A person's silhouette is shown from the back, looking out at a sunset or sunrise over a body of water. The sky is filled with soft, golden light, and the water reflects the light. The person's hair is long and dark. The overall mood is peaceful and contemplative.

IT DOESN'T MATTER  
WHAT THE REST OF THE  
WORLD BELIEVES, THE  
ONLY THING THAT  
MATTERS IS WHAT YOU  
BELIEVE.

A SOULFULL SANCTUARY PRESENTATION:

# BACKWARDS BELIEFS





HI! WELCOME. I AM JESSICA EHRENWORTH.

AFTER A DECADE AND A HALF AS A PSYCHOTHERAPIST, AS WELL AS YEARS OF WORKING ON MYSELF, I'VE COME TO REALIZE THAT WHAT WE'VE BEEN TAUGHT TO THINK OF THIS WORLD IS VERY DIFFERENT FROM THE WAY THE WORLD REALLY EXISTS.

WHEN EVERYONE IS TELLING YOU, "THIS IS THE WAY THE WORLD WORKS. THERE IS NO OTHER WAY," THAT IS USUALLY THE MOST BACKWARDS BELIEF.

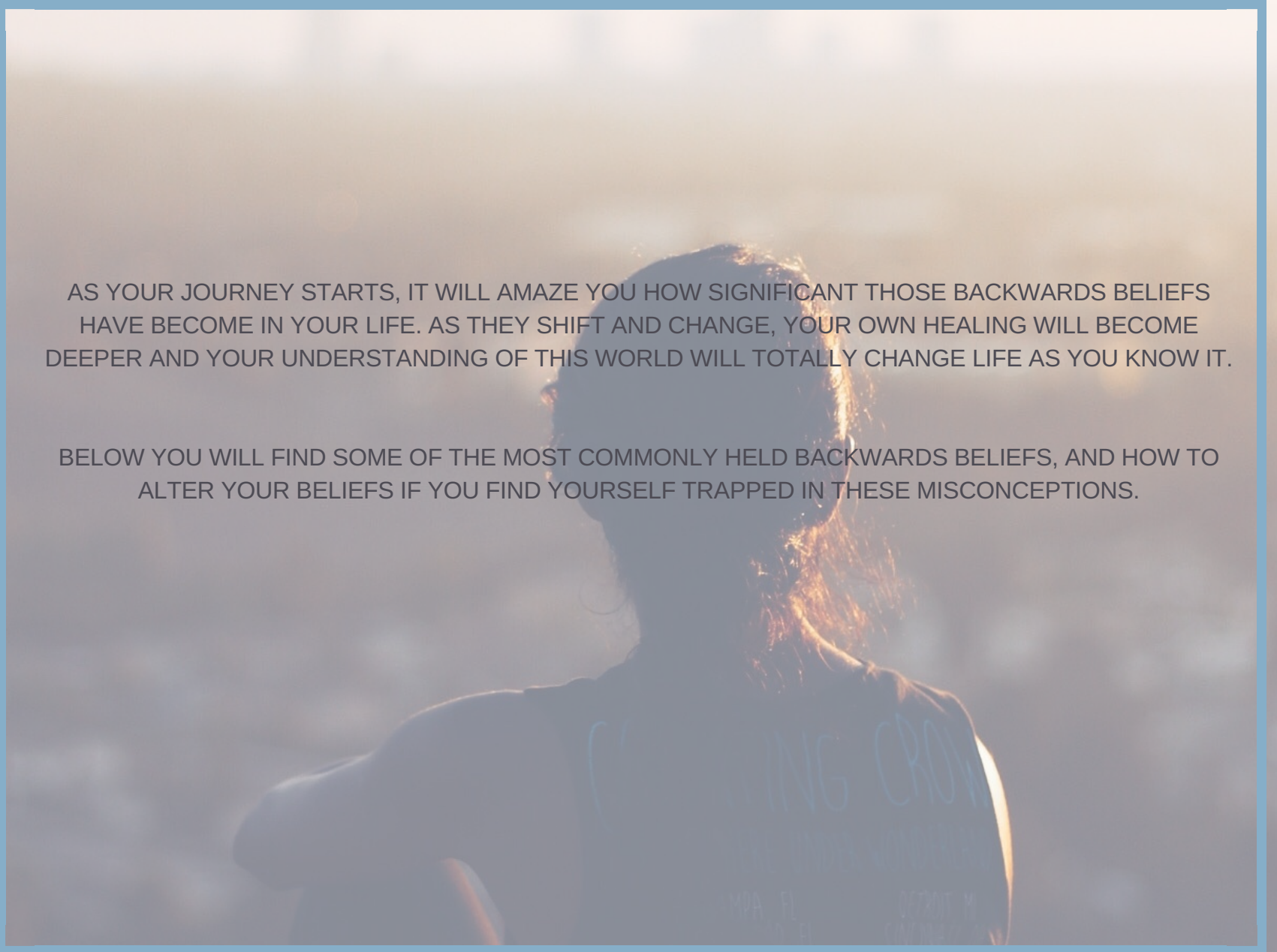
FOR EXAMPLE, YOU PROBABLY HAVE HEARD PEOPLE SAY, "YOU HAVE TO CONTROL YOUR EMOTIONS OR YOUR EMOTIONS WILL CONTROL YOU." MOST PEOPLE ACCEPT THIS AS FACT AND TRY TO STUFF DOWN ANY EMOTIONS THAT FEEL SCARY OR OUT OF CONTROL. IN REALITY, IT'S A BACKWARD BELIEF, AS WE WILL EXPLORE BELOW.

YOU KNOW WHAT MAKE SENSE WITHIN YOU, WHETHER THE REST OF THE WORLD BELIEVES IT OR NOT.

IT IS IMPORTANT TO START ASKING YOURSELF THIS QUESTION:  
WHAT BELIEFS ARE WORKING FOR ME AND WHAT BELIEFS AREN'T?

