

Life or Something Like it!

SCRIPTURES: Genesis 50:20; 23rd Psalm; Matt. 5:39,41; Romans 8:28

Accept Life as it comes (*whether like what happening or not*) because There is a Greater Power leading us thru this life that is Smarter than I; it can See What I Cannot; & It's Constantly urging me to Something Greater (*higher level of life*). *"I am NOT Living from the Highest Version of myself; BUT Spirit will draw me toward this Higher Self, even as I go "Kicking & Screaming" all the way."* Learn to *"Let Go"* & *"Trust the Flow of the Universe"* to carry you where you *"truly NEED"* to Go!

Steps for Learning to "Let Go & Trust the Flow" in order to Rise to Higher Ground:

- 1. Repeat the 23 Psalm until you believe it to the depths of your Being.** *"The Lord is my shepherd; I shall not want. He makes me to rest in green pastures; he leads me beside still waters. He restores my soul. He leads me in the paths of righteousness for his name's sake. Yea, though I walk thru the valley of the shadow of death, I will fear no evil; for thou art with me; thy rod & thy staff, they comfort me. Thou preparest a table before me in the presence of mine enemies; though annointest my head with oil; my cup runneth over. Surely thy goodness & mercy shall follow me all the days of my life; & I shall dwell in the house of the Lord forever."*
- 2. Learn to Trust the Flow of the Universe, even when it forces you down a Road you would not choose.**
- 3. When things seem to Go against you, declare: "Some Good must Come Out of this!"**
Expect your Good to appear out of the difficulty, until it does.
- 4. Wherever you find yourself, do the best that you can with "Whatever Life Offers you", knowing you are being led somewhere Greater.** Realize an inferior offering, may be the *Stepping Stone* to something greater.
- 5. Meditate on Feeling the Flow; Letting Go; & Trusting the Flow of Life to bring you what you need.** Practice *Feeling the Flow* carrying you Higher thru-out your day. Keep *"Letting Go"* & *"Trusting the Flow"*.
- 6. Affirm & Realize: "Spirit, moving thru the Flow of Life, is Always trying to carry me to my HIGHEST GOOD!"** Learn to Trust the Higher Power with your Life (*something new & stronger is being born in me*). You've never had as much control as you thought. All you can do is Trust. Learn to *"Go With the Flow"*; Embrace the New situation life presents to you, even when it seems Scary. Realize a Higher Level of life *may require* your Old Life to completely fall apart. It may NOT Look Like what I expect it to; But it will definitely bring Greater Richness to how I experience this life."