

WEDNESDAY, 29. JUN 2016, 11:10 PM • QINGHAIHU LIANDUJIA INN, HAINAN

“Believing that you create every experience as an opportunity to grow will change your legal system, your government, your schools, and even the products that people manufacture.”

Excerpt From: Sanaya, Roman. “Spiritual Growth: Being Your Higher Self (Earth Life Series).” LuminEssence Productions, 2012-01-26T16:00:00+00:00. iBooks.

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我真的开始去注意每一件发生在身边的看似重复的事件里找到自己的习惯性做法里希望改变的，开始改进的更快啦。比如妈妈的事件，是我确确实实在为了改变做准备的过程。

WEDNESDAY, 29. JUN 2016, 11:23 PM • QINGHAIHU LIANDUJIA INN, HAINAN

“You can choose to live in the reality where your loved ones fulfill their potentials and become all they can be”

Excerpt From: Sanaya, Roman. “Spiritual Growth: Being Your Higher Self (Earth Life Series).” LuminEssence Productions, 2012-01-26T16:00:00+00:00. iBooks.

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I will try to dream this everyday, for kuki.

SATURDAY, 10. JUN 2017, 10:40 PM • S12 AIRPORT EXPRESSWAY, BEIJING

“Think of the Solar Light as often as possible when you wake up or fall asleep, and at other times during the day. Doing this increases your ability to be aware of light and to radiate light. You can create many wonderful changes in your life in this way.”

Excerpt From: Sanaya, Roman. “Soul Love: Awakening Your Heart Centers.” LuminEssence Productions, 2012-01-26T16:00:00+00:00. iBooks.

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TUESDAY, 20. JUN 2017, 10:53 PM

“Your most powerful experiences of your soul may initially come when you contact your soul in a state of meditation.”

Excerpt From: Sanaya, Roman. “Soul Love: Awakening Your Heart Centers.” LuminEssence Productions, 2012-01-26T16:00:00+00:00. iBooks.

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TUESDAY, 18. JUL 2017, 11:10 PM • S12 AIRPORT EXPRESSWAY, BEIJING

“her level of trust may be so undeveloped that her ability to make money cannot happen until she develops more faith and trust in herself”

Excerpt From: Sanaya, Roman. “Living with Joy: Keys to Personal Power and Spiritual Transformation (Earth Life Series).” LuminEssence Productions, 2012-01-25T16:00:00+00:00. iBooks.

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THURSDAY, 3. AUG 2017, 1:13 AM • S12 AIRPORT EXPRESSWAY, BEIJING

“You may experience your perspective changing from a focus on yourself and your life to an increasing awareness of how your actions affect others.”

Excerpt From: Sanaya, Roman. “Soul Love: Awakening Your Heart Centers.” LuminEssence Productions, 2012-01-26T16:00:00+00:00. iBooks.

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## Being Your Higher Self

When I channel Orin, I am in a

peaceful state similar to meditation and am conscious of his guidance as it comes through me.

I perceive his guidance as a stream of thoughts alongside my own, and I am aware that we have two distinct streams of consciousness. I feel as if I am bathed in light when I channel; there is an incredible sense of love and understanding. Orin's words seem like a fraction of what I am experiencing; there is a richness of feeling, pictures, and illumination transmitted with his words that are beyond description.

### How to Use This Book

This is a course in spiritual growth. Section 1, Reaching Upward, is about becoming one with your higher self and connecting with the higher powers of the Universe — the Universal Mind, Higher Will, and light as a living entity.

The second section, Opening Inward, is about creating oneness with all the parts of yourself through opening your heart. You can learn to love yourself more, allow even better things into your life, calm your emotions, live in the void, choose the reality you want, and change your experience of time.

In the third section, Expanding Outward, you will learn about creating oneness and unity with all life on your physical plane and becoming a source of light. You will have the opportunity to learn more about who you are, your higher purpose, and how to take your work out to the world and grow through service. Empowering others will assist you in going even higher yourself.

### Greetings From Orin!

You are living in a dramatic and exciting time. There are waves of energy passing through your galaxy that are altering the course of all life they touch. These waves affect the very nature of energy and matter, bringing all matter into a higher vibration. Although it is just beginning to come to the earth plane, you may already be feeling the effects of this higher vibration of light. You may be receiving more insights, experiencing more frequent psychic and telepathic energies, and feeling a deeper need to know your life purpose and put it into action. You may feel you have less time and more to do, for these waves of energy and light also change the nature of time.

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**You may be receiving more insights, experiencing more frequent psychic and telepathic energies, and feeling a deeper need to know your life purpose and put it into action.**

**You may feel you have less time and more to do, for these waves of energy and light also change the nature of time.**

You can ride this wave of light and experience more joy, peace, and love than you have ever known.

Begin to do so by embracing your spiritual growth, linking with your higher self, and working with light. As you do you will learn to become transparent to others' energies, love and appreciate yourself, and become a source of light. Take small steps as they appear to you, grow in harmony with nature and the Earth, and then you will be in alignment with the higher vibrations this wave brings.

You are building a body of light.

You are evolving into a new race of beings. Because of the new, massive influx of light, a body of light is opening up in the human aura. You can know it is evolving in you by your desire to follow a spiritual path. In the beginning stages light is built around the heart and slightly above the heart in your upper chest. These waves of light are challenging you to open your heart and bring both your "energy" heart and physical heart into a higher vibration.

Your body of light allows you to become a radiating source of light. Much as the Earth generates its own magnetic field continuously, as you build your light body you will generate and radiate light that will assist you and others in going higher.

As you build your light body, your intellectual mind will still be strong, but it will blend more with your intuitive mind. You will find yourself drawn to those things that are creative and challenge you to reach into deeper levels of your being.

You are preparing to become a telepathic race, and part of your preparation is to become aware of many other realities. You are experiencing a constant flood of new information and input from many sources. This is assisting you in developing the quality of discernment as you decide what to accept as your truth. When you are completely open telepathically, you will want to have the ability to select what comes into your field of awareness, be able to stay in your center, and understand and detach views and beliefs that are not in harmony with yours.

You came here to build your body of light and transform matter into a higher vibration. You call this transformation "spiritual growth." As you grow you become your higher self, a being of light. As you grow you are bringing the high, fine energy of your higher self into matter and transforming the potential of consciousness in this dimension.

You may have noticed that in the last few years you have grown rapidly, gone through many transitions, and learned many new things. As these waves of light grow stronger, more and more people will be waking up to what you are already experiencing. As they do, you will have more and more opportunities to be a teacher and a source of light to everyone around you.

## Meditation 1 Being Your Higher Self

The purpose of this meditation is for you to connect with that part of yourself that is your higher self, and feel your higher self as you.

For all the meditations, sit quietly, focus your mind, relax your body, and start by taking a deep breath. You may want to put on music that calms you and takes you higher. You can do the meditations by reading them to yourself, having a friend read them to you, or by recording them and playing them back. You may want a pen and paper or a recorder to record your answers.

Steps:

1. Sit with your eyes open or closed. Adjust your posture so that you are comfortable, perhaps putting your hands at your sides. Begin by taking a few deep breaths.
2. Imagine your entire body relaxing, starting with your toes. Bring a feeling of relaxation into your feet, calves, and thighs, then up into your abdomen and lower back, chest, upper back, and shoulders. Next, relax your arms, hands, neck, head, and face. Let the muscles around your jaws and eyes relax. Do this until you feel peaceful, focused, and physically comfortable.
3. Adjust your posture so that your energy can flow more easily up and down your spine. Breathe a full breath into just your upper chest, moving your lower diaphragm and abdomen as little as possible. Breathe into your upper chest several times; notice how you feel. Now breathe into your abdomen several times, following this with several breaths into both your upper chest and abdomen.
4. Straighten and lift your upper chest with a deep breath, so your spine is more upright. Notice that as you do this you may also want to adjust the back of your head and neck to the most comfortable upright posture. This helps create fluidity in your emotional body, opens your heart center, and makes it easier to think in higher ways.
5. You are now ready to meet your higher self. Imagine that you are being joined by many high beings who are sitting in a circle around you. Feel the peace, joy, and love all around you. These beings are here to assist you in meeting your higher self.
6. Imagine your higher self in the distance, beginning to come toward you. You might picture it as a beautiful, shimmering, radiant light. Greet and welcome your higher self and invite it to come closer. Mentally ask your higher self to assist you in making a stronger connection. Feel the radiance of its love surrounding you and embracing you. Feel the light coming to you from your higher self, increasing your vibration. Your higher self is now merging and becoming one with you. Feel your molecules and atoms merging with it, as if you are reclaiming a part of your energy. Let your higher self merge with you even more until all your energy patterns are taking on the radiance of your higher self. You and your higher self are now one.
7. As your higher self, open your breathing to create a greater flow of energy in your body. Adjust your posture so that you are sitting as your higher self. As your higher self, adjust your shoulders and chest to reflect your confidence and wisdom. What facial expression do you have as your higher self?
8. Think of a situation you want guidance about. As your higher self, you are going to give yourself advice about this situation. Imagine you are a wise teacher and consultant. What advice would you give yourself on this situation? You may want to speak out loud or write down your answers.

9. As your higher self, do you have any other messages, perhaps about your spiritual growth, your higher purpose, or anything else?
10. Open to experience the peace and harmony of your higher self. If you have any worries, turn these over to your higher self, asking for its assistance. As you continue to make contact, know that your higher self is going before you, opening the way, assisting you in bringing about your higher path in all circumstances.
11. Thank your higher self for becoming one with you and sit as long as you like as your higher self.

I will call this the "higher self" state. You may want to use the steps just described for those meditations that follow that say, "Get into your higher self state for this meditation." You will find that the more you practice this state the more you will want to think about your future and important decisions only when you are in this state. As you go into your higher self state, you gain the skill and ability necessary to live your life as your higher self.

## Meditation 2 Creating With Light

The purpose of this meditation is to learn how to call light to yourself, charge yourself with light, and radiate light.

Steps:

Get into your higher self state for this meditation.

1. To call light to you and charge yourself with light:

a. Imagine making your energy as beautiful as possible. Imagining you are doing so is all that is necessary to make it beautiful. As you are making your energy beautiful, make any physical shifts in your posture that make you more comfortable, allow you to breathe deeply, and let the energy flow along your spine.

b. Take a deep breath and invite light to come to you. Light is a living consciousness that responds instantly to your call. Let it come into your spine; imagine your spine as a rod filled with light extending above your head and below your feet. From your spine, radiate light outward to your body. Imagine adding lines of light throughout your body so that you can hold more light at a physical level. Send light into your cells, to your DNA, and then into the atoms in your body. Completely fill your body with light.

c. Make this light the most beautiful color you can imagine. What color is it? Is it a golden light, or do you imagine a white or bluish-white light? Make this light's intensity and radiance just right for you.

d. Imagine this light as a sphere or cocoon all around you, in front and back, above your head and below your feet. Extend this light beyond your body into the room. Make your sphere of light so large it fills the whole room or beyond. Then, make it so small it fits very close to your body. Decide how large you want your sphere of light that feels just right. Does your sphere have a defined boundary, or does it just gradually fade out? If it has a defined boundary, where in the room does this light stop?