IF A BELIEF CAUSES YOU ANGUISH OR FEAR, IT IS TIME TO QUESTION AND SHIFT IT. FIND THE BELIEF SYSTEM THAT WORKS FOR YOU. IT DOESN'T MATTER WHAT ANYONE ELSE SAYS. IF IT CAUSES YOU TO FEEL PEACEFUL AND HAPPY, THEN BINGO, YOU FOUND THE RIGHT ONE.

AS YOU GET RID OF THAT BACKWARDS THINKING, IT BRINGS YOU NOT ONLY TO A PLACE OF EMPOWERMENT BUT INTO A PLACE WHERE YOU END UP GETTING THE LIFE THAT YOU HAVE ALWAYS/ONLY DREAMED ABOUT



AS YOUR JOURNEY STARTS, IT WILL AMAZE YOU HOW SIGNIFICANT THOSE BACKWARDS BELIEFS HAVE BECOME IN YOUR LIFE. AS THEY SHIFT AND CHANGE, YOUR OWN HEALING WILL BECOME DEEPER AND YOUR UNDERSTANDING OF THIS WORLD WILL TOTALLY CHANGE LIFE AS YOU KNOW IT.

BELOW YOU WILL FIND SOME OF THE MOST COMMONLY HELD BACKWARDS BELIEFS, AND HOW TO ALTER YOUR BELIEFS IF YOU FIND YOURSELF TRAPPED IN THESE MISCONCEPTIONS.

# There is no one to support me but myself.

THE WORLD IS A SCARY PLACE TO BE WHEN YOU FEEL ALONE IN THE WORLD.

THE TRUTH OF THE MATTER IS THAT YOU ARE NEVER ALONE. THIS CAN BE A TOUGH ONE TO WRAP YOUR HEAD AROUND, BUT IN A SPIRITUAL SENSE, YOU ARE PART OF A BIGGER MICROCOSM OF “THE UNIVERSE” OR SOME PEOPLE CALL IT “SPIRIT” OR SOME PEOPLE SENSE IT AS BEING A PART OF SOMETHING BIGGER THAN WHO YOU ARE.

FROM THIS PERSPECTIVE, WE CAN ALWAYS CALL ON AND ASK FOR HELP AS NEEDED. SOMETIMES THIS MAY SHOW UP AS A HUMAN IN PHYSICAL FORM. OTHER TIMES IT MAY SHOW UP AS AN ENERGETIC FORCE.

THE PROBLEM IS THAT OFTEN WE CANNOT GET OUT OF OUR OWN WAY TO SEE WHAT WE HAVE ASKED FOR. OFTEN, SUPPORT IS RIGHT IN FRONT OF US, BUT JUST NOT IN THE WAY WE THOUGHT IT WOULD SHOW UP. SO WE IGNORE IT OR DOUBT IT OR THINK WE DIDN'T GET WHAT WE ASKED FOR.

THIS LEADS TO THE BACKWARDS BELIEF THAT WE FEEL THAT WE ARE ALONE IN THIS WORLD.

**ACTION STEP** - START NOTICING WHAT YOU NEED HELP WITH AND ASK FOR IT. ONCE YOU START LOOKING FOR SUPPORT DIFFERENTLY, YOU START TO NOTICE THAT THE THINGS YOU WERE ASKING FOR WERE THERE ALL ALONG. YOU REALIZE THAT THE SUPPORT YOU ARE ACTUALLY GETTING IS STRONGER THAN WHAT YOU EVER COULD HAVE IMAGINED.

# When things go right, the world has my back, but when things go wrong, the world forgets about me.

WE HAVE BEEN TAUGHT TO BOUNCE AROUND IN OUR BELIEFS DEPENDING ON WHAT HAPPENS IN OUTSIDE CIRCUMSTANCES. THEREFORE, WE OFTEN DO NOT HOLD TRUE TO ANY BELIEF.

