Welcome to *I am Empowered*

This is a place where you can dip your toes into the ocean of your empowerment. This is the program for when you need bite size pieces to consume. When you don't feel you have the time but you can spend a few minutes each day reading or listening or watching something.

To your Empowerment from your Essence out into every aspect of your domain . . .

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I am Desire

The very first, most important thing is your foundation. Desire is your foundation. Having a really deep desire to connect to your essence will set up this chain of events that goes: awareness, desire, visualisation, creation, passionate action. It will awaken your passion, it will help you to go into action because you have to take action to shift anything. This action requires discipline, joy, grit, inspiration and endurance.

I often use the expression "get to" because that is what it is. You have the gift to "get to". This is not just a cute replacement for "have to". You are truly here to connect to your essence. You have said "yes" so you "get to". This is the corridor, the conduit into your vastness and into the connection with everything. If you want more love, connect to your essence. If you want more joy, if you want more happiness, if you want more of being able to see and understand others. Your essence is where that comes from. So your desire to be connected to you is the most important.

Own your desires. Magnify them. Work with them instead of for them. Allow them, instead of thinking they are bad or letting them run over you. Desires run you over when they are all over the place. "I want this or that, that I can't afford," or, "Oh, I want this relationship, I want this face, this body." And you take no action on any of them. If you are ready to own your desires and focus on the fundamental desire that will allow you to claim the juice, joyousness, strength and power of your life, the fulfilment, then the first law is *do the work*. Work with your desire and see what is beneath that desire.

This work is to see the desires, and then be willing to excavate and see what is below that and then dig more deeply and see what is below that. Some say tame your dragon desires, but I want you to use the desire to dive more deeply into what you really truly want.

Don't banish desire but utilize it to show you your passion, your light, your strength, your gifts. To activate your desire in a constructive way – because everything in your life has the pros and the cons. You get to choose whether you want to be the pro, or you can be conned. Have you chosen yet?

There is a phrase that I call "want to want"; it's as if you don't really want something, you just *want* to want it, which is great. It's the door opening which is just opening a crack – "I really want to want this". "I know it's good for me but oh my god, it's so hard." I would tell you resistance is what's hard. Desire is not hard, desire is juicy. So this is the very first step in activating your desire, and I want to give you some really easy and simple techniques that will activate your desire.

You will get them right here, right now because the truth of it is that everyone plays, every marketer in the world plays to your wanting something more in a very fast and easy way. You want to look better, you want to feel better. Do the simple thing, you want to be richer, do this, and the truth of it is, and you know this within yourself, that any time that you are changing a pattern, a habit, a situation, a perspective in your life, there is no magic potion but there are great tools and great support so you can have accountability to create the transformation.

Here is a very, very simple activator. Sit or stand and rub the tip of your fingers together. Match the fingers of the left hand with the fingertips of the right hand and very lightly rub them in circles. This will calm your parasympathetic nervous system down. This will bring you calm in a storm. You can do this simple thing for 2 -3 minutes in a meeting, at a stop light, in a bathroom, while on a phone call. Any time you need to calm down and reconnect do this.

The outcome or alchemy of change is a wonderful thing but most people think of alchemy as magic. You can just transmute and transform lead into gold. I want to be able to do that - I want you to have that in your life. Everyone who can transmute lead into gold has spent a very, very long time working with the skills and the habits of perception. I don't want to say belief, but knowingness and experience of what is possible. So that's what we will work on.

Your desire is the foundation of the alchemy of your life and having the tools to connect to your vastness is where all of the rest of the alchemy takes place in your life.

If you are ready for that, that's step number one. All you have to do is say "yes, yes, yes" and the really challenging part is to continue saying "yes". When you don't like it, when it gets a little old and stale and stodgy, like "I don't want to do this for 40 days, it's kind of fun for two days", you had a great experience, and then day three you don't want to go on. I want your commitment to your

own essence to empowering that and knowing that it will take. Remember you can get more support with me to keep you on track. You can book a private strategy session with me for a special price. http://gurutejsessions.com/strategy-sessions-gurutej/

Use this meditation to activate desire: *I am that I am*. This will allow you to connect to your 'I amness' and the 'I amness'.

Sit with your left hand facing palm out towards the right side of your body in front of your heart, and place the right hand right palm facing left. The fingers of the right hand touch the center or heart part of the left hand.

Then chant *I am I am*.

Here are some of my favourite chanters for this mantra, which you can get from Spirit Voyage or ITunes:

Sat Kartar for energetic chanting

Narinjam for calm and deep

Gurunam or Dr. Levry has two versions, one with the Prayer of Light, one with just *I am* – both are great

Mirabhea also has one that is wonderful.

This 11 min meditation with me is available in the upgraded *Empower Your Essence* program.

Desire is the igniter of your passion if well directed. Sit with it, in it, listen, and it will reveal your true depth.

Primary question: Why do I deserve to desire?

1. What is your #1 desire now?

2. How deep are you willing to dig into this desire?

3. Are you willing to dig even deeper?

4. Are you willing to meditate on it?

How has your desire changed as you take it deeper?

I AM SUPPORTED

However strange this may sound, getting your partner, your support person or people is vital. It's really integral and important that you have an accountability person. In the past, churches, small towns and extended families provided accountability, and now we need both that same accountability and that support. So choosing your partner is super, super important - it has to be somebody who really sees you, who supports you as you change, because so many people in your life want you to stay just the way you are, because if you change then they might have to change too! It's not even a conscious thought. This is an unwritten law of staying safe. Recognise that if you change then you go beyond the fear of what is agreed upon as a group whatever that group is, family, friends, extended family, children. That is scary for you and for the entire group. It changes the balance of power and possibilities.

There is an agreement and the only kind of agreement that actually works is that we will elevate each other, we will support each other in taking those risks for elevation. Knowing that we are not that at home with the unknown, we are much happier with the known than the unknown. However embracing the unknown is what will give you access to your vastness, to your essence and having this person that just helps to keep you on track is very important. I am happy to be that person for you. You can add a series of support calls with me. Just go here : http://gurutej.com/transformations/chaos-clarity-program/

You want someone who truly wants the very best for you. Your deepest idea of best. I would not suggest somebody who orders you around, or is very strict and stringent, but somebody who has a great sense of humour, who will laugh with you and put up with your protestations. Someone who even in the face of your protests will just laugh and go "really?", and, "Oh, oh you really are *not* going to meditate today? Are you sure you want to break that cycle?" They have to understand what this program is and maybe even do it with you - that would the most wonderful thing. Then you can be accountable to each other and having that partner is invaluable. When you exercise, when you are changing the way you eat and the way you think, the way you perceive, and the way you react to things, it is really fabulous to have somebody to go on that journey with you.

