

Conscious Healing

*"Leaders, Teachers and Healers can guide effectively
only where we ourselves have been or where we have no fear in going!"*

Purpose in being here:

- To Know One Self
- To Heal One Self
- To Experience Abundant Life
- To See only God – Wholeness
- To Create and Enjoy Our Creations

*Business, Education, Healing, Politics, Relationships
are all pathways to awakening,
if used with conscious awareness.
If we are seeking the "right" way,
we may get stuck in judgment.*

Essential Truths

- Life is illusion. Time, space, body, etc. are all made up.
- Thought creates our experience.
- We are here to remember, here to create.
- Playing the game of life with fear and judgments slows the learning, healing and awakening.
- Playing the game of life with joy and freedom, accelerates the process of enlightenment.
- Any tool, game, relationship or moment can do it – heal, clear and awaken.
- We keep repeating past similars until we are free and own responsibility.
- To be free is to forgive our fear and return to peace and joy.

A Flower Cannot Be Opened With A Hammer

*If you would grow to be your best self
Be patient, not demanding
Accepting, not condemning
Nurturing, not withholding
Self-marveling, not belittling
Gently guiding, not pushing & punishing*

*For you are more sensitive than you know
Mankind is tough as war
Yet delicate as flowers
We can endure agonies
But we open fully only to warmth & light
And our need to grow is fragile as a fragrance
Dispersed by storms of will
To return only when those storms are still*

*So accept, respect,
Attend your sensitivity*

*A flower
Cannot be opened
With a hammer*

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| • Remember Love and Return to Wholeness. | • Focus on where you want to go, then begin the journey. |
| • Experience Love within and recognize Love around you. | • When your focus is too narrow, you may miss the Infinite. |
| • Undo all fear and see the Reality of Creation. | • When your focus is too expansive, you may miss the gift. |
| • The only mistake we ever make is when we forget to love. | • Seek a healing friend or facilitator who is freeing, trusting, and at peace with your process. |
| • Life can be fun, safe and easy. | • Life is a safe and sacred journey when we live with reverence, wonder and respect. |
| • Pay attention to the direction you are now facing. | • Explore and experiment until you find the path which suits you. |
| • Resist nothing and see infinite possibility. | • The bridge from victim to sovereign is crossed one step at a time. |
| • What you focus on increases as you feed it energy. | • Begin the journey. Choose. Notice and choose again. |
| • You are at choice in how you experience what is. | |
| • Accidents never happen. On purposes don't need to hurt. | |