

Dr. M. Sarada Devi

Legendary Living

Legendary Living

(GENIUS MINDSET)

Technical Manual on 7 Billion Courses for Legendary Living

(ASK & PLE Triangles)

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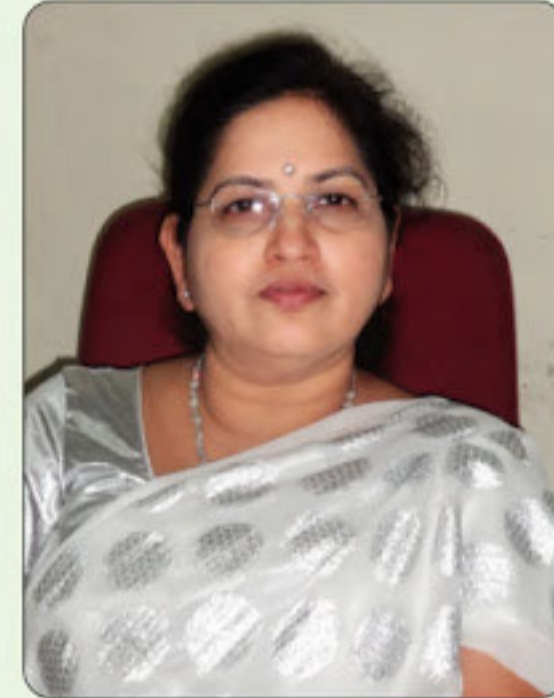
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About the Author



Dr. M. Sarada Devi is working as a professor in Professor Jayashankar Telangana State Agricultural University. Her area of specialization is Human Development & Family Studies. She has 34 years of experience in Teaching, Research and Extension in this university of PJTSAU. She received several awards for her contribution in the field of Human Development & Family Studies. She authored many books, manuals and technical bulletins on different areas of Human Development & Family Studies. She developed thousands of therapies in the field of Human Development & Family Studies. She developed many child related and family therapies. She completed more than 30 research projects in the discipline of Human Development & Family Studies.

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Change your Thoughts – Change your Life

Thoughts give rise to feelings and feelings give rise to actions, cognitive, affective and behavioural chain. Your thoughts are influenced by your beliefs. Change your thought, change your life. Change your beliefs, change your life. Change your feelings, change your life. Change your actions, change your life. Everything is in your hands. You can change the characters in your drama to be in peace. Change yourself to change your life experiences. Change is constant and change is for the better. Change your belief to change your programmes in your subconscious mind. Change your concepts and ideas to have best of everything in life. You must know that you are perfectly blessed to be alive. Feel alive and feel the bliss. Feel alive and feel the glory of life. Feel alive and feel the unfathomable gift of life. Feel alive and feel the infinite jackpot in your life. Life is an endless mega party. Life is an alladdin's lamp. You are perfectly blessed by the universe. You are perfectly blessed by the mother nature. You are an infinite being with an infinite potential. You have super powers of senses to touch, feel, see, hear and taste. You can experience infinite things with all these super powers of senses. Enjoy being alive with divine bliss.

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Autobiography of

Her holiness

Her Excellency

- A human being.
- An infinite being.
- An eternal being.
- Crown of creation.
- Made in the image of god.
- You
- Me

- Prof.M.Sarada Devi.,PhD.

I was born in the year 1961 on September 1st at Repalle, Guntur district, Andhra Pradesh, India to Mrs. Myneni Suramma and Sri. Myneni Rama Rao. My parents were legends to me. My parents were celebrities to me. My parents were very loving to me.

My parents brought me up in a most affectionate manner. My parents were very rich having many acres of land. My grandparents were also very rich landlords. I was brought up in an enriching abundant family environment. My village “Edlanka” is a beautiful island near river Krishna. I had excellent primary education at Edlanka primary school. I went to high school at another village Chatragadda (Myneni varipalem) near Krishna river banks. I went to S.V.N.A

highschool, Chatragadda for my high school education from 6th to 10th class. I was a topper in the school from 6th to 10th class scoring highest marks in all the subjects throughout my 5 years of high school education. My high school education was miraculous as I did my studies excellently with many curricular and co curricular activities. I had been an all rounder being excellent in my studies as well as extracurricular activities.

Later I went for collegiate education to St Theresa's college, Eluru, West Godavari district, Andhra Pradesh, India. I did very well in my studies at collegiate education as well.

Later I went to Sri Avinashilingam Home Science College, Coimbatore, Tamil Nadu, India for my post graduation studies. Here also I have excelled in my studies and scored first rank at university level in 1982.

After completion of my post graduation, I joined as assistant professor in Acharya NG Ranga Agricultural University, Hyderabad, India in the year 1983 on March 14th. My career has been most amazing and wonderful in the University. I excelled in my career receiving many national and international awards.

I was married to Sri. K.V.Rambabu in the year 1981 on May 21st. My marriage life has been most blissful with two most handsome boys Rajesh and Srikanth.

I have a beautiful natal family with 5 brothers and one sister. I enjoy an excellent affectionate relationship with my sister and all my brothers. My life has been fantastic and amazing throughout since my birth till to date.

In the year 1988, I received self knowledge from my most beloved Sathguru Maharaji on August 30th. From then on my life turned out to be amazingly blissful and awesome with right focus, right clarity and right understanding. I am enjoying every moment and every day of life with my master and myself knowledge. I got peace and joy from my master and my beloved Sathguru. I am humbled by the grace of my Sathguru Maharaji . I am receiving infinite blessings from my Sathguru every day and every moment.

I wish every human being to receive self knowledge from the perfect master of the time. Then they will truly enjoy life at every step of the way.

Self knowledge is a blissful thing through which we enjoy everything in life. It has four techniques in it through which we experience our inner being. It's an excellent tool for peace and fulfillment.

I learnt many lessons in life through my master and knowledge. I learnt how to be happy in spite of things going wrong. I learnt not to be greedy about money, power and fame. I learnt to be simple and humble. I learnt to be happy all the time.

This spiritual journey has been most wonderful and joyful for me and my family. If I am happy, I can keep others happy. If I am peaceful, I can keep others peaceful.

I want all the aspirants of life's best knowledge to awaken to the truth within. Everything is inside of you. Meditate to know your true self. All of us are magnificent human beings. We are eternal beings. As we are energy beings, we never die. Einstein said energy is neither created nor destroyed. Spiritual scientists proved this through quantum physics. We are all one. This is proved by super string theory of one unified field. The whole universe is made up of only 6 elements. 99% of the universe is made up of hydrogen, oxygen, carbon, nitrogen, calcium and phosphorous. It means we are all made up of the same material. We all have same wants and same needs. We all want joy and hate pain. All of us want peace and fulfillment. All of us have same goals. We came from same place sharing same place and will go to the same place. Everything is common for all of us. We say the same thing though we speak different languages. We share the same fortune and share the same destiny. There are more similarities than dissimilarities among all of us. We are children of the same god. We share this magnificent earth and enjoy same benefits. We are all very intimately connected in this universe. This universe is a friendly place and universe loves us all equally. Universe is for all of us.

We are the leaves of the same tree. It is all about you and me and everybody else. We are all connected to each other and every other. We are one global family. We are the citizens of the same planet. We have so much in common. You and we are same. There is only one religion, the religion of divinity inside of us.

We are all infinitely blessed. We are all most magnificent human beings. Let us all awaken to this truth which is inside of us. Aham Brahmasmi. I am god. You are god. Pragnanam Brahma. Consciousness is god. Jeevathma and paramatma are one and the same. Let us enjoy the

glory of life. Let us be united and connected by the divine within. We can find our god inside of us. Let us be enlightened by the glory of the divine within.

All the heavens are opened up for us on this magnificent planet. Let us enjoy every moment in this life. Life is an incredible gift. All goods and bads are gifts. All rights and wrongs are gifts.

Circumstances have nothing to do for with happiness. Happiness is a choice. Happiness is a decision. Enjoy choice at every step of the way. Anger is a choice. Hence let us not choose anger.

- Let us choose to be happy.
- Let us choose to be clear.
- Let us choose to be peaceful.
- Let us fulfil our life with contentment and peace.

Without peace, prosperity doesn't mean anything. Without peace, riches do not mean anything. Love and joy are to be nurtured at every step of the way. Let us feel the glory of life at every moment. Let us make conscious effort to be peaceful and joyful. Let us focus on peace and fulfillment.

I am what I say I am:

- You are what you say you are.
- I am blessed beyond belief.
- I am hero and heroine of my life.
- I am awesome and I am fabulous.
- I am splendid and spectacular.
- I sing the glory of life.
- I sing the glory of today.
- I sing the glory of divine.
- I sing the glory of my country.
- I sing the glory of my state.
- I sing the glory of my universe.
- I sing the glory of my planet.

- I sing the glory of my solar system.
- I sing the glory of my stars.
- I sing the glory of my sun.
- I sing the glory of my body.
- I sing the glory of my mind.
- I sing the glory of my soul.
- I sing the glory of my heart.
- I sing the glory of my wisdom.