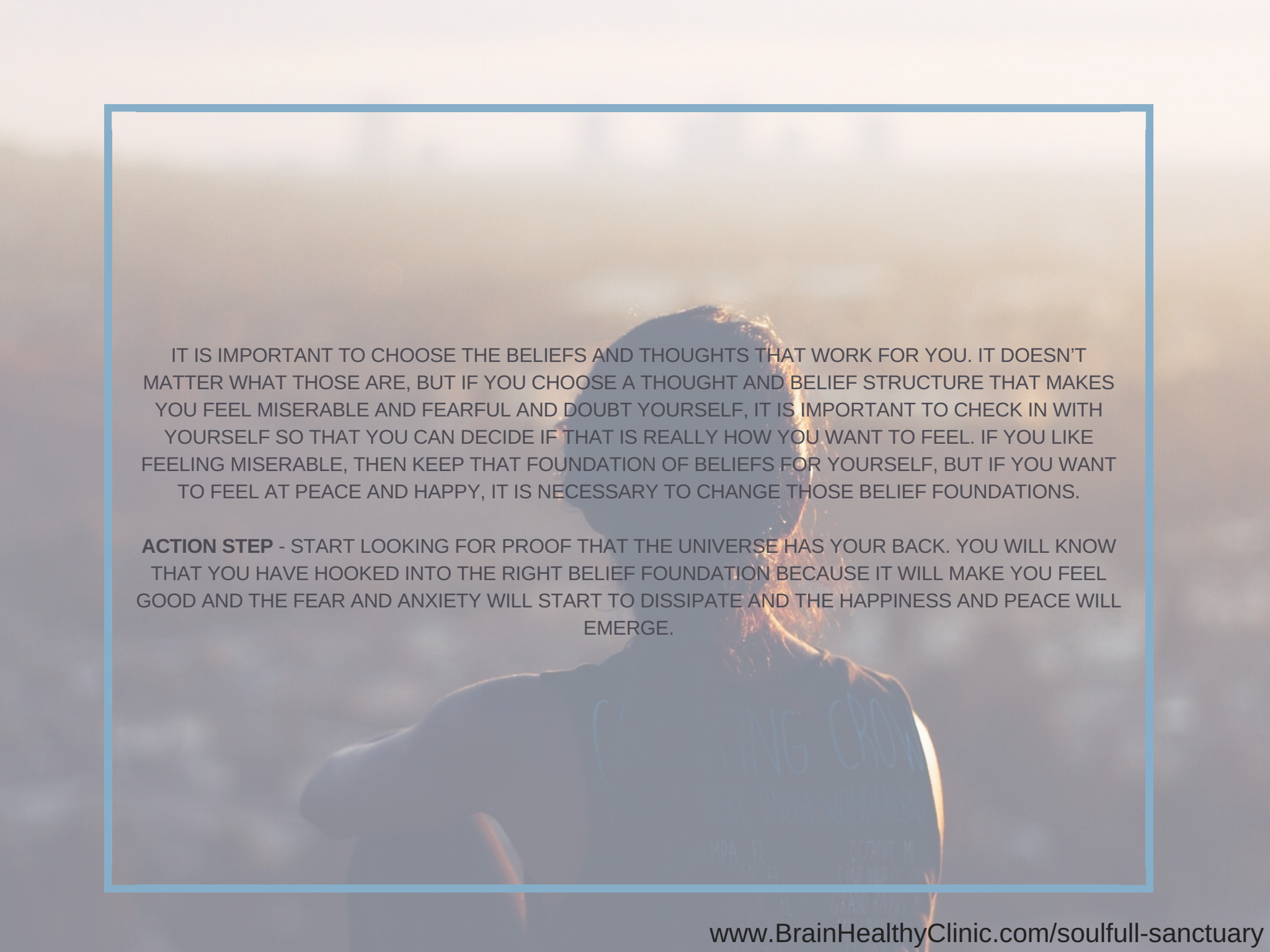
FURTHERMORE, WE LET CIRCUMSTANCES AND SITUATIONS OUTSIDE OF OURSELF DICTATE NOT ONLY OUR BELIEFS BUT ALSO ALLOW THEM TO IMPACT OUR MOODS AND HOW WE FEEL. THIS BECOMES VERY CONFUSING BECAUSE ULTIMATELY, WE NEVER KNOW WHAT TO BELIEVE AND CONTINUALLY FEEL ANXIOUS, OUT OF CONTROL, FEARFUL AND CONFUSED.

IT ALSO MEANS THAT ANYTHING CAN KNOCK US OFF OUR GAME BECAUSE WE HAVE NEVER BEEN TRUE TO WHO WE ARE. OUR BELIEFS DO NOT GROUND US BUT KEEP US LATCHING ON TO WHAT OTHERS THINK INSTEAD OF STAYING TRUE TO OURSELVES.

IT IS IMPOSSIBLE TO HOLD TWO COMPLETELY OPPOSITE VIEWPOINTS AT THE SAME TIME ABOUT ANYTHING AND HAVE BOTH BE TRUE. I CAN'T TELL YOU HOW MANY TIMES I HEAR THAT PEOPLE FEEL SUPPORTED WHEN THEY FEEL GOOD AND UNSUPPORTED WHEN THEY DON'T.

HOWEVER, YOU CAN'T BELIEVE THAT THE WORLD HAS YOUR BACK AND THE WORLD DOES NOT HAVE YOUR BACK. THESE ARE TWO COUNTER BELIEFS. WHICH ONE WILL YOU CHOOSE?

MOST PEOPLE FLIP FLOP BACK AND FORTH AND LOSE THEIR FAITH WHEN THEY NEED IT THE MOST. WHAT IS ACTUALLY HAPPENING, HOWEVER, IS THAT THEY ARE LOSING A FAITH THAT NEVER EXISTED IN THE FIRST PLACE BECAUSE THEY NEVER CHOSE WHAT THEY WANTED TO BELIEVE.



IT IS IMPORTANT TO CHOOSE THE BELIEFS AND THOUGHTS THAT WORK FOR YOU. IT DOESN'T MATTER WHAT THOSE ARE, BUT IF YOU CHOOSE A THOUGHT AND BELIEF STRUCTURE THAT MAKES YOU FEEL MISERABLE AND FEARFUL AND DOUBT YOURSELF, IT IS IMPORTANT TO CHECK IN WITH YOURSELF SO THAT YOU CAN DECIDE IF THAT IS REALLY HOW YOU WANT TO FEEL. IF YOU LIKE FEELING MISERABLE, THEN KEEP THAT FOUNDATION OF BELIEFS FOR YOURSELF, BUT IF YOU WANT TO FEEL AT PEACE AND HAPPY, IT IS NECESSARY TO CHANGE THOSE BELIEF FOUNDATIONS.

**ACTION STEP** - START LOOKING FOR PROOF THAT THE UNIVERSE HAS YOUR BACK. YOU WILL KNOW THAT YOU HAVE HOOKED INTO THE RIGHT BELIEF FOUNDATION BECAUSE IT WILL MAKE YOU FEEL GOOD AND THE FEAR AND ANXIETY WILL START TO DISSIPATE AND THE HAPPINESS AND PEACE WILL EMERGE.

# When I feel emotional it is best to try to redirect my thoughts and focus on something more positive.

AS HUMANS, WE HAVE BEEN TAUGHT TO IGNORE AND DISREGARD OUR EMOTIONS. FROM AN EARLY AGE IF WE STARTED TO CRY, THE FIRST THINGS WE WOULD HEAR IS “SHHHH, SHHHH, IT’S OK, DON’T CRY.”

THAT IS HOW MOST PEOPLE USE ALL OF THEIR EMOTIONS. THEY TRY TO SWEEP THEM UNDER THE RUG AND PRETEND THEY DON’T EXIST.

BY REDIRECTING OUR THOUGHTS AND FOCUSING ON THE POSITIVE, WE ARE ACTUALLY LOSING THE POWER AND TEACHINGS THAT OUR THOUGHTS ARE HERE TO GIVE US. WE ARE TRYING TO BYPASS THE THOUGHT AND PRETEND IT DOESN’T EXIST.

