



HOW TO PRACTICE CREATING AUTHENTIC POWER

Here are a few things you can do daily to increase your times of being conscious and choosing love.

1. Set your intention each day to notice when you are in fear or in love.
(Read *The Heart of the Soul*.)
2. Notice and experience when your thoughts or emotions are not loving and you make a choice not to act on them. (Read *The Mind of the Soul*)
3. Notice and experience when your thoughts or emotions are loving and you make a choice to act on them.
4. Also notice the words and actions of others that are fear-based or love-based and remind yourself that you have those love-based and fear-based aspects as well.
5. Open to what your Good Advisors (people who “push your buttons”) are helping you to see about yourself.

Enjoy yourself.