I am limitless:

- I am limitless, you are limitless.
- I am awesome, you are awesome too.
- I am most magnificent, you too most magnificent.
- I am blessed infinitely and you are blessed infinitely.
- I can do anything, you can do anything.
- I can manifest anything, you can manifest anything.
- I am here to enjoy life.
- Enjoy life perfectly.
- I am here to give others.
- I am here to gift others.
- What I give others, I will get back.
- We are all one.
- There is only one of us, the oneness of all things and all beings.
- Only one of us in the room.

Recognize your true potential:

- Recognize yourself as a divine being.
- Recognize your true potential.
- Enrich your potential by awakening to the truth.
- Not to yield to illusion.

- Not to be upset with illusion.
- Be open to all and attached to none.
- Stay away from doubts.
- Stay away from hate.
- Stay away from judgement.
- Stay away from fear.
- Stay away from greed.
- Stay away from lust.
- Stay away from wish lists.
- No bigger, better and more.
- Advocate contentment.
- Advocate fulfilment.
- Advocate peace.
- Use your potentialities for enlightenment purposes.
- Raise your energies through conscious awakening.
- Be kind and generous.
- Be simple and strong.

My experience is what I say it is:

- My experience is what I say it is.
- I am happy, so it is so.
- I am fulfilled, so it is so.
- I say I know the divine, so it is so.
- I say I am contented, so it is so.
- I say I am generous, so it is so.
- I say I am capable, so it is so.
- I say I am knowledgeable, so it is so.

Nothing matters:

- Nothing matters, everything is vibration.

- Nothing matters, nothing has any meaning unless you give it.
- Nothing has any meaning, except the meaning you like.
- Everything is blessed as perspective.
- Everything is blessed on perception.

My journey to perfection:

My journey to perfection is awesome. Learning more and more about life and divinity. Knowing the divine is blissful. Knowing god within is blissful. I enjoy every moment in the day. If there is any pain, I will awaken myself to divinity. Then I get enlightened. Then I feel the bliss in life. If I am confused, I will turn to clarity. I attain clarity with conscious effort.

My journey to infinity:

- Always finite goes to infinity.
- Enrich yourself with infinity.
- Enrich yourself with divinity.
- Enrich yourself with peace.
- Enrich yourself with fulfilment.
- Enrich yourself with contentment.
- Flow with higher self.
- Flow with higher consciousness.
- Flow with higher awareness.
- Flow with higher consciousness effort.
- Flow with higher consciousness awakening.

Your growth process is complete:

- You are complete.
- Your growth process is complete.
- You are perfect being.
- You are an infinite being.
- You are most magnificent.
- You are most awesome.

- You are most fabulous.
- Your growth is perfect.
- You are most powerful.
- You are most creative.

There is nothing going wrong in life:

- Everything is perfectly timed in life.
- Everything is going on perfectly in life.
- There is nothing going wrong in life.
- There is nothing that went wrong in your life in the past.
- Everything is happening perfectly in your life.

Always think positively:

Though it is very difficult to think positively, it is the best option to cultivate such a habit. It is better to forgive. It is best to think positively. Enjoy positivity. Be super positive in all things.

- Be super positive with people.
- Be super positive with circumstances.
- Be super positive with things.
- Be super positive with contexts.
- Be super positive with achievements.
- Be super positive with success.
- Be super positive in attitude.
- Be super positive in learning.
- Be super positive in growing.
- Be super positive in performance.
- Be super positive in skills.
- Be super positive in awakening.
- Be super positive in joy.
- Be super positive in love.

- Be super positive in forgiving.

Positivity heals your body, mind and soul:

- All is well, you are blessed.
- Positivity heals your anger.
- Positivity heals your disease.
- Positivity heals your discomfort.
- Positivity heals your fears.
- Positivity heals your doubts.
- Positivity heals your aggression.
- Positivity heals your ego.
- Positivity heals your greed.
- Positivity heals your attachment.
- Positivity heals your envy.
- Positivity heals your jealousy.
- Positivity heals your lust.
- Positivity heals your desires.
- Positivity heals your wants.
- Positivity heals your discontentment.
- Positivity heals your confusion.
- Positivity heals your uncertainty.
- Positivity heals your body.
- Positivity heals your mind.
- Positivity heals your soul.
- Positivity heals your heart.
- Positivity promotes your enrichment.
- Positivity promotes your manifestations.

Channel your negative energy into positivity:

- Channel your anger into positive sexual energy.

- Channel your anger into sexual desires.
- Channel your anger into fulfilment.
- Channel your anger into passion.
- Channel your anger into sexual stimulation.
- Watch sexual energy flow to eliminate your aggression.
- Enrich your sexual energy to stay away from envy.
- Enrich your libido to stay away from greed.
- Enrich your sexual energy to stay away from attachment.
- Enrich your sexual energy to stay away from lust.
- Enrich your sexual energy to stay away from ego.

Channel your negative energy through subliminal learning:

- Become spiritually awakened to channel your negativity.
- Listen to spiritual teachings to turn down your anger.
- Listen to subliminal learning to turn down your envy.
- Listen to masters to get away from lust.
- Listen to gurus to stay away from greed.
- Listen to gurus to stay away from ego.
- Listen to gurus to stay away from attachment.
- Listen to gurus to stay away from jealousy.
- Listen to gurus to stay away from aggression.
- Listen to gurus to stay away from unclarity.
- Listen to gurus to stay away from confusion.
- Listen to gurus to stay away from uncertainty.
- Listen to gurus to stay away from misunderstanding.

One second of clarity can save you from a life time of misery:

- Being in clarity is blissful.
- Being in clarity saves you from misery.
- One second of being in clarity can save you from life time of pain and suffering.

- One second of clarity can save you from fear.
- One second of clarity can save you from doubt.
- One second of clarity can save you from aggression.
- One second of clarity can save you from disease.
- One second of clarity can save you from envy.
- One second of clarity can save you from lust.
- One second of clarity can save you from ego.
- One second of clarity can save you from attachment.
- One second of clarity can save you from endless desires.
- One second of clarity can save you from problems.
- One second of clarity can save you from confusion.

Undo greed:

- Stay away from greed.
- Unlearn greed and lust.
- Undo bad habits.
- Undo confusion.
- Undo doubts.
- Undo fears.
- Undo beliefs.
- Go for knowing.
- Go for understanding.
- Go for the best.
- Go for the clarity.
- Go for the fearlessness.
- Go for the evolution.
- Undo pain.
- Undo suffering.
- Undo aggression.
- Go for fulfilment.

- Go for contentment.
- Go for divinity.
- Go for appreciation.
- Go for awakening.
- Go for enlightenment.
- Go for forgiving.
- Go for forgetting.

Learnt bad habits can be unlearnt:

- Unlearn smoking and drinking.
- Unlearn greed through effort.
- Unlearn ego through effort.
- Unlearn attachment through effort.
- Unlearn lust through effort.
- Unlearn excessive talking through effort.
- Unlearn excessive listening through effort.
- Unlearn misuse of cell phones
- Unlearn misuse of money.
- Unlearn misuse of time.
- Unlearn misuse of television.
- Unlearn misuse of newspaper reading.
- Unlearn misuse of senses.
- Unlearn misuse of anger.
- Unlearn misuse of emotions.
- Unlearn misuse of power.
- Unlearn misuse of prosperity.
- Unlearn misuse of money.
- Unlearn misuse of wealth.
- Unlearn misuse of fame.
- Unlearn misuse of jealousy.

- Unlearn misuse of envy.

One second of conscious thought can save you from life time of misery:

- Conscious thought saves you from a life time of agony.
- One second of conscious thought can save you from a lot of misery.
- Conscious thought can save you from confusion.
- Conscious thought can save you from fear.
- Conscious thought can save you from doubt.
- Conscious thought can save you from uncertainty.
- Conscious thought can save you from un clarity.
- Conscious thought can save you from anger.
- Conscious thought can save you from aggression.
- Conscious thought can save you from pain.
- Conscious thought can save you from suffering.
- Conscious thought can save you from illness.
- Conscious thought can save you from troubles.

Know the preciousness of existence:

- Know your higher self.
- Know the preciousness of existence.
- Know the preciousness of this moment.
- Know the preciousness of today.
- Know the preciousness of your senses.
- Know the preciousness of your gifts of life
- Know the preciousness of roles.
- Know the preciousness of your things.
- Know the preciousness of your contexts.
- Prefer knowing.
- Undo believing.
- Unlearn greed.

- Know your capabilities.
- Know that you create your reality.
- Know that you create your life.
- Know that you create your wealth.
- Know that you create your health.
- Know that you create your well being.
- Know that you create your prosperity.
- Know that you create your wisdom.
- Know that you create your fulfilment.
- Know that you create your peace.
- Know that you create your love.
- Know that you create your joy.

