

Gaining Altitude

SCRIPTURES: Matt. 5:39; Matt. 5:43-45,48; John 17:15-16; 1st John 4:4

Gaining Altitude is Rising Above your challenges in life rather than fighting thru them. The Universe reacts differently to you, if you are in different vibrational states. Rise in Consciousness until it's Not a Problem anymore! When filled with Human Fear or Frustration – vibrating at Low Frequency. When functioning as a Sp. Being & at Peace, can see opportunities couldn't see before. JESUS – taught rising Above your Problems rather than fighting with them.

8 Ways to Gain Altitude when facing a situation:

- 1. Hold the High Ground.** Remain calm & centered when in conflict with another. Refrain from anger. Law of Consciousness: *“It is uncomfortable for two people to be together in two different States of Consciousness. When you are in conflict with someone else, If you hold your consciousness High & Peaceful, the other person will either come to your level or take their leave. But usually not until they try to bring you down to their level.”*
- 2. Put it in God's Hands & Let Go!**
- 3. “God is the Teacher. I am not!”**
- 4. Use Non-Resistance. Do not Fight it!** Let it Flow thru you. Do Not Take Offense. *“Go With it!”*
- 5. Surround it in Light to “Rise Above it”!** Try to see it from a Higher Level!
- 6. Meditate until you are at Peace. Then, Go Forward.** Lift your Vibrational Level before facing your challenge.
- 7. Look Outside the Box!** Consider Solutions that are not obvious; even outside your normal comfort zone.
- 8. Remember that you are a Child of God; a Spiritual Being (not subject to human limitations).** Repeat: *“I am Not OF this World.” “That which is in me is Greater than anything which is in the world.”* Remember “You are a Spiritual Being” before you undertake any challenge.