2. Radiating light:

After you have called light to you and charged yourself with light, you can send light to many different things. You can send light to your ideas, the future, your higher purpose, your body, thoughts, and feelings. You change the energy of whatever you send light to into a higher, finer vibration. Radiate light when you are in a situation you want to change, or send light to other people to assist them.

a. Think of a person you want to send light to. Start by sending light to this person through your whole body. Notice how it feels. Next imagine light coming out of your eyes, hands, or heart and going directly to this person. Use the way of sending light to others that feels the most comfortable and right to you.

b. Think of something you want to send light to. Call light to you and charge yourself with light. Imagine yourself being as clear as a crystal, so that you are a pure transmitter of light. Then, send light to whatever

you have chosen. Next, send energy through your heart and then through your whole body to this thing. Use the way of sending light that feels the most comfortable and right to you.

c. Think of other things you want to send light to, such as world peace, the Earth, animals, or whatever you like. Notice that as you send light your own light becomes brighter and more beautiful.

d. You have now learned how to call light to you, charge yourself with light, and radiate light.



## Meditation 3 Connecting With the Universal Mind

The purpose of this meditation is to connect with the Universal Mind and bring something you want from the world of un-manifest energy into physical form.

For this exercise, think of a specific thing you want, something that is a definite object or thing, not a relationship or a quality such as inner peace.

Steps:

Get into your higher self state for this meditation.

1. Imagine a gridwork of light around your head, extending straight upward into the higher dimensions. The higher it goes the finer and more beautiful the gridwork becomes. Send your awareness up along this gridwork and imagine you are leaving your Earth reality and going into the world of essence that is the Universal Mind.
2. See yourself meeting with the unmanifest energy of what you want to create. Use your imagination to picture it. Does it have a pattern or color? Can you sense or feel it? Can you make it into a symbol?
3. Make the image more flowing, open, and harmonious. Enhance it even more, perhaps adding color, fragrance, and beautiful sounds. Make its colors and its patterns more beautiful. Make it a size that feels good. Imagine that the unmanifest energy of what you are creating is alive and let it interact with you. Now add light to it. If you are working with a symbol, interact with this symbol.
4. You are now ready to bring this into your physical world. Let the energy of what you want change into subatomic particles of light. Create the particles with as high a vibration as you can imagine. As you change its energy into particles of light, see it crossing from the world of essence into your world of form. Let these particles of light begin to coalesce. Imagine them having a shape and mass as they come together.
5. Open your heart to receive these light particles that represent the energy of what you want. Greet them with love and embrace them as you draw them toward you.
6. Bring these subatomic light particles into your DNA located in the center of every cell. Feel the light particles penetrating all your DNA, which are encoded with your life's program. Imagine your DNA is now cooperating to bring this thing into your life in its highest, most useful and appropriate form. The light particles of this thing are harmonizing with your life through your DNA so that it comes to you easily and fits into every part of your life.
7. Radiate light particles of what you want from your DNA into all your cells, and then to your emotions and mind.
8. Pretend you already have this thing in your life. How do you feel now that you have it? Imagine you are creating a time and space for it. How much space does it take? How close in time are you putting it?
9. Thank what you want in advance for coming. Affirm that you are ready to have it in your life. Be ready to receive it and recognize it when it comes. As you return to the room, feel your new connection to this thing you are bringing into your life.

## **Meditation 4 Linking With the Higher Will**

The purpose of this meditation is to energize your reaching your highest evolution and potential in this lifetime by aligning with the Higher Will.

Steps:

Get into your higher self state for this meditation.

1. Close your eyes and sit quietly. Ask your higher self to show you a symbol that represents your highest evolution for this lifetime. Take whatever picture comes to your mind, for it will be the perfect symbol to energize at this time. What does this symbol look like? Imagine you are standing in front of this symbol. Picture energy coming from your higher self and going directly into your symbol, energizing it. Surround your symbol with light.
2. Imagine you are placing this symbol on top of a mountain. Connect it to you with a path that stretches in front of you all the way to the top. What does this path look like? Choose the path to the top that looks the most inviting, from a slow, winding one to a steep, direct path.
3. See yourself joyfully going up this path all the way to the top of the mountain. You are balanced and calm on your journey. You have a vision and it always guides you to your highest future.
4. Now imagine yourself at the top of the mountain. Congratulate yourself on your single-minded dedication to your purpose. Imagine how you will feel as you manifest your highest potential, awaken spiritually, and radiate light to others.
5. Stand in front of your symbol and imagine linking with it. Imagine this symbol radiating light and energy throughout your body, until every cell has aligned with your spiritual growth and higher purpose. Bring the symbol into your heart, merging completely with it. Then release this symbol to the Higher Will.
6. Feel your unity with the Higher Will. You might envision a beam of light from the Higher Will coming down and into solar plexus, the area above your navel, linking your personal will with the Higher Will.
7. There is a broadcast coming from the Higher Will of humanity's path of highest evolution. Imagine you are tuning into this broadcast and aligning all your energies with the Higher Will, the path of humanity's highest evolution, and your part in it. Your higher purpose and life's work can unfold in a greater way and everything you do can be more in alignment with the higher current as you do this.
8. Continue to enjoy the view from the top, as well as the good feelings you are experiencing. You may stay as long as you like. You have just energized your higher purpose and joined the higher current of the Higher Will.

## Meditation 5 Seeing the Bigger Picture

The purpose of this meditation is to journey to the Akashic Records to learn more about yourself, including why you chose this lifetime, what your higher purpose is, what lessons you came to learn, and more about your service to humanity.

The Akashic Records are kept in the Library, a place that exists in the higher dimensions beyond the physical world. The Akashic Records contain information about your and others' lifetimes, information about your growth, your life's goals, and more.

Steps:

Get into your higher self state for this meditation.

1. Call light to you and imagine a cocoon of light all around you. Make the light beautiful and the cocoon of light just the right size that feels good. You might imagine this cocoon is like a bubble that you can ride in. Imagine yourself floating higher and higher, being carried into the higher dimensions in your bubble, until you are at the Library.
2. You are standing in front of the Library. What does it look like? When you are ready, enter the Library and look around. You can see row upon row of books, representing information about your and others' lifetimes.
3. You are met by a very high being, who greets you warmly. Mentally tell this being you want to view the records of your lifetimes. Upon making this request you immediately find yourself in front of your higher self's records, for in the higher dimensions as soon as you think of something, you experience it.
4. These books contain information about the goals, purposes, and contributions of all your lifetimes. Pull out the book that contains your records of this lifetime. What does it look like? When you are ready, open this book and look at the first page. The first page has a dedication to the essence of your life's work and the contribution you came to make in this lifetime. What is written here? It is fine if you use your imagination, for that is how the insights will come to you about what is written here.
5. Turn to the next page. Here you will find more about your life's work and the contribution you came to make. Let yourself imagine what is written here.
6. As you turn to the next page, you find the qualities you are working on in this lifetime — such as love, courage, trust, and compassion. What are some of the qualities you are currently working on developing more fully?
7. If there is anything else you would like to read about, do so. What are some of the important events in your life that have been recorded in the Akashic Records? What are you working on now that is most important when viewed from the perspective of your higher self?
8. When you are ready to leave, imagine you are outside the Library once again. Put light all around yourself, and let your bubble of light carry you back to where you are right now. If you want additional information about your life, you can return to the Library anytime you want.

5/11/2017



看他们还在 landmark RPPlace 的日记  
那时情绪又低落, 日记许多事  
是整理相关.  
同时还在思考与家人的问题.  
Kiki 正在思考前工作问题, 没有

现在, 我来到了当时想要抵达的地方.

清理掉几乎我所有大部分衣服 (中间还习惯性地购  
买, 也中间处理掉).

家人的情况也好转了, 我与他们的关系也变得许多.

Kiki 工作的问题和以前一样么? 看上去好多了.  
产生问题时, 会有相似的地方, 但在这儿日累月累给他相信  
帮助他克服问题而总结.

又将会去哪里呢?

还是去那里, 这段路, 我知道我会去那里, 那里自己想去  
的地方.

kiki. K

健康上的变化/进步, 从L的时候比较, 到现在固定运动.  
按照这样的发展以后会更加需要更高强度的运动吧.

饮食上也没有十分可担心的, 更加重视做饭, 做简单, 健康  
吃的蔬菜明显比以前要多啦.

在L的时候尝试拍视频做系, 可是电脑配置太低了, 拍  
了2个视频, 太慢. 到了MOMA 终于升级电脑, 相机, 可是屏幕  
太小, 放不下灯具, 不生也好, 反正现在 experiencing 许多新元素.

整理时: 再买任何事物都极为小心, 除了消耗品以外, 都尽  
量只留换已有老旧/不可用, 为主, 任何多余的物品都小心.

其实现在整理的许多收纳的盒子都便宜了, 已经是很大的  
明显的进步啦!!

任何时刻都尽量记住.

想要达到的状态: FREEDOM, 不再需要频繁购物而自由.

做自己想做的事物而自由, 拥有时间的自由.

成为自己的目标.

行动时有魄力, 遇到困难时又很静.

## Meditation 6 Opening Awareness of the Inner Planes

The purpose of this meditation is to open your higher center of telepathy and to meet the higher community of beings who are working together on the inner planes to assist all who are awakening or asking for guidance.

Steps:

You might want to have a crystal nearby that you can hold in your hand.

1. Call light to you and imagine light all around you. Imagine you are in a bubble of light and it is carrying you to a temple where there are many high beings. These high beings are working together to lift the vibrations of humanity and align all people with their higher selves. They are broadcasting peace, love, and spiritual awakening.
2. Feel the peace, love, and joy that are all around you as you arrive at the temple. Notice how beautiful the temple and surrounding grounds are. Listen to the sounds of nature and the beautiful undertone of chanting.
3. Your higher self walks over to you. Feel the unconditional love, peace, and tranquility radiating from your higher self to you. As your higher self stands before you, it touches your crown center, at the top of your head, to help you awaken spiritually. Your higher self then gently touches your third eye, located on your forehead between your eyes. This opens your inner vision even more and aligns both centers with the vibrations of your higher self.
4. Your higher self now leads you to a beautiful courtyard where many high beings are sitting in a circle. They are sending out a broadcast of peace, love, and joy that is available to all who are listening. They invite you to join this circle and sit in the center. As you sit, you tune in to their broadcast. Feel the love and joy pouring through you. Anytime you want to feel better all you need do is imagine yourself sitting in this circle, receiving this broadcast.
5. Feel the warm welcome sent you and the joy everyone has at your joining this higher community. Everyone is sending you love and support for your work and spiritual growth. Bask for a moment in the love and light they are sending you.
6. Three very high and powerful beings come forward and stand around you and your higher self, forming a triangle. They are holding you in their light. Feel how loved you are. Many more beings come and stand around you in ever-increasing triangles. In this light, feel yourself merging once again with your higher self. You are now your higher self.
7. These beings now gather into a larger circle, and invite you to join them to send light to the plant kingdom. As you send light, mentally ask the plant kingdom if there is anything you can do right now to assist it, and ask how the plant kingdom might assist you in your growth. When you finish, imagine doing the same thing with the animal kingdom.
8. You are now going to join with all these beings to send light and love to the mineral kingdom and the Earth itself. You might want to hold your crystal and imagine light flowing through it to the Earth. Feel your love and connection to the Earth. Ask how you might assist the Earth right now, and how you might strengthen your connection to it for your growth.
9. When you are ready to leave, thank these beings for their light. Let your bubble of light carry you back

9. to the room you are in. Feel the increased connection you now have with the higher community of beings, the plant, animal, and mineral kingdoms, and the Earth itself.

