

A vertical photograph of a sunset over a vast sea of clouds. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. The clouds are illuminated from below, creating a warm, golden glow. The horizon line is visible in the lower third of the image, with a faint silhouette of land or mountains in the distance.

the
UNKNOWN SELF

Michael Cornell

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Foreword

All of us share the same desires for love, happiness, health and abundance yet for so many it can be a difficult journey of disenchantment and struggle to become all that they would truly like to be. Many aspects of our lives can be successful and fulfilling but deep within our inner beings is still a yearning to experience even greater joy and achievements from life.

The widely acclaimed and popular DVD 'The Secret' revealed truths about 'The Law Of Attraction', which created belief and opportunity for people to seek a greater life through the visualisation and creation of their desires. However many have found it very difficult to use their creative power successfully and it is for this reason that this book has now been published.

My own life has been one of continual learning and endeavors to find the key that unlocks the enormous power that exists within each and every one of us. I like so many others have experienced times when it has been difficult to overcome self-doubt and lack of self-esteem, which dramatically affects the richness of our lives.

A few years ago I was blessed with some wonderful insights into some of the truths of life but unfortunately it was at a time when I was not ready to follow that path.

More recently though, that truth has been irresistibly and powerfully channeled through me once again in the form of this book that answers questions about life and how to truly make our dreams become reality.

Through the exploration of the trials and tribulations of my own journey, it reveals how to discover the greatness that is within us all and how we can easily achieve all that we desire in life by connecting to the truth and power of our Unknown Self.

The missing key that I have always searched for is deeply embedded in 'The Plan Of Conscious Thoughts And Actions' that is revealed in wonderful detail and clarity within the pages of this book.

Since receiving and using this incredible insight, I now experience the exhilarating freedom to be able to express my life fearlessly with unlimited joy, creativity and self-belief.

I truly believe that whoever follows this plan will discover the wonderful talents, knowledge and greatness of their own true self as well as the remarkable power of their own creative mind.

Enjoy the journey and may your life be all that you desire it to be.

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Night of Despair

The night appeared to be painfully long as I battled with a tortured mind of sadness and regrets. Shattered dreams hung over me like a darkened cloud that followed me from room to room as I looked desperately for somewhere to hide from my terrifying thoughts of despair.

So deeply alone, even my beloved guitar that stared at me from the moonlit corner of my studio appeared as a stranger that mocked my ineptitude and failure.

'Fool, oh foolish you!' was the cry I heard piercing the silence of the night making my body tremble with fear.

I had lost everything, my dreams, my money, my relationship and my confidence to continue with life. Some of my friends had also lost money investing in my vision of a global Lifestyle Club.

I had let them all down with my inability to bring it to fruition and the flame of passion that once drove me was now totally extinguished. The only shining light I could hang onto was that even though my investors and associates throughout the World were disappointed, not one of them had laid blame, yet the burden of guilt was heavy in my heart.

As I huddled on a cold tiled floor, I closed my eyes and questioned where I had gone wrong.

The plan had been written in intricate detail, the desire and passion that engulfed me was powerful and my belief was steadfast, yet ultimately I had failed. How could a dream driven with the power of love inexplicably grind to a halt after such a promising and glorious beginning.

During my travels throughout the World, people had been drawn to my vision of a Club that united all nationalities and religious beliefs, encouraging members to aspire to their greatest potential regardless of age.

A Lifestyle Club that promoted creativity, entertainment, arts and music, self-growth and joy for life. It also had the wonderful potential to help millions of the under-privileged and unfortunate souls of our World.

Even Movie producers and Songwriters had been attracted to this message of love and yet the door to success had been forcibly slammed shut in my face.

As I sat alone, head in my hands feeling wretchedly sorry for myself, I was startled by a voice quietly calling me. I looked up and through the darkness saw a soft light surrounding an Indian Chief resplendent in feather headdress, standing tall and proud.

My first thoughts were of panic, that I had now finally flipped over the edge and totally lost my mind but somewhere locked in my memories his face seemed somehow familiar.

It was at this moment, I remembered that someone I had recently met who possessed wonderful psychic insight had passed on a message to me from whom she said was my Spiritual Guide, Chief Brave Heart. He had conveyed to her that one night as a child I had been frightened by his presence and had blocked him from being able to communicate with me ever since.

I had been intrigued by the message and when searching on the Internet, found a story of a Chief Brave Heart who united tribes. A very strange coincidence considering my dream had been developed to unite people from all nationalities.

So now I found myself mesmerised by a vision of an Indian Chief who looked at me with a face of compassion and kindness. I could feel my fear gradually ebbing from my body and being replaced with a sense of peace and tranquility.

What ensued during the rest of the night were visitations from many spiritual beings that answered my questions about life and how we can achieve great results in our endeavours.

When the Sun rose in the morning, I walked through my garden and felt inextricably connected with the joy and energy of nature.

I never told anyone about that night because I was still very fragile and did not possess any strength or confidence to pursue the knowledge I had been given.

Several years passed and even though keeping a keen interest in metaphysics and meditation, I kept myself firmly grounded to this Earth, too fearful to expose myself to that failure again.

My work as a songwriter and entrepreneur continued to be associated with love and relationships but over the last year, I have irresistibly felt compelled to utilise the information given to me that night to not only help myself but to also assist others to achieve their desires in life.

That knowledge has once again been powerfully channeled through me and is more defined in one particular plan of action that needs to be fully understood for the 'Law of Attraction' to work successfully. The DVD 'The Secret' has popularised the incredible power of the 'Law of Attraction' and many people now utilise it consciously to improve their lives.

Even back to the times of that despairing night, I had been a great believer in the power of the mind, spirituality and goal planning to turn my desires into reality.

The questions I asked so painfully that night have been answered more recently in the following manner and hopefully will be of some value in your own efforts in bringing all of your desires to reality.

Since my conversations with Spirit, I have now adopted the actions and renewed thinking outlined in the following pages into my life. The results have been remarkable and I am now enjoying a life of freedom, excitement and creativity.

These are the questions I asked and the answers I gratefully received.



Answers From Spirit

Who are you?

I am one of your Spirit Guides and a friend to your unknown self.

Who is my Unknown Self?

You are an embodiment of a precious, unique and powerful spirit of the Universe that is in harmony with all that has been created. That powerful spirit is your unknown self.

Why is it my Unknown Self?

When spirit enters the body, all recollection of higher life disappears and the journey of learning begins.

*H*ave you always been with me?

I along with many others since you first started your own journeys of life.

*A*re we truly having this conversation?

You have nothing to fear, because I come to you on your bidding. We have spoken many times in the past, but each time you have eventually chosen to take your own worldly path. The choice is yours of whether I stay or go.

*C*an you tell me why I am here in this World?

You have chosen to experience the earthly emotions of life and to ultimately reconnect to the source of your beginning.

*W*hat is the purpose of my Life?

The Universe is continually evolving from creation and expansion. Your thoughts play an important role in the creation process and are essential to its existence.

*W*hy are thoughts so important?

Thought is the first step in creation and without it, nothing would exist.

*H*ow do I create things?

You are already creating your life experiences with your own thoughts, desires, emotions and beliefs.

How does this work?

It is the natural process and duty of the Universe to obey your commands by attracting different experiences into your life that match your inner beliefs and desires.

Throughout time, the Universe has continued to evolve. Life that is unable to grow, adapt and change eventually becomes extinct.

