



***Look up to rise up;
uncover amazing paths to
surpass your potential***

Your Guided Meditation

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What we see and feel is often taken as a mistake, unbelievable, or a misunderstanding. We tend to say, "I cannot believe that", or "I do not believe this," when your eyes and gut are telling you differently.

So, the more this ritual is played out your body and mind become confused, misguided eventually feeling stuck and frustrated, which you will of course, not ignore.

It seems the umbrella of frustration is usually believed faster than anything else. Been there, done that; this is the way I can write about it.

For that life changing moment, I could not ignore the truth, I felt that I was reborn in shock and excited, all at once.

My body's natural spark of awareness, spark of amazement, the spark of being humbled on my knees- humbled, led me to an awakening of a body release ever so powerful, I never was the same.

To feel the guidance that was bigger than me in a powerful site, is never to be forgotten.

We can call it accepting intuition. We can call it a vibe. We can call it Aha moment. We can call it a Spiritual Universal stir.

Yes, I was spinning, still and shocked then it became clear.

So much good in this world and there is much good beyond control. It is a beautiful testimony of being a living well of life experiences.

The only difference is that you can be an incinerator of trash and garbage that will leave you misinformed and lead to stay in that mayhem.

Another choice becomes a balance or at least an increase in your awareness and cues to a higher source than your unbelievability, to build confidence.

Warning: Your gift will be a deep-searing experience that will test your tolerance.
Good News: It is worth it because You are worth it.

This journey will increase your awareness of serenity that will allow you to surpass your potential.

You are on this earth to experience it.

This earth does not need people to survive.

People need earth to survive.

There is a purpose for human beings to be born.

We did not know we were going to be born the same we do not know the day
of death.

All we know is that we are alive.

As I am writing you your gift

We are not sharing physical space.

but we will be sharing a space of understanding and a spectrum of newness.

We may not have shared the same golden era of our youth, but we share an
understanding that our best is yet to come.

The reason you are reading this gift is that you decided for a change, to discover a
new self-claimed experience.

I do not usually copy other writer's quotes, I rather read them, introspect the
lessons and feel it for myself.

To realize my quotes are just as powerful as others is to acknowledge the cues not
returning to the cycle of unbelievability.

Once you feel inspired all else is your experience to claim.

This may read like a fairytale because fairytales do not come with truth; it is
mostly fabricated from a la-la land opposite of what we know is true.

We cannot live in a fairyland.

This journey may read as a fairy tale: **WARNING:** It is not.

Hidden Treasures

Time awaits.

Giving time to get ready.

To release any residue of the past or the day of today

To be refreshed for the day ahead.

Hidden Treasures

Years of living
Thinking it is wasteful.
Thinking only of back in the days
When today is the day.

Hidden Treasures

When we begin to learn
we stop resisting.

Hidden Treasures

A newborn baby brings freshness,
Breathing generational ties
Born into equity forgiven without blame.

Hidden Treasures

To be released
To be set free
On equal footing
Recalling the meaning of justice
The meaning of humanity is included which includes you.

Hidden Treasures

Money is of value.
Living is of value.
When you can stand in front of a mirror
You see value.

Hidden Treasures

Looking in those eyes
Enjoying those lips
Appreciating the flow and the shadow
Has sparked your inner soul.

Hidden Treasures

It is not really hidden.
Time waits for a realization that are;
Not even the mirror.
Once you become aware that time and what you see in the mirror exists
then you become into existence that you only will be able to explain probably
with a deep-felt smile.

Hidden Treasures

Name-calling
False judgment
Bullying and projecting upfront pain
With probable defining cause
Will be taken in a different approach.

Hidden Treasures

Painful lessons
Deep loss and confusion
To be awakened by the confidence of wisdom that was keenly available at will.

Hidden Treasures

A diamond ring.

A shining star.

A grand mountain view.

A clear conscience.

What would it mean to you?

Amid your journeys

Still

To thrive with humanity

Not to be anything less

Only to be a matter of fact.

To say is as to believe but at times we forget to feel.

No matter of lifetimes of falls and bruises

Life continues to flow.

Allow yourself to feel the natural flow of life within you.

At the speed of natural enlightenment.

Everyone has a different meaning of life, love and living.

