



Accessing Our Divine Power

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Index

Introduction

Exercise 1: Protecting Our Own True Nature

Exercise 2: Getting it Right

Exercise 3: Faith

Exercise 4: Health

Exercise 5: Closing Exercise

Summary

Using Feelings as a Way to Divinity

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Introduction

Our divinity establishes a sacred shield of positive forces that negative forces simply cannot destroy.

Most of us are not aware of how divine we really are. We do not think enough of ourselves to believe that we are special, unique, deserving and divine. When in truth, we all have the divinity gene within us – we just have to awaken and access it.

When we are not in touch with our greatness and grandeur, we just go to sleep. Our society has been referred to as the “walking dead”. We are so overwhelmed with all the negativity, violence and corruption; therefore we enter into feelings of helplessness, discouragement, and disappointment. As this happens, our ego starts to really rear its head, and we start on a downward spiral of all the emotions that keep us from our divine power.

As adults, each and every one of us is a leader of something, somewhere. We decide what we eat, where we go, who we see and how we feel. These decisions create our heavenly rise or our horrible fall. If we decide to eat bad foods, go to bad places, be with low energy people, we will ultimately end up focusing only on our negative feelings. And these negative feelings take us farther away from our divinity.

Divinity is maintained through positivity, enthusiasm, and willingness. The moment we are pessimistic or close-minded, we enter into lethargy and hopelessness. Our divine spark becomes a pilot light, and we lose a belief in ourselves.

When we are one with our own unique divinity, we rarely feel hopeless. We function at a different level of understanding. Though we cannot escape problems and difficulties, while living in this world, we become much more adept in dealing with them. We learn to accept that there are so many things we cannot control. However, we also know that we have the power to insert a mindful solution to the situation, and that, in itself, is a statement of our control.

To be involved, we must be evolved. If we allow ourselves to be swayed by all the negativity and ego-driven madness, our divinity becomes swallowed up and is choked. Every minute of every day, we decide whether to live in divinity or in darkness. We must come to realize that the choice is always ours.

Exercise 1

Protecting Our Own True Nature

As we work towards divinity, we become more purified. It is here that we move our energies from the lower realities into a higher way of thinking and being. We relinquish all ego identity beliefs and in doing so, we protect our own true nature.

Study the suggestions below, mark yes or no. If yes, how; if no, make a plan as to how you will integrate this more into your life.

I balance my giving and my receiving. Y__N__

I commit to my personal empowerment. Y__N__

I correct myself when I make mistakes. Y__N__

I develop non-attachment to outcomes. Y__N__

I hold fast to my integrity and morals. Y__N__

I identify what is an illusion and what is real. Y__N__

I constantly search for the truth.

Y___N___

I spread the spirit of unity and understanding.

Y___N___

I do not judge what is different from me.

Y___N___

I can get angry, but I never get mean.

Y___N___

I forgive myself and others.

Y___N___

I hesitate to make certain that all my intentions are good.

Y___N___

I do not gossip, as it harming to another and harmful to myself. Y___N___

Exercise 2

Getting it Right

We all want to make it through life with success, or some sense that we did it right. But what really is ‘doing it right’? Doing it right promotes the development of our own personal power and divinity. It is not about anything material, or something or someone outside of ourselves. Getting it *really* right must dwell within our own being.

Study the “being wisdoms” below. If you struggle with one, make a plan as how to develop that wisdom.

Being accountable is the greatest homage we can pay to ourselves.

Being apologetic is a necessity for our soul; however, over-apologizing is a nuisance to our divinity.

Being conscious is keeping our hearts aligned and our minds refined.

Being bold eliminates the worst statements of ‘it might have been’ or ‘it should have been’ or ‘it could have been’.

Being committed is what yeast is to bread – nothing can rise without it.

Being connected to our divinity is like electricity, ever present, but we have to plug in to receive its glorious benefits.

Being courageous is not blindly overlooking that which is dangerous, but in studying it, deciding to conquer it or avoid it.

Being focused transforms our limited thought forms into our unlimited potential.

Being free is birthed from our internal independence.

Being grateful is a powerful force that repairs, replenishes and revitalizes.

Being happy is usually the result of circumstances, but true happiness endures in spite of circumstances.

Exercise 3

Faith

Some have faith based on religion, some have faith based on Mother Earth, some have faith based on the Universe, some have faith based on their own experiences of mystical mysteries and some have faith based on science. It does not matter where we derive our faith from, it only matters that we have it. Faith connects us to limitlessness, to something outside of ourselves that is much bigger than us and yet, many times, unknown. Though, it cannot be explained, it must be explored.

Faith, no matter from where it births from, keeps us optimistic, even under the most trying circumstances. It has been proven that it helps transmute fear, depression, despair, anxiety and doubt. When feeling some kind of faith, our third-dimensional mind chatter starts to quiet, and our divinity starts to quicken.

