



THE

pathway

TO

J O Y

A white line-art illustration of a woman with long, flowing hair, holding a rose in her right hand. She is positioned inside the letter 'O' of the word 'JOY'.

BY

Sonia



intuition is the guiding voice of our souls and a natural and important part of who we are. Without it we cannot find our way to our purpose and path in life. Without it we cannot truly discover what brings us authentic joy.

If you listen to your intuitive soul, you walk with a gentle heart, a joyous heart, the heart of a child.

Joy is a landmark of an intuitive life. Living the Intuitive life is your greatest personal Power!

Notice the subtle! It doesn't have to be a big deal to follow your intuition. In fact, it's rarely is a big deal. Intuition is more often a series of unending "little deals" that make life easier and more magical.

What favorite intuitive "little deals" have you experienced lately?

Be aware of the difference between what is real and what is actually a projection of your worries and fears. Don't confuse your greatest worries and darkest fears for reality. If you do, you will eliminate all possibility for the magic of the Universe to grace your life.

FOUR DECISIONS FOR INVITING MORE JOY INTO YOUR LIFE



- 1: Be open to intuitive guidance everyday
- 2: Expect intuitive guidance on everything, at every moment
- 3: Trust your intuitive feelings when you get them
- 4: Act on your intuitive feelings instead of ignoring them

The key to discovering what your heart desires is to pay keen attention to the world around you today. True intuition is the consequence of clear and accurate observations of the here and now. Such observations, once turned over to your subconscious mind will lead to the most advanced and brilliant insights: and help you create healing, balance, peace of mind and a happy heart. . Listening to and following your intuition invites you to step out of the ordinary world, and into an extraordinary one. It opens you up to a world of limitless creative expression, and spiritual peace. In the intuitive world, you'll experience a gradual lightening as you stop living by the old rules and create a set of new rules!

OLD RULES:

I don't know where I'm going. I don't know what I'm doing. I hope it works out.

NEW RULES:

My experience is better, happier, when I trust and use my intuition. I don't need approval from others. My success in life will be my approval. Slow down and enjoy the moment! You can't enjoy life if you are overbooked, juggling too many things at one time, or constantly playing "catch-up" and racing around like crazy. Being that rushed will not only dim your awareness to nothing more than a whirling gray fog of confusion, but you will also miss the subtle, intuitive and healing guidance of your soul. So take a breath and relax! And if it is not enough to intend to relax, actually schedule it into your appointment book.

M E D I T A T I O N



meditation

is not another thing to do.
It is an invitation to stop doing.

Meditation is the most effective way to sharpen your awareness because it clears away the mental noise and distractions that prevent you from noticing what is important here and now. Meditation helps you become more relaxed, balanced and present to the moment. If you've never meditated, don't worry. It's not difficult. It is quite simply the art of relaxing your body, resting your emotions and quieting your mind for 15 minutes a day. Meditation begins with focusing on your breath. Start by taking in a deep breath right now and notice how much better you feel when you simply do this. Take a few more deep cleansing breaths and then allow your breath to settle into an easy, rhythmic pattern. Next, gently close your eyes. Notice how relaxing simply closing your eyes feels. With your eyes closed, continue to breathe in to the count of four, hold it to the count of four, and then exhale to the count of four. If thoughts arise simply observe them and then go back to your breath. Don't fight or struggle with each new thought. Observe it as though it is one of a string of train cars moving through the night, entering into and then drifting out of your consciousness. Continue breathing and relaxing for 15 minutes, then gently open your eyes and go about your day.

The best way to assure successful deep meditation is to be consistent. It is by far more effective to meditate every day at the same time for 15 minutes than randomly once a week for an hour. A busy schedule does make it tricky to find the time to consistently meditate, so you will have to select a time that works best for you. I personally prefer meditating in the morning upon waking and before getting out of bed. Perhaps this would be a good time for you as well. Maybe in the evening or after work would be even better. Only you know your schedule and its demands. Choose a time that is best suited for you and keep that appointment with your soul.



