Tips to Inspire Your Life

Spiritual Insights from Asheville and Beyond

Welcome

 Γ or many people, personal growth and transformation are an important part of life. Whether you are beginning your spiritual journey or have been on this path for a while, our intention is that you find inspiration in the following pages that enhances the quality of your life.

This booklet brings you our practical and easy to understand spiritual insights. We are a group of metaphysical practitioners, who specialize in a variety of proven, life changing modalities. These tips are the treasured wisdom gleaned from our years of dedicated research and personal life experiences. Each author has a strong connection to Asheville, North Carolina, an area known for its abundance of exceptional metaphysical resources.

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This product is available in a variety of media formats for your enjoyment and convenience. Please contact the author of your choice or the publisher to explore what serves you best. Like spiritual insights, the possibilities are endless.

Blessings to you of Divine Guidance and Assistance

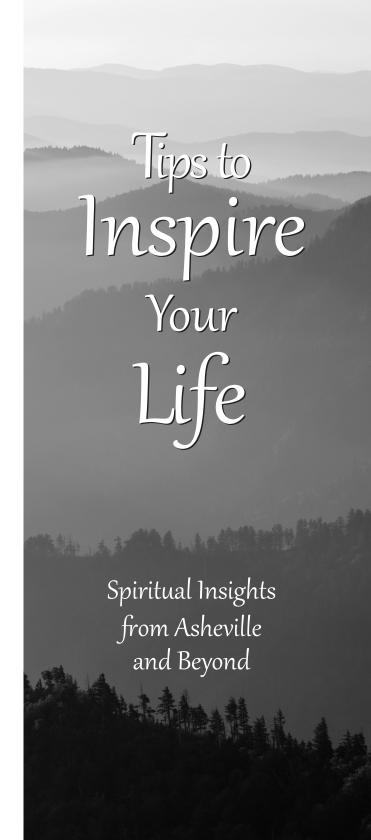
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Honor Your Life Purpose

- Liberate yourself from any belief that you need to be perfect. A picture can be perfect, but for a human, making mistakes is a natural part of the process of growing and evolving.
- 2 Give yourself permission to fully explore and express your unique gifts and abilities.

 Respecting your own strengths will offset the need for outside validation.
- 3 Find a way to tithe to yourself. When you set aside a small amount just for you, it honors your sense of personal value and opens gateways for you to receive more.
- Remember you're here to overcome your human limitations and live from your higher life purpose. Trying to conform to anyone else's concept of who you're supposed to be can interfere with your ability to accomplish that mission.
- Use imagination as a key to unlock your ability to manifest what you want in life. Everything that comes into your environment comes from your ability to imagine it first.
- Realize when you're feeling like an ugly duckling that maybe you're just in the wrong pond. Finding your flock dissolves your loneliness when you learn you are actually an elegant swan.
- Notice how a pendulum swings equally from side to side. Your life has the same potential. However much struggle you've experienced is also the range of how much success you can achieve.

- Observe that asking questions like, 'Why did this happen?' or 'What do I need to do to heal this?' only gives you more to figure out. Instead, consciously focus on the outcome you desire.
- 9 Imagine finding your very own magic wand, one that manifests anything you really want, just for you. Sometimes putting attention on what you want can reveal the resistance that stands in the way of your actually receiving it.
- 10 Laugh more. Enjoying what you do brings you and everyone around you countless rewards.

Lania Desmond's numerous near-death experiences led to her spiritual awakening. She discovered a 5-step process she calls SoulPoint™ that makes old emotional baggage obsolete. Her approach works on the deepest levels, clarifying and activating her clients' most significant reason for living.

Lania is also the originator of EssenceWorkTM a powerful form of energy healing activated while the client sleeps. Since 2006 she has facilitated monthly Group EssenceWork Events based on the synergy of participants from all over the world. Contact Lania to find out more about her private sessions (by phone/Skype), group events, and online courses.