A compliment is not a marriage proposal.

A compliment is a light recognition of captured attention.

A thank you is an appreciation for receiving such attention.

Your worth must be more in-depth.

More fused into enlightenment

The patience of life is to not take self on a roller coaster ride.

Looking deeper than ever before
Without the unnecessary traps takes patience.
Saying words from deep pain and disappointment
Is not for anyone else to resolve.
Is not for the body system to resolve.
It is not for food to resolve.
It is not for negative talk to solve.
Let us go back to the mirror.
It is for the person you are looking at to resolve it.
Of course, not alone or with the use of magic.

Remember

To ignore your body system is to ignore mother nature.

Mother nature is the earth.

All that makes up the earth has a purpose.

To provide us something that is bigger than us.

For the next couple of days or weeks

Take a walk.

Look out of your window.

Look UP at the stars.

Look UP at the moon.

Look UP above your home.

Look UP above the Empire State Building.

Look towards the ocean.

Look OUT of your immediate location.

Look ABOVE the bridge.

Look ABOVE the subway station.

Truth

Intention

Heart

When one seeks a journey of peace, growth, and stability.

A new journey has begun.

Have you decided yet or are you busy feeling it?

Or both?

This is your journey to experience.

The difference is an outcome of attitude.

The mind plays so many tricks.

One can ghost host themselves.

Your claim in time will come naturally.

Overflowing to share and experience.

In words and without words

Decreasing gaps of self

Starts from within.

Releasing unnecessary outcomes from the past

To see and feel something bigger than you.

Accepting this as it is,

Without pressure

Without convincing

Without a rush

Without pulling teeth

Without expectations or applying labels

It will uncover in a universal natural experience.

Once captured, you will know.

Remember you decided.

Is it worth taking a chance at allowing a new natural experience to occur?

Physical pain as we know it is true.

Just as this experience is occurring.

Snow is purely clean and beautiful.

Until it has been stepped on becoming slush

Snow has no choice of where it falls.

The ground of city streets as compared to the top of mountains.

Two different outcomes

One purpose to provide us cleansing as rain.

Intuition

Intuition will not be ignored.

Always has a release Always shows truth Always available and it never lies.

Something to be drawn out for meaning.

*To understand, accept is to be guided by your intuition that will lead you to the life
you deserve.*

Confidence

Self-esteem

Determination

*Are based on allowing your body system to feel its higher power that will
incorporate your consciousness into action.*

The only responsibility in this process is that you must believe it.

*When one self-doubt the body system it will eventually interrupt the process of
feeling like one.*

If it has not happened yet, you will feel frustrated, tired, and confused but this could have been prevented if you,

(in your words)

would have _____.

So, what would you like to do?

1. _____
2. _____
3. _____

Nothing happens by coincidence as I like to think.

What do you think?

Everything has a meaning.

Everything has a purpose.

Everyone has a meaning. Everyone has a purpose.

Feeling the power of observation from your body system and believing what you see is a powerful integration of living.

When there is disconnection from the heart and meaning, the outcome may become a disaster zone.

The body system is the master of intuition.

It listens and protects the body, mind, and soul, it hosts the possibility of healthy living.

Meeting the floor of humility

Surrendering, Committing, and Repentance is not a losing battle.

It just depends on who and what you are applying these too.

Take a few minutes to look up and observe what you see.

Can you feel your body system?

Describe it less in words but more in an introspective experience that you can only describe.

Words sometimes get in the way because words come with doubt and judgement.

The difference in an outcome is the attitude and acceptance that:

Observation increases awareness and appreciation.

+

Assumptions decrease safety and fairness.

=

Conversations balance reality and wisdom.

There is no limit when truth, Peace, Knowledge, Faith, felt when love is felt.

We all have a responsibility to save lives to improve society decreasing gaps of inequality is a basic life event just as the same to know the difference between need and want.

To have a reset is to plan to be a doer.

Motivation is an action that forgives procrastination, we all hit the floor, however, the only way to see is above, up, and beyond.

It is good knowing that the mind can withstand new experiences excited to see outside your comfort spot. Directions of awareness are vibrant and creative.

It is good knowing that your potential is possible precisely as soon as you see it for yourself to claim.

