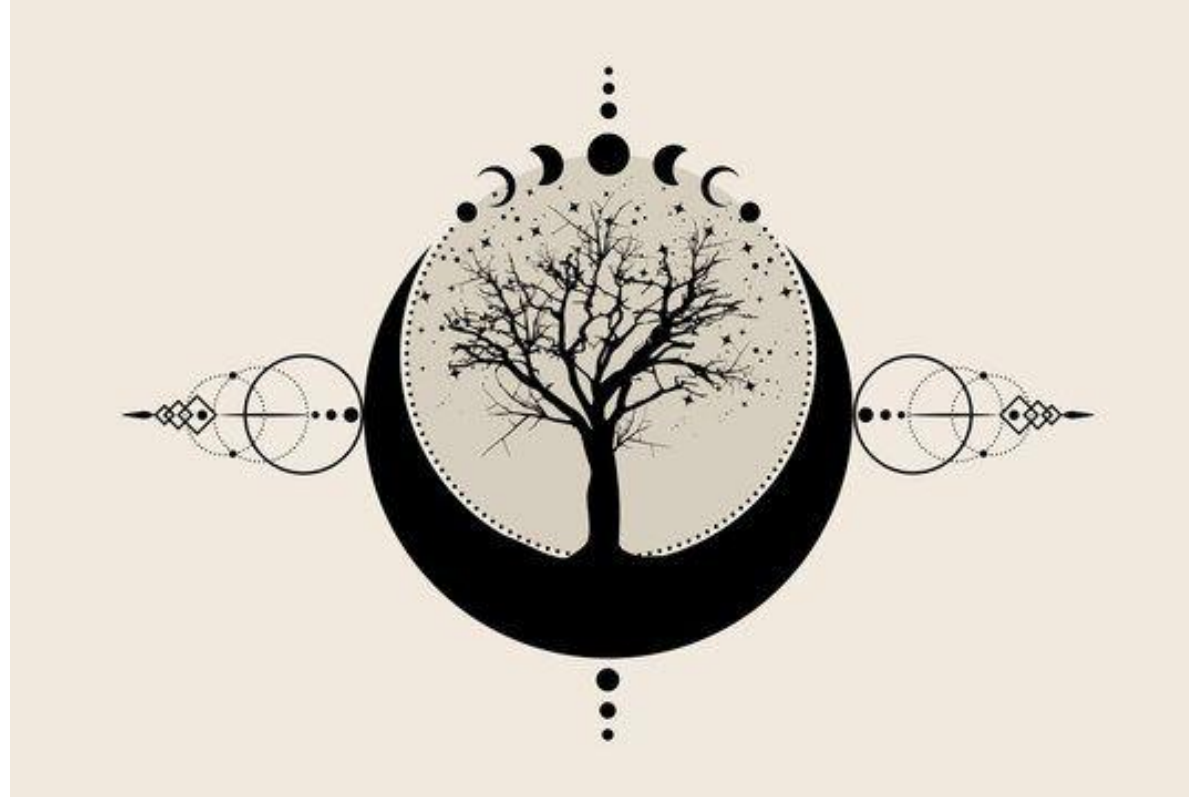
***Here are 9 examples and what you can choose to do instead:***

1. We hurry so much that we don’t take time to listen to our intuition.  
- *We need to slow down or just be still to hear our intuition.*

2. *We don’t look for the symbolism in things or events nor do we develop our symbolic ability.*  
– *We need to be open to possibilities*

3. *We let our ego control us, and insist on being in charge/controlling everything around us.*  
– *The ego is threatened by the presence of your intuition.*

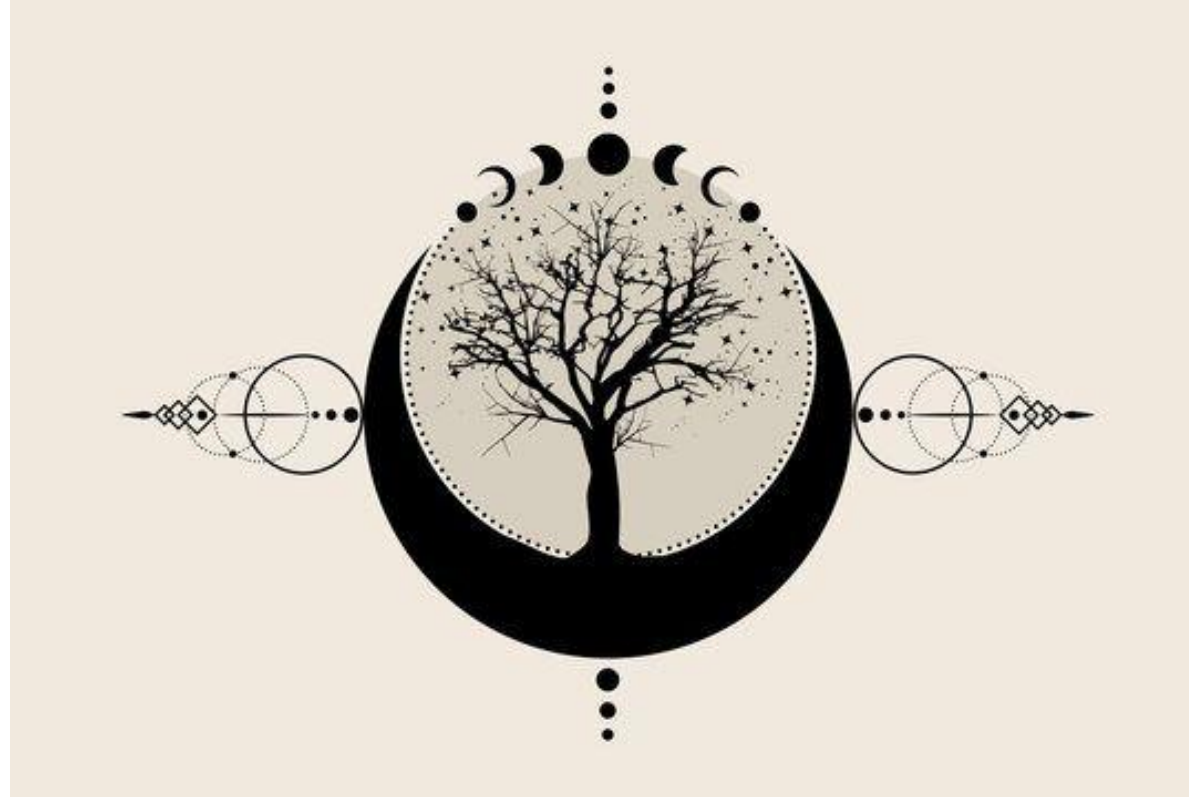




4. We confuse intuition with fear and wishful thinking.  
– *When we stay in our heads and let our emotions control us, we lose the gift of what our intuition can offer.*
  
5. We continue to associate with people who don't believe in intuition or want to use it.  
– *Intuition is contagious. But so is a lack of intuition.*
  
6. We think we can force intuition just like we can pedal a bike or pump weights.  
– *Intuition comes where and when invited, but not on demand*
  
7. We insist on staying in our logical, rational, analytical thinking as the only way to find solutions to problems or make decisions.  
– *When we are centered, using all our emotional intelligence tools and habits, intuition can flood us with many creative alternatives that the intellect could not conceive.*
  
8. We listen to our ego when it tells us it can handle the problem or situation itself.  
– *We allow the ego to reject the insights that intuition offers.*
  
9. We believe we don't need to learn tools, skills and habits to master our intuition.  
– *By getting trapped in the endless loop of our heads, we never get a chance to develop our intuition to see how good it can become.*

Albert Einstein, one of the most brilliant and analytical thinkers of the Twentieth Century said *"The most valuable thing we have is Intuition."* If a mind this brilliant and rational can praise intuition so highly, maybe we *all* should try it, too! You never know. With practice, some help in the form of coaching, and a few successes, perhaps you will start to see the wisdom of using your Intuition.





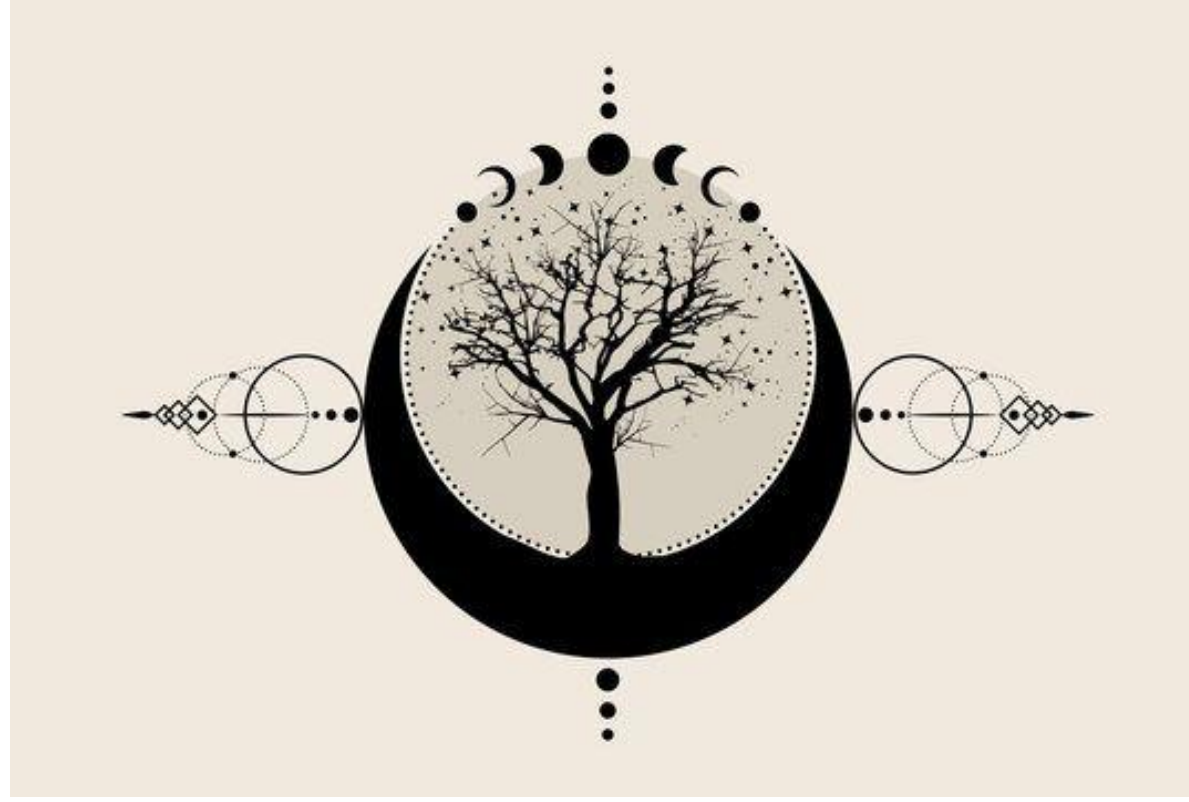
## 12 Time-Tested Methods to Attune With your Intuitive Gifts

*In the last few pages, we talked about nine ways people tend to do that sabotages their Intuition. These next couple are going to cover twelve Time-Tested Methods to get in tune with your abilities of Intuition.*

The world today is overwhelming sometimes. Each year, we as a society seems to revolve more and more around technology, screens, and *stress*. It is far too easy to get caught up comparing ourselves to the perfectly curated lives we see on social media, or feel overwhelmed by the never ending 24 hour news cycle. It's no wonder we can often find ourselves feeling caught in negative cycles of anxiety, fear, and stress, and unfortunately, why suicide rates seem to be on the rise - especially in younger generations. *Thankfully, we are all born with the ability to access a tool that can help us overcome all of today's modern struggles.* A tool that can help guide us through life and stay on the right path. It is our one true superpower, an ancient wisdom buried within each of us.

Listening and trusting the little voice we have is a wonderful thing on its own, but when you work to develop it? Well, that can make it even more powerful. It is a sacred ability we all have to be able to grow and strengthen our intuition. The more you use it, the more it expands and evolves. It is like any of the muscles in your body. When you provide your physical being with proper nutrition and exercise, it flourishes. Intuition needs nurturing and exercising, too so it can also flourish. Let's take a look at the twelve ways to tun in and develop this *amazing* gift.



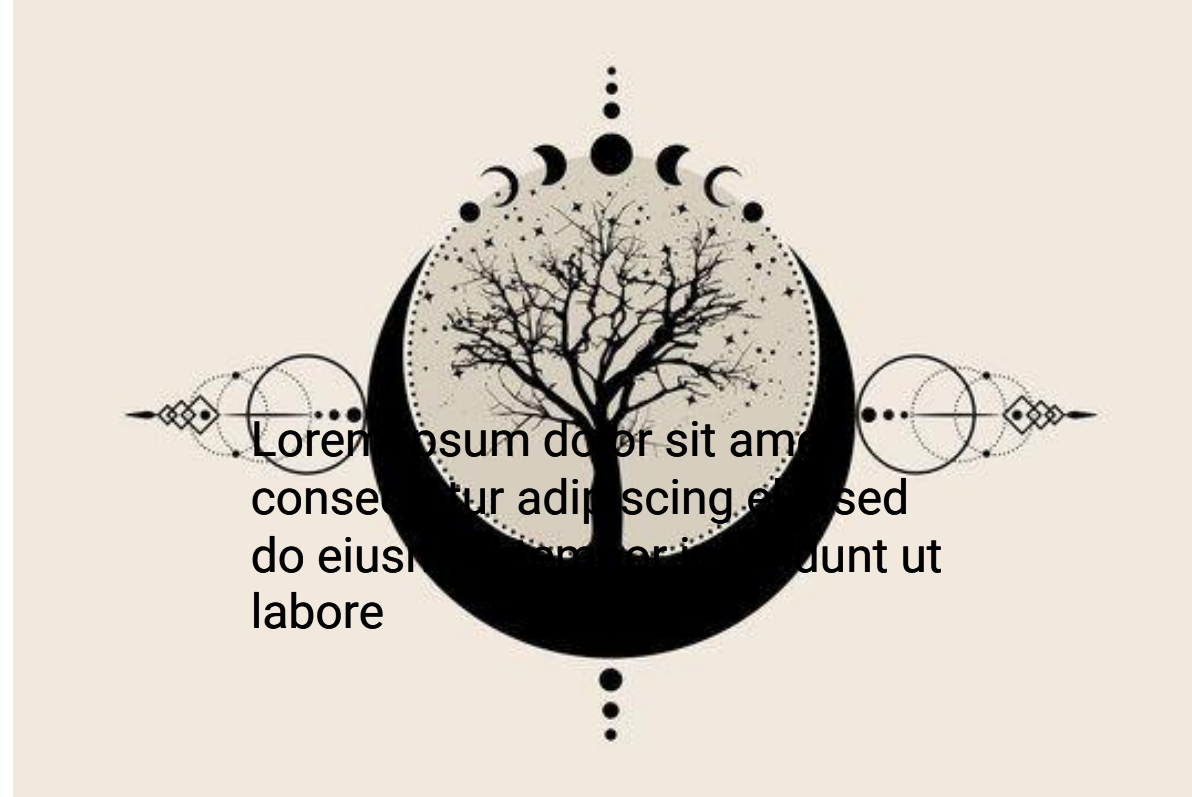


**Meditate:** Unless you have been living under a rock for the past 5 years, you know that you should be meditating. As I covered meditation earlier in the book, I won't delve deeper into it.

**Dreams:** While we're awake, our cognitive brain is in control. It uses logic and reasoning to override our subconscious mind. However, during sleep that conscious mind rests, allowing our inner subconscious to shine through. We can learn a lot about overcoming issues or problems by listening to this inner consciousness. It's a good idea to keep a *dream journal*. Keep a notebook and pen right next to your bed, and as soon as you wake up, try to record everything you remember about your dreams. Dreams begin to fade from memory immediately upon waking, so make sure to grab your dream journal before you do anything else. Like most things, this takes practice, you will get better over time at interpreting and recording these dreams. You will be able to see patterns and occasions where your inner consciousness is trying to help you solve problems or guide you in the right direction. A little tip: Before going to bed, visualize yourself remembering your dreams. Picture yourself waking up and recording these dreams in your journal. Try to keep this thought in your head as you fall asleep. This will help imprint the practice in your mind and make it easier the next morning.

**Spend more time in Nature:** Being out in Nature (and away from technology) is one of the best ways of quieting the incessant chatter we sometimes are burdened with. It is one of the best ways to tune into the vibrational state of your Ancestral Self, and along with that, our Celestial Intuition. As they were vastly different times, our Ancestors *relied on intuition for everything*. From finding food, to avoiding becoming prey, intuition was one of the most important aspects of their lives. Whenever you take the time to immerse ourselves in the Beauty of Nature you have a huge opportunity to dip your toes into another world, one where intuition lives.





**Do something creative!** Paint, draw, build, sketch, anything that elevates your creative mind. When we are young, our inner voice is loud and not hesitant to shine through. As we get older that inner voice is pushed down with responsibilities and the stresses of life. Tapping into this creative part of our brain can help re-ignite those pathways and amplify our intuitions.

