

Simple Steps

examples

10. You are your own higher power.

A **higher power** is simply increased power in your cells.

Raise your vibes into the higher frequencies of love...**practice love more frequently**...in every thought, word and action, and build your own source of higher power.

Tap into it each day and the **light of truth** will guide you from within.

Don't look for God. **Be God!**

17. Release your prisoners.

Your **past wounds** are stored in your cells...creating the bars of **fear** that hold you prisoner, along with all those who wounded you in your childhood. This defensive chemical warning system protects you from being hurt again. But it also creates your present pain and limitation.

Set your prisoners **free**. They're innocent! **Little wounded children**...just like you.

Drop all charges. Wipe the cellular slate clean. Stop punishing yourself...and others.

See the wounded child within everyone. This will change the way you respond, and open your heart to connect with theirs.

You're safe!

35. Approval isn't love.

Family approval isn't love...it's based on **you** meeting the family conditions. **Love is ever present**...it doesn't withdraw itself because it places no conditions upon you.

Love accepts you just as you are.

So face your fears, your deep seated family conditions, and lovingly say to them...

"No, I'm doing it my way. And I'd **dearly prefer to have your love** than your approval."

42. Designer genes.

Forgive yourself of the illusion of dis-ease...the family baggage...ancestral DNA.

You are the *fashionista* in your life.

Fashion your own creations.

Step into those *designer genes*...and strut down the catwalk of life.

I dare you!

43. Take your body to Heaven.

Cross over to *the other side*.

Change sides. Stop siding with fear.

Side with *love* instead.

You're in Heaven!

58. Break all the rules.

What fun!

Listen to your *cheeky creative spirit*, and crash through all your old boundaries and limitations.

Trust your feelings...they're guiding you back to your *truth*...and into *freedom*.

79. Assist evolution.

DNA, your family disfunction, is the evolutionary baton that's *slowly dissolving* it's cargo of karma.

See the purpose in this *generational purification*.

Shift your beliefs to match your creative spirit.

It's okay!

You're assisting evolution by...

Standing in your Truth.

108. Biological Clock... Tick Tock

Tick! Tock! Love! Fear!

Release the fear...

Tick!

111. You're a garden of Love.

Your whole body is a garden of Love.

Plant seeds of love every day, in every way, and your life will be rosy.

As you nurture the rose garden in the heart of every cell, you'll be uplifted by the scent of roses from your own body.

Tend your own garden.

No 133. Hug yourself.

Create the most amazing relationship you've ever wished for...

with yourself.

Relationships between man and woman have simply been the vehicle through which evolution could take place, by creating new, more highly inspired generations...bodies carrying higher vibes. Sex has been a means to an end, providing the forward thrust of human spiritual evolution.

But a sexual relationship is not your highest aspiration.

Your highest aspiration is to hold the highest spirit, energy, vibe, within your body.

Be in love with yourself.

Feel the joy of *being* with your loving self.

You'll never want this relationship to end.

So, stop looking for the perfect sexual relationship, and instead...

Hug yourself.