~ Think Love, Then Speak ~

Lania Desmond

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Discover Who You Are

- 1 Monitor your inner chatter. Encouraging your inner narrator to promote forgiveness, compassion, non-judgment, and unconditional love creates inner peace.
- 2 Speak with care, especially frequently repeated phrases. Your words reflect the patterns of your life including ailments or recurrent experiences. Saying the words and phrases that accurately reflect what you desire, energizes those desires.
- 3 Express your emotions appropriately all of them even anger. Emotions are neither good nor bad. Bottling up emotions in order to be nice can result in trapped emotions that are detrimental to your health.
- 4 Let your mind rest a few minutes every day with no expectations. Connecting with nature, meditating, or listening to relaxing music allows your mind to have a mini holiday so you come back refreshed.
- Allow yourself whatever time it takes to have clarity of thought. It's okay to let people know that you need some time to reflect about their request, instead of feeling pressured to respond immediately.
- 6 Know you are always at an instant of choice. Making your own conscious choices ensures you are the one running your life.

- Create your life moment-to-moment from the choices you are continually making. You choose the thoughts you think, the actions you take, and how you feel about it all.
- Respect yourself by creating and implementing proper boundaries. When you are not drained by the undesirable energetic demands of others, then you have the energy to share more of your unique gifts.
- **9 Live your life in love.** Your only other choice is to live in fear. Letting go of fear opens you to re-approach any situation with love.
- 10 Explore metaphysical topics that intrigue you. You will learn more about yourself and have more compassion for yourself and others. You can find your own truth.

Sandra Gelinas makes it easy for her clients and workshop participants to access and explore the thoughts, words, deeds, emotions, and intentions of their souls through their Akashic Records. Discover and release current or past life challenges, ancestral issues, detrimental stored emotions, and outdated beliefs, to enjoy greater clarity, grace, and ease in all areas of your life. During an Akashic session, by phone or in person, your thoughtfully prepared questions ensure we reach the heart of what matters most to you.

Rev. Sandra Gelinas

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Love Your Uniqueness

- 1 Be open to communication from Spirit. Taking time to breathe deeply, while relaxing your mind and opening your heart can be all that is needed for the Spiritual connection that you seek.
- Remember that you came here to be Human. What if celebrating your own gorgeously flawed, uniquely fabulous human self aligns you with your Soul and creates a life filled with magical wonder?
- 3 Describe what spiritual growth means for you. Knowing what you personally intend to experience and/or gain on your journey can be a great discernment tool when making choices along your path.
- Feel your emotions. Allowing yourself to follow along with a guided Emotional Freedom Technique that you relate to (on YouTube) can be a giant step towards tapping in to the amazing internal guidance system of your own emotions.
- **Dissect your fears.** First imagine your worst case scenario happening. What would be the worst thing following that? After following this fear trail until you can no longer imagine worse, how do you feel?
- 6 Choose Essence over Form. Creating your day with the intention to feel Peace (for example), while practicing Enthusiastic Anticipation and letting go of any expectations, allows Peace to show up in amazing ways.

- Do unto yourself as you would have others do unto you. When you consciously invoke the energy of loving self-care, the message that you are loved and loveable resounds loudly out into the Universe!
- Own your buttons when they get pushed. By taking full responsibility for your reactions to everything and everyone, you move away from feelings of victimization and into much greater levels of non-judgment and acceptance.
- 9 Use your dreamtime to advance spiritually.

 By setting an intention before sleep, you allow your subconscious, your guides, and your angels to work on your behalf to take you closer to that intent.
- 10 Make big decisions from a place of calm clarity. Urgency is not of Spirit. If it's right for you today, it will still be right tomorrow, or when you attain a broader, unemotional perspective.

Have you ever wished you had been born with an Owner's Manual? Having a Human Design session is like discovering your personal Manual. Blending ancient esoteric wisdoms and modern sciences, Human Design is an amazingly accurate map of your conscious and unconscious traits, revealing your unique strengths, challenges and potentials, and providing you with tools you can begin to use immediately. Vicky has been actively embracing personal and spiritual growth for many years. She has a passion for sharing what works for her! Human Design has led her and many of her clients to significant transformation.

