

Your Divine Soul Purpose



YOUR DIVINE SOUL PURPOSE

15 Signs That You're A Spiritually Evolved Person

Gin Ng

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Your Divine Soul Purpose.

15 Sign You're a Spiritually Evolved Person.

By Gin Ng

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Acknowledgement

My parents, Ng Soon Nam and Soo Lee Ling, both show me the power of unconditional love no matter how many hard times we've been through.

My brother, Shaun who designed my book cover with superb quality.

My soul mate, Gan Mei Xin who accepted me and love me for whom I am.

My lovely baby girl, my life is awesome because you've arrive. You've added so much joy into my family and because of you, my family bonding become stronger.

My friend, Mukarramah who's involve in publishing this eBook. I wouldn't be able to complete my project without your support.

Love vs Fear

Hi, my name is Gin.

In 2013 I embarked on the journey of self improvement.

Back then my life sucks, I was living below my mean and I was desperately looking for ways to improve my financial outlook. And then I met my mentor Shun Jian. Who gave me a chance to tap into the power of internet to spread more love, more hope and joy to the world. From there I never look back.

It wasn't always smooth tough. I faced a lot of challenges and some even crush me to the ground. But because i'm exposed to all sorts of personal development information. That information actually helped me evolve into a better person and I'm glad that I pull it thru.

Little do I know that...

the more I help others. The more help I received!

Many areas of my life like health, financial, relationship with family and my love one improved significantly.

Everything seems perfect, but deep inside my heart I'm still living my life based on fear. Fear is my motivation and back then I'm still holding on to my job. Which I really scared of losing it because I've been an employee for so many years. The fear of not getting a paycheck is very real!

However, here's where I realise...

highly conscious people won't get short-changed by the universe.

Let me explain...

Shun Jian came into my life again when I'm struggling with my own fears. He persuaded me to leave my job to inspire more people. The idea is great but the fear of losing a steady paycheck was so huge, yet I take the leap of faith anyway. Because I wanna find more about what life can offer me.

Your Divine Soul Purpose

After a few months of working with highly conscious people. I finally understand the core difference between them and normal people. They are driven and passionate about what they do.

In short...

They are driven by love, and I'm driven by fear.

They're highly aligned with their calling, intone with their higher self and nothing can stop them.

I've personally experience the positive change once i realised my divine soul purpose.

From there on, I've met many industry leaders and successful entrepreneurs.



Met author of Chicken Soup for The Soul, Sir Jack Canfield at Vegas.

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Inspiring others thru the workshop ran by me and my mentor.



Maui trip with my mentor.

Your Divine Soul Purpose



Awesome meet up with like minded peers in US.



Met Sir Richard Branson during his trip to Singapore.

I wanna tell you that life offer you so much more when you're driven by the most powerful force in the Universe called LOVE!

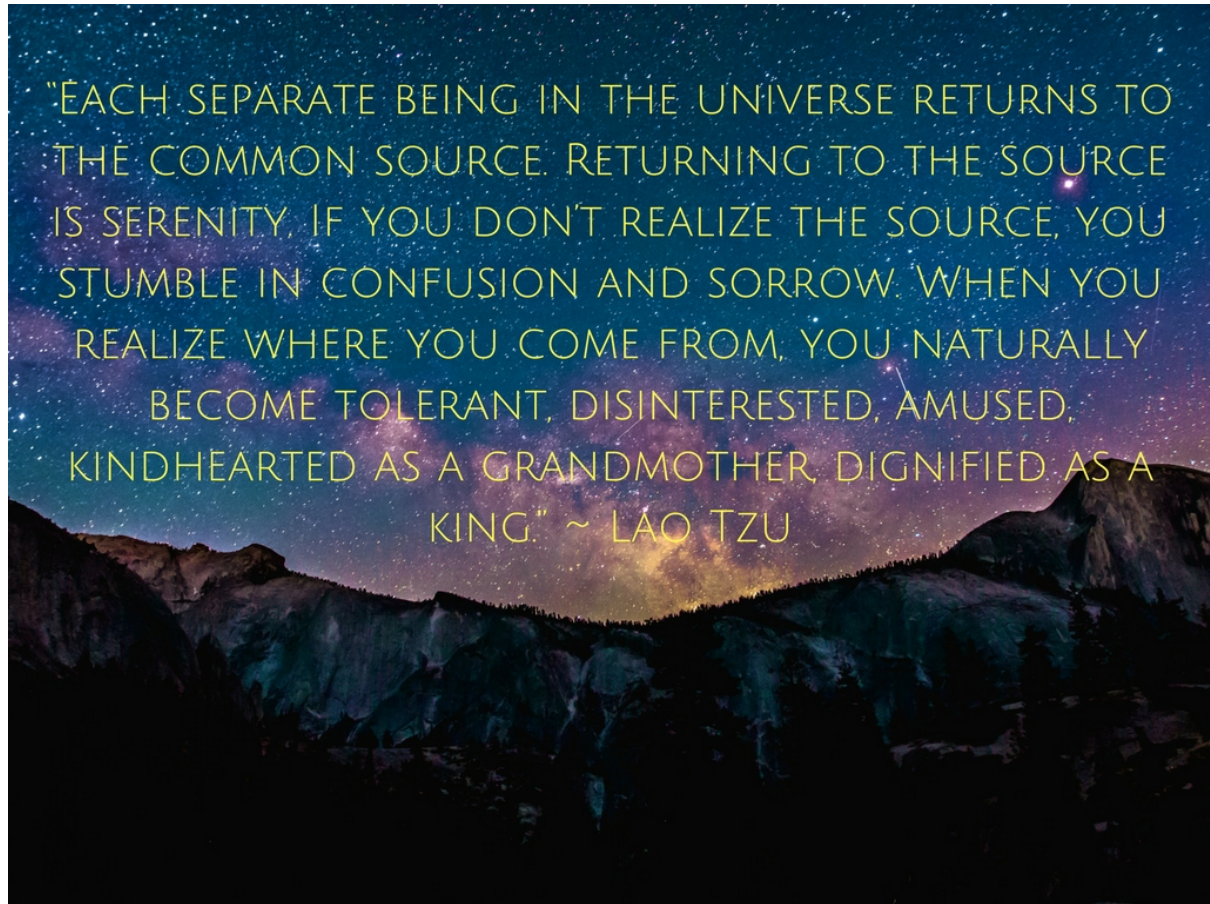
That's the purpose of this eBook, I wanna show you how a spiritually evolved person can live their live fullest.

The person has all the worldly possessions like wealth, material assets, name, fame, friends and relations and he or she enjoys them fully but if per chance he or she happens to lose any one of them, such a person is not affected at all by the loss, which cannot make him or her unhappy and miserable.

I hope you're excited with what I going to share with you in the next chapter.

Chapter 1: Recognize Your Spiritual Awakening

15 Signs That You're Spiritually Evolved Person.



My friend, if you felt something is not right with yourself.

Don't worry, everything is fine.

You maybe experiencing spiritual awakening, you might be desperate to find the meaning of your life.

You're seeking answers that modern society can't give you.

It's very good to know this symptom so that you don't feel like you're going crazy.

You're actually emerging out of your cocoon to become a butterfly.

You're finally awakening to something greater!

Let's look at these symptoms

Sign #1: You Start Questioning Everything.

Whatever the media is telling you, whatever the medicine industry is force feeding you. You want to know why you're supposed to do as they say? You start questioning everything especially the media.

You want to know is this the truth? Is this the reality?

You stop accepting what you're once told, you want to do your own research to find your own truth.

Sign #2: You Start Yearning To Be Free.

You wanna be free from your job. You wanna break those chains and just break free to become yourself and who you really are. You're authentic

Sign #3: You'll Start To Love More.

You'll start to love all living things, you'll better understand why not to harm animal and use their body part as one of your luxury collection. You'll understand that we are one. There's no Hierarchy we are equal and you'll love unconditionally without expecting anything in return.

Sign #4: You start seeking more wisdom.

You start awaken to your higher self and all the needs of your mind body and spirit. You start trusting and listening to your body more. What does your body need and what does it crave? Are you giving it the love and attention and the nutrition that your body needs.

Sign #5: Shed Anything Which No Longer Serve You.

You'll start clearing all old stuff that no longer serve you like old habits, old thinking and material stuff and clean your closet because you start to need less. Because all those stuff is just stuff and it's just holding you down which you no longer benefit from it.

Sign #6: You have high level of Empathy and Compassion.

You're able to sense what they're experiencing; to feel what they're feeling. If they're suffering, we sense it and feel the impulse to comfort them or try to alleviate their pain. We're touched by other people's pain because there's no separation between our being and theirs.

Sign #7: You Start Experiencing Major Setback In Life.

Maybe you're going thru some turbulent times, maybe you're having a major health issue. Never ending bad luck, trauma in your life. It seems like all bad things happening all at once. Take a step back to re-evaluate everything.

Sign #8: You Feel More Connected When You're In Nature.

You seek to reconnect with nature and all the things that are alive around you. We are drawn to Nature because it is part of us. It allows us to step away from the material world we have built up and truly connect with divine energy, our higher power, God, Source, the Universe

Sign #9: You're Experiencing Synchronicity.

You start becoming conscious of the many signs and omens that life brings to you. Life becomes much more receptive and interactive with you. Serendipity and déjà vu increase.

Sign #10: You Become Health Conscious.

During your enlightenment process you will become way more health conscious you will start reading the label of what these food industries are putting in your food. You are what you eat.

Sign #11: You Feel That You're Living In A Stimulation.

You feel like as if your life is fake. Where everything that you believed, work towards and built up seems not real.

Sign #12: You Feel Completely Lost and Alone.

You feel completely disconnected, as if nothing in your life seems to make sense anymore. You felt as though you're wandering life like a vagabond.

Sign #13: Mainstream Success No Longer Make Sense to You.

Materialism, success and profit no longer mean anything to you. You start feeling as though you're a cog in the machine of society.