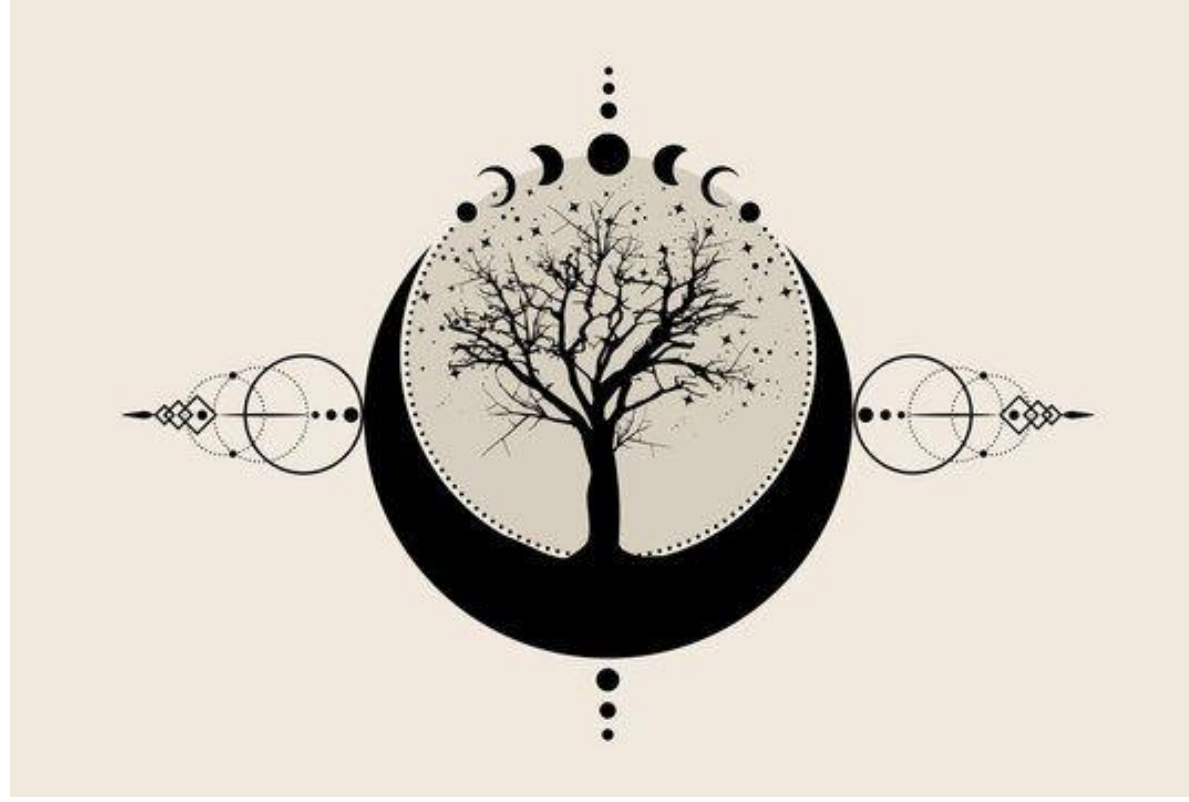
**Get in tune with ALL your Senses:** Your intuition can flow through any of your five senses. It may come as a strange or loving sensation you feel physically within your body, or as a thought that seems to appear out of nowhere. It may be triggered by a certain scent, or even taste. Start noticing and paying attention to all of your senses. When was the last time that you really concentrated on your breathing, your sense of smell, your taste? We have all heard the phrase, “stop and smell the roses”, but it really can help in developing your intuition. The more you practice getting in tune with these senses, the more your “6th sense” can flourish as well.

**Follow your Gut:** A surefire way to develop your intuition is to test out your "hunches". When you are going about your daily life, keep a journal and write down every time you have a hunch. When that little voice chimes in, be sure to write it down, so you can record and see how they play out. It can be as simple as seeing the weather reporting rain for tomorrow, but you have a feeling it will be sunny. Maybe a friend's partner gives you bad vibes, write down your feelings and see if it plays out. Follow your 'gut feelings' and see what you can learn about your intuition.

**Switch up your Routine:** The conscious brain loves routine and order, but the more regimented your life is, the further your inner voice is pushed down. When the mind is busy it can be especially hard to hear that little voice. Switching things up can throw your cognitive brain for a loop, and let your intuition shine through! Escape the daily routine, slow down and do something different. *Your intuition will thank you for it!*







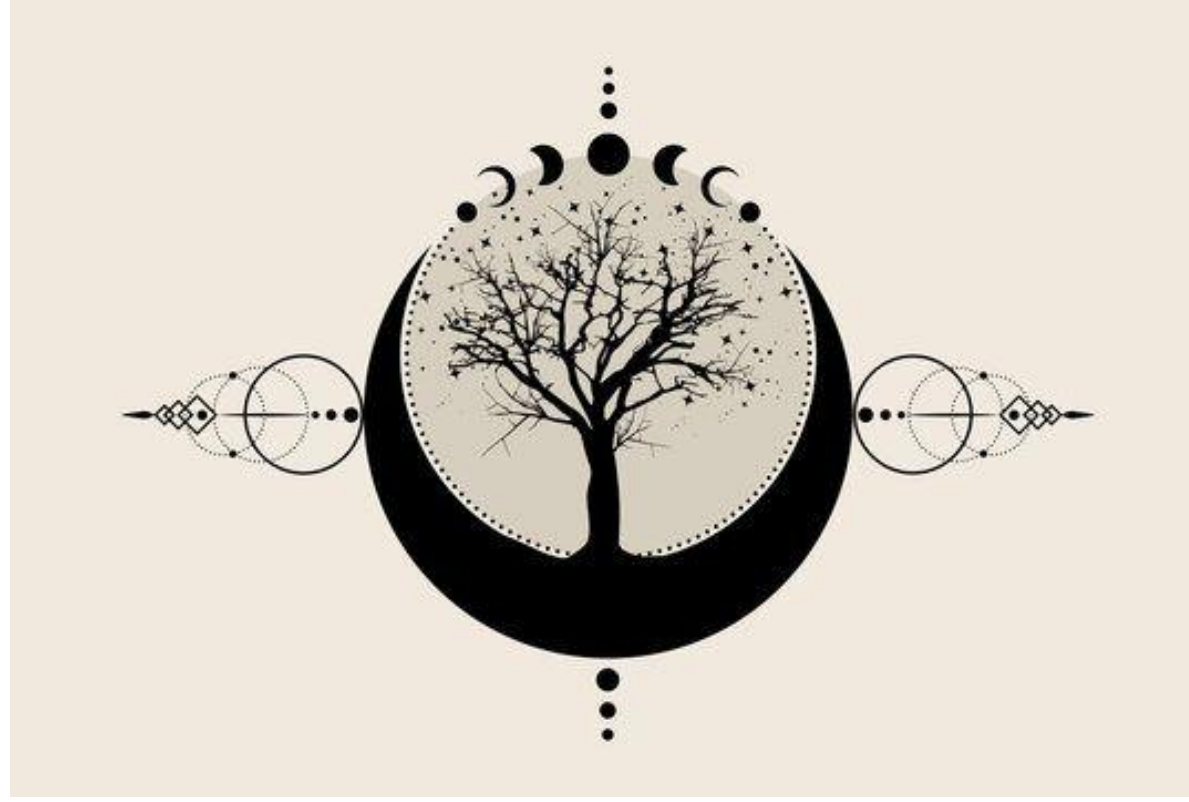
**Recall past events:** Think back to a situation where things didn't go as planned, or didn't go as you wanted. Visualize yourself back in that situation, notice any feelings or moments where you felt as if something was wrong. Was there an opportunity to go a different way? Did your inner voice speak up for a moment, only to be overtaken by your cognitive mind? (it happens more than you realize!) Try to evaluate some of these occurrences and look for patterns, look for ways that you could do things differently the next time. Look for ways your intuition was trying to guide you and the things it was trying to tell you.

**Breathwork:** Hands down, *breathwork* is one of the best ways to quiet the mind and get in tune with your inner voice. Try this 4-7-8 method to give your intuition the opportunity to shine through and bring your consciousness to the present.

- Start by emptying your lungs of air.
- Breathe in through your nose for 4 seconds.
- Hold that breath for 7 seconds.
- Exhale slowly through your mouth for 8 seconds.
- Repeat this process 4 times.

This 4-7-8 technique will not only help with intuition, it is a great way to reduce stress and lower any anxiety. *Basically, the whole world would be a much better place if everyone would practice this simple technique once a day!*

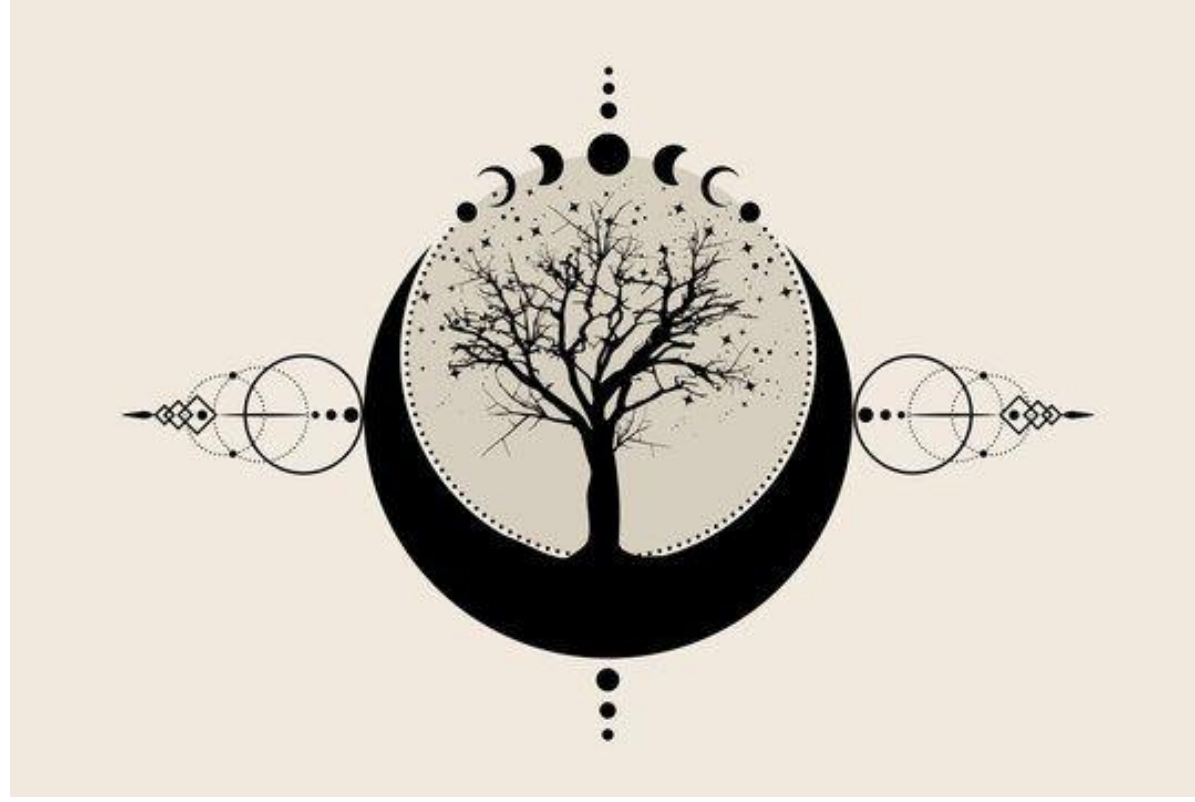




**Practice Gratitude:** In today's world, it's easy to look at the negative aspects of life and forget about all that we are blessed to have. We all do it! It can be so easy to overlook our health, the love of our families, food and water, our home or our community. Take time, every day, to recognize and give thanks for a few of these amazing things that we are lucky enough to have in our lives. *This* simple practice can open us up to a higher frequency and allow more of life's wonders to find their way to us.

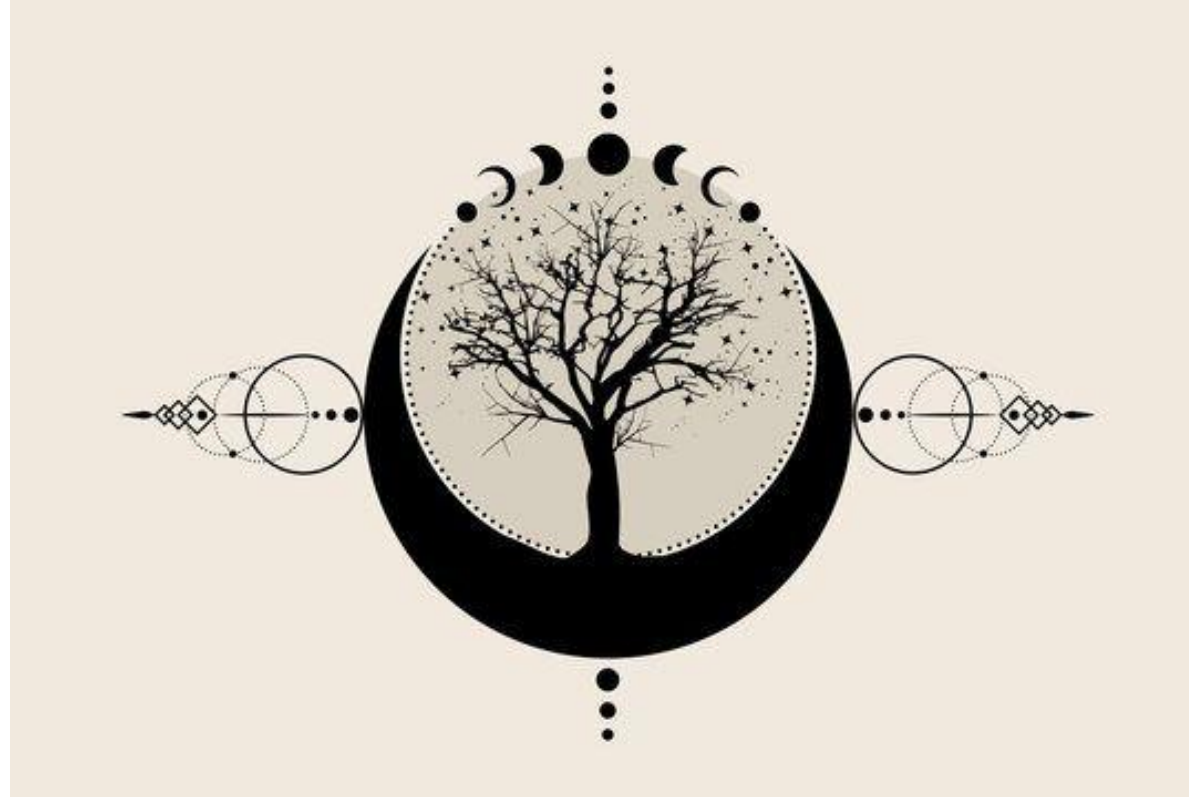
The benefits of practicing gratitude have been scientifically researched and proven to be powerful, real tools. Think about just how much a few of those positive benefits could drastically change our daily lives. Gratitude can truly open a plethora of doors to a better life, which in turn, will help our intuitions flourish!





## Part 10: Karma



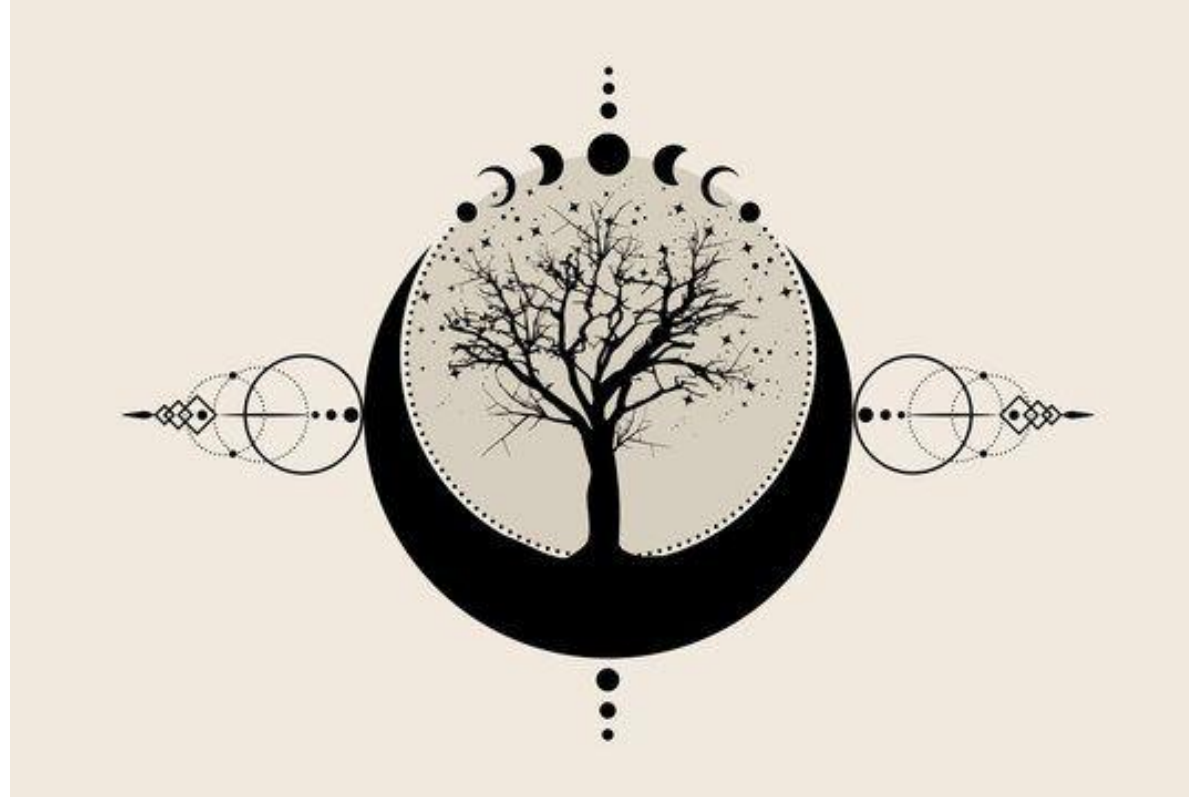


We have all heard the term 'Karma' before. But do you *really* know what it means? Broken down to its simplest terms, Karma is a concept of "An Action, and it's Effect, or Consequence." Basically, the principle of Cause and Effect. (or 'Reaping what you Sow' - where the intent and action of an individual (the "Cause") influences the future of that individual (the "Effect") ) It is believed in many cultures that good intentions and deeds contribute to "Good Karma" and happier rebirths, whereas bad intentions and deeds lead to "Bad Karma" that will need to be worked out after reincarnation. It is often misunderstood to be fate, predetermination, or destiny.

