



Introducing Our Second Book

In our, the non-physical Wisdom Council, One Spirit One Heart, second book we assist you in taking your next step in your journey to maintain your connection to your Spirit Within to receive its guidance throughout your day to guide your choices that create your Life Journey, & to increase your awareness of the gifts you brought into this life to share both creatively & energetically through your life with the world. It is the first time we have approached sending our guidance & energy through the book to connect with both hemispheres of the brain. We have our guidance in words that stimulate the thought processes in the left or more analytical hemisphere of the brain, & have included many color photographs with captions that you may take a few moments to focus upon, & if it is of your choosing, receive our energy through the right hemisphere of your brain where your creativity is stimulated & we are able to communicate our energy directly to your Spirit, enhancing your connection to its guidance.

It is our desire you enjoy this book as much as we did in creating it. In Part One, we present the eight Reflections of Spirit that are contained within the energy of Spirit. Each came into to this life with the intention of expressing one, several, or all of these reflections, or aspects, of Spirit. We assist you in discovering what energetic reflections you came to share. We provide examples of people that came into an Earth life to express each of these. They are:

- ♦ Pure Love
- ♦ Compassion
- ♦ Loving-Kindness
- ♦ Detachment
- ♦ Appreciation
- ♦ Creativity
- ♦ Equanimity
- ♦ Wisdom

In Part Two we present the Six Shifts of Perspective it is important for one to make to discover & create the life of your heart's desires.

Shift 1: Shift from judgement to loving appreciation.

Shift 2: Shift from victim to creator.

Shift 3: Shift from looking to others to meet your needs to meeting your own needs & desires.

Shift 4: Shift from external to internal focus for guiding your Life Journey.

Shift 5: Shift from a state of Doing to a state of Being.

Shift 6: Shift from believing you are the physical body to knowing you are a powerful, eternal Spirit.

In Part Three we present our Seven Guidelines to develop, maintain, & enhance your soul connection.

1. Ground yourself daily in nature.
2. Become still & turn your focus within for a minimum of 15 minutes a day.
3. View life through the eyes of love, your Spirit, maintaining a heart centered view of the world as your Filter.
4. Set your intention to lead a Spirit inspired life.
5. Live in a state of gratitude, in other words, develop an attitude of gratitude.
6. Choose thoughts that enhance, not block, your soul connection.
7. Know the Red Flags that tell you that you are off course in regard to your Soul Connection.

In Part Four we present our Six Areas to Expand Your Awareness, embracing the full power of your True Self.

1. Expand your awareness of what is guiding your Life Decisions.
2. Expand your awareness of the Choices you make in each moment that set your life course.
3. Expand your awareness of your Thoughts & how they influence the way you feel, & your resulting emotions.
4. Expand your awareness of the Energy that is created & radiated through your thoughts, resulting feelings, emotions & their vibration & frequency.
5. Expand your awareness of your overall Attitude toward life, your Filter & how it designs your Life Journey.
6. Expand your awareness of your Connection with the Life Force Within you, your internal, eternal Spirit.

In our concluding comments we discuss that nothing in life is predetermined, that you are the creator of your Life Journey & have many options, many paths to choose from along your journey.

May Our Guidance Assist You By Lighting the Pathways of Your Life Journey