

## Ten Ways to help with your Awakening process are as follows.

*I suggest that you post them on a board or carry them in your pocket,*

*to help you stay strong as your process evolves*



1. **Begin by spending more time by yourself, connecting to your higher self.** Learn to trust that inner voice over the outer voices from others. There is no other being that knows or understands your needs and desires more than your inner being. Meditation is a one way to begin to listen. There are many teachers that can help you learn to quiet your mind.
2. **Bless your old experiences and have gratitude for the lessons you have learned from them.** Even the negative experiences had lessons for you. Many times, it is the negative experiences that teach us more than the positive ones.
3. **Turn off the outer noise, especially televisions, cell phones, and computers.** The constant bombardment of outside influences keeps us continually entertained, but can block our move toward enlightenment.
4. **Spend time in nature to appreciate how nature .** Notice how nature is in perfect balance and lives in harmony with each other.
5. **Do things that bring you joy.** Individuals have not been taught to appreciate the importance of their imagination and creativity. It is from your inner imagination and your creative thoughts that bring you new ideas to take you into a new ways of thinking and acting.
6. **Become less judging of people.** Appreciate the differences in each other. Without these differences our lives would be very boring and we would not learn of new ways of doing things in our lives. Instead of distrust for those that are different than we are, embrace the difference and learn something new.
7. **Give of yourself from your heart.** This can be as simple as taking time to smile and laugh with someone at a grocery store or volunteering at a shelter

or food bank. There are many simple ways of being of service to others today.

8. **Watch what you put in your body!!!** Today we are being faced with chemtrails in our skies, GMO's in our food, plus fluoride in our water systems, and, even our toothpaste products. All of these un-natural chemicals are designed to keep us from "waking up" to the truth about who is in control of our lives. The best advice for you to keep your body as clean as possible is to stay away from processed and "boxed" food. As much as possible, eat only organically or locally grown food, stay away from vaccines full of chemicals, and use non-fluoride toothpaste. It has been proven that water, when blessed with positive language changes it's molecules, so if you must drink water from you local water system, always send love and positive blessing before putting the water into your body. Don't forget - stay away from colas and other processed drinks.
  
9. **Think Carefully Before Taking Pharmaceuticals.** We have learned that our pharmaceutical industry is not designed for healing, but for maintaining illness creating income for this system. Consider natural healing products. One fact that we are learning today is the beneficial factors of cannabis in curing many medical issues, including cancer and other serious illnesses. This explains why this drug has been listed so high on the schedule of illegal drug lists.
  
10. **Keep and open mind and use your own discernment.** It is truly hard to accept that our entire life has been one that has been a deception, designed by those individuals that have their own agenda. It takes an open-mind, that wants to learn the truth. Before you immediately dismiss information, take time to learn. There is information being sent by many informed, knowledgeable, and educated people on the internet, but there is also many untruths. You must depend upon your inner voice to give you the truth, but it takes you wanting to know and being a willing partner seeking the Truth.

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Best of Luck - Always

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