### **Ways to Clear Your Karmic Pattern:**

What is karmic pattern clearing? Karmic pattern clearing is the cleansing of ingrained habitual responses that dictate the way we react to certain situations. From what I know of, there are many tools and methods of clearing. The one that I am describing here is simply one of many. The process of karmic pattern clearing often leads to the surfacing and uncovering of tendencies and thought-patterns that are stored in our subconscious mind. For that matter, meditation and an understanding of our dreams are helpful skills in our management of the process. Karmic energies are neither good nor bad. Energy is just the way it is. However, beliefs and influences, possibly picked up when young or in some previous lives, will make us regard certain 'characteristics' as either being positive or negative. This tendency to judge is almost natural and instantaneous. Energy (reaction) very often must run its full course for the 'cause' to be 'discovered' and then 'understood'. When the first reaction arises, a second reaction will often analyze the first one and decide whether the former is good or bad. If the former reaction is deemed as bad or undesirable, our personality will try to 'x' the situation by preventing (blocking) it from arising again. Well, what we have now is more and more reactions, which can sometimes complicate the entire situation.





## A Method of Clearing

This is one method that I employ. What I will normally do is to define all these reactions that come into my awareness. Basically, I am training myself to be aware of my own tendencies. I do this in situations that I have a strong reaction to. How to define these reactions? There are many ways to do that.

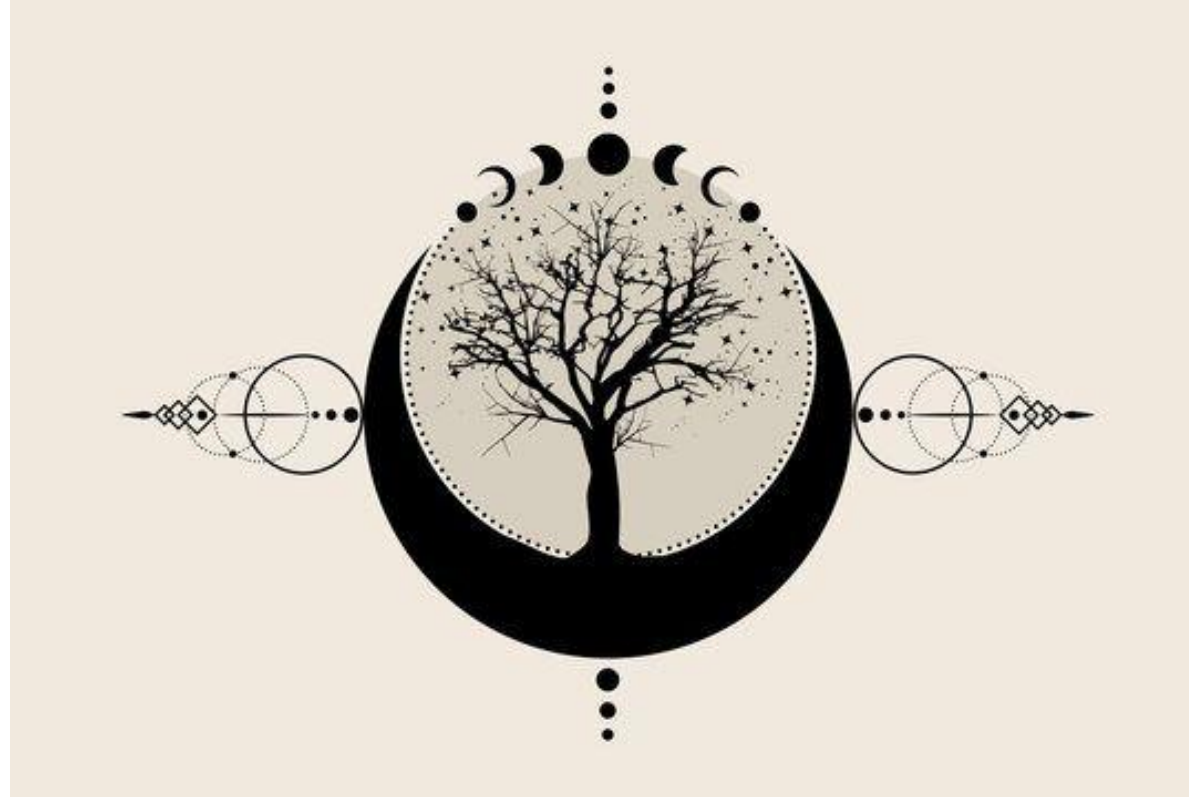
Below are some examples:

1. *Saying 'how I feel'. Express them.*
2. *Writing them down in a record book or journal.*

What is the purpose of doing this? By defining these reactions, we are recognizing them and thus they (the thought patterns) become known or conscious to our conscious self. By expressing them, more and more of our karmic tendencies will be uncovered (and eventually be understood). This will continue until a time comes when the reactions lose their emotional charges. When they lose their emotional charges we will be less interested in them. With that, I consider this as having 'cleared the karmic pattern'.

One more thing to add, the 'external' situation, basically is 'designed' to tell us something about ourselves. Sometimes, we may need to apply the 'mirroring' principle. For example, when we encounter a person whom we do not like, check to see deep within our unconscious or subconscious, do we have the same pattern? This, to me, is the hardest part to swallow. Is there a quick and painless way to clear these karmas? Well, not that I know of. Additionally, dream interpretation can also support us in our karmic pattern clearing effort. Dreams often reveal to us our unconscious and subconscious personality aspects. As such, the ability to decipher dreams greatly assists in the understanding of ourselves and our thought patterns.



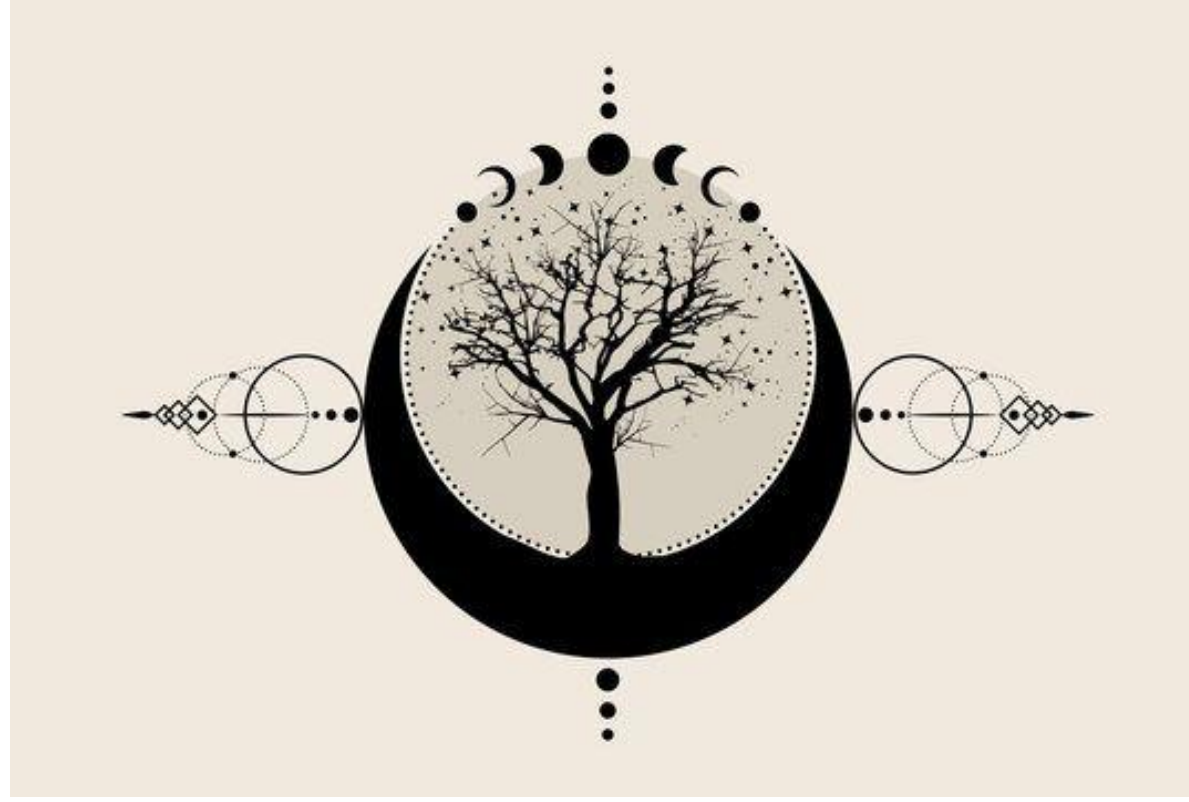


## The Connection Between Meditation And Karma

Karma lives with us, Karma is part of our lives from the very moment of our birth to the moment of our death. Every time that we do something and every time that we stop doing something, that generates Karma, and you cannot avoid it in any way. Of course, not all the Karma that we generate is the same, there is a kind of Karma that ties us or chains us to this life, and another kind that liberates us of the reincarnation cycle. The Karma that chains us, known as Vishayakarma, has as fruits misery and lack of interior peace, while the Karma generated by good actions or disinterested actions, known as the Sreyokarma allow us to reach prosperity and happiness of the soul, that is much more than reaching simple external happiness.

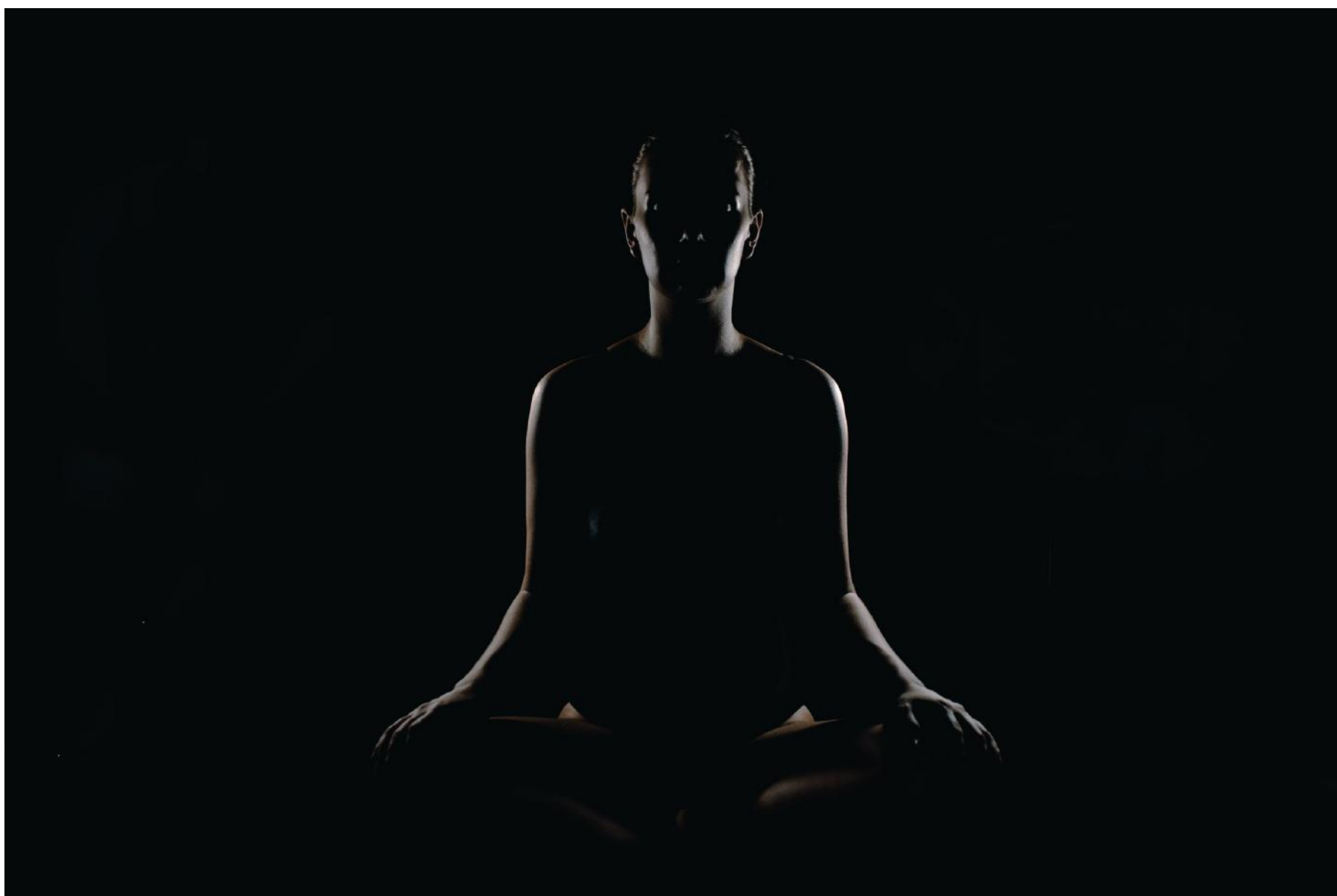
Every time that we face an activity with the desire of obtaining a certain result, this throws us into the arms of desire, greed and ego. While only the pure actions that we do for love without taking into account the possible consequences of them, are the kind of actions that drive us, little by little, toward illumination and liberation. Those whose nature allows them to carry out these kinds of unselfish activities, little by little, realize that Spirit provides them with all that they need and inner peace. Another form of achieving inner peace is through meditation. Perhaps you might ask yourself why? Why is meditation so necessary? Because humans always act in two dimensions, the external dimension governed by the physical senses, and the internal dimension governed by the inner knowing and the mind. The internal conscience cannot move for itself, but instead, needs intelligence and the mind, for they are the oxen that pull the carriage. These oxen are anxious to begin to walk, but to take us to the correct destination they should be educated, they should study which is the route that takes us to the place to which we want to arrive at the internal conscience. *And these are the roads of Truth, Rightness, Peace and Love.*

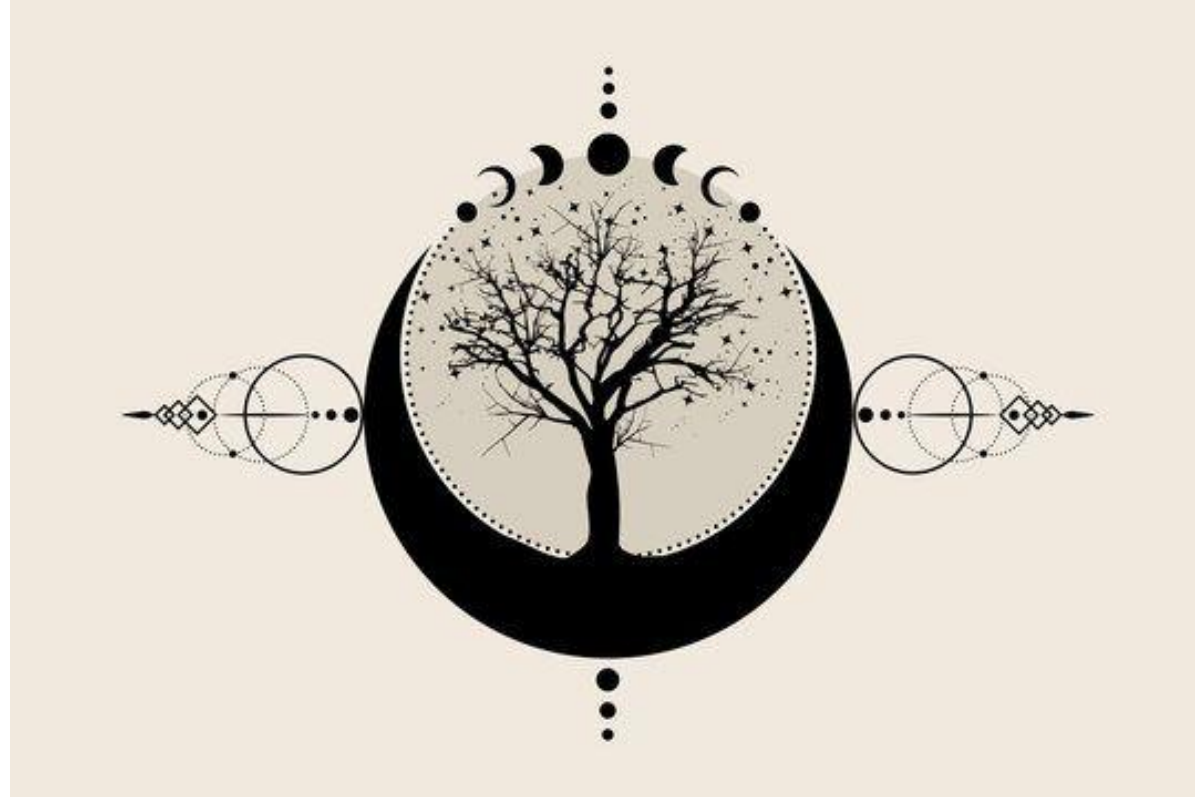




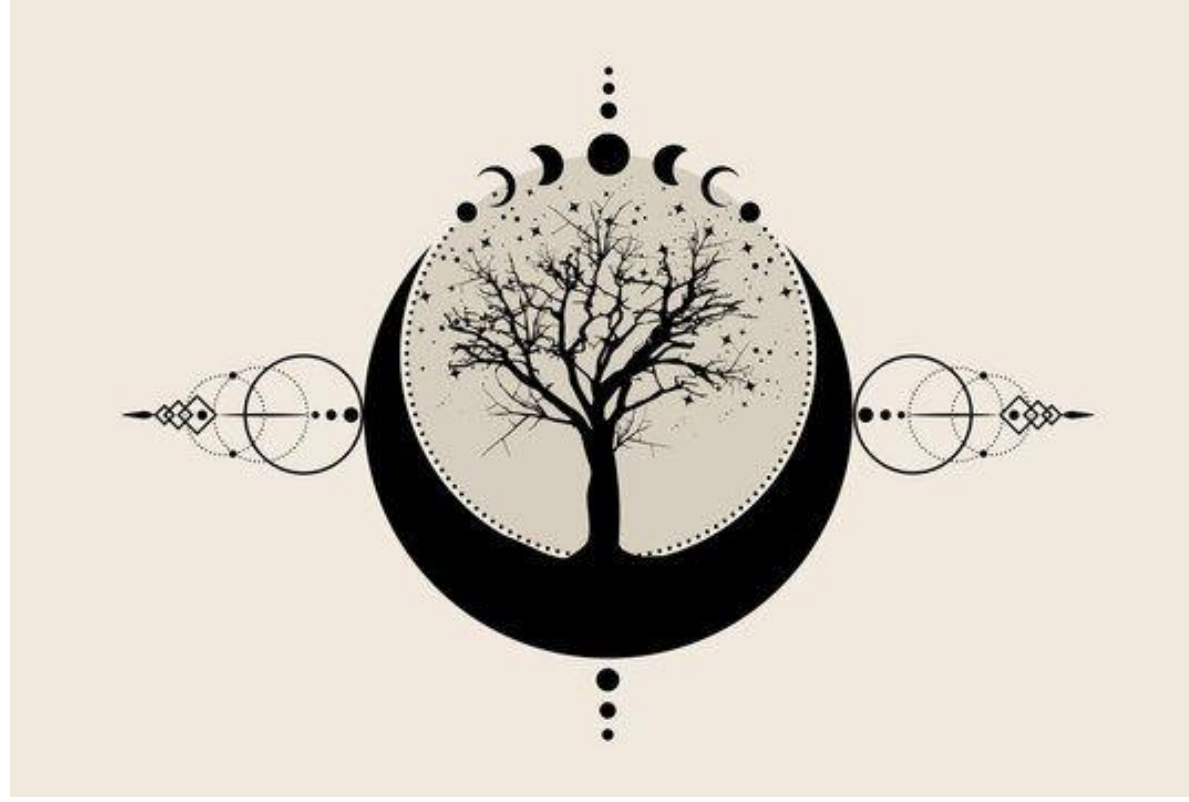
To liberate us from Karma, it is necessary to teach the intelligence and mind's oxen the art of dragging the carriage of the internal conscience, and this is achieved by means of the practices of meditation. And the conscience, to be able to guide the oxen of intelligence and the mind, must calm and control the conflicting desires that infest the mind, and this is achieved when we learn how to point our mind to a single direction. It is easy to understand the benefits of meditation. Anyone that undertakes a task, knows that only when she concentrates her efforts toward a single point, she can achieve the desired success. Even the most insignificant tasks require concentration, and the power of an unshakable effort is so big, that even the worst difficulties surrender to it.

