

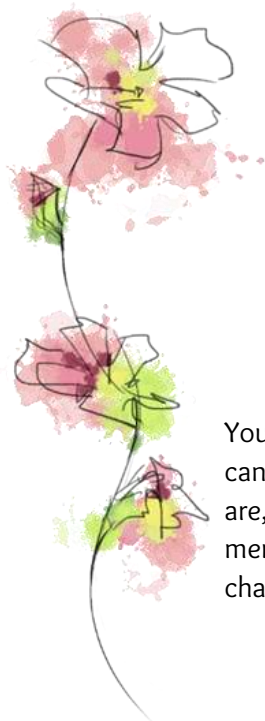
Grace Under Fire
Awakening
Book of Quotes



Niloo Soleimani

With immense gratitude to
the great sages, gurus,
spiritual teachers of all time
who inspired me to
collect this sh*t.
Thank you!



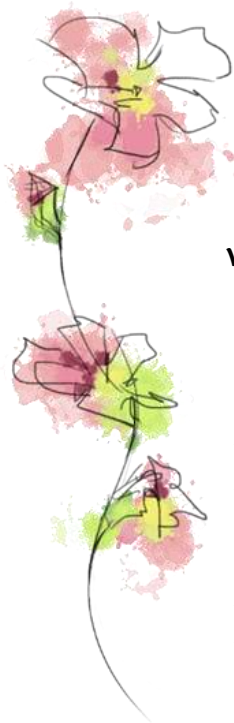


**“Your heart knows the way.
Run in that direction!”**

Rumi

**13th Century Persian Poet
and Mystic**

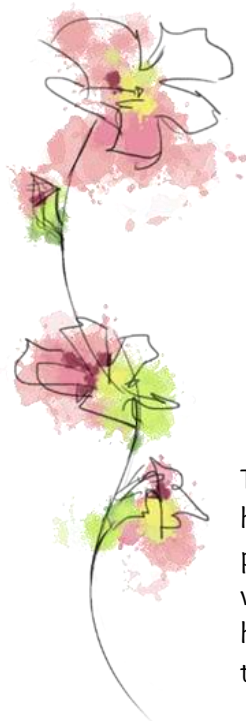
You don't need to go far on a spiritual quest. You can reach inside and access your Divine, what you are, what you were at the beginning without mental analysis, without the Ego. You just need to chart a journey from the head to the heart.



**“It is only with the heart that one can
see rightly;
what is essential is invisible to the eye.”**

Antoine de Saint-Exupery

The most important things in life – love, friendship, hope, compassion are invisible to the eyes, yet they are what bring meaning and substance to our existence. Our perception of the world, through the eyes, is tainted by Ego, which is constantly yearning to fulfill its endless desires.



“It takes courage to endure the sharp pains of self-discovery rather than choose to take the dull pain of unconsciousness that would last the rest of our lives.”

Marianne Williamson
Best Selling Author and Spiritual Teacher

The journey without distance, from the head to the heart, or of self-discovery can be hard. The principals and practices are not difficult, but what we find difficult is our resistance; it takes guts to hold a mirror to yourself and see yourself with all the glorious mess and beauty.



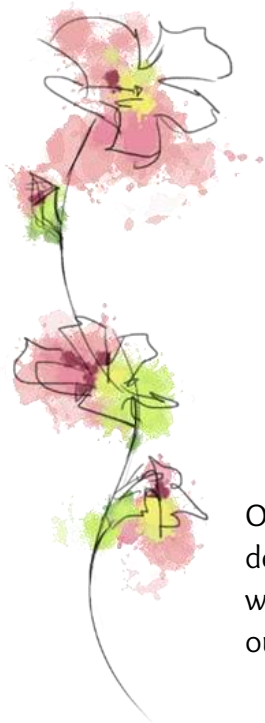
Your task is not to seek love, but to merely to seek and find all the barriers within yourself that you have built against it.”