The human forms are the higher caretakers of the Universe that are not only responsible to themselves but also to all other living energy and matter. Enormous power lies within every person born and re-born which will become more apparent to all as the soul evolves.

The challenge of life is to unite mind, body and spirit as one and then utilise that power to create unimaginable beauty.



*A*re you saying that we can create anything from thought?
Yes, anything!

*D*oes that include Wealth, Health and Happiness?
I will answer that question in three parts.

Wealth

In regard to Wealth, people will one day come to an understanding that within the Universe there is enormous abundance for all. It is only thoughts of limitation that create a delusion of scarcity. In fact in the future it will be second nature to create material wealth and will only require an insignificant amount of creative power.

Wealth as you know it now will be viewed very differently. Instead of being seen as a means of existence and social importance, it will become an expression of creativity of each individual's talents and gifts.

As part of the creation process, it is expected for everyone to use their power to bring abundance into their lives as a vehicle to grow and enjoy pleasurable emotions and experiences of life.

That power of wealth creation is within you right now!

Health

You have also asked about Health and it is important to understand that the natural state of the body is perfection. Your thinking and emotional states affect the balance and harmony of your energy.

If an imbalance occurs then that will manifest somewhere in the body in the form of disease or malfunction. The higher self may have even chosen this manifestation as a reminder and lesson for the earthly ego to look beyond and seek the higher ways of true self.

The process of evolution, re-birth and spiritual connection also retain hereditary body imbalances formed from past life thoughts that can keep reappearing in family birth lines.

The perception of these traits as illnesses can be reversed with changed thinking but requires the surrendering and renewal of the mind to the higher self.

Your wellness can be completely controlled by the state of your mind. Throughout history and even today, you can see evidence of self-healing, which are not miracles but in reality are acts of unquestionable faith!

Happiness

In reference to Happiness, you already possess an inner joy that is far and beyond any moments of mind perceived happiness.

Most people have experienced a fleeting glimpse of this inner euphoria and blissfulness at some stage of learning in their lives, when they have unknowingly connected to their truth.

Your true nature is pure, beautiful, powerful and compassionate, an energy of love that expands throughout the Universe.

Everyone is unique yet intricately connected to the source of life that radiates indescribable feelings of peace and belonging. This is where you belong and your challenge is to live your life as a reflection of this truth.

To connect and remain in this blissful realm you have to focus your mind deeply on happiness and the Universe will attract even more experiences of joy to you.

*I*s this called The Law Of Attraction?

Within the current evolutionary cycle, the level of consciousness is rising. Many souls are becoming aware of their creative power and true purpose of their journeys in life.

That creative power has become known as the Law Of Attraction, which is an important evolutionary process of Humankind.

*H*ow do we make The Law Of Attraction work in our lives?

Visualise deeply and daily on your desire, know your true self, believe totally and unshakably in your creative power and then feel the emotions and gratitude of having already received that gift.

Understand as well that you must be detailed and explicit in the description of your desire so that you can touch and feel it within your very being. Remember also to listen closely to the Universe and follow the directions that are given to you.

*W*hy did I fail in my dream to create a Global Lifestyle Club?

You didn't fail in fact you were highly successful in embodying many parts of this dream to reality.

Look at what you did achieve, not the unfinished work.

*H*ow can you say that when I let so many people down?

That question is actually your own deep seeded problem, which became one of the blockages in completing your vision because your primary goal was to achieve this dream for the benefit of others. Even now your concern is about other people with no reference to your own emotional experience to this outcome.

Your plan was detailed perfectly in every way except for the most important aspect, a clearly defined benefit for yourself with a self-belief that you were deserving of success.

*I*sn't that being selfish and too self-gratifying?

The most difficult challenge in life is to unconditionally love oneself.

There is no ego involved, only the higher knowledge that you are a precious, unique and powerful Being of the Universe that is in harmony with all that has been created.

Your duty is to be all that you can be, to expand your consciousness and create beautiful and wonderful experiences in your lifetime.

By not understanding and loving oneself unconditionally inhibits anyone from mastering control of their own life.

*W*hat do you mean by that?

Your dream was your own personal desire and although many people were attracted to your vision to help make it grow, it still required you to complete it.

As your vision grew, you began to look for other people to take control because you felt that they would be more qualified.

In doing so, your message to the Universe was of self-doubt in your own abilities to bring your vision to reality.

*S*urely, that was natural considering the vision of the Club was growing so rapidly?

If you cast your mind back, you didn't have to go searching for investors because they were actually brought to you.

In the beginning, there was an enormous power within you that was not only attracting people to your vision but was also opening many doors of opportunity. It had taken many sacrifices and over a year of your life working day and night to research, channel and complete your written plan.

Your obsession and belief in what you were about to launch into the World was the driving force required to make it successful. The Universe was obeying your desires and creating the path to make it reality.

All you had to do was to follow that path and the Higher Intelligence that was guiding you. The people who possessed gifts that were necessary to the implementation of your plan were being attracted to you, but you still had to maintain leadership of your dream.

*W*hen did I relinquish my dream?

You had just returned from a very successful overseas trip and had decided to celebrate New Year's Eve quietly at a beach with your partner.

Even though you were excited about the progress of your dream, you were also very concerned that people were treating you as someone special and different in life.

People listened to you and revered the words that you spoke about unity and love for the World.

They saw you as a spiritual messenger and looked to you for guidance and words of wisdom.

You had become very afraid of this responsibility and so you decided that night to share the leadership and authorship of your vision with many.

That decision was the beginning of the end for your dream.

*H*ow could I have continued to let people see me as someone I was not?

This was your greatest mistake because they were seeing you as someone you had actually become.

You were connected to the Higher Intelligence and so your words were of true Wisdom.

Having given permission to your unknown self to live within you, your actions were of higher understanding and compassion for all.

People saw the light of your true self, which you extinguished by your fear of being who you truly are. Your dream was one of great magnitude and higher consciousness that required leadership from that realm.

The Universe knew that this was necessary to give freedom to others to shine their own light.

Was this not what your dream was all about?

*Y*es, but was my dream too big to become reality?

There is not one thing that cannot be created by vision and thoughts.

All people are capable of achieving miracles as evidenced by the history of life.

It is the desire of the Universe for this to be so.

*S*urely I could have been helped more with my vision of a greater loving World?

The reason it didn't fully eventuate has already been given.

The Universe does not judge what is perceived as good or bad, it only follows 'The Law Of Attraction' Your mind has the ability to create not only peace and love but destruction and chaos as well.

The gift of choice is yours.

*A*re you saying that people who have created War and Persecution also used the Law Of Attraction?

Yes!

Their own deep beliefs in their visions and roles in life enacted the Law of Attraction to bring them to conclusion.

Regardless of the outcomes, you must try to fully understand that it is a Law for all and therefore has no judgment.

However in balance, the Law of Karma is an important aspect of the Law Of Attraction and consequently what people give they shall inevitably receive.

*W*here is the power of love then?

Love is the source of your being and it is through love that you have been given the immeasurable gift of choice within your Earth life. To be able to choose whom you want to be and what you want to achieve with no limitations is an act of unconditional love.

The strongest desire in all that are born is to love and to be loved. This is so, because everyone seeks the source of their beginning to once again experience the wonderful bliss of connection to true self.

*H*ow can we attract this love into our lives?