Remember I am here for you. I have a program **Empower your Essence** at www.http://gurutej.com/empoweryouressence.html that will serve you in a

more in-depth way when you are ready. Are you ready now? Only you can say when. If you don't say it you never will so..... Say it! I will be ready with more support and depth - give it a date and tell your person. I am here for and with you.

Whether you think you are supported, or you just wish you could be, speak of how supported you are, for there is earth and ether support and you can have both. Then there is connecting with and experiencing the Divine support that is always there. How can you do that? There are so many ways and you will discover them all along the journey of this book, but one very quick one you can do right now to reconnect at any time is this:

4 part breath

Please inhale in 4 separate parts. Do this first through the mouth which is how you want to do it when most stressed. Start with the first sip down as low in the body as possible. Feet or pubic bone will work. Then next sip at the navel, third sip at the sternum, 4th in the chest. Keep the shoulder and chest relaxed. Then exhale in 4 part in the reverse, from the chest first, then the sternum/heart, then the navel then the pubic bone or feet. Continue that sequence for 3-11 minutes.

Other tips to increase your support system. You can fill these in for yourself.

Primary question: Why do I feel supported?

Even if you don't feel this way. Explore. Lots of questions here for this is a very tricky part - please don't skip over.

1. Get a mentor or coach. Do you have one?

2. When will you get your support person? What date?

3. Who is your person?

4. What qualifies them to be your person?

5. Do you trust and feel safe with this person?

6. Will they push you when you need it?

Speak of how supported you are. The 'fake it and make it' approach. Attract it to you. Write out how you will do this.

Write about the support coming to you and how eagerly you will accept it in the form it shows up, *not* trying to change the form.

Love is the attractor factor of the Universe. What do you love?

Answer these questions right here: use a pretty pen or crayons or colored pens - make it fun. Support comes easily to those who are yummy.

I AM ORGANISED

Maybe you are and maybe you aren't. It's so relative. You can be organised in some areas and not in others. Then there are the hyper organised whose entire lives fall apart if things aren't organised their way. Is this you? Also people who could care less about organisation, maybe you? Organisation is your friend, but hyper organisation will strangle you. See how you can let it serve you. Get curious abut how you can be more organised in areas you aren't. I had one student tell me it all looked good in her house, as long as no one dared open any cabinets or drawers! Where is the organised/disorganised place in your life?

Just quickly answer these questions:

Super Question: Why are you organised?

1. What area of your life are you really organised in?

2. Where do you wish you were more organised?

3. Where do people tell you that you could use more organisation?

4. Where are you told that you could relax in your organisation a bit?

This is the O of God, the order, the organisation, the willingness to organise your life around something, and we all do this, it's just unconscious. We organise our lives around the "have to": "I have to get the kids to school", "I have to get to work on time", "I have to get this job done", "I have to deal with that". Whatever your have-to's are, so much of the time you just let those things rule your life as opposed to creating a life, a conscious life, a life that has your essence first so you can feed the essence of others.

One of my students who tends to anxiety and tension said after her first class with me she came home to find her daughter distraught because she had just realised that she had messed up on some aspect of her homework. This woman said her normal reaction would have been to have a cow and freak out. She just said to her daughter, "Okay, let's figure out what we can do about this." Her daughter was shocked and grateful. My student herself was totally happy about her reaction. She came back the next week and said, "I need this." She organised herself around her essence and found she could in turn be kind to others.

The beauty of it is that you will find that as you organise your life around the things that you need to empower you, everything around you gets more empowered and you can stretch time and space. You will be willing to do with less sleep so that you can have more juiciness, so that you can have those meditation times for you that really feed you. A little bit of exercise time, time to make better food for you and your family if there is a family, for you and your partner, your husband, whoever is in your life. For you and your friends you can start having little clubs where you make yummy, delicious, and nourishing food instead of the things that actually don't support you.

This is the point where you get to decide what you are organising your life around. This is where a lot of people say, "What do you mean, I have to change everything in my life?" I will tell you first and foremost NO. That won't work. Change one thing and this is that you deserve to be connected. Deserve then deserve right. Desire is the first foundation you have. Remind yourself: "I do want to organise my life in a different way because the organisation that I have right now is killing me. I may be wealthy. I may have a wonderful family. I may have no family. It doesn't matter. I may just be surviving financially, I may be thriving." You may be whatever, but if you don't feel connected to your essence your life lacks true organisation. You don't have the real joy in

life and you don't have the vastness of connecting to others. So here are some questions:

1. What are you organising your life around?

2. Why? When was the last time you did an update, a check in to see if this is still relevant to you?

3. Do you choose the organisation of your life or are you run by what you think it is, all the seemingly immovable parts?

4. How do you want the organisation of your life to look?

5. What do you think it would take to get you there?

When you get on a path that activates your spirit, your essence, the real you, it can be so wonderful for the very first steps. Then you see the sign in the tree that says "pick up your shovel and dig". This is when you get to pick up the shovel and dig away the debris of the past that is holding you captive. This is what causes your resistance. **The gap between what is and what you think it should be.** Let that resistance awaken you and allow you to create another way of organising your life. This is not fun stuff that you have buried yourself in and it adds onto your weight.

Have you ever noticed that when you feel light your desire to eat is not nearly as constant? If you need to feel heavy and full, to feel grounded, then you are going to eat a lot of food, often you are going to eat a lot of junk that's not really even food, you will start putting on weight on your physical body. You have organised your life around things but maybe not the ones you want. The things that chase us, the past that is chasing us, that fear of not enough of something or too much of something, the trauma and the drama and the hurts and the pains are things that will keep you reacting in the old way and not allow you to really create a different kind of organisation.

Before we get to the emotions and how you work with the emotions, **here is a really simple exercise** you can create that will make you aware.

Draw a circle and put on the time that you get up and then what happens. How does your day progress? A normal day (even though there is no such thing as a normal day) - your regular day. How it progresses, not during vacation time, not when your children are not in school, just a regular average day. When you go to sleep, when you have to get everybody up or just you. When you make meals, don't make meals, grab something from the local market for breakfast or lunch or whatever it is. Put all those things down on the wheel at an approximate time. Then make a second wheel, a second circle like *shoonya,* infinite circle. Then put in that circle how you would like your day to be organised.

