

Freedom

Seven Keys to Unlock Your Authentic Power

1. Do not hold others responsible for your feelings, actions and circumstances.

- *Your life is created by you and your script.*
- *When you blame, you give up your very power.*

2. Do not compare yourself to others and stop “beating yourself up”.

- *We are all unique but equal in spirit.*
- *We are not below or above others.*

3. Do not seek personal glory and approval from others.

- *It will be a stumbling block and limit your full potential.*
- *Be true to your authentic self and give up the need for approval.*

4. Do not deny your feelings and emotions.

- *Blocked energy will make you sick or cause you to over-react, sooner or later.*
- *Repressed feelings drain your energy and keep you stuck.*

5. Do not withhold your full self expression.

- *It is fear that blocks your expression of who you are.*
- *When you hold back, you limit yourself and others.*

6. Do not feed your ego with external things—it is insatiable.

- *Let go of the need for external props.*
- *Only connecting to your inner spirit will satisfy you.*

7. Do not resist fear or inner pain —go through it.

- *It is a messenger from your soul, offering you healing.*
- *The resistance is the source of your pain--not the situation.*