Sign #14: Riding on Emotion Roller Coaster

As you start paying more attention to the many hardships faced by man and nature alike, you develop more compassion. Your inherent empathy is awakened and you may find it hard to cope with the intensity of your feelings. This is a pivotal point in your involution: you either numb the pain you feel with addictions, or you find healthy ways to accept and express your emotions.

Sign #15: Major changes in your sleeping pattern

Needing much more sleep as you adjust to the change or being unable to sleep as the higher vibrational energy of Spirit starts to join with your body more and more.

Your Divine Soul Purpose

Within you, today, lives the knowledge that you are the creator of your own life experience; that absolute freedom exists as the basis of your true experience; and that, ultimately, the creation of your life experience is absolutely and only up to you.

— *Abraham Hicks* —

Who Are You - Really?

You are a spiritual being.

You recognize something in you that is greater than the experience you may be living.

Trust that part of who you are.

Our difficulty in our society is due to all the conditioning we have had through education and culture that places so much emphasis on our mind and denying our emotions. You have not been properly taught about your true spiritual nature and that the mind, body, and emotions are tools to serve you.

These concepts can be quite challenging to accept, particularly if your family history and life experience is steeped in religion. Yet, all religions, in some way or another, do not contradict what is being said, nor are they contradictory to what science has discovered at the quantum level and beyond. All that is required is the ability to recognize the time period of religious origins, the knowledge and understanding of the day, and that the scriptures conveyed a message in the best possible way that could be understood at that time.

Even in areas where no organized religion exists spirituality is an integral strand in the fabric of society. From bush people to native Americans, Australian aboriginals, prehistoric caveman at some point in time, have all had those within their ranks that had a deeper sensitivity to something beyond the common experience. Shamans, medicine men and women, and whatever other titles they were given, all had a relationship with the divine, were more sensitive to the mystical, and had a capacity to understand mankind's relationship to Creation in the best possible context given the knowledge available to them in that time.

You came into this world for a purpose. Your spiritual self is that part of you that inspires you to action. The soul cries out at the pain of living small, rather than your potential. The soul also carries the pain of the trespasses against the spirit on many other levels; transgressions of mankind against spirit.

Remember? Spirit is love and you treat others the way you wish to be treated. These tales and expressions fit the model. Spirit to spirit you and I are the same, are one, and in loving you, I love myself. In violating you, I violate myself. The soul cries in anguish. Live to your spiritual potential, or experience the pain and anguish of the souls experience as it remembers the physical experience of being human.

The body, mind, and emotions experience the manifestation of the reality you create. Through socializing and conditioning, particularly between the ages of 10 to 13 years old, as we discover our own reasoning abilities, most will experience some traumatic events in school, family, or life at large. Without the adequate social supports, healthy family dynamics, etc., the child is left to fizzle in the confusing array of contradictory social and spiritual realities that are at odds with each other in their daily experience. Imagine the confusion, particularly in a society that is so bereft of proper spiritual, body, mind, and emotion education.

There is a lot more to us than what we are taught. We are energy, we are spirit, and we are all those aspects we have been taught as well; physical, mental, sexual, and emotional. We are complex and yet, from the energetic spiritual level, everything can be made easier to understand and manage. You then begin to enjoy the experience of being human, of being alive, and learning the meaning and various facets of the physical body:

- *the mind and its thoughts;*

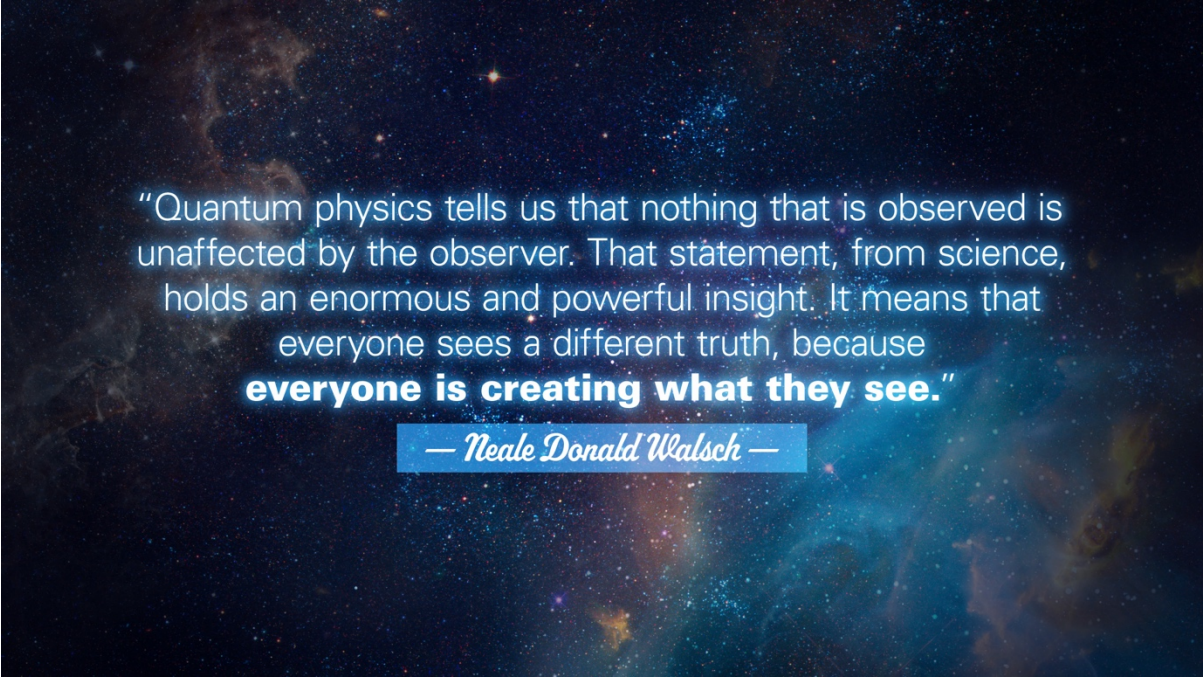
- *the emotions and the values they represent;*
- *the body and its requirements for safety and security.*

We are complex and yet, so simple.

In order to understand the basis of this energetic spirit, it is important that one understand the origins of the universe. All matter is not really matter, it is energy. The science of today has made major discoveries beyond our previous understanding that clearly demonstrates that all matter is made from bands, or strings, of energy. In fact, for a time it was called String Theory. As the anomalies and discrepancies in the theory were resolved, it was renamed M-Theory and clearly shows that we live in a reality that includes 11 dimensions.

As you absorb all of this new information, watch for the common threads that link it all together, including the great teachings of the worlds religious texts. Science can help make better sense of religion.

One thing I have in addition to what I'm viewing and reading about these discoveries is something more. Where many scientists may now think they fully understand the beginning and end of the universe and its origins, I'm further challenged by the fact that all of this energy came from somewhere. God still exists in this model. Science has always had the means to help us make more sense of the world, the universe, of creation, of God and of God's instructions.



"Quantum physics tells us that nothing that is observed is unaffected by the observer. That statement, from science, holds an enormous and powerful insight. It means that everyone sees a different truth, because **everyone is creating what they see.**"

— *Neale Donald Walsch* —

It All Starts With a Decision

Decisions are powerful.

Doing the right thing or the wrong thing all starts from a decision. We think about things and thoughts are powerful but actions do not occur until we decide that they do. We make good decisions and bad decisions. Productive and unproductive ones. The great thing about it is we can take precautions to prevent against making bad decisions.

Great decision makers have great decision makers as friends. They ask the advice of those who have been where they hope to be. It is similar to a person who is lost in a car they would be wise to ask someone for directions to where they are going. In the same way, if you do not know if you are making a good decision ask someone who can give you direction. If you want to be a positive person you should make a decision to have positive friends. They can give you positive advice and you can learn how to be a positive person from simply being around them. So hanging around positive people is a great precaution against being negative.

You must decide to be a positive person or you will be be a negative one.

Realize the power of your decisions.

The madness of Hitler and Charles Manson began with the horrible decisions they made. Lance Armstrong beat cancer with divine intervention and the decision not to give up riding. What decisions will you make? You can decide to be a positive person. The positive decisions that you make in your life will snowball and snowball and eventually turn you into a super positive person.

Chapter 2: Your Soul Purpose

The New Spiritual Consciousness - An Emerging Paradigm Shift

All of life is welcoming you into a new reality, which is unfolding and emerging right before your eyes. You may not see this new reality with your physical senses yet, but your body, your consciousness, your intuition and your dreams are already actively involved in this new spiritual consciousness that is emerging.

For some, the whisperings of spirit are subtle and creating gentle openings of the heart. For others, the call of spirit resounds more loudly and may emerge out of a challenge or crisis situation, which opens the awareness to new possibilities that would otherwise not be considered.

The voice of spirit speaks uniquely in each soul. It may be creative inspiration that emerges, or an opening of the heart that creates a desire to share and give more to others. It may come through a healing relationship which transforms life totally and unexpectedly. Inner wisdom and intuition can flower in the most unusual of circumstances, as God is always speaking to us through both our inner and our outer lives.

The voice of spirit may act as a wake up call, to illuminate aspects of ourselves that are out of balance. Like a shining beacon of light, it can reveal and transform the hidden corners of ourselves, that have carried large burdens for a long time. God's light can act as a catalyst to undo past mistakes and past choices, to and create a renewed sense of healing and harmony.