It is already within reach of everyone, but each Life Play sets the limitations on how much they think they deserve to receive and therefore how much they can give.

No one can give the rich fullness of love when they have not experienced it themselves.

To love truly has no limitations and asks for no return.

*W*hat do you mean by Life Play?

To begin life in this World, you must first create an identity of who you perceive yourself to be.

As a child you listen to parents, family, teachers and friends and from their teachings you form opinions about yourself and life. Their strengths and beliefs along with their fears and insecurities unknowingly become an intricate part of you.

All positive and negative comments about yourself are stored deeply within your mind regardless of where they come from. From this information you create your own life play in which you are the scriptwriter, producer and star actor.

As you can see, the power of creation is being implemented from the very early stages of your life as you develop who you think you are.

You form deep seeded beliefs of what you can and cannot do and then you live your life within these guidelines.

Your life play becomes the measure of your own self-esteem and controls the degree of how much love, wealth, health and happiness is attracted into your life.

*A*re you saying that who we think we are is just a delusion?

If everyone asked themselves this question then they would begin their true journey to self.

The delusion is undeniable yet is Humankind's greatest challenge to be able to expand and grow through this perception to experience the true power from within.

The light of knowledge is there for all to see but most are blind to their truth.

*I*s it possible to change our Life Play?

Your infinite goal of life is to remove the veil of delusion and become who you truly are.

It is not only possible but is actually your destiny to once again connect with your true being.

Without it, creation and expansion is limited. Each person who enters their true light paves the road for many others to grow and shine their own beauty throughout the World.

As this occurs more and more people are drawn to the light of truth and the expansion of the Universe grows with unlimited abundance and creativity.

You experienced this connection and the people who were drawn to you were beginning to see their own light and truth through your vision.

In the fullness of time their own light would have been a shining beacon for many others.

S let them down then in more ways than I thought?

My beautiful friend, the fear and lack of self-love that you felt that night are the challenges that all must overcome to find their unknown self.

Everyone is on a journey of self-discovery with many stumbling blocks along the way.

There are many paths that people can follow to seek their truth and your dream was just one of them. If someone is ready, then they will find the right path at the right time.

I only wanted you to understand how important it is for each and everyone to change the limitations of their own imaginary life play to one of unimaginable and incredible truth.

*W*hat do you mean by unimaginable and incredible truth?

You live in the realm of illusion and delusion, which is absolutely necessary for creation to take place.

The Universe is formed from energy and matter that is constantly changing with time and within each Universe is another Universe expanding and growing. What you can physically see within your own World is the illusion of countless imaginary life plays that are interacting with each other to fulfill their perceived reality.

Each life play is bound by the false perception of who they are and what they can do and as such contributes to the image of life, as you know it. This delusion is also reinforced by the boundaries and limitations of minds that have been programmed to perceive reality by the knowledge of other unopened minds.

From this you can understand the reluctance of your own mind to allow any changes of perception and belief, because you are challenging its own deep seeded knowledge of reality and existence.

Simply explained, you are part of an enormous play with billions of actors playing the imaginary roles that they have written for their lives. Some roles are greater and more fulfilling than others but all are important in the performance of the play.

The title of the play is, Life!

Throughout history, men and women have dared to dream and believe outside of the play and as their vision became reality for all, the play was expanded and so was the Universe. Unimaginable and incredible truth is the vision far beyond the mind limitations of the play of life.

Science, Medicine, Psychology, Technology and Philosophy are continually exploring the unimaginable truths attracting new perceptions of reality into the World.

The unimaginable and incredible truths are endless and only restrained by the limitations of imagination.

It is within this World you can express your life powerfully and creatively.

*A*re you saying that whatever we imagine will become reality?

Only if the image projected through your mind is seen and felt as being real within your whole being.

If you can feel it, touch it, see it, breathe it and own it, then it is real.

The delusion of scarcity and limitations denies people the permission to dream beyond their own life play. For someone who dares to expand their perceived role in life there are countless of others who will denounce their new life plan as being foolish and unrealistic.

This is the challenge of evolution.

*H*ow do we overcome this overwhelming resistance to change then?

As the mass levels of consciousness are increased then a new stage of life evolves.

This has been happening throughout history and what was once considered acceptable in the past is no longer tolerated in today's thinking.

As new beliefs of society are formed it expands the play of life for all. What was once impossible is now reality.

I understand that but how can we change our own lives?

Unveil your eyes and love yourself for the true being that you are.

Completely renew your mind with the absolute truth of self and express your life with unlimited creative imagination.

*I*sn't this difficult to do?

My eternal friend, I know why you ask this because since childhood you have fervently pursued the knowledge of life.

Through your early misinterpretation of the teachings written within many books of philosophy and religions you have denied yourself the very essence of inner truth. Many of the revered Masters of Life stand beside me now and are saddened by the veil that blinds many of their followers to truly understand their teachings and become the true creators of their own lives.

It is natural for people restrained by the limitations of their life play to seek guidance and knowledge from those they perceive as higher beings. Their personal connections to higher self radiated enormous love, power and awareness whereby they were able to create unimaginable and incredible events within the World.

Because of the history of their time, they performed miracles so that people would begin to seek the Kingdom of God and live their lives in harmony with Spirit and body. Yet all proclaimed that they were not to be revered, as they were only messengers and teachers of the higher knowledge of God or Spirit.

They also revealed that by following the paths of their knowledge, anyone could perform similar miracles and experience the fullness and richness of love from God.

Through their light and compassion they gave people the power and freedom to seek their own higher self, whom is intricately connected with the energy of the Universe or otherwise known as God. Spiritual awareness was very limited in those times of the past and so importance was placed on seeking spiritual connection far and above earthly material wealth.

As consciousness has been expanding the unveiled truth of these extraordinary life teachers is beginning to be revealed to all.

Your young age misunderstanding of their teachings became a deep belief within yourself that to attract wealth into your life would prevent you from experiencing spiritual life. Even though you later developed new understanding, that false belief was deeply buried within your sub-conscious and the Law of Attraction dutifully obeyed it.

The reason I have taken the time to explain this to you before answering your question is because it is very important for you to understand the processes of your mind and how powerful the beliefs held within control your life.

It is the destiny for everyone for their unknown self to become gloriously revealed but it requires a self-focused plan of 'Conscious Thoughts and Actions' to renew their minds with the unlimited abilities of higher knowledge.

Can you tell me what this plan is?

I can but before anyone embarks on their journey to self-discovery they must first allow themselves the freedom to be greater than their imaginary life play.

Fear of greatness is the major challenge for all to overcome.

You will remember a few years ago, a message from Spirit was given to you through a stranger that you had just met. The message was one of encouragement for you to continue the path that you had chosen but instead it filled you with fear and self-doubt.

Read that message once again with the absolute knowledge that I have given and you will have new understanding.

That message of love is for all that dare to break free from delusion into the world of unimaginable and incredible truth. To live within this world is to know no fear because it has no existence.