Rumi

13th Century Persian Poet and Mystic

You are a Divine Being of Light, you ARE LOVE. There's nothing you need or don't have. You already are whole and complete and there's nothing you have to evolve or change into.

Having said that, I will say that we all have barriers to experiencing ourselves as Divine. Our spiritual work is to remove the barriers that have been built over the years.



**“The spiritual journey is the
unlearning of fear and the
acceptance of love.”**

Marianne Williamson

Our spiritual journey is to unlearn
destructive fear and thought forms of the
world that hide the light of the soul, hide
our true being.

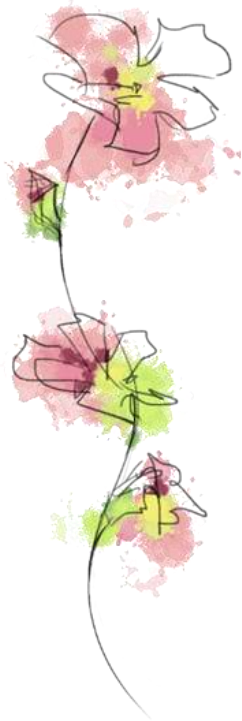


**“I saw the angel in the marble and
carved until I set him free.”**

Michelangelo

When Michelangelo was asked “how is it
that he can create such magnificent
statues”

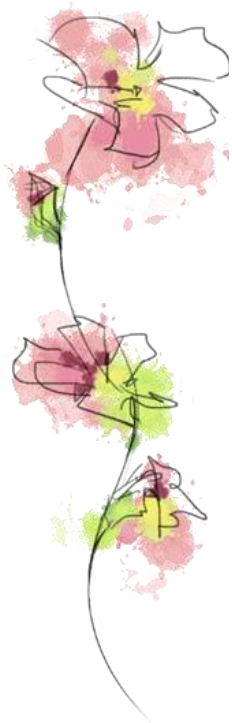
He replied “God had already created the
statue and my job was just to get rid of the
excess marble.



“The power of intention is the power to manifest, to create, to live a life of unlimited abundance, and to attract into your life the right people at the right moments.”

Dr. Wayne Dyer
PhD, Author, Spiritual Teacher

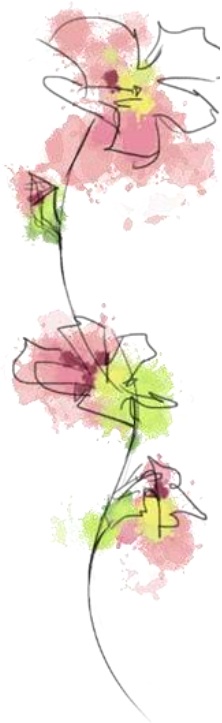
Everything that happens in the universe begins with intention. Every decision we make starts as an intention, even if sometimes we’re not aware of it. Our destiny is ultimately shaped by our deepest intentions and desires.



**“Intentions compressed into words
enfold magical power. An intention
is a directed impulse of
consciousness that contains the seed
of that which you want to create.**

Dr. Deepak Chopra
MD and Spiritual Teacher

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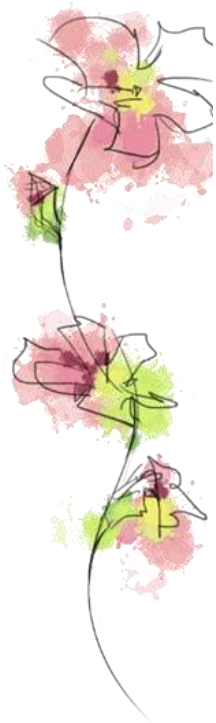


“To live in the present moment is a miracle. The miracle is not to walk on water.

The miracle is to walk on the green earth in the present moment, to appreciate the peace and beauty that are available now.”