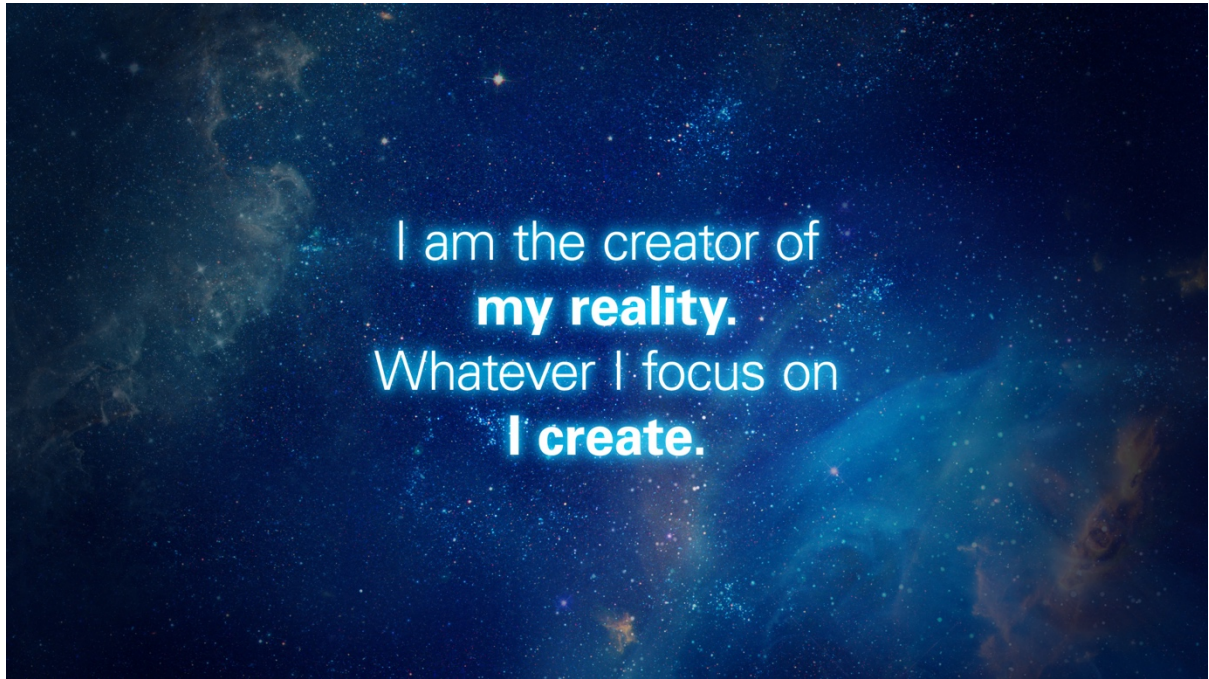
You may have noticed changes in your consciousness, your awareness, and the ways that you look at life. There is a process of spiritual awakening that is happening on the Earth right now, which is still rather invisible to outer eyes, but which many are beginning to feel in their hearts. Our priorities are shifting, and life is asking us to love more, to let go of old grudges and pain, and to move forward in life with consideration and awareness of the Earth and the others in our lives.

No longer are we focused solely on ourselves and our own gratification. It is clear that in order to move into the future on this planet, we need to develop and nurture a respect for life, for the Earth, and for the other souls that share this planet with us. For each of us, this involves changes in the ways we live our lives, and in the ways we relate to others.

One day, this new spiritual consciousness will no longer be invisible, and the world as we know it will be transformed. Spiritual consciousness will not be separate from physical life, but an integral part of life. Spiritual consciousness will be shared among all living beings, and will be understood as the foundation upon which we build our lives on the Earth. This process has begun and is now catapulting us forward into one of the most significant times in the history of humanity.

Your soul chose to be present at this time, to participate in this awakening of spiritual consciousness. Your presence on the Earth is purposeful and is an integral part of the larger process. How will you move forward in the coming days and weeks? Your God-given gift of choice allows you to partner with God and the spiritual realms each day to join with other like-minded, like-hearted souls co-create the New Earth that is arriving. We bless you and give great thanks for your work.

Manifesting Your True Life's Mission



The new times that are arriving on the Earth will require a new kind of human being to navigate through the stormy waters of present day challenges and to create new solutions based on the spiritual principles of harmony, balance, and respect for life.

At this time on the Earth, many souls are awakening spiritually, and coming to more deeply understand and experience their own unique and divine spiritual origins.

When a soul, embodied in human form, begins to awaken and realize their inner connection with spirit, a new path is forged within the body, mind, emotions and consciousness. The awakening human being begins to experience a greater depth of communion with spirit, and many new questions arise.

One very important question the soul asks is,

"why am I here?",

and

"for what purpose did God create me?"

Your Divine Soul Purpose

For some on the spiritual path, an inner understanding of divine soul purpose emerges relatively early in the spiritual journey, guiding and supporting them in the directions needed for optimal growth and manifestation of their life's work.

For others, knowledge of divine soul purpose eludes the human embodied self for quite a long time, necessitating a period of "walking in the desert" with little outward or even inward support that can be perceived. This period of seeking is purposeful on the soul's part, but may cause deep suffering to the embodied human self that feels empty, meaningless, and worried that they may be going in the wrong direction.

The manifestation of your divine soul purpose is as unique and precious as you are. The best way to discover that which is the guiding essence of your life purpose is to look within at what desires, dreams, aspirations, hopes and longings you carry most closely in your heart.

God created you so carefully, and uniquely for the sacred purpose you embody. Think of the beauty of a newborn baby, the precious nature of their tiny fingers and toes, and the sweet wisdom in their eyes. We can see the divine blueprint of the soul clearly in the radiance of their simple and innocent being. In this same way, you are created uniquely for your spiritual purpose, with every finger and toe, every hair on your head known and accounted for by God's infinite wisdom and grace.

Small children naturally begin to embody their soul purpose, even at a very young age. They are attracted to certain people and situations, and they relate to their environment in their own unique fashion. They may love animals, or spend their time drawing and painting, or they will play with cars and trucks, heal the neighborhood cats, or lead groups of children on the playground. They

may enjoy singing and dancing, or they may read voraciously, or tinker with their computer. All the natural tendencies within, if allowed to flourish and expand, will lead a child to manifesting their divine soul purpose.

And what of we adults, who may have grown up in less than optimal circumstances where our natural tendencies were not supported? Perhaps we have forgotten what we most loved to do as a child, or perhaps even thinking about this brings up the pain of what we endured as children. How can we discover our divine soul purpose?

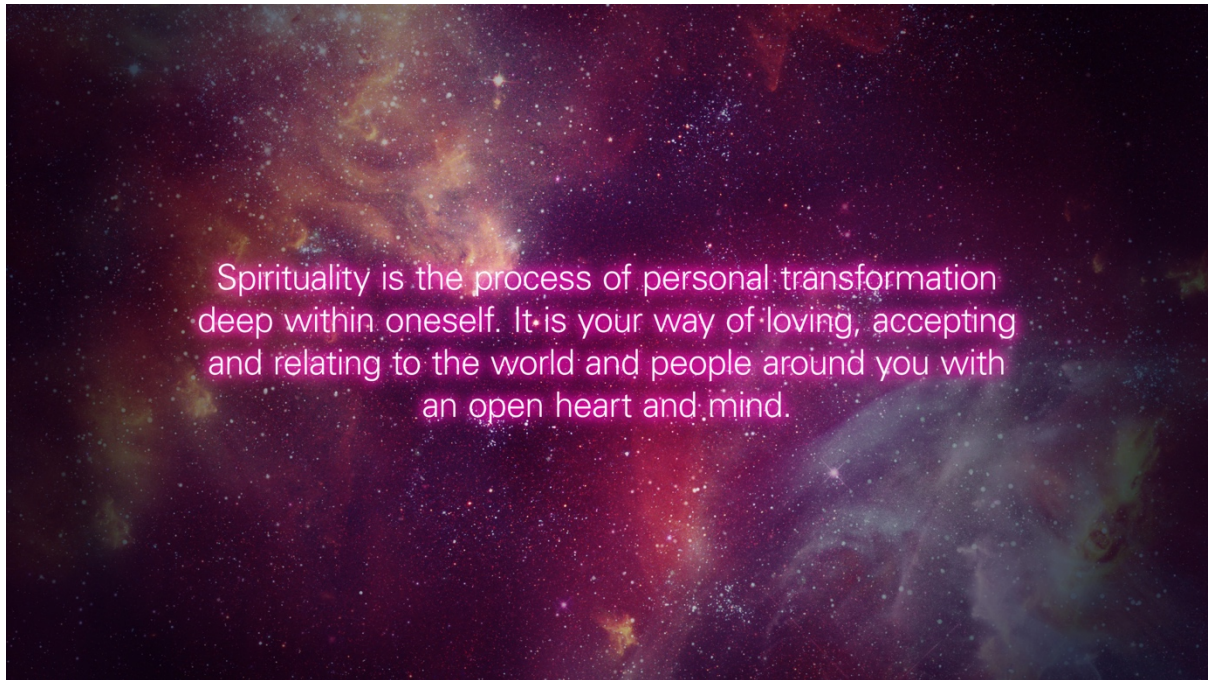
It may comfort you to know that you have not lost anything, even if you no longer feel in touch with your inner desires. The deep inner longing of your heart is never extinguished, even in the most difficult of circumstances. This is a quality of the soul that is eternal, that will lead you to manifesting your soul's purpose.

If you are feeling uninspired, disconnected from your divine soul purpose, it is possible to re-connect, by praying for this and creating a sacred intention to re-connect with your inner being. The prayer and intention activates a path of healing that will lead you towards that which you desire. If you have been disconnected for a very long time, you may find yourself experiencing deep emotions of grief or pain, as the re-connection to yourself is restored. If you can breathe and be with these emotions, without repressing them, but simply holding them in god's light, this will create a healing and a freeing up on inner space.

The discovery of your divine soul purpose lies within your heart's desire. What do you most deeply long for? If you could do anything in the world what would that be?

Your Divine Soul Purpose

The path to manifesting your unique gifts in the world begins here, and then expands outward, as you begin to take actions based on your heart's calling. Your true life's work is this, to listen, follow, share your gifts, and manifest all that you are in the world of physical form. For this reason you came to the Earth at this time, to share all that you are with all of life.



Why Is Spiritual Truth So Elusive?

Why is it that matters of spiritual significance are so hard to verify and validate?

I have been pondering hard on this subject for quite sometime. And these are my conclusions.

Spiritual truth is so elusive possibly because of several factors. They are as listed below:

1. Many seekers are using the wrong modes of seeking.

What do I mean by this?

Firstly we try to relate and uncover spiritual truth and reality with our own thinking faculty. This will lead us to nowhere because spiritual reality is what is encapsulating our limited thinking faculty. Spiritual reality is in a way 'beyond' the normal thinking mode assigned by a personality/self. No offence, but most people are doing this precisely. As such believers can ONLY believe and NOT experience divine spiritual reality.

