



NOW IS THE TIME TO CHOOSE YOUR  
JOURNEY WITHIN!



**WISDOM COUNCIL**  
ONE SPIRIT, ONE HEART, LLC  
*You are loved & you are LOVE*

Excerpt from our book, Choosing the Journey Within: Five Keys to Your Path of Bliss, A  
Workbook

THE CHOICE IS ALWAYS YOURS, BUT THE PATH WITHIN TO YOUR HEART, YOUR ESSENCE, IS  
THE MOST IMPORTANT CHOICE WHICH IS BEFORE YOU. THIS LOVING VOICE WITHIN IS  
ALWAYS CALLING TO YOU, GUIDING YOU, SUPPORTING YOU, LOVING YOU!

The Wisdom Council, One Spirit, One Heart

## WHAT ARE THE FIVE KEYS?

The keys we, the Wisdom Council, One Spirit, One Heart, present here are to assist in removing the barriers and opening the doors that have obscured your path to inner joy and bliss, keeping you from hearing the loving voice within, knowing why you came into this life, and expressing the gifts/innate talents you brought as spirit into this earth life to share.

KEY 1: SETTING CLEAR INTENTION  
KEY 2: EMBRACING YOUR POWER OF CHOICE  
KEY 3: SILENCING THE INNER CRITIC  
KEY 4: TAPPING INTO YOUR POWER WITHIN  
KEY 5: OPENING TO YOUR PATH OF BLISS

## KEY 1: SETTING CLEAR INTENTION

One of your powers is clear intention. Every journey, or segment of your journey, starts with setting a clear intention for your destination. This is the first step to lasting change. Here we assist you in consciously choosing your path in life by setting your clear intention on your heart's desire, your soul's calling, each step of the way; having a clear vision of what you intend to accomplish, or the path you desire to take as the divine creator of your life. One of the areas we will use as an example of clear intention in Chapter One is around the way you view your external environment. The goal is to not allow your external environment, and your reaction to it, to design your life. By that, you give away your power. You are the chooser for your own life, the creator of it. No one else is responsible for the life you are living. Likewise, you are not the chooser for another. Each is here for his/her own unique journey.

For your life, you have the power to choose to focus within and see your environment as a manifestation of what you are choosing or you can choose to see differently; that you are a victim of your environment, letting others control you. We are here to tell you that you are not a victim of your life, but the creator of it. The realization of this is the first step to taking your power back. The skill of clear intention is one you will be able to use in any part of your life to answer your soul's calling, creating the life of your choosing. We are here to assist you in listening to your divine essence within, that which animates your body, your Inner Being, and to set your course and course corrections with a clear intention guided from within.

## KEY 2: EMBRACING YOUR POWER OF CHOICE

Our goal is to assist you in increasing your awareness by assisting your awakening to the fact you are the designer of your life by the choices you are making in each moment of your day, or by your decision not to make a choice and allowing others to control your life. The goal is for you to use your Power of Choice to consciously choose, directing the course of your life. In Chapter Three we will talk to you about how you may choose to use this power to fully embrace the creation of your life, and your right to choose once again, and again, to make course corrections as you learn through new experiences and with the guidance of your Inner Being. Through grasping this power and choosing to connect with your Inner Being, you will be able to live the life of your heart's desire, the life your spirit choose when entering this earth life.

Choosing your Inner Being means you embrace your loving voice within that is always calling to you, guiding you, supporting you, loving you, your spirit. The Key is to base your choosing upon this guidance because it is coming from your True Self, that which you are. This, as in all things, is a choice you have; but the path within to your heart, your essence, your Inner Being, is the most important choice that is before you to make.



## Always Follow Your Heart!

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### KEY 3: SILENCING THE INNER CRITIC

Negative self talk takes away your confidence, your personal power, your energy. This negative inner dialogue comes from the mind within the brain, by your environmental conditioning, not your Inner Being. Learning to distinguish between the conditioned negative self dialogue of the brain and the loving voice within, your Inner Being, is the key. It is a shift of focus and practice, but one that will give you who you truly are the influence over the choices you make and also assist you in taking your power back! Silencing the Inner Critic, ceasing the negative self talk, can have a positive effect upon every aspect of your life, like a ripple in a pond changes the entire surface. Your self esteem, outlook on life, energy, and motivation will immediately improve, as well as your ability to change your life to the life of your dreams. In Chapter Four, if it is of your choosing, we will guide you in successfully making this shift.

### KEY 4: TAPPING INTO YOUR POWER WITHIN

As we have already discussed, the goal is to shift your focus from your external world to define who you are to your internal world, to your spirit, for this is who you truly are. In Chapter Five, you may learn to make this shift, if you choose, by incorporating a few practices that may be new to you; leading you to recognize and hear your inner guidance by discovering how it communicates with you. Each one is unique in this respect.

An aspect of this shift is in the discovery that you are the essence of love, and what a gift this shift is! Your very Being is the energy of infinite love. In other words, that which you seek you already are. There is never a need to search externally for love. All the love you seek is within, and when you discover this, and radiate your loving presence, you attract this same love in your external world. This is the love at the core of your being that is calling you. This attractive influence is the “Law of Attraction” that Abraham-Hicks has spent years speaking about, [Abraham-Hicks.com](http://Abraham-Hicks.com). Think for a moment, what energy do you radiate most of the time? You can tell by the energy you are attracting into your life. Learning this will take practice and consistency, but it will open the doors to the life of your dreams, and to your Path of Bliss.

## KEY 5: OPENING TO YOUR PATH OF BLISS

By developing your ability to hear your guidance within, learning to pay attention to your heart's calling, you will discover your innate gifts. In Chapter Six, we will assist you in discovering your innate gifts/talents, the gifts as spirit you chose to bring into this life to share with the world, choosing how you will uniquely share them, and by taking the first steps to do so, you begin your journey of bliss. In the stillness there is knowing and love. In the expression of your innate talents/gifts there is a radiance of love within and around you, joy, enthusiasm, inspiration; the energy of who you are, to the core of your being, fully expressed. This is the experience of Bliss. Again, it is your knowing along with your inner guidance that will assist you in discovering these gifts, as well as your talents for expressing them. Remember, a part of you already knows! The journey to the rest of your life, your bliss, begins now with the adventures held within the Keys.

This is a message non-physical energy has been sending to support you for some time. This is just as concise as we can make it, with adventures and learnings to assist you on your path. We have learned from what we have observed from the confusion and problems ones have had with hearing these messages in the past, that expressing it in this fashion will better assist you. Some of the best teachers of this message that have been on earth are in non-physical now to assist you, just waiting for you to ask.

ARE YOU READY TO BEGIN YOUR JOURNEY WITHIN?



Can You Hear Your Heart Calling? The Time  
to Awaken to Who You Are is Now!

Our workbook, Choosing The Journey Within: Five Keys to Your Path of Bliss, is currently available on [amazon.com](https://www.amazon.com) in both paperback and ebook.



Katie Easterwood, MSW, voice channels the Wisdom Council, One Spirit, One Heart, a non-physical Council of Angels, Ascended Masters, Goddesses, Teachers, and Shamanic Healers from different spiritual backgrounds that have gathered together now to assist you in awakening to who you are, experiencing your full power!

WISDOM COUNCIL, ONE SPIRIT ONE HEART LLC

[WWW.WISDOMCOUNCILONESPIRITONEHEART.COM](https://www.wisdomcouncilonespiritoneheart.com)

P.O. BOX 3093

SEDONA, AZ 86340

AS CHanneled BY KATIE EASTERWOOD, MSW

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