I AM CALM

This technique always works wonders when you need a break. Simply touch your thumb and forefinger together, take in a deep breath and say quietly to yourself, "I am . . ." as you inhale, and " . . . calm" as you exhale. Allow the feeling of "calm" to reverberate throughout your entire body. The act of touching thumb to forefinger will serve as a physical reminder to come back to the moment, and the words "I am calm" will wash away the stress.

Quieting your nervous system and nurturing yourself can save you hours of wasted anxiety, sudden blowups, potential confrontations, health stress and costly oversights. It's tonic for the spirit.

i am calm



CLEAR THE DRAIN

You can do this exercise whenever you feel you need more time than you have:

Place both feet flat on the ground or floor and let out a long, slow exhale. Imagine everything that is pressing down on you draining out of your body and into the ground through the soles of your feet. Then, very slowly, place your left hand over your heart and your right hand over your belly. Take in a long, luxurious breath while repeating silently to yourself the affirmation:

"I am present and relaxed."

Repeat it again as you breathe out.

Do this slowly five times whenever you want to stretch time. The key is to do it very slowly.

It only takes four minutes at the most, and miraculously it will expand time.



MINI BREAK

Every once in a while take 20 minutes exclusively for yourself and no one else.

During this time do whatever you want to do as long as it isn't work related. Not even reading a self-help book. This can include talking on the phone to a friend, reading a joke book or a favorite novel, doodling on a note pad, working a cross-word puzzle, looking at mail order catalogue, or whatever else relaxes you and gives your mind a rest. You can even do nothing at all! Let this twenty minutes be

guilt free fun time

that nobody can claim but you.

TEN WAYS TO LIFT YOUR SPIRIT



- 1: When you leave work, leave work.
- 2: Go for a walk with someone you love.
- 3: Invite friends over for a potluck dinner and board games.
- 4: Don't take phone calls during dinner.
- 5: Don't take work phone calls in the evening or on weekends
- 6: Tell stories instead of watching TV
- 7: Get a manicure or a pedicure
- 8: Do something creative or artistic with your hands, and give your mind a rest
- 9: Write a long letter to a loved one
- 10: Take a leisurely bubble bath while reading your favorite magazine

Here's a good idea:

Sit down in front of an open window and simply enjoy the view for five minutes a day.

ASK YOURSELF:

Are you meditating regularly?

- Have you practiced the thumb-forefinger stress buster?
- What was the best experience you had this week?
- Is it difficult for you to make the time for and be fully present? If so, what do you fear?
- Name your three favorite ways to spend quality time with your friends and loved ones.
- When was the last time you did one of these three things?

Intuitive knowing is actually the art and practice of listening with your heart, for it is there that the voice of inner wisdom speaks. It influences the way we take in information. Listening from the heart helps us focus on becoming aware of not only the content of information but it's intent, it's essence, as well.



LOOK FOR WHAT IS TRUE, WHAT IS REAL & trust what you discover

We find our inner voice, and the path to personal joy in the heart. It leads the way to a broader, deeper perspective and understanding both of ourselves, and others. It brings our attention to the unseen subtle aspects of life and directs us toward a more creative, more loving, more healing approach to life's difficulties.

TRUSTING YOUR HEART

We all feel heart-based connections from time to time because it is our nature to do so. The problem arises when we tune out or doubt this inner sense of awareness, surrendering to the world of outside appearances and opinions instead. Pay attention to what you are feeling and be aware of how it affects you. To do that, turn your awareness inward and look for your truth. Develop a keen sense of how energy, seen and unseen affects you by focusing in your heart, where your true and authentic self, your soul resides. Only when you listen with both head and heart and listen to what you feel to be honest and true will you have a clear and complete sense of real direction in life.

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LISTENING TO THE HEART

Every time you need guidance, counsel, direction or simple reassurance from Divine Spirit, close your eyes; take in a few deep-cleansing breaths, and then place your attention directly on your heart. Allow your focus to rest there quietly for a moment or two, and then ask your heart to guide you. Trust whatever feelings come up. Don't censor or discount a thing. If nothing comes to you from the heart immediately, don't worry. Relax. Remain open and patient. Guidance will come before you know it.