SATURDAY, 9. DEC 2017, 8:34 PM • DONGCHENG, BEIJING

## **Meditation7 Moving Into Higher Consciousness**

The purpose of this meditation is to assist you in developing your abilities to sense the subtle energies of the higher dimensions and to further stimulate your psychic center known as the "third eye" and your spiritual center known as your "crown center."

Steps:

1. Sit in a comfortable position. Become aware of the sounds in the room, the feelings of your clothing against your skin, and the rhythm and fullness of your breath. Breathe deeply a few times, then send your awareness through your body and make yourself as comfortable as you can. As you relax even more, observe your heartbeat and pulse.
2. Imagine you are merging with the radiance and light of your higher self. As your higher self, focus on your emotional body. You might imagine that your emotional body feels like a layer of energy just on the surface of and outside your physical body. As your higher self, "pull" your emotional body farther from your physical body until it stands around you sparkling, fluid, and clear.
3. Now picture your spiritual center on the top of your head as a lotus flower. Each time you grow and reach upward, a petal unfolds, until you have a thousand-petaled lotus. Imagine what you will feel like when all the petals are unfolded. Picture the lotus as it looks right now — how many of the petals are open? Imagine more petals opening gently and easily. As they open, picture the shimmer of your awakened spiritual body all around you.
4. Next imagine the gridwork of light around you that is your mental body. Extend it straight upward, and make it finer and more beautiful.
5. As your higher self, put a violet light around your pineal gland, located behind your eyes near the center of your skull. The pineal gland regulates the awakening of the spiritual eyes that can see subtle energies in this dimension and others, including seeing your and others' auras.
6. Look around the room with your eyes soft-focused. Be observant of any differences from what you normally see or any greater awareness of the energy around the things you are looking at. If you notice a soft glow around things, play with looking into the glow to see more about it — its size, density, any patterns it contains, and so on.
7. As you come back to the room, congratulate yourself for working on your energy centers and being willing to see more of the unseen, subtle energies around you.

Doing this meditation may increase the development of your clairvoyant sight. Clairvoyant sight develops at its own pace and in a way that is comfortable to you. Acknowledge each time you have a greater inner awareness of those energies that used to be invisible or unrecognized, for you are becoming aware of the higher dimensions and seeing things through the eyes of your higher self.

## **study notes**

If you do not make your life, thoughts, goals, and time a priority, you will be lost in the currents of other people's desires and expectations.

Known when to pay attention to your own needs and when to be selfless.

You are more powerful when you can understand the effect your actions have on others, and then choose what actions you want to take.

There are any ways to exit your body and change your perspective to view yourself in a new light. one is to put yourself in other people's shoes, look at them not through your own judgments and beliefs, but through their beliefs and perspective.

Do not feel responsible for everyone's happiness. only they can choose happy, you can not choose for them.

Pay attention to the pictures you send people. Are you holding them back, or helping them rise higher with your images?

People absolutely pick up the images you hold of them. Often, long-term relationships cannot survive because people are not willing to change their pictures of each other. One may hold on to an old image of the other as immature and irresponsible long after the other wants to change that behavior. Because of that image, it may be harder for the other to change.

All of you have experienced yourself around your parents, who may hold very old images of you that they need to update. Sometimes you go to them with your newfound strength, grown up and mature, and you find within five minutes you are acting out old, immature roles. Rather than feeling unhappy with yourself, use the opportunity to look at the images your parents hold of you, and realize how affected you can be by other people's views of who you are.

The minute you become aware of other people's pictures of you, telepathically send them a higher image. Often you accept their pictures without question, and not only accept them, but act them out. When you do so, you are living other people's scripts for you, rather than writing your own. You are dancing on their stage. As long as you do this, people who do not hold high thoughts about you will be detrimental to be around. However, once you learn to recognize their images, you can begin to change them by sending them new pictures of yourself. Then you can be around them without feeling affected by their images, if you choose to be around them.

One way to free yourself from the grip of a rigid inner image is to exaggerate it in your mind. Say you are criticizing yourself for acting like a child around your parents, or falling into old behavior. Rather than resisting acting this way around your parents, exaggerate it in your mind. Really get into acting like a child. This enables you to notice more easily what those images are. As you exaggerate your images, you stop running from and fearing them, and they cease to control you. Often as you exaggerate behavior, it triggers your humorous side, which can free you from the grip of that behavior.

You can change or eliminate obsessive thoughts and pictures you flash over and over in your mind. Sometimes they are pictures of pain, or memories of a time when someone abandoned or hurt you, or of a time when you did not get what you wanted. Many people experience a constant flow of negative pictures. Much of it comes from society's images of scarcity, that there is not enough, that you must work hard and struggle to get what you want, or that someone else's success takes away from yours. People who are learning about spiritual transformation, higher consciousness, and love are broadcasting new, higher, lighter images to the world, including pictures of abundance.



What is intuition, and how does it operate? Sometimes it is easier to explain intuition by saying what it is not. It is not the mind that figures everything out. It does not work like a computer going  $a + b + c = d$ . It does not utilize the principles of logic, as a computer does. Intuition is not ego; it does not operate in a world of form and structure.

Intuition is the ability to know without words, to sense the truth without explanations. Intuition operates beyond time and space; it is a link to your higher self. Intuition is not bound by the physical body. It operates knowing that past, present and future are simultaneous, happening in the 'now' moment. It is the voice of your innermost self, your soul, which is always looking out for you. It speaks to you through insights, revelations and urges. It does not say to you as the intellect would, "I must do this tomorrow; this is on my list; this would be a good thing if I got it done." Instead, intuition says "Wouldn't it be fun, wouldn't it be joyful? This is what I want to do today."

Often intuition feels like the playful child within you trying to lure you away from your hard work to the world of joy and play with its strong inner urges. Amazingly, in that playful world you can connect with all the answers you spent months working and trying to find.

Intuition can synthesize ideas in a flash. Geniuses like Edison and Einstein worked at a very refined and high level of intuition. They brought in their ideas from outside of time and space. Intuition goes beyond that which is known into the unknown. It can help you find answers and information that are not known in the mind of another person. The challenge is to hear your intuition, and then to follow it with action.

Whether you are consciously aware of it or not, deep inside you are seeking growth and aliveness, wanting to manifest your potential and be all you can be. Most people are seeking a life filled with joy, love, a feeling of security, creative self-expression, enjoyable and meaningful activities, and self-esteem. The more of these aspects you have in your life, the more fulfilled you will feel and the more you will be realizing your full potential. An important part of manifesting is learning to create only those things that fulfill your deepest needs and serve as tools to help you grow and have the best life possible.

The desire to create something new, whether it is a pair of shoes, a new house, or a large sum of money, comes because you are ready to grow and achieve more of your potential. Most people think that having money will fill a need, allowing them to experience a feeling, quality, or situation they do not now have. Some people think a large sum of money will give them feelings of aliveness, well-being, self-esteem, inner peace, love, power, or security. They think that with money they will be free from worry and will be able to relax and play, or not do activities they do not want to do.

Money and objects by themselves will not automatically fill your needs or give you the feelings you want. If you think that having more money will give you inner peace, allowing the quality of inner peace into your life is your key to becoming magnetic to more money. Whatever you think having more money will give you — aliveness, peace, self-esteem — is the quality you need to develop to become more magnetic to money and abundance. View money and things not as something you create to fill a lack, but as tools to help you more fully express yourself and realize your potential.

By knowing the essence of what you want, you make it possible to get it in many ways. For instance, if the essence of what you want from a new car is more reliable transportation, you might be able to find many ways to create that besides buying a new car. If you do not know the essence of what you want, you may buy a new car that is just as unreliable as the one you have.

One woman wanted a new car because the car she had was unreliable, and she was concerned about driving places at night. She did not dislike her car or want to spend money on a new one, but she thought the only way to have a reliable car was to get a new one. She got quiet and visualized a car, and magnetized its essence — reliability — to her. Coincidentally, her old car stopped having problems! She got a new car several years later, and it was very reliable also. The essence of her request came to her quickly, although not in the way she imagined.

You may want a new coat. Getting specific about the features you want in a coat will lead you to the essence of what the coat will give you. You may decide that it must be very warm, have a pleasing appearance, and be durable. As you become clear about the essence of what you want, you will realize that many coats could fulfill your needs. You may also discover that in addition to coats, other forms such as sweaters or heavy shirts might work as well. By becoming clear on the essence you want, you increase the range of possible forms and ways in which these forms can come to you. If you do not know the essence of what you want, you might buy a coat and find out later that it is not warm enough in snow or dry enough in rain, or cannot take the heavy wear you subject it to.

You may not know exactly what features will best suit your requirements. You may want a new home but not know where it will be or how many rooms it will have. In this case, you can get specific about what functions it will fill in your life and how you will use it. You might ask for a house that has morning sun and lots of light, is near trees, has room for a hobby area, offers privacy from neighbors, has an open feeling, and so on. These features are the essence of the house you want.

As you magnetize what you want and follow your inner guidance, you will want to allow success into your life so you can receive what you have asked for. Mastering manifesting involves learning to make the choices and decisions that hold the most light for you and put you onto your higher path. As you choose the path of most light, you are also choosing success at its highest levels. You create the reality you experience by the choices and decisions you make.

What you have and where you are today are the results of all the choices and decisions you have made. Many of your choices have been passive, made without conscious examination. Many have been based on your past programming rather than on your new, unlimited thinking.

You can begin now to make more conscious, aware choices. Acknowledge that where you are today is a result of your past choices, and realize that at every moment you are truly creating your reality. If you are not happy with what you have created so far, you can learn to make different choices and change your life into one that brings you joy, aliveness, or whatever else you want.

Your beliefs create your reality. Beliefs are assumptions about the nature of reality, and because you create what you believe in, you will have many “proofs” that reality operates the way you think it does. For instance, a person who believes that the universe is abundant will act in such a way that he or she experiences abundance, and a person who believes that money comes only from working hard will receive money only from hard work. Each will have many experiences to prove that their belief about reality is really a fact about reality. You can change what you believe and thus change what you experience.

What brings joy into your life? Do you know? Are you aware of that which makes you happy? Are you so busy fulfilling your daily obligations that you put off to some future time those things that make you feel good? The path of joy deals with present and not future time. Are you holding an image of what life will be like one day when you are happy, but not feeling that sense of well-being right now, today?

The past can assist you if you remember the times in which you succeeded, creating positive memories. The future can be your friend if you see that in picturing it you are creating a vision of the next step. Do not make yourself wrong because you have not yet achieved your vision. It is important to love who you are now without reservation.

Freedom is an inner feeling. It is the ability to choose what you want. It is the knowledge that you are the captain of the ship. Freedom is knowing that you own your own life, that you are the one in charge. Freedom is essential for joy, for anywhere you feel trapped or that someone has taken away your rights, you cannot experience joy.

Freedom is important if you are to bring the light of your soul into your consciousness. You live on a planet of free will, where you learn about action and reaction, cause and effect. Earth reality is based on choice. No matter what situation you are experiencing in your life, whether you think you have freedom or not, you have made a choice to be in that situation, whether or not you were aware of making that choice.

You learn by trial and error. Do not make yourself or others wrong for the choices they are making, for everyone is always growing through the outcomes and results of their actions. In this earth school of free will you call life there are many lessons and challenges of freedom.

Freedom is something you create for yourself. Freedom is not given to you, and it cannot be taken away. You can choose to give it away, and you can choose not to claim it, but others cannot take it. Only you can give it away. There are many areas of freedom in your life you know nobody would be able to take away from you. Perhaps you have a favorite place to eat and you feel free to eat there. You know deep inside that no one would be able to stop you.