My first experiences of Divine Consciousness were during meditation sessions. Very significantly, during these meditations, thoughts and thinking were much reduced. In a state of no thought (Yes and I mean not a single thought!), we will experience ourselves clearly as an all-pervading Presence. It is during these moments that one discover that the world and ourselves is not what it appears to be. And we suddenly understand what the ancients Sages from various traditions were talking about.

2. Being conditioned by societies' beliefs.

Our upbringing very much demarcated what should be real and what's not. And this is supported by a very convincing structure based on scientific proving and visual/experiential validation.

Let me illustrate this point further...

Since childhood, education and adults have been telling us what is correct and what is not. We all have been brainwashed to think like one another. As such our sense of identity has been influenced by our fed information and beliefs. Do you know that prior to any acquired learning, a child relates to the world very differently? Much of how we perceive the world is learnt... and is fundamentally different from our natural way of referencing. However, learnt

ways are certainly not negative; it is just that modern societal influences tend to suppress and discourage certain in-born cognitive abilities such as intuitive clairvoyance. And intuitiveness is a necessary ingredient for efficient spiritual navigation.

3. We think we know it all.

When we think we know it all. The thought of 'I know it all' will block us from knowing anything deeply. Why this that so? Because a 'know-it-all' will not seek to know deeply and therefore will not go deep enough...

Chapter 3: Connect With Your Higher Self

Transforming Your Physical Body Into A Sacred Light Body

Your physical body is a sacred vehicle of light, which was created by God and joined with physical matter in order to accomplish a holy purpose that your soul chose before incarnating. It may seem as though your daily life is mundane and has little in the way of divine soul purpose, but one day this veil over your perception will lift, and you will see and feel deeply the full splendor of your soul's radiance and beauty as a child of God.

When this realization comes of your divine nature, you may also begin to feel shame and remorse as you look back upon previous times where you acted out of harmony with God's love. This is the time to open your heart even more, to feel your true emotions, and pray for healing and forgiveness. As you see and feel the truth of who you are, light will open within you and heal the pain, and release you from the cycle of negativity that can be created when we create actions that are out of harmony with God's love.

Today we live in a time where a great transformation is happening upon the Earth. Up until now this transformation has been largely invisible, except to those who could perceive other dimensions of reality. Now, these changes are beginning to manifest more clearly in the physical realm, and each embodied soul on the Earth is experiencing a process of transformation as well. The higher dimensions of God's light are entering the atmosphere of the Earth and accelerating the subatomic frequency of all physical matter.

This can be seen as a quickening, which manifests in many different ways, in the development of technologies that enhance global communication and in a

greater collective understanding of our relationship with the Earth and our responsibility to care for her, who supports all life. This quickening also is having a major purifying effect on our physical bodies, creating changes that open us more to God's love and to the spiritual realms, and that also cleanse our beings of emotional and physical toxicity that we have been carrying.

There are some who are already experiencing the quickening effect of greater light, which is causing an upsurge of past emotions, thoughts and physical symptoms. In this situation it is important to create supports for yourself so that you can be helped to understand what is happening, and to cleanse and heal your body, mind and spirit. There are more and more supports available now as God's light is awakening many souls who have incarnated at this time in order to help humanity through this time of transition.

Dearest ones, at this momentous time in the history of the Earth, all of our physical bodies are undergoing a process to transformation so that we can vibrate in greater harmony with God's love. Our bodies are becoming light bodies, which can greatly accelerate our own healing processes, and our ability to help others to heal.

There are a growing number of supports available to help smooth the way in this process, and your own faith in God and desire to live a life of love and purity will attract to you exactly the right people and resources to assist you in this process. As each of us becomes more light filled and capable of radiating God's light and love to others, we become a positive force for change that will help our entire planet to heal.



The Transformation Of Spiritual Consciousness

This new time in the history of planet Earth is creating a transformation of spiritual consciousness that is a quantum evolutionary leap for all of humanity. In times past, spiritual pursuits, spiritual awareness and spiritual growth were largely separate from the pursuits of ordinary life. In more recent times, spiritual growth has been seen as a path to bring greater healing, and greater ease in one's physical life. These views of spirituality were partial, related to steps in a process that humanity's consciousness has been involved with, and now a new and expanded view of spirituality is emerging.

Initially, human souls existed as the Oneness of spirit, and as the process of physical incarnation developed, souls descended more and more completely into the experience of physically manifest reality, which at that time required a separation from the world of spirit. This separation was necessary for a time, so that souls could experience the fullness of individuality and the complete immersion in physical manifestation.

Within this current time period, this cycle of complete immersion reached its zenith. Humanity went as far as we could in exploring the many myriad ways of expressing individuality within physical form. The cycle has begun to shift now, as the spiritual evolution of the Earth has progressed into a vibration that is manifesting more light. The increased presence of God's light on the Earth is accelerating humanity's transformational process, speeding up both external events and internal shifts in consciousness.

Dearest ones, there is emerging now in the consciousness of humanity a growing awareness of the Oneness of all of life, and a need to come together and create unity in ways that have never before been seen on the Earth. This need comes both as the result of the current global crises, which require concerted effort on the part of all people, and also as the result of the spiritual evolutionary process which seeks to move into the next level of growth and awareness, embracing both the full individuality and uniqueness of each soul, and also the unity and Oneness of all souls and all embodied life.

In the new times that are arriving, spirituality will be understood not as separate from physical life, but as the foundation, essence and core of physical life. Spirituality will not be an "extra" pursuit that people pursue as recreation, or solely as the means to help deal with challenging life circumstances; it will become an essential component of all choices, activities and directions that are taken.

Changes are happening even now, to the Earth and to our physical bodies, that will make possible a much more integrated, harmonious and peaceful way of life. These changes may not be immediately apparent to us on a conscious level, as there is so much purification and transformation happening in our daily lives that much of our attention is focused on simply getting through each day, and in dealing with the hefty challenges before us. You may be able to

perceive these changes through your dreams, or through the quiet whisperings of your intuition, that speak of the new times that are ahead.

It is important to understand that times of massive change also bring many challenges, and emotions of fear, uncertainty, and a feeling of being lost and without a sense of security. Now is the time to create within yourself an inner connection with your own soul essence and spiritual center. There are many ways to create this connection, through prayer, meditation, spiritual practice, yoga, dance, authentic movement, art, music and so on. It is your inner longing and request to be more connected with your inner being that will activate this movement. Then, you will begin to be drawn to people, practices and methods that will help you to deepen this inner connection.

God answers all souls prayers and all souls desires to return home to the center of spiritual beingness. Your prayers and intentions will activate new paths, new directions and new ways of seeing, feeling, understanding, and relating to yourself, to others and to all of life. Now is the time when so much is possible for us all, to enter fully and completely into the divine spiritual manifestation of our soul's essence, both individually and collectively. Allow yourself to listen deeply to the deepest whispers of your hearts calling, and to follow the truth of your inner being. In this way you will create a new life for yourself, and in doing so you contribute to creating a new and brighter future for us all.

Connecting With Your Higher Self

When you want to listen to a particular radio station, you tune your radio to that station, tuning in to a particular frequency. Same when you want to watch a particular show on TV. It is the frequency you tune into that determines what you hear and what you see.

Our brains operate in very much the same way, except that we have only two stations we can tune into - the ego station and the higher-self station.

The ego station is the station that originates in the programmed mind, which contains all our limiting beliefs that create our fears. The ego station is our wounded self, our false self - the protected self we learned to be as we were growing up and needed to find ways to have control over getting love, avoiding pain, and feeling safe. Our ego wounded self is a closed circuit - it operates on old information that we acquired as we were growing up, information that is no longer relevant or even true. It is not open to new information. It is not open to truth.

The higher-self station is the station that taps into the unlimited information from the universe - information that is beyond the programmed mind. The higher-self station taps into the Source of truth that is always here to guide us in our highest good.

How do you tune your frequency to your higher-self station?

We have all been given a "dial" that either tunes us to the low frequency of our ego station, or to the high frequency of our higher-self station. This dial is our INTENT.

We have only two intents to choose from:

* The intent to get love and avoid pain with some form of controlling behavior

* The intent to learn about loving ourselves and others

The intent to have control over getting love and avoiding pain lowers our frequency and keeps us stuck in our limited mind - our ego mind. When we choose this intent/frequency, we are stuck thinking the thoughts - the lies - and taking the unloving actions, that create fear, anxiety, depression, guilt, shame, stress, anger, jealousy, resentment, and so on. The ego frequency is the frequency of being a victim. We choose this frequency when we choose the intent to have control over getting love and avoiding pain.

At any moment, we can change our minds and choose the intent to learn - about what is in our highest good and the highest of all. We can choose to learn about our ego mind rather than stay stuck in it. The moment we choose the intent to learn about love, we raise our frequency and are able to access the higher-self station. This is like moving out of the limitations of our personal computer and into the Internet - only better. While some of the information on the Internet is true and some is not, all of the information we receive from the higher-self station is true - it comes from the Source of Truth.