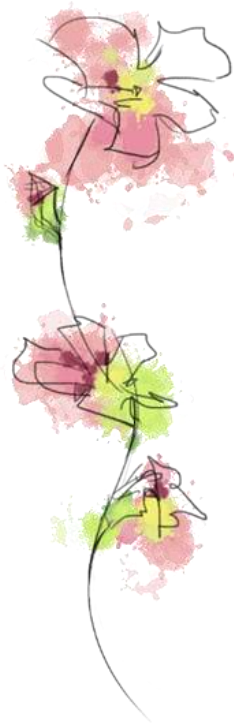
Thich Nhat Hanh
Zen Master and Global Spiritual Leader

The first barrier to experiencing Love is living in the past or future. Being present, or living in the present moment, is the key to ending suffering because the past fills us with regret and the future fills us with



“All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry - all forms of fear - are caused by too much future, and not enough presence. Guilt, regret, resentment, grievance, sadness, bitterness, and all forms of non-forgiveness are caused by too much past, and not enough presence. The past gives you an identity, and the future holds the promise of salvation, of fulfillment in whatever form. Both are illusions.”

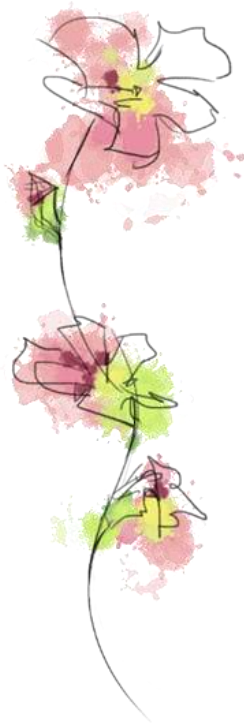
Eckhart Tolle,
Writer and Spiritual Leader



“Be happy for this moment. This moment is your life. Don't concern yourself with the future or the past but savor this moment. That's the secret of inner peace.”

Khayyam,
11th Century Persian Astronomer and Poet

Being Present is what you experience when you are completely at peace with this very moment.



**“Do not dwell in the past, do not
dream of the future. Concentrate
the mind on the present moment.”**

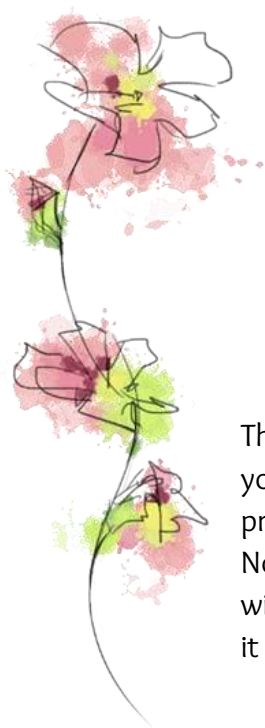
Buddha
The Awakened One

Being fully present means having your
focus, your attention, your thoughts and
feelings all fixed on the task at hand.



“As soon as you honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. When you act out the present-moment awareness, whatever you do becomes imbued with a sense of quality, care, and love - even the most simplest action.”

Eckhart Tolle,
Power of Now:



“All problems are illusions of the mind.”

Eckhart Tolle
Author, Spiritual Leader

The second barrier to experiencing love is your Mind. It is impossible to have a problem when your attention is fully in the Now. A situation needs to be either dealt with or accepted. But your mind will make it into a problem.



**“Ego is a monkey catapulting through the jungle:
Totally fascinated by the realm of the senses,
It swings from one desire to the next,
One conflict to the next,
One self-centered idea to the next.
If you threaten it, it actually fears for its life.**

Let this monkey go.

Let the senses go.

Let desires go.

Let conflicts go.

Let ideas go. (Meaning let the thoughts and strategies go)

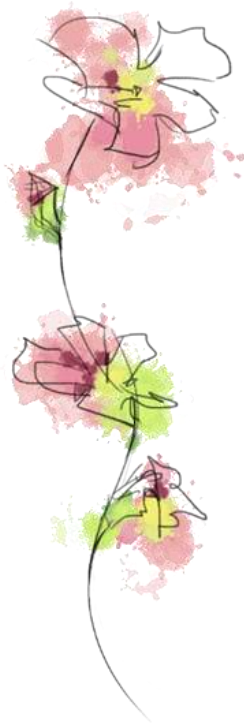
Let the fiction of life and death go.