You cannot own another person, nor can you have a relationship of equality when you are taking freedom away from someone else. All people have the right to do what is enlivening and growth-oriented for them.

Ironically, the more freedom you give people, the more they will want to be with you.

Do you demand things of others that you would not want them to demand of you? Do you expect them to report in to you, live up to your pictures, and be there whenever you want? Whatever degree of freedom you take from others is the degree of freedom you take from yourself.

Imagine a prisoner sitting in a cell with a guard who must guard him twenty-four hours a day. The question is, who is really the prisoner? If you feel that you must watch over or guard others all the time, that you cannot trust them or give them freedom, you are just as trapped as they are. Many of you lose your

freedom because you are so closely guarding those things that you do not want taken away from you.

Joy is an inner note that you sound as you move through the day.

Being open to accept new things, ideas, and people into your life creates an ever-expanding capacity for joy. There is a mass thought form that the future might be worse than the present. This creates the need to hang on to what you have, freeze things as they are, and keep them from changing. Doing this can lead to much pain.

Embracing the new means being open to having more in your life. Many of you think that what you have created up until now is the best you can do. You make something and think that the first try is your best. However, on the second and third tries you may do even better.

As you create things in your life, you become better and more skilled. That is the process of life. A child who first begins walking is wobbly and unsteady. As the child practices, he or she becomes strong and steady in his or her stride. It is the same with everything you do, for life is like a spiral in which you circle around again and again, often to the same issues, but each time from a higher perspective.

Opening to new things means trusting and having faith in yourself and others. It means believing that the future holds joy and promise. It means believing in your growth and direction. The heart is the center of faith, trust, and belief. Opening to the new means opening your heart. Be willing to step outside of your normal limits and viewpoints and see the world in different ways. Trust that the world is safe and know that you are the director and the producer of what occurs in your life.

Be open to surprises and new things. Keep your heart open. Some of you experience a feeling of vulnerability or fear when you think of bringing new people or new things into your lives. What you call tension or anxiety before an event can be viewed instead as focusing your energy to prepare you for something new. This change in your vibration prepares you for something that is finer and higher in your life. You may feel that you must first conquer fear and anxiety before you step out and accomplish something. Everyone has that inner feeling of tension to some degree before attempting new things; it is a period of gathering energy to make the shift into a higher vibration.

Everything that happens to you assists you in bringing yourself to a higher level of evolution. Even those things you call negative or bad occur to show you new ways of responding so that you may be more balanced, peaceful, and joyful in the future. If it looks like the same problem or situation is occurring over and over, be aware that every single time it happens in a new way.

An attitude of openness and receptivity will draw to you many good things. Let go of the fear that the future may mean having less than you have now or may take something away from you. Open up to the idea that you will be wiser, stronger, and more powerful tomorrow and that whatever you create will be even better than what you already have. Be open to new concepts and words. They are often the way the Universe brings you the signs and guideposts of your next step.

Loving yourself means accepting yourself as you are right now.

Loving yourself means stepping outside of guilt.

Your beliefs about reality create your experience of it.

Last but not least, do not take yourself so seriously.

How you treat yourself is how others will treat you.

Every situation in your life is a learning experience created by your soul to teach you how to gain more love and power.

Self-worth is knowing that you are choosing your feelings at every moment.

Whatever you pay attention to is what you create.

The images you send out about yourself into the world determine how other people see you.

I recognize the light within me and humbly acknowledge my nobility.

I express power with love and wisdom.

I have much to offer the world.

I am competent, smart, and able.

I am kind, loving, and full of light.

I recognize the many good qualities I have.

I focus on what I am doing well.

I say positive things to myself.

I surround myself with people who have my greatest good in mind.

I recognize the many good qualities others have within them.

I listen to people with an open heart and ear.

I am fully present with others when

I am with them.

I release any thoughts of what

I lack and focus instead on all that I have.

I acknowledge the beauty and light in others.

I assist others in recognizing and expressing their beauty and inner light.

I motivate, encourage, and support people in recognizing who they are.

I inspire people.

What is inner peace? All of you have a picture in your mind of what you think inner peace is. You have achieved this state many times, sometimes for moments, even for hours, and so you know what inner peace feels like. Part of growth is learning to create that feeling without being dependent upon things turning out a certain way or needing people to respond in a specific way.

You want to create inner peace as something you are and be able to give and share it with others. You become the center, radiating your soul's light outward, rather than reacting, or waiting for situations, relationships, and events in your life to be arranged in such a way that you have peace.

Creating inner peace from the higher levels is learning to open your heart. It means that you are not focused or attached on an emotional level to things that happen in the world around you. You know who you are, and you let things flow around you without touching or affecting your sense of peace. You can learn to touch and affect the energy in the outer world from that center of energy within yourself. That is peace.

Opening the heart means remaining open and loving no matter what another person does, no matter what occurs to you, or what happens in your career. It means choosing to feel peaceful no matter what your outer life looks like. It is easy to be loving and open when those around you are loving; the challenge is to be loving when those around you are closed, afraid, or negative.

Inner peace comes from within, not from without.

Anything you are attached to or must have a certain way, any belief or concept that is inflexible, will be an area in which your inner peace can be affected. The goal is to take that sense of inner peace and affect everything in the outer world, touching it with that energy. The first step is to find that sense of inner peace.

One of the simplest ways is through relaxing your body, which you can do both through physical touch and through mental relaxation. Your body can be the receptacle of many thoughts that are not peaceful. If you can bring your body to a state of peace and rest, the mind can be taught that feeling and learn to create it. Peace is more than just a feeling of relaxation in the body. It is a very specific radio wave, a vibration you send out that affects everything in your outer world.

Roman, Sanaya. *Living with Joy: Keys to Personal Power and Spiritual Transformation* (Earth Life Series) (Kindle Locations 1636-1642). LuminEssence Productions. Kindle Edition.



## Orin book notes

Learn to make different choices and change your life into one that brings you joy, aliveness, or whatever else you want.

I always choose the path of most light. By choosing your higher path, you will accelerate your growth, aliveness, and abundance.

Develop your ability to discriminate and choose the path of most light to create abundance in your life.

If all choices look equally good, ask, "which decision holds the most joy for me? Which seems to call to my heart as something I would love to do?"

Even if the joyful path does not appear to promise you as much money, in the long run it will be far more profitable than the choice that is not as joyful.

Following the path of your heart will always bring you more abundance.

I honor my integrity in all that I do.

Money that you create from your integrity is money of light, that will bring good to you and others.

Thank and love yourself for the strength and vision you have right now. Take a moment to tell yourself you are already success.

True success is having the right amount of money, transforming an old habit or negative belief, releasing a fear, doing ways you love, and developing and recognizing your special talents.

I congratulate myself often.

I give myself permission to have what I want.

You can create a new personal history for yourself, focusing on all the times you were successful and did have a measure of abundance.

Love getting there as much as being there.

I choose beliefs that bring me a life and growth.

Money flows in my life.

I am prosperous in my life.

Follow your inner urging success, listen to your feelings, honor them, and act upon them.

I allow myself to have more than I ever dreamed possible.

Fear can be an easier feeling to change than you think. All it takes to release it is your willingness and intent to do so.

I speak of success and prosperity.

My words uplift and inspire others.

Everything you say has the potential to create the reality you experience.

Talk about your visions and your dreams. Speak of what is good in your life right now, and how positive you feel about the future.

I live in an abundant world.

All is perfect in my universe.

Create a vision of abundance, and soon the world will reflect it back to you.

I expect only the best to happen and it does .

Trusting is believing and knowing that what you want will come; hoping is wanting something but not really believing that it will come.

I accept prosperity and abundance into my life.

I trust that everything comes at the perfect time and in the perfect way.

If you are willing to open your heart, to love yourself and others, life will always be a miracle.

I have a unique, special contribution to make.

## Having Money

Money is neither good nor bad; it is energy. It is the way money is used that determines whether or not it is a positive energy that will benefit you and others. If you come from the highest level of integrity with your money, if you make it in ways that benefit people, through shifting their consciousness, or through serving and making a contribution, by giving your best, honoring others, and putting attention and consciousness into what you do, you are making a contribution to humanity and to yourself. When you use money in ways that serve your higher purpose and bring you and others joy, you are creating money of light. The more money is made and spent with integrity and light, the more it becomes a force of light for everyone.

### I HAVE ABUNDANCE IN EVERY AREA OF MY LIFE.

True abundance is having all you need to do your life's work — the tools, resources, and living environment — and to live a life filled with joy and aliveness.

### MY PROSPERITY PROSPERS OTHERS.

The people who are clearest about money are not usually those who have large sums of money, or those who have none, but those who have just the right amount for them. People who have just the right amount are not burdened by too many possessions; their possessions serve them. They do not spend time and energy that would be best spent creating their life's work to acquire or take care of material things.

Think of being rich as having enough wealth to carry out your life's work. You may not need many material possessions to have enough. For instance, your life purpose may be to work with nature. You may live in a log cabin, spend little money, and still have all the natural resources you need to carry out your purpose. In that case, you would be rich.

What is important is having enough money to do the work you came to do, and not having so much that it keeps you from the work you came to do. Having enough money means being able to put your vision into action, to transform the energy around you into a higher order. Some people may need many material things to accomplish their life purpose. They may need to work with a group of people who will only listen to and respect them if they have an appearance of wealth and power.

Material possessions may provide some with a spiritual experience, teaching them what they need to learn in this lifetime, just as not having money may be a great teacher for others. Some people gain great freedom and growth from having money; some people gain freedom and growth from not having money.

### Everyone's success contributes to my success.

As you become more prosperous yourself, it is likely that you will be around prosperous people. As you think in terms of prosperity, your vibration begins to change and you attract other people who think in terms of abundance as well. Do not feel jealous or threatened by someone who is successful. Realize that if you are close to a person who is succeeding, you are beginning to have that same vibration of success yourself.

Begin now to believe that everyone's success means even more success for you. If everyone around you begins to succeed, then you are surrounded with the vibration of success, and your success will grow even faster. When you hear of other people's good fortune, appreciate their success, knowing that it affirms the abundance that is available for you as well.

Many of you think that you have to get your work out to a large number of people or be number one in your field to truly be successful. **It is not wrong to feel competitive if that feeling helps you do your best at your job**, but do not feel that others who succeed in what you are doing can take away from your success.

There is an unlimited supply of success. Every person in the world can be successful. Realize that you have your special place, and what you are here to do is in some way special and unique, no matter how many people are doing similar things. Are there people or companies you are competing with? Are you worried that their success might mean a loss to you? Take a moment to picture them succeeding beyond your wildest dreams. Then, imagine a reason why their success will be beneficial to you.

Know that there is no one else in the world who is going to do your work exactly as you do it. Even if it appears that others are doing the same work, they are probably reaching a different group of people, or reaching the same group in a different way.\*\* It is better to focus on living up to your potential. Are you putting the wants of people you serve first? Are you following your inner messages?\*\*\* As you do, you will shine. You will have all the business and abundance you want. Enjoy the process of getting your work out, not just to strive for recognition and fame. Let it be all right not to be number one, have the most clients, make the most money, or do it all yourself.

Do not worry about someone else taking away your idea, or doing what you are doing better than you are. **As long as you do the best you know how and put out the finest quality product or service you can offer, you will be richly rewarded.** It does not matter what other people do. Even if someone is claiming the credit right now for your good work, do not stop putting out quality work. You will be **rewarded** eventually. As with the tortoise and the hare, the one who works consistently and steadily, doing a good job all the time, will have more abundance and make a greater mark in the world than the person who takes shortcuts to beat everyone else out.