HAND ON THE HEART

A great way to open your heart is to actually place your hand over your heart, and let it rest there as you speak and listen to another. This gesture indicates that you are sharing your deepest truth and that you want to be truly heard. It also conveys that you are truly willing to listen to another as well. This is an especially effective technique for settling arguments and opening up troubled communication. It clears away discord and allows real understanding and communication to occur.



One way to
better hear your spirit
is to stop asking others
for their opinion.



SACRED SPACE

We are sensitive beings. We are just as much in need of peace and tranquility as any other delicate creature. We need to commit ourselves to creating such a sacred environment for ourselves. “It’s very hard to be peaceful and open, if you find yourself constantly subjected to confusing, negative and disruptive energy. Insist, therefore, on creating for yourself a calm and harmonious environment to live in.”

GET RID OF IT!

The first and most obvious way to create a calm and peaceful sacred space in your home is to keep it clean and organized and filled with beautiful things that comfort your spirit. Everything is comprised of energy, and everything you own absorbs your energy. The same holds true for negative energy, however. It, too, will linger in an atmosphere, bringing you down with its dreary and brittle vibration. That’s why, if you live in messy, unloved, neglected disarray, you will come to resent it. First the ugly environment itself discharges bad energy, and the resentment you feel because of it keeps recycling the negativity. The best cure for this problem is to clean and clear out or throw away all that isn’t necessary or used, or soothing to your spirit. If it’s ugly, irritating, broken-down or useless, or reminds you of something or someone unpleasant, get rid of it!

Given the effect it has on you, it isn’t worth keeping!

LIGHTEN UP!

While you are clearing out, make sure you do it all levels. Simplify and purge your life of all that is emotionally unnecessary as well. Identify what is yanking on your ATTENTION because of neglect and clean it up! Take care of old business so that you can be free to move on to NEW business. Let go and complete the past so your soul can lead you forward.

CREATING A SACRED ALTAR

A wonderful way to create a healing vibration in your home is to create a sacred altar. Set it up in a corner of the home where it will be left undisturbed, such as on a small table or placed on a small box. It can even be set up on the floor if it won't be in the way. On your altar place your most beloved objects, photos and talismans of those people and things you love. You might include religious icons, family photos, even articles from nature--anything that lifts your spirits and moves you into your heart. You may also want to place fresh flowers, candles or incense on your altar. Let your altar serve as a site for contemplation, reverie, meditation and prayer. Eventually this sacred spot will become charged with the vibration of peace and tranquility, and will serve as a healing place for you.

MUSIC

Listen to calming, meditative or classical music to keep you clear, calm and peaceful. The minute you listen to music you leave your head and move into your heart. It's a known fact that Baroque music especially such as Bach, Vivaldi, Telemann or Handel calms the heartbeat and creates an inner state of tranquility.

AROMATHERAPY

Soothe your soul with aromatherapy. In aromatherapy you fill the atmosphere with essential scents that are specifically known to calm and soothe, and uplift-- oils such as lavender, chamomile, neroli and rose oil. To use aromatherapy you simply put a drop or two of an essential oil on a light bulb ring (found where essential oils are sold) in each room. The warmth of the light bulb then diffuses the oil, filling the room with a subtle beautiful aroma and energy. You can also take a bath in these essential oils and it will soothe you just as well. Aromatherapy works directly on the nervous system, raising your vibration and bringing healing energy directly to your spirit.



CREATING A

sanctuary

Creating sacred space is a powerful way to protect and heal your spirit. A sacred space is one where the vibration is tranquil, grounded and infused with positive and healing energy. To create such a space for you, pick one room or area in your house where no one is ever allowed to argue or even to enter the space in an angry mood and claim it as your sanctuary.

Inhale !...
Let the Universe support you.

PUT LIVE THINGS IN EACH ROOM

You can fill your home with loving and positive vibrations by placing something living in each room. This can be potted and flowering plants, or pets such as fish, birds, turtles, hamsters or gerbils. Animals and plants fill a house with unconditional love and light. Both animals and plants have a very high, clear vibration and will help to clear out sadness, grief, anger and depression and help you usher in the lighter higher vibration of happiness and joy!