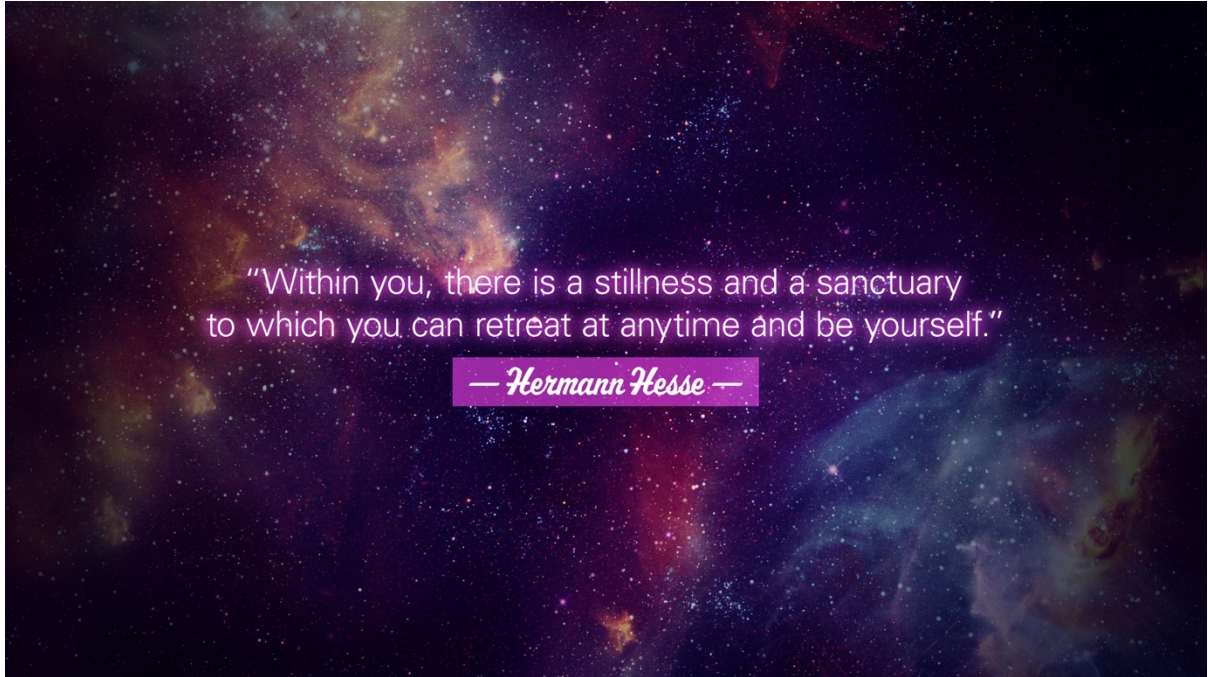
The only thing that stops us from choosing the higher-self station is our addiction to control. The ego mind wants control over our feelings, over others' feelings and actions, and over the outcome of things. When your desire for control is greater than your desire to be loving to yourself and others, and greater than your desire to live in truth, you will remain stuck in the ego station.

The ego station tells us that we can have control over things that we actually have no control over - others and outcomes. While we can have some control over our feelings with various addictions, this only leads to greater unhappiness. Our feelings are an inner guidance system, letting us know when

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we are on track or off track in our thinking and behavior, so suppressing them with addictions only lead to more pain.

You will discover great joy when you choose the intent to learn about loving yourself and others and access the incredible information that is yours when you are tuned into your higher-self station.



Chapter 4: Secret to Spiritual Success

The Spiritual Power Of Quitting

When you're faced with an insoluble problem do you ever think of quitting?
I'm not talking about

That's it! I quit,

as a general approach to life. I'm talking about something more profound.

If you're like me, you were raised never to quit. You were trained to push on, regardless of the odds, and finish everything you started. If you couldn't fix a situation, you'd live with it, no matter how it hurt.

I was raised in a family with favorites and not-favorites, good guys and bad. Roles could switch fast; you had to hustle to keep out of trouble. The roles I chose were favorite and good. I went through school and did very well, got good jobs, pleased my bosses and generally excelled. I never realized that my life was about playing roles, avoiding the pain of rejection.

Liberation occurs in wondrous and uncomfortable ways. After finishing my master's in Marriage, Family, and Child Counseling, I did an internship at a treatment center for runaway adolescents. It was a rough place serving disturbed kids and their families.

One day, I took a call from an upset parent, handling it according to protocol. When I came back the next day, the phone rang. The same parent was on the line, far more upset. Her child had run away from the center and she blamed

me. Our first conversation had been difficult this time she lobbed verbal grenades while I tried to dodge. She roasted me.

When the bombardment was over, I had a profound realization: I would never win with her. I couldn't say, I'm Sandy Nathan. I've gotten straight A's forever, I'm a superstar. Give me a chance. No. I was dog excrement to her and would be eternally.

It was shocking I couldn't win, no matter how hard I tried. I also understood why her kid ran away. In a hopeless situation, running away is an intelligent choice.

Since then, I've learned that the deep knowing that, I am never going to win here, is a gift. It comes after I've applied every skill and remedy I possess and is a signal to begin withdrawal. Many spiritual teachers talk about the power of letting go. My meditation teacher used to say, Freedom follows renunciation. When you formally reject or disavow something, you become free. When I say, I quit! I refer to the same concepts.

Quitting has two primary steps. First, the mental, This is no good for me. I quit. And you walk away, inside at least. Second, the exit strategy. If you're making a big life change, it may take years to complete your plan. If you walk away from that poisonous situation, your rent or mortgage payments will not change. You need to have a way of covering your expenses lined up before you physically leave. If you're in an abusive situation, you need to make sure that you're safe before you leave. Do your homework.

Your connection to the Divine is the most important thing in successful quitting.

That connection will sustain you while you go through the physical adjustments and mental permutations of making a major life change. A regimen of spiritual practice is essential. Prayer, meditation, positive thought, giving to your source of spiritual support and living a disciplined life are important while you're getting ready. They're crucial when you make your move. Know that you are free, even as you take the first baby steps out of the toxic dump. Keep going and you will have a new life.

The Secret To Spiritual Success

Before you are born, you sit down with your spiritual guides (for approximately 2 years Earth time) and together you decide what lessons you need to master during this lifetime, what negative karma you need to balance, and what personality traits you will possess during this lifetime to help you to achieve your life lessons. This forms the basis of what is known as your Soul Life Blueprint.

It is over the course of hundreds of lives that you choose to master higher qualities of love, forgiveness, unconditional love, tolerance, acceptance, compassion, empathy, wisdom, and many, many more. Throughout our lives we incur karma (or negative debt) through wrong action. This must be repaid over the course of our lifetimes, and every lesson mastered, before we can free ourselves from the Earth plane, never to return. 80% of the negative energy you feel inside is residual negative energy from a past life or past lives. It is through the process of rebirth or reincarnation that you seek to release this negative energy that you carry inside of you. This negative energy resides in your body's cell memory and subconscious mind.

You choose the circumstances that will provide you with the opportunities to learn your life lessons and to repay your karmic debt.

1. You choose your parents.

Choosing the right parents is important for the soul to achieve many of its life lessons, and each soul will choose parents that will challenge or teach it in some way. Sometimes it is necessary to choose a harsh or critical parent, who will challenge your internal power. You may not have stepped into your own power and need a dominant force to cause rebellion within your being, to awaken you. It may be that you chose a critical parent as a challenge to test your own self-love and acceptance of yourself. It may even be that you chose a critical parent because you yourself were highly critical of others in a past lifetime and this time you need to experience the injustice of being unfairly criticised and bullied for yourself, as well as repay the karmic debt you have incurred.

2. You choose your personality, your name and your date and time of birth.

Choosing your personality, your name and your date and time of birth is a precise action of your soul. Your soul is governed by astrology, or the governing forces of the planets. These planetary forces govern your personality, the way you act, and your internal desires and drives, so it is critical that your soul be born at the precise moment in time, so that you end up with the personality that your soul has chosen to learn its life lessons. Because your name, and your date and time of birth reflect your entire astrological make-up precisely, those trained in the fields of decoding astrology and numerology charts are able to provide you with an accurate and clear account of your soul purpose, your personality, your inner desires, and your karmic debt, etc. You may be wondering how it is that you choose your own name. The answer to this is simple. You psychically implant your full name into the minds of your parents who believe they have chosen your name for you.

3. You choose what negative events and trauma you will encounter.

In order to learn your life lessons and become stronger, you need to test yourself and overcome obstacles and often very difficult challenges that you have chosen for yourself before you were born. Hmm, you are saying, but what about free will? If we have predestined our life, what free will do we have? It is true that you have free will when you live on the Earth plane. Before you are born, you choose the many, many different variables or directions that your life could go in. And there are thousands! Your life is like a choose-your-own-adventure novel that you have chosen for yourself before birth. Together with your spiritual guides, you choose all of the possible outcomes that will enable you to fulfill your soul purpose.

4. You choose the negative people who will come into your life.

Every person who you encounter on your life-path is your teacher, and reveals to you what you still have yet to master. Especially those who are negative! The very thing you hate most in your enemies, those you hate or cannot stand, is usually the thing you refuse to see or recognize within yourself! These souls act as mirrors for you, and are very important beings for your growth and learning. Your enemies are usually your best or closest friends in the spiritual dimensions, and agree to challenge you on the Earth plane to help you achieve your life lessons.

5. You choose the time you will be awakened spiritually.

You give yourself a period of time to awaken spiritually on your own, without any help from spirit. Some choose to awaken later in life, others quite early. Before you are born you request from your Spiritual Master, that if you have not awoken to your spiritual path by the time you have set yourself, that everything that you hold close and dear is to be taken from

you, so that you may deeply reflect on your life and what is important to you. This may include losing your spouse, your car, your house, your job, your reputation, your money, your security, your health, whatever is necessary for you to see what is really important to you in your life.

6. Discovering your Soul Life Blueprint.

Each soul has encoded in its full name and date of birth its Soul Life Blueprint, which reveals specific lessons it is seeking to master in this lifetime, what karma it is seeking to repay, the purpose of its soul this time around, and the personality type it has chosen to accomplish each of these. Understanding this important information is The Secret to Spiritual Success. Your Soul Life Blueprint will help you to awaken to your spiritual path, and is an important road-map for those already awakened to mastering their life lessons. You will begin to see why you have attracted certain types of people into your life. You will begin to see why you act in a certain way, and what negative behaviors you are here to overcome. You will begin to see how negative actions in previous lives (karma) is still affecting you in this lifetime, and what you can do to correct this and turn your life around. You will begin to see why you have particular interests and desires, and what fears hold you back in your life.

Your Soul Life Blueprint will show you how you can implement new strategies specific to you to help you master your life lessons; it will show you what internal psychological stress patterns you can expect from your personality during this lifetime; and it will show you how to work through these internal stress patterns, how to bring harmony back into your life, and how to find peace within.



The **truth** is, no matter what your current circumstances, if you can **imagine** something **better** for yourself, you can **create** it.

