

INTRODUCTION & HOW TO USE THIS BOOK

We have shared a structured approach to our guidance in our first two books, *Choosing The Journey Within: Five Keys To Your Path of Bliss & Reflections of Spirit: Discovering Your True Self*, to assist you in removing the barriers to your path of a joy-filled life, tapping into your wisdom within, your Spirit, & discovering your life's master purpose. In this book of inspiring moments, we share our inspiring thoughts & guidance for your Life Journey to assist you in achieving a higher vibrational state & maintaining connection to your Spirit Within for guidance.

We provide fifty-two inspiring moments so you may take a structured approach, if you desire, & focus on one inspiring moment each week. Others, that enjoy a more free flowing approach, may take the book & state your intention to receive the guidance your heart desires in that moment, opening the book & trusting the page you open to, is your Spirit guiding you.

Whichever option you choose, we encourage you to take several slow, deep, centering breaths with your eyes closed, then opening them & slowly read the guidance, allowing yourself to feel the meaning of the message at a level of inner knowing, beyond the processing of the left hemisphere of your brain. Then take a few more slow, deep breaths & focus upon the picture. Each was selected to carry our guidance & loving energy to the right hemisphere of your brain. We selected these pictures & imbued them with our energy to connect with you, conveying our message on a nonverbal level.

With this method, both hemispheres of the brain are engaged for full immersion into the inspired guidance we offer, to assist you on an inner level to apply our inspiration to your Life Journey. You may choose to revisit this guidance several times, or not, depending on your inner desire, taking its meaning to a deeper level each time you experience our message, or you may choose to move on to the next inspirational moment when you feel so inspired.

For those desiring more in-depth guidance on each inspired moment, we offer additional guidance on that topic on the page that follows the Brief Inspirational Moment. If that is your desire, you may focus on the guidance provided on the second page, reading & spending moments focusing upon the guidance received on both pages each day of that week, taking your understanding to the next level of incorporating it into your life, by focusing upon the message for a week.

Know our loving guidance & presence is always available to assist you.

You Are Love & You Are Loved!

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