When we practice meditation, the mind learns how to retire its attention from material objects, and life acquires a new splendor when we become aware of the Divine Essence that is inside us. How sweet is a fruit? There's no way to explain that appropriately, the only way of knowing that is to eat the fruit. How good is meditation? There's no way of knowing the taste of its fruits until we decide to experience it.









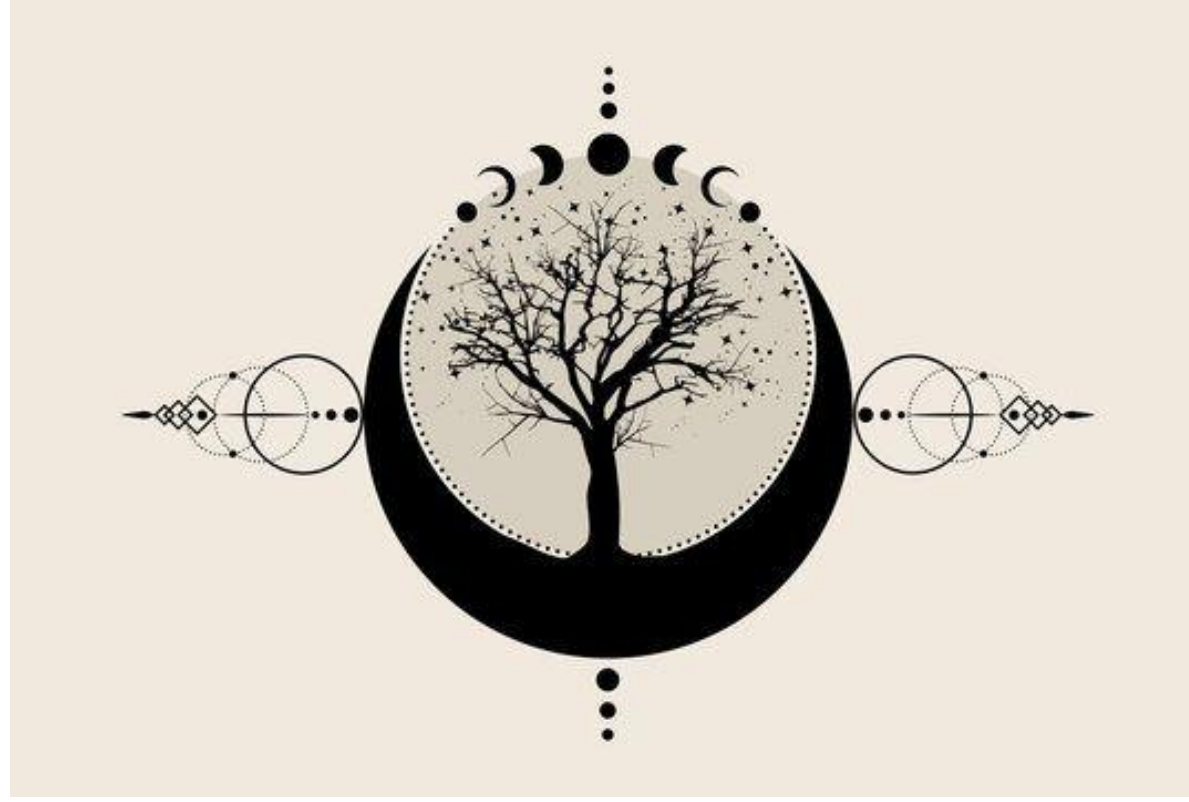
## Self Growth Through Dream Interpretations

*Can dream interpretation be a valid method for self-growth?* My answer is Yes. But to answer the question of how it can be so...well, to be frank, I have no straight answers. All I can say is that the Guiding Hand of the Soul/Higher self/Source/Spirit works in Mysterious Ways. *An understanding of our dreams is the most direct way of tapping into this cosmic intelligence.* This is one of the easier methods when compared to other means such as clairvoyance training and other psychic developments. The reason for this ease is because most of us dream! Interestingly, dream interpretation can also be applied in other areas too. It can be and has been used successfully to interpret the symbols of our clairvoyant vision while in meditation. Understanding the symbology can assist one in bridging a transition onto higher and more abstract means of knowing. There are certain skills that I feel are important for successful dream interpretation. One of which is a developed intuition. Unfortunately, this faculty is something that no dream interpretation book or website can have. It is something that only we ourselves can nurture.

Intuition is what binds and creates recognizable connections to the seemingly unrelated dream visions and symbols. This in turn structures the connections into a cohesive and meaningful message. Intuition is in fact a real cognitive process. Unfortunately our modern civilization is heavily 'mental rationalization-driven' and therefore is not in the capacity to validate a higher order process such as intuition. *In other words, we have been placing too much emphasis on logic, proving and reasoning.*

If the thoughts are those of how superior one really is and is smacked with elitism and pride, then one better take a closer assessment, before getting too carried away. These thoughts might not be intuitions. If they imply things like 'You will be rich and famous if you do this' or 'she must be wrong as I am smarter', double check. That thought may be coming from the part of the ego/personality associated with body-mind survival.





## **Dreams: FAQs**

Every dreamer has asked questions about why we dream, and what those dreams mean. While every dream is unique to the person who dreams it, the world of dream interpretation is a rich, fascinating and exciting one. We have included here some of the most commonly asked questions about dreams and their analysis.

### **What is the significance of dreams?**

Dreams have significance in the real world. Dreams are told in a symbolic language, and the images in dreams tend to contain hidden meanings and hidden messages. When analyzing and interpreting dreams, it is important to understand that the stories told in dreams are symbolic and not meant to be taken literally. The significance of dreams for each dreamer is a personal matter related to each person's experience and emotions.

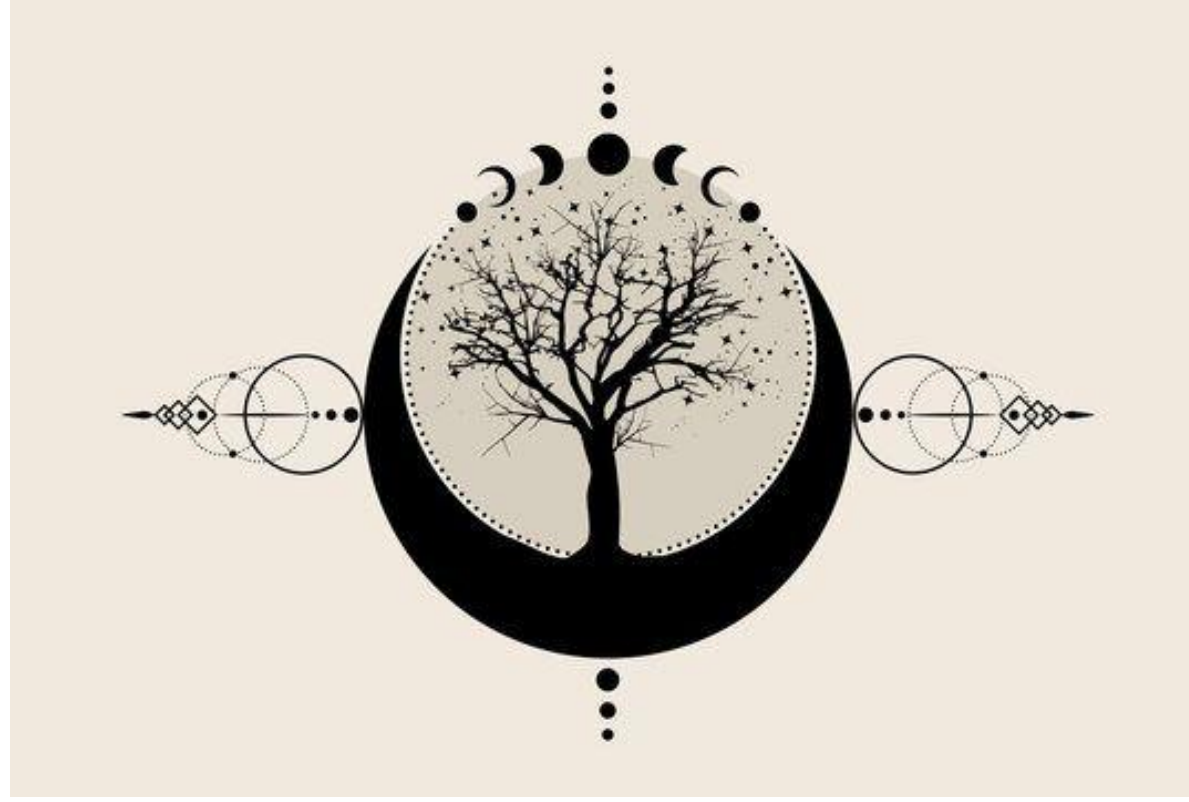
### **Why do recurring dreams happen?**

Recurring dreams are among the most common types of dreams. Most often, recurring dreams indicate that the dreamer has some issue that is not being confronted in his or her waking life. Examining these recurring dreams, and understanding what triggers them, can often allow the dreamer to resolve the underlying issue and banish the recurring dream.

### **Do most people dream in color?**

Most people do dream in color, but many may not notice the colors in the dream world. Since color is such a natural part of our normal day to day experience, color may be overlooked in the dream world. In addition, because dreams fade so quickly, the sense of color may be the first thing to leave the conscious mind.





### **Do Animals dream as well?**

All mammals studied have exhibited the same brain activity that humans exhibit during dream sleep. Many scientists see this as proof that animals do in fact dream, although what they dream about is likely to remain a mystery.

### **How are dreams affected by our daily lives?**

Any feelings or thoughts repressed during the day are likely to make an appearance in your dreams during the night. For example, if you wanted to show your anger to someone but were unable to do so, you may express anger to that person or a similar figure in a dream. In addition, those who have experienced traumatic events are often troubled by nightmares in which they relive that trauma.

### **Do men and women dream differently?**

Men and women both experience the same brain wave activity during dream sleep. The content of the dreams of men and women do differ, however. Studies of dream content have shown that men tend to dream more about other men than about women, while women tend to dream about men and women equally.

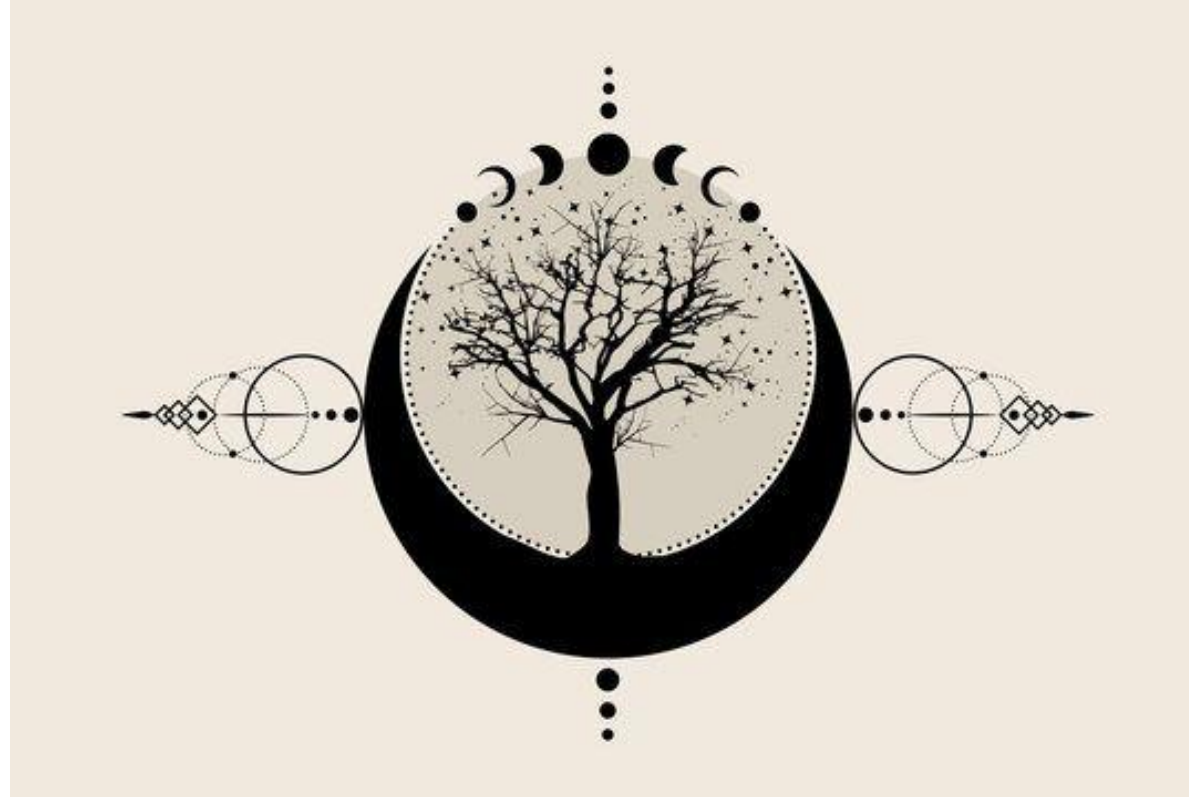
### **Why do I remember only bad dreams and never good ones?**

One reason is that the most vivid dreams tend to be those that are remembered, and nightmares are generally more vivid than good dreams. In addition, sleepers are often awakened by a particularly vivid nightmare, and waking during dream sleep means that the dream will most likely be remembered in its minutest details.

### **What does it mean to dream about dreaming?**

Experiencing a dream within a dream may be a way to deal with items from the subconscious mind. A dream within a dream may prevent the dreamer from waking up prematurely, and they often are reflections of a critical issue that the dreamer needs to confront and gain control of.





## Interpretation Of Dreams And Using A Dream Journal

There is a guiding principle to dream interpretation, and Edgar Cayce said it best when he called for us to interpret the dreamer and not just the dream. Dreams are a tool, like the proverbial finger pointing to the moon. Don't focus on the finger or you will miss out on all the celestial magic. Dreams are the finger and they are pointing to the dreamer. Interpreting your dreams is an exercise in self-discovery and self-growth. They are almost always referring back to you and every character, image and emotion is usually referring to various parts of your psyche.

