



Accessing Our Divine Power

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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 is 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.

Being humble comes from not boasting what we have externally but hosting what we have internally.

Being humorous is a lubricant for needing to be right.

Being loving defeats our ego and demonstrates our empathy.

Being mindful of financial success, knowing that it has little value to the one who has it, unless it also has value to all.

Being open to change comes from knowing that we must empty what does not work, before we can be refilled with what does work.

Being principled is firmly stating that it is not negotiable.

Being questioning is knowing that there is much to learn and there is more to unlearn.

Being respectful eradicates all shameful and humiliating events.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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 reactivate 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.