THIS CREATES BIGGER THOUGHTS THAT START TO SPIN OUT OF CONTROL AND OUR EMOTIONS GROW BIGGER AND BIGGER.

INSTEAD, IF WE WERE TO SIT WITH OUR EMOTIONS AND THOUGHTS, NO MATTER HOW UNCOMFORTABLE THEY MAY BE AND INVITE THEM IN FOR A CHAT INSTEAD OF TRYING TO RUN THEM OUT OF TOWN, WE WILL LEARN WHAT THEY ARE TRYING TO TELL US. THEN THEY CAN START TO QUIET DOWN, WHICH IN TURN RAISES OUR VIBRATIONS, PUTS US IN CONTROL, AND MAKES IT SO MUCH EASIER TO THINK POSITIVE THOUGHTS.

**ACTION STEP** - INSTEAD OF REDIRECTING YOUR THOUGHTS, ALLOW YOURSELF TIME TO SIT WITH YOUR EMOTIONS, NO MATTER HOW UNCOMFORTABLE THEY FEEL.



# I can separate my emotions from my behaviors. Sometimes, I wonder why I even have emotional responses.

WE OFTEN FEEL LIKE OUR EMOTIONS ARE SOME OTHER ENTITY UNTO THEMSELVES. IT FEELS AS IF THEY SO OFTEN CONTROL US INSTEAD OF US CONTROLLING THEM. MORE PEOPLE ARE TRYING TO RUN FROM THEIR EMOTIONS THAN EVER BEFORE.

EVERY TIME WE STUFF DOWN AN EMOTION THAT DOESN'T FEEL GOOD OR IGNORE WHAT IS COMING UP, AND TRY TO PAY ATTENTION TO SOMETHING ELSE, OUR EMOTIONS TEND TO BECOME BIGGER AND EVEN MORE OUT OF CONTROL, SIMPLY BECAUSE WE AREN'T UNDERSTANDING WHAT THEY ARE TRYING TO TELL US.

IMAGINE YOU'RE IN A CONVERSATION WITH SOMEONE AND YOU KEPT TRYING TO CHANGE THE SUBJECT AWAY FROM WHAT THEY WANT TO TALK ABOUT. THEY WOULD GET FRUSTRATED BECAUSE YOU WEREN'T ACTUALLY HEARING THEM. THE SAME IS TRUE FOR YOUR EMOTIONS.

THE PROBLEM IS THAT WE HAVE NEVER BEEN TRAINED TO SLOW DOWN OUR EMOTIONS AND START LISTENING TO ALL THE WISDOM THAT THEY HAVE TO OFFER US. WITHOUT BEING ABLE TO SLOW THEM DOWN, WE WILL FOREVER BE CONTROLLED BY OUR EMOTIONS. WE THINK WE FIND RELIEF, WHEN IN REALITY OUR EMOTIONS ARE CHanneled THROUGH TO OUR BEHAVIOURS.

**ACTION STEP** - TRY TO START DECIPHERING WHAT YOUR EMOTIONS ARE TRYING TO TELL YOU. THIS ISN'T EASY AND IT MAY TAKE MANY ATTEMPTS TO FEEL AS IF YOUR GETTING SOMEWHERE WITH IT. YOU'LL KNOW YOU ARE ON THE RIGHT TRACK WHEN THINGS FIT TOGETHER AND MAKE SENSE DIFFERENTLY.

WHEN WE LEARN TO SLOW THEM DOWN AND LISTEN TO EVERYTHING THEY ARE SAYING TO US, WE FIND BURIED TREASURE THAT MAKES US RICH BEYOND BELIEF, NOT ONLY BECAUSE WE FEEL GREAT, BUT WE ALSO GAIN AN UNDERSTANDING OF THE SITUATIONS AND BEHAVIOURS WE ARE TAKING PART IN AND WE BECOME AWARE OF HOW TO GUIDE OURSELVES TO PEACE AND HAPPINESS.