— *John Assaraf* —

You Can Never Get Rid Of Your Problem

"I have a major relationship problem. Can you help me get rid of the problem, Sir . It just does not seem to go away." said the young man to the spiritual guru. The young man was very successful in his career but was unable to find a solution to his existing relationship issue. He looked very disturbed and had lost his composure. " I cannot help you get rid of your problem" said the wise sage but i can do one thing for you"

" I can help you get out of the problem" The young man looked more confused now. The smiling sage went on to explain what he meant by getting out of the problem.....

"Whenever you get into a problem there would be two or more people involved in every issue. You are one of them. The reason you find it difficult to

get rid of the problem is because the other person/partner does not accept your solution. You have no control over his/her decisions. This gives you pain and you are not able to solve the problem. You drain all your energy in making him/her accept your solutions, you even compromise to a certain extent but still the other person is not interested in your way of doing things.

Unfortunately, you cannot do much.... and you are frustrated. You do not want to take the extreme steps of separation with your partner and so you are lost

...

But there is another way to deal with the same problem. If you cannot get rid of the problem, you can get out of the problem. Here is how you do it. All the troubles, anguish pain and concern are created in your mind. It is your mind which makes you happy and it is the same mind which makes you unhappy. So if you can learn to train your mind to detach yourself from the problem the intensity of the pain would cease to exist. The problem would still exist externally but it does not trouble you beyond a point. It becomes powerless against your powerful mind. The external world exists outside where it should be and not inside where it should never have been. The way you go about making your mind powerful is by building this internal kingdom within you where you are the king and every other person/problem has to take permission from you before they enter into your kingdom.

The more you water the problem the more it grows. You have blown your external problem out of proportion and it keeps growing every day. However, you have never tried even once to build a rock solid support system within you which can tackle all these ongoing problems. The first step is to detach yourself from the problem and that's how you get out of the problem. It is wonderful and the rewards are gratifying. You ought to experience it."

Control is the most stupid word in the English dictionary and yet millions of people use it everyday and literally suffer. Right from our childhood we have been told to control our urges, our temptations, our desires and maybe even our dreams. Today i am going to reveal an alternate word which has been a secret weapon of all the great men and women who walked on this earth.

Smoking, Drinking, Casual Sex, Gambling, Chewing Tobacco,are common urges which many of us have developed over our life time. At some point of our life we want to get rid of them. But it just does not go away. We try to control them and they come back with more force and velocity and puts us down. We are never able to get rid of all those so- called bad habits. The more we try, the more we fail and we end up getting frustrated....

I took up this matter with my spiritual master. " You have to be very careful with the choice of your words, Vish. There is a sleeping demon within each of us. The moment you use the word control that demon wakes up and it tears you apart. No matter what you do it will not let you control your urges... So here is what i do. Whenever these temptations cross my mind i use the magical word Manage instead of Control.

Let me give you an example.... Let's say you had developed a sexual urge and it is getting too much everyday and you were not able to get out of it. You try to control it everyday but you fail miserably. The reason you fail is because you are trying too hard and you want to suppress the desire. Everytime you use the word control the demon within you wakes up and hits you on your head and says " Come on my boy have sex it is fun don't ever try to control me." You are overpowered by a superior personality within you over which you have no control. Try this experiment next time that you have a sexual urge. Tell yourself or your mind " Yes i have a strong urge to have sex right now and i accept it. I

am not going to deny it but i am going to postpone it for tommorow..." Say this and watch what happens. ...

When you use these words instead of the words you have using so far you learn to manage sexual desires instead of controlling them. The sleeping demon within you does not wake up when you use the words postpone. The demon is happy so long as you don't control it . By postponing it for a day you win the first round. You trick the demon within you. You allow it to sleep while you work on building your character. There is no one in this world who has mastered the fine art of controlling these urges. All the great men and women have learnt to manage these desires and not control them. When you practice this with genuine intention everyday you draw upon a power which slowly and silently kills the demon within you. The ability to postpone temptations is a sure sign of victory over them. These words weave magic for they are powerful.

Never try to control anything it does not work in the long run. Learn to manage instead of control. Apply this technique to any temptation you want to overcome and they will work like a charm. These are century old, scientific proven techniques which will reap in significant benefits if you believe in it and practice it daily.

Awaken the sleeping giant within and silently crush your demons today.

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"You have awakened when you realize you create
your reality through the energy of your consciousness."

— *Abraham Hicks* —

Chapter 5: Trust Your Intuition

Listening Within: The Awakening Of Intuition

We live at a time when the capacity to hear God's voice speaking within heart and mind 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 given a wish to return, and given time and attention paid to the voice of an inner knowing that may have previously been rejected.

This inner knowing is what we call intuition. It takes place in silence and in the presence of inspiration that arrives from another level that often requires asking and waiting. Though some intuitive perceptions are primarily focused within the human plane, for example, knowing someone well so 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, to the level of the personality or embodied self that receives such messages. In point of fact there need be no great difference between these two levels and humanity is progressively moving in this direction. And yet for many there still remains a large gap ñ 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, mind and heart have to be willing and there needs to be at least the beginning of trust in one's capacity to know.

Intuition does not need to be taught; it needs to be allowed. It is a capacity that has always been within us in a dormant state, awaiting our turning to it as

a flower turns to the sun. We can start with a small willingness 'to know' more of truth, light, and wisdom as it applies to our own life 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 this truth might be.

Prayerful 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 flow 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 today, when there are so many great issues before us as a collective humanity, and so many actions taken that can have a profound effect on all of mankind, it is especially important that we reclaim our ability to know and to trust 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.

For reasons that are both personal and are part of our belonging to the human family, 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. For it is a time in which the planes are coming closer together and we are being asked to do this for our own sakes and for the sake of all - 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 immediately before us. We can begin with a prayer to open; we can follow it with a period of silence and emptiness in which we do not know and wait to be shown; we can make ourselves ready to become vessels of truth and light. The recognition of intuition's gifts may not happen immediately, but it will happen, for all of life supports this growth in each citizen of planet Earth at this time, and all of life celebrates when one who has left the path of recognizing their Divine self begins to tread the path of return.



Our journey is about being more deeply involved in life,
and yet less attached to it.

— *Ram Dass* —

How Intuition And Inner Wisdom Can Strengthen You During Difficult Times

All of us were created with an innate inner wisdom which guides our lives, serves as an inner "truth meter" and helps us to make important decisions at critical turning points in our lives. Some call this natural gift intuition, spiritual guidance or "gut feelings".

Each of us connects to intuition in our own unique ways. Those with artistic or musical gifts may call upon their muse to inspire them with creative ideas. Those whose work involves great physical or mental endurance may connect with their inner wisdom by challenging themselves deeply to break through the barriers that usually stand between themselves and their inner gifts. Some of us may live very busy lives with little time to tune into our inner guidance, but our dreams serve as messengers to share with us the important information we may have tuned out in the midst of a busy day.

Our intuition is a profound gift which connects our embodied physical self with our divine spiritual essence. The soul can communicate with our embodied self

through this line of light, and we can develop this inner connection over time through meditation, prayer, and the desire to know ourselves more deeply.

Our intuition can be of great benefit at all times in our lives, and especially during times of great stress or difficulty. In situations where we are facing unanticipated challenges such as the loss of a loved one or an illness, many intense emotions arise from within us. Our habitual supports are removed or shaken, which can cause us to feel unmoored, adrift, without anything to hold onto.

Our intuition can act as a guiding compass, pointing us instinctively towards the supports we need to get through the difficulties we are facing. When our minds fail us because we feel overwhelmed, the voice of our inner wisdom speaks clearly and will repeat itself as often as necessary.

If we are accustomed to being in control of our lives, and then suddenly are faced with a situation we cannot manage, we may feel frightened and desperate because our usual methods of coping no longer are working. Intuition however, will always work, even in the direst of circumstances, because our embodied human self in the physical world is always connected with our larger spiritual self.

In a time of challenge or crisis, our spiritual support systems are activated from the spiritual realms. Our connection with intuition or guidance is strengthened, and those loving beings in the spiritual realms that watch over us and guide our lives provide extra assistance.

If we have become accustomed to discounting our inner wisdom, or have simply shut down the intuitive parts of ourselves through years of neglect, it

may feel as though we cannot find the thread of light that would re-connect us to our source. It is important to understand that no matter how disconnected we become from our divine inner wisdom, it is always present and available to us. Even if we have erected barriers to shut out our inner guidance for a time, these can be removed by our diligent prayer and intention.

If we have been disconnected from ourselves for a very long time, the process of reconnecting will often bring up old emotions, thoughts and memories that we may have hidden from ourselves that we were not ready to deal with. During this re-balancing phase, it is helpful to participate in some kind of regular spiritual or emotional support system that can help stabilize our inner connection with spirit.

One of the most challenging aspects of the healing process is remembering that emotions and memories from the past are coming up in order to be healed and released. A support system can help us to anchor in the strength of our inner being, to allow the emotions and feelings to pass through us and to release from our body, mind and spirit.

As this cleansing process happens, intuition and inner wisdom are naturally strengthened, for there are fewer barriers between ourselves and our spirit. This deeper inner connection can provide a source of wisdom, freedom, empowerment and comfort during difficult times, and will sustain us throughout life with greater love, joy and peace. Inner wisdom is a great gift, and is intended not only to bless our individual lives, but to share with others to bless all of life by our connection with the divine.

Chapter 6: Heed Your Divine Calling.

Eight Step Process For Manifesting Goals And Inner Potential

We all have an inherent need to grow, evolve and manifest ever greater realities. This is basic to our happiness and feelings of self-acceptance and self-contentment. Happiness can be created in two ways.

- a. By manifesting what we want ñ creating the reality we desire.
- b. By learning to be happy with what we have ñ with our present reality - until we can create an even more positive reality.

We effectively manifest our goals with these 8 steps.

1. Clarify goals
2. Set Intention (consciously and subconsciously)
3. Determine Actions and "sacrifices of love"
4. Remove inner obstacles
5. Employ efforts and program
6. Perseverance
7. Patience
8. Detachment from result

1. Determining and clarifying our goals

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a. We start by making a list of our goals.