The primary purpose of dreams is to attempt to balance the psyche. Keeping this in mind will help you understand the meaning of your dreams and prevent you from getting way off track in your interpretation. Trying to understand one dream in isolation is like trying to understand a person by spending one day with them. By recording all of your dreams in a dream journal you will, over time, find it easier to understand individual

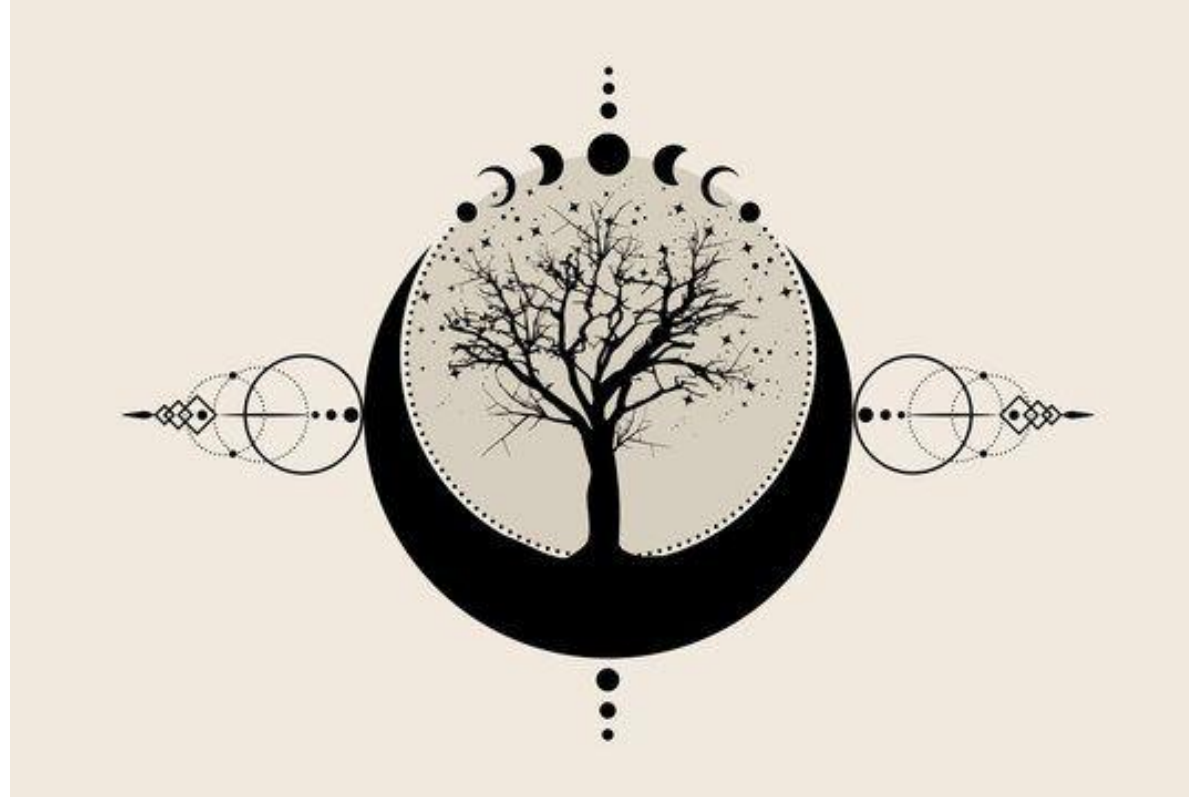
dreams you have in the future. Dreams are like plays or movies that we create every night, and they have a similar structure. It can be helpful to look for this structure when trying to understand your dreams:

**Location:** Where does the dream take place? How do you feel about that place? What emotions arise within you as you think about it? Does it have any relationship with a real place you know?

**Characters:** Who are the characters? How are you presented? Who is the antagonist? How do you feel about each of those people (including the presentation of yourself), and how do they relate to parts of your own personality or to people you know?

**Plot:** How does the plot unfold? There is usually a beginning (where the story is established and begins to build), a middle (where a crisis peaks), and an end (where the crisis gets resolved though sometimes dreams don't provide the solution and end in the middle of the story because it is up to you to provide the resolution).

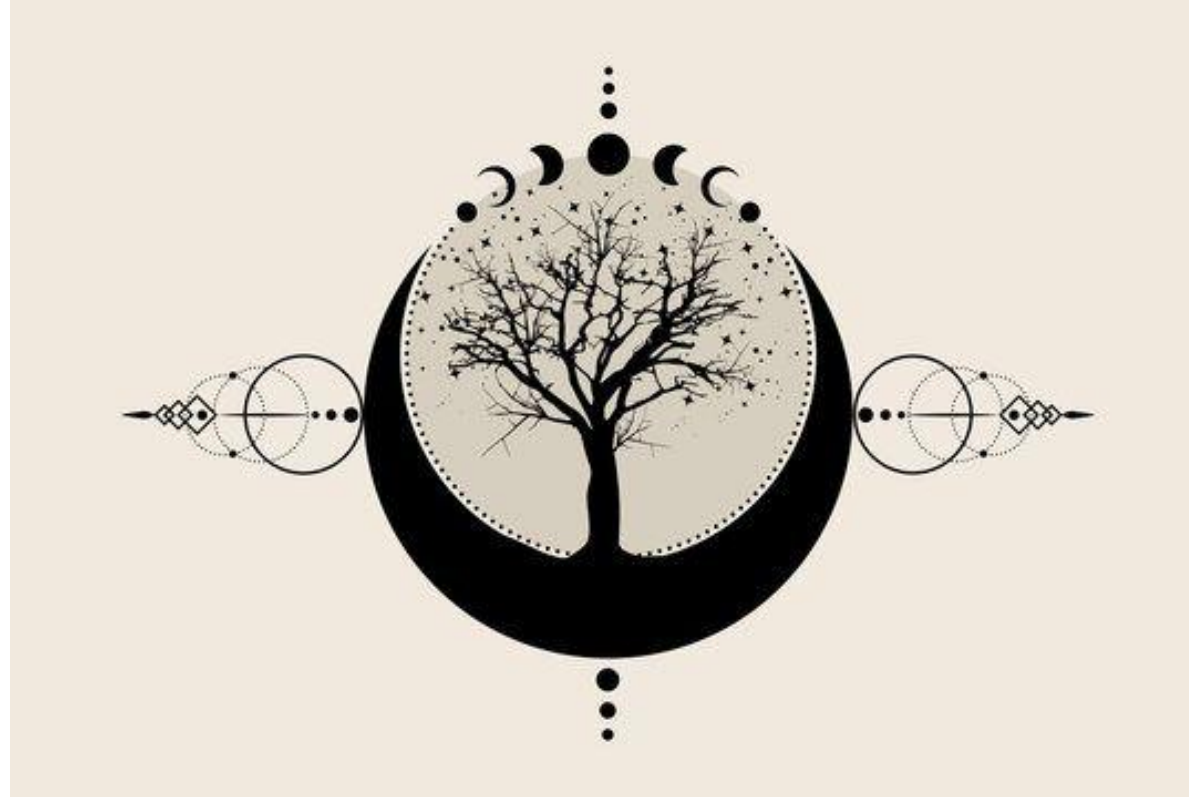




Sometimes, although rarely, dreams can be very literal and they are easy to understand. There is nothing wrong with asking whether the face value of the dream may have meaning for you. Most often, however, dreams are shrouded in symbolism that points beyond the literal image. They can be trying to communicate a very specific message that applies to your waking life, they may be merely trying to balance your emotional life or they may just be hinting at some thoughts or emotions in progress without any final resolution yet in mind.

Dreams are often messages from our subconscious mind that are resisted by our conscious mind. For this reason, the subconscious often cloaks the message in symbols so the dream isn't immediately rejected or simply avoided by the conscious mind. Unraveling these symbols can be very difficult, but also a lot of fun. It's the ultimate mystery and the most elaborate puzzle, but the answer is always within you. Sometimes the answers are as simple as consulting a dream dictionary for the meaning of common symbols and archetypes. However, each person is different and has their individual dream dictionary. To make things even more interesting, your personal dream dictionary can change over time. *Interpreting your dreams can provide you with a life-long quest that goes way beyond the puzzle solving of the Da Vinci Code, but can also be much more rewarding.*





## Can A Dream Serve As A Premonition?

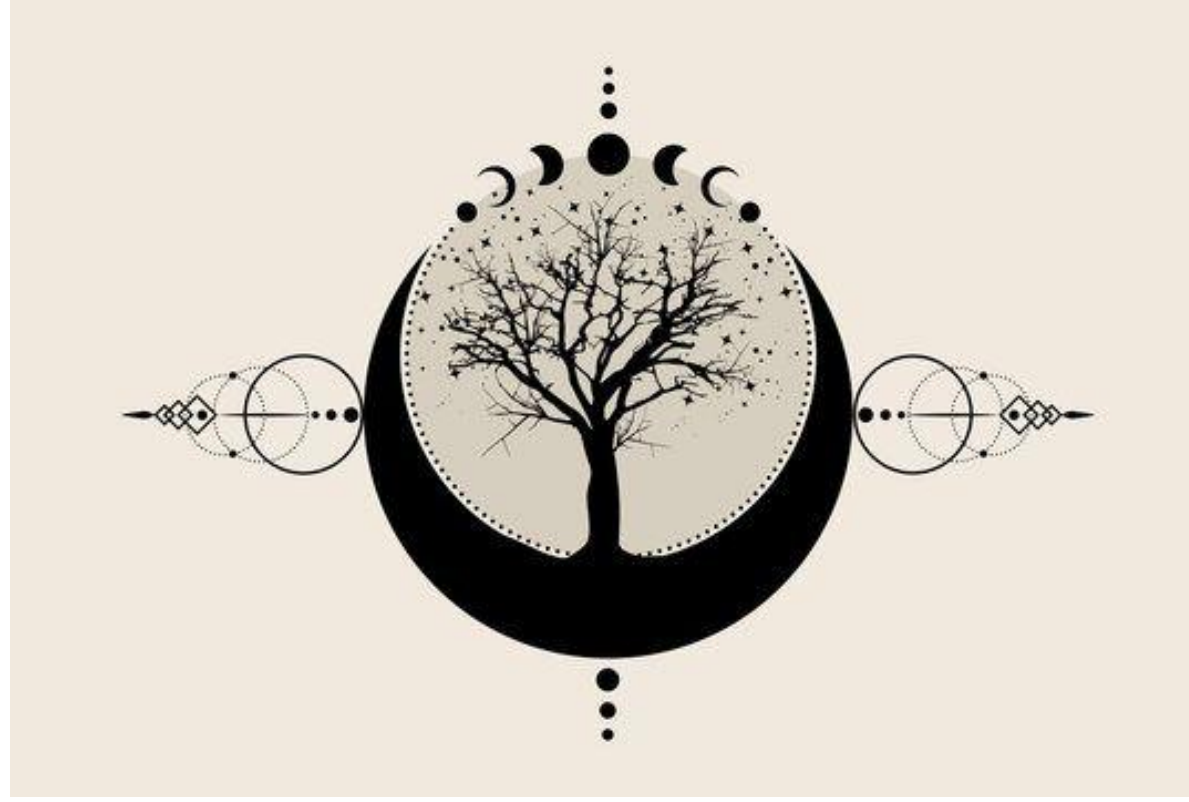
Being able to foresee an unfortunate fact of life like death, disasters, or illnesses through a dream is very common. Anyone may dream of something good or bad happening to someone else or even to themselves. *Do dreams serve as a premonition?*

Before we proceed in answering the question, let me first give you the definition of premonition and dreams. Based on the dictionary meaning a **Premonition** is 'a presentiment of the future; or a warning in advance' while a **Dream** is 'a series of images, ideas, emotions, and sensations occurring involuntarily in the mind during certain stages of sleep.'

We all know that dreams do play a role in our daily lives. The majority of people pay little attention to dreams. Dreams can help us find solutions to our daily problems and see things from a different perspective. Whenever we are dreaming, we can be who or what we want to be, regardless of the fact that in real life, sometimes it cannot be. Dreams have their own interpretation. For example, when you dream about loose, rotten, or missing teeth, it indicates that a family member or close friend is very sick or even near death. You can learn the meaning of your dreams through referencing a *Dream Dictionary*.

Now, what about premonitions? As defined earlier, it may be a warning in advance. Many people have had premonitions in different types of situations. When we say premonition, it is conveyed through dreams. A certain foreboding of what will happen in the near future, but in a vague sense. Many cases of premonitions are documented before a disaster, such as when the Titanic sank in 1912. There were over fifty counts of recorded premonitions before the event. In fact, some of the passengers who had a premonition cancelled their tickets before riding the Titanic and were saved from the horrible disaster that ended up taking place.



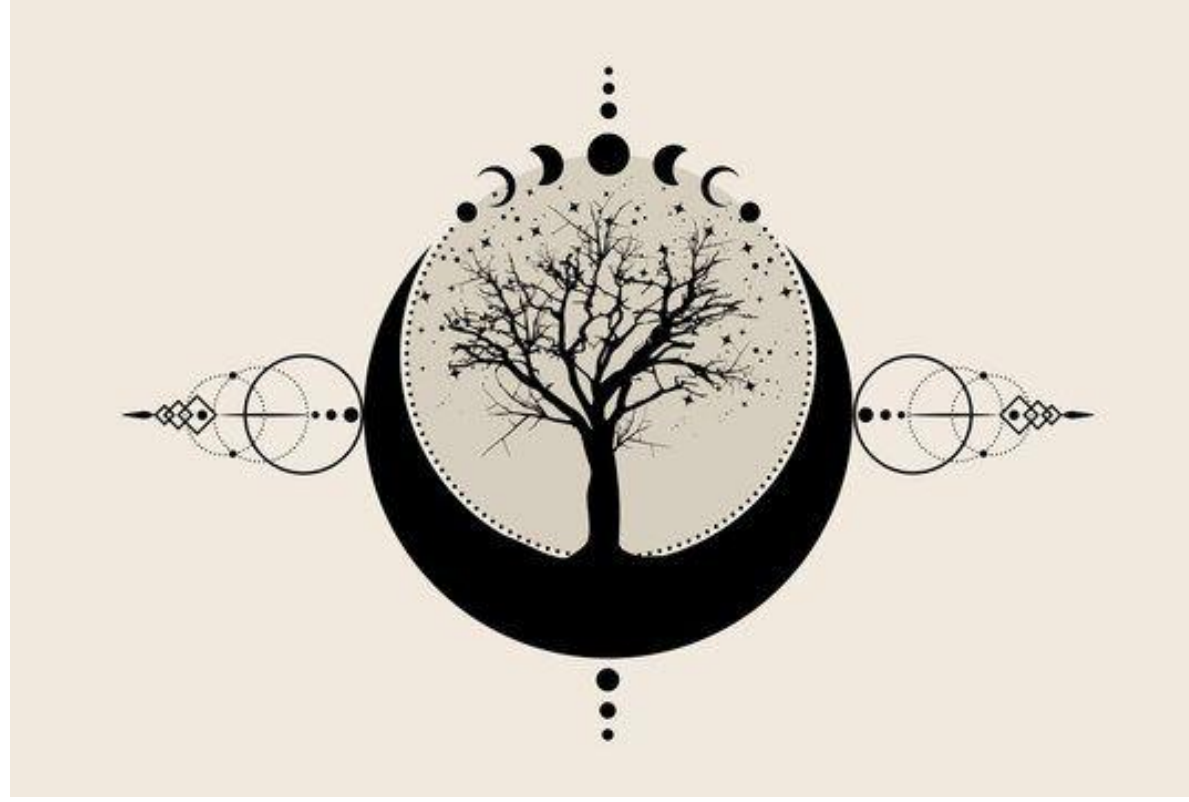


*Do dreams serve as a premonition?* Well, it actually depends on the dream itself. If a person dreams about the whole scenario of an event, it can or may happen in the future. Yet, in another view, it can be just a dream that she had but has a different significant meaning. Unfortunately a dream can serve as a premonition yet, at the same time, it also cannot be. We could say that a dream served as a premonition when the dream itself foretold something that could happen in real life. But, if your dream was something out of a grandiose anticipation of what you have been thinking of, it may be just from your subconscious mind. My answer to the question: Do dreams serve as a premonition? Is 'It depends'. Whether the dream you had has something to do with what could happen or instead may be just the subconscious mind revealed through a dream, can be hard to decipher. At the end of the day, when you are interpreting your dreams, you must tap into your intuition and listen closely to what it has to say

## **Dreams And The Ancient World**

The interpretation of dreams by dream experts may be almost as old as dreaming itself. We know that all humans, and many animals, dream every night, and humans have always been fascinated to learn what causes dreams and what they mean. *The interpretation of dreams dates back at least as far as 3000-4000 B.C.* We know that because the interpretations of dreams were recorded in permanent form on clay tablets. It is thought that many primitive peoples were unable to initially distinguish between the real world and the dream world. In many cases, these people looked upon the dream world as an extension of the physical world around them, and in many cases they saw the dream world as more powerful than the waking one.





Dream interpretation was such an important field to the ancient Greek and Roman world that dream interpreters often accompanied generals and other military leaders into battles. Dreams were taken extremely seriously, and the Greeks and Romans in particular often viewed dreams as messages sent by their Gods.

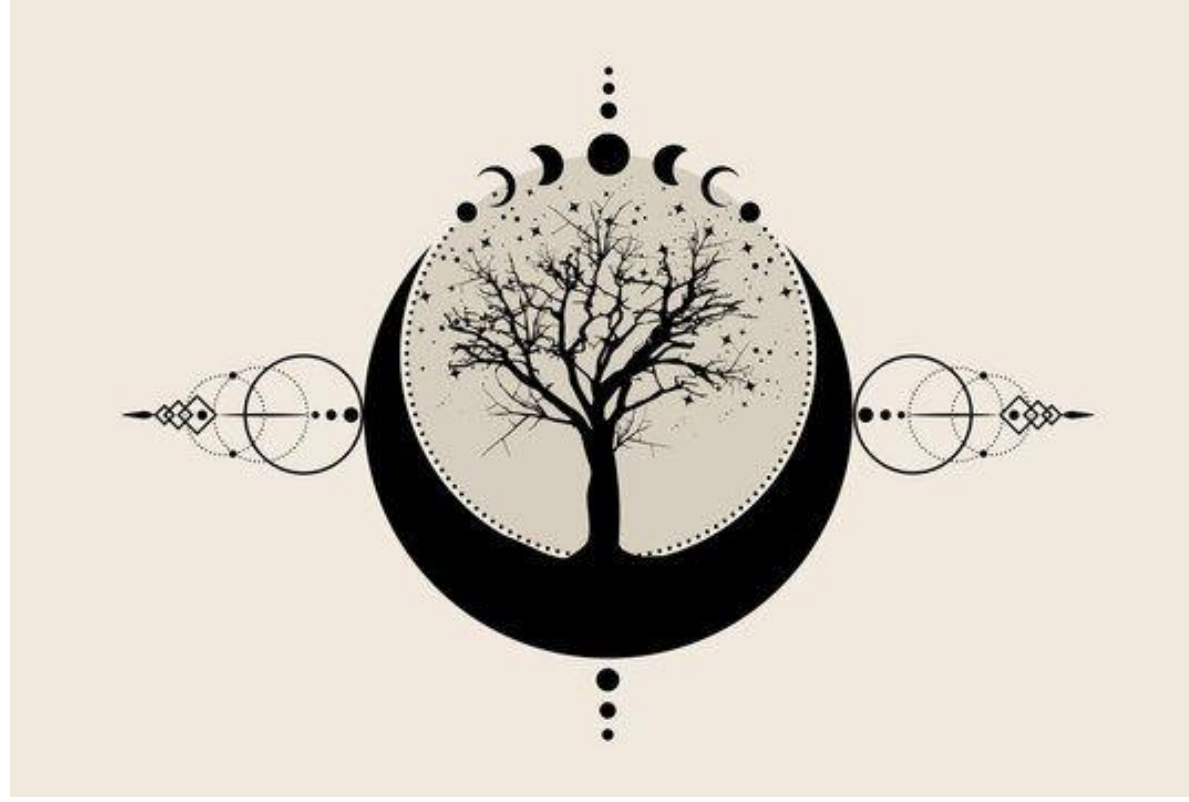
Dreams also had a religious context in ancient Egypt, and priests there doubled as dream interpreters. Dreams were among the items recorded by the ancient Egyptians in the form of hieroglyphics. Those whose dreams were especially vivid or significant were thought to be blessed and were given special status in these ancient societies. Likewise, people who were able to interpret dreams were thought to receive these gifts directly from the gods, and they enjoyed a special status in society as well.

