

The 6 Principles to Living an Amazing Life

1. *Determine & define what it is you are passionate about.*

You may have noticed that some people seem to live an effortless life. They find joy in the world, passion in what they do, and no matter what seems to go wrong, they stay positive and never let it get them down for very long? These are the few that have found their true selves and live life on purpose.

Most people in this world wake up every day thinking, feeling, and doing the same things they have been conditioned to believe since a young age. They struggle to create changes in their life and seem to be on a hamster wheel living the same things over and over again.

Real change and growth do not come by repeating the same thoughts, feelings, and actions that you had the day before. Growth comes by clearly defining your worthy ideals and learning to think and feel a new way by creating new beliefs and letting go of your old self. We are meant to live joyful passionate lives. We are Divine beings here in this experience to live, learn and create. Your soul is yearning to express your true purpose.

The process of digging deep within you and determining and clearly defining your Worthy Ideal is soul work, and the first step to living the life you are truly here to live.

2. *Act on your Worthy Ideal from the very core of your being.*

Once you have found your passions and clearly defined your worthy ideal, Live Them!

Take action and stay focused on your new purpose with all your heart, might, mind and soul. Live your worthy ideal as if it already exists, for it already does exist energetically. It did the moment you created it. The physical realm is only waiting for your belief to change in order to manifest into the material.

You have been taught the five physical senses of the body: Taste, touch, smell, hear and see. What you probably have not been taught are the five innate senses. The senses of the soul: Imagination, foresight, will, intuition and empathy. Practicing and learning to rely on your innate senses is the catalyst to changing your old beliefs.

3. *Live your Worthy Ideals with passion for as long and hard as you can.*

Find your inner child, have fun, and don't ever stop! This physical reality is much like an hourglass with the top hidden from us where we are unable to see how much sand of our existence is left through the glass. Like the sand through the hourglass, our past is gone and over. You have defined your passions through your worthy ideal. Stay focused on the center of the hourglass, the precious moment. Live in gratitude every day and unconditional love for the life you are currently living.

Repetition and daily practice are the key to living your worthy ideals and the life that you ultimately were meant to live. Always remember you are the divine creator of your life.

4. *Act upon your passions without expectation or trying to control the outcome.*

Live like a child with a fresh and open mind to new ways and ideas without expectation or assumptions of how the outcome should be. Your higher self already knows what the physical manifestation should be. Practice daily sitting in gratitude and “knowing” that all is how it should be.

If you are trying to determine the outcome of your worthy ideal, then it is coming from a place governed by old past beliefs. That “you” is gone. A new joyful life: health, relationships, abundance, and peaceful living can only come from a new place yet unexplored by you in the past. The outcomes of your new life will often come in unexpected ways and at times least expected. Take joy in knowing the outcome and let go of controlling the outcome and trust in what you know to be.

5. *Stay in a positive state of being, no matter what happens.*

Life will happen! Stay true to your authentic self. Don’t become a prisoner of your circumstances in the present moment as they do not define you. They are a merely a temporary state of physical being, not who or what you really are.

The law of polarity (one of the 7 natural laws of the universe) teaches us that there must be both positive and negative forces for us to have the ability to learn and grow. Without adversity we would not have the opportunity to learn and develop body or soul. How you handle adversity long term is determined by your state of mind or “being”. Keeping your thoughts and feelings on where you are going rather than the circumstance that may surround you, this will change how you react to your situations.

Using the innate sense of “will” to stay focused on your worthy ideal creates the opportunity for you to address and heal your emotions. Understanding the natural laws and using that knowledge within your daily practices better helps you to create new ideas on how to handle situations as they arise.

6. *Question everything.*

Continuously question every thought, feeling and action to see if it is in alignment with your Worthy Ideal. Do not blindly follow anyone or anything. Using your innate senses question the circumstance, the thought associated with it, and the corresponding feeling to determine how it aligns with who and what you truly are.

Decisions have power, and by using your new passionate purpose as a compass it makes your decisions even more powerful. Your soul speaks to the heart. Listen to its whispers of truth and shut down the mindless chatter of the brain and be open to the answers placed before you.

Go inward through daily practice to align the brain heart connection and commune with your higher self to review your progress and adjust your feelings towards your worthy ideal. Make changes as needed to stay passionate and continue the process of learning, living unconditionally and being joyful.

Love & Peace