

The Path to Simplicity

If you ever feel overwhelmed with ALL the personal and spiritual growth information out there, then you'll want to be on this call. ONE SIMPLE point of focus is all you need for "spiritual purification."

On tonight's call, we'll:

*** Explore how just ONE spiritual principle applied to every area of your life can radically impact your inner peace.**

* How to select and apply the ONE spiritual principle for you.

* Review the key learning points from previous lessons including:

- The easiest and fastest way to become MORE present
- The four elements to realizing your goals
- 3 Keys to Consistent Inspiration
- How to transform less resourceful states of being... FAST!
- 5 Keys for Expanding Your Ability to Receive
- 10 Paths to Accessing Inner Peace

* Identify your most significant insights, breakthroughs and realizations over the last year (from Momentum Mastery or anywhere else!)

A spiritual principle is taught universally and recognized as "truth", independent of religion, education or culture. Any of these that resonate with you will create potent results and transformation – when applied consistently, without exception, to every area of your life. You need to apply the principle equally toward yourself as toward others. For instance, simply forgiving others consistently doesn't qualify, You must consistently and generously forgive yourself, too.

Many spiritual principles complement others. Where there is forgiveness, there is love. Where there is surrender, there is trust. Where there is joy, there is love. Where there is love, there is integrity. Where there is honesty, there is trust. Where there is serenity, one IS in the present moment. Where there is hope, there is compassion. Where there is acceptance, there is peace and freedom.

Focusing on ONE quality that most resonates with you is enough to produce radical transformation. (LISTEN TO YOUR INTUITION – How to select?)

One... LOVE.

Love is present everywhere, and available, and most of us have more access to this one than other principles.

Love brings forth the willingness to surrender, to forgive, and a desire to understand. As we give love, we also receive love in return.

As I'm going through each one of these... allow yourself to step into the experience of each one...and imagine how it may be to apply to yourself and all areas of your life.

LOVE

Surrender

Trust

JOY

Kindness

Gratitude

Abundance

Forgiveness

Compassion

Honesty

Which Spiritual Principle will you choose?

Apply to you? Others? The world? Career/Business? Physical environment? Life?

REVIEW:

-- The easiest and fastest way to become MORE present? = NOW PRACTICES

-- The four elements to realizing your goals

CLARITY – What's your outcome?

WHY? What purpose does your vision serve?

BEING – What feeling states must you engage?

DOING – What actions will you take?

-- 3 Keys to Consistent Inspiration

1. being present to the moment
2. high vibration states
3. accessing Spirit's Guidance

-- How to transform less resourceful states of being... FAST!

- 1) Physiology
- 2) Focus – ask a powerful question “What’s great about this?”
- 3) Language – positive, high vibration words

-- 5 Keys for Expanding Your Ability to Receive

- 1) Deserving and worthiness
- 2) Peace
- 3) Creating Space Energetically
- 4) Giving
- 5) Detachment

-- 10 Paths to Accessing Inner Peace

- 1) Being present (AWARENESS)
- 2) Appreciation
- 3) Accepting Reality
- 4) Taking Responsibility
- 5) Movement
- 6) Loving yourself unconditionally (self care)
- 7) Eliminating Stressful thoughts
- 8) Feeling your feelings
- 9) Nature
- 10) Saying “all is well.”

HOMEWORK: Which Spiritual Principle will you choose?

Write down how you will:

- 1) Apply to you?
- 2) Others?
- 3) The world?
- 4) Career/Business?
- 5) Your Physical environment?
- 6) Life?