BLESS YOUR HOUSE

First light a candle, and then walk from room to room, asking Divine Spirit to bless your home. As you bless the living room, ask that Divine Spirit bring you pleasant company and positive memories. As you bless the kitchen, ask that Divine Spirit nurture your body and soul. As you bless the bedroom, ask that Divine Spirit soothe and heal you as you sleep and bring you pleasant dreams. Thank God, in your own way for providing you with safe haven and sanctuary. Ask for continued protection and blessings in your home. *(You can also do this whenever you travel and find yourself sleeping in another space.)*

BEAUTIFY YOUR SURROUNDINGS

The human spirit thrives on harmony, beauty and balance. My spiritual teachers taught me that this is essential to our soul's happiness and not an option. Bring this energy into your life. Paint your home in tranquil tones. Bring in fresh flowers. Arrange your furniture in pleasant arrangements. Eliminate clutter and disorder. Burn incense. Hang beautiful pictures and mirrors to enhance the light. Open the blinds and shades and let the light in. If your home is naturally dark, hang mirrors and burn full spectrum light bulbs to brighten it up. Light keeps energy moving. Love yourselves enough to care and to create harmony in every room.

Rock Star!

Did you know that when a person dances and sings, your spirit fully enters the body? To invite your spirit in, and fill you with its loving, and healing energy, turn up the volume on your favorite dance music and sing your heart out until you feel absolutely fabulous!



PEACE & quiet

Loud and dissonant noises are disturbing to your spirit So is music with negative lyrics, talk radio or TV with hateful messages, office or neighborhood malicious gossip, as well as arguing, fighting, and cursing. To the best of your ability keep the level and quality of sound and tone and conversation around you positive and pleasant. This includes the volume of televisions, stereos and voices. Noise pollution and thought pollution steal away our peace of mind, and we must be watchful for these subtle saboteurs of our inner tranquility. Be conscious of how delicate you are, and how your spirit needs a harmonious vibration.

The still small voice of God is the most direct personal affirmation of God’s love in your life. Your experience will confirm that this is true!

Here are other ways to keep the energy clear and your intuitive spirit singing:

- Avoid emotionally charged situations
- Wait until you are calm and centered before checking in with your intuition
- Avoid setting up “tests” when it comes to intuition
- Be curious, not controlling
- Allow yourself to explore without censoring yourself. If your intuition is wrong, say “Oh well!” instead of “Oh NO!”
- When your intuition serves you, celebrate!



trust

WHAT YOU FEEL

Peace of mind and personal joy come from paying as much attention to the nonphysical dimensions of who you are as you do to the physical dimensions. This means acknowledging your “vibes” as readily as you acknowledge red lights, green lights and stop signs. It comes from noticing whenever anything is “off” on any level, and choosing to listen to your “vibes” so that you can make changes that will bring you back into balance. It's only when you trust your heart, and respond to these signals and act on your instincts that your spirit will remain on course and moving in the right direction.



WHERE IN YOUR BODY

Where in your body do you feel your “intuitive hits?” Your “vibes?”

In your chest?

In your throat?

In your gut?

All over your skin?

All of the above?

TAKE A MENTAL BREATHER

One way to remain centered and lighthearted is to take what I call daily “mental breathers.” Take one or two daily breaks of 5 to 10 minutes to retreat from whatever you are doing and simply relax into a moment of tranquility. These mental breaks can center on having a cup of herbal tea (not coffee--too much caffeine!), a quick stroll around the block, or simply sitting back and looking out the window. Taking mental breaks during the day will strengthen and tone your own vibration and re-balance any minor dissonance you may feel and instantly lift your mood. Mental breaks create an inner oasis for you to retreat into whenever you are agitated, annoyed or worried, and keep your own personal vibration clear and grounded, and light.

When your spirit speaks to you through your intuition, notice how your body feels. It feels solid, sound, honest. It feels great!



Make A Note of It

One of the more exciting ways to tune into your Inner voice is and let it heal and guide your life is to carry around a little pocket notebook or tape recorder. Every time you feel any little hint, twinge, vibe or subtle notion, rather than mulling it over and wondering whether or not it is valid, or ignoring it, simply notice the "vibe" and write it down or record it. Writing down or recording these feelings will accomplish several important things. First, it tells your subconscious mind that you now intend to notice and value your "vibes." Second, it frees you from the temptation to ignore your intuition. Writing down your perceptions clears your mind, and if done regularly, it will provide you with feedback on what disturbs your peace and what ushers it in.