If you are competing with other job applicants for a job, or with other businesses for a client, or want to get a grant or funding, do not view yourself as competing with others. **If it is for your highest good to get the money, client, or job, you will. Always do your best in your grant applications, job interviews, and sales presentations; write or go to only those people your inner messages direct you to, and you will find your money or job.** If you get it, do not worry that you have taken something away from someone else.

The universe is perfect and abundant, and others will receive exactly what is best for them. You cannot take away from others. Your opportunities are meant for you, and those that are not for you will be given to others. If you are competing for anything right now — a job, funding, a loan, a scholarship, or an apartment — see if you can let go of your worry and trust that the best outcome will occur for all of you. Trust that

what is meant to be yours will be yours; the universe is always working to bring your higher good to you.

Do not view your coworkers or those around you as competitors; see them as friends. Cooperation will get you much further than competition. One man who worked for a company wanted to be the vice president in a short period of time. He went around telling everyone of his ambitions, often praising his own work. He undermined the work of other employees so that his own work would appear better, and tried to take the credit himself for work that others had done.

Another man in the same company simply wanted to do the best job he could. He was constantly thinking of his fellow employees, took on extra jobs, helped his boss out whenever he could, and performed the job he was hired for with attention and love. The first man was not promoted and quit in anger with many grievances against the company that “just could not appreciate him.” The second man went on to become vice president.

### **I send others thoughts of their increased prosperity.**

When you think of others and yourself, have thoughts of riches, prosperity, success, and goodness. Having such thoughts helps make them come true. Let your thoughts about everyone be of their increased good. Picture everyone as successful. Sometimes people bring financial hardship to themselves by dwelling on other people’s financial difficulties, for what you focus on is what you draw to yourself. Rather than talking about how hard life is for people, send them compassion and light; see them getting out of their difficult situations and experiencing abundance. The positive pictures and love you send out will come back to you many times over.

One storekeeper increased his business dramatically by sending love and envisioning success for everyone who came into his store. People were magnetically drawn to his shop. If you hear friends complaining of lack, remind them of what they do have. When you are around people who talk of financial problems, see if you can change the subject or help them appreciate the abundance they have already created.

## **“Some Descriptions and Qualities of the Divine, Eternal Self**

Omnipresent (everywhere at once).

Omnipotent (all powerful).

Omniscient (all-knowing).

Eternal, infinite perfection of being.

Infinite Being, love, and wisdom.

Infinite, endless light.

Self that is free from all attachments.

Self that is constant, unchanging, indestructible, and immutable.

Is always the same.

Self that is the observer, the witness of your experience.

Witness of the activities of mind, but not identified with them.

“Source of all answers.

A center of consciousness within the One Life.”

Excerpt From

Transcending Your Ego: Birthing a New You DS101P

Sanaya Roman

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all update / contact etc will be post here.

## Creating Money: Attracting Abundance

Packer, Duane

### 12. May 2017 5. Following Your Inner Guidance

After you have worked with energy and magnetized what you want, your inner guidance will lead you to it in the quickest, simplest way

### 13. May 2017 5. Following Your Inner Guidance

By getting quiet and listening to your thoughts and feelings

### 14. May 2017 5. Following Your Inner Guidance

It begins drawing to you certain people, opportunities, and events. It creates opportunities for you to meet people who might assist you and will also benefit from knowing you, for the universe works for the greater good of all.

### 15. May 2017 5. Following Your Inner Guidance

Learning to distinguish inner guidance from wishful or fearful thinking is one of your challenges

### 16. May 2017 5. Following Your Inner Guidance

If an urge feels joyful or delightful to follow, it probably comes from your inner guidance

### 17. May 2017 5. Following Your Inner Guidance

You develop your inner guidance when you act upon your inner messages and get feedback.

### 18. May 2017 5. Following Your Inner Guidance

Ask yourself throughout the day, "Is this what I feel like doing? Is this the lightest and most joyful activity for me, or am I making myself do it because I think I have to?"

### 19. May 2017 5. Following Your Inner Guidance

Inner guidance about your future path and directions often comes to you when you are in a quiet, reflective state, performing activities that take you out of your normal awareness

### 20. May 2017 5. Following Your Inner Guidance

It may grow and build on itself each time you get quiet.

### 21. May 2017 5. Following Your Inner Guidance

You can develop this kind of guidance by giving yourself more time to sit quietly, relaxing your body and reflecting on your life. Performing creative or athletic activities can also trigger this kind of intuition. You may get sudden and unexpected insights into your life while you are painting, drawing, playing or creating music, running, or swimming

### 22. May 2017 5. Following Your Inner Guidance

Ideas are like seeds; when they first come up you often do not know what they're going to grow into. Just keep following your joyful impulses, and your ideas will unfold into the forms that best serve you.

23. May 2017 5. Following Your Inner Guidance  
Sometimes it is better to wait and take no action until you have a feeling, thought, or picture about what action to take. Waiting for guidance on what action to take eliminates unnecessary work and helps you be in the right place at the right time, creating things you want easily and effortlessly.
24. May 2017 5. Following Your Inner Guidance  
If you receive no guidance at this time, be willing not to take any action, but follow your joy from moment to moment
25. May 2017 5. Following Your Inner Guidance  
Take the time, every time you think of what you want, to get quiet and notice what pictures come to mind of action you could take.
26. May 2017 5. Following Your Inner Guidance  
If you have a sudden urge to do something that you know nothing about and that would take months to do properly, and you do not have the time, it is probably a passing fancy, not inner guidance.
27. May 2017 5. Following Your Inner Guidance  
The actions your inner guidance urges you to take are the logical next steps for you, or are steps you can carry out with the knowledge you now have
28. May 2017 5. Following Your Inner Guidance  
There is seldom urgency connected with such directives; you are given plenty of time to carry them out at a pace that is comfortable for you.
29. May 2017 5. Following Your Inner Guidance  
Develop the habit of paying close attention to your thoughts and feelings before you act. Get to know how you normally think and feel so you can recognize subtle changes. As you do, you will become more alert and aware of the guidance you are constantly receiving.
30. May 2017 5. Following Your Inner Guidance  
Your higher self speaks to you by making you feel joyful when you follow your higher path, and resistant and heavy when you do not
31. May 2017 5. Following Your Inner Guidance  
Later that day or that week you might have received a call and found out that the situation had changed; the project was no longer necessary, or a different action was required. If you had forced yourself to work on the project, you would have had to do it all over again.
32. May 2017 5. Following Your Inner Guidance  
first take small actions that honor you. Think of something really nurturing and luxurious you would like to do for yourself. Perhaps you would like to soak in a warm bath, buy flowers for your house, or take a half hour for yourself every day.
33. May 2017 5. Following Your Inner Guidance  
Inner guidance speaks in many different ways, but always through a sense of self-love and feeling good about what you are doing.
34. May 2017 5. Following Your Inner Guidance  
Pay attention to your negative feelings — they have messages for you about how your situation could be better.
35. May 2017 5. Following Your Inner Guidance  
You will also discover that you make more money in the long run by doing what you love than by doing things you do not love.



36. May 2017 5. Following Your Inner Guidance  
The more you feel joyful when you do things and follow your urges, hunches, and higher vision, the more quickly and easily you will get what you ask for
37. December 2017 5. Following Your Inner Guidance  
challenges help you to gain strength and confidence
38. May 2017 5. Following Your Inner Guidance  
Your dreams will come true as you follow your feelings of joy, delight, and self-love.
39. May 2017 5. Following Your Inner Guidance  
Imagine that you are aligning your will with the Higher Will
40. May 2017 5. Following Your Inner Guidance  
Picture this source energy as a golden globe of energy and light six inches above your head
41. May 2017 5. Following Your Inner Guidance  
Imagine the brilliance of your soul's light growing steadily brighter, growing larger and larger as you are filled with the energy of your soul
42. May 2017 5. Following Your Inner Guidance  
Mentally adjust your imaginary antenna to pick up this broadcast. As you do, you will be aligning your actions with the current of humanity's evolution. All that you manifest will be more in alignment with your and others' higher purpose.
43. May 2017 5. Following Your Inner Guidance  
of the higher energies and your soul. What is most important is your experience of the connection and not the images we have used
44. May 2017 6. Allowing Success  
You have had the elements of every experience with money. You have had the experience of feeling abundant, even if just for a moment. Perhaps you got a beautiful toy that you wanted. Perhaps somebody gave you an unexpected gift of money, or you received more than you asked for. The more you capture that sense of joy, enthusiasm, and appreciation, the more good things you will attract in your future. Love getting there as much as being there.
45. May 2017 6. Allowing Success  
Mastering manifesting involves learning to make the choices and decisions that hold the most light for you and put you onto your higher path. As you choose the path of most light, you are also choosing success at its highest levels. You create the reality you experience by the choices and decisions you make.
46. May 2017 6. Allowing Success  
You can begin now to make more conscious, aware choices. Acknowledge that where you are today is a result of your past choices
47. May 2017 6. Allowing Success  
I always choose the path of most light
48. May 2017 6. Allowing Success  
Some choices are subtle, but there is usually one alternative that carries more light, one that will put you on a slightly higher path and help you express your essence more clearly than the others. By choosing your higher path, you will accelerate your growth, aliveness, and abundance. It is important to develop your ability to discriminate and choose the path of most light to create abundance in your life

49. May 2017 6. Allowing Success  
Because that path did not seem joyful, she rejected it and asked for inner guidance about a better way.
50. May 2017 6. Allowing Success  
ask yourself a series of questions. If all choices look equally good, ask, "Which decision holds the most joy for me? Which seems to call to my heart as something I would love to do?"
51. May 2017 6. Allowing Success  
Even if the joyful path does not appear to promise you as much money, in the long run it will be far more profitable than the choice that is not as joyful
52. May 2017 6. Allowing Success  
following the path of your heart will always bring you more abundance
53. May 2017 6. Allowing Success  
Which choice makes the most sense to follow and is the most practical for me right now?" Your highest path will always make practical sense.
54. May 2017 6. Allowing Success  
Which choice makes the greatest contribution to humanity or allows me the greatest opportunity to serve others?
55. May 2017 6. Allowing Success  
such as well-being, love, and aliveness. Which choice allows you to express these qualities more fully?
56. May 2017 6. Allowing Success  
If you do find yourself in a situation where you need to make a decision quickly, imagine that you are holding one choice in your right hand and one in your left hand. Ask the hand that holds the higher choice to raise itself.
57. May 2017 6. Allowing Success  
I honor my integrity in all that I do.
58. May 2017 6. Allowing Success  
Honor your integrity and you will be repaid many times over with increased prosperity.
59. May 2017 6. Allowing Success  
It is important to feel good about everything you do, to act upon your values, to be honest with the people you deal with, and to come from your truth. Your integrity challenges you to look at
60. May 2017 6. Allowing Success  
what is real and important to you, and to choose that over illusions, promises, and other people's desires.
61. May 2017 6. Allowing Success  
Honor everyone you deal with, and hold everything you do up to the light of your soul
62. May 2017 6. Allowing Success  
Money that you create from your integrity is money of light that will bring good to you and others.
63. May 2017 6. Allowing Success  
start by recognizing how successful you already are at creating what you want, at
64. December 2017 6. Allowing Success  
Thank and love yourself for the strength and vision you have right now. Take a moment to tell yourself you are already a success