# My emotions, anxiety, depression, etc. are separate from my spiritual journey.

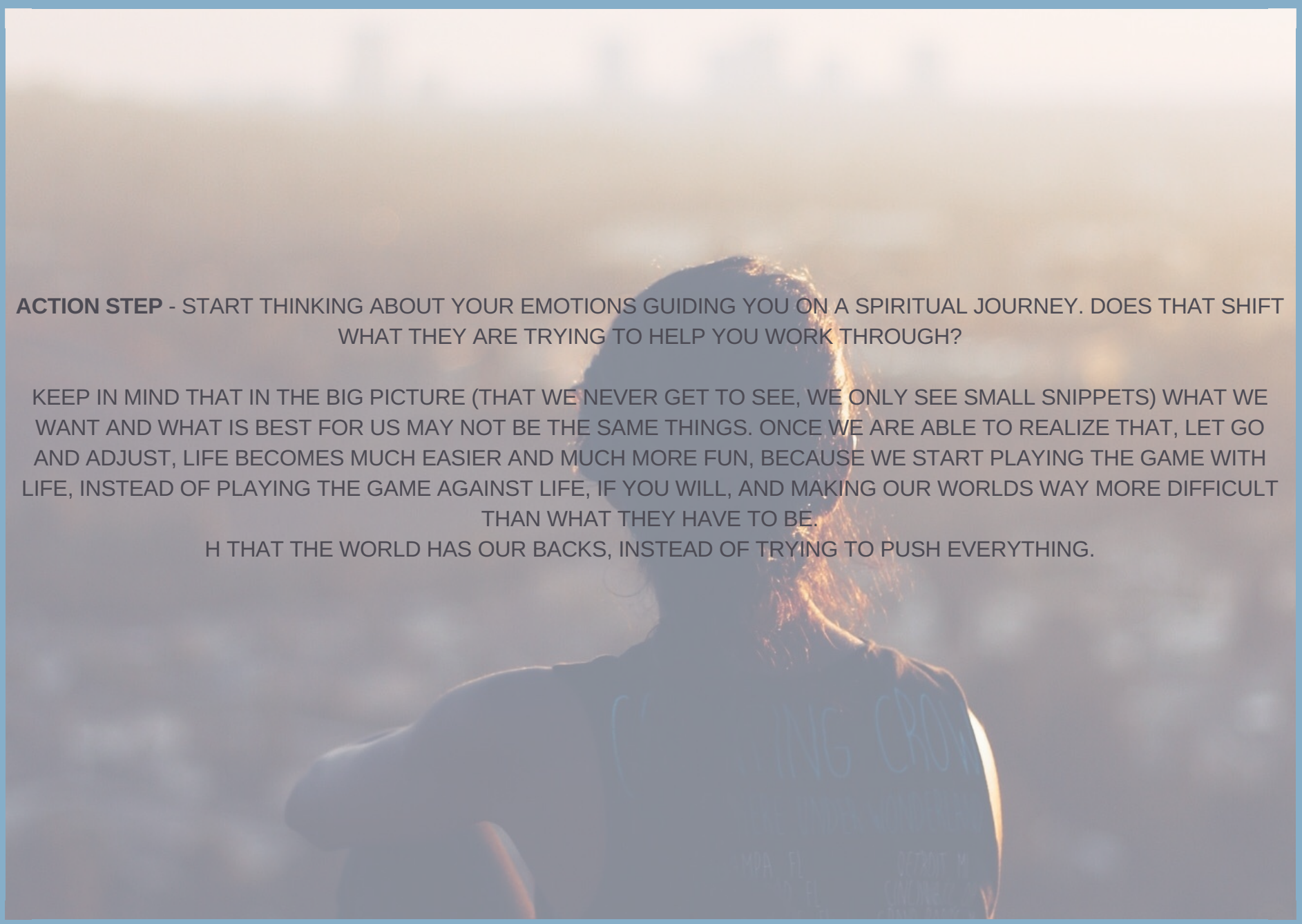
MANY TIMES WE FAIL TO SEE THAT OUR EMOTIONS ARE SUCH A BIG PART OF OUR SPIRITUAL JOURNEY.

SINCE OUR EMOTIONS ARE GENERALLY OUR GUIDEMAP FOR LIFE, AND WE HAVE DISCUSSED THAT EMOTIONS WHEN LISTENED TO PROPERLY CAN LEAD YOU TO WHERE YOU WANT TO BE WITH A DEEPER UNDERSTANDINGS OF PEACE AND HAPPINESS, IT ONLY MAKES SENSE THAT WHEN WE LEARN TO DECIPHER OUR EMOTIONS FROM A DIFFERENT PERSPECTIVE, A SPIRITUAL PERSPECTIVE, THAT AWARENESS PROPELS US IN OUR JOURNEY MUCH QUICKER THAN ANYTHING ELSE.

LET'S TAKE ANXIETY FOR INSTANCE. THE BACKWARDS BELIEF IS THAT ANXIETY IS SOMETHING THAT FEELS AWFUL AND YOU DON'T WANT. MANY PEOPLE TAKE NATURAL SUPPLEMENTS AND/OR MEDICATIONS TO HELP THEM DEAL WITH ANXIETY.

BUT WHEN WE TAKE A CLOSER LOOK AT WHAT MOST ANXIETIES ARE TRYING TO HELP US WITH AND TELL US, THEY ARE OFTEN A SIGNAL THAT WE ARE TRYING TO HOLD ONTO A DESIRED OUTCOME AND CONTROL OUR CIRCUMSTANCES, PARTICULARLY WHEN THINGS ARE NOT GOING THE WAY WE WANT.

THE LESSON BEHIND THIS IS THAT WHEN WE LEARN TO LET GO AND LIVE IN THE FLOW OF LIFE, INSTEAD OF TRYING TO CREATE THE FLOW, THINGS BECOME MUCH EASIER AND THE ANXIETY GOES AWAY. IT IS LIKE OUR EMOTIONS ARE THE UNIVERSAL WARNING SYSTEMS TO EMBRACE WHAT IS GIVEN TO US AND HAVE FAITH THAT THE WORLD HAS OUR BACKS, INSTEAD OF TRYING TO PUSH EVERYTHING.



**ACTION STEP** - START THINKING ABOUT YOUR EMOTIONS GUIDING YOU ON A SPIRITUAL JOURNEY. DOES THAT SHIFT WHAT THEY ARE TRYING TO HELP YOU WORK THROUGH?

KEEP IN MIND THAT IN THE BIG PICTURE (THAT WE NEVER GET TO SEE, WE ONLY SEE SMALL SNIPPETS) WHAT WE WANT AND WHAT IS BEST FOR US MAY NOT BE THE SAME THINGS. ONCE WE ARE ABLE TO REALIZE THAT, LET GO AND ADJUST, LIFE BECOMES MUCH EASIER AND MUCH MORE FUN, BECAUSE WE START PLAYING THE GAME WITH LIFE, INSTEAD OF PLAYING THE GAME AGAINST LIFE, IF YOU WILL, AND MAKING OUR WORLDS WAY MORE DIFFICULT THAN WHAT THEY HAVE TO BE.

H THAT THE WORLD HAS OUR BACKS, INSTEAD OF TRYING TO PUSH EVERYTHING.

## Most relationships are not loving.

AS MY OWN SPIRITUAL JOURNEY STARTED, I BEGAN QUESTIONING WHAT UNCONDITIONAL LOVE REALLY MEANT. WHAT DID IT EVEN LOOK LIKE? IT WAS A VERY CHALLENGING TIME FOR ME IN SO MANY WAYS, BUT IT DAWNED ON ME THAT THERE REALLY ARE NO RESOURCES THAT I COULD FIND, THAT COULD REALLY EXPRESS HOW TO LOVE SOMEONE UNCONDITIONALLY AND SHOW US WHAT THAT LOOKS LIKE.

