



SURRENDER

“O, sweet surrender, how delicious it truly is.”

When you learn to surrender, all that is within your spirit is free to experience peace. Having inner peace you are able to create and manifest all that you are working on in your life. You have a more powerful effect to focus on your desire because you are free of unwanted energy. You trust, you have faith, and you believe in your higher consciousness. As you begin to learn to “let go, let God” and truly surrender you recognize that your entire life force is activated and in full force without any effort.

The way to surrender is to bring focus to your thoughts, breathe in for a moment, and imagine what you want in your life. Take a moment to feel it as you already have it in that moment. Act as if you already have and you will. In that moment just release the thoughts, surrender, and trust that what you set in motion is actually an announcement to reality.

You must have strong faith and desire. You must not let anything in your consciousness that will distract you from your creation. The ego mind may try and come up but this

is where you must focus and rearrange your thoughts not to support any opposing energy. You must correct it in the moment so that the opposing energy does not build up a residue around your being. Thoughts are energy. Words are energy. You learn to be impeccable in the thought process as well as with your words. Speak only of what supports your desires as if you already have them. Now this seems as if you are playing make believe. However, it is truly the only way to lay down new tracks in your mind in order to create what you want.

In the process of surrender there is no worry, no fear, because you have “Let go, let God” consciousness. We are all a part of God. We are all here to create and have wonderful experiences. In believing this format and formula you are not worried about the time frame of your manifestations because you already set it in motion. Your job is to fuel that desire with thoughts that support it. Simply start singing “I surrender” in whatever tone and song you create from it and watch how free you feel when you truly mean it. This is the true meaning of surrender to set you free. Surrender what is within you and do it with powerful faith, trust, and belief, and imagine that you already have it. Before you realize it you are living your desire, have *patience and understanding* of gratitude, and appreciate every moment. Just keep singing “I surrender.”

REBOOT Mantra:

I surrender and I am at peace. I know that whatever I set in motion will activate the life force within me. I let go and I am free and at peace always.



PATIENCE AND UNDERSTANDING

“There is no rush: spirit is timeless.”

Patience is the key to peace. Understanding this statement is the key to freedom. In life there are moments that we need to exercise patience and understanding even if you may not fully understand what is happening. If you have the patience to allow the clarity to come in it will. In hindsight everyone has 20/20 vision and you say to yourself, why did I say or do that? It was an impulse. When you react to a situation that has triggered your emotions that is not Godlike, in that moment bring in patience and understanding so that you don't react, you will respond and the response will come from the Kingdom of Spirit.

Usually when people react it is an opposing energy a form of attack. When people respond it usually has thought and clarity behind it, turning the situation into a much better outcome with solution. Try it sometime. Think before you respond. It feels so good. Become friendly with patience and understanding. With this blessing you become emotionally intelligent and this attitude will benefit your mind, body, soul, and spirit.

When people get charged on emotions such as anger, or vengeful thoughts, it permeates their cells in their body attracting to them exactly what is going on in their mental and emotional atmosphere sometimes creating an emotional coma. This indeed is the playground of the Kingdom of Ego. Through the laws of attraction what people feel within they attract, they may attract anger or vengeful situations that will honor their inner atmosphere playing out that reality until they learn the lesson.

We are all instinctual beings magnetically bringing into our experience what we are creating in our own heads. Think and choose wisely every moment. There on the journey may be moments that will challenge this philosophy. However, it is much to your benefit to be aware and awake of how damaging and distrustful negative energy can be.

Take a moment to look within and release all thoughts that are toxic. Bring in patience along with it will come love, forgiveness understanding and peace. It is here that true *peace and harmony* lives.

REBOOT Mantra:

I have become very friendly with patience and understanding and benefit from the peace that comes along with it. I respond only to the call of peace and harmony.