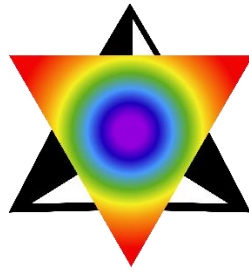


Ray of Divinity



Unblockages and Motivation –

Helping tools for the mind set to success

Motivation to work on yourself is a great deed and needs a lot of effort, but it is essential on your road to success. Only in a motivational state of mind, body and soul you feel the spark and energy to unblock these terrible blockages every one of us have.

Blockages come easy and leave slowly, but they **CAN** leave, isn't that great to know!

Every blockage, no matter how strong and stagnated you feel with it, is removable from its power. You might not get rid of it fully because in its form your mental state of mind will hold on to pictures you implement in your brain. **BUT**, the **power** behind these pictures can be dampened, can be minimised or if you work deep and hard it can fully vanish.

That sounds a little bit like a miracle or magic, but I have witnessed it with my own eyes!...not only ones!

There are of course millions of helping tools out there and I am sure a lot of them really do their job, but it is mostly important that **YOU** will find the tools, which helps **YOU!**

Try out as many as you like, search, go on the tool hunt, have a look inside yourself and search inside for which direction of tools you will go for...

Become the optimist and find your tool to unblock the blockages.

I like to provide you with some tools, which helped me on my path:

Use positive affirmations, Goal specific affirmations, give gratitude constantly as often as you can, be aware of your awareness, let excuses be gone, be open for everything.

Practice Awareness

Practice Alignment (think like God thinks)

Practice the Power of Now (live in the present moment)

Practice Contemplation (accept yourself and all the circumstances in your life, me = the Universe, me = God)

Practice Willingness (allow to let positive things flow into your life)

Practice Passion (feel the joy inside of you)

Practice Compassion (service for the world)

Doing good means doing God, start finding your (REAL) purpose in life!

Remove any and all labels

I am not longer available for my old patterns, be self-aware (mindfulness)

Write down my commitment form and purpose in my life

Don't complain, don't explain

No more resistance of what is - appreciate what you have

Respect ALL life

“When you correct your mind, the rest of your life will fall into place.” by Lao – Tzu

Practice Self – Responsibility.

Everything in your life was attracted by yourself. As hard as it seems, it is the truth, so be responsible.

The Power of Love

It is within you, feel love for everyone and everything.

Give service and want even more for others than for yourself, without expectations or reward.

1: Feel gratitude NOW.

2: Pay attention to your thoughts, replace negative thoughts with positive thoughts.

3: Awaken your inner child, be playful, take positive actions here and now.

4: EFT (Emotional Freedom Technique).

5: Change your INNERSELF by imagination and feeling, see your desires as if they are already done, how would you talk, act and behave then? Act as if you have received already.

6: Feel good!

7: Motivate yourself by forgiving yourself (whatever happened, it didn't happen TO you but FOR you. It happened to help you to awaken and to grow!) "Thank you God for letting me learn that lesson and to grow."

8: Talk to your body and inside your body (pretend your eyes would be inside your body - go to the area of discomfort - talk to your pain - observe your pain (colour, shape, emotion...) - thank it - accept that it is there - NO RESISTANCE!

9: Realise your pain, sit with that pain, go even deeper and feel even more of that pain, as hard as you can, feel the extreme pain – it's ok, what message does that pain want to give to you, what does it say, listen to it! Accept and let it go, relax...

Dr. Ihaleakala Hew Len - from the book Zero limits – Ho' oponopono

I am sorry

Please forgive me

Thank you

I love you

You say I am sorry first and then Please forgive me, to acknowledge that something has gotten into your body and mind system, even when it is only subconsciously. You have no idea how it got there and you don't need to know. By saying I am sorry and please forgive me, you are asking the divine that you want forgiveness inside yourself for whatever brought it to you.

You are not asking the divine to forgive you but to help you forgiving yourself. You can notice a deep feeling of sorrow coming over you. By saying Thank you, you are expressing gratitude to the Universe. You are showing faith that the issue will be resolved for the highest good of all concerned. The I love you transmutes the energy from stuck to flowing. It reconnects you with peaceful feelings to the divine.

Since the zero state, the only NOW is one of pure love and has zero limits, you are beginning to get to that state by expressing love. What happens next is up to the divine.

When you are clear, you know what actions to take...

Practice, practice, practice, over and over again, until you feel it is accomplished.

Byron Katie; The Work

The four questions and the reverse of the questions.

1: Is this thought really true?

2: Can you be absolutely sure, that it is true?

3: How do you react, what do you feel when you think that thought?

4: How would you be without that thought?

Find the reverse, and find examples how the opposite would be in your life and if that would be truer than your thought...

Whatever burden people gave you and whatever you took from them, give it back!

Go through the people you know and give back. "Everything what I took from you, I give back..."

The next step is to take back what belongs to you. "I take back...my faith in people..."

Observe what triggers you - work on every single trigger until you feel good, released and clear about it.

(triggers in situations, events, circumstances, words, feelings, behaviours...)

Close your eyes, see the word of the feeling you have in the moment, in front of you. For example, see the word ANGER in front of your closed eyes, notice a little light in the middle of the word and you will see the word disappears and also the feeling associated with it will disappear.

A prayer by Morrnah

“Divine creator, father, mother, son as one... If I, my family, relatives, and ancestors have offended you, your family, relatives and ancestors in thought, words, deeds, and actions from the beginning of our creation to the present, we ask your forgiveness... Let this cleanse, purify, release, cut all negative memories, blocks, energies, and vibrations and transmute these unwanted energies to pure light... And it is done.