Look at that "O", that "O" of god/goddess, that vastness. My teacher said it's harder to be good then god. Good has two OOs so it shows you how challenging organisation is. On your *shoonya*, infinite circle, your inner O, your absolute infinite continuation, write in what you would love your day to look like, so that you include meditation in the morning, so that there is time for you to exercise, to get better food, to do something that you are passionate about, something you haven't done, something new in your life. Not every day maybe, but yes, maybe every day, for example one day you could include a new recipe, another day include shopping at a new, better food store, another day you could take a walk in a different neighbourhood or ride your bike somewhere different or even try rollerblading, or take a swim or whatever you would love to do. It doesn't have to take hours, only minutes.

This whole exercise should only take you 3-5 minutes. You make a circle every day for one week. Make the circle of what you want for that day right after you meditate in the morning. Then at the end of the day fill in what really happened in a second circle. Literally draw a circle, photocopy it so you have a stack of 14 circles, enough for one cycle of 7. You can do this for longer than a week if you want but I really want you to have this so that you get to see what you say you want as opposed to how your life lines up in real time under that.

Obviously there will be situations that come up every day to disrupt your routine, but if you have situations that come up all the time and rob you of getting what you want, then you need to look at this. **Meditation morning and evening** will help you reorganise your life and stretch time and space. The meditations can be short as 7 minutes. I highly recommend 11, 22 is even better, but even if you do 7 minutes and then do this little circle you will find the effect amazing. It will change your entire focus and consciousness of being a victim of whatever is happening in your life - it will take you into being in charge.

1. What is the one thing that will reveal your greatest gift, if you organise this place, relationship, or way of being? Which?

2. Are you ready to make organisation your friend? Pick one drawer, one room, your car or purse, or the way you convey your thoughts, and get help organising it in a new, different, yes, uncomfortable way. It will get comfortable later - for now you want effective more.

I honour your courage in doing this. Let me know what happens. It is part of empowering your essence.

I AM CLEAR

This is the best. This is your birthright. To be clear means you can hear. It means you can connect. It means you are present. Because true clarity means you erase the chatter, the chaos that follows you around. Clear is bright of eyes and heart. It means you have nothing to lose or gain. You are free, you are clear. Are you ready for clear? Then create habits that will build your clarity. For your habits lead you to be clear or confused. Your habits support your essence or your demise. Your habits elevate you to vastness or plague you with insecurity. Each moment you have the chance to choose clear or not, but how?

Sitalie Breath can bring you to clear very quickly. Use it often.

Roll your tongue and stick it through your lips. Inhale through your tongue and exhale through your nose. If you can't roll your tongue at first then make an "O" out of your mouth and push your tongue through the "O" with just the tip sticking out of the lips. Inhale through a rolled tongue and exhale through the nose. Make it long, slow and deep.

Another thing that can take you to clear quickly is to flip your tongue back like you are swallowing it and let the back of your tongue press into the roof of your mouth. It will hit the perfect point in the roof of your mouth to activate your pineal gland and create clarity in your crown.

Silently focus on *Wahe Guru*, the sound of Deepest Ecstasy. Do this for at least 3 minutes. You can do this up to 11 minutes and this is something that you can do without anyone knowing. So you can reclaim clear any time.

It is "clear up and clear out". Your physical environment is extremely important and it's very reflective of your internal environment. I want you to look at your house from someone else's point if view. If you want to hire somebody to help you that's a great idea, because anybody who helps clean your closets or organise your house helps you see the organisation. They may be really good at throwing things out. Sometimes when we are holding onto patterns within ourselves we are also holding onto so much stuff in our life.

Physical acquisitions that we no longer need, for example what we needed at 20 is not what we need at 30 or 40, yet so much of the time we just keep accumulating, especially in the west. We are relentless accumulators and we don't take the time to release.

I love the fact that I have super small closets. I was horrified when I found that I couldn't open them up and make one really lovely large walk-in closet, but I found out after I bought the house that the heating duct goes through that space. So I ended up with these two very small little closets and it keeps me incredibly honest. The fact that we now have thinner hangers lets you collect more stuff, but actually if I don't wear something I have for a year, one year and it's out of there, it doesn't matter how much I love it, it's gone. So have a look at your closets, your drawers, your every thing, and don't think that you have to attack the whole house at one time; slowly, slowly formulate a plan to get clear. Remember clear environments support a clear head. Today you might do one drawer in your kitchen, tomorrow the second drawer, the third day your closet. Make a schedule for how you are going to do this and stick with it. The amazing thing that happens is you get to clear out your own subconscious as you clear out your physical domain.

This meditation is going to help bring up a lot of things that have been stored and stuck in your thighs, in your stomach, and all these little places where we have stuck things and then we put a layer of protective coating around that we call fat that holds it in place.

Take a deep breath in, hold your breath and pump your stomach and diaphragm as quickly as possible holding the breath Do this for as long as you can. Then exhale and holding the breath out pump the stomach and diaphragm area until you MUST take a breath in and continue this for 3-7 min.

This will bring to light some things that you haven't dealt with, or let go of. You might have partially dealt with it but truly dealing with it means that you actually allow it to come up, and you fearlessly sit with it. The thing with meditation is not that you do your meditation and jump up and you are gone but you do your meditation and whatever comes up during the day you realize, "Oh, that's interesting", it's talking to me about what came up this morning. It is

showing me something I need to learn or let go of. Then all of your life can be part of your meditation.

Here's a really simple exercise that I love and I encourage you to do this because baths are wonderful, even if you do this once a week it will be great: take a bath, light some candles, invite something that came up during the week that was challenging for you to have a meeting with you in the bath that night. You get to be with it, be with that feeling, be with that challenging situation. If nothing comes up for you during the week then you are liberated and don't need this. But there are always things coming up for us. It is just that we shove them aside, or under the rug as we say, we don't have time for them, so when they are invited into the bathtub you are making time to be with that feeling, to be with that pain, to be with what that was, and peer underneath that pain. For there is always an underneath. That is where the realisations, the clarity live.