Most precious thing is coming to you in abundance:

- Do something spectacular.
- Fulfilment is spectacular.
- Choose fulfilment.
- Most precious thing is your breath.
- You are very rich.
- You are very wealthy.
- You are very much blessed.
- Your breath is most precious.
- You are very successful.
- You are very healthy when you have this breath.
- Everything is good when you are breathing.
- You are richest when you are breathing.
- Your riches are abundant.
- You are abundantly blessed.
- Your life is precious.
- Your senses are precious.

- Your understanding is very precious.
- Your clarity is very precious.
- Your learning is very precious.
- Your awakening is very precious.
- Your today is very precious.
- Your growing is very precious.
- Your evolution is very precious.

This is your time:

- Enjoy the company of the divine within.
- Enjoy the bliss of life at every breath.
- Enjoy here at now.
- Enjoy newness on today.
- Being alive is the most successful thing to do.
- You are an extraordinary being as the divine is within you.
- When you know who you are, you realize you have best of everything.
- Look within for everything you need.
- What you are looking for is inside you.
- You are a miracle being alive against all odds.
- Appreciate the value of your life being price less and incredible.
- Appreciate the value of understanding.
- Appreciate the value of fulfilling your life.
- Appreciate the value of peace.
- Appreciate the value of joy.
- Appreciate the value of clarity.
- Appreciate the value contentment.
- Know who you are for fulfilling the life goals.
- Enjoy choice and freedom at every step of the way.
- Enjoy being everything you want to be.
- Make every moment precious.

- Be passionate about what you do in life.
- Live your passion makes the most out of it.
- Be simple, humble and kind.
- Be generous and patient.
- Appreciate where you are at now.
- Appreciate your blessings.
- Be self dependent.
- Be self sufficient.
- Expectations drown you in confusion.
- Know your self worth.
- Not to depend on others for approval.
- Be a messenger through your life.
- Know your mastery.
- Bring something to the table.
- Follow what you preach.
- Raise your credibility through honesty.

Limit your talks:

- Be aware on what you talk.
- Be aware of what you communicate.
- Be aware of what you project.
- Stay conscious while you are speaking.
- Stay conscious while you are listening.
- Stay conscious while you are writing.
- Stay conscious while you are narrating.
- Stay conscious while you are communicating.
- Limit your useless talks.
- Limit your useless projections.
- Limit your useless disruptions.
- Limit your useless attention.

- Limit your useless speeches.
- Limit your useless prescriptions.
- Be Limitless.
- Enjoy endless possibilities.
- Ask, believe and receive.
- Ask and it shall be given.
- Enjoy the law of attraction.
- Enjoy the law of polarity.
- Enjoy the law of gestation.
- Enjoy the law of cause and effect.
- Enjoy the law of vibrations.
- Enjoy your quantum powers.
- Unleash your quantum powers.
- Unleash your inner abilities.
- Unleash your inner strengths.
- Strike down your stereotypical thinking.
- Be creative and enjoy.
- Enjoy the law of personal creation.
- Put out strong intentions to be effective.
- Your wish is your command to the universe.
- Your universe is a friendly place for you.
- Universe favours you.
- Universe blesses you.
- Enjoy the company of the universe.
- Enjoy the company of the divine.
- Enjoy the company of the infinity within you.
- Be grateful in advance to receive more.
- Become, do and have.
- Be, do and have.
- You have infinite potential.

- Enjoy your kindness to yourself.
- Enjoy your kindness to others.
- Enjoy being grateful.
- Enjoy being abundantly blessed.
- Become a money magnet.
- Become a weather magnet.
- Become a success magnet.
- Become an abundance magnet.
- Become a health magnet.
- Become a creativity magnet.
- Become a positivity magnet.
- Become a miracle magnet.
- Become a powerful magnet for success and creativity.
- Become a literary magnet.
- Become a message magnet.
- Become a blissful magnet.
- Become a peace magnet.

Live for your passion:

- Enjoy every moment with freedom.
- Enjoy the glory of life at every moment.
- Enjoy doing.
- Enjoy being.
- Start your business.
- Start your passion business.
- Make your every moment precious.

Who am I?

Unfathomably priceless.

Where am I??

I am in heaven.

Why am I Where I am?

To enjoy life in every moment.

What is the purpose of my soul?

To enjoy and fulfill life at every step of the way.

- Create your passion.
- Enjoy your passion.
- Augment positive aura in life.
- Raise your vibrations to receive your abundance.
- Raise your energies to receive abundance.
- Change your thoughts to receive abundance.

This is your time:

- You are alive.
- You are here.
- That you are here is a miracle against all odds.
- Appreciate the life you have.
- Appreciate the value of knowing.
- Appreciate the value of understanding.
- Appreciate the value of fulfilling.
- Appreciate the value of peace.
- Appreciate the value of joy.
- Appreciate the value of contentment.
- Appreciate the value of this body.

- Appreciate the value of the mind.
- Appreciate the value of the soul.
- It's your time now, you are alive.
- Know who you are.
- Make most of your time to feel the success of your life.
- You are the success redefined.
- Your life is a marvellous gift.
- This breath is priceless for you.
- Being alive is an infinite blessing.
- You are most fortunate.
- You are most blessed.
- Have prosperity inside first.
- Enjoy prosperity inside.
- 99% of Wellbeing comes from within.
- Your thoughts are things.
- Your thoughts determine your feelings and actions.
- You create your reality.
- You create your abundance.
- You create your lack.
- You create your life.
- You create your future.
- You create your present.
- You create your prosperity.
- You create your health.
- You create your disease.
- You create your wealth.
- You create your drama of life.
- You create your dance of life.
- You create your passion of life.
- You create your rhythm of your life.

- You create your clarity in life.
- You create your understanding in life.

Our mission

Our mission is to enjoy and gratify by every moment with grace and glory of life. Our life is all about experiencing heavenly life at every step of the way. We need to learn the expanded states of consciousness. We must advocate knowing. We only learn and know through person experiences. We need to be fearless and stay away from doubts. I should awaken to the light within to guide others. I should awaken to the clarity within to love others. I should love myself to love others. I should grow and evolve to experience life is a unique way. I need to stay conscious and aware to fulfill my heart in an awesome way. I need to be friendly with myself to be friendly with others.

What is our mission?

- Our mission is to have clarity at every step of the way here on today at now.
- Our mission is to enjoy life every single day and every single moment.
- Our mission is to walk with right focus.
- Our mission is to walk with certainty.
- Our mission is to walk with understanding.
- Our mission is to walk with right priorities.
- Our mission is to enjoy our well-being indices.
- Our mission is to walk with enthusiasm.
- Our mission is to walk with glory.
- Our mission is to walk with grace.
- Our mission is to walk with contentment.
- Our mission is to walk with fulfilment.
- Our mission is to walk with gratitude.
- Our mission is to walk with right attitude.
- Our mission is to walk with self love.
- Our mission is to walk with love for others.

- Our mission is to walk with love for your passion.

Write your own story

We have the power to write our own story. We have the power to direct our life. We have the power to establish our own standards of living we set our own barricades to limit ourselves. Hence we should always work on ourselves to release these beliefs and go to limitlessness. We should always challenge our concepts and beliefs and try to arrive at knowing. Knowing enables us to progress as it is based on personal experience. “I cannot-do this project as I have no time.” It’s a belief and needs to be challenged. You will have time if you think so. You can do it if you think so. You cannot do it if you think you cannot do it. You are deciding on that. Your decision about it is final. You are solely responsible to what you say and do.

- ✚ We have the power to create our life.
- ✚ We have the power to write our script.
- ✚ We have the power to choreograph our dance.
- ✚ We have the power to manifest our reality.
- ✚ We have the power to create our innovations.
- ✚ We have the power to direct our story.
- ✚ We have the power to picture our story.
- ✚ We have the power to make friends.
- ✚ We have the power to break free.
- ✚ We have the power to honour our free will.
- ✚ We have the power to use our time effectively.
- ✚ We have the power to use our time constructively.
- ✚ We have the power to choose our choice.
- ✚ We have the power to enjoy life every day.
- ✚ We have the power to manage our time in divinity.
- ✚ We have the power to be limitless.
- ✚ We have the power to be healthy.
- ✚ We have the power to heal ourselves.
- ✚ We have the power to reprogram our subconscious mind.
- ✚ We have the power to change our thoughts.

- ✚ We have the power to change our ideas.
- ✚ We have the power to change our concepts.
- ✚ We have the power to change our beliefs.
- ✚ We have the power to change our life styles.

Spiritual independence:

- ❖ Master spiritual independence.
- ❖ Freedom is what heart says it is.
- ❖ Enjoy the freedom of heart.
- ❖ Enjoy the freedom of soul.
- ❖ Enjoy free thinking.
- ❖ Get solutions through contemplation.
- ❖ Get solutions through clarity.
- ❖ Get solutions through understanding.
- ❖ Get solutions through deep awareness.
- ❖ Get solutions through deep thinking.
- ❖ Enjoy freedom from the beliefs.
- ❖ Enjoy freedom through knowing.
- ❖ Advocate knowing.
- ❖ Advocate experiencing.
- ❖ Advocate clarity.
- ❖ Advocate priorities.
- ❖ Advocate focus to be impeccable.
- ❖ Advocate spiritual freedom.
- ❖ Advocate spiritual awareness.
- ❖ Advocate spiritual consciousness.
- ❖ Advocate spiritual association.
- ❖ Advocate spiritual connections.
- ❖ Advocate spiritual reading.

