

A Loving Guide for the Healthy, Wealthy And Wise Soul

A BOOK MEANT TO INSPIRE



What's the problem you are carrying in your mind right now? Open this book randomly to any page and trust that you will find your right answer.

HOW TO USE THIS BOOK

Isn't it true that most days we all have some problem or need where it would be advantageous for us to make a prompt decision? And often don't many of us procrastinate, deciding not to decide for a while, doubting our abilities to make the healthiest or wisest choice. Consequently, we carry the weight of the problem on our back until we just have to do something about it, which may be we do something or may be we do nothing. This book was created to help you reach more satisfying answers and results to whatever problem you need a little extra guidance on.

Directions:

1. Sincerely ask yourself. What's my problem today?
2. Meditate on the problem, keeping your focus on the problem until the mind feels peaceful and still. This stillness is a sign that you have connected with your highest self. You're highest self is the part of you that absolutely knows what's right for you and will deliver the most loving response.
3. Now ask the question you want to know the answer to while randomly picking a page in the book starting on page 5 and ending on page 50. Read the first words your eyes come in contact with and continue reading the page.
4. Be open to what you are reading.
5. Ask yourself, what is my highest self, my higher power, God, (or any power you assign as a being a power greater than you) trying to tell me in all this?
6. Ponder the reading, interpreting the reading objectively, without trying to sway from your preferred wishes onto the outcome.
7. When you are ready, ask yourself if you are ready to put this problem in the care of your highest self, your higher power or (any power you assign as being a power greater than you). And, are you willing to partner with that power in making the appropriate decision that is just right for you?
8. If the answer is "no", I suggest you do the process again.

Dear Friend,

I have referred to a book similar to this book for years (different title, different messages) and have found it to be a huge asset in my process of learning and growing in love, not just with me, but with my entire human family, the countries throughout the world and with my creator who sometimes I choose to call God and sometimes refer to as my Higher Power or Highest Self. Writing this for you has given me an opportunity to acknowledge Susan Hayward who first published "A Guide For The Advances Soul" in 1984. It also has motivated me to put on paper new wisdoms I have learned and experienced and pass them on to you. The phrases you will be reading were jotted down by me on notebook paper and put in a file. Some have been in that file since the 80's others are newer. Some of the phrases I created, others are either words I heard someone say or words that were written that attracted my attention that were created by others whose names I don't know. I believe all the phrases regardless of who the messenger is came from a higher source.

You see, I believe there is a part of me that absolutely knows what is right for me and is not afraid of anything. I also believe

we are all connected as we were meant to be connected, that there aren't any accidents, that everything in my universe is continuously integrating and disintegrating and that when I have a problem it is caused by my resistance to be in alignment with this integration that promotes transformation and growth. By partnering myself with my Higher Self I move through the problems by making healthy and wise choices and once again become in alignment feeling more at peace as my problem is being solved. My problems are opportunities for me to learn and to grow and I hope this book will inspire you to do the same.

It is my belief we all inherited from our creator a power greater than ourselves that lies within. As we learn and grow by partnering in this way we raise our self-esteem, self-confidence and self-reliance. It is my desire that this guide gives you the path to surrender to your own inner voice and an amazing partnership that you create with that voice within and that it produces a direction leading you to many miracles.

Love, Bonnie



To open this book is to be open to the possibility of trusting something. Know that no matter how limited your trust is, it is good enough and God thanks you as do all the people on the planet thank you for being open enough to not give up and for showing up. Whether you feel it or not your love has been greatly appreciated.



It is okay to allow yourself to make changes. If you want to change your wardrobe, your hair, your location, something about your work, or any other relationship allow it and act. Have trust that a transformation is taking place.



Sometimes it is important to sit with feelings of confusion. It's not always comfortable. Trust that when the time is right you will get some kind of clarity. Your knowing comes from within and you will know when the time is right to take action and what action to take.



When it looks like you have exhausted all possibilities, remember you haven't. Trust whatever you are looking for will come to you in God's time and all is well.



Every time we say, “I must do something” it takes a lot of energy. Better to say, “What’s the next right thing?” and then physically do it.



Never underestimate the power of prayer.



Act on whatever is in front of you coming from a place of love and trust that it is God's will for you.



Be willing to function fully, completely and materially in your world and not separate your spiritual existence from your material existence.



Be willing to receive direction from inside to any external event.



There is no excuse not to function well in the material world when you are listening to your highest wisdom.