Just remain in the center, watching.

And then forget that you are there.”

Lao Tzu

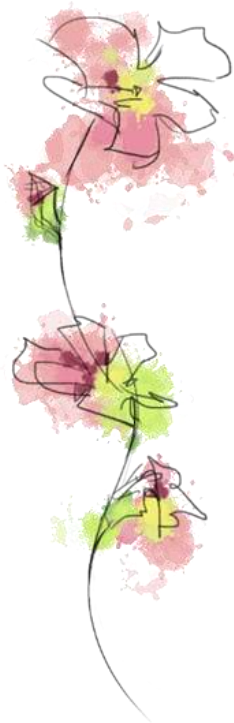
500 BC Chinese sage and author of Tao Te Ching



**“God cannot experience all that
God is within the Spiritual Realm
alone, because in that realm there
is nothing that God is not.”**

Neal Donald Walsch
Author of Conversation with God books
and Spiritual Teacher

Our lives are an opportunity for God to
play, explore and creatively express life, all
the different possibilities and permutations
of it.

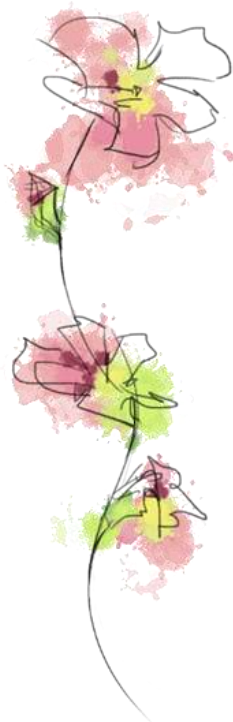


“The false self is an artificial persona that people create very early in life to protect themselves from re-experiencing developmental trauma, shock, and stress in close relationships.”

Donald Winnicott

Psychoanalyst and child psychiatrist

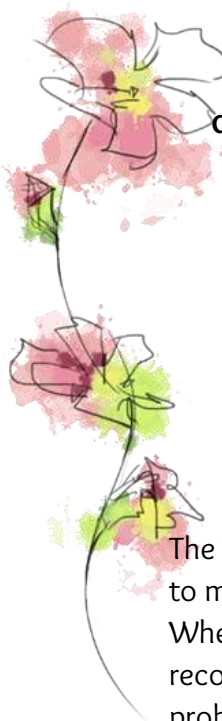
Ego is a survival mechanism to protect ourselves, so it is necessary. The problem is that we have inadvertently identified with Ego and it has taken over.



The intuitive mind (Working Mind) is a sacred gift and the rational mind (Ego Mind) is a faithful servant. We have created a society that honors the servant and has forgotten the gift.”

Albert Einstein
Theoretical Physicist

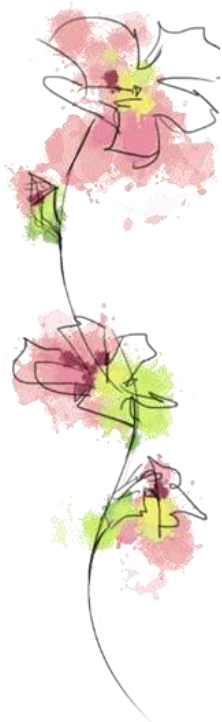
The Ego Mind is controlling all of our actions and experiences. The Ego continually distorts reality. It's relentless in its pursuit of attention and power, it undermines the power of the Spirit and the possibilities for awakening and experiencing the Divine You.



“Peace of mind is the absence or dissolution of the thinking mind with the aid of the working mind. The working mind understands the beauty of inner silence and is more than happy to STOP when it's not needed.”