Vicky Goodridge

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Living a Spiritual Life

- 1 Meditate and journal to first connect to yourself so you can then connect with the Divine. Self-discovery brings your awareness to the Light within. Daily practice strengthens your abilities to explore your thoughts, feelings, and emotions.
- 2 Open and expand your senses. You are more than the physical body. Your Spirit and Soul govern the physical. Becoming conscious of the unseen reality, you realize we are all One, connected to the infinite Spiritual Universe.
- Choose to make decisions from your Higher Self by elevating your state of being from the Ego Self to Higher Self. This comes by asking yourself if you are operating from your Higher Self or Lower/Ego Self in your everyday life decisions.
- 4 Expand your mind beyond the Conscious Mind. That happens from shifting the mind from the mundane daily thoughts of the Conscious Mind to exploring the vastness of the Subconscious (Intuitive) Mind and the Superconscious (Higher Self and Divine) Mind.
- Practice spiritual qualities in your daily life. Humility, integrity, wisdom, gratitude, intention, and service strengthen your connection to Spirit and provide Inner Peace.
- 6 Incorporate prayer into your daily life, paying attention to the manner in which you pray. Bringing your awareness to your heart and soul and asking "teach me how to serve" keeps your prayer from being rote.

- Attend a spiritual unfoldment and development class. Sharing in a group atmosphere is a perfect opportunity to learn and grow from others experiences, letting your heart connect with others who are on the same journey.
- Open to artistic and creative expression.

 These are "gifts" from Spirit and a perfect opportunity for Soul Growth while having fun.
- O Commit time and effort to motivate with dedication and discipline. Scheduling time in your daily life to practice one aspect of spiritual living means that your practice will soon become reality living the Spiritual life.
- 10 Open to unconditional love. Living in a space of unconditional love is not only for others. It is also for yourself.

With a background of various healing modalities including the Barbara Brennan energy studies, Rebecca Pfeffer takes her readings to a deeper level as she is also able to access her client's chakra system. By using her clairvoyance, clairaudience, and clairsentience she is able to provide guidance and direction. She is a certified metaphysician practitioner with over 15 years of healing, reading, and teaching.

Mediumship/Intuitive Readings/Chakra Scans/Oracle Card Readings/Energy Healings/Classes in Spiritual, Psychic and Mediumship Development. Readings done by phone or in person.

Rebecca Pfeffer

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Awareness is Unlimited

- 1 Feel into any situation from your gut, not from your brain! Most of your body's innate intelligence lies beneath the conscious mind in our Super Conscious mind.
- 2 See everything from multiple viewpoints to gain the best insights. Being aware of multiple perspectives gives you more information to make better decisions.
- 3 Expand your awareness beyond what you see, hear, and feel from your limited physical senses. Your awareness extends far beyond what you see in front of you connecting you with an unlimited realm of information.
- 4 Transcend the lower levels of the conscious mind by imagining something better. This helps leave the past behind and creates something new and intentional.
- 5 Observe yourself and everyone neutrally. When you create judgments it attaches your emotions to situations like glue, which creates re-actions and limits your power.
- 6 Connect with your Highest Self anytime the 'Absolute Self' that is your Divine Spirit. It never changes, is perfect, infinite, wise, and connected to Divine Source at all times.
- Know beyond the shadow of a doubt, that everything is in perfect and Divine order, always! Even when things don't seem to make sense, know that underneath our opinions everything happens for a reason.

- Allow everyone and everything to unfold perfectly in its own time. Like a blossom, you cannot force anything before it's time.
- Appreciate everything daily that is here for you to increase your sense of abundance. This includes people, animals, food, places, communities, nature, infrastructure, absolutely everything!
- 10 Love yourself completely, in every way possible, every day. The secret to true healing comes from compassionately and lovingly taking exquisite care of your own body, mind, and Soul like nothing else matters.

Jane Smolnik is a Naturopathic Doctor, Holistic Iridologist, Certified Intuitive and Spiritual Healer, Speaker, Trainer and teacher with over 30 years experience. She is the founder and director of the Wisdom Institute of Self Evolvement, assisting people in expanding their awareness further and empowering their lives through deepening insights, tools, skills, experiential exercises and understanding of our "Higher" Self. Classes, courses, phone and personal consultations available.