65. December 2017 6. Allowing Success  
True success is having the right amount of money, transforming an old habit or negative belief, releasing a fear, doing things you love, and developing and recognizing your special talents
66. December 2017 6. Allowing Success  
The essence of success for most people is a feeling of self-love, self-esteem, or self-worth. See if you can capture that feeling for a moment. Say to yourself, "I am a success." How does it feel? Can you capture that feeling for several moments and let it radiate throughout your body?
67. May 2017 6. Allowing Success  
appreciate how far you have come
68. May 2017 6. Allowing Success  
When you reach a goal you have been striving for, give yourself a reward before you look to the next goal
69. May 2017 6. Allowing Success  
They never have the satisfied feeling they are looking for. Acknowledge your successes, for as you do you will build upon them
70. May 2017 6. Allowing Success  
View yourself as successful in the past as well as in the present and future
71. May 2017 6. Allowing Success  
Some choices led you to grow, some led you to change your life, and all were the best you knew how to make at the time. Even
72. May 2017 6. Allowing Success  
realize that you can make new choices from now on and begin to change your circumstances for the better.
73. May 2017 6. Allowing Success  
I forgive myself, knowing that I did the best I knew how at the time.
74. May 2017 6. Allowing Success  
If those thoughts arise, do not pay attention to them, but think instead of when you did spend your money wisely, were happy with what you got, made a good return on your money, or were paid back in full by a friend. As you forgive and love your past self, focusing on all the times you have succeeded, you change the course of your future.
75. May 2017 6. Allowing Success  
I give myself permission to have what I want.
76. May 2017 6. Allowing Success  
You can create a new personal history for yourself, focusing on all the times you were successful and did have a measure of abundance
77. May 2017 6. Allowing Success  
an experience that was nearly its opposite. There were times you had wonderful
78. May 2017 6. Allowing Success  
One way you can allow success is by telling your personal history in a way that emphasizes all the good experiences you have had
79. February 2020 6. Allowing Success  
Energy follows thought. Whatever you pay attention to grows and increases. If you pay attention to your past successes, you will create a successful, positive future for yourself.

80. May 2017 7. Transforming Your Beliefs  
For instance, a person who believes that the universe is abundant will act in such a way that he or she experiences abundance
81. May 2017 7. Transforming Your Beliefs  
and a person who believes that money comes only from working hard will receive money only from hard work. Each
82. May 2017 7. Transforming Your Beliefs  
You can change what you believe and thus change what you experience.
83. May 2017 7. Transforming Your Beliefs  
After you have magnetized and worked with energy to get what you want, your beliefs will affect how easily and quickly things come to you. To discover a belief, look at a past or present situation in your life
84. May 2017 7. Transforming Your Beliefs  
Ask yourself, "What would a person who created this have to believe in order to be in this situation
85. May 2017 7. Transforming Your Beliefs  
This person might believe that he or she did not deserve to have money, that paying bills was a real struggle, or that life was hard
86. October 2017 7. Transforming Your Beliefs  
Your beliefs about money determine how you attract it, spend it, and relate to it. Do you believe it is possible to make money doing what you love to do? Or do you believe that making money requires hard work and struggle? If there is something you want and you do not yet have it, you may have a belief that is keeping you from having it.
87. October 2017 7. Transforming Your Beliefs  
As you take your attention away from the negative belief and begin activating the positive one, you change what you experience.
88. May 2017 7. Transforming Your Beliefs  
around. Recognize the beliefs you acquired from your parents, and consciously decide if you want to keep them.
89. June 2017 7. Transforming Your Beliefs  
Forgive your parents for any beliefs they may have taught you that you no longer want. Realize that they did the best they knew how
90. June 2017 7. Transforming Your Beliefs  
I choose beliefs that bring me aliveness and growth.
91. May 2017 7. Transforming Your Beliefs  
One way you can do this is to get quiet, close your eyes, imagine light all around you, and in some symbolic way remove the old belief. You may see written out in front of you, "I do not deserve to have money." Now erase the letters one by one. Picture the new belief in its place, perhaps in big letters: "I deserve money.
92. May 2017 7. Transforming Your Beliefs  
To further implement a new belief, write it down, say it to yourself when you think of it, and put it where you will see it frequently in your house or at work.
93. October 2017 7. Transforming Your Beliefs  
As you visualize, experience the positive feelings you will have as you live out this new belief

94. October 2017 7. Transforming Your Beliefs  
You might want to believe that money is something to be enjoyed, something that will contribute to your higher purpose
95. October 2017 7. Transforming Your Beliefs  
but she had shifted her perception of herself before she got it. The new place came only after she had made a change in her belief about what she deserved
96. October 2017 7. Transforming Your Beliefs  
because it took her that long to grow into the belief that she was worthy of a better home and deserved to have it.
97. October 2017 7. Transforming Your Beliefs  
Is there any reason I cannot have abundance in my life? Do I deserve it? Do I think that people who have money are in some way more deserving than I am?" Think of all the reasons why it is all right for you to have money.
98. October 2017 7. Transforming Your Beliefs  
Now, think of something you want that you do not yet have. What new picture of yourself will allow you to have this thing? What new belief about yourself will you need to have to create it? As you create these new beliefs and feelings about yourself, the results of your magnetism will increase dramatically.
99. October 2017 8. Letting Money Flow  
you will recognize that money flows in and out, like ocean waves. You will experience times when the tide is in and times when the tide is out. Your universe is made of energy, and energy moves in waves and cycles. There will be times when your magnetism has a larger result and times when it has a smaller result. Some months you will receive more money than usual, and some months you will have more bills than normal. Some weeks your business may be booming, and other weeks you may have very few customers
100. October 2017 8. Letting Money Flow  
Your challenge is to not go up and down emotionally with the natural ebb and flow of money in your life; use these natural cycles in a way that further builds your prosperity.
101. October 2017 8. Letting Money Flow  
There are four basic states of flow you might experience: calm, when money is coming in and going out in equal amounts
102. October 2017 8. Letting Money Flow  
Money represents an exchange of energy between you and the outside world. It represents the energy going out from you and the energy coming back in.
103. October 2017 8. Letting Money Flow  
By unblocking your energy, you
104. October 2017 8. Letting Money Flow  
observe your life for a while and ask your higher self to show you where your energy needs to flow more
105. October 2017 8. Letting Money Flow  
Sometimes the lack of flow may be in your body. If your body is not as healthy or as energetic as you would like, you can start having more energy by getting in touch with your inner urgings. Your
106. October 2017 8. Letting Money Flow

106. Is there anywhere you feel physically blocked? Do you have any inner urges that you are not following, such as changing your diet, getting more exercise, getting a massage, or walking outdoors? What simple step could you take today or tomorrow to help open up that area?
107. October 2017 8. Letting Money Flow  
You can free emotional blocks by having the intent to go higher and by speaking the truth with compassion
108. October 2017 8. Letting Money Flow  
listen to your feelings, honor them, and act upon them.
109. October 2017 8. Letting Money Flow  
What specific action can I take to create more flow in this area?" It need not be a major act; it can be simple, such as telling a friend something that needs to be said. What small step could you take in the next week or so to open up the energy between you and someone else? It may be as simple as a phone call, a change in your attitude toward someone, or telling someone telepathically that you accept him or her just as he or she is
110. October 2017 8. Letting Money Flow  
it is necessary to do what you can to make every area of your life work.
111. October 2017 8. Letting Money Flow  
I always have more money coming in than going out.
112. October 2017 8. Letting Money Flow  
When you receive your paycheck or any sum of money, before you spend it you have created a flow
113. October 2017 8. Letting Money Flow  
you already have a flow in your life, and that what you want is even more days when more money is coming in than going out.
114. October 2017 8. Letting Money Flow  
Take a moment to appreciate and acknowledge your accomplishment.
115. October 2017 8. Letting Money Flow  
One of the challenges when more money is coming in than going out is to keep your expenses far enough below your increased wealth that when the natural ebb comes you will still be able to pay your bills
116. October 2017 8. Letting Money Flow  
Those who feel wealthy are usually spending less than they make
117. October 2017 8. Letting Money Flow  
I allow myself to have more than I ever dreamed possible
118. October 2017 8. Letting Money Flow  
it is a challenge to continue to ask for more. If
119. October 2017 8. Letting Money Flow  
Then, when the natural ebb comes, you might find the money or business less than you want.
120. October 2017 8. Letting Money Flow  
Challenge yourself to ask for more. Indulge in unlimited thinking and expand your imagination of what is possible for you to have.
121. October 2017 8. Letting Money Flow  
As you become more abundant, one of your challenges will be to handle all the choices, opportunities, and abundance that come to you. You will be challenged to grow, reach more people,

121. get your work out in a larger way, and accept more responsibility, power, and abundance.
122. October 2017 8. Letting Money Flow  
8 Playsheet: Letting Money Flow
123. October 2017 8. Letting Money Flow
124. Is there any area in your life that is not working as well as you would like it to work? Take
125. October 2017 8. Letting Money Flow  
What one joyful step could you take tomorrow to begin to follow this guidance?
126. October 2017 8. Letting Money Flow  
Often when you change something about yourself — your attitude, perspective, actions — the other person changes his or her response to you.
127. October 2017 9. Coming Out of Survival  
The challenge of an ebb state is to believe in your future prosperity. Everything on Earth is cyclical, and all phases are temporary. For every ebb, there is a flow that will follow.
128. October 2017 9. Coming Out of Survival  
As you reach higher and higher levels of mastery with manifesting, you will be able to draw to you what you need when you need it, and you will be less affected by these natural cycles
129. October 2017 9. Coming Out of Survival  
Since you may have more free time during this cycle, use it to start doing the things you have wanted to do: acquire new knowledge, think, relax, explore new avenues
130. October 2017 9. Coming Out of Survival  
There are ideas in your mind just waiting to be explored and tried out; pay attention to the beckoning whispers of the things you love to do as well as to your dreams and visions.
131. October 2017 9. Coming Out of Survival  
Remember, you create what you focus on, and down cycles are always followed by up cycles.
132. October 2017 9. Coming Out of Survival  
Sometimes you need to spend money before you earn it, as most businesses do. If you are spending money on things that will bring you future prosperity, see this as a demonstration of trust in your future earning ability. Do, however, be honest with yourself in your evaluation of what you need and how much future income you might expect. Evaluate your skills, knowledge, and the market
133. October 2017 9. Coming Out of Survival  
If you are considering going into debt, check in with your inner guidance first and ask if it is appropriate. Incurring debt to finance a major leap forward has within it the possibility of bringing you more money than you borrow
134. October 2017 9. Coming Out of Survival  
send love and a mental thank-you to your creditor for his or her trust in you
135. October 2017 9. Coming Out of Survival  
you still have a net worth — all your skills, knowledge, attitudes, education, experience, and contacts
136. October 2017 9. Coming Out of Survival  
The skills and experience of your past are your net worth, and you can turn them into money
137. October 2017 9. Coming Out of Survival  
My value and worth are increased by everything I do.
138. October 2017 9. Coming Out of Survival  
When you receive payment for work, you are exchanging your experience for money