Roger Castillo
Non-Duality Spiritual Teacher

The Working Mind provides reasoning and wisdom to make the decisions necessary to living a full life. When the Working Mind sees, understand and recognizes that the Thinking Mind has become a problem, it will automatically stop the Thinking Mind.



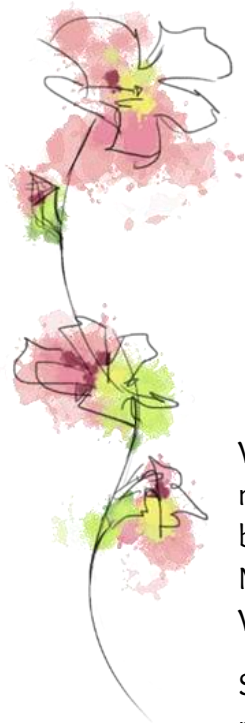
“Tear off your mask; your face is glorious.”

Rumi

13th Century Persian Poet and Mystic

Whether we realize it or not, we have defined ourselves and the definitions we have given to ourselves is the story we tell. And our identities plus our belief system is the 3d barrier to Love.

Underneath the roles we play and the social masks we wear, our amazing and limitless Divine Self is hidden. Once we begin to dismantle false identities and belief systems, we begin to our “glorious” Self.



“The Ego is not who you really are. The Ego is your self-image; it is your social mask; it is the role you are playing. Your social mask thrives on approval. It wants control, and it is sustained by power, because it lives in fear.”

Dr. Deepak Chopra

What character are you playing in each of your relationships? What masks are you hiding behind? The Martyr? The Wounded? The Macho Man? The Rebel? The Joker? The fragile Woman? The Depressed? The Frightened?

So, who are you REALLY, underneath these roles you play?



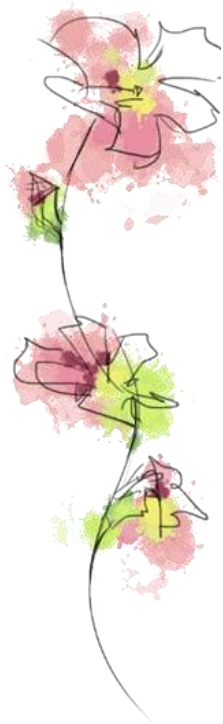
**“Your words become the
house you live in.”**

Hafez

12th century Persian Poet and
Sufi Mystic

The words that we use to communicate, think to ourselves, and describe our experiences in life build an imaginary “house” or internal place from which we experience, interpret, and define the quality of our entire lives.

Each word we speak has a life of its own, a vibratory signature that creates waves into the expanse of the universe. Be mindful of your words!

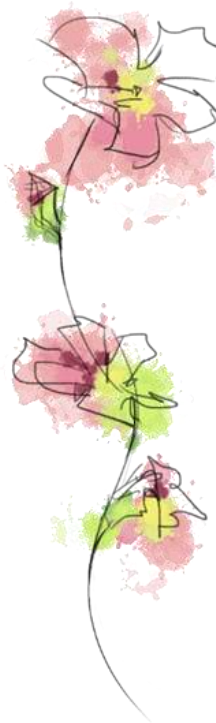


“The story of your life is not your life; it’s your story.”

John Barth
American Writer

Our stories keep us operating at lower frequency and create the reality that enforces that story. One of the most important actions we can take to regain our power is to become aware of the story we tell ourselves and the world.

Simply stated, our story originates with our perspective and judgement about what happened.



“Tomorrow, and tomorrow, and tomorrow,
Creeps in this petty pace from day to day,
To the last syllable of recorded time;
And all our yesterdays have lighted fools
The way to dusty death. Out, out, brief candle!
Life's but a walking shadow, a poor player,
That struts and frets his hour upon the stage,
And then is heard no more.

