

# LIGHTEN UP ~

## A QUICK GUIDE

Remember that your Divine Being (Higher Self, Authentic Nature, True Presence, or whatever you name this to be) created your human being (lower self). This omniscient energy is at peace with everything you are and everything you do. It is always available and willing to provide assistance. It lives *within you* and connects you to the Universal Source.

Be sure to practice the following seven steps:

- **Witness your thoughts.** When you are aware that there is “someone” within that listens to what you are thinking and knows what you are feeling, you are connecting to your Divine Being.
- **Stop thinking about the past or the future.** You have the power to change your mind about what you think. Stay in your current experience which is the only place Divine Presence can be accessed.
- **Don't believe the limiting stories your lower mind tells you** about who you are and how your life will always be. (The lower mind has no power over the Higher mind of your Divine Being - unless you *allow* the lower mind to prevail.)
- **Give up trying to figure out how to change or fix your problems.** Forfeit doer-fixer behavior. At this point, if your lower mind hasn't found solutions for problems that have plagued your life, it never will.
- **Stay aware of your judgments.** Note your habit of labeling thoughts, feelings or anything in your life as good or bad. This keeps you stuck in polarities. (Your Divine Being never has a preference.) When you do judge, don't judge yourself for judging. Just allow your Divine Presence to infuse you with understanding and love.
- **Accept everything you think and feel.** Should you have trouble with this, just accept that you can't accept whatever you are thinking or feeling. (Acceptance prevents resistance and opens the door to your Divine Presence.)
- **Allow the Divine Being within to take care of your human being** (lower self). When you are experiencing shadow (negative) thoughts, feelings or events in your life, don't run from them. Just turn to your Divine Presence and ask that it provide the quality of Grace that your shadow thoughts and feelings need.