139. October 2017 9. Coming Out of Survival  
can be turned into money; your earning power is growing. Your knowledge, skills, and experiences are worth money when used in the right way. In the future you will have even more skills that can create money for you
140. October 2017 9. Coming Out of Survival  
you have just not yet converted your experience into dollars
141. December 2017 9. Coming Out of Survival  
Keep growing, expanding, and following your path, and your worth will continue to grow
142. October 2017 9. Coming Out of Survival  
This is simply the way you have chosen to learn many important lessons and experience the essence of who you are
143. October 2017 9. Coming Out of Survival  
sorting through what is meaningful and essential to you and what is not. You might be learning how to let others give to you, or how to feel powerful without money. When you understand, embrace, and accept the lessons, you will no longer need this experience.
144. October 2017 9. Coming Out of Survival  
as long as the environment and activities of the business are satisfactory, it can help you build a foundation while you do other things
145. October 2017 9. Coming Out of Survival  
Getting yourself to a level where your bills are manageable and your basic needs are met will help you find and create your life's work more rapidly
146. October 2017 9. Coming Out of Survival  
You may find that you are more effective in helping others if you are not struggling to survive yourself
147. October 2017 9. Coming Out of Survival  
Some of you may decide to stay at a survival level longer because you feel that taking a temporary job is a compromise. You may feel that doing anything other than your life's work is unacceptable, and that you are willing to live with less until your career is launched. Acknowledge that you are willingly deciding on this path. Do not let other people make you feel wrong about it. Just make sure that your basic needs are being met well enough so that you can spend the time necessary to launch your career.
148. October 2017 9. Coming Out of Survival  
Life is like a spiral. You will pass through every stage again and again
149. October 2017 9. Coming Out of Survival  
To break through this level, you may need to keep your life simple and uncomplicated in terms of money, expenses, demands, and needs
150. October 2017 9. Coming Out of Survival  
Use this time to get in touch with basic needs and eliminate the things that do not serve you.
151. October 2017 9. Coming Out of Survival  
Fear can be an easier feeling to change than you think. All it takes to release it is your willingness and intent to do so.
152. October 2017 9. Coming Out of Survival  
I send love to my fears. My fears are the places within me that await my love.



153. October 2017 9. Coming Out of Survival  
One of the greatest gifts you can give yourself is to examine any recurring situation in your life that is causing you pain or struggle, and bring to light the fear that is behind it
154. October 2017 9. Coming Out of Survival  
If you fear having enough money to do what you want, thoughts about world travel, a nice home, or financial independence will probably not come to your awareness  
I just realized that I had this fear issue before, and I did try to release it.
155. October 2017 9. Coming Out of Survival  
to hold it up to the light of your soul. Ask your soul to release, clear, and heal your fears
156. October 2017 9. Coming Out of Survival  
You need only ask, and your soul will immediately begin to lead you to things that will help you release the fear
157. October 2017 9. Coming Out of Survival  
Be open to creative new ways to get what you want.
158. October 2017 9. Coming Out of Survival  
The feeling of fear is passing through me and I now easily let it go
159. October 2017 9. Coming Out of Survival  
I speak of success and prosperity. My words uplift and inspire others.
160. October 2017 9. Coming Out of Survival  
talk about your abundance. Words are important. Everything you say has the potential to create the reality you experience
161. October 2017 9. Coming Out of Survival  
Talk about your visions and your dreams. Speak of what is good in your life right now, and how positive you feel about the future
162. October 2017 9. Coming Out of Survival  
Your friends carry an image of you
163. October 2017 9. Coming Out of Survival  
If you speak to others of your prosperity, they will think of you as prosperous; they will carry positive mental pictures of you that you can tap into whenever you want
164. October 2017 9. Coming Out of Survival  
I live in an abundant world. All is perfect in my universe.
165. October 2017 9. Coming Out of Survival  
pretend that you have all the money you need, and let the emotion of plenty come into your body.  
Your subconscious does not know the difference between what is really happening and what you imagine to be happening, so it goes out and happily creates your fantasy for you
166. October 2017 9. Coming Out of Survival  
Create a vision of abundance, and soon the world will reflect it back to you
167. October 2017 9. Coming Out of Survival  
message if there is anything you can do to increase your prosperity
168. October 2017 9. Coming Out of Survival  
Simply concentrate on what you can do today
169. October 2017 9. Coming Out of Survival  
feeling of powerlessness often comes from living in the future, worrying about not having enough at

169. some future time. You cannot change the future except by actions you take today, so focus on what you can do today to create prosperity.
170. October 2017 9. Coming Out of Survival  
realized by living them one day at a time. In fact, the largest plans are often best created by looking at them day by day and month by month
171. October 2017 9. Coming Out of Survival  
experiencing what seems like the opposite, realize that experiencing its opposite can generate the energy you need to take a quantum leap forward.
172. November 2017 10. Trusting  
your intent to have your new home will create changes in what is possible. As your intent goes out into the universe, you become magnetic to certain people and events. You draw to you opportunities that would not have existed if you were not clear on your intent and taking action to bring it about. One woman who did this was looking for
173. November 2017 10. Trusting  
The reality you are experiencing right now has been created from past thoughts. It may take time for the reality you created in the past to change into the new reality you are now setting up for yourself. You are learning to believe you can create what you want and that you deserve to have it. Once you set your intention to become more abundant, many subtle inner changes start to occur. Acknowledge every time you allow more abundance into your life, even for the smallest thing, and you will become magnetic to having even more. I trust that everything comes at the perfect time and in the perfect way.
174. October 2017 10. Trusting  
If you resolve to think about money only when you feel confident and peaceful, you can increase your magnetism to what you want.
175. October 2017 10. Trusting  
How can I create money today?" There is an enormous difference in the energy you send out to the universe when you focus
176. October 2017 10. Trusting  
Trust — expecting the best to happen, believing in your ability to create what you want, and knowing you deserve to have it — can be demonstrated in many ways
177. October 2017 10. Trusting  
It is not enough to sit around and believe. Demonstrate trust by listening to your inner guidance and taking action on it. Since you live in a world of form and substance, action is the physical link to having what you want. You
178. October 2017 10. Trusting  
Trusting is believing and knowing that what you want will come; hoping is wanting something but not really believing that it will come.
179. October 2017 10. Trusting  
there is something you want, go out and look, visualize, and take action. You will often find it takes less money than you thought to get what you want
180. October 2017 10. Trusting  
Start by imagining your ideal home or apartment. Go look at homes as if you had the money. Picture your perfect home over and over. Even

181. November 2017 10. Trusting  
Trust is the link between the mental world and the physical world. It provides continuity during the time that elapses between the conception of an idea and its manifestation. Realize that your dreams are already real on the mental plane; they are just awaiting the perfect time to appear in your physical reality. Trust your higher self to bring you the right things at the right time.
182. November 2017 10. Trusting  
If you keep focusing on what you want and take action as appears appropriate, the obstacle
183. November 2017 10. Trusting  
I accept prosperity and abundance into my life.
184. November 2017 10. Trusting  
make very few changes in their lives, and it is several years before they are comfortable handling large sums of money and feel ready to make major changes.
185. November 2017 10. Trusting  
that when more comes it will be in balance with the rest of your life. You can accelerate this process by wearing the energy of larger sums before you receive them, and by mentally adjusting your energy until larger sums feel comfortable.
186. November 2017 10. Trusting  
seems to be happening on the outside, but you are going through much change on the inside to prepare for what you are asking for. Keep trusting your ability to draw to you what you want while you are waiting for money to come, and realize that everything that is happening to you is preparing you to have it and helping you change your vibration to match the vibration of abundance when it arrives.
187. November 2017 10. Trusting  
You can work with energy to speed up the process as described in step 6 in the General Magnetizing exercise. While you wait for something to come, affirm your trust, develop your courage, and learn to take the steps and actions you are guided to take
188. November 2017 10. Trusting  
Trust that your inner messages are leading you to your goals, even if you do not know how at the time.
189. November 2017 10. Trusting  
Evaluate the results your efforts are producing not by the money they instantly bring but by how much you love what you are doing and the value your activities contribute to your life. As you continue following your inner guidance and doing things that are meaningful to you, you will create your dreams
190. December 2017 11. Miracles  
If you are willing to open your heart, to love yourself and others, life will always be a miracle.
191. December 2017 12. You Can Do What You Love  
for in any job you can focus on how you are helping people; you can spread good feelings and touch everyone you contact with your inner light
192. December 2017 12. You Can Do What You Love  
When your life is filled with meaningful activity, you radiate joy and love and are magnetic to abundance.
193. December 2017 12. You Can Do What You Love

193. As you use your special skills and talents, you can draw to you the opportunities to make money in ways that allow you full self-expression, ways that challenge and stimulate you. As you do what you love, you enrich the lives of the people around you and add more light to the world. In doing your life's work, you are accomplishing what you came to Earth to do.
194. December 2017 12. You Can Do What You Love  
Whatever you love to do will also help others in some way, for it is the nature of the universe that when you use your highest skills you automatically contribute to others
195. December 2017 12. You Can Do What You Love  
trust your heart and follow your higher path
196. December 2017 12. You Can Do What You Love  
Everything I do adds beauty, harmony, order, and light to the universe.
197. December 2017 12. You Can Do What You Love  
Your life's work is also indicated to you by your dreams and fantasies about your ideal life. You may dream of being out in nature, sailing around the world, writing a book, creating music or art, spending your time in training for a sports activity, raising a family, or teaching a class. You may want to run a business of your own or counsel people. Your deepest desires and dreams come from your soul
198. December 2017 12. You Can Do What You Love  
You can draw your life's work to you by making a symbol for it and energizing the symbol. Symbols are very powerful because they bypass all your thoughts and belief systems and represent the pure energy of your soul.
199. March 2018 13. Discovering Your Life's Work  
Your fantasies about your ideal life may not appear to be practical or profitable. They may seem very large and far away, and you may see no way to make them come true. It may seem that you need to have a lot of money before you could carry them out. You may think that you need to work at something you do not love while you save money to eventually do what you love to do. Some people say, "I will work in this job until I have the money to do what I want." They often do not get the money they think they need, and instead spend their lives working at jobs they do not enjoy. Go directly to what you want. You will be much better off doing what you love, for money will come through that also, and usually in far greater amounts. If you want to travel around the world, start with a job that facilitates traveling, such as working for an airline or a travel agency. You will feel more alive and fulfilled and thus be more magnetic to abundance. What is your dream? Take a moment to get in touch with it.
200. March 2018 13. Discovering Your Life's Work  
If you have had past work experiences, reflect on whether you work well with coworkers and enjoy working as part of a team or prefer to run things by yourself. Some of you like to share risks, and some of you like to make all the important decisions on your own. Decide if you want to work for one employer or do contract work for several employers. What monthly income do you dream about? What level of responsibility do you want? You may dream of working for a large organization and being given larger and larger leadership responsibilities. Think about the level of security you want in a job, the status, and the opportunities for advancement. If you thrive on recognition, include that in your dream. If you want a lot of autonomy and freedom, ask for that as well. Ask yourself if you thrive on a well-defined, structured job or if you want constant change and variety.