Study the quotes below. Mark what resonates with you and how. Mark what does not resonate with you and why.

___ Faith is our partner that helps us feel calm, no matter the defeat.

___ Faith is the prompter for the trying – not the winning.

___ Faith is the funding for our personality's quietude.

___ Faith is the eradicator of impatience.

____ Faith is knowing that what is seen is usually based on what is not seen.

____ Faith is the vehicle to believing that our prayers will be answered.

____ Faith is a victory over forces of ego and arrogance.

____ Faith is the highway to an exciting way of life, instead of just existing.

____ Faith is the realization that nothing has to go right for us to be peaceful.

____ Faith is the protector of dreams.

____ Faith is the wonder that transform our lives utterly.

____ Faith is the gateway for heaven and the universal energies to reach earth.

____ Faith is knowing that though 'everything is for the best' is not truth, we can still make the best of everything.

____ Faith is the infusion of power that helps us accept what we cannot control.

____ Faith is the harbinger of hope.

____ Faith is sustained through the almighty three: love, light and laws.

____ Faith is not based on an ignorance; it is based on an innocence.

And last but not least

____ Blind Faith keeps us from viewing situations diligently and truthfully.

Exercise 4

Health

Our divinity is also very good for our health. When we rise our thoughts and feelings to a higher sense of being and seeing, our bodies respond immediately. There are so many studies where it has been proven that health comes more easily to those who are truthful, giving, loving, kind, compassionate and of service to others.

Things are what we think they will be, we are what we think we are; therefore it behooves us to be or become a higher thinker. Our divine thoughts, emotions, and actions are the best illness preventers that exist today. And should poor health come our way, our divine thoughts will surely help us through, as medicine alone, cannot heal us. It has been studied and proven that the kinder we are, the better we will feel. Our good deeds have the ability and power to help us avoid illness and help us heal faster.

So it is clear to say that our body reacts incredibly when we think, feel and act in a divine and nurturing way.

Study the 'I AM' statements below.

The phrase 'I AM' is connected to our divine self.

Answer them honestly with yes or no. If yes, how; if no, how will you incorporate that more into your life or change them.

I am treasuring my personal space.

Y___N___

I am respectful of other people's space.

Y___N___

I am enjoying my work.

Y___N___

I am trustworthy and honest.

Y__N__

I am openly loving.

Y__N__

I am of service to others.

Y__N__

I am invested in my health.

Y__N__

I am a believer in miracles.

Y__N__

I am yearning and striving for peace.

Y___N___

I am conscious of eating well.

Y___N___

I am nurturing and caring.

Y___N___

I am discerning about who and what I let into my life.

Y___N___

I am devoted to my well-being, and the well-being of others.

Y___N___

I am constantly searching for the all-truth.

Y___N___

I am revering of nature and animals.

Y___N___

I am demonstrating wisdom where there is ignorance.

Y___N___

I am a beholder of love.

Y___N___

Exercise 5

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?

Summary

It is believed that divine presences are not silent, it is humanity that is not listening. Miracles do in fact happen, we just have to believe in them and act in accordance with the divine laws of nature. They are birthed from our expanded feelings that externalize faith.

Medals, money, and fame are not important to our divinity. Nothing outside of ourselves can birth our serenity and sacredness, because it is constantly changing and reacting. The collective masses are filled with doubt, confusion, and fear. These times are calling for us to be higher, yet more grounded, inclusive, yet more reclusive, certain, yet more contemplative, and open, yet more discerning.

Now, more than ever, we need to call upon our inside forces and reactive our self-empowerment, emotional intelligence, and divine nature. Our divinity is our birth rite, it is not something that can be taken away from us, as it resides within us. Divinity has no color, race, or creed. It is the same for all of us, our silent partner that knows the difference between the light versus the dark, and the good versus the evil. Our divinity is rightfully ours and cannot be taken from us, as it is part of us. We came in with it, but for most of us, it got scattered from living on this wounded planet. However, we must be committed to leaving with it empowered and intact.

Using Feelings as a Way to Divinity

Using our constructive feelings is the most significant step to self-empowerment. Most of the time, we are not focused or aware of how strong we are. We tend to spend more time thinking about our faults rather than our gifts, our wounds rather than our wellness, what is wrong with us instead of what is right. All of us dream of life being different, by having more love and success in our lives, and the world becoming a safer place. These desires are dependent upon our ability to empower our positive feelings. They are the vehicle within us in order to manifest and maintain a more peaceful and serene way of life.

Feeling grateful invokes contentment.

Gratitude is all in our attitude. It is unfortunate that as humans, we think more of what we do not have rather than what we do have. If we are to know and experience contentment, we must cultivate our ability to feel grateful. The best weapon or armor against depression and despair is to daily make a list of everything we feel thankful for. This leads to the realization that we have much more than we thought we had. It is an expression of all that is great in our life, instead of all that we hate in our life. We develop an inner **peace**, which will eventually guide us to study the other missing pieces that are destined to be ours.