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SPEAK **up**

One way to stay tuned into what nurtures your spirit is to share your personal intuitive insights with loving and supportive people. Sometimes simply being able to share your intuitive feelings with a sympathetic friend is all you need in order to trust and act on what your spirit is telling you. The right kind of friend will help you honor your intuition and assure you that you are not “crazy.” Safely sharing your “vibes” with a “soul supporter” will help you remain faithful to your heart.

RENEWING CONNECTIONS

Remaining in touch with those you love is vital to your sense of personal joy and well-being. With so many people losing touch on today’s fast paced world, this becomes harder and harder to do. If you feel disconnected from someone special, simply focus on your heart and think of that person. Say his name to yourself and ask Divine Spirit to surround him with a pure white light of loving protection. Imagine this white light completely covering him wherever he is. See him in your mind's eye as safe, protected and in total peace. And send him your love. And while you are at it, include yourself in this blessing as well. This simple exercise is almost always felt, and often that very person will contact you soon after they feel your good “vibes” coming their way.

WHAT IF I'M WRONG?

When it comes to listening to intuition, being “right” shouldn't be your absolute goal. Especially when you are just beginning to become more sensitive to energy. Accurately picking up on energy is a refined skill that develops with lots of practice and lots of errors if you are to become good at it. And besides, if you pick up troubling vibes, and yet nothing seems amiss, don't be so sure you were off. You may be tuning into a precarious moment where real danger or imbalance does exist, but the situation may correct itself somehow before it evolves into a real or more serious problem. After all energy, and life, is not fixed, but always in a state of motion.

HEALING “BAD” VIBES

Sometimes people experience what I call “bad vibes” which cause them to feel worried or anxious. If you feel such negative energy settling over you, for whatever reason, you can do this exercise to restore healing and balance: First, take a few slow, relaxing breaths, in through the nose and out through the mouth. Next, focus your full attention on the center of your heart and surround yourself with a golden white light. Then, acknowledge three things that you love about yourself. As you acknowledge your lovable qualities, feel this flow of self-love and acceptance moving throughout your entire energy field. Next, if you know the source of your bad vibes, imagine it too being surrounded by white light. If you don't know the source, ask Divine Spirit to surround the unknown problem and remove it from your energy field. See yourself completely engulfed in love- appreciating, healing, calming and balancing your vibration. Do this for two or three minutes. When you are finished, open your eyes.



SEVEN WAYS TO LOVE YOURSELF



- 1: When you wake up in the morning, give yourself three loving compliments
- 2: Before you go to sleep, think of three good things that happened to you that day.
- 3: When you brush your teeth in the morning, look into your eyes and say, "I love you," and mean it.
- 4: During the day, pay attention to any subtle energy shifts, and ask your heart for guidance when anything is off balance.
- 5: Put a white loving light of protection around yourself every day.
- 6: Every three hours think of at least one thing that makes you laugh
- 7: Appreciate yourself for making at least one creative choice a day

“Being aware of an intuition is only part of the process, when it comes to living a centered and joy-filled life. Putting your intuitive guidance into action in the world is the other part? When you do that you put value on it, and when you put value on your intuition it can then begin to help you in life.” Trust your psychic “vibes”, your Intuition, and act on its counsel. Take a leap of faith into the world of the extraordinary!



“SPIRIT” SPEAK

The easier it is to talk about your intuition, the more likely you'll use it. I call this using the language of spirit. What words do you use to describe your intuition? Some common and comfortable ways are :

Vibes
Gut feeling
A hit
My radar
Marching orders
My antennae
My feelings



look

LOOK AT THE STARS!

Noticing your intuition is like noticing stars. For the longest time you can go along never noticing the night sky overhead. Then one night you look up and notice sparkling stars in the sky. Taken by their lovely twinkle, you become drawn into the blackness, seeking more bright skylights. At first you may see only a few, then more, then still more, until quite spontaneously your whole perception shifts and suddenly the skies seem to explode with thousands upon thousands of stars. It's humbling to realize that although these lights were in the sky all along, you are just noticing them for the first time.