- ✓ *What is the difference between intentional and motivational?*
- ✓ *What is the difference between dreams and sacrifice?*
- ✓ *What is the difference between yesterday and today?*

To feel a release is to be free of a burden. Forgiveness is a heavy journey that may not be easy to release but simply release it so you can have a life worth living.

This is not a journey of selfishness it is a journey of willingness to accept that there is something bigger than you and once you experience this you will not want to let it go because it is within your bones, mind, and spirit.

It may look and feel empty & bare;

look closer at the grain of the earth beating your natural senses.

Your heartbeat fluctuates for reasons that tend to be taken for granted, from this moment on your heartbeat along with your intuition means more than just metaphors.

Hints of reflection are a lift time of waves of movement.

Being born with external support, earth, rain, stars, moon, day, night, oceans, rivers, water, mountains, mists, snow, dirt, sand, the sun, can you think of more?

Are the connections we need to know as living wells.

Being compelled is such a strength of direction.

When you become aware of your being and know where your heart starts from you will be in a place of comfort, confidence, and compassion becoming effortless to contain.

Love comes and stays even after the physical touch is removed.

Love cannot be forgotten or turned off upon a flick of a switch the energy still lives in the universe.

Once love is captured it lives within and beyond the self, therefore, we can sense feelings of love because it has been modeled in a way of permission.

It is ok to feel love including self-love.

Starving is not always regarding lack of physical food.

Starvation is seen and felt all around the world.

Spiritual Starvation

Education Starvation

Emotional Starvation

Financial Starvation

Housing Starvation

Intimate Starvation

Can you think of more?

Needy is a word that comes with negative connotations; however, results arise from solutions.

Thinking outside the box

Thinking outside daily limitations

Thinking beyond daily struggles

Being and reaching outside ones' comfort zone

The unexpected least of times leads to unexpected opportunities to be guided to the right path beyond settling and waiting.

To motivate or to be a motivator one must be motivated themselves.

Intimidation, threats, violence, and coldness are abusive tactics of failure.

Motivation comes from passion, curiosity, and humility.

Brings freshness to enjoy and feel comes from your acknowledgment of the greatness of life.

To match this creation is to believe your potential.

To see your potential is to be attracted to it.

What is your secret playroom? When do you get your best sleep? Where is your test of laughter? Who is your role model? What is your wildest dream? What is your vision? What have you seen lately that you will never forget? What are you daydreaming about? What is your favorite color, food, and fabric? What is your favorite part of the library and topic? Do you feel intimacy with yourself? What kind of pictures you like to see, draw, and experience? Which is your favorite time of the year? Do you like to use a pen, pencil, or type? When was the last time you felt you were walking on air? Can you sense the weather? Do you prefer baths or showers? Can you sense unexpected surprises? Are you amazed by something majestic that is bigger than you? What do you hope for? Who do you see in the mirror matching the energy of being amazing? What was your previous please, thank you and gratefulness for? Would is the top limitations that will keep you from seeking beyond your expectations? What makes you cry?

Best answers you will think of unless you were not aware of them from the start.

Becoming aware is wisdom, intuition, and appreciation consumes a powerful journey of living.

Please read this gift as many times as you need to.

Read from the top, middle, or meditate on a word or a feeling you felt.

Take notes, underline, and share with a friend, family member, or coworker.

Shared conversations of this level are an elevator of more to come.

Do not stop here, explore, become observant, and bold to feel it.

A little effort is as much felt.

A little effort is to give strength of extension of the harmony of your journey of awakening.

Yes, Big thinking, Big ideas, Big actions, and Big better are possible but it is not a prerequisite at the start.

A slight glimpse, a glimpse of a stir, a glimpse of your time a glimpse of joy will come in a whisper you will know to feel it and be excited about it by backing it by positive loving effective action.

A whisper will be the greatest feeling, once you experience it, you will know.

With a wide spectrum of space, humility, time, enjoyment, intimacy, appreciation, creativity, and success are treasures are unfolding with new perspectives and pleasures of your natural and claimed gifts are your powerful tool of what,

You claim it as.

Be the glimpse to the bigness, touch your potential and be driven for new life adventures. Your motivation is a sight to see with your verbal language sharper with a higher sense of clarification.

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