What we would like to accomplish in the near and far future ñ before we leave these bodies?

We might be talking about any goals on any level. Some examples might be:

Health

Lose weight

A harmonious love relationship

Financial security

Abundance on all levels

Professional advancement

Professional satisfaction

Greater effectiveness in dealing with clients

Better relationship with time.

Able to be more assertive with others

Greater Athletic achievement

Greater success with the opposite sex

Dietary discipline

Increased creative ability

Learn to dance (paint, write, act etc.)

Learn a musical instrument

Learn a language

Public speaking ability

To be able to be totally honest with self and others

To be able to be myself in all (specific) situations

Better grades at school

Learn to fly a plane

Travel around the world (or to a specific place)

More effective communication with _____

Be able to Love ____ as he/she is

Overcome the pain of the loss of a loved one.

Overcome attachments and or fears.

Greater Concentration

Better Memory

Emotional maturity

Greater Self-acceptance

Greater Self-confidence

Mental development

Thought-free meditation

Happiness in all situations

Inner Peace regardless of external events

Selfless Love for all

Moral contentment

Many other possibilities

Please take time to choose a goal of your own or inner potential that you want to manifest.

Some of my present goals (inner potentials that I would like to manifest) are:

1. _____
2. _____
3. _____
4. _____

The first goal I would like to work on is: _____

b. Then we will want to understand why we want to manifest these goals or inner potentials. This helps us clarify why this goal is important.

1. What do we believe we will get or feel when we succeed? (What is the need behind the need?) (Happiness, satisfaction, self-worth, acceptance, recognition, peace, security, money, freedom, satisfy parents) Why do we want, need or desire to do this?

When I have manifested this goal (inner potential) I (believe I) will now have:

- c. Greater financial security
- d. Higher self-worth
- e. More acceptance/recognition from others

- f. Greater freedom
- g. Satisfaction
- h. Inner peace
- i. Long term Happiness
- j. Greater Self-actualization
- k. Moral satisfaction
- l. Inner fulfillment
- m. My parents' recognition
- n. Other _____

The most important of the above for me are:

Sometimes the goal may not be ours ñ but for our parents or for society ñ spouse.

2. Is this goal for me or for others? Is it a childhood programming?

3. Is this goal worth pursuing ñ as a process ñ even if the results are not what I imagine or would like? Is this ideal important enough for me to make the effort ñ not matter what happens?

4. Is this goal moving towards something or running away from something?

2. Set Intention (consciously and subconsciously)

Intention and Concentration on our goals means that we focus on them clearly and intensely (Without anxiety but with confidence that we will manifest them) and direct our energy, time, money and intelligence towards them.

- a. Daily positive visualization of ourselves having already achieved the goal will direct our energies in that direction.
- b. We can use our goal as a frame of reference in order to make decisions as to how to spend our time, money and energy. Every time we need to make a decision, we ask, 'will this enhance or inhibit my progress.

3. Determine Actions and "Sacrifices of Love"

Determine the actions needed to take to move towards goal:

- a. Actions we need to take ñ efforts we will make.
- b. What we will need to 'sacrifice with love^a.

a. What actions will I need to take in order to achieve this goal or manifest this inner potential?

Consider:

1. Study

2. Take courses
 3. Develop discipline
 4. Communicate with _____
 5. Come into contact with people or situations that I would prefer not to.
 6. Make an effort
 7. Work hard
 8. Wake up early
 9. Work extra hours
 10. Overcome fears
 11. Overcome attachments
 12. Travel
 13. Forgive
 14. Be honest with self and others
 15. Confront _____
 16. Learn new concepts and techniques
 17. Give much time
 18. Exercise daily
 19. Admit faults - mistakes
- Other _____

b. What might I have to 'sacrifice with love?'^a (Have less of in order to have the time, money and energy to manifest this goal?)

Consider:

1. Less food
2. Less time for recreation, TV.
3. Less rest or sleep
4. Less of some specific activity _____ .
5. Less money for other needs.
6. Less social life
7. Giving up cigarettes, alcohol - other pleasures

Other

4. Remove inner obstacles

We then need to remove any inner obstacles with Energy Psychology (<http://www.HolisticHarmony.com/eft/index.asp>) or other techniques for overcoming all internal and external obstacles.

Our abilities, power, virtues, qualities, talents and inner potentials are all natural inner qualities waiting for manifestation. They are not so much developed as they are revealed from within.

An analogy would be an 'inner lake'^a full of various qualities and abilities that are all ready to flow outward and manifest in our daily lives. But there are certain obstacles that prevent this flow. Our job is to remove these obstacles so that the innate wisdom and power can freely flow.

We then identify the following categories of 'obstructing emotions'^a that can be removed with Energy Psychology or any other means.

a. Feelings about not having yet succeeded. We might feel guilt, shame, disappointment, disillusionment, self-rejection or anger at ourselves or others who might be 'responsible'^a. Perhaps we feel that it is not worth trying any more. Such feelings can cause so much energy to be lost in negativity that not enough actually moves towards making the necessary changes.

b. Feelings we have about making the effort.

1. What do we need to do? (Exercising, studying, traveling, speaking to others, classes, seminars, exerting self - as mentioned above). We might feel suppressed, fear that the effort will be too tiring, or that we will lose our freedom or that we might fail.

2. What might need to give up, (food, freedom, cigarettes, drinking, rest, vacations, time with friends, Television, sleeping late) We might fear feeling suppressed, unhappy, losing our freedom, tense etc.

c. Feelings about succeeding ñ We may feel that we are not worthy of such success, or that when we actually do achieve that goal, we will have to give up something else important to us.

We might fear that:

a. I do not deserve to have it or fulfil this goal

b. I cannot have or manifest this goal.

- c. I am in some type of danger if I fulfill this goal.
- d. I am not capable of fulfilling this goal.
- e. Others do not want me to have or fulfill it. I do not want to hurt them or come into conflict with them.
- f. I will lose others' love if I succeed or fulfill this goal.
- g. I will not be a spiritual person if I have this or fulfill this goal.
- h. I will feel guilty if I have this or fulfill this goal.
- i. I will harm others if I fulfill this goal.
- j. I am guilty and not worthy and I should not have or fulfill this goal.
- k. Since I have not been able to have it until now, then I will not be able to fulfill this goal.
- l. I will lose my freedom if I fulfill this goal.
- m. I might have to sacrifice some source of security in order to fulfill this goal.
- n. I might give satisfaction to others - something which I do not want to do.
- o. The others might cease feeling guilty about me.
- p. I might lose my control over others.
- q. My other desires will be unfulfilled if I have or fulfill this goal.
- r. The effort to achieve this goal will be painful or unpleasant.
- s. I do not have the necessary discipline to manifest this goal.
- t. Other _____

(This subject is discussed in detail Free to be Happy with Energy Psychology.
<http://HolisticHarmony.com>)

A technique for discovering obstacles

1. A good way to discover our specific obstacles is to do a relaxation technique and:

a. Think about the fact that we have not yet achieved our goal and discover how we feel about not having done so yet. If we find that we have negative emotions about not having succeeded yet, we will need to employ EFT or other methods in order to be free from them.

b. Then, we imagine ourselves making the effort towards that goal and see how we feel about making that effort. (Do we enjoy it, or do we feel suppressed, fearful or discouraged? Do we feel that it is in vain to make this effort ñ because we will never succeed?)

If we find we have resistance towards this effort, then we will need to free ourselves from the emotions and beliefs that make the effort itself difficult or unpleasant.

c. Now, we imagine ourselves having succeeded in this effort and see how we feel now that this is not an issue any more.

5. Employ Efforts and Program

Now we consciously direct our energy towards our goal. We willingly, intelligently and lovingly sacrifice other possibly conflicting needs in order to achieve our goals.

6. Perseverance ñ

We persevere in our efforts towards those goals and towards removing all obstacles. We give our energy daily until we are satisfied with the results.

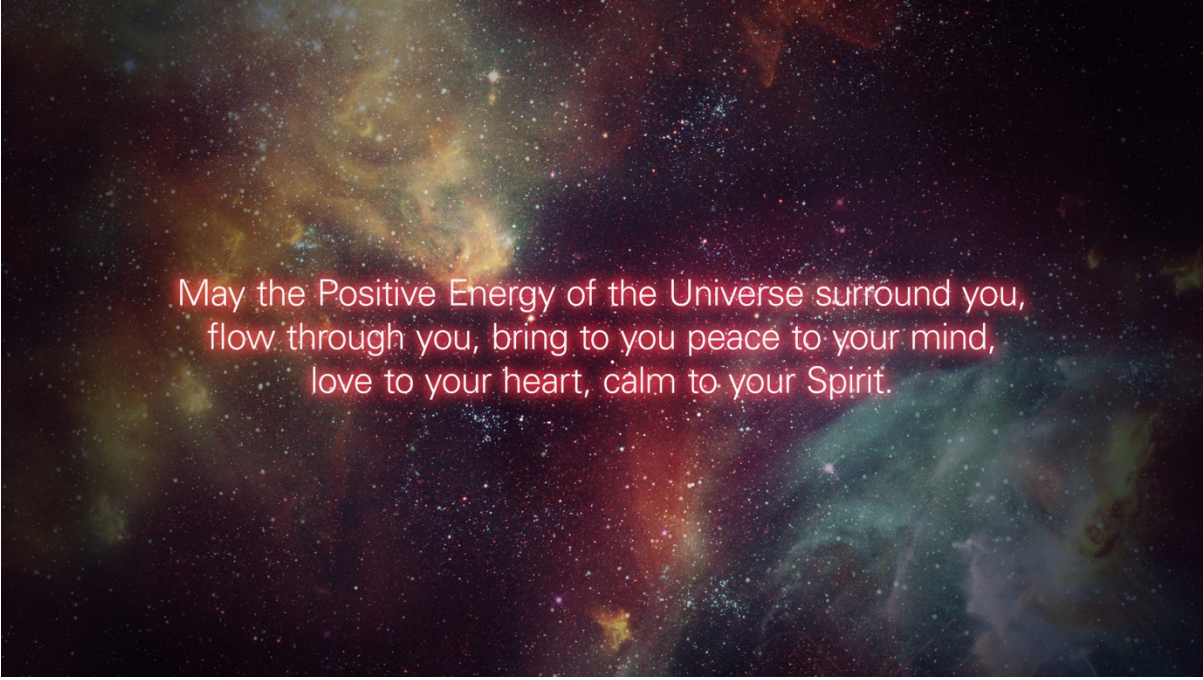
7. Patience

We are patient for the results to come. This is important so as not to give up.