We need to pay very close attention to how others' energy affects us so that we can take steps to prevent them from affecting us negatively.

HOUSE CLEANING

This is a great tool to clear old or stagnant energy and bring in a fresh new energy: First, go outside. (If weather doesn't permit go into a quiet room.) Stamp your feet or better yet, jump up and down a few times and draw in a deep, clear breath. Next, rub your hands over your aura as though you were washing a windshield and then shake them vigorously in the air. Next imagine yourself bathed in a loving white light pouring in at the top of your head and settling into your heart. While doing this imagine everything and everyone that bothers you draining into the ground and away from your aura. Now imagine a golden white energy light taking its place, filling your heart and aura with peaceful feelings and a warm glow around your body.

Get grounded!

Cleanse negative energy and replace it with positive light energy with a technique called grounding. Grounding means literally connecting your awareness to the ground. Running, jumping, exercising, touching the dirt, hugging trees, smelling flowers -- all these activities will ground the energy in the body and pull out unwanted negativity.

Here are some other great grounding techniques:

Take a brisk walk,
Garden,
Do the dishes,
Drum,
Dance,

Jump rope,
Cook, bake bread, chop vegetables,
Do the laundry,
Give yourself a foot massage,
Go barefoot in the grass.

If you are routinely bogged down with negative energy try this technique
to clear your aura and brighten up once again:



DOWN THE DRAIN!

Imagine all the debris floating in your aura.

Next, take in along deep breath and imagine this Psychic debris leaving your aura with your exhale.

Inhale once again filling your aura with a

cleansing Golden-white light.

Repeat this 2 or 3 times. Then carry on with your day.

ESTABLISHING BOUNDARIES

One of the most important things we need to learn in life is to set boundaries so that others will not manipulate or invade us. Being aware of your aura and of how other people's energy affects you and then clear it away is one important way to do this. This is intuitive self-defense, and using it gives you tools to use anywhere, anytime, to identify trouble and move away from its source. One of your best self-care tools is your left and right foot. When you are exposed to any kind of soul distressing energy, whenever possible, use them and LEAVE! Get away from negativity as fast as you can, even making up an excuse if necessary, such as "I don't know why, but suddenly I don't feel well and need some FRESH air!" Do not just stand in the midst of negative energy and take it in. It will make you sick!



walk

IT OFF

Nothing restores you to your natural state of inner joy more effectively than a walk in nature. This is so effective for aura balancing that you may want to incorporate a short walk into your daily routine just as an insurance policy for health and happiness. Even twice around the block will be sufficient to drain away interference, eliminate psychic pollution and restore clarity in your auric field.

WASH IT AWAY

Cleanse the day away by taking an Epsom salt bath, a remedy I learned from my sister Cuky, who is a massage therapist and energy healer. To do this, fill a tub up to the top with hot water and add three cups of Epsom salts. Soak in this bath until the water is cool, then rinse off in the shower. This is a fantastic way to clear away the effects of wear and tear on your spirit as eliminate toxins in the body, and due to its relaxing effect, it will ring on a wonderful night's sleep.

Everything that comes from spirit

*however insignificant
it may appear or feel, counts.*

Be Flexible!

The function of intuition is to help guide you toward making the best possible decisions in your life. Intuition serves to direct your attention to the best ways of achieving goals, alert you to potential problems and dangers, and acts to protect you and keep you safely on our path. Therefore it makes perfect sense that an intuitive feeling may very likely call for a change of direction or ask you to re-think your ideas on things. So be open. Be flexible, and be ready to follow your guidance at any given moment!

At some point in may be necessary to change your ATTITUDE and your perspective ! If so, wake up and smell the coffee if you aren't paying attention! Take off the rose-colored glasses if you wear them. Snap out of denial if you are in it and change your plans when called for. Be glad that you have a sixth sense to keep your life safe, balanced and happy, and USE it!