Become an explorer of consciousness:

- Become an explorer of awareness.
- Become an explorer of consciousness.
- Become an explorer of higher self.
- Become an explorer of divine self.
- Become an explorer of universe within.
- What you are to resolve for is inside of you.
- Enjoy bliss and grace.
- Being alive is an infinite blessing.
- Being alive is winning an infinite jackpot.
- You won the lottery in life.
- You won the game of life.
- You won the game of consciousness.
- You won the game of awareness.
- Step into knowing and clarity.
- Step into awareness and understating.
- Step into right priorities of the heart.
- Understating divinity scientifically.
- Know that divinity is to be felt.
- Know that divinity is to be experienced.
- Know that divinity resides in you.
- Know that divinity guides you.

Know the powers of human consciousness:

- Know your powers of superior sensory capabilities.
- Learn from your mistakes and grow.
- Step out of your disempowering beliefs.
- Step into knowing.
- Step into clarity.
- Step into certainty.
- Step into grace and bliss.
- Step into inner awareness.

- Step into higher self to be clear.
- Enjoy your creative thoughts.
- Enjoy your creative ideas.
- Enjoy your creative concepts.
- Enjoy your creative knowing.
- Enjoy your creative strategies.
- Enjoy your creative goals.
- Enjoy your creative powers of sensory abilities.
- Amplify your energy waves to vibrate at higher frequencies.
- Amplify your energy waves to higher vibrations.

Enjoy expanded states of consciousness:

- Allow success and become successful.
- Acknowledge bliss and grace in life.
- Enjoy expanded states of awareness.
- Enjoy expanded states of consciousness.
- Enjoy expanded states of higher self.
- Enjoy expanded states of divine self.
- Enjoy expanded states of infinite self.
- Declare your awesomeness.
- Declare your highest potential.
- Declare your limitlessness.
- Declare your higher states of consciousness.
- Declare your higher states of awareness.
- You may enjoy approval but you don't need approval.
- You may enjoy recognition, but you don't need recognition.
- Step into higher levels of awareness and consciousness to be free.
- Choose freedom and clarity.

Find your answers from within:

- ✓ Become your success.

- ✓ Become your higher self.
- ✓ Go to higher perspectives in life.
- ✓ Go to higher consciousness in life.
- ✓ Choose clarity in life.
- ✓ Choose freedom in life.
- ✓ Get your answers from within.
- ✓ Get your choices from within.
- ✓ Get your opportunities from within.
- ✓ Get your answers from within.
- ✓ Find your protocol of life from within.
- ✓ Find your navigation plan from within.
- ✓ Find your navigation soul's agenda within.
- ✓ Find your divine bliss from within.
- ✓ Find your universe within.
- ✓ Establish your signature on today.
- ✓ Establish your energy signature on today.
- ✓ Establish your energy in your life.

Follow inner emotional guidance system:

- Follow your inner instincts to be impeccable.
- Follow your inner emotional guidance to be in clarity.
- Follow your psychic abilities.
- Follow your intuition.
- Follow your strengths from within.
- Follow your divine nature within.
- Follow your inner agenda.
- Follow your heart's agenda.
- Follow your truth from within.
- Follow your divine bliss within.
- Follow your universe from within.
- Agree upon your truth from within.

- Agree upon your heart from within.
- Agree upon your soul's agenda.
- Enjoy pursuing your inner agenda of higher self.
- Go to your higher self to be in right focus.
- Admire your local self and non-local self.
- Admire your physical self and non-physical self.

Know the inter stellar civilizations:

- ❖ Know that there are trillions of galaxies.
- ❖ Know that there are billions of planets.
- ❖ Know that there are trillions of stars.
- ❖ Know that there are countless asteroids.
- ❖ Know that there are inter stellar civilizations.
- ❖ Explore the universe with your consciousness.
- ❖ Explore infinity with your consciousness.
- ❖ Explore multifaceted universe with your consciousness.
- ❖ Explore multi-dimensional universe with your consciousness.
- ❖ Explore multi-dimensional realities.
- ❖ Know that reality is subjective.
- ❖ Know that reality is also objective.
- ❖ Know that your life is a blessing.
- ❖ Know that your life is an incredible gift.
- ❖ Know that your life on earth is an unfathomable joy.
- ❖ Enjoy being alive in this galactic space.
- ❖ Enjoy being alive in this body with mind and soul.
- ❖ Enjoy being alive in this body with all the super powers of senses.

Know billions of galaxies in infinite universe:

- 📖 This universe is vast and beyond human intellect to fathom.

- ✚ We are all inter connected as we are all one.
- ✚ We are intimately related as we are all one.
- ✚ All stars and all galaxies support our life on earth.
- ✚ All the heavenly bodies support our globe.
- ✚ Enjoy your nonphysical and metaphysical being.
- ✚ Enjoy your powers of mind and soul.
- ✚ Enjoy your inner guidance system.
- ✚ Advocate your soul to pursue your life's agenda.
- ✚ Lead a spiritual life to empower yourself.

Transactional analysis

Parent

Child

Adult (Ego states)

- parenting excellence

- Children's Creativity

- Adulthood wisdom

- Be a loving parent.
- Offer unconditional love.
- Have non judgemental awareness.
- Enjoy personal choice.
- Encourage free will.
- Honour self.
- Love thyself.
- Love thy neighbour.
- Enjoy family consciousness.

- Be in expanded states of consciousness.
- Enjoy parenthood.
- Be an angel to the self.
- Be an angel to your child.
- Be an angel to your family.
- Be an angel to your girl.
- Be an angel to your boy.
- Be an angel to your spouse.

Become a master of paying attention to your parenting self.

- Focus on your parenting self to be impeccable.
- Forget and forgive past resentments.
- Forgive yourself.
- Forgive your children.
- Forgive your spouse.
- Forgive your family members.
- Always start a fresh for a new day.
- Appreciate the power of now.
- Appreciate your parental roles.
- Honour your kids with love and appreciation.
- Not to force the child.
- Not to yell at the child.
- Not to condemn the child.
- Not to punish the child.
- Always allow the child to be creative.
- Not to limit the child.
- Let children play.
- Let children be creative.
- Let children be constructive.
- Let children be awesome.

- Let children feel abundance.

Maintain best spousal relationships to be impeccable as parents.

- Enjoy being a spouse.
- Enjoy being a parent.
- Appreciate your relationships in the family.
- Always focus on good in others.
- Always focus on good in self.
- Always focus on good in children.
- Always focus on good in relatives.
- Always focus on good in friends.
- Always focus on good in neighbours.
- Always focus on good in community.
- Always focus on good in society.
- Always focus on good in polity.
- Always focus on good in macrosystems.
- Always focus on good in microsystems.
- Always focus on good in exosystem.
- Always focus on good in mesosystem.
- Know that good is limit less.
- Know that this life is a gift.
- Know that being parent is a gift.
- Know that being a spouse is a gift.
- Know that being a human is a gift.

Enjoy five star relationships in the family.

- Advocate unconditional love in family.
- Forgive self and each other.
- Forgive your rejections.
- Forget your fears.

- Be fearless.
- Come from the place of non judgement.
- No right or wrong.
- No good or bad.
- Create your reality.
- Create your joy.
- Create your peace.
- Create your fulfilment.
- No blame game.
- Not to blame anybody.
- Take responsibility for your life.
- Take responsibility for your child.
- Take responsibility for your family.
- Take responsibility for your country.
- Take responsibility for your neighbourhood.
- Take responsibility for your community.
- Take responsibility for your friends.

Prioritize your goals

- Set goals for fulfilment.
- Set goals for peace and joy.
- Set goals for contentment.
- No bigger, better and more.
- Set goals for enjoyment.
- Set goals for love.
- Set goals for gratitude.
- Set goals for prayers.
- Set goals for divinity.
- Set goals for universe.
- Set goals for compassion.

- Set goals for passion.
- Set goals for freedom.
- Set goals for freewill.
- Set goals for self empowerment.
- Set goals for knowing.
- Set goals for understanding.
- Set goals for listening.
- Set goals for right priorities.
- Set goals for paying attention to life.
- Set goals for kindness.
- Set goals for non judgemental awareness.
- Set goals for unconditional positive regard.
- Set goals for creativity.
- Set goals for updating your knowledge.
- Set goals for updating your awareness.
- Set goals for updating your skills.
- Set goals for updating your knowing.
- Set goals for updating your understanding.
- Set goals for updating your attitudes.
- Set goals for updating your performance.
- Set goals for updating your learning.
- Set goals for updating your evolving.
- Set goals for updating your wisdom.
- Set goals for updating your spirituality.
- Set goals for updating your oneness.
- Set goals for updating your gifting.
- Set goals for updating your receiving.
- Become a master of paying attention to life.
- Become a master of paying attention to your children.
- Become a master of paying attention to your spouse.

