



Conclusion

Sit in your awareness, taking in all that moves through and around you. Be that observer, sitting in wonder as you witness your creation manifest itself. See yourself reflected in every human you encounter and find yourself within those reflections.

Be patient and at peace with the world as it unfolds around you. Embrace every aspect of your life with gratitude. Accept everything as it truly is, with honesty and integrity, and allow it to be exactly as it is. See what beliefs are still not in alignment with your higher self and decide to change them or keep them as they are, right in that moment.

Imagine the life you desire right now and envision that life unfolding. Capture that fantasy dream and embrace it, breathe life into it. Set your intent to see that dream manifested in all of its grandeur. With awareness, see the myriad of dreams that swirl around your life. See how many dreams blend with and become a part of your own dream. See how many of them clash with yours. See how every dream has its own source and inherent value just by existing. Appreciate all of the dreams that intersect with yours. Have gratitude for the dreams that all blend together to form the dream of your work, your town, your country, and finally the dream of the planet. Allow them to be as they are and respect them all, individually and collectively.

See your attachment to the things in life that you hold dear. Notice your level of attachment to each one. See how the attachment colors your decisions regarding anything that may possibly affect whatever you are most attached to. Imagine lessening your attachment to certain things until the thought of not having them doesn't threaten you at all. Imagine detaching from everything to the point that you can truly understand the irrelevance of everything and be completely happy with or without it. See yourself walking your path unrestricted by attachments and expectations, uninhibited by old beliefs that no longer serve you.

Listen for your song in every moment and move to the rhythm of life. Find that sweet spot that is really you and dance with the force of life in perfect harmony expressing the very essence of what you truly are. Then just be and be in love, with you. It is really all you can ever be anyway.

When you have completed this final exercise take a moment to look around you in wonder at your life and your world. Then start over again, and again, and again...