Be patient and trust your intuition, especially when it appears to inconvenience you or upset your plans! Keep an open mind, and have humor and flexibility when it comes to your intuition. And use your imagination to follow its guidance. It's OK to be nervous at times, as long as you don't ignore what you are feeling!



REMEMBER:

Act on your intuition

Be flexible

Change your plans if necessary

Speak up if you must

Breathe into your fear

Trust

Laugh

The most direct way to access your intuition is to use your imagination. Imagination is the front door to your intuition. Imagination creates the world! It is not only the source of your intuitive ability, it is the source of all your ability.

An exciting way to activate your intuitive imagination is through wonder. Wonder sets the tone for your spirit to guide you. It gets you out of your head and takes you into your creative and playful heart. It invites you to explore the unseen world with the enthusiasm and open-mindedness. It helps you access the unknown, the spiritual and intuitive side of life and of yourself. Wonder directs your attention to options that you might have otherwise overlooked, and it keeps your awareness fresh and keen. And the best part is that it's fun.

Try this!

“Wonder”

- Who is calling when the phone rings?
- Where you'll find a parking space?
- When the elevator will come?
- Who people really are instead of judging by appearances?
- How to best do your work instead of falling into a rut?
- What your real talents are?
- What your heart desires?

We need first to laugh at our mistakes before we can learn from them. Laughter brings distance, perception and sometimes insight. It also reminds us that who we are (spiritual beings, time travelers here on earth to create) and what we do (make mistakes) are not the same thing. It keeps our self-worth intact as it emphasizes the need to look foolish at times to gain discovery.

My mother always said,

*“Remember to laugh. The situation may be critical...
but is never serious.”*

What is the most critical situation you face right now?

What is humorous about it?

The Universe put you here to have an adventure...
and will provide all you need to have the BEST adventure!
Keep your sense of adventure and

**allow the Universe
to entertain you.**

Let adventure take you to:

A hike in nature

A foreign city

An ethnic restaurant

A jazz club

An experimental theater

A religious festival

A drumming circle

An improv class

The Universe is ready, willing and able to assist you and guide you just for the asking. But before Divine support can assist you, you need to ask the Universe for help and guidance. God cares for you so much that he provides you with love, protection, safety, inspiration, ideas, solutions, and everything else you need to grow and thrive in life. When you are ready for support, the Universe is willing to support you.

One of the easiest ways to ask the Universe to support you is to close your eyes, think of your problem or challenge and then say....."HELP!"

BELIEVE IT OR NOT ,
IT'S EASY TO BE GUIDED.
SIMPLY TELL THE UNIVERSE
WHAT YOU WANT... TELL IT HOW!
BE OPEN TO SURPRISE!

The Universe takes on a friendly, kind and loving countenance when you become aware that Divine energy is behind you at all times. Remember, wherever there is a problem there is always a solution. In fact, God gives us problems just so we can enjoy the creativity and satisfaction of catching a solution," "That's the sport of life!" The most direct way to ask for help is to pray. And one of the most powerful ways to pray is to be thankful for what you have right now and be grateful. Gratitude affects our consciousness like windshield wipers affect a windshield in a blizzard. It clears away confusion and helps us see the world more clearly. Practicing gratitude as a form of prayer is very easy and is immediately rewarding. All you need to do is to acknowledge and thank the Universe for all your blessings, whether they are good health, family, friends, or simply being alive. Being grateful instantly lightens the heart and helps us remember how much we are loved and supported by the Universe. Whenever you are feeling restless, irritable, anxious, bored, uneasy or fearful, think of as many things as possible to be grateful for to change the energy. List your blessings one at a time, trying to name at

least ten things. Practicing gratitude keeps us focused on the abundance, support and love that the Universe has for us. It focuses our hearts and awareness on receiving all that is available to them and reminds us to remain in a state of receptivity and peace. How you pray is very personal, and any prayer is valid. Pray in whatever way you want to, and use whatever approach and tradition feels right to you when talking to God. Know that Divine Spirit, God, is love and that the Universe loves you completely and unconditionally, as you are, faults and all. Whether praying alone or with others, realize that the Universe wants to help, would love to help. But first you must ask.