- Become a master of paying attention to your relationships.
- Enjoy multiple spectra of life.
- Enjoy multiple spectra of profession.
- Enjoy multiple spectra of tourism.
- Enjoy multiple spectra of entertainment.
- Enjoy multiple spectra of creativity.
- Enjoy multiple spectra of creation.

Connect to your knowing.

- Connect to your focus.
- Connect to your passion.
- Connect to your roles.
- Connect to your knowing.
- Release fears.
- Advocate fearlessness.
- Release beliefs about punishing children.
- Release beliefs about punishing yourself.
- Release beliefs about your competition.
- Release beliefs about your comparisons.
- Release beliefs about your success.
- Release beliefs about bigger, better and more.
- Enjoy every role you play.
- Enjoy every moment of life.
- Become your higher version.
- Become your higher self.
- Declare your wisdom.
- Declare your knowing.
- Declare your understanding.
- Declare your protocols.

Declare your grandest version of your true self

- Announce and declare your clearest idea.
- Declare your highest thoughts.
- Declare your clearest words.
- Declare your grandest experiences.
- Declare your divinity.
- Declare your divine nature of compassion.
- Declare your divine nature of love.
- Declare your divine nature of kindness.
- Declare your divine nature of peace.
- Declare your divine nature of spiritual self.
- Declare your divine nature of cognitive self.
- Declare your divine nature of body self.
- Declare your divine nature of professional self.
- Declare your divine nature of parenting self.
- Declare your divine nature of organizational self.
- Declare your divine nature abundant self.
- Declare your divine nature creative self.

Declare your gifts

- Announce your genius.
- Announce your gifts.
- Announce your passion.
- Announce your parenting excellence.
- Announce your professional excellence.
- Announce your divine excellence.
- Announce your sensory excellence.
- Announce your authentic self.
- Talk your truth.
- Tell your truth about others.
- Tell your truth about your fashion.

- Tell your truth about your passion.
- Feel your wealth of awareness.
- Feel your wealth of consciousness.
- Feel your wealth of this breath.
- Feel your wealth of this life.
- Feel your wealth of your time.
- Feel your wealth of your space.
- Feel your wealth of the now.
- Feel your wealth of your senses.
- Feel your wealth of body.
- Feel your wealth of mind and soul.

Appreciate your biological intelligence

- Adore your biological intelligence.
- Adore your social intelligence.
- Adore your invisible intelligence.
- Adore your cognitive intelligence.
- Adore your creative intelligence.
- Adore your genius intelligence.
- Adore your emotional intelligence.
- Adore your learning intelligence.
- Adore your appreciation intelligence.
- Adore your gratitudinal intelligence.
- Adore your parenting intelligence.
- Adore your skill intelligence.
- Adore your listening intelligence.
- Adore your attitudinal intelligence.
- Adore your change intelligence.
- Adore your flexibility intelligence.
- Adore your practical intelligence.

- Adore your naturalistic intelligence.
- Adore your musical intelligence.
- Adore your family intelligence.
- Adore your professional intelligence.
- Adore your unique intelligence.
- Adore your adaptability intelligence.

Be grateful

- Be grateful for your body.
- Be grateful for your intelligence.
- Be grateful for your sociability.
- Be grateful for your resilience.
- Be grateful for your knowing.
- Be grateful for your children.
- Be grateful for your family.
- Be grateful for your vehicles.
- Be grateful for your things.
- Be grateful for your shelter.
- Be grateful for your visual needs.
- Be grateful for your safety.
- Be grateful for your air and breath.
- Be grateful for your life.
- Be grateful for your time.
- Be grateful for your success.
- Be grateful for your rhythm of life.
- Be grateful for your parents.
- Be grateful for your grandparents.
- Be grateful for your relatives.
- Be grateful for your friends.
- Be grateful for your clarity.

- Be grateful for your passion.
- Be grateful for your universe.

Be super positive

- Be super positive for your knowing.
- Be super positive for your kids.
- Be super positive for your life.
- Be super positive for your today.
- Be super positive for your thoughts.
- Be super positive for your feelings.
- Be super positive for your actions.
- Be super positive for your time at now and here.
- Be super positive for your heritage.
- Be super positive for your intelligence.
- Be super positive for your senses.
- Be super positive for your biological intelligence.
- Be super positive for your limitlessness.
- Be super positive for your genius.
- Be super positive for your occurrences.
- Be super positive for your circumstances.
- Be super positive for your climate.
- Be super positive for your country.
- Be super positive for your people.
- Be super positive for your mistakes.
- Be super positive for your pitfalls.
- Be super positive for your misfortunes.
- Become a master of super positivity in life.
- Become a master of super positivity for your kids.

Being a parent is an impeccable thing in life:

Being a parent is an awesome experience. We enjoy a lot being a mother or father. We enjoy a total everything the child does when he/she is young. We enjoy their words, actions, feelings and emotions. Children are angels from universe. We can't afford to disregard them in any way. Children come as teachers for us. We learn a lot from them. We learn to appreciate the power of now. We learn to appreciate the power of play. We learn so many things from our children. We learn to pick up transitory nature of their emotions. They shift their grief very quickly. They stop crying immediately after gratification. They immediately smile after cry. They don't have resentment. They don't have guilt. They don't have envy. They don't have jealousy. They are focused on what they want. Once gratified, they are happy. They are very happy all the time. They are very close to their inner self. They are very close to their inner instincts. They are very well connected to their agenda of their soul. They are not greedy. They are not aggressive. They are not frustrated. They don't have stress. They are simply awesome. They are simply cute. They are simply angels from the heavens. Every one of us loves our childhood experiences. All of us crave for such experiences in present life. We are reminded of our childhood when we look at our children. We are pleased to watch our children grow. We enjoy every step in their development.

We can make our story very interesting:

- We can make our life very interesting.
- We can make our own heroes.
- We can create our life the way we want.
- We can foster our imagination through creating our own reality.
- We are blessed to have our children.
- We are blessed to be parents.
- We are blessed to be spouses.
- We are blessed to be in relationships.
- We are blessed to have friends.
- We are blessed to have this time.
- We are blessed to have this life.

When we shift our awareness to higher levels, we can experience a lot more. We can see love, we can experience peace and we can be very joyful. We can remember our fond memories very much vividly. Fond memories are timeless. Childhood memories are timeless.

- We felt abundance in our childhood.
- We had contentment in our childhood.
- We had immense joy in our childhood.
- We had lot of achievement in our childhood.
- We enjoyed a lot with our peers.
- We enjoyed a lot with our parents.
- We enjoyed a lot with our grandparents.
- We enjoyed schooling in our childhood.
- We enjoyed many games in our childhood.
- We were awesome in our childhood.
- There was so much grace and bliss in our life.
- There was lot of playfulness in our childhood.
- Children remind us of our wonderful bliss in our childhood.
- Children are non-judgemental.
- Children are unbiased.
- Children are positive.
- Children are abundantly blessed.
- Children are innocent.
- Children are geniuses.
- Children are creators.
- Children enjoy every moment in their life.

After life:

- Know that after life is blissful.
- Know that this life is incredible.
- Know that this life is unfathomably priceless.
- Know that you are blessed infinitely in after life.

- Know that there is no judgment after life.
- Know that you experience unconditional love.
- Know that you are divine being.
- Know that you are an infinite being.
- You will enjoy after life as much as this life.
- You will enjoy after life as you are a divine being.
- Know that you in after life have no concepts and ideas and beliefs that are related to your physical self.
- You will erase all your enmities in your afterlife.
- Live as if we are all one.
- Live as if there is enough.
- Live as if you have nothing to do.

Be fearless:

- ❖ Enjoy fearlessness.
- ❖ Not to move with worry and scarcity.
- ❖ Enjoy gratitude.
- ❖ Enjoy plentitude.
- ❖ Enjoy positivity.
- ❖ Say everything works for me.
- ❖ Universe loves me.
- ❖ Universe loves for me.
- ❖ Say I have best of everything.
- ❖ Say "I am amazing".
- ❖ Say "I am enjoying".
- ❖ Say "I am bliss".
- ❖ Say "I am a gift".
- ❖ Say "I am blessed".
- ❖ Say "I am fortunate".
- ❖ Say "I am awesome".
- ❖ Say "I am totally free".

- ❖ Say “I am genius”.
- ❖ Say “I am most magnificent”.

Counsel yourself to be in clarity:

- Counsel yourself to be in peace.
- Counsel yourself to be in joy.
- Counsel yourself to be in fulfilment.
- Counsel yourself to be in contentment.
- Counsel yourself to be in right focus.
- Counsel yourself to be in tranquillity.
- Counsel yourself to be in happiness.
- Counsel yourself to be in enactment.
- Counsel yourself to be in truth.
- Counsel yourself to be in spirituality.
- Counsel yourself to be in consciousness.
- Counsel yourself to be in awareness.
- Counsel yourself to be in wakefulness.
- Be a spiritual literate.
- Be a divine literate.
- Be a healing literate.
- Be wisdom literate.
- Be clarity literate.
- Be enlightenment literate.
- Be a peace literate.