Message Of Love

You are an inspiration, you are a breath of fresh air
You spread your wings of love and express how
much you care
Your essence of Soul scattered for one and all to share
You are a Master of your race

Honour oneself, love yourself with infinite grace
Your quest unfolds before your eyes
Go forward, walk tall as you come face to face
With your Spirit which shall reveal all

Your soul ignites so bright
Grasp it enjoy the flight
Your final journey on this ground
So sacred, so profound

Live life for today, for tomorrow is in play
We love you, Michael
Our faith and courage is with you to stay
Our guiding hand leading the way

Walk brave and straight
And trust in your faith
Gracious riches awaits for you
At Earth's final gate

Beside Jesus, take your place
As you release from the human race
Your journey only now begins
As you throw all earthly embodiments to the wind

You are at home as one, the Infinite Father,
The Holy Son
Your heart, your soul, your whole being
Now at peace

Love, let go and release
For the Angels rejoice at your side
As God smiles on you with majestic pride
Welcome Home, Son.



I haven't read that message for years but I do see it now with new understanding.

The limitations of your life play fought vigorously against your true self who was being released to help fulfill your dream of empowerment for all.

Your own personal fear of greatness was in direct contrast to the philosophy of your Club for people to aspire to their greatest potential.

Can you see now why your dream was not completed?

*Y*es, my belief for myself didn't match my belief for others.

Exactly and this is why it is so important for you to know and love the unique and powerful spirit being that you truly are. To reveal your unknown self is to fully integrate with the truth and meaning of 'I AM'

To give is a natural process of the Universe but how can one give of something they do not possess themselves. All that one can give is that of what they believe, so by limiting your life play, you limit your gifts to others.

The delusion of scarcity and fear of greatness within Humankind contributes to the pain and suffering of many. To express yourself with inner love, confidence, self-belief, creativity and passion is an expression of your true self. Through these actions your unknown self becomes revealed and this becomes the greatest gift of all .

By recognizing your own light within, you allow others to seek and find their own. No greater gift can ever be given.

*W*ouldn't this be considered as being egotistical and over confident?

To feel the need to receive approval and love from others only anchors people to the limitations of their own delusional life plays and is the primary reason why self-enlightenment is so difficult.

People who battle with their own perceptions of self-identity or ego often project an image that is far more important than their actual inner belief about their own self worthiness. Because they always seek approval and re-assurance that their inflated image is real, their actions are seen as being egotistical.

However, to be your unknown self is to know the immeasurable love of the Universe and the connection to your inner truth.

To live as true self does not require an ego to be reinforced by approval of others because you already possess the higher knowledge and love of just being 'I AM'.

*W*hat do you mean by being 'I AM'?

As you will recall, I explained earlier that everyone from a very young age begins to create an identity of who they think they are.

By now you should fully understand that these are only false images of Self, created for each individual life play. If you had been taken away from your parents at an early age to a different environment, your perception of yourself and life would be far different to the one you have today.

Many known and unknown talents and gifts of your higher self would still be retained in both life plays but your self-esteem, confidence and belief in those talents could differ immensely.

By releasing your fear of greatness and allowing your higher self to be revealed relinquishes you of any responsibility to uphold your previous perception of yourself.

You are free to be, with no preconceived beliefs and limitations of who you are and as such you simply become 'I AM'

The consciousness of your connection to all and the truth of your existence is empowerment for you to paint your own masterpiece of life with flair, beauty and creativity.

 Can you tell me more about the life plan that you spoke of earlier?

My true friend, try not to be impatient because it has taken many years for you to form false beliefs about life and who you think you are.

You are already taking the first step of the plan by opening your mind to this knowledge of truth about Self. The plan will be revealed in its entirety but there are still questions that have not been asked that must be answered. Take the time now to absorb the information that you have received from our conversation and then come back to me.

I am back and have done as you asked.

Welcome once again, friend. Are there any questions that you want answered?

*Y*es, how do I know that I am actually receiving a message from the Universe?

I am glad that you have asked this question and I know that you would no longer be speaking to me, if you had not already found your own answer deep within your being.

When one hears the truth, there is a sense of belief, release and freedom. The knowledge of truth is revealed to all that seek it. and is shown in many different ways.

Some see it visually with dreams and images, others by a quiet voice in their mind and for others through their feelings. Those who are aware, find that their message is either confirmed by someone else or by an experience that is attracted to their life.

When receiving these messages, people are connected to their Higher Self and experience a feeling of inner peace, tranquility and power.

Within daydreams are messages of inner truth and the extraordinary potentials about self, but many of these are just discarded as wishful thinking by the limitations of their minds.

Messages through the Higher Self are generally best received when people are in their creative mode completely absorbed by their passion or when they are in a quiet time when their mind is resting.

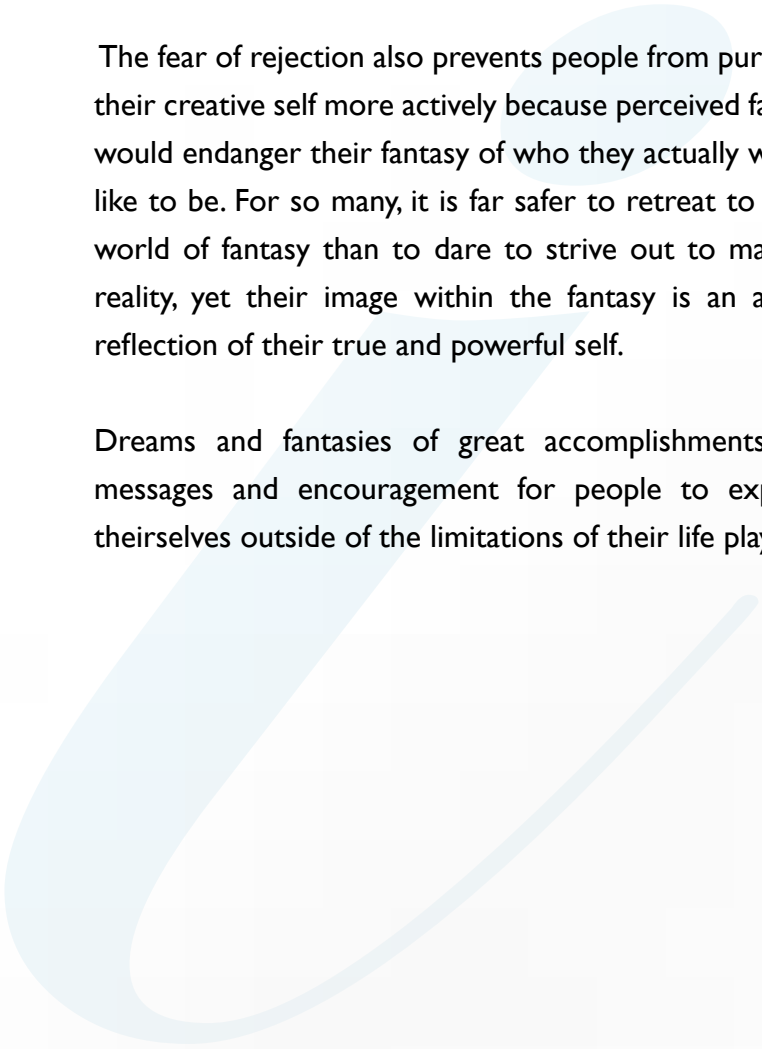
*W*hat do you mean by creative mode?

Every person has been gifted with unique talents of creation and expression. One of yours has been the gift of songwriting that you use to express your emotions of joy and sadness.

Creativity comes in many expressive forms such as writing, designing, dancing, music, sports, acting, building, crafts, painting, performing, teaching and countless others.

The creative mode opens the door to the brilliance and power of the higher self and is the pathway for everyone to discover who they truly are.

