


These are Suggestions I Feel will be most Helpful to Live.

6 Ways to get into your Golden Sacred Heart  & Feel the Love of Who You Are.

1. Laughter, youtube of Children Laughing, Animal Antics or watch some Funny Movies.
2. Dancing, Singing or Music that aligns with your Golden Sacred Heart.
3. Playing with Toys from Dollar Store or Toy Store.
4. Hold your Dog, Cat, Child or Loved One, next to your Golden Sacred Heart to Hug & Feel their Love for You & Yours for them.  
(When you choose to be in your Sacred Heart you are NOT in Fear, Time or Space, you are in Oneness like Children, Puppies & Kittens.)
5. Breathe Slowly & Mindfully. (This shifts you out of your Head & Fear & into your Golden Sacred Heart & Love.)
6. To be in Nature & enjoy its Beauty, Harmony, Balance, Wisdom & Tranquility.

To be your own Best Friend & to STOP ALL Judgement & Criticism of Self & Others.

5 Simple & Loving Choices Daily to be Living more than 51% of your Life as a Loved based Life, in your Golden Sacred Heart, Connected to you as The Heart of Creation, you as The Heart of Creator, to Be Home, in 5th Dimension, in your Golden Mastery & to be in your Divine Flow, where All is Provided Automatically.

1. Choose to Live in the Now Present Moment.
2. Choose to be Happy Now.
3. Choose Loving Choice that Allows you to Expand into more of Who You Really Are Now  
or
4. Choose Unloving, Fear based Choice which removes you from your Divine Flow & shrinks you from Being Who You Really Are.
5. Choose to Love Yourself Unconditionally & Unlimitedly Now.
6. Choose to Live your Most Expanded Loving Potential for this Lifetime.

Drink 1/2 your Body Weight in ounces a day in Water.

Water Hydrates you so you can Think More Clearly, have Less Fatigue & Less Pain.

You can tell your I AM Presence that you want the Aspect of your Soul, that has already lived what you are going thru or something similar & knows the solution to your issue, (state what that is for you). Ask this Aspect of your Soul, to join you in your Golden Sacred Heart & Guide you in whatever way Honors you & is aligned with your Golden Sacred Heart & your I AM Presence to live your most Expanded, Loving Potential for this Lifetime in Ease, Grace, Joy & you choose The Most Benevolent Outcome that Honors you & all involved or Something Even Better.

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