Enjoy fearlessness:

- 📖 Be free from anxiety provoking concepts and beliefs.
- 📖 Be free from your inner fears.
- 📖 Turn fears into curiosity.
- 📖 Turn fears into adventure.
- 📖 Turn fears into safety net.

- ✚ Transform yourself into fearlessness.
- ✚ Transform yourself into clarity mode.
- ✚ Transform yourself into wisdom mode.
- ✚ Transform yourself into smiling mode.
- ✚ Transform yourself into leadership mode.
- ✚ Transform yourself into source mode.
- ✚ Turn from seeker to source.
- ✚ You will experience “havingness” if you are the source.
- ✚ Not to seek but be a source.
- ✚ Not to seek but be an entrepreneur.
- ✚ Not to seek but be an creator.
- ✚ Seek bliss from within.

The moment you forget that you are alive; the thing that is confusing becomes very active:

- ❖ Not to forget that you are blessed.
- ❖ Being alive in an infinite possibility.
- ❖ Being alive is an infinity blessing.
- ❖ Being alive is an endless mahaparty.
- ❖ Being alive is a blissful boon.
- ❖ Being alive is a divine manifestation of gifts.

If you know what you have, you feel blessed:

- Become a power magnet.
- Become a money magnet.
- Become a peace magnet.
- You have best of everything.
- You are amazingly beautiful.
- You are most amazing.
- You are blessed perfectly.
- You are blessed infinitely.
- Enjoy being alive.

- Enjoy bliss and evolve.

If you realize what you have you will not ask for anything:

- ✓ You have best of everything.
- ✓ If you know what you have, you will not ask for anything more.
- ✓ You are amazingly beautiful.
- ✓ You are an amazing gift.
- ✓ You are most fortunate.
- ✓ You are most blessed.
- ✓ Count your blessings to have more blessings.
- ✓ Your life is an endless mahaparty.
- ✓ Your life is an incredible gift.
- ✓ Life is an unfathomable gift.
- ✓ Life is a gift unparalleled.
- ✓ Life is an amazing blessing.
- ✓ Life is an amazing gift.

Prosperity is only through peace:

- Prosperity needs peace.
- Prosperity needs wellness of the body, mind and soul.
- Prosperity needs physical wellbeing.
- Prosperity needs emotional wellbeing.
- Prosperity needs social wellbeing.
- Prosperity needs moral wellbeing.
- Prosperity needs cognitive wellbeing.
- Prosperity needs sensory wellbeing.
- Prosperity needs financial wellbeing.
- Prosperity needs family wellbeing.
- Prosperity needs admin wellbeing.
- Prosperity needs communication wellbeing.
- Prosperity needs language wellbeing.

- Prosperity needs dignity of self.
- Prosperity needs dignity of profession.
- Prosperity needs dignity of family.
- Prosperity needs dignity of work.
- Prosperity needs dignity of labour.

You are most blessed:

- Know that you are most blessed.
- Know that you have best of all things.
- Know that you are a genius.
- Know that you are limitless.
- Know that you are an infinite being.
- You are most incredible being.
- You are most magnificent being.
- All works for your good only.

You are most fortunate:

- Know that you are most fortunate.
- Forget your story to be impeccable.
- Forget your past story to be impeccable.
- Forget your story to be grateful.
- Learn from past and grow.
- Learn from your mistakes.
- Learn from your stories.
- Learn and evolve.
- Learn and enjoy.
- Learn and grow.
- Learn and mature.
- Learn and fulfil your life.

Ask, believe and receive:

- ✚ Ask the universe for help.
- ✚ Believe that it will happen.
- ✚ Receive it from the universe.
- ✚ Make conscious effort in terms of thought, word and deed.
- ✚ Anything is possible with effort and clarity.

Be worthy of bliss and grace:

(Krupa ki pathr bano)

- ❖ Have confidence that you are worthy of receiving grace and bliss.
- ❖ Enjoy the bliss by making conscious effort to receive bliss.
- ❖ Use tools of manifestation which are thoughts, words and actions.
- ❖ Use tools of grace which are humility, egolessness and generosity.

All your dreams are coming true:

- Be a prosperity magnet.
- All your dreams are coming true.
- All your requests are answered.
- All your questions are answered.
- All your queries are answered.
- Being live is blissful.

All your prayers are being answered now:

- ✓ All things are good for you.
- ✓ All your prayers are answered.
- ✓ Being alive is an infinite jackpot.
- ✓ Good is limitless for you.
- ✓ Bliss is limitless for you.
- ✓ Grace is limitless for you.
- ✓ Clarity is limitless for you.
- ✓ Divinity is limitless in your life.

Be grateful to receive abundance of bliss:

- Enjoy being in gratitude.
- Enjoy being alive.
- Enjoy gifts of life like friends and foes.
- Enjoy gifts of life like music and dance.
- Enjoy gifts of life like speaking and listening.

Be awesome to receive boundless grace:

- ✚ Be awesome with humility.
- ✚ Be awesome with generosity.
- ✚ Be awesome with love.
- ✚ Be awesome with peace.
- ✚ Be awesome with tranquillity.
- ✚ Be awesome with joy.
- ✚ Be awesome with caring.
- ✚ Be awesome with gifting.
- ✚ Be awesome with receiving.
- ✚ Be awesome with kindness.
- ✚ Be awesome with egolessness.

When you have self-knowledge, master and self, you have everything:

- With self-knowledge, master and self, you have everything.
- You will experience bliss with true master.
- You will experience bliss with perfect self-knowledge.
- You will experience bliss with this life in clarity and understanding.

Count your blessings to have more blessings in life:

- ✚ Count your blessings to have peace.
- ✚ Count your blessings to have love.
- ✚ Count your blessings to have joy.
- ✚ Count your blessings to have more blessings.

- ✚ Count your blessings to have clarity.
- ✚ Count your blessings to have right focus.
- ✚ Count your blessings to have bliss and grace.
- ✚ Count your blessings to have fulfilment.

Treat yourself as royal highness:

- ❖ Know that you are blessed.
- ❖ Know that you are most fortunate.
- ❖ Use your money as money is love.
- ❖ Use your assets to be happy.
- ❖ Give yourself best comforts.
- ❖ Give yourself best ideas.
- ❖ Give yourself best thoughts.
- ❖ Give yourself best actions.
- ❖ Give yourself best emotions.

Know the magic of your empowering thoughts:

- Enjoy the magic of empowering thoughts.
- Abdigate disempowering thoughts.
- Abdigate disempowering ideas.
- Abdigate disempowering concepts.
- Abdigate disempowering beliefs.
- Enjoy the magic of clarity.
- Enjoy the magic of understanding.
- Enjoy the magic of knowing.
- Enjoy the magic of focusing.

Release disempowering beliefs:

- ✓ Release disempowering thoughts.
- ✓ Release disempowering misunderstanding.
- ✓ Release disempowering ego.

- ✓ Release disempowering greed.
- ✓ Release disempowering attachments.
- ✓ Release disempowering envy.
- ✓ Release disempowering jealousy.
- ✓ Release disempowering aggression.
- ✓ Release disempowering anger.

Release disempowering ideas and concepts:

- Augment knowing.
- Augment positivity.
- Augment generosity.
- Augment creativity.
- Augment your positive aura.
- Augment your energies.
- Advocate knowing.
- Empower yourself with knowing.
- Empower yourself with right focus.
- Empower yourself with clarity.

Enrich your life with conscious awareness to be in choice and freedom:

- ❖ Always exercise your choice to be happy.
- ❖ Always exercise your freedom to be happy.
- ❖ Always exercise your clarity to be happy.
- ❖ Always exercise your understanding to be happy.
- ❖ Always exercise your priorities to be happy.
- ❖ Enjoy choice and create your reality.
- ❖ Enjoy freedom and create your reality.
- ❖ Enjoy focus and create your reality.

Be aware to be in clarity and wisdom:

- Be cautious about your beliefs.

- Be aware of your choices.
- Be aware of your talks.
- Be aware of your dreams.
- Be aware of your thoughts.
- Be aware of your feelings.
- Be aware of your actions.
- Be aware of your emotions.
- Be aware of your passion.
- Be aware of your fulfilment.
- Be aware of your peace.
- Be aware of your joy.
- Be aware of your tranquillity.
- Be aware of your clarity.
- Be aware of your knowing.

Every moment is a blessing:

- 📖 Know that every moment is a blessing.
- 📖 Know that every moment is a precious.
- 📖 Know that every moment is a present.
- 📖 Know that every moment is a gift unparalleled.
- 📖 Enjoy staying focused.
- 📖 Enjoy every moment in clarity.
- 📖 Enjoy every moment in peace.
- 📖 Enjoy every moment in tranquillity.
- 📖 Enjoy every moment in fulfilment.
- 📖 Enjoy every moment in contentment.

Every breath is an awesome gift:

- ❖ Every breath is an awesome gift.
- ❖ Every breath is a blessing.
- ❖ Every breath is a miracle.