There are over 700 mentions of dreams in the bible, and people in biblical times saw dreams as very significant. Dreams and their interpretations are mentioned in many of the most significant books of the bible and other holy scriptures. In many cases, dreams were often seen as a form of prophecy. People often interpreted their dreams as omens or warnings, and adjusted their activities accordingly. Dreams were often thought of as omens from deities, as messages from spirits, or as messages from departed souls. In some cases, dreams were even seen as the work of demons, meant to confuse and trouble the dreamer.

They were so important that they often dictated the actions of political and military leaders, affecting everything from the prosecution of a battle to the outcome of a political decision. Dreams were also thought to provide vital clues to healers, and they were used in the diagnosis and treatment of all manners of illness. Dreaming was often looked upon by indigenous peoples as a way to commune directly with Gods and Spirits, and dreams are still used in this way by cultures around the world. Many people believed, and some still do, that during dream sleep the soul leaves the body and communes with the spirit world.



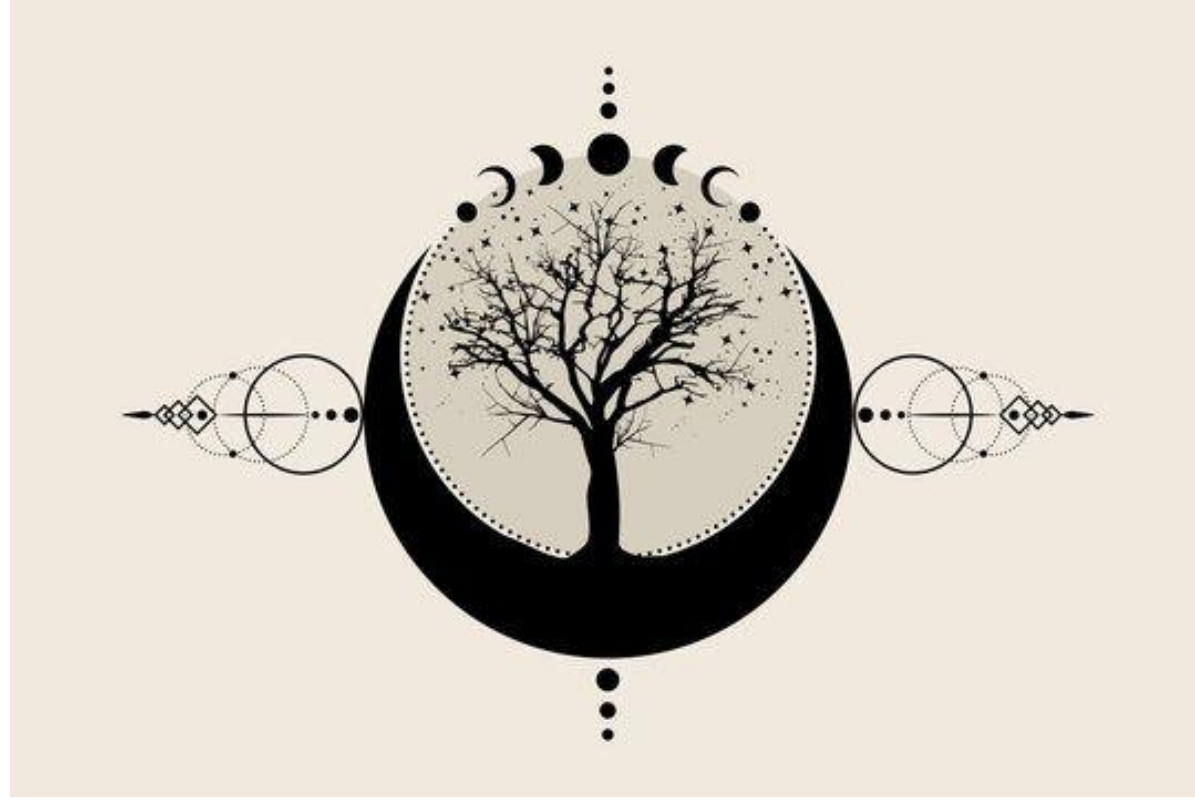




*The Chinese were one culture who believed that the soul left the body each night during dream sleep. They believed that if the dreamer were suddenly awakened the soul may not be able to return to the body. That is why some Chinese are still leery about the use of alarm clocks. This is just one example of how ancient legends can linger into the modern world.*

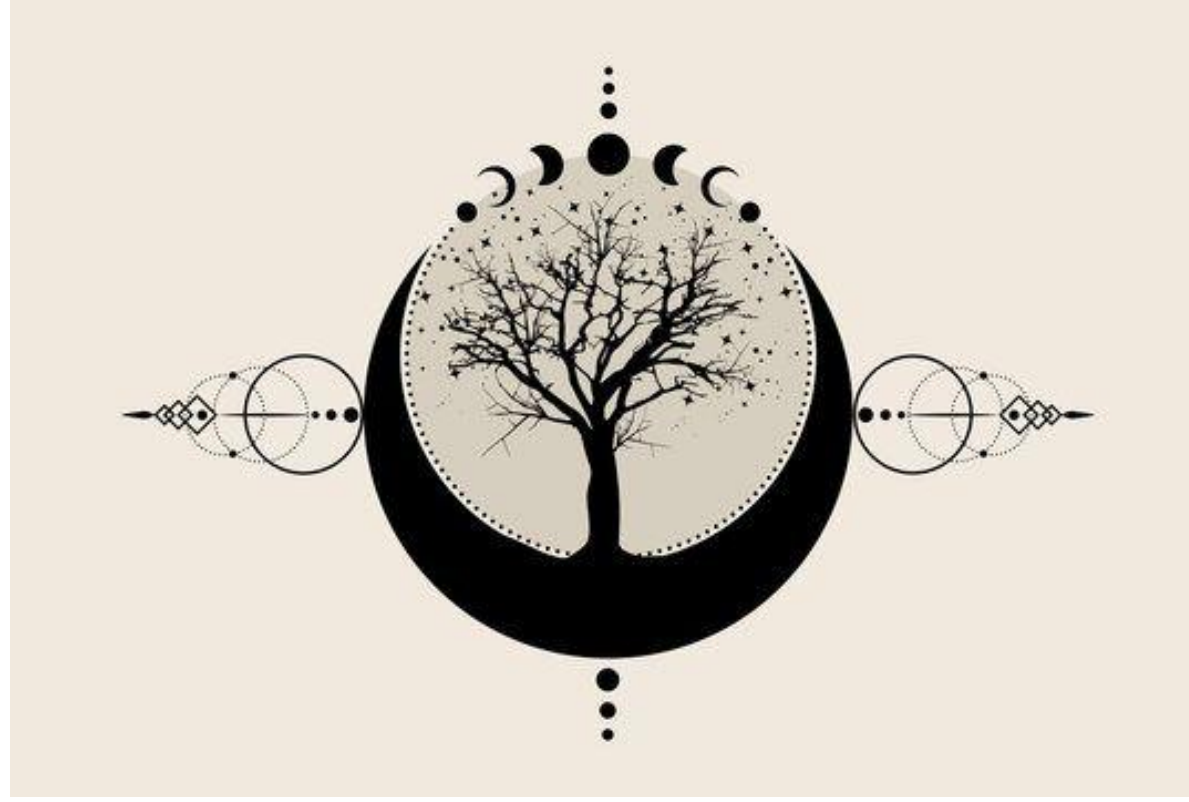
Some Indigenous Mexican and Native American societies share this ancient view of the importance of dreams, and share the belief in a separate dimension that is visited during dream sleep. These people believed that their departed ancestors lived in their dreams, and that they were able to take forms like animals and plants. Thus dreams were seen as a way for them to commune with their recent and ancient ancestors, and to gather wisdom and knowledge that would serve them in their waking lives. Dreams were also seen as ways to gather information about their purpose or mission in life. The respect for dreams changed radically early in the 19th century, and dreams in that era were often dismissed as reactions to anxiety, outside noises or even bad food and indigestion. During this period of time, dreams were thought to have no meaning at all, and interest in dream interpretation all but evaporated. This all changed, however, with the arrival of Sigmund Freud later in the 19th century, when he stunned the world of psychiatry by stressing the importance of dreams, and he revived the once dead art of dream interpretation.





# PART 12: DESINY AND PURPOSE





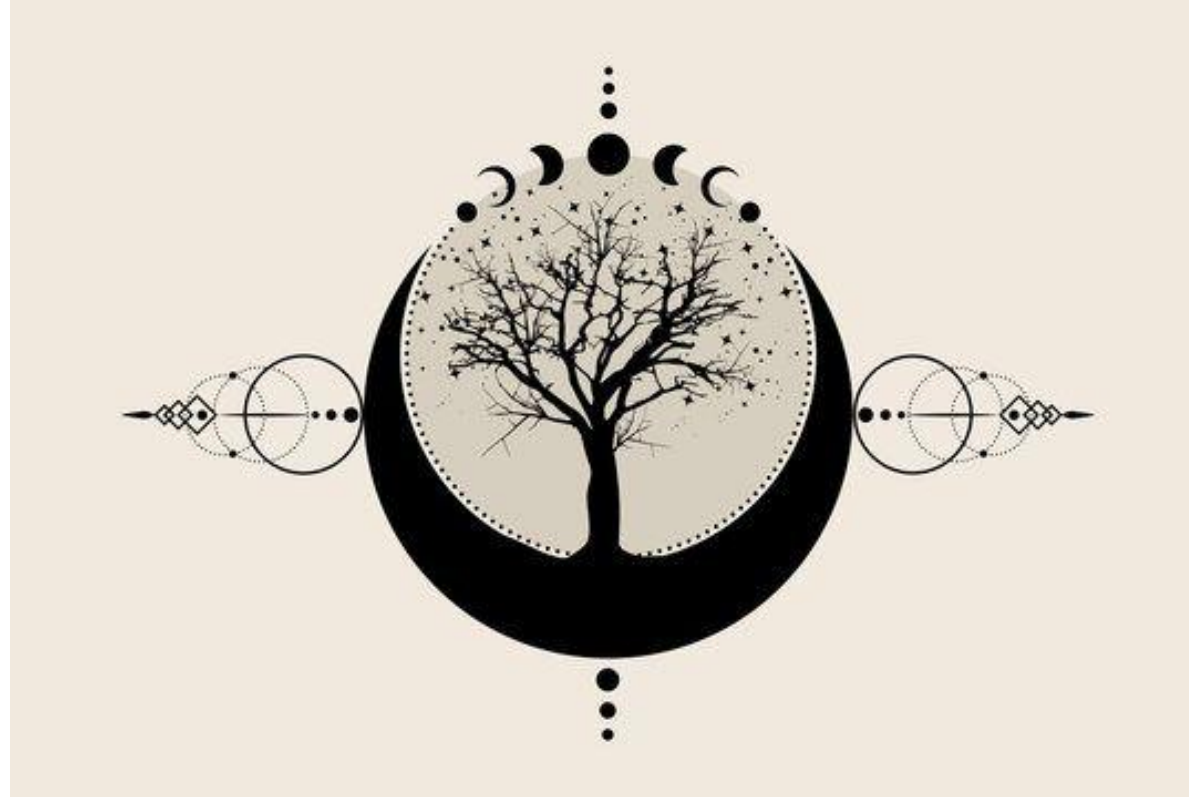
## Destiny Begins From Within

What is success? There are many definitions. One that I hear often is “*to be able to do what you want*”. That is true, but I would complete the definition by adding and underlining: “and knowing what you really want”. In fact, we are often pushed to put our energy into achieving what we are “supposed” to want, and we may not give enough attention to taking the time to truly understand what energizes us. I say “supposed” to want because there are many external factors that condition us and determine our beliefs around what is good and what is not, what is a good goal and what is not, and so on.

The self-awareness about who we really are and what we really want is the premise to achieving any real, long lasting success in our life. Without this, we are likely to move along two ways: One is the walk around life aimless, without a goal. The other is to pursue an aim that, on a deep level, we do not feel like is really ours. In both these situations we find difficulties in expressing and manifesting our full potential. Even if we keep on repeating to ourselves that we have a certain goal, if we are not deeply convinced of it, it will be difficult for us to really put in all the necessary energy and commitment. Our inner conflicts and unclear intentions interfere with our actions.

Things turn around dramatically when we know what we really want. Not only will we feel and use another level of energy, but also we will experience a feeling of peace and trust. We are then ready to manifest what drives our soul and can create the destiny we deserve. This will lead to a dramatic improvement in all the key areas of our life. All we need is already within us now, but we need to really find it, listen to it, and translate it into our realities. When we dedicate time to deepening our self-knowledge, we spend our time well.





## Make SUCCESS Your Destiny.

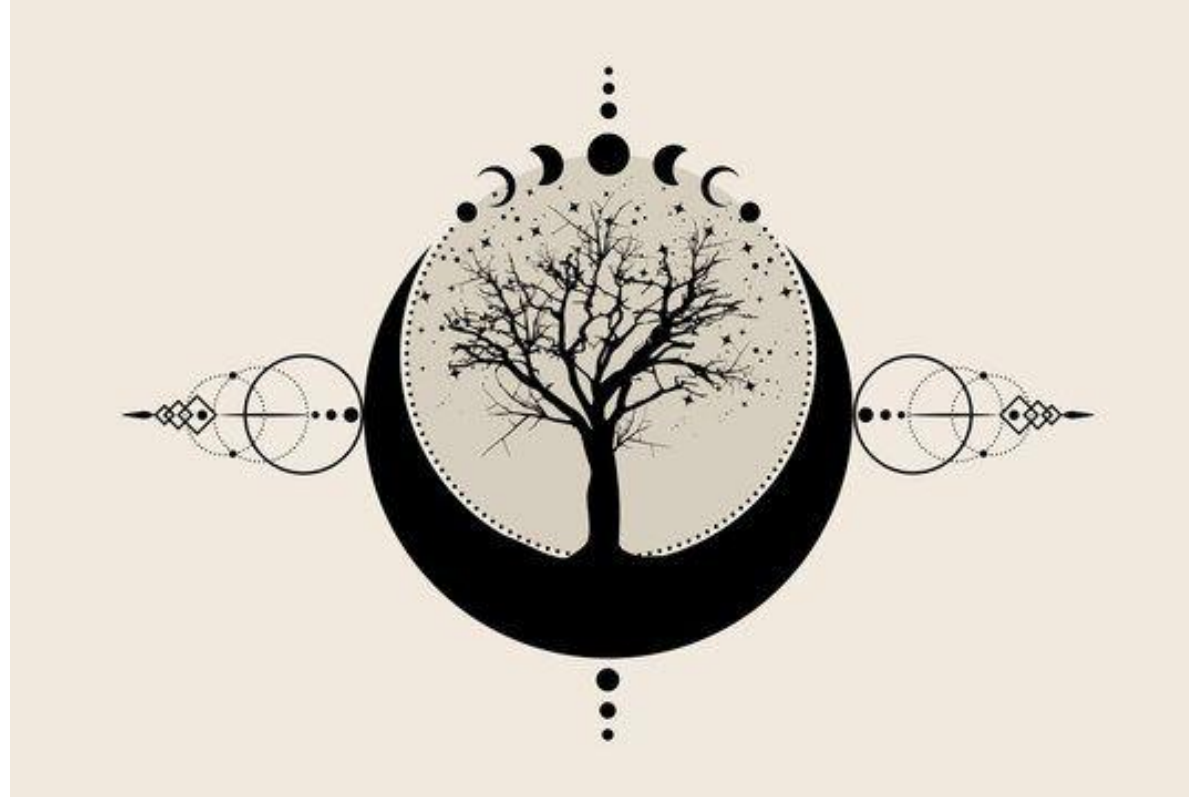
From this moment on, choose not to let your past dictate your future! What is gone is gone forever. ***Now is the time to move on, to do and become what you want: to be the best in any area that you choose, so you may design your own destiny.*** In order to quickly move in the direction of manifesting your destiny to accomplish many great things in your life, follow these simple tips.

To join ranks with the most successful people in the field of your choice, or merely to achieve your dreams quietly, for yourself, you will need to take the journey toward a better, more enlightened future; toward a more empowered and motivated you, toward a life that YOU will design and achieve. To live your life as you want it. And you will become that person you have been dreaming of becoming.

