

Thoughts and Quotes from Anita Moorjani

1. You attract what you fear.
2. If you're sick, don't fight it. Embrace it. Love where you are now. Only when you approach your health challenges from a point of love can you overcome the fear.
3. Sometimes less information is better. When it comes to illness, more information does not necessarily equal more power (too much research can actually add to the fear and symptoms).
4. Through your illness, your body is giving you a message. Work to understand and be with what is.
5. Everything comes from within.
6. Ask yourself, "What brings me joy?" And do more of that.
7. Don't obsess and make your life about the illness.
8. Love yourself unconditionally.
9. Positive thinking can only help to a certain extent. It's more about being yourself and loving yourself – regardless of what you are going through.
10. Stop judging yourself.
11. Express yourself fully. Ask yourself: "Am I allowing myself to express who I am? Am I being this person because I want to be accepted, or because it is who I am?"
12. Be centered in your true essence. From the place of pure centeredness, miracles are possible. It's about being, not doing. When you are in the space of being, miracles are possible.
13. The only thing that limits you is your own beliefs.
14. The best way to get out of a fear state is to do something that brings you into a state of joy. Find something that changes your state completely. Whatever it is – music or art or going out in nature. Do something completely different. Or meditate. If we can be still, we can go into a different reality.
15. Stay totally open. Get into a defused state in which all of the possibilities lie before you and you haven't locked into any one.
16. Follow your bliss and do what you love. We tend to do what we think we should do, rather than what our heart tells us to do. We don't do what makes our heart sing.
17. You are your own guru. All your answers are inside you.
18. Nobody is better than (or less than) you. We are all equal.
19. Focus on your feelings more than your thoughts. Make your everyday choices based on what makes you FEEL good, rather than what you THINK you should do or what others think you should do.
20. Don't let a fear of failing or displeasing others run your life.
21. Realize your own MAGNIFICENCE!

Myth #1: It's selfish to love yourself: To dispel this myth, just look at its opposite: what does it look like if we don't love or value ourselves? We feel unworthy, undeserving, and unlovable, and the person we become is one who is needy with a void that we believe needs to be filled by others because we believe that it's selfish to fill it ourselves.

Myth #2: Loving myself means needing constant self-care, which could make me high maintenance: Many have expressed to me that they believe loving and honoring ourselves simply means making the time in our busy schedules to take care of ourselves. It also means loving myself even when I fail. Even when I'm feeling down, and feel as though I have nothing left. Even when I feel that everyone on the planet is against me and doesn't understand me. I need to be able to look myself in the eyes, and say, "No matter what anyone else thinks, I will not let myself down, or forsake myself. I will stay by my own side!"

Myth #3: Loving ourselves means being in denial of our weaknesses Many believe that loving ourselves means being in denial about our seeming failures, and just talking ourselves with affirmations. However, this isn't the case. It's not just about constantly praising ourselves, talking ourselves up and telling ourselves how awesome we are. It's about loving the REAL us! It's about loving the human "us." The "us" who has feet of clay, the "us" who comes undone under criticism, the "us" who sometimes fails and disappoints those around us. It's about making a commitment to ourselves that we will stick by "us," even if no one else does! That's what loving our self means!

Myth #4: It's important to always stay positive, regardless of external circumstances: Although it's not a bad thing to have a positive attitude in life, I have found that as someone who reads books that advocate positive thinking, and how our thoughts create our reality, I started to become fearful of having "negative" thoughts. Whenever I had a fearful or insecure or negative

thought, I would deny it, suppress it, believing that it would contribute towards manifesting into a negative physical reality. This suppression only contributed to illness. **I then realized that it's not my thoughts that create my reality; it's my emotions towards myself.**

Quotes and Insights on the Afterlife – Anita Moorjani

It's not about searching for our purpose, or the meaning to our life. It's much simpler than that. It's about realizing who we are, and then being ourselves and living our truth

We are guided all the time, and when we surrender, we are guided even more. Surrendering means to stop controlling what is and allowing things to unfold.

Cherishing the self comes FIRST and caring for others is the inevitable outcome.

The problem is not the judgment or hatred we have for others – it's the judgment we have for ourselves. If we stopped judging ourselves, we would cease to judge others.

"In truth, I'm not my body, my race, religion, or other beliefs, and neither is anyone else. The real self is infinite and much more powerful – a complete and whole entity that isn't broken or damaged in any way." And, "I'm at my most powerful when I am working with life rather than against it.

"I'm at my strongest when I'm able to let go, when I suspend my beliefs as well as disbeliefs, and leave myself open to all possibilities. That also seems to be when I'm able to experience the most internal clarity and synchronicities."

'I perceived that I wouldn't have to go out and search for what I was supposed to do- it would unfold before me.'

More from Anita Moorjani after the awakening

"I detach myself from preconceived outcomes and trust that all is well. "I can't say this strongly enough, but our feelings about ourselves are actually the most important barometer for determining the condition of our lives!"

"I believe that the greatest truths of the universe don't lie outside, in the study of the stars and the planets. They lie deep within us, in our heart, mind, and soul. Until we understand what is within, we can't understand what is without."

"I knew that the only purpose of life was to be our self, live our truth, and be the love that we are."

"It was then that I understood that my body is only a reflection of my internal state."

"Everything that seemingly happens externally is occurring in order to trigger something within us, to expand us. That also seems to be when I'm able to experience the most internal clarity and synchronicities."

"Religion is just a path for finding truth: Religion is not truth. It is just a path. And different people follow different paths."

"Cancer is just a word that creates fear. Forget about that word, and let's just focus on balancing your body. All illnesses are just symptoms of imbalance. No illness can remain when your entire system is in balance."

"All that materializes dematerializes." "It was as though their emotions were mine. It was as though I became them."

"And then I was overwhelmed by the realization that God is a state of being...and I was now that state of being!"

"When I'm being love, I don't get drained, and I don't need people to behave a certain way in order to feel cared for or to share who I am with them. They're automatically getting my love. And when I am nonjudgmental of myself, I feel that way toward others."