8. Detachment from result ñ and from identifying self-worth with result ñ

We detach ourselves from the results of our efforts and have faith that the result will be whatever is best for our evolutionary process. Sometimes we need to accept not having and experience self-worth, security and happiness without, before the way is free to manifest what we want. Also anxiety about the results often distracts our focus on our best effort.

Your Divine Soul Purpose



May the Positive Energy of the Universe surround you,
flow through you, bring to you peace to your mind,
love to your heart, calm to your Spirit.

Remember, You Don't Need Permission.

"At work, every time I have to speak at meetings, I get so stressed."

"I'm taking a class and I'm always afraid to raise my hand and ask a question."

"I'm fine one to one, but as soon as I get into a group, I'm so tense I can hardly stand it."

"I'm totally relaxed with my women friends, but as soon as I'm with a guy I like, I can't be myself."

Each of these people are anxious and stressed because they want to get approval and avoid disapproval. What are they telling themselves that is causing their anxiety?

"Oh God, I better not forget what I want to say and make a fool of myself."

"The teacher might think the question I want to ask is a dumb one."

"If I say the wrong thing no one will like me."

"I better not say something completely stupid."

Each of these people are telling themselves things that are causing anxiety, and underneath these self-judgmental statements is a deeper belief:

"If I say or do something wrong or stupid, they won't like me and that means I am not okay."

The need for approval and the fear of disapproval comes from the belief that others are responsible for your worth. If they like you, you are okay, and if they don't like you, you are not okay.

If you are a person who seeks others' approval, then you have made others responsible for sense of worth.

Imagine that you have a child, and instead of loving this child, you keep giving the child away to others to define. You keep saying to this child, "You better do it right because you if they don't like you, then you are not okay." The result would be that the child would feel very insecure and unlovable, because you kept giving him or her away to others for approval.

When you make others responsible for your sense of worth, you are doing the same thing on the inner level - giving away your own inner child. Instead of defining your own worth, you are making others responsible for this.

This is a very hard way to live. You have to constantly try to figure out what someone else wants of you to get approval and avoid disapproval. Your good and bad feelings are dependent upon how you look and how you perform, so you have to be constantly on your toes.

What if you were to take on the responsibility of defining your own worth?
How would you go about doing this?

One of the problems in defining your own worth is that you may have been programmed to see yourself through the eyes of your parents, teachers, siblings and peers. If, when you were growing up, you got judged, criticized, rejected or ridiculed, you may have incorporated others' images of you into your own mind. So you can't define your own worth and lovability from your wounded self - your programmed ego mind. You need to define yourself through the eyes of love, not the eyes of judgment.

Start with imagining an older, wiser part of you, or imagine a person from your childhood who really loved you. Imagine that you can see yourself as a child through the eyes of this other person or through the older part of you. What do you see? Can you see your innocence, your lovingness, your sense of wonder, your creativity, your aliveness? Open to seeing who you are in your essence - your true Self.

If you were to practice seeing who you really are - not who you are in your wounded programmed self, but who you are in your essence Self - you would start to value your own beautiful essence. As you value your essence, you would start to treat yourself in kinder, more loving ways.

The more you practice doing this, the better you will feel about yourself and the less you will seek approval from others. In time and with practice, you will find yourself feeling so much happier and more peaceful!



To expand your mind is to go inward,
to your **SOUL** centre, **CONNECT** with
your higher **CONSCIOUSNESS** of
SELF where you are limitless.

Calm Your Mind And Spirit Through A Spiritual Retreat

A lot of the busy people nowadays are actually really prone to undergoing all sorts of stress related activities from high tailing it from one meeting to another or giving a presentation or a report that took weeks before it could be finished. Such stressful activities can really be jarring on the nerves which is why a lot of people become cranky and would not care less about how they associate with other people anymore.

1. Regain Self

When this happens and that person has already lost contact with his or her spiritual self as well as a good relationship with God, then it is really time to file for a vacation leave for your self and join a spiritual retreat wherein you will be able to calm your nerves and senses so that you will be able to go back and think about the really important things in life. Acknowledging people's

importance in your life and how you greatly appreciate their constant presence in your life will really be able to help you have a successful spiritual retreat.

2. Cater To Your Needs

When it comes to joining a spiritual retreat, you must consider the following things when trying to pick out from the various spiritual retreat venues the ones that will really be able to cater to your spiritual needs as well as will be able to foster your spiritual well being. There really are a lot of spiritual retreat venues that are available nowadays for people who would just like to get away from it all and what is great about it is that you need not worry about being bored to your wits in these spiritual retreats since the organizers of these spiritual retreats have already made it possible that you will actually have a good time in their spiritual retreat programs.

- Talking about your feelings
- Your anger
- The world
- Your frustrations
- Your hopes
- Rekindle your relationship with God

3. Aims And Goals

A spiritual retreat aims to answer all these doubts and reassure you that God is certainly with us, always guiding and protecting us from harm. Like if your car

has been bumped by another car and it has left a deep dent on the back, you can be rest assured that God is still protecting you since at least you were saved from any bodily harm and that your car is just a material possession that if you really work hard on it, you can actually still have it fixed or you can just buy a better model. A really enables you to become more objective when it comes to dealing with certain situations and to not get easily angry with others as well as with God.

4. Relaxation In Paradise

Still, there are those who go on to spiritual retreats hoping that they will be able to just have the time to reflect on the things that they have done and let go of all regrets - the chances that they did not take as well as all the wrong things that they have done. Because as the cliché goes, it's all in the past. While a spiritual retreat is really meant for looking back on your past in order to be able to have a better looking future with your newfound faith in God as well as in yourself. It is highly important that you should also be to finally let go of the things that have been bothering you in the past therefore not enabling you to live your life accordingly to God's will.

A mind that is stretched by a new experience
can never go back to its old dimensions.

— *Oliver Wendell Holmes* —

Final Chapter: Conclusion

Hopefully this book has given you a comprehensive overview of the topic of Spirituality and hopefully it has shown you how it can improve your life on a lot of different levels.

Don't stress too much if you can't seem to follow these lessons.

You do not have to be perfect.

Take one step at a time.

Slowly plant the seed in your mind. They are very important, so if you need to take your time to be comfortable with them, take it. Find your own rhythm and follow it, without trying to accelerate it. The most important thing is to always keep yourself on track. Once you are following them, you will slowly understand and enjoy the new life they will give. I guarantee you that these lessons ensured a greater life for me, as they will to you.

I hope my book helps you. If you find my eBook useful, don't miss the opportunity

to recommend this to all the people you love, you could be making a huge positive

impact on their lives.

And, finally, I thank you so much for reading my book.

I hope you use this knowledge wisely and wish the best of luck to you.

Your #1 Fan,

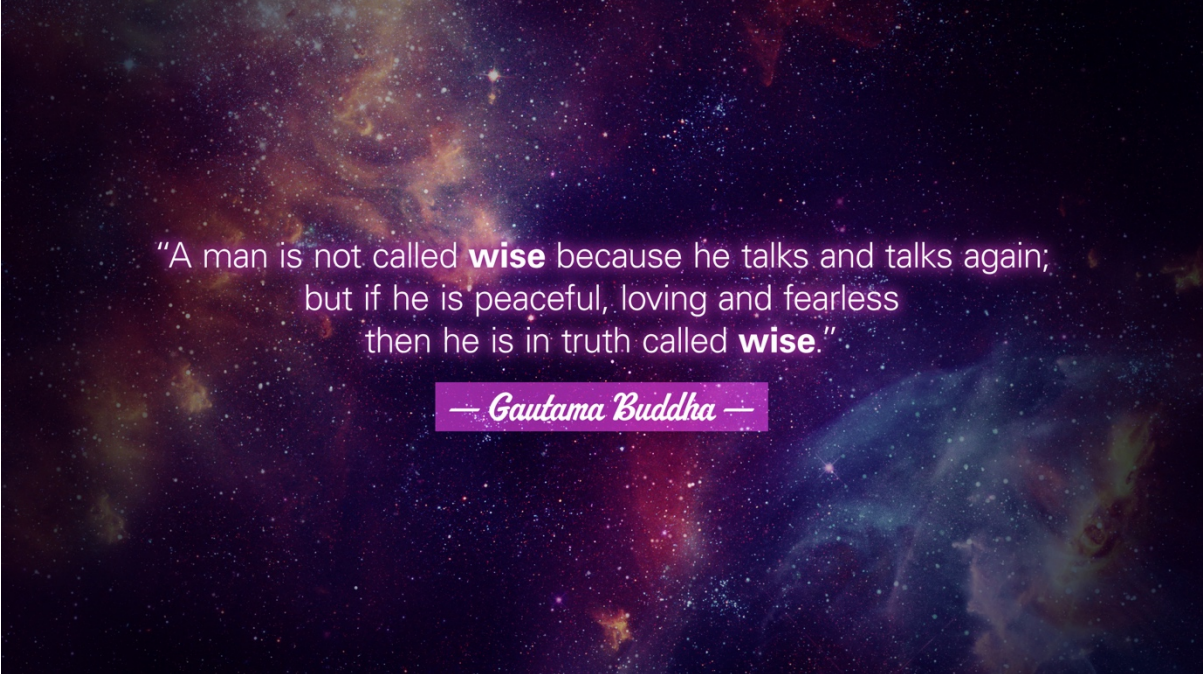
Gin,

Founder of

<http://GinTheVagabond.com>

and Author of

Your Divine Soul Purpose



"A man is not called **wise** because he talks and talks again;
but if he is peaceful, loving and fearless
then he is in truth called **wise**."

— *Gautama Buddha* —