Invest in life in your life. No more wavering dreams, staring out the window and wishing and hoping. No more sleepless nights worrying about your future as you only see where you are now. This time it is for real. What you are dreaming of will happen, and in abundance. From today, you will move forward in your life in a dramatic way. You will do what is required of you to accomplish your daily goals, big and small, and you will always expect to succeed at everything you do.

Embrace your unlimited power and build a life of excellence. Success is your one and only option. Fill all of your days with accomplishments, no matter how small you may think they are. It is important, at this point, to realize that most successes stem from your ability to feel certain that you can set out to achieve what it is that you desire. And for you to feel certain, you need to become *confident*.





One of the principle prerequisites to achieving almost anything in life is confidence. Confidence is an indispensable requirement to your success and further development or betterment, be it for your personal or professional needs. Confidence is the doorway to success and fulfilment. With confidence you will have the courage, strength and motivation to tackle and overcome all life's setbacks and challenges.

The great news is that confidence is a learned skill, and anyone can learn the skills to have awesome and unstoppable confidence. As promised, here are just a couple of confidence tips that I believe are easy to do and are extremely effective. By repeating the simple tips daily, they will retrain your thinking and become an automatic part of your new successful and confident habit. They will become your new way of life.

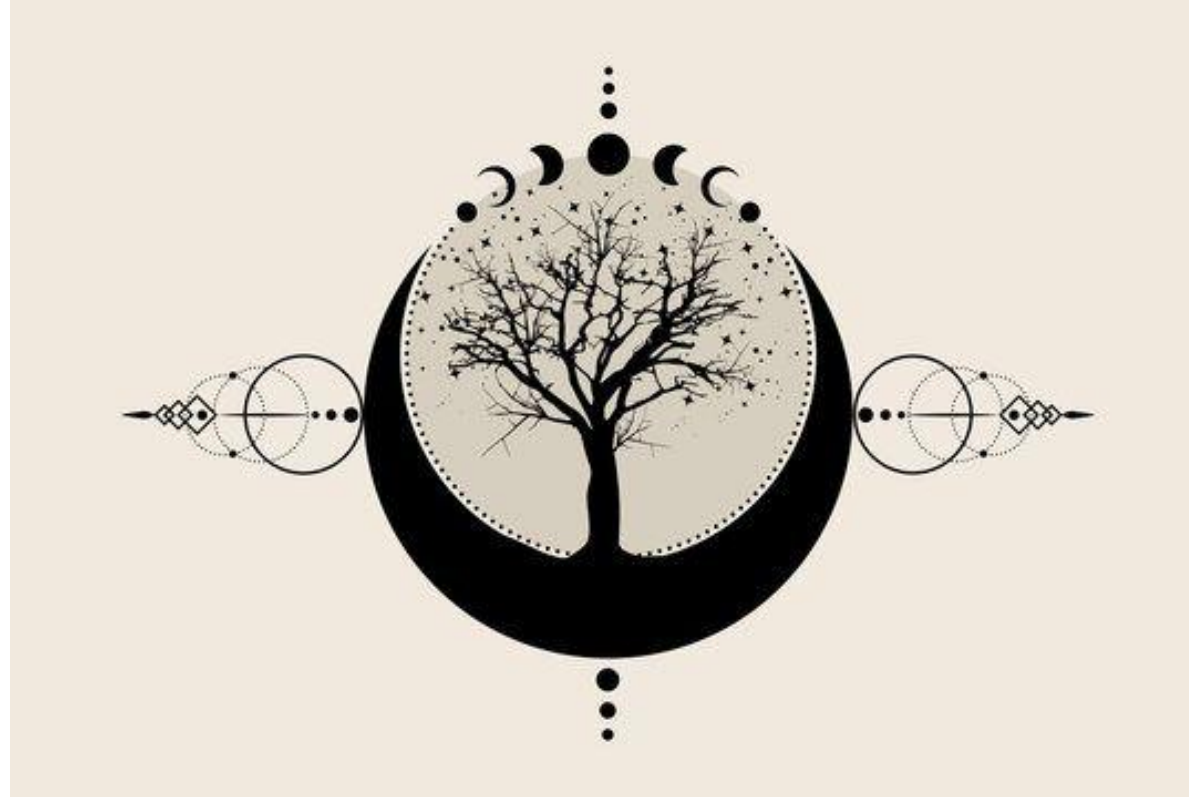
Challenge your thoughts that have been holding you back and stretch your mind to raise your limits to unlimited heights. At the end of each day, put yourself into a confident and resourceful state of mind by jotting down in your diary or daily journal, all of the day's achievements, no matter how small.

***Benefit:*** *The mere act of writing them down reinforces the idea of success and confidence. It is extremely beneficial and motivating for you to feel the successes from deep within, so your mind acknowledges them as confident achievements.*

Just before going to bed, conceive and initiate your ideal day. Once you have gone through your diary and planned your next day, sit back and take a few minutes to imagine and visualize the entire day, from beginning to end. See it unfolding exactly how you would want it to be, in every situation. Feel the confident emotions that come from success, with the feeling that you have accomplished all that you wanted.

***Benefit:*** *When you go to sleep, your unconscious mind will work all night on ways to bring about that which you have just visualized.*





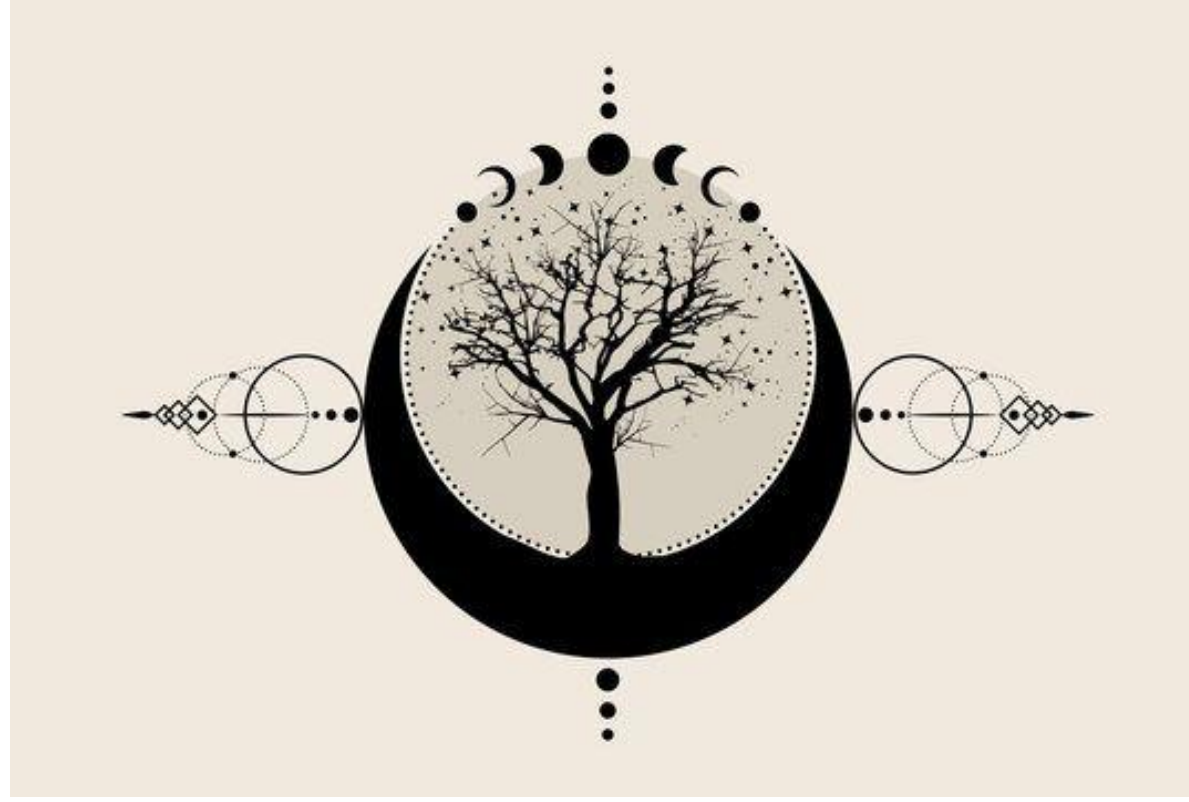
Truly make it your destiny to accomplish many great things in your lifetime by adopting a vital ingredient to success, and that is confidence. With confidence you discard worry, hesitation and fear. With confidence you rise above challenges and failures. With confidence, you have unlimited motivation and unrelenting persistence. *Do not* underestimate the immense power of confidence. I hope you find these tips and advice helpful. Go ahead, reap the rewards, and accomplish many great things in your lifetime.

## **Finding Your Purpose**

It is believed that developing a sense of purpose can enhance a person's life immensely. The basis for this theory comes from various studies carried out over decades that studied the effects of happiness and having a sense of purpose on health outcomes. These studies found that those who had a sense of purpose in addition to happiness displayed better physical and health outcomes than people who experienced happiness alone. So, what is needed to develop a sense of purpose? There are many ways to accomplish this and what works best for you may vary. But here are a few ways you can develop a sense of purpose:

- *Helping others in your community, within a family setting, through a job, or on a wider basis.*
- *Being recognized and valued for your contribution. This also implies being valued by yourself!*
- *Being respected by others.*
- *Having a sense of identity or finding your tribe.*
- *Recognizing a sense of achievement from what you do.*





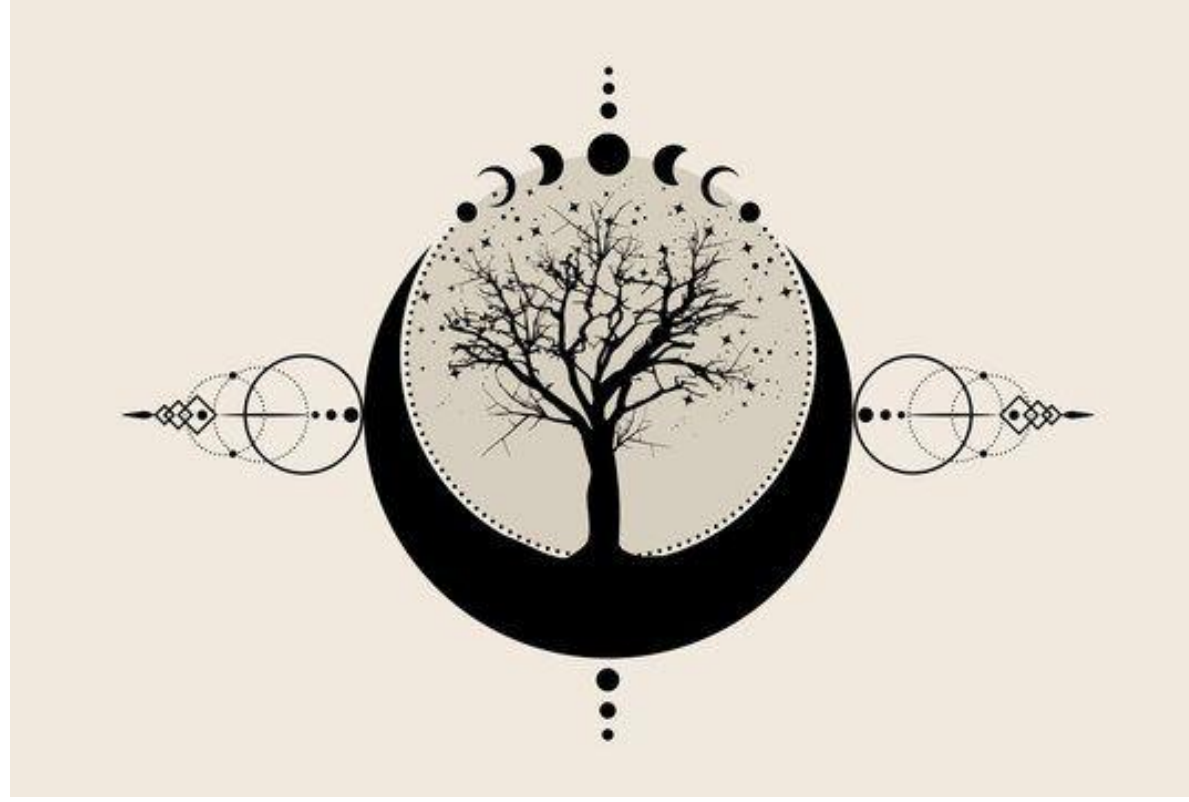
Having a purpose helps to build confidence and self-esteem. People who lack purpose are often unhappy and lonely. An example of this could be the person who has retired from a career that gave her life purpose. She may have lots of time on her hands and be involved in a range of recreational activities but remain unfulfilled as there is no sense of purpose anymore. Involvement in these pursuits simply helps to fill her day.

How often have you thought about what you would buy or the problems that may be solved by a lottery win? Yes, we have all dreamt about this and there is nothing wrong with having dreams. They can open up our minds to possibilities and sometimes lead us to pursuing goals and a course of action in their pursuit.

Yet, how often do we hear about people who have had this stroke of luck and discover that their lives are not necessarily enhanced in any meaningful way by this or are even worse because of it. Headlines in the local press have told us about the families who have broken up after winning money. People who have quit their jobs and gone on shopping sprees and drinking binges. People who long for the company of others who are not solely interested in them for what they get. The world, in our eyes, may be their oyster but what they may find diminished is a sense of challenge.

There is some truth in the saying that if you have to work hard for something you will appreciate it more. Sometimes the achievement itself is not the most rewarding aspect, but the process involved in its acquisition. What provides someone with a sense of purpose will vary from person to person. For some it may simply be taking care of another close to them. Others may choose to travel, get involved in regular exercise, or in learning something new. The options are limitless. Whichever you choose, your commitment to this will also benefit you by keeping your mind active. When you do one of these activities the chances are that you will also be more optimistic and hopeful as a person. Having something important to aim for encourages people to be less likely to give up when things go wrong and to look for any learning opportunity instead.





Having a sense of purpose tends to make people more involved in taking care of themselves. They will pay attention to their health. Involvement with other people means that they are less lonely and that they also have other people around for support. Peers can also be useful for giving you feedback and helping you see things about yourself which may otherwise go unnoticed.

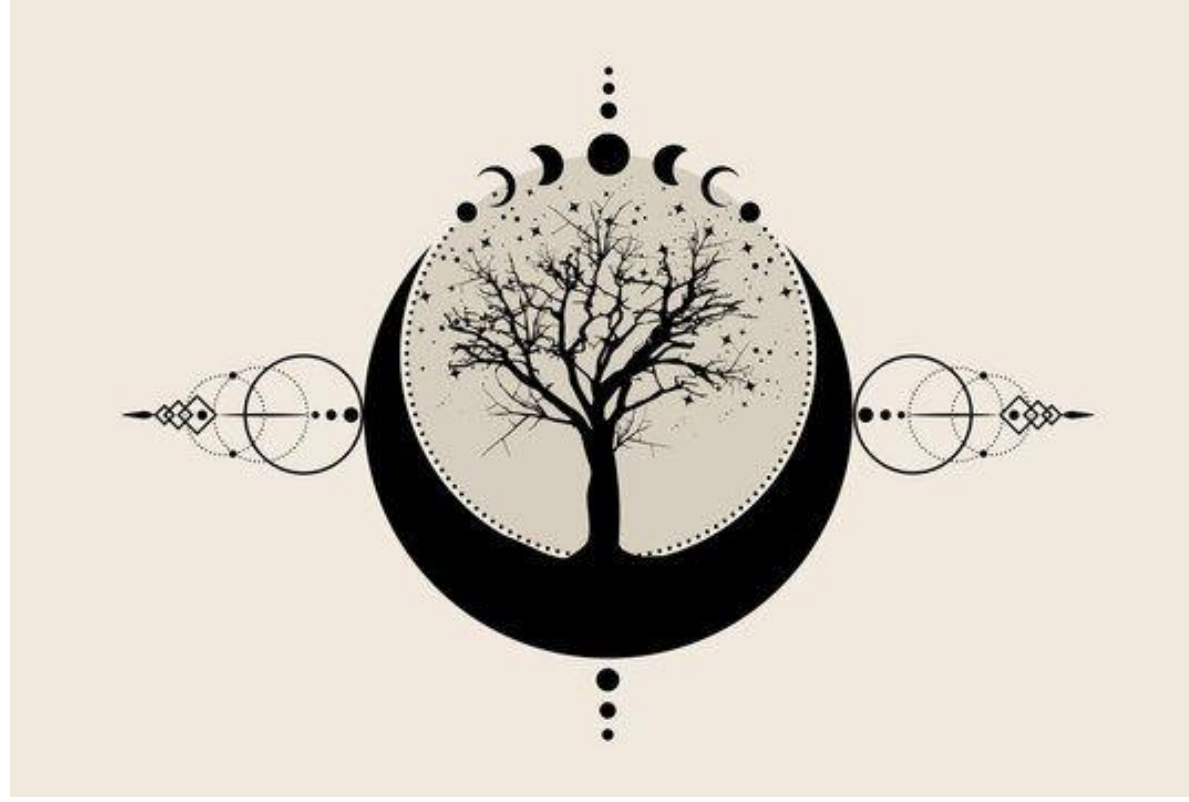
## **Follow Your Passions to Find Your Purpose**

If you are like me, you find yourself thinking, "What is the purpose of my life, and how do I find it?" The good thing is, that we all were put here to accomplish something very unique. "But what do I have to offer?" you may ask yourself... and that is usually about as far as most people take it. It is a random thought in their day of a billion other random thoughts. To accomplish your Purpose, you have to go past the "what is it" question, and put in some effort to find the answer - because that answer is within you. Nobody can tell you what you were put here to do, and why would you want to listen to someone who more than likely doesn't have a clue what their purpose is, either. (Don't fret, friends, I KNOW my purpose, and that is to help you along the road to finding yours.)

