

THE 7 STEPS OF SELF DISCOVERY AND HEALING

- 1) I am the creator of my own reality and the higher power I seek is within me.
- 2) I have the power within me to restore and heal my thoughts and my body to its original form and purpose for being;
- 3) I acknowledge that each decision I make is of my own free will and my own choice and I alone am responsible for the creation of all manifestations in my life;
- 4) Through my own discovery of who I really am and through the acknowledgment of my eternal nature, I understand there is no wrong, there is only vibrationally chosen experiences which always lead me to more opportunities for choosing.
- 5) In each moment, I have the ability to choose differently. As long as there is choice, there is hope and there is always choice.
- 6) In each moment, I am the perfect manifestation of my choices and I carry within me the opportunity to manifest myself mentally and physically in any way I choose.
- 7) I am an aspect of God. My inherent vibration is the healing vibration of pure love and is accessible to me through my focus upon it. As my awareness of who I really am expands, all things are possible.

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