This is a wonderful story that I heard about the Dalai Lama: one day this man was with the Dalai Lama and somebody came in and said this little girl in the town had been bitten by a dog and they did not know it was rabid - this was in Dharamsala, India. They didn't know the dog was rabid and the little girl died the next day. The Dalai Lama burst into tears and just wept. For two or three minutes he was just totally into the grief, a vastness of that grief, and then he was done and he was on to the next thing. The person who was writing his autobiography said the Dalai Lama is like that. He embraces the emotion of the moment with the totality of his being. He will laugh uproariously, hysterically and I can tell you this is true I have been with him. Then he moves quickly on to the next thing because he embodies that emotion completely 100%. He allows himself to be a 100% of that feeling, that experience, that emotion, and then he is done.

You can do the same thing, but have the safety of your bath tub, or of going out in the woods by yourself, or of taking walks by yourself, of sitting by the ocean or a river or a creek or whatever speaks to you, and letting yourself feel that emotion. And just laugh hysterically or whatever you need to do to get to clarity.

Now ask yourself these questions:

Super Question: Why are you clear?

1. What have you done when you don't feel clear?

2. What will you do now when you don't feel clear?

3. What does lack of clarity mean to you?

4. Why is clarity important to you?

I AM NOT MY HABITS, OR AM I?

You think you are. You hold on to your perspectives as if they are the gospel truth. Are you willing to inspect your every belief and find out if you need to upgrade them? Do you have beliefs that were given to you that no longer serve you? Maybe they never did. You form habits from beliefs. Habits are actions taken over and over again. These actions follow your beliefs about what is good or bad, what should or shouldn't be, what is acceptable or unacceptable. They are ingrained in you like your blood. That is why there is that saying "blood is thicker than water," meaning your relatives are stuck to you more deeply in your thoughts than non relatives. Meaning those you relate to and with the most, those relatives. I invite you to see who you are really related to and with. How do they think about things? They will show you about you.

I invite you to cash in just one belief for something that would uplevel your life. Cash in one ineffective belief for something that would serve you.

1. Do you know what belief you would like to leave here right now?

2. What belief could you embrace that would create a new habit that would give you more depth and freedom in your life right now?

Cash in the old habit right now. It's not only possible but powerful. Invest in you the real you. Align your habits with what you really want in your life.

Remember that your habits either line up under what you most desire or line up far away and rob you of what you most desire.

Which is it for you right now?

Be courageous. What do you have to lose but a noose around your.....? It's dragging you around by some part of your being. It owns you; you don't own it. Create one you can own.

Play with the fact that your habits can be upgraded, up levelled.

What habit takes you down the most?

It could be procrastination, it could be your fascination with junk food, it could be your lack of desire to exercise, it could even that you know you speak in a reactive unkind way to other people. **Look at your one chosen habit, and write it down on a piece of paper,** one that you can actually fold up and put on your altar. If you do not have an altar yet then you can create one easily. Put this piece of paper on your altar because it's a prayer that you are offering to your higher self, to your essence. You are saying this does not serve me. I have done this because I grew up with everybody doing this. I no longer need this.

There was a woman on one of my retreats who did our morning meditation practice with us. It was very early in the morning. This early morning practice is quiet, you do yoga with very few instructions, you meditate and just focus on that sound current and beyond that. It's not a time for questions and answers speaking, talking, or discussing. This woman would call out in the middle of the meditation, "I don't understand that, explain that to me," It was so jarring to everyone else that I had to ask her to please not to do that anymore, and save her questions and ask me afterwards when I would be happy to answer her. She said, "I can't do that; my parents were both in the concentration camp and it's because they didn't ask questions. So I question everything". I understood her predicament because her perception was that if the Jews of those times, in Germany and Poland and Austria had asked, "Where are we going on these trains? We are not going on them until you tell us where we are going," it could have been different, but that doesn't necessarily mean that is true. So I am not asking you not to ask questions, I want you to ask questions but there is a right time and space for everything and, the focus here is to look at your number one thing. To question your habits, not what gave them to you or who gave them to you.

What is your number one habit or pattern that does not serve you?

A friend said to me recently, "I just love to eat but I went on a two hour bike ride yesterday and all of the pain in my hip left me and I know that if I did that on a regular basis I could eat what I wanted to eat and not have to worry about putting on the weight." You, too, should be able to know what takes you down and then see what the remedy is. If it is eating junk food you'll put on weight, and the only remedy for that is eat better real food. Choosing life-giving not stealer habits.

So, how can you eat things that are healthier for you and have those around you so that you don't put the weight on?

How can you exercise more and avoid junk food?

If everybody just gave up anything that had things that they can't pronounce in them, or fried foods for example, we would be so much healthier as a planet. Then you could have chips once a month or week as opposed to every day. Your body doesn't know what to do with all the excess so it just stores it. There is this thing that we don't love that we call fat. Someone has said that if mosquitoes sucked out fat we could sit in the backyard and eat cake all day! But.....

You need to look at your one chosen habit and the best solution to shifting it, whether it's eating differently, or, for example, paying attention to the way you speak.

Why not try recording yourself on your cell phone for even an hour of the day and listen to how you speak and then decide if that's the way you would like to be spoken to. Check out when and how you speak. Often you speak badly because you are exhausted, you are stressed out, you are anxious. You feel like you don't have enough of whatever it is, but if you are willing to stretch time and space by speaking more slowly, you have a chance to process your words instead of letting them unconsciously slip out between your teeth. You will have a chance to actually understand more deeply the impact of your

words by listening to yourself. After you record yourself for an hour, listen to that recording. See how your words make you feel. You can also record yourself when you are talking with customer service. How do you speak to customer service when some company has really blown your bill or your service appointment or whatever it is? Try to be really conscious and pay attention to that and realise that as you slow your words down there is space to stop them before they take you over the cliff. There is always a solution and a way to upgrade your habits.

Super Question: Why are your habits supporting you?

1. Pick the one you know is not serving you and see what its flip side is, for that can unveil what is effective. Every habit that takes you down has a flip side that can give you life, energy, hope back. Look at that.

2. Do your habits line up under what you most desire, or line up far away, and rob you of what you most desire?

3. Which is it for you right now?

4. What would it take for you to shift that habit?

5. What new habit will you implement, and how?

I AM FED

This is on all levels: we will talk of food but I want you to know that you create unhealthy feeding habits because you don't feel or experience being truly, deeply fed, loved.

Super Question: Why are you deeply fed?

1. What needs to be fed within you most deeply right now?

2. What are you currently doing to feed it/you?

Start feeding your depth and you will deeply experience feeling nourished. Ah, if it were only that easy. On one level it is, but on others you get to understand that if you were dishonoured in any way, or you perceived yourself being dishonoured or abused you can eat for protection against feeling. You will look for ways, not always the best ways, to feel loved and fed. There are so many valid and invalid reasons for eating junk, or over-eating or eating something you know you are not supposed to eat because you have been told not to or it just doesn't work for you body. It all comes from a place of rebelling against not feeling deeply fed.