Realize that in the beginning, none of us have all the answers. If you are just waiting around for the proverbial 'lightening bolt' to come and hit you, to reveal what it is you're meant for in this life, don't wait too long, because it is not coming. But, I am going to let you in on a little *secret... SHHH!*







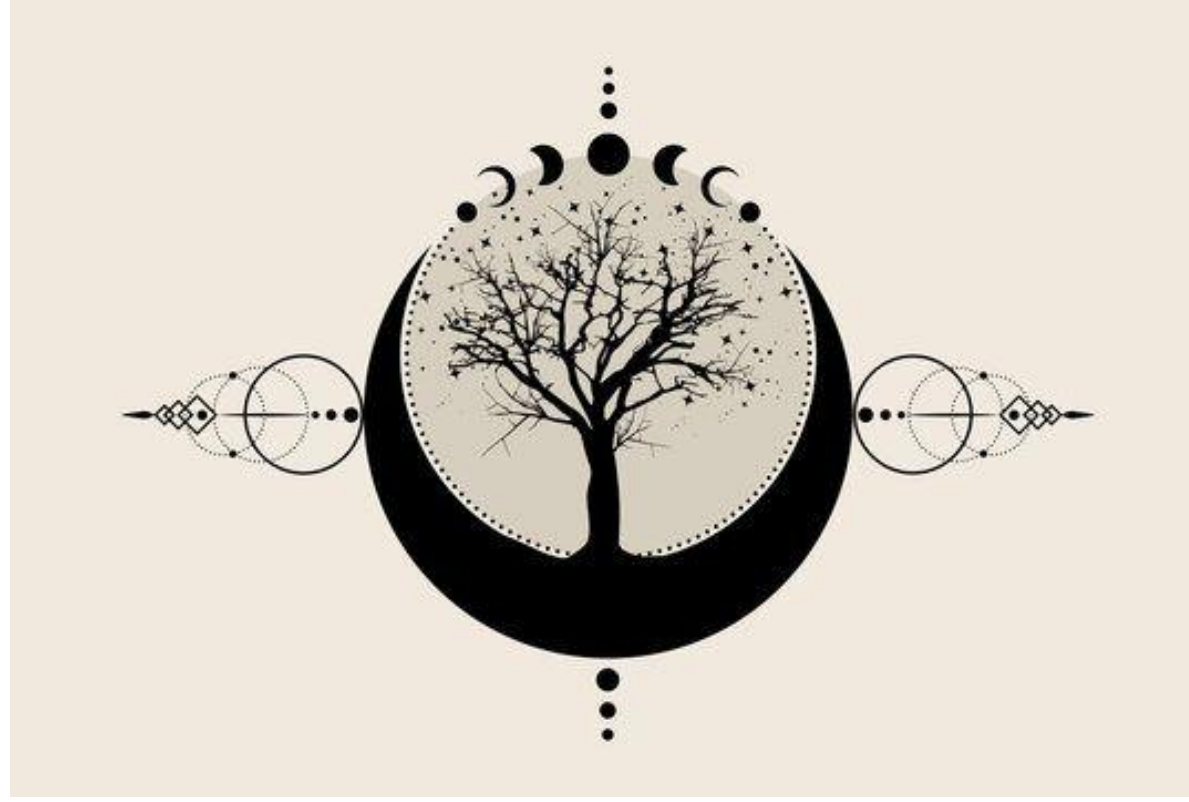
The first thing you need to determine is what you are passionate about. What gets you so excited that you can hardly contain yourself when you think about it? Or what causes your blood to boil when you hear people talk about it? **Most likely this is the starting point of your greatness.** Why do I say the starting point? Because once you finally have an idea about what you want to do you must then ask, *in what direction do I go? And how do I start?* Believe it or not, those questions don't matter as much as you may think they do.

The second thing you need to do is to simply begin pursuing your passion. Don't let the question of *What direction do I go or how do I start?* stop you from actually starting. Most likely, there is some type of organization, group, or online presence that is doing something very similar to what you have a passion to do. Get involved with these people. They have probably already laid much of the groundwork in developing what you are passionate about. You can then jump right in and start helping them.

By being around these people you will begin to develop and fine-tune exactly what your purpose is. As a matter of fact, your initial purpose for getting involved may change somewhat as you begin to develop your greatness. That's why it is not so important to know everything about what you want to do before you start doing it. It's kind of like this:

Imagine you are in Los Angeles, and you want to drive to Florida. You are not really sure where you want to go in Florida, but you know Florida is where you need to go. You have two options





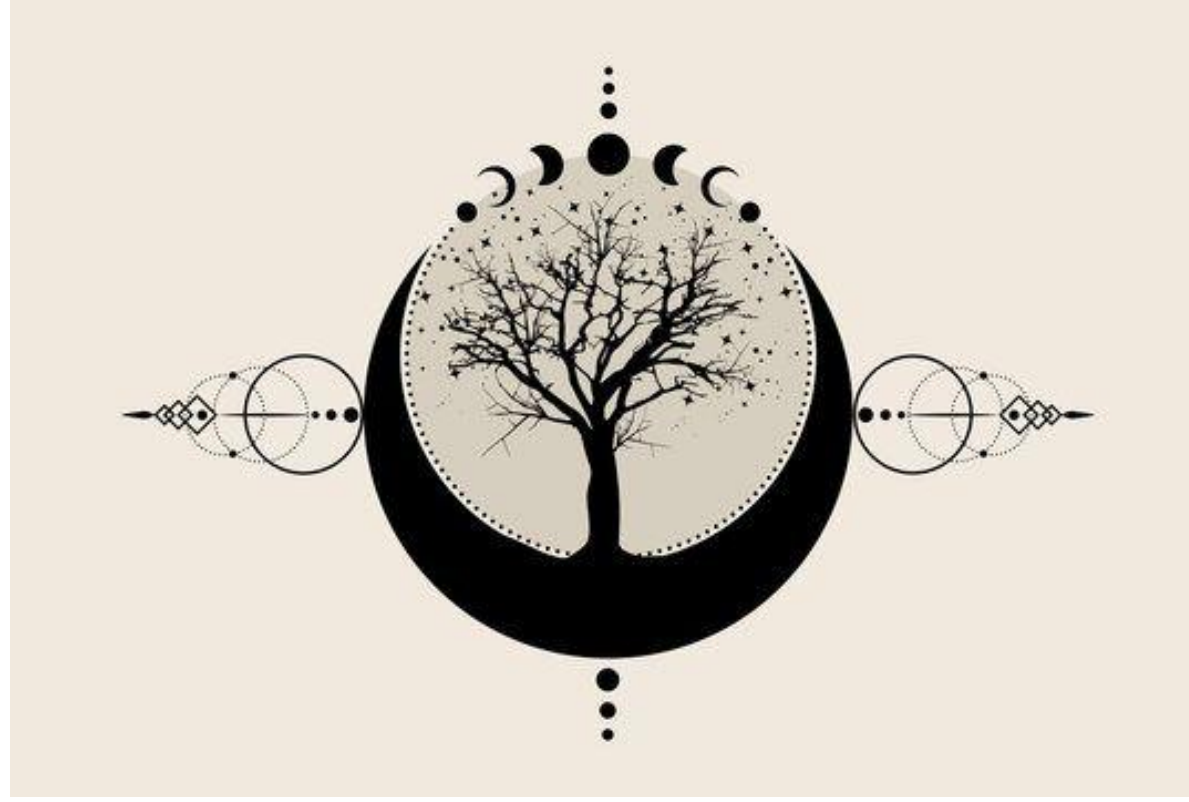
1. You can research, study, ask people, look at maps, and all kinds of things to try and find out the best way to get to Florida. You are not going to leave until you know exactly how to get there, the dangers involved, the speed traps to watch out for, where the best rest stops are. The problem with this is that you will never know everything about how to get to Florida.

2. You can just start driving. You may ask one or two people you meet along the way which road to use and then just go. On your journey you will meet people who will help you with the best routes, and they will even tell you of places they went to and experiences they had on their way to Florida. By the time you get there, you will have gained so much knowledge that you now know exactly where you want to go in Florida. The point is this, you can sit around and wait for the perfect opportunity to fulfill your purpose or you can simply start out on your journey and, along the way, you will discover and fulfill your purpose. My suggestion is: just start moving!

## **A Simple Exercise To Explore Your Life's Purpose**

Have you ever felt stuck? Perhaps its a job you are in, or the relationship, or the financial situation. You probably know what it is that you don't want, but have you ever taken the time to figure out what it is that you do want? Rather than answer with generalities like a job that "pays more" or "is closer to home" or "to find your soulmate" or "to be rich", think about being as specific as possible. What does your ideal life look like? What would you need in your life for it to be more fulfilling and meaningful? To put it in a slightly different light, if you win the lottery tomorrow and suddenly, you're a multimillionaire, what will you do with the rest of your life? Will you continue working at your job? Will you spend more time with your family or travel the world? Will you start your own business or spend more time with your hobbies? Take some time to dream about the possibilities. Then, take out a piece of paper and write down your dream in vivid detail.

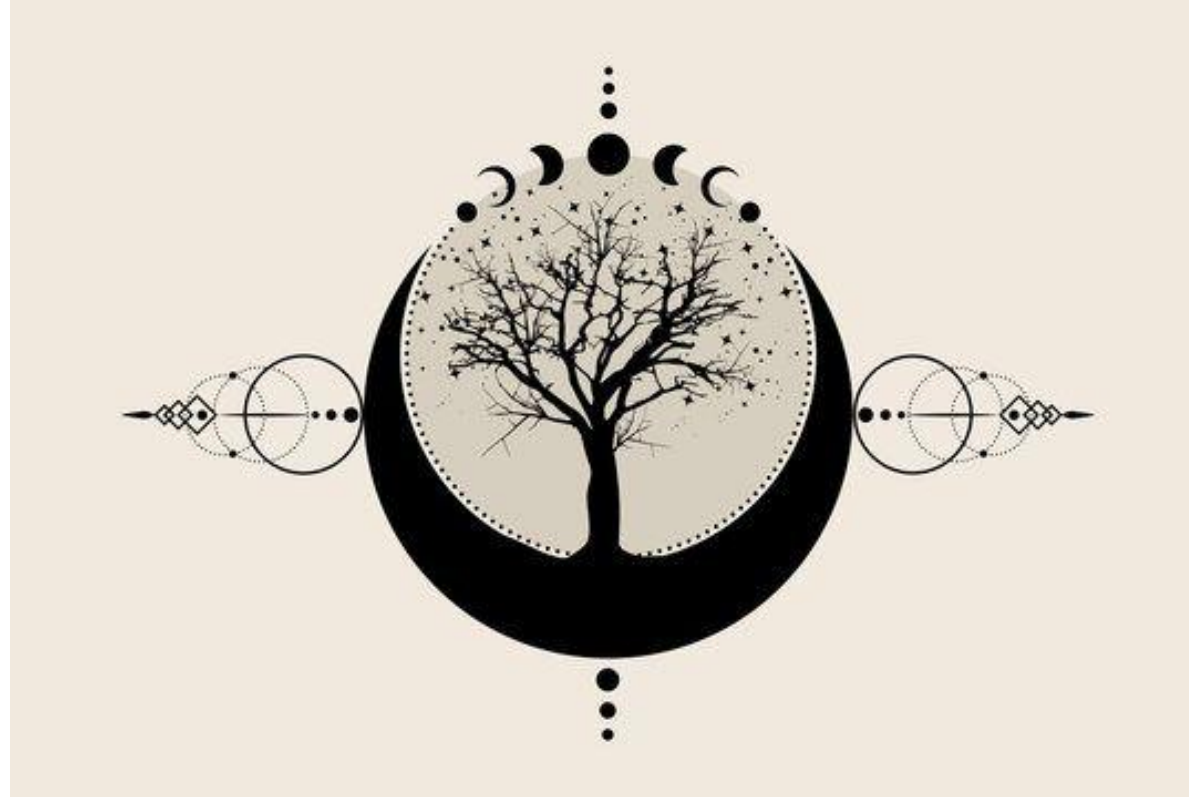




Setting priorities is important because we often have so much going on in our lives at once that we lose track of who we are and what we want out of life. We end up putting out one fire only to be confronted with yet another that takes its place. With so many things on our plate at once, it's easy to neglect ourselves, friends, and family. When you are finished writing your list, take a few moments to prioritize them on a scale starting with "1" as the most important. Finally, take a few moments to think about these questions:

- What am I most passionate about?
- What would inspire me to get out of bed at 5AM on a Saturday morning?
- What haven't I experienced yet that I've always wanted to?
- What haven't I given yet that I've always wanted to?
- What haven't I learned yet that I've always wanted to?
- What part of me haven't I healed yet that I still need to?
- Am I doing now what I really want to do?
- If not, do I even know what I'd really like to do?
- What can I do to serve others?

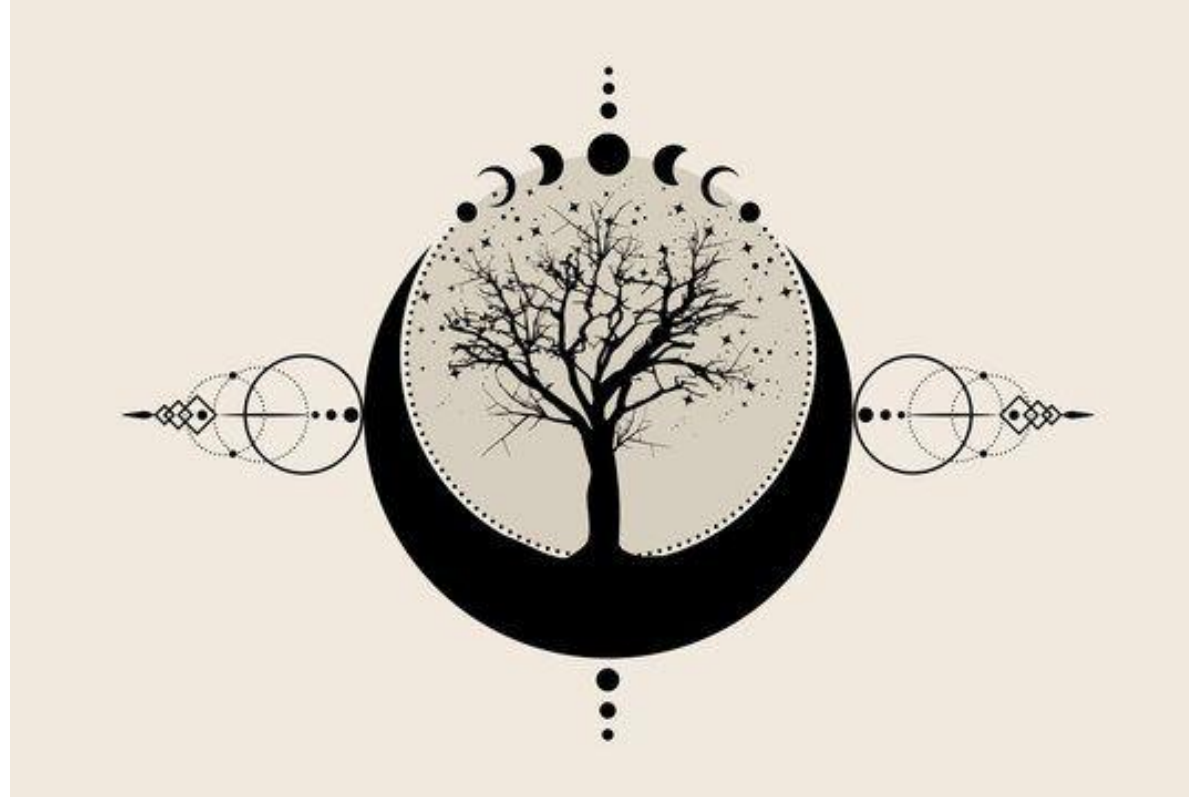




Now, take a few moments to write down a list of the things that are most important to you in your life. What gets you out of bed in the morning? What things are most important in your life? These are the things you are willing to devote time and energy to each day. They can be things like:

- Family
- Friends
- Faith/ Spirituality
- Personal growth
- Having a Healthy Lifestyle
- Having your finances in order
- Work/life balance
- Maintaining a loving relationship with your significant other
- Being happy at work
- Being organized and using time wisely
- Participating in the hobbies you enjoy
- Making a difference in the world





Write down the answers in your paper. These should be your *honest answers* – not what you should do or that others expect you to do. Once you’ve done this exercise, combine all your answers into a life’s purpose statement. Your purpose statement will answer the question “Why am I here? What is my true calling in life?” You get to define yours, so what do you want to do with your life?

Go back to your piece of paper and write “My purpose in life is...” Then, just write. Spend some time reflecting on your dreams, priorities, and the questions listed above. Next, think of the ways you can use your passions and dreams to serve the world. Write down the following statement, “I will make the world a better place by...” and your answers.

Get all of your ideas down on paper. This will probably take you at least 10 minutes, though it could take hours. Write until you feel you have some clarity about your life. Then, go back and read the content. Is it powerful for you? Is it a wake up call? If not, keep writing until you find something that’s profound for you.

When you do define your life’s purpose, it will be an emotional experience. You will look at what you wrote and have one of those mind blowing “*why didn’t I think of that before?*” revelations. **Even if your statements aren’t very impressive to others, what matters is that you find them 100% accurate and relevant, and they have emotional significance to you.**



This book is dedicated to my amazing Wife, Carrie, who taught me to see the beauty in this life, and started me on my personal growth journey. I could not do the things I do without you. And to my incredible Son, Sean who has endured so much in his life so far, only to come out the other side. You're stronger than you think, and are destined for GREAT things, son. And also to my Mom and Dad. I got my strength and tenacity from my mom, and my father's work ethic. Thank you both for the love, and for knowing enough to let me, be me. Lastly, to my best Friend Clayton for picking me up when I was at my lowest point in life.

Thank you so much for taking the time to read this. I consider it a labor of Love. I hope you achieve much growth with this Guide as you can.

Daniel Anderson,  
Founder, Your Purpose-driven Life LLC.

