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Life  
Cards  
Bonuses



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Getting a cold? Everyone around you  
has a cold? Just don't accept it.

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Everything is Energy. It's not about having or not having it, it's about how you use it.

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How you do anything is how you do everything.

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We are not always aware that there are other ways of thinking, other ways of looking at something, that we can believe something different than what we have been told. So, if a belief isn't serving your highest interest or the best interests of the world, maybe it should be re-evaluated.

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Relieve discomfort from bad food choices by walking until it passes. Walking moves the abdominal muscles which will help move the flatulence through faster. Then learn from it and chose more wisely next time.

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The connection between organization and deepening our awareness of all aspects of ourselves is that the state of our outer life is a reflection of the state of our inner life.

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The *now* is what makes a difference.  
The past is done. What you do today  
makes your future.



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Imagine your favorite colour washing all through your body. Doesn't that feel good?!

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Ego is not a bad thing. Ego has a purpose. The problem is what we have been teaching Ego. Garbage in – Garbage out. If we teach ourselves to operate from a state of Love rather than fear then our ego will help, nurture, and protect us from a state of love. If we teach fear, greed, etc.

then that is what ego learns and what it's base becomes. Ego is just a tool, the same as the intellect, and the body.

They are some of our tools to use in this world.

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Your understanding of what you need will change over time. What you want will change over time but not nearly as much as you think it will.

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When washing your hands put your jewellery in your pockets not on the counter. You will be less likely to forget it or lose it.

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You are still cleaning up the past (even yesterday's stuff) because you haven't cleaned up your past mind-set, and you haven't changed that mind-set so you keep recreating the past and having to clean it up.

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The starting point in anything is  
distinguishing between what enhances  
life from what leads to death.

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All That Is never gives us more than we can handle or accomplish. *We* also never give ourselves more than we can handle or accomplish.

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Treat others as you want to be treated, in thought, speech, and action. So pay attention to what you are thinking about others and what you are saying about others because it is true, the same will come back to you.



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What you really want is happiness. So, do the things that make you happy. That sounds simple, but it is not what you think it is. Take for example, you think it will make you happy to see your daughter married. Nope. What you really want is probably for your daughter to be happy, the marriage part is societies' idea. But, we are talking about you, her happiness isn't going to make you happy, it just relieves one of your perceived responsibilities. So back to you, what makes *you* happy? Maybe it's just looking out your window and seeing the beauty of nature. Maybe it is being of service to others just because you truly love people not because your church says you should. Maybe it is going to work every day because you love the actual work and the people you

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get to meet each day. See, happiness has nothing to do with stuff, happiness has nothing to do with money, and happiness has nothing to do with should do. Happiness is first and foremost a state of being. It is not relative. Happiness is not dependent on *anything*. That is why you sometimes just feel inexplicably happy. Someone asks “Why are you so happy?” and you say “I don't know.” That is because happiness just is, it is our natural state. It is always in us, ready to be accessed no matter what our outer circumstances, no matter what is going on around us. Try it on. See what it's like to let yourself feel it for a scant 3 minutes today. How about for just 2 seconds between doing this and doing that.

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How to relax: Say to yourself “Relax scalp. Relax brain.”

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Change your mental chatter to positive chatter. For example, when doing housework I used to think to myself how I didn't like this or that and this is broken, etc., etc. Then I decided to pay attention to what I was thinking and as I was doing housework I thought about how much I like this thing and how that thing serves me and thanked them for being in my life to help me. Guess what, more things that I liked started showing up in my life right away.

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Brain please function in harmony and unity in the highest and best way for me. Thank you.

You are asking both sides of your brain to work together for your highest good.

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All That Is thank you for giving me your truth about \_\_\_\_\_. Thank you, thank you, thank you.

When you want the highest truth about anything ask the highest source. If you just ask for the truth you will most likely receive your truth at that moment or someone else's truth.

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How to pray. This is in the cards already but it seems we need to be reminded.  
All That Is thank you for \_\_\_\_\_.  
Thank you, thank you, thank you.

Really, say thank you for whatever it is you want. Nothing is too big or too small or too trivial. All That Is wants us to ask for the really big stuff also and that is what this one is about. We are being asked to pray for the major things like world peace, compassion, love, truth, and all that will bring truth and light to humanity and the world. Everyone already knows what is right and what is needed, so ask for that every day.

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Stop using other people's energy.  
The first step is to connect as per  
Card 2.

The second step is to say: Body, please  
use only energy provided by All That Is.  
Thank you.



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Say the truth (even when it is uncomfortable to do so or you are afraid to do so). If you don't know what words to use say: All That Is thank you for giving me the words to speak your truth. Thank you, thank you, thank you.

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