When people are creating they connect to their higher consciousness and channel their creativeness through their higher self. This connection fills their being with a sense of belonging and a joy in their endeavours. Regrettably for many, their creative desires may only become a part time pursuit because of their limited self-belief in their own abilities and talents to be able to sustain a living from their creativity.



The fear of rejection also prevents people from pursuing their creative self more actively because perceived failure would endanger their fantasy of who they actually would like to be. For so many, it is far safer to retreat to their world of fantasy than to dare to strive out to make it reality, yet their image within the fantasy is an actual reflection of their true and powerful self.

Dreams and fantasies of great accomplishments are messages and encouragement for people to express themselves outside of the limitations of their life play.

*A*re you saying that we can find our true self within our fantasies?

Yes, if the fantasy is created around a gift, vision or talent that is an intricate part of their own being and one that they feel very passionate about.

If they followed this passion then they would find their true purpose in life and ultimately the knowledge of their unknown self. The world of fantasy has no limitations or judgment and everyone has the freedom to visualise their dreams and aspirations becoming reality.

Within their fantasies they can see themselves as talented, powerful and confident people who achieve all that they pursue and through these visions they also experience the wonderful emotions of success, love and happiness.

This realm of imagination is where they can discover their true desires in life and the vision of who they truly are.

It is here that the Universe is guiding them to their true destiny.

*T*hat is incredible but how can it be?

Within your own fantasies you have seen yourself as a successful writer and performer of songs that bring joy to those who are in love and healing to those who are heartbroken.

Your fantasy World also reveals you as a powerful teacher of inner understanding and self-growth.

Through spirit, which has been confirmed by many other means, you have been told that your purpose in life is to be a Messenger of Love through your music and teachings, yet you keep denying your destiny by your own fear of greatness.

Your whole life has been one of attracting different emotions of love and heartbreak, so that you could create yet another greater song of emotional understanding.

From such a young age you have pursued the knowledge of life through books, teachers and spirit but have always searched for just one more illusive answer before you felt you had the qualifications to share your learning with others.

Your resistance to allowing yourself to be 'I AM' has denied not only yourself the richness of a wonderful and creative life, but also denied many others who may have heard your words and discovered their own true self and destiny.

Fear not the greatness of your true self but the delusion of your life play that limits your beliefs to be all that you are.

Does everyone have a fantasy of their true being?

Most people do but for some their life play of delusion is one of self-pity and unworthiness, which makes it very difficult for them to even connect to a dream of greater things.

Their negative thoughts will continue to attract even more experiences of perceived misery to their life to fulfill their limited perception of who they are.

Unfortunately, many live out their lives in darkness without ever finding any inner hope or vision of light.

Can they change?

Yes, the change often comes when they are at their darkest ebb and have nowhere else to go.

This is the time when they are more open to new learning, which can appear in the form of a helping hand or words of encouragement from someone who cares.

This can trigger a possibility of hope within their minds and gives them permission to dream of greater achievements for their life.

If they continue their path of learning to self-discovery, then their life will change with their new thoughts of self-belief and worthiness.

Homeless people who have been taken off the streets and then nurtured with love, self-belief and education have created great success within their lives.

I still find it incredible that our fantasies are messages from the Universe.

Your minds have been conditioned to believe that fantasies belong to the realm of wishful thinking and therefore are not real.

As such, minds do not perceive your fantasies as a challenge to their own programmed beliefs of reality and so it is not necessary for them to resist your thoughts of greatness.

This becomes the perfect place for your higher self to expand your consciousness and earthly ego.

Your fantasy world is actually your inner world of imagination and creation for your true self.

*I*s our mind the enemy of our truth then?

No, in fact it is your most powerful tool and friend that assists you in bringing every one of your subconscious and conscious desires to reality.

Your mind nourishes your body and tries to protect you from any perceived danger to yourself.

You are responsible for the programming of your mind by instilling beliefs about your own life play and it then dutifully obeys the directions it has been given.

If you wish your life play to be different, it will resist those changes because they challenge its own perception of your reality. This is why it can be so difficult for people to make permanent and lasting changes within their lives.

*I*s it possible to reprogram our minds?

Yes, by totally replacing the old self-belief system with a new one, which in essence means that you actually become re-born to the truth and beauty of your unknown self.

Throughout history many people have tried to accomplish this through various methods of meditation, religion, self-enlightenment, positive thinking or analysis of their belief system. Some have been successful but many have not because of their deep seeded beliefs that have resisted change.

It can be very difficult for people to actually visualise who they would like to be and to truly know their real desires in life. In the world of delusion most people focus on what they don't want in their lives and not on their actual desires and ambitions.

The inner world of fantasy and imagination is where people discover their true self and purpose in life.

 Can your plan help us to reprogram our minds?

Yes, many will find the plan of 'Conscious Thoughts and Actions' beneficial in revealing their Unknown Self and experiencing the true joy of living.

You are now ready to follow the steps necessary to help unveil your mind from your own delusion of self.

We will use your journey of life as an example to others of how they can re-connect to their Higher Self and become who they truly are.

Explanations will be given as we explore your path in the plan, which will enable others to follow and create their own life of abundance and freedom.

The Plan of Conscious Thoughts and Actions

All the steps of this plan must become an integral part of your everyday living until your unknown self is fully revealed and alive within all of your conscious thoughts and actions.



From Delusion to Truth

The first stage of the plan is to answer the following questions with the truth and knowledge that is within you.

Reflect on each question deeply before answering them within your mind.

It is absolutely necessary to be able to answer yes to all of these questions with total belief and faith before continuing with the plan.

If you feel any doubt or resistance to the truth of your answer, then read once again the transcript of our conversation to refresh and release your conscious mind with that higher knowledge.



Questions from Spirit

Do you fully understand and consciously believe that you are now ready to be reacquainted with the power and love of your true self?

Do you fully understand and consciously believe that your perception of who you are has been the result of the programming of your mind, which began when you were a very young child?

Do you fully understand and consciously believe that this perception of self is just a delusion and is not a true reflection of who you truly are?

Do you fully understand and consciously believe that to change your self-belief system will enact enormous changes in your life?

Do you fully understand and consciously believe that The Universe desires and encourages you to be all that you truly are?

Do you fully understand and consciously believe that all of your experiences in life are created by your own thoughts and belief system?

Do you fully understand and consciously believe that by revealing your true self, all of your desires and ambitions in life will become reality?

Do you fully understand and consciously believe that within your inner world of imagination and creation lives the real reflection of who you truly are?

Do you fully understand and consciously believe that your true self is a powerful being that is connected as one with the Universe?

Do you fully understand and consciously believe that it is the desire of the Universe for you to express yourself and your talents with unlimited imagination and creativity?

Do you fully understand and consciously believe in the freedom and power of just being 'I AM'?

Do you fully understand and consciously believe in the greatness of your true self?

You have now nearly completed stage one, but before we continue, tell me if you experienced any resistance of your own to answering any of these questions in the affirmative?

A little, but what you have told me holds more truth than my previous understanding of my life.

You have now embarked on an exciting journey of replacing your old beliefs with the knowledge of truth, but you will experience resistance each day until your mind understands that your new image of self is your true reality.

This plan will help you eventually overcome this resistance until it no longer exists but it is important to be vigilant in all your conscious thoughts and actions.

It is now time for you to write your 'I BELIEVE' statement from the questions above in the format I am showing you.