So let's just for a moment peek behind the curtain and see what truly makes you feel fed. Please allow yourself to be with these emotions and feelings, and experience them before you write about them.

What is your state of mind when you feel fed?

What is the state of your heart when you feel fed?

What is the state of your closest relationships when you feel fed/truly nourished?

Now you can sit with the answers. They will continue to take you deeper. If you sit with these in peace or even in chaos and truly ask and listen to the answers and then ask and listen again, much will be revealed to you about what makes you feel fed and not fed.

I love this super simple **breath meditation**:

Inhale pulling in the sound *Wahe Guru* (WAW HAY GOO RUU) on a powerful whisper and exhale whispering *Wahe Guru*. It is very calming and very nourishing. *Wahe* means the vastness of Divine ecstasy. *Guru* is the revealing of the vast interplay of darkness and light. It will allow you to feel deeply fed. Try it.

How do you feed yourself, perhaps junk food, you think you can't afford good food. What mental food are you feeding yourself?

What is the combination of voices in your head saying to you, how is that community talking to you?

So many people ask me, "How do you know what your intuition sounds like?" (In fact I have a DVD called **Awaking Your Intuition**). Most of us have so many voices in our heads we cannot discern one from another. You know your intuition is your guiding light. It doesn't demand, it doesn't try to buzz you around, it just suggests - maybe you should go this way, maybe you should pay attention to this friend. Are they always cancelling on you, are they never there? Pay attention to how this person speaks, are they genuine? My mother had the saying "Fool me once shame on you, fool me twice shame on me." In other words I am not paying attention to what you are doing.

What are your voices having you pay attention to?

Is it what you want to be focusing on?

Have you dulled the intuitive voice?

You are not considering how you feed other people, but how they feed you. How do your children, family, friends feed you? So many of you will revert back to, "Well I have to do this for them." What is needed here is to look at how every person in your life feeds you, or not. **Make a list of all of your friends, of your children and close family; include co-workers, your boss, the people that you network with, all the people in your different circles**. Look at each person on the list and see how they feed you, how your community feeds you.

You can analyse the quality of food you are being fed - mentally the food you are feeding yourself, physically the physical food you are feeding yourself. The food that your environment and your community are feeding you. Spiritually your meditation, your silence, your prayer, your willingness, how are they feeding you?

If you have a really hard time sitting and doing a meditation then do this wonderful **walking meditation**. Very simple, super simple. The words are *Satanama* "truth is your identity", *sa ta na ma*. You are going to break it down *Sa Ta Na Ma*, birth, life, death rebirth. You are going to play this on your fingers while you are taking a walk. So your thumb and your pointer or Jupiter finger touch on *Sa*. Really press them because you are activating and changing the synaptic connections in your brain. *Ta,* and then you press your middle or Saturn finger and the thumb, *Na*, your ring or Sun finger and your thumb powerfully, *Ma*, your pinky Mercury finger and your thumb.

Your first finger is your Jupiter finger, your wisdom. So with *Sa* you are beginning your incarnation, your birth, press that and you can do both hands at the same time. *Ta,* your Saturn. Saturn is the one who takes away all the excess and pares you down to your essence and sometimes it may feel as if Saturn is the teacher with the stick. When someone says "My Saturn returns" in Astrology, it can mean your brutal time. This is because it's taking away everything that doesn't serve your essence. *Na*, your sun finger, your life force, but you are saying the death sound on the sun finger because part of life is death. Life and death are just opposite ends of the same container. *Ma*, get really juicy with the *Ma,* the mother, the chance and then another chance while you press your Mercury finger, your pinky and your thumb. You can say all these sounds out loud or in a whisper or silently. Your thumb is your Mars, your ego - it activates, it's the ignitor, so you are igniting your wisdom with your first finger. You are igniting your Saturn to remove all the debris of the past, with the middle finger. You are igniting your Sun, your life force with your ring finger. You are igniting your Mercury, your capacity to communicate with yourself and others with your pinky.

As you take a walk and do this meditation see each sound coming through the crown of your head and exiting out your third eye. You are activating and connecting your intuition and your receptive transformational chakras. The crown of your head. That divine place where you can most easily open to the Vastness. Things exit right out through your intuitive point. So *Sa* comes in and out *Ta* comes, in and out, *Na* comes in and out, *Ma* comes in and out. Practice taking a walk and add this meditation. See what happens to all the chaos you allow to inhabit your head. I promise more calm will come.

I AM PRICELESS

Party Time. You are. That's all I really want to say. If you are feeling anything less than this **say this mantra** : *I am bright I am beautiful I am I am*. Keep saying it. You can say this all day and night and no one will even know. This will feed the pricelessness of you.

Primary Question: Why are you priceless? Make a list.

What do you do to feed the pricelessness of you?

You *are* Priceless. You are precious. You are amazingly gorgeous. Sit in these mantras, breathe into them. Let them impregnate your cells and break the blood brain barriers so you don't think you are priceless, you KNOW you are.

When you don't feel priceless you can prostitute yourself for the next shining object because you are searching for things that will represent your worth. I think of this one woman who wanted to be with this very famous man because of this amazing diamond blue butterfly necklace he gave to his girlfriend. She got her wish and later said it was a diamond ball and chain. There is nothing, nothing that is more priceless than you. That is the seat of your pricelessness. **This is another very simple and easy mantra**. I am giving you several so you can feel which one you can connect with, then run with that one. Run it through your being on a loop. Try this one. It costs nothing yet is priceless like you.

I like myself I love myself and I see my essence, my soul, my light.

Your real image of you and uplevelling your self-worth. We all have these images of ourselves. I want you to revel in your body type, not somebody else's, and to know that you want to let go of the excess. The excess grief, the excess pain, the excess weight, the excess neglect, the excess. fill in the blank_____ because they are all connected. Your feeling of what you are worth is connected to somebody else's perception of you because that's where all of these perceptions come from.