Feeling accepting invokes calmness.

There are things that happen in our lives that are in our control, however, there are more things that happen in our lives that are not in our control. Acceptance stimulates the presence of truth and the absence of denial, because when we want to control something, we tend to create an illusion that will fit our attached picture or desired outcome. When this occurs, anxiousness is right behind it. Whereas, when we face the truth and get on with life, we develop a calmness that soothes our hearts and mind. We accept what we cannot change, thereby feeding our souls and spirit, giving them room to feel at **peace**.

Feeling conscious invokes respect.

Consciousness can transform injustice to justice, hate to love and corruption to purity. When we stay conscious, we develop a powerful sense of self-respect. We find a freedom and **peace** that knows no boundaries. Healthy relationships can only exist based on respect. It is extremely difficult to feel love for someone whom we do not respect, and that includes ourselves. Our consciousness alarms our awareness as to how much and how many people in this world are not being respected. As a result, we begin to treasure the art of respect, which is the rock on which all worthwhile experiences grow.

Feeling committed invokes determination.

This world is simple, yet not easy. Therefore, the road to having a successful and **peaceful** life can only be paved with commitment. We birth a determination infused with conviction and confidence. It stimulates a certainty that when we know we are right, we know we cannot go wrong. That does not mean that nothing can go wrong. Yet, when we are committed, we stay centered, focused and sure. The word determination is a mixture of not letting ourselves be deterred or undermined. This gift does not come from anything outside ourselves; it comes from our indomitable will, which dwells within.

Feeling empathetic invokes compassion.

Empathy is the first movement to love and connection in action. It is a heartfelt understanding of what another feels. With all the bad news being thrown our way today, we as a race have become terribly desensitized. This leads to a cold detachment that can and does result in violence, loneliness and separation. Empathy and compassion are twin souls, whereby they are weapons against, poverty, violence, hatred and war. If, as a humanity, we could develop a stronger sense of compassion and empathy, we would co-create a new caring, cooperative and **peaceful** existence for ourselves and the world at large.

Feeling optimistic invokes confidence.

Thinking optimistically feeds us life. Now, more than ever, with the incredible amount of madness and whirling energy, we need all the optimism we can muster. When we “opt” to view things from a place of possibilities, we are truly showing our confidence in our ability to beat the odds. Whenever events happen in our lives that are steeped in cloudy and cold energy, optimism becomes our emotional vitamin C. The biggest asset to optimism is that it feeds the mindset of victory, courage and confidence. Health studies show that people who have an optimistic outlook tend to stay healthier and live longer because we feel more **peaceful**.

Feeling enlightened invokes mindfulness.

Enlightenment is available to all who seek it. To become enlightened, we must develop the ability to contemplate, concentrate and center ourselves. Things are rarely what they seem and many times illusions permeate our space, which creates confusion and doubt. It is through the intention of wanting to be enlightened that the clear direction and vision appears. We begin to develop a higher and smarter thinking process. Our minds become enlivened with luminous thought forms and we birth a new energy of knowing. We then become awakened to a deep sense of **peace** we were searching for outside of ourselves, when all along, it was dwelling within.

Feeling decisive invokes certainty.

Decisiveness is a proclamation of our clearness and clarity. Clear thinking leads to correct action. Being “sharp as a razor’s edge” cuts to the chase, not wasting valuable time and energy. A good leader spends much time developing this invaluable gift, because it is the foundation of good decision making. Today, there are so many opinions on every subject, that it is easy to fall into a state of confusion. Confusion, more often than not, is the welcome mat for defeat. However, when challenges do occur, our decisiveness and certainty teaches us how to smartly handle them. In truth, this is an instrument of **peace**, just within itself.

Feeling enthusiastic invokes happiness.

Enthusiasm is the cheerleader for every situation and a fire that says, “I refuse to be extinguished.” When we feel enthusiastic about something, we are injecting a spark into it, lighting the way for ourselves and others. When we feel defeated about something, yet stay enthusiastic, we are already triumphant. We carry the matchstick for the still undeveloped potential. Most people do not realize that enthusiasm is linked to our inner strength and happiness. It is a statement of our passion, and when we feel this passion, we feel empowered. This becomes the joyous delivery of thrilling **peacefulness** into our human experience.

Feeling integral invokes protection.

When we approach everything from a place of truth and integrity, we feel a sense of peace that goes deep within our souls. Sadly, truth and integrity are not very popular these days. However, our personal protection thrives on them, because we never need to worry, we avoid shame, and fear dissolves and evaporates. When we live guiltlessly, our health seems to magically stay intact and vital. We become removed from what others think of us, which is truly a freedom. This provides a **peace** of mind that becomes the protection for our hearts, spirit and lives.