It is important for everyone to write this statement for themselves because whatever they think, say, write, read or do can become one of their own inner beliefs.

Once you have written this, it is important to read it time and time again until it becomes your absolute truth within your whole being.

I Believe

I believe that I am now ready to be reacquainted with the power and love of my true self.

I believe that my perception of who I am has been the result of the programming of my mind, which began when I was a very young child.

I believe that this perception of self is just a delusion and is not a true reflection of who I truly am.

I believe that to change my self-belief system will enact enormous changes in my life.

I believe that the Universe desires and encourages me to be all that I truly am.

I believe that all of my experiences in life are created by my own thoughts and belief system.

I Believe

I believe that by revealing my true self, all of my desires and ambitions in life will become reality.

I believe that within my inner world of imagination and fantasy lives the real reflection of who I truly am.

I believe that my true self is a powerful being that is connected as one with the Universe.

I believe that it is the desire of the Universe for me to express myself and my talents with unlimited imagination and creativity.

I believe in the freedom and power of just being 'I AM'

I believe in the greatness of my true self.



Discover Your True Self

Within this stage, you are going to be taken back to your inner world of imagination and creation.

Read all the instructions below and then enjoy your world of no limitations.

Be still inside, close your eyes and now enter your dream world of fantasy.

See the vision of yourself within this dream and soak in the feelings of empowerment and achievement that you experience in this realm of unlimited imagination and joy.

Explore once again the being of who you are and the peace of knowing yourself in this way.

Feel the love that surrounds you and the sense of eternal belonging that you are one with all.

Look at your accomplishments within this world that have become reality from the seeds of your inner desires.

See yourself in the beauty of your light with no fear or need for approval for you already have the blessing and love of the Universe. Time becomes irrelevant as you begin to understand and know the person that lives within this realm of dreams.

That person is your true higher self who longs to be as one with you in the outer world.

Merge yourself with their light and feel the power of truth unleashed within your being as you come to full realization that all that you have wanted to be, you already are.

Within both worlds, you now have the power and gracious permission from the Universe to express yourself with unlimited creativity and love for all.

Whatever you perceive as reality within this world will become reality in the outer world.

Be thankful for the power of your being and your gifts from the Universe.

Take your time and enjoy this beautiful time of acquainting yourself once again with the power and energy of your higher self. When you have finished come back to me.

I am back and I thank you

Welcome and I can see that your connection was as powerful as I expected it to be. For some it may take several visits until they are able to fully connect to the truth of their higher self.

By now you should know that your own fear of greatness has just been a delusion of self and because you have discovered higher understanding, your own gift to the Universe will be to live your life in all the fullness of your true being.

It is important that you keep returning regularly to your world of dreams so that your higher self can become an integral part of your everyday living.

Within this realm you replenish yourself with truth, belief and love and it is where you visualise your desires becoming reality.

This inner world is where you can experience the feelings and emotions of success and as such will help attract that reality into your outer world. Your connection to this world will also help your mind to begin to see this dream realm as being an essential truth of your own belief system about yourself.

Within your own inner world, you see your reflection as a successful songwriter, performer and teacher of inner awareness. This knowledge that you are receiving from me now would have been given to you earlier had you dared to follow your path of destiny as a teacher, but you chose to wait until you felt that you had become more qualified.

Your purpose in life has always been to spread love and healing through your music but you was unaware that you already possessed the gifts and talent to make this your outer world truth.

Not everyone will resonate with your own gifts of creation, which is understandable because all people are different, but within the world of billions, you will find millions who are in harmony with your own creative energy as you are with theirs.

When one lives as higher self, it is not necessary to seek approval from the outer world but only to express yourself from within with freedom and love.

It is important for all to understand that when people discover the true desires and ambitions of their higher self that they then take actions in the outer world to bring them to reality. The Universe will then guide and assist them in making all of their endeavours successful.

Their talents, knowledge and gifts will be expanded by higher self and their desires will be created just as easily as they are within their inner world of imagination and fantasy.

Always be aware that to reveal your unknown self is to give yourself the freedom to discover and expand all the wonderful gifts of creativity that is inherent within your higher-self nature. For everyone who enters their inner world of imagination and creation, they will discover their true self, purpose and desires in life.



STEP THREE

Declaration Of 'IAM'

It is time now for you to write your own IAM declaration, which will be necessary for all who follow the plan.

The truth of their IAM is revealed in their own inner world of imagination and creation.

We will write your own declaration together so that people can understand how to create their own with their own personal and wonderful truths.

I AM

I am Michael, an enlightened and powerful spirit of the Universe.

I am Michael, the creator of my own destiny.

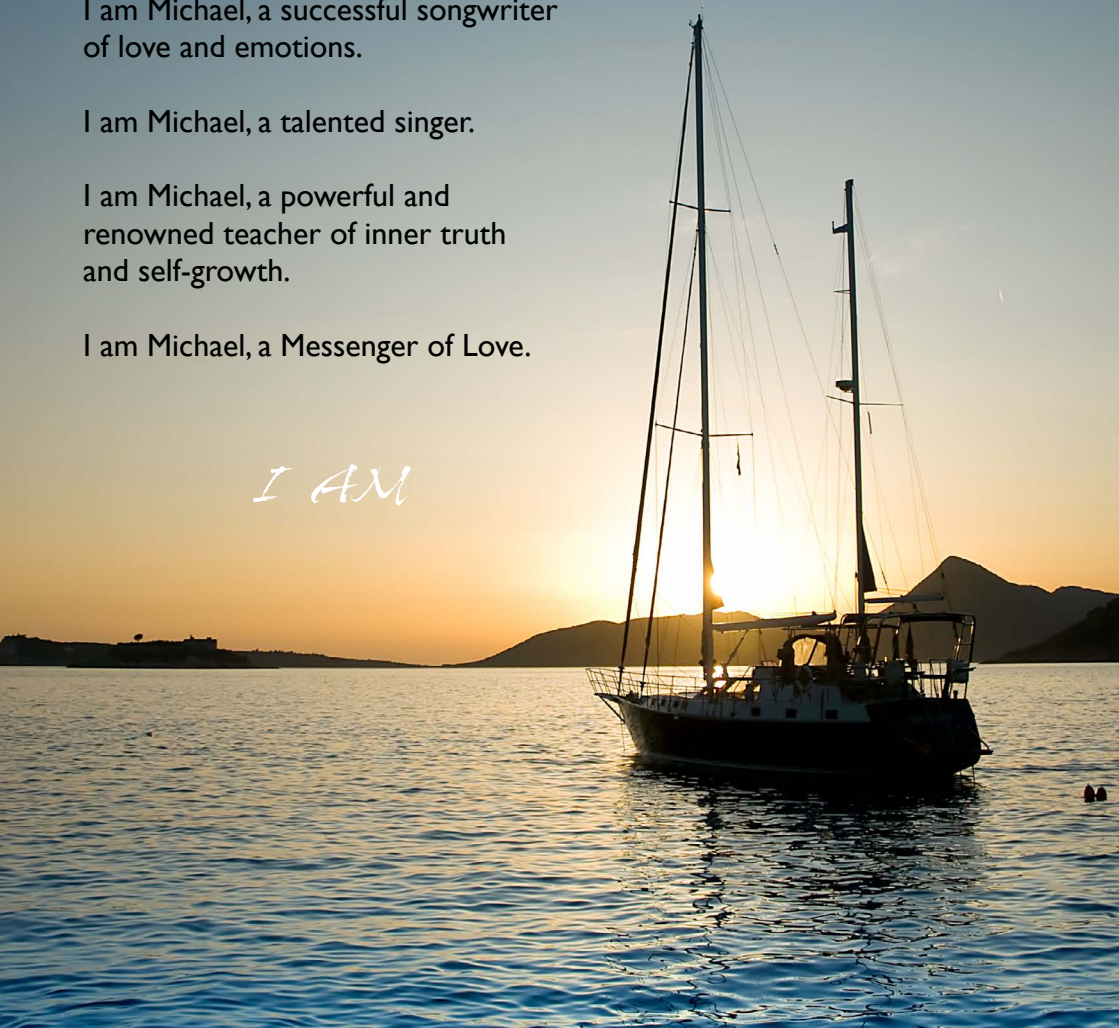
I am Michael, a successful songwriter of love and emotions.