I recommend that you dance, that you pole dance, that you use a hula hoop, that you actually go out and do something wild like learn to Salsa or Ball Room, do something that you have always wanted to do that moves your body in a really yummy way that says, "I deserve to be in this totally wonderful body that I have been given." This body is a gift, this lifetime is a gift. All dance is composed of steps - there will be steps along the way that help you unlock yourself. You are going to think "this pole dancing finally did it for me," but there were 20 steps before that allowed that to happen, 15 steps before the meditation worked on you. There are always the unseen or unheralded steps that led up to the breakthrough. We often say, "Oh, it was this," but if you look, that was only part of it. Meditation is amazing and absolutely integral to reclaiming your "I amness". I don't think it's the only thing that is necessary or I wouldn't have created this whole series that looks at your emotions, that works on your devotion, on your capacity to look at yourself and say, "How can I uplevel my self worth into my vastness?"

You have to go back and hear all of the conversations that you are having with yourself that have nothing to do with upleveling your self worth. Belittling conversations that have become your internal mantras. You have mantras going all the time. Some people are so freaked out by the word 'mantra'. "That's too weird, I can't chant that chant, I can't do that mantra." But you can, because you have mantras going all the time. You have mantras that somebody else gave you that tell you: "you are tone deaf, you can't sing, your writing is just atrocious, or beautiful, or, oh you have such great capacity and you have just never utilized this." I want you to write your old mantras down.

1. What mantras are you carrying around that were given to you but don't support you being priceless?

2. Which mantra will you be embracing to support your pricelessness?

3. Do you often forget the really good things people say to you? Think back about some really great things people have said to or about you. Write these down.

It's often the challenging, negative, belittling things that you carry around and spin through your brain. These are the things you remember and rehash. **Every day after you meditate just take out a piece of paper and write down all of the things that you remember people told you that were limiting**, dumb, things that had nothing to do with how amazing and great and magnificent and vast and empowered you are. Write them down, and at the end of this week you can have a ceremony.

Take a pot, go outside, I don't care if it's freezing or if it is burning up, Take some sage, or some frankincense put it in your pot and light that. Then **add your paper to the fire** and very powerfully out loud chant the mantra you chose. *I like myself, I love myself, I see my soul.* Or another. *Let the fire consume the past and let the sound current reaffirm the future.* Do I think this ceremony is going to totally dissolve all these burden mantras? No, but you are going to be conscious of them. Then you have a chance to claim and plant another mantra. This is a very old Ayurvedic technique, the Indian healing

modality, burns something to bring out its true essence. What is the true essence of those old mantras? What can be created from the ashes? All of these things that were given to you, came to you as teachings - if you can bless them and thank them, then all of a sudden they will reveal what is underneath them. That is the truth.

Imagine this wonderful story about a Native-American who was among those who were trained to decode things in World War II. He was captured and tortured for a long time. When the war ended he went back to his reservation to say goodbye to the elders and die. He was in such bad shape on every level. Three of the elders asked if he would go with them on his last canoe ride on the lake. They took him out in a boat, and they knew he couldn't swim. They stopped and threw him off the boat. They let him go down and come up twice, and the third time one of them went in and grabbed him. What he got to see in that moment where he faced death is that his jailers who had fed him maggots were not torturing him, but they had wanted him to live and that was all that they could actually get to him that was nutritious at all. The ones who beat him beat him the least they could so someone else would not come beat him worse. So we only see the surface so often. Beneath the surface, beneath the greatest tortures, are often the greatest teachers.

1. So when you feel less than priceless what will you now do?

2. How will you reinforce your pricelessness? With dance, meditation?

I AM CONNECTED

This concerns what you are the most deeply connected to in your life.

Primary Question: Why are you connected?

What are you not attached to but connected to?

What person?

What situation?

Please close your eyes and sit with the knowingness that comes from this connection.

When you are truly connected you are experiencing your true emotions. Emotions are the voice of the soul. True emotions. Once they get connected to a story, your story, then they lose the purity and take you into a knowing rut of the same feeling.

Connection is freeing. Connecting is knowing that a person or place or thing can leave you and you will still love and feel connected to and with them. It has depth and breath. It supports you and all you are connected to. It contains the essence of non attached love, what we now call pure love or unconditional love.

What gives you this feeling of deep connection?

What takes this feeling away from you?

You have to know both to see beneath bonds to connection. Beyond attachment to where the fibers of connection live. Getting real and realistic with your feelings. Feelings are the filament of true connection.

Do you act out your feelings all the time?

Do you tend to tell everybody "wow this and wow that" and always talk about how you feel?

Or do you stuff them?

There are very few people who know, truly know that we all need people to speak to about the things that we go through. yet you can't talk to everybody about your feelings or it dilutes them into meaninglessness. You cannot be naked with everyone till you are liberated but you have to be naked with at least someone.

Do you judge this statement as true?

True in your life?

The beauty of this is that your feelings are notifications of your soul. They come up when something happens - you will get a feeling immediately, and if you pay attention to that feeling that second, before it links to an old story, it will reveal to you what your soul is trying to tell you. You are often running, not paying attention. What happens is you land up a rut because it is the same thing over and over - that story has been told a million times. Somebody told me that he had gone to school for two years to get his Masters in a type of alternative psychology to be able to help other people, but what happened was he got helped. He said "I told my story over and over for two years, and at the

end of those two years I was so sick and tired of my story, I never wanted to even think about it again." I am encouraging you to tell your story. Ask permission to do this.

You can tell your funkiest stories to the people that are closest to you over and over and over again. You should rehash them in your head as much as you can. This is a perfect time to schedule a time with me. http://gurutejsessions.com/strategy-sessions-gurutej/ Talk to me about your story, really talk about your story, record your story into your phone and listen to it. Listen to it when you are sleeping, over and over and over, listen to your story.

Deepak Chopra once said that if you want to stop smoking, sit down and smoke two packs of cigarettes at one time and it's guaranteed you will never want another cigarette. So it's the act of doing something over and over that can create a habit, or make you repeat it over and over and in a short period of time release you from that habit. Just doing it ad nauseam until you are done with it. You are super, super done with it, and it's a really great way of understanding your feelings. It's a real great way of seeing where your feelings come from, because so much of the time your feelings are intricately woven into your story.

Once the story's gone you can get the purity of the feeling, the soul notification. Your story will snag the feeling – it is powered by your ego and your ego is not your amigo. Your ego wants to run your life, and as you get closer to having your essence running your life, your ego is going to fight you for its position of dictatorship. One of the ways it dictates to you is by making every emotion that you have related to a trauma and going into some old story as opposed to the situation where every emotion is amazing and it gives you the freedom to see and be yourself.

