



7 Profound Ways to Jumpstart Your Journey into Wholeness

1 - LOVE YOURSELF or at least BE WILLING TO – This may feel challenging to you, but as you move through this journey to Wholeness, you will discover that you do **love yourself deeply**. And you will be willing to take the necessary steps to embrace your Wholeness. You will find you no longer are confused by the blocks to the awareness of this truth. Willingness will work until it is true for you.

2 - ASK FOR HELP, AND ALSO ASK FOR HELP TO RECEIVE THE HELP – If you are reading this, then you obviously want help to find your way to Wholeness. And I'm guessing you've already asked. But you have to get beyond the unconscious filter within you that believes you don't deserve it, or that it's a sign of weakness. **It's time to simply ask for help to receive the help you are being given.** Simple enough, but profound in its results.

3 - FORGIVENESS AND BEYOND – Don't let the wrongs that you've suffered stop you from moving into your own Wholeness. **Decide you want to start forgiving** all the old stories and grievances, even if you don't know how. This process can be so much easier than you imagine, and brings with it a freedom that will let you soar into your Wholeness. Willingness to be free from this baggage is vital.

4 - ALIGNMENT – Being in full alignment with your Divine Self is the fastest way I know of being able to embrace your own Wholeness. It enables your entire self to work together as a single thing so you can move forward on your path with ease and grace. This isn't a do it yourself step, but as you **clearly intend to come into alignment**, this opportunity will present itself.

5 - BLESS OTHERS – When you take a moment to focus outside of yourself and your own little world, and **intentionally bless others**, it changes you. The simple act of sending prayers, blessings, or good wishes to others, whether you know them or not, raises your vibration, and blesses you as well. And the positive energy released into the world is so much more powerful than you know.

7 - GRATITUDE – When you appreciate your life, your experiences, the people around you, and the assistance you are given, you are affirming what has value to you and what you want more of in your life. **Appreciate your blessings daily.** When confronted with challenges and struggles, appreciate these too, as the gifts and opportunities they bring to help you learn and grow.

6 - EMBRACING WHOLENESS MORNING AUDIO – Using this audio each morning begins laying the foundation of willingness and openness you need to begin your journey to Wholeness. You will listen to a series of choices, intentions, and requests. As you affirm each with a quiet "yes", you will be drawing into your life the experience that you want. You will begin opening up to your own Wholeness, and be willing to take the necessary steps as they unfold before you. This is not a meditation, and is short enough to fit in any busy morning schedule. **Consider using it daily for 30 days or longer.**

May you be forever blessed with Miracles and Grace!

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