

Ten Steps To Finding Your Power – You Are Here For A Reason



*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, and can block our move toward enlightenment.
4. **Spend time in nature to appreciate how nature works.** 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

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. *(Judgment is the act of separation from others. It is that tunnel vision of "what is right" and "what is wrong" tunnel vision that we are taught by our peers, our parents, our teachers, religions and those that are effectively controlling our "mind". Our minds are looking for conformity, our consciousness is operating from our hearts, and the emotions that "feel connected with what is true or right within us.")*

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, food bank, or a community center helping others. There are many simple ways of being of service to others today. Giving to those we love sometimes is something that we don't even realized we are doing with expectations. Giving is an act of Gratitude for those we love, we want to give with sincere appreciation for the act of being able to give from our heart to another. *(The act of Giving, is an act of love, when it is genuinely expressed as a connection with another being. Giving is an emotional experience, that brings joy simply from the joy of a connection experience.)*

8. **Watch what you put in your body !!!** Today we are being faced with chemtrails from the geo-engineering in our skies, GMO's in our food: plus fluoride in our water. The fluoride in our water and toothpaste are supposed to be *"good for our teeth"* according to what the propaganda has been telling us for years. The reality is that 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 us to keep our 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 your local water system, always send love and positive blessings before putting the water into your body. Don't Forget! Stay away from colas and other processed drinks. *(Don't you find it strange that chemicals like "Round Up", fluoride, preservatives and other products have been introduced to us as "safe"?)*

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. *(This is a very hard realization for many of us to understand. We have been*

taught to trust our medical profession all our lives, and many have. This has led to many suffering a large part of their lives, due to simple "greed" in our culture. It begs the question, why did our scientist use known products that will harm us, to find chemical concoctions to kill or "treat" our body's diseases?)

10. Keep an 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. So, 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 are also many untruths. *(You must depend upon your inner voice (higher self) to give you the truth, but it takes you wanting to know and being a willing partner in seeking the Truth.)*

The Question is:

"What Do You Do When..... That first Awakened "Thought" or "Moment" arrives.....Now What???? This is when your #GreatAwakening" Journey begins. There will be many more "Moments" from this point and it is up to your own Discernment what your next step will be.

This is When You Discover Your Power!

With Respect and Love For Your Journey,

D. Foster

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