WHEN IN DOUBT....
CLOSE YOUR EYES...
PUT YOUR HAND ON YOUR HEART
AND BREATHE...

and then ask Divine Grace to guide you.

Following your intuition is like dancing with God.

As you move toward your soul-your soul and the Universe will move toward you!

Are you:

Being playful, having adventures?

Practicing gratitude?

Remembering to ask for help?



Aware that the Universe loves you and wants to help? Listening to your heart and following your intuition will instill in you a profound sense of confidence and security. It isn't a confidence that arises from an egotistical sense of "I can do it." Rather, it is a sense of relief, knowing that I don't have to do it on my own. I only have to do my part, and the Universe will meet me halfway with support, protection and guidance. The best part about listening to your intuitive heart is that you'll see more deeply into you and others. Guess what? You'll like what you see. The Universe actually provides us with a spiritual "staff," a group of spirit guides whose sole purpose is to assist, support, direct, protect, instruct and delight us as we work to fulfill our purpose in life. We all have different spirit guides for different purposes. They help us in our day-to-day lives as well as with our physical, emotional and spiritual development. Their only purpose is to make our lives easier, more enjoyable and full of wonder. There are several different types of guides, each with their own specialty, and we all have a "staff" of these marvelous, light beings assigned specifically to us.

YOUR GUIDES LOVE YOU.

Your guides are there specifically to help you.
And when they help you,
they in turn are evolving ever upward
into the light of Divine Oneness.
With your guides help, life will become even more magical
your days will turn into adventures
loneliness and isolation will disappear
suddenly you'll be surrounded by love
you'll attract your heart's Desire.
Life will be full of synchronicities.



Miracles will happen everyday Especially fun are your joy guides. Joy guides are childlike essences whose purpose is to make you laugh and to invite you to play and be free to express yourself without self-consciousness. They twinkle past you all the time, trying to engage the child in you. They lighten you up, free your spirit, and amuse you. Joy guides show up at the darnedest times. When the pain and drama are too great to bear, they break the vibration, release the tension, and remind us that there is no death. They are funny, silly, irreverent, tricky, and sly and they like to shake up the drama and bring in the joy. A joy guide is always present at funerals, to usher out the pain. They show up at somber moments and make you burst out laughing. Joy guides are here to remind you to enjoy the walk.

THINGS TO ASK JOY GUIDES

Make me laugh when...

I'm feeling depressed

I'm feeling grief

I'm feeling afraid

I'm feeling rejected

I'm feeling blocked

I'm feeling drained

I'm feeling overwhelmed

I'm feeling I'm missing the point

I'm causing trouble

I need to be stopped

I need some air

Help me recover and express my creativity

Playfulness

Humor

Silliness

Joy



Get To Know Your Guides Your guides lovingly seek to serve you. Talk to your guides. Give your guides names, or ask them what their names are. You will be surprised with what they tell you. Don't be shy. Ask your guides to help you in every way that you need help. Remember that they want to help. One thing you will discover when you begin to nurture intuition, is that what you are truly doing is nurturing your most authentic self, your spirit. Nurturing intuition is actually the art of discovering and honoring who you really are. Following your heart introduces you to a world that is friendly, adventurous, and amusing, but most of all one that welcomes your unique essence. It invites you to experience real power in your life, the power that comes from within and cannot be diminished by anyone.

As you become more aware of your Higher Self and your soul,

You'll make a very important discovery-that even though your mind didn't know it, your soul has never been lost. It knows exactly where it's going, and if you step out of the way and allow yourself to be guided, you'll move directly toward your purpose in life with grace and ease. You'll also discover that it isn't very far away from where you are right now. You simply couldn't see it.

WHEN YOU LISTEN TO YOUR HEART

A scenic landscape with a lake, mountains, and a person's feet in the foreground. The scene is bathed in a warm, golden light, suggesting a sunset or sunrise. The text is overlaid on this image.

Life becomes a joyous adventure!

*Be open! Breathe ! Meditate! Dance! Wonder !
Ask for Help! Listen ! Trust ! Explore!
Leap into the world of the extraordinary!
And Enjoy the Magic!*

THE
pathway
TO
JOY



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