ALTHOUGH MOST SONGS ON THE RADIO SING ABOUT LOVE WITH ROMANTIC-SOUNDING LYRICS LIKE, "PLEASE BE MINE," THOSE SONGS DON'T HAVE THE FAINTEST CLUE WHAT UNCONDITIONAL, HEALTHY LOVE REALLY LOOKS LIKE. MOST OF THE RELATIONSHIPS THAT HAVE BEEN SHOWN TO US ARE MANIPULATIVE. THEY HAVE AN ATTITUDE OF, "I KNOW THAT IF I AM KIND TO YOU, I WILL GET WHAT I WANT LATER."

THAT AFFECTS OUR REAL-LIFE RELATIONSHIPS. WE USE PUT DOWNS AND LAUGH THEM OFF SO THAT NO ONE GETS OFFENDED. WE WANT TO "OWN" SOMEONE ELSE SO WE CAN FEEL MORE SECURE ABOUT OUR RELATIONSHIP AND OUR LIFE. AND WHEN THE RELATIONSHIP DOES NOT FULFILL OUR EXPECTATION, WE GET ANGRY AND LASH OUT.

WHEN WE TRULY LOVE SOMEONE, WE WILL SUPPORT EVERY ASPECT OF THEM AND NOT TRY TO CHANGE ANY ASPECT OF WHO THEY ARE OR HOPE THAT THEY CHANGE. WE ARE HAPPY WHEN THEY ARE HAPPY AND DOING WELL INSTEAD OF HAVING FEELINGS OF INSECURITY OR JEALOUSY.

TO LOVE UNCONDITIONALLY IS ONE OF THE BIGGEST CHALLENGES OF ALL TIME. IT IS ALSO VERY EMPOWERING AND TAKES A LOT OF PERSONAL SOULFULL WORK TO ACHIEVE. THE PEACE THAT COMES FROM SOULFULL RELATIONSHIPS IS IMMENSE. YOUR HAPPINESS IS NOT DEPENDENT ON ANYONE ELSE BUT YOURSELF, WHICH ALLOWS YOU TO LOVE UNCONDITIONALLY.

**ACTION STEP** - TAKE THE TIME TO ANSWER THESE QUESTIONS. WHAT DOES UNCONDITIONAL LOVE MEAN TO YOU? HOW CAN YOU DO SOMETHING NICE FOR SOMEONE TODAY WITHOUT EXPECTING ANYTHING IN RETURN? HOW DOES THAT FEEL?

# I'm often told to get my head out of the clouds.

I FIND IT SO IRONIC THAT HAVING YOUR HEAD IN THE CLOUDS HAS SUCH A NEGATIVE CONNOTATION IN OUR SOCIETY, AND YET, PEOPLE WANT TO KNOW ALL THE SECRETS AROUND MANIFESTATION AND ALCHEMY. THE TRUTH OF THE MATTER IS THAT WE SHOULD ENCOURAGE OURSELVES AND OUR KIDS TO PUT THEIR HEADS IN THE CLOUDS, TO TALK TO IMAGINARY FRIENDS, TO DREAM LIFE INTO EXISTENCE.

THAT IS WHERE MANIFESTATION AND ALCHEMY START. THAT IS WHERE ALL RELATIONSHIPS START. THAT IS WHERE ALL CREATION STARTS. THE FACT THAT WE ARE TAUGHT THAT IMAGINARY THINGS ARE SIMPLY NOT TRUE AND DO NOT EXIST IS A TRAGEDY.

WHAT WOULD HAVE HAPPENED IF STEVE JOBS NEVER IMAGINED AN APPLE COMPUTER? IT ALL STARTED IN HIS MIND. A SIMPLE SLIVER OF AN IDEA. AS HE SAT WITH IT, HE DREAMED IT INTO EXISTENCE BECAUSE HE KNEW THAT ANYTHING HE IMAGINED COULD BE BUILT AND FIGURED OUT ON THIS PHYSICAL PLANE. HE STARTED TO SEE THE VISION IN HIS MIND LONG BEFORE IT MADE IT TO PHYSICAL FORM.

SO MANY PEOPLE ARE TRYING TO FIND THE SECRET TO MAKING LIFE BETTER, BUT IT ALL STARTS FROM ONE PLACE, THE NON-PHYSICAL FORM. WITHOUT IMAGINING IT, YOU CANNOT CREATE IT. SO PLEASE, PUT YOUR HEAD BACK INTO THE CLOUDS AND ENCOURAGE EVERYONE AROUND YOU TO DO THE SAME!

**ACTION STEP** - SPEND 20 MINUTES WITH NO AGENDA OTHER THAN IMAGINING.

# Why do I need to love myself anyway?

WITHOUT LOVING YOURSELF, YOU CANNOT LOVE ANYONE ELSE. IT IS AS SIMPLE AS THAT.

IF WE CANNOT GIVE TO OURSELVES THE LOVE AND RESPECT THAT WE DESERVE AND REQUIRE, WE WILL NOT SEE OURSELVES AS DESERVING OF LOVE AND RESPECT FROM ANYONE ELSE. THIS IS OFTEN WHY WE SPIRAL IN AND OUT OF UNHEALTHY RELATIONSHIP PATTERNS, BECAUSE THE PATTERNS ARE SPIRALLING IN US AND OUR CONSCIOUS AND UNCONSCIOUS BELIEF SYSTEMS.

ONCE YOU ARE ABLE TO FULLY LOVE YOURSELF, YOU ARE ALSO FULLY ABLE TO TAKE CARE OF YOURSELF AND MAKE YOURSELF HAPPY, SO THE NEED TO LOOK OUTSIDE FOR LOVE, PEACE AND HAPPINESS STARTS TO FADE AWAY. YOU BECOME WHOLE AND COMPLETE INSTEAD OF A VORTEX OF EMPTINESS, LOOKING TO OUTER CIRCUMSTANCES AND THINGS TO FILL THE VOID, WHICH IS NEVER FILLED BY OUTER THINGS BUT INSTEAD BECOMES BIGGER.