- ❖ Every breath is a kiss from universe.
- ❖ Every breath is a hug from universe.
- ❖ Enjoy every breath in joy.
- ❖ Enjoy every breath in peace.
- ❖ Enjoy every breath in fulfilment.
- ❖ Enjoy every breath in contentment.
- ❖ Enjoy every breath in divinity.
- ❖ Enjoy every breath in oneness.
- ❖ Enjoy every breath in tranquillity.

POWERS OF META PHYSICAL KNOWING:

- You will understand the infinity.
- You will understand the universe.
- You will understand the law of attraction.
- You will understand the flow of grace.
- You will understand the flow of divinity.
- You will understand the paranormal.
- You will understand the non physical you.
- You will understand the fulfilment.
- You will understand the peace.

POWERS OF CONSCIOUS AWAKENING:

- You will enjoy clarity.
- You will enjoy focus.
- You will enjoy fulfilment.
- You will enjoy peace.
- You will enjoy joy.
- You will enjoy enlightenment.
- You will enjoy sensory experiences.

- You will enjoy life.
- You will enjoy growing.
- You will enjoy enrolling.
- You will enjoy contentment.
- You will enjoy satisfaction.
- You will enjoy happiness.
- You will enjoy learning.

POWERS OF SELF ESTEEM:

- ❖ **Self esteem empowers you.**
- ❖ It promotes all round well being.
- ❖ It fetches confidence.
- ❖ It contributes to self emancipation.
- ❖ It facilitates energy healing.
- ❖ It augments energy of the body.
- ❖ It augments energy of the mind.
- ❖ It augments energy of the soul.
- ❖ It augments energy of the self credibility.
- ❖ It augments energy of the self knowing.
- ❖ It augments energy of the self knowledge.

POWERS OF POSITIVE ATTITUDE:

- ❖ Super positivity augments your aura.
- ❖ Super positivity augments your energy level.
- ❖ Super positivity augments your fulfilment.
- ❖ Super positivity augments your freedom.
- ❖ Super positivity augments your performance.
- ❖ Super positivity augments your well being.
- ❖ Super positivity augments your satisfaction level.
- ❖ Super positivity augments your family self.
- ❖ Super positivity augments your professional self.

POWERS OF FREE WILL:

- Free will promotes your fulfilment.
- Free will promotes your peace.
- Free will promotes your joy.
- Free will promotes your happiness.
- Free will promotes your well being.
- Free will promotes your self esteem.
- Free will promotes your self empowerment.
- Free will promotes your passion.
- Free will promotes your learning.
- Free will promotes your evolution.
- Free will promotes your growth.

POWERS OF PASSION:

- It empowers your self esteem.
- It empowers your self confidence.
- It empowers your self concept.
- It empowers your self empowerment.
- It empowers your skill.
- It empowers your attitude.
- It empowers your knowledge.
- It empowers your performance.
- It empowers your learning.
- It empowers your enjoyment.

POWERS OF FREEDOM:

- ❖ Freedom empowers your soul.
- ❖ Freedom empowers your mind.
- ❖ Freedom empowers your body.
- ❖ Freedom empowers your passion.

- ❖ Freedom empowers your performance.
- ❖ Freedom empowers your attitude.
- ❖ Freedom empowers your choice.
- ❖ Freedom empowers your family self.
- ❖ Freedom empowers your professional self.
- ❖ Freedom empowers your parenting self.

POWER OF UNDERSTANDING:

- ✓ Understanding allows you to prosper.
- ✓ Understanding allows you to enjoy.
- ✓ Understanding allows you to grow.
- ✓ Understanding allows you to love.
- ✓ Understanding allows you to learn.
- ✓ Understanding allows you to unlearn.
- ✓ Understanding allows you to do.
- ✓ Understanding allows you to undo.
- ✓ Understanding allows you to evolve.
- ✓ Understanding allows you to accomplish.

POWERS OF KNOWING THE TRUTH:

- Knowing truth facilitates your fulfilment.
- Knowing truth facilitates your peace.
- Knowing truth facilitates your joy.
- Knowing truth facilitates your growth.
- Knowing truth facilitates your evolution.
- Knowing truth facilitates your learning.
- Knowing truth facilitates your enrichment.
- Knowing truth facilitates your prosperity.
- Knowing truth facilitates your dignity.
- Knowing truth facilitates your performance.
- Knowing truth facilitates your enjoyment.

- Knowing truth facilitates your contentment.

POWERS OF CONSCIOUSNESS:

- ❖ Powers of higher consciousness promotes peace.
- ❖ Powers of higher consciousness promotes joy.
- ❖ Powers of higher consciousness promotes love.
- ❖ Powers of higher consciousness promotes caring.
- ❖ Powers of higher consciousness promotes humanity.
- ❖ Powers of higher consciousness promotes egolessness.
- ❖ Powers of higher consciousness promotes happiness.
- ❖ Powers of higher consciousness promotes passion.
- ❖ Powers of higher consciousness promotes pleasure.
- ❖ Powers of higher consciousness promotes ecstasy.
- ❖ Powers of higher consciousness promotes freedom.

POWERS OF CHOICE:

- ✓ Choice enhances self fulfilment.
- ✓ Choice enhances your performance.
- ✓ Choice enhances your passion.
- ✓ Choice enhances your love.
- ✓ Choice enhances your joy.
- ✓ Choice enhances your skill.
- ✓ Choice enhances your peace.
- ✓ Choice enhances your professionalism.
- ✓ Choice enhances your learning.
- ✓ Choice enhances your growing.
- ✓ Choice enhances your evolution.
- ✓ Choice enhances your attitude.

POWERS OF LEARNING:

- Learning is continuous and enriches you.

- Learning promotes problem solving skills.
- Learning promotes thinking skills.
- Learning promotes performance skills.
- Learning promotes reasoning skills.
- Learning promotes rational thinking skills.
- Learning promotes logical thinking skills.
- Learning promotes professional skills.
- Learning promotes knowledge.
- Learning promotes empowerment.
- Learning promotes peace and joy.

POWERS OF GROWING:

- ✓ Growing enables you to evolve.
- ✓ Growing enables you to grow.
- ✓ Growing enables you to learn.
- ✓ Growing enables you to enrich.
- ✓ Growing enables you to perform.
- ✓ Growing enables you to solve.
- ✓ Growing enables you to think.
- ✓ Growing enables you to reason.
- ✓ Growing enables you to feel.
- ✓ Growing enables you to be humble.
- ✓ Growing enables you to be simple.

POWER OF KNOWING:

- ❖ Knowing contributes believing.
- ❖ Knowing enriches your clarity.
- ❖ Knowing enriches your understanding.
- ❖ Knowing enriches your passion.
- ❖ Knowing enriches your learning.

- ❖ Knowing enriches your growing.
- ❖ Knowing enriches your evolution.
- ❖ Knowing enriches your fulfilment.
- ❖ Knowing enriches your contentment.
- ❖ Knowing enriches your higher consciousness.
- ❖ Knowing enriches your higher perspectives.

POWERS LIMITLESSNESS:

- Limitlessness enriches your life.
- Limitlessness promotes barrier free environment.
- Limitlessness empowers you.
- Limitlessness empowers your passion.
- Limitlessness empowers your growth.
- Limitlessness empowers evolution.
- Limitlessness empowers learning.
- Limitlessness empowers professionalism.
- Limitlessness empowers enjoyment.
- Limitlessness empowers problem solving.
- Limitlessness empowers rational thinking.
- Limitlessness empowers credibility.
- Limitlessness empowers reasoning ability.

POWERS OF CLARITY:

- ✓ Clarity promotes peace.
- ✓ Clarity promotes love.
- ✓ Clarity promotes joy.
- ✓ Clarity promotes fulfilment.
- ✓ Clarity promotes learning.
- ✓ Clarity promotes growing.
- ✓ Clarity promotes understanding.
- ✓ Clarity promotes knowing.

- ✓ Clarity promotes dignity.
- ✓ Clarity promotes prosperity.

WHAT YOU KNOW IS WHAT YOU HAVE:

- Knowing offers clarity.
- What you know is what you have.
- Knowing facilitates learning.
- Knowing creates your destiny.
- Knowing creates your today.
- Knowing creates your abilities.
- Knowing creates your potentialities.
- Knowing disputes believing.
- Knowing is absolute.
- Knowing is enriching.
- Knowing is fulfilling.
- Knowing is empowering.

POWERS OF POSITIVE THINKING:

- Positive thinking is enabling your spirit.
- Positive thinking is enabling your body.
- Positive thinking is enabling mind.
- Positive thinking promotes wisdom.
- Positive thinking promotes welfare.
- Positive thinking promotes wellbeing.
- Positive thinking promotes empowerment.
- Positive thinking promotes learning.
- Positive thinking promotes growing.
- Positive thinking promotes performance.

POWERS OF KNOWLEDGE:

- Knowledge is highly empowering.

