

Awakening Your Everyday Wisdom: Video #1 – Reality

A Few Questions for You:

- Have you had experiences or witnessed events in your life that do not fit into commonly accepted definitions of reality?
- Do you have an uneasy feeling that there's something going on in the world that isn't being well explained by mainstream sources?
- How do you know what's real?
- Where do you get your information? Is it up-to-date?

Ways to Access Your Everyday Wisdom:

- Question why you think and believe the things you do;
- Question all incoming information and the sources of that information;
- Research topics that are pertinent to you and your Spiritual Mission;
- Decide what fits into your subjective reality;
- Seek out others who have similar ideas about reality; and
- Think, ponder, imagine

Ways to Maintain Your Balance and Your Confidence in Life:

- Follow your own religious or spiritual path;
- Listen to your spiritual teachers;
- Develop healthy habits;
- Spend time outdoors;
- Clean up your past;
- Heal any rifts in your primary relationships;
- Make sure you do things you love to do and make sure you enjoy life every day; and
- Sit quietly in order to hear your inner wisdom - #1 Suggestion

Affirmations

1. I decide what to focus on to shape my reality.
2. My responses and my actions grant me freedom.
3. I am clear about the life I choose to live.

Messages – Inspired by Pamela Eakins PhD – *Tarot of the Spirit*

- Avoid making assumptions that have no basis in reality.
- We are a part of the whole; and we are simultaneously apart from the whole.
- The world is created by the collective mentality of humanity.
- There is nothing holding us prisoner.
- The secret is to continually move and adjust while staying firm in your own center.
- How do you create your reality? Through the daily routines which define you.
- Look at the results in your life to see what you have been creating.
- Create your world in your own image: What do you see in your best life?
- What actions will lead to the reality you wish to create?
- Identify and remove the barriers that are in your way to living free.
- Celebrate the little things as well as the day you reach success.