WHEN WE START FILLING THAT VOID, HOWEVER, THROUGH INNER LOVE AND UNDERSTANDING, HEALING OUR OWN WOUNDS (OR LEARNING HOW), AND TRULY RECOGNIZING HOW POWERFUL WE ARE, WE ARE THEN ABLE TO RECOGNIZE THE SUPER POWERS THAT WE EACH POSSESS AND CAN START TO BRING THEM TO THE WORLD FROM A PLACE OF FULLNESS INSTEAD OF A PLACE OF LACK AND DESPERATION. IT TAKES SOME WORK TO GET TO THAT PLACE OF TRULY LOVING YOURSELF, BUT ONCE YOU'RE THERE, IT IS NOT DIFFICULT TO MAINTAIN AND ALL OF YOUR RELATIONSHIPS START TO SHIFT BECAUSE YOU BECOME SO MUCH MORE ASSERTIVE AND CLEAR IN YOUR COMMUNICATION, IN YOUR WANTS AND DESIRES, IN YOUR RESPECT FOR YOURSELF AND IN YOUR RESPECT FOR OTHERS.

**ACTION STEP** - LOOK IN THE MIRROR, PUT YOUR HAND OVER YOUR HEART AND LET YOURSELF KNOW HOW MUCH YOU LOVE YOU. HOW DOES THIS MAKE YOU FEEL? DO YOU CRINGE AND FEEL SILLY WHEN SAYING IT OR CAN YOU TRULY EMBRACE IT? CONTINUE DOING SO DAILY UNTIL YOU CAN TRULY EMBRACE IT.

# It is up to me to create the life I want.

WE HAVE A FUNNY MINDSET IN OUR WORLD TODAY THAT WE ARE IN CONTROL OF OUR LIVES AND CAN CONTROL EVERYTHING THAT GOES ON. AS HUMANS, WE OFTEN STRUGGLE WITH OUR EMOTIONS BECAUSE WE ARE TRYING TO FEEL IN CONTROL OF EVERYTHING.

THE TRUTH OF THE MATTER IS THAT THE MAGIC IN LIFE DOESN'T START APPEARING UNTIL YOU ALLOW YOURSELF TO LET GO AND HAVE FAITH THAT THE BEST POSSIBLE OUTCOMES WILL APPEAR. LETTING GO IS PROBABLY ONE OF THE MOST DIFFICULT THINGS TO LEARN, FEEL COMFORTABLE WITH AND DO.

THE MORE YOU PUSH, THE WORSE THINGS SEEM TO FEEL. BELIEVE ME, I LEARNED THIS THE HARD WAY. I HAVE HAD MANY BATTLES WITH THE UNIVERSE. I HAVE PLEADED AND CRIED AND YELLED. BUT WHAT I LEARNED IS THAT THE UNIVERSE HAS WAY MORE PATIENCE THAN WE DO AND WILL WAIT AS LONG AS NECESSARY UNTIL YOU FINALLY LET GO.

THE UNIVERSE ALWAYS WINS AND RIGHTLY SO BECAUSE IT IS WAY BIGGER THAN ANYTHING WE CAN EVEN IMAGINE. WE SEE SUCH A SMALL SLIVER OF THE BIG PICTURE THAT THERE IS NO WAY WE CAN POSSIBLY KNOW WHAT IS BEST FOR US. THIS IS WHERE TRUST COMES IN. THERE ARE ALSO SO MANY FACTORS THAT CONTRIBUTE TO THE WAY YOUR LIFE WORKS OUT.

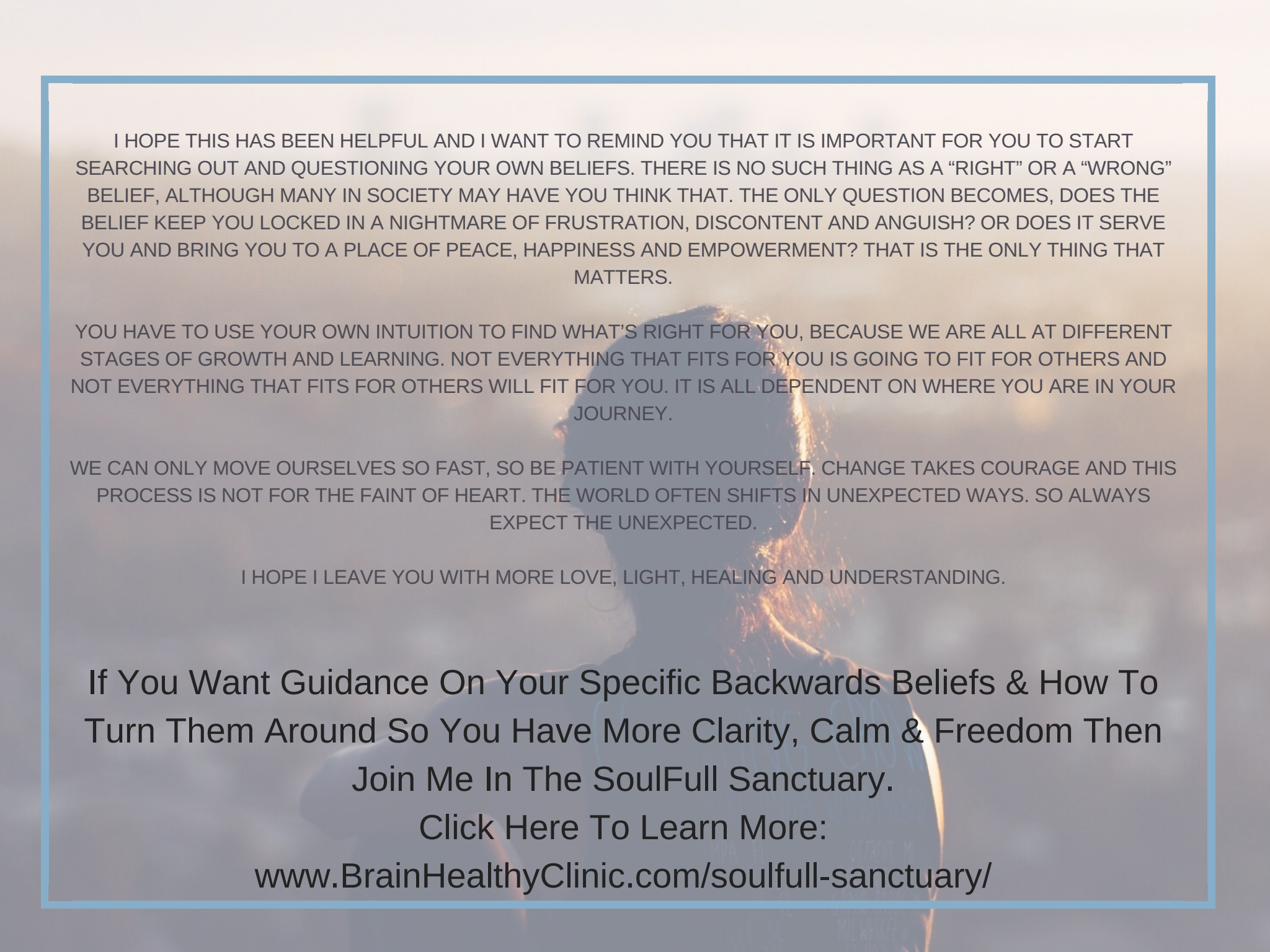
**ACTION STEP** - WHAT ARE THREE THINGS THAT CAUGHT YOUR ATTENTION TODAY? HOW CAN THEY GUIDE YOU TO WHAT YOU WANT? AS YOU LEARN TO START DECIPHERING THE SYMBOLS AND INFORMATION THAT YOU ARE CONSTANTLY BEING GIVEN, THEN YOU START TO REALIZE THAT YOU HAVE A GUIDEMAP THAT ACTUALLY GUIDES YOU THROUGH LIFE AND MAKES THINGS MUCH EASIER. WE WERE GIVEN DIRECTIONS, WE JUST HAVE TO REMEMBER HOW TO USE THEM AND DECODE THEM.