- Knowledge is highly enabling.
- Knowledge is highly authentic.
- Knowledge is highly appreciated.
- Knowledge is highly admirable.
- Knowledge is highly powerful.
- Knowledge is highly adaptable.
- Knowledge is highly enriching.
- Knowledge is highly empowering.
- Knowledge is highly evolving.
- Knowledge is highly growing.
- Knowledge is highly scientific.
- Knowledge is highly spiritual.

POWER OF CONSCIOUS THOUGHT:

- ✓ Conscious thought promotes clarity.
- ✓ Conscious thought promotes awareness.
- ✓ Conscious thought promotes richness.
- ✓ Conscious thought promotes abundance.
- ✓ Conscious thought promotes clarity.
- ✓ Conscious thought promotes fulfilment.
- ✓ Conscious thought promotes peace.
- ✓ Conscious thought promotes love.
- ✓ Conscious thought promotes joy.

POWERS OF SPIRITUAL LITERACY:

- ❖ Spiritual literacy enriches your clarity.
- ❖ Spiritual literacy enriches your devotion.
- ❖ Spiritual literacy enriches your concentration.
- ❖ Spiritual literacy enriches your peace.
- ❖ Spiritual literacy enriches your love.
- ❖ Spiritual literacy enriches your joy.

- ❖ Spiritual literacy enriches your fulfilment.
- ❖ Spiritual literacy enriches your contentment.
- ❖ Spiritual literacy enriches your understanding.
- ❖ Spiritual literacy enriches your learning.
- ❖ Spiritual literacy enriches your evolution.
- ❖ Spiritual literacy enriches your growth.

POWER OF A CLEAR THOUGHT:

- Clear thought offers best understanding.
- Highest thought is divine.
- Clearest ideas are divine.
- Grandest experience is divine.
- Clear thought offers perfection.
- Clear thought offers clarity.
- Clear thought offers better understanding.
- Clear thought offers best performance.
- Clear thought offers best resilience.
- Clear thought offers best adjustment.

POWERS OF PAYING ATTENTION:

- Paying attention promotes love.
- Paying attention promotes focus.
- Paying attention promotes joy.
- Paying attention promotes fulfilment.
- Paying attention promotes contentment.
- Paying attention promotes peace.
- Paying attention promotes enrichment.
- Paying attention promotes ecstasy.
- Paying attention promotes excitement.
- Paying attention promotes sharing.
- Paying attention promotes caring.

NO GRIEF PLEASE:

- Let no one has the privilege of making you angry.
- Let no one put you down.
- Let no one put you into trouble
- Let no one be allowed to insult you.
- Let no one be allowed to have power over you.
- Let no one be allowed to limit you.
- Let no one be allowed to cheat you.
- Let no one be allowed to punish you.
- Let no one be allowed to harm you.
- Let no one be allowed to abuse you.
- Let no one be allowed to misuse you.
- Let no one be allowed to grieve you.
- Let no one be allowed to embarrass you.
- Let no one be allowed to impoverish you.
- Let no one be allowed to belittle you.
- Let no one be allowed to manipulate you.
- Let no one be allowed to offend you.
- Stay free with yourself.
- Stay safe with clarity.
- Stay safe with knowing.

NO IMPULSIVE ANGER PLEASE:

- ✓ Stay with right knowing.
- ✓ Stay with right clarity.
- ✓ No impulsive anger.
- ✓ Not to be aroused with anger.
- ✓ Not to aggress on self and others.
- ✓ Channel your anger into positivity through sensual energy.
- ✓ Channel your anger into smile.
- ✓ Channel your anger into humour.

- ✓ Channel your anger into laugh.
- ✓ Channel your anger into jokes.
- ✓ Channel your anger into listening.
- ✓ Channel your anger into hearing.
- ✓ Channel your anger into seeing.
- ✓ Channel your anger into writing.
- ✓ Channel your anger into reading.
- ✓ Channel your anger into painting.
- ✓ Channel your anger into drawing.
- ✓ Channel your anger into dancing.
- ✓ Channel your anger into acting.
- ✓ Choose freedom from anger.
- ✓ Choose freedom from agony.

YOU ARE HERE TO GIVE:

- ✓ You are here to gift.
- ✓ You are a gift to yourself.
- ✓ You are a gift to others.
- ✓ You are a gift to your kids.
- ✓ You are a gift to you parents.
- ✓ You are a gift to your friends.
- ✓ You are a gift to your neighbours.
- ✓ You are a gift to your country.
- ✓ You are a gift to your world.
- ✓ You are a gift to your universe.
- ✓ Give and get for, there is only one of us.
- ✓ Gift and receive for there is only of us in the room.
- ✓ Gift as we are all one.
- ✓ Receive as we are all one.
- ✓ Be a gift to those whose lives you touch.
- ✓ Be a gift to yourself.

- ✓ Be a gift to everybody.
- ✓ Be a gift to this planet earth.
- ✓ Be friendly.

BE AWESOME:

- Be lovely to self.
- Be lovely to others.
- Be lovely to your authorities.
- Be lovely to your colleagues.
- Be lovely to your friends.
- Be lovely to your neighbours.
- Be lovely to your students.
- Be lovely to your teachers.
- Be lovely to your children.
- Be lovely to your parents.
- Allow abundance into your life.
- Allow abundance into your wealth.
- Allow abundance into your health.
- Allow abundance into your nation.
- Allow abundance into your state.
- Allow abundance into your profession.
- Allow abundance into your parenting.
- Allow abundance into your passion.
- Be awesome human being.
- Be awesome messenger.
- Be an awesome mother.
- Be an awesome father.
- Be an awesome child.
- Be an awesome student.
- Be an awesome master.
- Be an awesome teacher.

POWERS OF SUPER SENSES:

- Senses allow you to perceive magnificence.
- Senses allow you to perceive beauty of self.
- Senses allow you to perceive nature.
- Senses allow you to perceive universe.
- Senses allow you to perceive beauty of life.
- Senses allow you to perceive time.
- Senses allow you to perceive timelessness.
- Senses allow you to perceive stars.
- Senses allow you to perceive galaxies.
- Senses allow you to perceive planets.
- Senses allow you to perceive fulfilment.
- Senses allow you to perceive contentment.
- Senses allow you to perceive peace.
- Senses allow you to perceive joy.
- Senses allow you to perceive feelings.
- Senses allow you to perceive happiness.
- Senses allow you to perceive satisfaction.
- Senses allow you to perceive anger.
- Senses allow you to perceive emotions.
- Senses allow you to perceive splendour.
- Senses allow you to perceive enlightenment.
- Senses allow you to perceive wealth.
- Senses allow you to perceive health.
- Senses allow you to perceive experiences.
- Senses allow you to perceive learning.
- Senses allow you to perceive growing.
- Senses allow you to perceive evolving.

POWERS OF SELF CONFIDENCE:

- ✓ Self confidence allows you to succeed.

- ✓ Self confidence adds to your joy and glory.
- ✓ Self confidence gives pleasure and happiness.
- ✓ Self confidence gives satisfaction.
- ✓ Self confidence gives fulfilment.
- ✓ Self confidence gives peace.
- ✓ Self confidence gives enrichment to your life.
- ✓ Self confidence gives support to self.
- ✓ Self confidence gives support to others.
- ✓ It gives immense self esteem.
- ✓ It gives immense self awakening.
- ✓ It gives immense self enlightenment.
- ✓ It gives immense self actualization.
- ✓ It gives immense self concept.
- ✓ It gives immense problem solving ability.
- ✓ It gives abundance.
- ✓ It offers manifestations.
- ✓ It promotes all round wellbeing.
- ✓ It promotes all round health awareness.
- ✓ It promotes wealth.
- ✓ It promotes prosperity.
- ✓ It promotes psychological wellness.
- ✓ It promotes physical wellness.
- ✓ It promotes emotional wellness.

POWERS OF THE SPIRIT:

- Spirit is limitless.
- Spirit enhances your awareness.
- Spiritual powers enrich your wellbeing.
- Spiritual powers enrich your fulfilment.
- Spiritual powers enrich your peace.
- Spiritual powers enrich your joy.

- Personal mastery enriches your self awareness.
- Personal mastery enriches your self fulfilment.
- Personal mastery enriches your self knowing.
- Personal mastery enriches your self reputation.

Promote empowering thoughts:

- Augment empowering thoughts.
- Positive, joyful, loving thoughts about self empower you.
- Have thoughts of fearlessness.
- Have thoughts of hope and joy.
- Have thoughts of good self esteem.
- Have thoughts of good self concept.
- Promote positive feelings in you.
- Promote positive thoughts in you.
- Promote positive actions in you.
- Promote positive emotions in you.

Love yourself awesomely:

- Love yourself unconditionally.
- Love yourself awesomely.
- Treat yourself as a divine persona.
- Treat yourself as an expert of sensory capabilities.
- Treat yourself royal persona.
- Love yourself as extraordinary persona.
- Make distinctions from persona and performances.
- Love yourself without judgement.
- Keep yourself away from negative people.

Find your own answers:

- ❖ Think deeply to find your own answers.
- ❖ There are limitless solutions for your problems.