201. March 2018 13. Discovering Your Life's Work  
Imagine you are living a life that is truly joyful and loving. How would you answer the following questions: (Remember, this is your joyful fantasy life. Use your imagination.) 1. What activities are you doing or what type of skills are you using, such as reading, talking, negotiating, counseling, thinking, writing, organizing, or managing; working with children, running or participating in sports, working with objects, building things, or fixing machines or equipment; or working with plants, animals, or data? List at least five, preferably more.
202. February 2018 13. Discovering Your Life's Work  
One day it occurred to her that her life's work was to help other people feel good about themselves by working with their appearance. She went to beauty school at night while she continued her job. She was eventually able to quit her job and open her own successful hair salon.
203. February 2018 13. Discovering Your Life's Work  
You may have a knack for assisting people in finding solutions to their problems and creating new visions for themselves
204. February 2018 13. Discovering Your Life's Work  
What you are doing right now has within it the seeds of your life's work
205. February 2018 13. Discovering Your Life's Work  
some way for the next one
206. February 2018 13. Discovering Your Life's Work  
What do I want to do that I love to do? What attracts me? What excites me? What are the issues I am working on in my life? What can I get enthusiastic about doing?"
207. March 2018 13. Discovering Your Life's Work  
I have a wealth of valuable skills and talents
208. March 2018 13. Discovering Your Life's Work  
you want to use, look at your dreams. The more detail and clarity you can bring to your dreams, the more you will be able to attract what you want. As you examine your dreams of your ideal life, the things you are drawn to, and the environment and kinds of people you want to be around, you are identifying the elements of your life's work. Your dreams act as a mental model — much like an architect's blueprints — that helps your higher self go out and bring your higher path to you.
209. March 2018 13. Discovering Your Life's Work  
Go directly to what you want. You will be much better off doing what you love, for money will come through that also, and usually in far greater amounts.
210. March 2018 13. Discovering Your Life's Work  
What environment have you dreamed of working in
211. March 2018 13. Discovering Your Life's Work  
in one place, or in many places
212. March 2018 13. Discovering Your Life's Work  
What would your work environment look like
213. March 2018 13. Discovering Your Life's Work  
Do you thrive on a busy, active day or do you like a quiet, peaceful pace?
214. March 2018 13. Discovering Your Life's Work  
picture the type of people she wanted to work with, the level of responsibility, the opportunities for advancement, and many other details

215. March 2018 13. Discovering Your Life's Work  
I allow myself to think and dream in unlimited ways.
216. March 2018 13. Discovering Your Life's Work  
your higher self immediately goes out and begins to create it for you
217. March 2018 13. Discovering Your Life's Work  
All you need do is get clear about what you want, and dare to think big
218. March 2018 13. Discovering Your Life's Work  
you devote to moneymaking activities? What hours do you work? How
219. March 2018 13. Discovering Your Life's Work  
active, fast-paced job, or do you work in a
220. March 2018 13. Discovering Your Life's Work  
atmosphere?
221. March 2018 13. Discovering Your Life's Work  
Do you work with the same people every day? What are these people like? What role do you play with them? How much of the time do you work alone?
222. March 2018 13. Discovering Your Life's Work  
What opportunities for advancement
223. March 2018 13. Discovering Your Life's Work  
continue refining and adding to your answers, thinking of even more possibilities and choices and imagining yourself having even more than you did the previous time
224. March 2018 13. Discovering Your Life's Work  
As you complete these questions, your higher self is already beginning to find ways to bring your ideal life to you. Are you ready to have it?
225. March 2018 14. You Have What It Takes  
your dreams are within your reach and easier to accomplish than you imagine. All answers are within me. I follow my inner wisdom.
226. March 2018 14. You Have What It Takes  
You can draw your life's work to you more quickly by developing the inner strengths and resources you will need to successfully carry it out. You do not need to take large risks or big steps that are inappropriate for you
227. March 2018 14. You Have What It Takes  
developing your inner resources, each move you make will
228. March 2018 14. You Have What It Takes  
It will require making yourself rather than anyone else the authority on what is good
229. March 2018 14. You Have What It Takes  
Creating your life's work is a process of discovering yourself. You do so by going within, rather than looking for answers outside yourself
230. March 2018 14. You Have What It Takes  
is best to rely on your own wisdom in making decisions
231. March 2018 14. You Have What It Takes  
To create your life's work you will need to learn to solve your own problems, which you might instead call your "challenges" or "opportunities for growth
232. March 2018 14. You Have What It Takes

232. make the final decisions from your heart and follow your intuition. As you do your life's work, you will be creating your own path from day to day
233. March 2018 14. You Have What It Takes  
You will have a sense of control over your life and know that you are in charge of your destiny.
234. March 2018 14. You Have What It Takes  
You can design your future by being alert to and aware of opportunities, knowing
235. March 2018 14. You Have What It Takes  
you will be able to find more effective ways to do your work and be more successful
236. March 2018 14. You Have What It Takes  
As you think about how to increase the harmony and flow in your life in small ways, you are developing the skill of creative problem solving
237. March 2018 14. You Have What It Takes  
look for ways to make them better
238. March 2018 14. You Have What It Takes  
Some of you have difficulty accomplishing your life's work because you are too busy supporting others in their careers or life's work. You may be setting aside your own work until the person you are helping succeeds
239. March 2018 14. You Have What It Takes  
you are helping others out of obligation, not out of joy, check again to see if this is truly what you want to do.
240. March 2020 17. Moving to Your Higher Path  
It is often better not to link issues of your survival with the new direction you are taking. Do not let your need for monthly income put pressure on you as you begin your new path. Instead, find a way to bring in sufficient income while you do all the things you can think of to put your ideas into action and to make your new path as strong as possible. If your current job does not satisfy you, you may want to transform it rather than leave it. Many of you have good jobs that could be more satisfying if you were willing to change your attitude or work on making the job more suitable to you. It is rare to step into a job and find that everything is perfect; part of your challenge is to make the job fit who you are.
241. March 2020 17. Moving to Your Higher Path  
If you are not feeling nurtured at your job, it may be because you are not nurturing yourself. If you feel unappreciated by your employer, coworkers, or employees, it may be that you have not learned to appreciate yourself. Once you learn to nurture and appreciate yourself, you will find others do so also.
242. March 2020 18. Honoring Your Value and Worth  
You may want to become even more self-motivated, taking on work without being asked, anticipating and meeting needs before they are voiced, and giving your best. If you are doing these things and you still are not receiving what you feel you deserve, make up your mind that you will
243. March 2020 18. Honoring Your Value and Worth  
, make up your mind that you will, and write a date
244. March 2020 19. Joy and Appreciation  
You do not "create" money when you bring it into your life; you tap into a flow that is already there. When you create wealth, you do not take from someone else; you become part of a flow of money.

244. Let it circulate through you. Remember that the more money circulates, the wealthier everyone is, just as the more times inventory turns over, the more prosperous a store becomes. Prosperity comes when giving and receiving are flowing freely.
245. March 2020 20. Giving and Receiving  
Accept money from any source if people are giving it to you freely. The more easily you can receive, the more easily the universe can give to you. Think of all the sources from which you allow money to come to you (e.g., your job, income from investments, your parents, scholarships). What other ways might you receive income?
246. March 2020 20. Giving and Receiving  
To create many flows of money in your life, learn to give and receive freely. You want to receive as well as give. Many of you love to give to others, yet it is harder to allow yourself to receive from them. You empower others by letting them give to you, for then they have the opportunity to demonstrate their abundance. People feel good about themselves when they give you something that you can use and appreciate. If no one could receive, no one would be able to give, which would block the flow of energy necessary to create abundance.
247. March 2020 20. Giving and Receiving  
Imagine ten times the amount of money people give you coming back to them every time you receive money. As you envision success for other people, you increase your own magnetism to prosperity
248. March 2020 20. Giving and Receiving  
Everything I give to others is a gift to myself. As I give, I receive.
249. March 2020 20. Giving and Receiving  
It is a law of the universe that to get something you need to give something. If there is something you want, you can ask yourself, "What do I need to give to get it?" There
250. March 2020 20. Giving and Receiving  
your life, think of someone you can give something to. Giving to others who are appreciative and can use your gifts can bring you some of the most wonderful feelings in the world. Giving affirms your abundance and helps you feel prosperous. Giving makes you strong. Think of something you could give to someone you know that would help him or her right now
251. March 2020 20. Giving and Receiving  
Learning to give to yourself is important in maintaining the flow of abundance. If you cannot give to yourself, there will be a block in the flow, and eventually you will feel it. For instance, healers may burn themselves out if they are always giving to others but are unable to give to themselves the time they need to feel nurtured and recharge their energy. You may start experiencing lack, then have to put extraordinary amounts of time and energy into yourself. Or, you may feel depleted on an energy level from your work and lose your enthusiasm for what you are doing.
252. March 2020 21. Clarity and Harmony  
I listen to the wisdom of my heart. To change the situation, work at an energy level. You can start by going to your heart and releasing your anger and hurt
253. March 2020 21. Clarity and Harmony  
be clear about what your agreements are. The clearer you are, the more harmony and light you put into your life. Your clarity is a gift to everyone in your life.
254. March 2020 21. Clarity and Harmony



254. You also have agreements with yourself. For instance, you have agreements with yourself about the way you allow yourself to spend money. What things are all right to spend on? How much money do you allow yourself to spend for certain things
255. March 2020 21. Clarity and Harmony  
Make agreements with yourself about money that work to create joy, abundance, and clarity for you. If
256. March 2020 21. Clarity and Harmony  
I always look for ways to make the other person a winner; as I help others win, I win as well.
257. March 2020 22. Having Money  
Everyone's success contributes to my success. As you become more prosperous yourself, it is likely that you will be around prosperous people. As you think in terms of prosperity, your vibration begins to change and you attract other people who think in terms of abundance as well. Do not feel jealous or threatened by someone who is successful. Realize that if you are close to a person who is succeeding, you are beginning to
258. March 2020 22. Having Money  
Money is neither good nor bad; it is energy. It is the way money is used that determines whether or not it is a positive energy that will benefit you and others. If you come from the highest level of integrity with your money, if you make it in ways that benefit people, through shifting their consciousness, or through serving and making a contribution, by giving your best, honoring others, and putting attention and consciousness into what you do, you are making a contribution to humanity and to yourself. When you use money in ways that serve your higher purpose and bring you and others joy, you are creating money of light. The more money is made and spent with integrity and light, the more it becomes a force of light for everyone.
259. March 2020 22. Having Money  
have abundance in every area of my life.
260. March 2020 22. Having Money  
My prosperity prospers others.
261. March 2020 22. Having Money  
Begin now to believe that everyone's success means even more success for you. If everyone around you begins to succeed, then you are surrounded with the vibration of success, and your success will grow even faster. When you hear of other people's good fortune, appreciate their success, knowing that it affirms the abundance that is available for you as well.
262. March 2020 22. Having Money  
There is an unlimited supply of success. Every person in the world can be successful. Realize that you have your special place, and what you are here to do is in some way special and unique, no matter how many people are doing similar things
263. March 2020 22. Having Money  
Know that there is no one else in the world who is going to do your work exactly as you do it. Even if it appears that others are doing the same work, they are probably reaching a different group of people, or reaching the same group in a different way. It is better to focus on living up to your potential. Are you putting the wants of people you serve first
264. March 2020 22. Having Money  
Do not worry about someone else taking away your idea, or doing what you are doing better than

264. you are. As long as you do the best you know how and put out the finest quality product or service you can offer, you will be richly rewarded
265. March 2020 22. Having Money  
do not stop putting out quality work. You will be rewarded eventually
266. March 2020 22. Having Money  
the one who works consistently and steadily, doing a good job all the time, will have more abundance and make a greater mark in the world than the person who takes shortcuts to beat everyone else out.
267. March 2020 22. Having Money  
One storekeeper increased his business dramatically by sending love and envisioning success for everyone who came into his store
268. March 2020 22. Having Money  
Depending on how prepared you are to have a large windfall, many things in your life will change  
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Duane, Packer. "Creating Money: Attracting Abundance." LuminEssence Productions, 2012-01-21T16:00:00+00:00. Apple Books.  
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