



24<sup>th</sup> February 2014

Am I knowing who is me? Am I really being myself or have I become someone whom I know? Maybe I am like my mother, father, uncle or auntie, or grandparent? Am I been myself totally? Have I taken someone else's energy as my personality? Am I angry type? Am I authority type? Am I dominating type? Am I suspicious type? Am I fearful type? Who am i? do I know what do I want? Do I choose my thoughts like how I choose my clothes? Do I choose my intentions or do I allow myself to be completely on auto pilot mode?

## The Thought Destiny Cycle

The process by which we create our own destiny is quite easy to see in theory; however it requires some checking to see how it matches the reality of our practical lives. Here is the process in brief:

- \* As our **intentions**, so will be our **thoughts**.
- \* As our **thoughts**, so will be our **feelings**.
- \* As our **feelings**, so will be our **attitudes**.
- \* As our **attitudes**, so will be our **actions**.
- \* As our **actions**, so will be our **habits**.
- \* As our **habits**, so will be our **personality**.

As our **personality** in all our relationships on our journey through life, so will be our **destiny**. So watch your thoughts! Be aware of your intentions!

Our intentions are based on our **beliefs** about who we are, where we are and why we are here. If we believe we are the physical form, our belief will be that we need to survive as long as possible. This leads to the intention to get what we think we need before others, which leads to competition, which leads to feelings of fear. Our destiny gets shaped accordingly.

When you know you are the non-physical and immortal (which is neither created nor can be destroyed) energy, a soul, then survival is no longer an issue and your intention is one to **include, connect and co-operate with and enlighten others**. **Allow yourself to see free from any fears, doubts and insecurities, see yourself free flowing soul, a loving soul, a peaceful soul, a harmonious soul, friendly with this Universe, only intention could be WE ALL ARE ONE AND A PART OF ONENESS.**

Loving u all, being with peace first to myself and then with the world,

***With Divine Guidance for your best life***

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