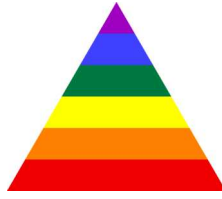


8 Easy Steps to a Re-Energized You

and "Your True Nature"



These steps follow the ancient major energy centres of the human body understood in Indian and Chinese cultures

1. Ground - build strong foundations, maintain gratitude & awareness of your Earth connection.
2. Free your creativity - ease your dis-eases (including with sex, relationships) and free the "Chi" energy flow
3. Express your creativity and unique special gifts with high intent, power and passion
4. Forgive from your heart, and open your heart to receive – We reap what we sow
5. Speak, Express & live your truth - resonate (sing) your truth with passion
6. Clarify your grand vision - expand your awareness of self, be discerning.
7. Honour yourself and have faith in your truth, integrity & Spirit
8. Lighten Up focus on fun, joy and what you love

Enjoy an **enriched partnership with yourself** and exciting dancing partners will show up !!!

Our life's experiences & learned habits can make doing these things a challenge.

Know You are not alone 7.3 Billion people are here supported by Earth, interdependent with you, and are on similar journeys.

What is important is to be true to yourself, have fun ... lighten up ... Remember what Buddha said !
ie All that matters in Life is how much you have loved, and how much you have let go.
And Swami Beyondananda 3 Steps to Enlightenment – Ego, Egoing, Egone

Regular Massage is a great start. Many holistic health practitioners can also help, and are listed in the Yellow Pages or Planet Newspaper available at newsagents, health foods stores, and holistic healers & bookshops.

Teams or Groups are a key to synergistic creation of the future.
We're not all here to create the World on our own.

Regular meetings with people with high intent, clarity, and passion will likely accelerate your outcomes, especially if the space is created to align truthfully with each other. Many books and teachers can assist these processes. The Celestine Prophecy: Experiential Guide has many great references for a start - ask us or people in your community.

Recreating Nature through team work can be one of the most rewarding activities.
Many community based groups are actively doing this, and welcome your involvement.

Your rewards will likely be outstanding, and unexpected.

This material is a sample from our **Book "Creation Journeys – A Travellers Guide"**

available at <http://www.spiritsafaris.com/creationjourneysbook>

Feel Free to Call us on 1300 763 188 or 0417244600