

AWAKENINGS



HEALING heARTS Community Center

IS-YOUS



Mirror...mirror out in the world,
why are you so F...ED UP?

If you think you have issues with someone else because of them...think again. Any issue you have with someone else comes from within you.

Your issue with someone else reflect you.

Your issues IS-YOU!

If you want that is-you with someone or something else gone, you have to first rid yourself of the inner politicians (your thoughts) their policies (your perceptions, judgments, beliefs and expectations) and your policed state (repetitive limited actions).

In other words rid yourself of the false is-yous within your mind and heart and the is-yous in the world will fade away.

After all, it is one huge holographic (messages in empty space) projection for you to experience, grow (expand in consciousness) and master yourself.

Mastery of self doesn't mean controlling others. It means learning to control yourself...your mind, emotions, chakras...etc.

A wise sage once said,

“Go and sin no more!”

In other words, #1 be aware: catch your limiting, self defeating mental and emotional patterns and #2 stop them. There are tons of techniques out there to accomplish this. It really doesn't matter what you do or use as long as you just DO IT!

Your personal Self Mastery demands it. Otherwise, your mind and heart are a market place to the myriad pains and pleasures this world offers, and you will ride the Wheel of Life and Death forever.

NAMASTE

I honor that place in you
Where when you are in that place in you
and I am in that place in me
WE ARE ONE!

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Mind-Body-Spirit Alignment



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