# When we die there is nothing else.

IF EVERYTHING IS COMPRISED OF ENERGY, WE AS HUMANS ARE NO DIFFERENT. IF THERE IS ONE THING THAT WE KNOW, IT IS THAT ENERGY DOES NOT DIE. IT DOES, HOWEVER, SHIFT FORM. IF YOU HAVE AN ICE CUBE, THAT WILL SHIFT FORM AND TURN TO WATER IF IT IS LEFT OUT IN A WARMER TEMPERATURE. IF YOU TAKE THE WATER AND BOIL IT, IT THEN TURNS INTO STEAM AND EVAPORATES. WHEN IT EVAPORATES, IT GOES UP INTO OUR ECOSYSTEM AND EXISTS IN A DIFFERENT FORM. DOES THE ICE STILL EXIST? IT DOES NOT EXIST IN THE ENERGETIC FORM OF ICE, BUT IT DOES EXIST IN A DIFFERENT ENERGETIC FORM AND ALWAYS WILL. WE ARE NO DIFFERENT. WHEN WE DIE, WE SHIFT ENERGETIC FORM. THIS IS WHERE THE DIVIDE OF THE HUMAN BODY AND THE SOUL BECOMES VERY APPARENT AS WELL. THE SOUL NEVER DIES, BUT DOES CHANGE ENERGETIC FORM AND VIBRATES AT A MUCH HIGHER FREQUENCY THAT MOST HUMANS CANNOT SEE.

**ACTION STEP** - NOTICE WHAT BELIEFS ARE SERVING YOU AND WHAT AREN'T AROUND DEATH AND LIFE'S ENERGY.



A woman with long, dark hair is shown in profile, looking out towards the ocean. The scene is set at sunset or sunrise, with a warm, golden glow in the sky. The woman's hair is illuminated by the low sun, creating a soft, ethereal light. The background is a vast, calm sea meeting a hazy horizon.

I HOPE THIS HAS BEEN HELPFUL AND I WANT TO REMIND YOU THAT IT IS IMPORTANT FOR YOU TO START SEARCHING OUT AND QUESTIONING YOUR OWN BELIEFS. THERE IS NO SUCH THING AS A “RIGHT” OR A “WRONG” BELIEF, ALTHOUGH MANY IN SOCIETY MAY HAVE YOU THINK THAT. THE ONLY QUESTION BECOMES, DOES THE BELIEF KEEP YOU LOCKED IN A NIGHTMARE OF FRUSTRATION, DISCONTENT AND ANGUISH? OR DOES IT SERVE YOU AND BRING YOU TO A PLACE OF PEACE, HAPPINESS AND EMPOWERMENT? THAT IS THE ONLY THING THAT MATTERS.

YOU HAVE TO USE YOUR OWN INTUITION TO FIND WHAT’S RIGHT FOR YOU, BECAUSE WE ARE ALL AT DIFFERENT STAGES OF GROWTH AND LEARNING. NOT EVERYTHING THAT FITS FOR YOU IS GOING TO FIT FOR OTHERS AND NOT EVERYTHING THAT FITS FOR OTHERS WILL FIT FOR YOU. IT IS ALL DEPENDENT ON WHERE YOU ARE IN YOUR JOURNEY.

WE CAN ONLY MOVE OURSELVES SO FAST, SO BE PATIENT WITH YOURSELF. CHANGE TAKES COURAGE AND THIS PROCESS IS NOT FOR THE FAINT OF HEART. THE WORLD OFTEN SHIFTS IN UNEXPECTED WAYS. SO ALWAYS EXPECT THE UNEXPECTED.

I HOPE I LEAVE YOU WITH MORE LOVE, LIGHT, HEALING AND UNDERSTANDING.

If You Want Guidance On Your Specific Backwards Beliefs & How To Turn Them Around So You Have More Clarity, Calm & Freedom Then Join Me In The SoulFull Sanctuary.

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