As soon as you are open to the possibility of the appropriate solution, the problem seems to shrink.
How open are you? If not, what will it take?



By letting go of all attachments that stand in the way of your usefulness to others, you are able to receive direction from within to any external situation.



Do not argue or debate or drain another of their energy. Release any need you have to win or lose. Consider another's thoughts with a loving intention. This leaves you room to connect with your own truths in your own loving process and not be fighting with yours.



In the deepest of despair, there is always a prayer going on. There is always a prayer to connect with. Otherwise, there is depression.
What's your prayer?



Honor truth by accepting the hard times. Accept the pain of hard times, not by wallowing in the pain, but for the purpose of learning from your pain what your pain wants from you. This connection is important as you go through difficult times.



Even when you sleep, your spirit continues to move so that when you start your day and interact with others you can interact with them in truth. You are not on a higher platform. You are not on a lower platform. Be “with them” and authentically share your truth.



Welcome the hard times because it is in moving through hard times, not running from hard times that you move toward the light. From the glimpses of light to a bright light your awareness grows, self realization grows, connection to your highest self will grow and become stronger and more willing to express your truth through creative love.



You do not have all the facts. You do not have the right to play God to others. You do have the right to your experiences. Your interpretations and your feelings are connected to you not to others.



Do not bully or idolize and release any need you have to have others bully or idolize you. That way you can be together in the spirit of love.



There is a pull in you coming from a truth that is waiting to be known. You need only stay open to your truth. Where there is a healthy desire there is always a way. Don't waste time and energy trying to figure it out. Ask for guidance and you will receive.



What you have to give is enough.



Instead of putting others down, pray others up by consciously choosing thoughts that express love.



You may not always reach your goals but you can trust you can always grow on any journey. All journeys are purposeful and their outcomes are not up to you.



Your Creator works with you in many ways. The path is not a blanket process. Everything and everyone are a gift from your creator. When you are open you will receive the teaching. Support yourself by being teachable.



An everyday hero is just an ordinary person who can honor the magnificence in all creations.



Can you understand that the nature of darkness is to cover you over and make you believe you are valueless?

It isn't true. As you welcome in darkness things will come up consistently to show you something else for the purpose of connecting with another miracle.

Expect miracles on the other side of darkness.



It takes courage to make moves to better yourself when others disapprove. There are often fearful, insecure or guilty feelings when others disapprove. You will know when it is time to move on. There will be a calm behind the fear. If others withdraw from you and no longer support your personal growth you accept the grief of your loss as you accept your need to allow yourself to grow while rejecting abandoning you for the sake of others



You can always give away your own truth even as you move through your own transformation. As you give to others you are given an opportunity to move faster.



Meditation is doing anything consciously to turn you inside to that place of truth. Meditation is the desire to connect and express your commitment to love yourself and others every day. Meditation is a state of prayer.



Any real challenging dream requires going through deep, deep spiritual struggle. The desire to go through the steps to your goal without skipping steps creates aliveness. If you want the challenge, you may feel doubt, hopelessness, despair, fear and the excitement of the challenge. If your Creator gave you the challenge, he also gave you the power to see it through.



Judgement is a trap. Suspend judgement.



Ask your creator, what it is that you are learning about yourself now that is to be of service to you, to others, to the world and to your creator.



Acceptance will bring you peace of mind. It's always free of demands or expectations. Acceptance is the answer to your problem.



Nobody can love you the way you want to be loved but
you.



Healthy people take care of themselves first before they take care of others, except in an emergency.



No one is totally trustworthy, not even you.



To have another be your everything, is to choose to be their slave and when you have many everything's you choose to have many masters and will lose the opportunity to be you.



All the fruits and vegetables in the world won't keep you healthy if the rest of your life sucks.



When you say, “yes” to your spirit you are being respectful of yourself and other people. Respect involves your thoughts, your words and your behavior.



Don't forget to notice simple pleasures.



Healthy people know when to put their truth out there and when to hold it back. You wouldn't put a child in a cage with a pack of lions.



In this Classroom of life we are presented with many problems. Most people choose not to solve their problems for fear of getting a bigger and better one.



If the real you isn't the one you are right now, you don't exist.



Instead of defining your success by how much money you've made or how many toys you have, try entering the classroom called life in which success means learning and growing into being the best you, you can be.



There is no finer way to accept people than to accept them as they are.



If you create thoughts of peace of mind, serenity,
good health, happiness and prosperity they will follow.



Trust the process.