I AM JOYOUS

This is innocence. For innocence can just jump into joy at any moment, not caring what anyone will think. Joyous is not a thought out state but a state that springs from being connected to your essential self. A state that is yours. It will belong to you if you cut your restraints and resistance. Are you ready to dance and sing and laugh at the fun and hard things both? If yes, then I have much to share with you.

There are times when you feel you will never survive this, whatever the 'this' is. You are not supposed to survive. Survival is a miserable eking out of existence and not a joyous out loud life. Out loud doesn't mean you have to be loud, it means you get to be free with your body, your heart, your love, your capacity to resurrect from the rubble that is sometimes each person's life, your life. To allow the dance of life to flow through you again. Fear closes us down, shuts us off, numbs us out and when you allow joy to creep back in it starts invading each and every part of your being. In your own way. A smile may creep across your face or you may call someone back or eat well again. It can come in many forms but you know its call - like some exotic bird it is calling out to you.

Primary Question: Why are you joyous?

1. Will you answer that call now?

2. What does that mean to you?

3. How does that call feel to you right now?

Joy is so important. If you don't start out doing things that give you joy what happens when you feel overwhelmed is you remove all the things that give you joy in your life. Then you feel resentful, you feel exhausted, unhappy and unfulfilled . Tell yourself that today I will practice looking at every moment in my life from a joy space. I commit to practicing this.

Joy is the 'Get To' emotion, You get to see the magic of falling leaves, of the bird bathing in your fountain, your inhale and exhale.

4. Make a list of what brings you joy.

Then expand this list every day.

I want to share one of my recent joys with you. I came home recently, in Los Angeles, (I'm mentioning this for people who think there is no wildlife in cities) and there in my driveway was the biggest mourning dove I had ever seen. After I registered this, I realised it was a hawk. A hawk in my driveway. Once I had seen it, it took off and I saw its white tail. Now that hawk sits on top of my utility pole calling out as he/she hunts every morning. It's magnificent. Somewhere between 5 and 7 in the morning he is out hunting, could be a she, I have no idea, I just call him a he. It's such a joy burst. It reminds me to get the joy out of every situation in my life. As a bonus it left me a feather in my front yard which my beloved found and brought to me. Lovely.

My last two months with my daughter were the most devastatingly joyous time of my life because every day the six of us who were there at different times with her brought their best: their joy, their sense of humour, their likes, their love. She responded in love and joy and gratitude. Even though she couldn't talk, even intubated it was just amazing. The pain of knowing she was leaving and the joy of getting to be with her. I had to choose every moment, which one I was going to relate to, the pain or the joy. I was graced to claim the joy about

90% of the time. If you start making a practice of your joy you are going to see that your joy can rule every moment of your life.

Once I was out of town and I had a tenant in my guesthouse and the tankless water heater gave out. Now it was a very expensive investment, not something you would expect to give out in a few years. Trying to find somebody while you are out of town to come and look at your tankless water heater is huge. At first I thought okay it could be fixed, I had only had it for six years or maybe seven years. It became obvious that it was not fixable. A new tankless heater was $2,400 so there was very little I felt joyous about. Then I just decided to laugh about it. When you get to the place where there is nothing else you can do about something, you know it's not going to fix itself you get to move on, Just get the joy out of the fact that you can replace it. I could take care of my tenant - that was the joy. I could make sure that my tenant had hot water. That was wonderful. Was it wonderful to spend the money? Maybe not but I was grateful that I had it. Gratitude for what is brings joy. The acceptance of what is.

5. What in your life have you been in resistance against?

6. What would it take for you to just accept it? Then joyously accept it.

Joy allows you to look at things from a different perspective because your perspective is what changes everything. You know there is the positive and the negative mind activated by each situation of your life within seconds and you get to choose where you land up. Do you land up in your positive, your negative

or your neutral mind, which sees all possibilities? When you are feeling really stressed out by some situation in your life: somebody unexpectedly gets sick or dies or you have a car accident or something terrible happens in your house or to someone you love, there is a tendency to stop breathing as if this is the best remedy to the situation.

Try this bowing exercise: it will change your state of mind because it changes your cerebral spinal fluid. Put your fingertips on a wall, on your desk or on the floor. Your choice. If on the floor you need to be standing up legs wide. Now squeeze your rectum so you won't get dizzy. Then bow up and down, really quickly inhaling up and exhaling down. Breathe through your mouth. It clears your cerebral spinal fluid. It takes spinal fluid and clears your brain out, clears out what you are obsessing about, gives you a chance to have another perspective to just possibly bring you a great joy. Try it now then you can remember it when you are stressed and not in joy.

I LOVE TO MOVE MY BEAUTIFUL BODY

We have these wonderful units that are composed of all these moving parts that long to be activated. There is no one way to move her/him. Just move them in gratitude. Sometimes at the beach I play in and with the waves and swim in the amazing ocean - delicious. Sometimes I rollerblade hills doing my 11's prayers from Jap Ji, a prayer of liberation. It clears my head and heart. Yoga slips in all day for my body and yours, resents being parked in a chair, in bed, on anything for too long. It is asking you not to let it turn into the tin woman/man. It is inviting you to dance the dance that calls to you.

Primary Question: Why do you exercise? *For you.*

What exercise are you passionate about?

What exercise will you embrace because it is good for you?

Who do you love to do some sport or exercise with?

String these loves together and **allow your body to move as it longs to do**. It will thank you by staying healthier. By being more flexible. By having more endurance. And so much more. Remember that your body follows your mind and your mind responds to you body. Remember how hard it is to think clearly when your body is sick. Not impossible, just more challenging. Why choose challenging? Think how you can ask your body out for a play date. Be that innocent and loving. I will join you.

I love exercise and I realise that not everybody does. For some people exercise is really challenging. I remember Oprah saying she was really happy not exercising so she had to have her trainer so that she would exercise. She actually had her trainer live on her property so she would have to do something every day that would move her body. Look at your beautiful body, it has joints everywhere. That tells you that you need the synovial juices activated. The best thing with exercise is to choose one that you like and then get your accountability partner or somebody you really would like to spend more time with, then exercise together. If you think you don't want to run or have no desire to swim or ride a bike, find a class that does something that you think you might like or is at least interesting to you. Go look online. Get ideas then give yourself a 7 day period and take that class within 7 days..