I am Michael, a talented singer.

I am Michael, a powerful and renowned teacher of inner truth and self-growth.

I am Michael, a Messenger of Love.

I AM



From this you can already begin to see your image from your inner world becoming real within yourself. The first two lines will be the same for everyone but naturally the other statements will be of their own personal truth.

The declarations could also be about being a successful parent, partner, business proprietor, counselor, career person, artist or whatever else people see themselves to be in their inner world. Within this world they will receive guidance from the Universe to enlighten themselves to their higher self.

Everyone should memorise their own I AM declaration and recite it to themselves whenever resistance to truth appears. They can then also journey back to their world of imagination and replenish their minds and emotions with the successes they have achieved there.



STEP FOUR

Discover Your Higher Purpose Of Life

It is time now for you to write your purpose in life, which you have learnt from the knowledge of your inner world. You have also been given gifts to assist you in accomplishing your purpose and so you will write them down as well.

For the understanding of all, I will help you to write yours so that everyone can then explore their own higher purpose of life.

The reason I say higher purpose of life is that within all that are born is a deep desire to improve or better the world in some way. Some may feel a great compassion for people in the world who are hungry, or children who are abused, or the endangerment of the environment.

Whatever brings forth great compassion from within is linked with their own higher purpose of life.

Regardless of whether you feel powerless to enact this change, it must still be written.

The Higher Purpose Of Michael

The purpose of my journey in this lifetime is to open my mind to truth and love so that I can share that knowledge with all that seek it.

Through the knowledge that is given to me, I will encourage people to aspire to their greatest potential and live life to the fullest.

My passion is to unite people from all races and religious beliefs with one common belief, love for all.

The gift I have been given is my ability to explore and express my deepest emotions of joy and sadness through the songs I write.

My songs are messages of love and healing which are intricately connected with my higher purpose of life to help attract more love and compassion to our world.

As you can see, you have already taken many steps to bring your own higher purpose of life to reality. It has only been your fear of greatness through not knowing your true self that has stopped your progress to continue this journey.

For others they may not see any evidence yet within their lives of their higher purpose.

This is normal for many and should not be of any concern because as we continue with the plan the relevance of higher purpose will become apparent..

All that you need to know is that to be aware of your higher purpose is to be conscious of the reality of your higher self.



Connect With Nature

At every opportunity of every day allow yourself the joy to explore your true being within the very essence of nature and the Universe.

Take time out of your busy life to enjoy precious solitary moments in parks and gardens or lose yourself in a walk by a secluded riverside or beach. Focus consciously and inwardly on the beauty of trees, plants, flowers, sky and clouds as well as on all the gifts of nature that you see.

See the wondrous depth of their colours and the intricate patterns that they form and feel their energy and vibration of life interacting with your own.

Be still within and open your mind and heart to the sounds of birds, insects and animals and watch them intimately as they rejoice in their moment of life.

Free your spirit to soar high on the wings of birds, exalt your soul with the fragrance of nature and be exhilarated by the wonder and creativity of life.

On holidays seek the resonance of snow-capped mountains, rain forests, oceans, rivers, deserts or the incredible realm of untamed wilderness.

Become fully conscious of your connection with nature and you will be as one with your higher self and the true greatness of your own being.



As you go about your life, observe and feel a belonging to the incredible creativity and greatness of Human Beings.

The wonders of technology, electricity, telephones, skyscrapers, architecture and buildings, vehicles of the road and air, parks and gardens, home and office appliances, space travel, paper, pens, furniture, arts and music, in fact every creation that you see and hear apart from nature has started from the thoughts and imagination of minds.

What was once considered impossible in earlier decades is now the reality of today and what is considered impossible for tomorrow will one day be taken for granted as having always existed.

The inherent nature of Humankind is to create, improve and expand the world but the discovery of new knowledge can also bring unknown and adverse affects to the environment and the balance of the Universe.

This is a natural progression of learning and history has shown that as new vision takes shape, the challenges presented will be overcome.

To be conscious of the greatness and power of Humankind is to be aware of the greatness that lives within your own being, because no one has been born greater or lesser than another.

Feel this power within your own life and express yourself with the joy of life.

Admire and encourage the greatness in your children, family and friends with understanding and compassion that all are on their own journey to self-discovery and may falter at times because of the limitations of their own life play.

Judge not the perceived weaknesses of others but focus entirely on the individual strengths and talents that are inherent in all.

Because of your new understanding you are now experiencing the love and self esteem of true self and through this you will be able to share that higher realm of love with others.

Make every one of your conscious thoughts and actions be of those of your higher self that has unlimited compassion, power, love and creativity.

The important thing to remember from this stage of the plan is that all the great inventions and achievements of human beings have begun from the inner world of imagination and creation.

Be confident that the truth of your reality and power lies within this inner world.



STEP SEVEN

Discover Your True Desires And Express Your Creative Self

Each step that you are taking is gradually transferring the reality of your inner world to your outer world and with that comes the wonderful confidence to be able to express who you truly are.

Take some time now to enter your inner world of imagination and creation to observe closely the person you see in there. Is that person an image of your old self or do you appear different physically? Are you looking healthier and more attractive within this world?

Explore further into your world of inner truth and see your fantastic house and car of your dreams. Walk through your beautiful home and observe the wonderful decor and furnishings that are a reflection of your own creativity.

Touch and feel them, then spread out in the luxury of your dream bed and experience the fantastic emotions of knowing that what you see is truly yours.

Visualise your family and friends enjoying the comforts and welcoming vibrations of your dream home. Relax in your garden that is glorious in its conception, your own sanctuary of peace and tranquility. Reflect on the design and style of your home, the colouring and texture of the outside walls, the balconies or french doors that lead to your stunning outside entertainment area complete with swimming pool.

Whatever your mind perceives as the image of your dream home, bring it to life by knowing it intimately with every aspect completed with fine detail.

When you look at the view from your home, do you see majestic mountains or the green fields of the country or maybe a river alive with sailing yachts? Do you see the vast magnificence of the ocean or perhaps other homes that are all part of your wonderful neighborhood community?

Explore your inner world to discover exactly what truly resonates with your creative soul such as the style and colour of your dream car, boat or any other inner desire of your true self.

Experience the joy of living with these desires in your inner world, the exhilaration of driving your car or the freedom of sailing your boat on white crested waves.

If you have never allowed yourself the luxury to know your true desires, then start exploring and discover what lifts your spirit and makes you feel abundantly alive.