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Unleash Your True Self

- 1 Know that every moment is a possibility for change. Every breath in ushers in new energy. Every investment in you is one worth taking.
- Progive yourself and those that have hurt you. Forgiveness unties the knots in the cord that binds us to others and to our former selves. It's the best medicine for health and happiness.
- 3 Ask the Universe to download self-love into you. It's impossible to have a good relationship with yourself and others without it.
- Heed the words of Candace Pert, Ph.D, for optimum health. "Every thought, emotion, idea, or belief has a neurochemical consequence on our physical body."
- 5 Clear destructive emotions and limiting beliefs from your past, so that any present or future decisions you make will be based on truth and clarity. You'll avoid making the same mistakes time and again.
- 6 Give up worry. It only gets you what you don't want. Keeping a mantra handy such as "Be still" or "Be still and know that I am God" helps change your thoughts.
- Open your mind to something you thought impossible. You may find the world is full of pleasant surprises.
- Accept yourself as you are. It is challenging for others to like you if you don't like yourself. Listening to your self-talk makes letting go of self-judgment and self-criticism easier.

- Discover your passion. It's the reason for getting up every morning, feeling productive and alive. Notice what empowers you and you will find your passion.
- 10 Wake up each morning in gratitude. Your body will produce "feel good" chemicals. Your life will improve exponentially.

Cheryl Sullivan, developer of Inception Point Therapy®, is an experienced healer and intuitive who combines 20 years of formal training with a natural intuitive skill. She is the founder and director of the Inception Point Institute in Asheville, NC.

In a unique spiritual experience a new technique was given to her. Her work with clients naturally evolved, and today she calls her technique Inception Point Therapy®. Inception Point is a breakthrough process to heal the body and the mind. Her intent in developing Inception Point is to help people heal their emotional and physical selves in a powerful, yet gentle manner.

With her years of experience, compassion, and direct style, she has helped thousands of clients and students overcome their biggest challenges and obstacles. Today, Cheryl uses Inception Point in her sessions and teaches it in workshops around the country.

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Creating Your Ideal Life

- 1 **Be fully present.** When overcome with daily stresses and responsibilities, "checking out" can become a habitual pattern to escape these pressures. Choosing to be present here and now encourages lasting positive changes.
- 2 Let the past go. Old pain or anger may stay with you for a lifetime. Preoccupation around past experiences reinforces negative thoughts that create similar experiences today, stopping you from putting your full energies into current challenges.
- **3 Open your mind and heart.** Open, compassionate, intuitive hearts are the new operating platform for working with the powerful energies now available. Being closed blocks your participation.
- Acknowledge what's working. Selectively and deliberately focusing your energy on what you want helps you receive it. This means putting aside your "filters" to see your life from the highest level possible, listening to your heart, and following what brings you joy.
- Recognize what's <u>not</u> working. Honestly assessing your life includes paying attention to where you focus your energy and being willing to acknowledge true feelings. That means courageously seeking out root causes of unhappiness or imbalance.
- 6 Clear out self-sabotage patterns. Changing negative programs by examining underlying fears, and recognizing unhealthy repeating behavior cycles prompts the willingness to release or reframe self-limiting beliefs. Setting boundaries and making new choices can silence your inner critic.

- **Tenvision with clarity and purpose.** Visualizing the life you *really* want, in fantastic detail, lets you dream big without self-imposed restrictions, excuses, or limitations. You can see yourself as a highly skilled "master manifester," fully supported by the Universe.
- Align with your higher self. You are an outpost of the Divine. Your core Light, directly connected to Source Energy, remains untouched by circumstances or challenges as you believe in your sacred purpose, trusting your inner wisdom.
- **Become a "curious observer."** This requires genuine acceptance of Self and others as you operate from a neutral, balanced "zero point" perspective without judgment, fear, or expectation. You can listen with an open, compassionate heart without projecting.
- 10 Claim and manage your personal power.
 What you release to the Universe is matched and returned. Being authentic ensures your true essence is reflected in your energy signature as you share your Light with the world.

Patti Wagner provides a unique coaching experience helping you connect with your own guidance and align with your higher purpose. Clients find her "intuitive readings" and expanded coaching sessions invaluable in their personal evolution. Sessions provide key insights into issues that can hold you back from igniting your full potential. Patti is a Gendai Reiki Master Teacher, certified in multiple healing modalities, and is affiliated with The Coaching Institute.

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