Look for all the kinds of exercises that are available in your neighbourhood - don't make it hard on yourself. I love taking a walk often by myself on the beach especially on Sundays because there are a lot of families on the beach and you get to see the children - they have so much fun at the beach. Another idea is to take a walk in an area that you really love. I liked to walk with my mother in this neighbourhood where she loved to look at the houses - I love houses too. I loved looking at houses with her; it was fun and we got to walk together. So incorporate something that brings you great joy with your exercise. You can also go get some Groupons and find out what yoga centre, dance studio, or gym is offering special or super cheap classes. Really when it gets down to it everyone loves some activity. You may not love doing it but you will love the feeling afterwards.

1. When will you start to exercise? Put a Date.

2. What exercise have you chosen?

3. How often are you committing to exercise?

Go move your beautiful body by yourself or with your partner. Try hula hoops which are so great because you can start moving and dancing with them. They make you move. There is a sense of innocence and joy in doing a hula hoop. It is very childlike and you know you can play with it. It brings back your joy.

I AM GRATEFUL

Full of greatness are you. Practicing Gratefulness when you don't feel grateful is like being taught to grow vegetables instead of being given vegetables. It is the source of life. It is the attractor of all. It is said that The Divine comes to visit you when you slow your breath down to one breath every 30 seconds and the Divine will come to serve you when you slow your breath to one breath per minute. The Divine is always with you but you can activate your awareness of the dance you get to do with the Divine when you are grateful. She brings her friends to encompass you. Here is the 1 minute breath for you.

1 Minute Breath

This is one version; I am aware of several. It sounds easier than it is.

Inhale for 20 seconds

Exhale for 20 seconds

Hold the breath out for 20 seconds

Do this for 3-6 minutes.

It is very challenging at first but like many things it gets easier with practice. Try it for, oh, 40 days every day and then see what happens. Miracles!!

Call the Divine to you or your awareness of the Divine with this breath. It slows everything down and stretches time and space.

Primary Question: Why are you grateful?

1. Now think about five things that you were really bothered by and not grateful for in the last 24 hours and write them down. The things you bitched about in your head or out loud.

2. Then go back and have a redo. Look at the situation and see it consciously from a place of gratitude. Wrap the situation in your gratitude embrace. Your great attitude. Write down how you feel about the situation *after* applying the healing salve of gratitude.

The before and the after. Read them both out loud and see what attracts you. Not because you know you should be, but what feels more empowered. They can be funny. Gratitude is not stuffy and proper, it is alive and breathing.

If you can look at and assess your life with gratitude that is the best. Look at and assess your support system with gratitude. Keep this assessment with you. Write it down or put it in your own hard drive. You can do that by repeating your gratitude often. Then you can backtrack yourself when you are feeling bitchy or speaking small or gossiping about people or being hateful or mean. You can look at that list. It's a great gratitude check. Gratitude is a wisdom activator. Think of gratitude as a place you can visit often to reactivate the best of you. You can't necessarily go back to each person but maybe you can go back and change that ripple effect. If you put something negative on your social media put something else explaining that you were having a really challenging day. Repurpose your thoughts.

If you use gratitude as that place in your life where you are empowered you are going to understand that you can go back and shift anything. Truthfully you can shift things with people who have left the planet. I know this from experience - my daughter and I have shifted all sorts of things, my mother, my father, and I know so many people that have had amazing experiences of their ancestry coming to them and asking for forgiveness, for changing things. Don't believe me, try it yourself. This is not a belief thing. This is an experience.

At the end of the day when you are taking your bath or after your meditation give yourself two minutes to go back over that day and apply your gratitude to that person who spoke badly to you, to that really unpleasant situation, to that hard phone call, to that demeaning situation. Go back and apply your gratitude to it and see what it does because when you polish things with gratitude they reveal a diamond and that diamond is very important. It's what lies beneath the seen. That is where the good stuff is. Yes pay it forward with gratitude but also pay it back.

3. What gratitude exercise will you commit to? For how many days?

Gratitude gets better with age. The more you use it the better it gets. Use it often and you will become the most attractive being. Gratitude makes you radiate. Great to be grumpy or anxious or sad then when done remember you can clear the air with gratitude. Create a different upleveled reality.

I AM MY LEGACY

This is so powerful. This is the vapor trail of your life. This is what is remembered about you. It's not about your hair, or your wonderful clothes, or any of that "stuff". It's about the imprint you leave on those around you. The ones you know and the ones you don't know.

There is something wonderful about the fact that you can leave a conscious legacy. The other choice is whatever happens to be. This is the sloppy unconscious path. The whatever path. When you choose a conscious legacy you get to pay attention to your every choice aligning each action with your intention.

I one time had someone I didn't know come up to me and say. "I passed you on the street and you smiled at me. I will never forget that. It made me realise how powerful a look can be. Thank you." I don't remember this but I do look at people and smile and tell them something wonderful about themselves all the time. Why not?

Primary Question: Why is your legacy important?

1. Do you find that sometimes you say you want one thing yet do something totally unaligned with what you say you want?

State your legacy desire here:

I often have people write their own epitaph then live their life backwards from that.

2. Write your epitaph now. It's easy and oh, so hard. It's reverse engineering your life to support your legacy.

3. How do you need to act and think and speak and feel to support your epitaph?

It's so simple and like all simple things, like truth, it is most challenging to live but each step is either taking your closer or farther from your intent, your purpose, your legacy. It is a call to live more consciously from the inside out. Are you ready for that call?

Legacy becomes more important with age. If you say my legacy is: I want to have worked and brought clean water to all of Africa, then it is every action following that. If your legacy is to inspire every person that you meet, are you talking to the people in line at the grocery store, are you letting that car in front of you instead of cutting them off? How does your life line up under the legacy you want to leave?

My daughter was an incredibly private, private person and yet her journey was so public. It was crazy. She had a website that people could donate money to so that she could have every alternative situation and healing that she could possibly imagine. I had fundraisers for her as did other friends of ours. It was on social media, it was on my website. There was so much about her journey that was there because her legacy was vast and her legacy was creating healing communities wherever she went. She was in the Peace Corps. She was going to medical school so she could go to a third world country and work there to inspire and uplift and help people to have better medical opportunities and healing. She was brought up in an alternative spiritual/healing community. Her legacy of kindness, love, compassion to her last breath is still continuing to touch people.

How will your legacy live on? Ask yourself that question. And answer it with grace.

This is the last frontier – the inner self. Legacy is the touchstone of how consciously you are living your life. It is not about how grand your legacy is, but about how deeply connected to it you are. Thank you. Bless you. Love and honor you.