Look enthusiastically at homes, cars, boats and any other desires you may have and then recognise within yourself what is deeply attracted to your own creative self. Study these attractions closely, being fully aware of their design, colours, performance and appearance.

Once this is completed, your own masterpiece of life is ready to be painted on the canvas of your mind in every wonderful and intricate detail.

That canvas of life will then become your truth within your own inner world of imagination and creation.

You will live and breathe it consciously every moment of every day until it becomes the reality of your outer world.

Remember that this is the truth of your higher self and there are no limitations to what can be attracted into your life.

Large dreams attract large results and small dreams attract small results, which can be evidenced by the limitations of many peoples' own life plays.

All that remains to complete this stage of the plan is to start living your reality of self in the outer world.

Within the truth that you can now see for your life, express your re-born and confident new being in the presentation of yourself. Dress yourself with clothes that make you feel attractive and confident in whom you are.

Live your life through your actions and thoughts of already having attracted your desires to reality.

Treat yourself to luxuries in the knowledge that you are a person who already lives in the realm of unlimited abundance.

Look after your physical appearance and health so that your body reflects the truth of your inner power and attractiveness.

Live, laugh, be happy and rejoice in the blissful feelings and excitement of revealing your unknown self to the world. Never have fear in pursuing and creating all that you want in life for greatness is the true destiny of all.

Be confident and trusting that the Universe is your partner in creating unimaginable and incredible truths through the power of your own creative mind.



Follow Your Higher Purpose

In step Four, we discovered that there is a true higher purpose of life for all. It is important now for everyone who is on the path to self-discovery to devote a small part of their time, talents and resources to their greatest compassion.

Contact an organisation that shares your same compassion and volunteer your services to their vision.

In doing so, your unknown self will be revealed in a greater light and you will find enormous inner joy, satisfaction and contentment in the giving of yourself to the betterment of the world. The Universe will guide you to your own unique and precious gifts that you have been graciously given to help enhance and improve the lives of many people.



STEP NINE

Be Thankful For All That You Receive

From the very first moment that you awaken, open your mind to the consciousness of your true self. Feel the joy and exhilaration of life and the expectation of a new wonderful day of indescribable happiness.

Focus your mind on your inner world of imagination and creation and give thanks for all the gifts that you have received and are about to receive.

Each day is a beginning of a new lifetime, so look forward to it with enthusiasm and excitement that it will bring all that you desire.

Know within yourself that any task that is presented to you today, regardless of whether it may seem insignificant or laborious will be undertaken with the love and greatness of your true being.

As the day evolves stay centered on the happiness that abounds within you and be conscious of your blessings.

When you retire at night, reflect on the gifts and joy that you have received and be thankful for yet another day of life created from your own beautiful world of imagination and creation.



Be Conscious Of All Thoughts And Actions

The final stage of the plan is to remain conscious of your thoughts and actions at all times.

Be instantly aware if self-doubt or fear enters your mind or body because these are just delusions created from your previous life play of limitations. This will occur quite regularly in the early stages of your journey but will diminish as your higher self becomes more fully revealed.

When you experience any of these feelings, immediately focus your mind on the truth of your own inner world. Feel once again the joy of connection to your true self and the power and greatness that is within you. Quietly reinforce your mind with your 'I Am' declaration and the reality of your new inner beliefs.

Remember that your focus and beliefs attract that experience to you regardless of whether you consider it beneficial or damaging to your life.

If you previously experienced fear of not having any money, then your deepest thoughts would have been focused on limitation and the Universe would have fulfilled that belief.

This is why it is so important to be conscious of your thoughts, actions and feelings at all times, so if fear or doubt does appear, it is immediately replaced with thoughts of abundance and truth of your higher self.

As your thoughts, beliefs and actions change so do the experiences that are attracted to your life.

Never allow yourself to dwell on thoughts of your past but only on the truth of knowing the greatness and power of your higher being.

*This completes the
Plan Of Conscious Thoughts And Actions.*

Summary of Plan

I will now take the time to refresh your mind with the steps of your new journey to true self.

Step 1 - From Delusion to Truth

Study the questions from the Universe and from your answers write your new 'I Believe' statement. Read, focus and absorb your new beliefs each day and night until they become an integral part of your true being and conscious thinking.

Step 2 - Discover Your True Self

Discover the greatness of your true self within your inner world of imagination and feel the blissful connection to your higher self.

Trust and believe that whatever you perceive as reality about yourself and your achievements within this inner world will become your true reality in the outer world.

Step 3 - Declaration Of 'I AM'

Write your new 'I AM' declaration from the knowledge that you have received from your inner world. Memorise your declaration and repeat it to yourself whenever resistance to your truth becomes apparent.

Step 4 - Discover Your Higher Purpose Of Life

Within your inner world, ask yourself what would you do to help the world if you had the power to enact it. Look deep within for your greatest compassion and then write down your higher purpose of life.

Step 5 - Connect With Nature

Connect with the power and love of your higher self by enjoying the beauty, tranquility and wonder of nature each day.

Step 6 - Recognise The Greatness Of Humankind & Yourself

Admire the achievements of human beings and understand the potential and truth of greatness that is inherent in everyone including yourself.

Step 7 - Discover Your True Desires & Express Your Creative Self

Discover and paint the canvas of your life's desires within your inner world of imagination and creation. Enjoy the freedom to express the uniqueness of your true self in the outer world with joy and creativity.

Step 8 - Follow Your Higher Purpose

Begin the journey of higher purpose with small steps to discover the gifts and compassion of your true self.

Step 9 - Be Thankful For All That You Receive

From morning to night, always be thankful for the gifts that you have received and for those that are on their way.

Enjoy and live each day as a wonderful lifetime and be excited by the power and creativeness of your true self.

Step 10 - Be Conscious Of All Thoughts And Actions

If fear or self-doubt enters your mind, immediately focus your thoughts on the truth of your inner world. Your mind will learn to see this as your new self- belief system and will then assist you in attracting all that you desire effortlessly into your life.

As you can see, each step leads to higher understanding about the greatness and power of your true self.

As you introduce these steps into your life, be confident that this is your absolute truth and no longer will you need to live through your life play of delusion and limitations.

Conclusion

For all that follow this plan, I urge them to read and re-read the transcript of our conversation so that this knowledge becomes their only truth. With this understanding and belief, their journey to self will be accomplished and all that they desire in life will be truly theirs.

It is the desire of the Universe for everyone to shine their light of greatness and create unimaginable and incredible truths within their lives. Always remember that when one discovers and reveals their unknown self, all is possible.

Now that we have completed the plan, do you have any questions?

No, I only can say how thankful I am for receiving this remarkable insight.

The information I have given is the same truth that has been revealed throughout history and is just another path that people can use on their own journey to self-enlightenment.

Be guided by the Universe and you will be shown the best way to share and teach the truth of this information. Follow the plan to achieve your own higher purpose of life and allow the seeds of greatness to grow within you. Your light will then allow others to shine their own in the full glory of their true self.

It is now time for me to leave but we will talk again many more times in the future.

Peace and love to you and to everyone else that has embarked on their own exciting journey of revealing the true greatness and power of their Unknown Self.

A cosmic scene featuring a large blue planet with white clouds in the upper left, a smaller moon-like object in the upper center, and a bright sun on the right horizon casting a golden glow over a curved surface. The background is a dark blue sky with wispy clouds.

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