**It is a tale
Told by an idiot, full of sound and fury,
Signifying nothing.”**

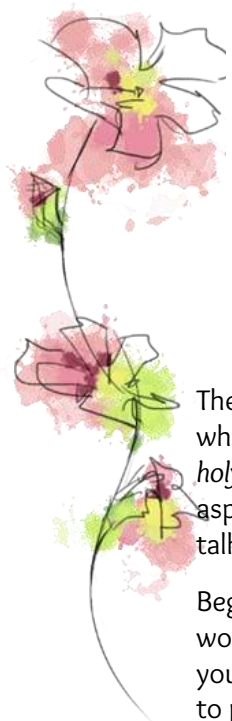
Shakespeare in *McBeth*
17th Century English Poet, Playwriter



“The primary cause of unhappiness is never the situation but your thoughts about it. Separate them from the situation, which is always neutral. It is as it is.”

Eckhart Tolle
Writer and Spiritual Leader

Our story continues to bring the pain and suffering from the past into the Present Moment and it shapes our present reality. Detaching yourself from the story and leaving the past in the past will begin to drop the heavy burden you carry with you and free you from the chains of the past. Separation of “what happened” from the “story” helps us to dismantle the power of the story and enable us to let it go.



“I AM statements allow you to rise to previously unimagined heights. Teach your outer self to accept the unlimited power of your inner spirit and the things you place in your imagination can become true for you.”

Dr. Wayne Dyer
Writer and Spiritual Teacher

The words I AM, which you consistently use to define who you are and what you are capable of, *are powerful holy expressions for and in the name of God* — the highest aspect of yourself. Break lifelong habits of negative self-talk. Discontinue using negative labels on yourself.

Beginning with your inner dialogue, simply change the words that define your concept of yourself. Redefine your self-concept by choosing the words that you opt to place into your imagination. I am blessed. I am wealthy. I am healthy. I am talented. I am successful.



“The enemy is fear. We think it is hate, but it is fear.”

Mahatma Gandhi (attributed)
Primary leader of India's independence movement and also the architect non-violent civil disobedience

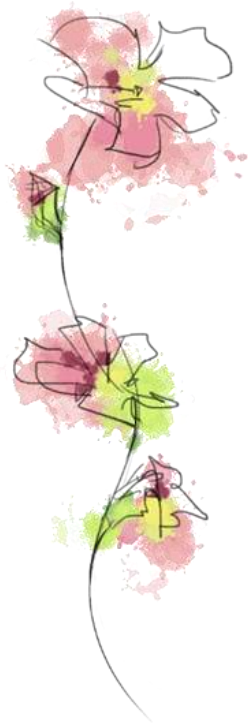
Fear is the root of hatred and our greatest enemy. We live on a planet that is dominated by Fear and the corner stone of this perception is the false belief that we are separate from our true self, separate from each other and separate from that which sourced us, created us.



“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance.”

John Lennon
Singer

There are 2 main emotions: Love and Fear and all other emotions are nothing more than subcategories of these two. Where there is love, we have peace, joy, content, serenity, forgiveness while on the other hand, where we have hate, we will have anxiety, sadness, depression, fatigue, judgment, guilt and so on.



**“Fear is the path to the dark side.
Fear leads to anger. Anger leads to
hate. Hate leads to suffering.”**

Yoda, Jedi Master

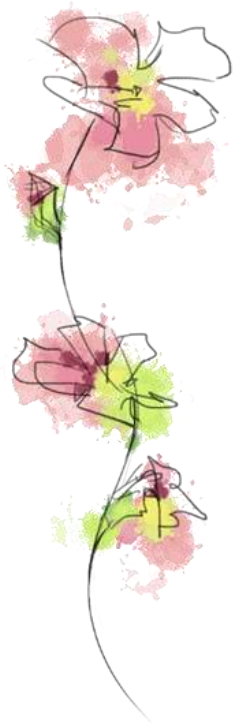
Fear is the energy which contracts, closes down, hides, hoards, harms. Thoughts of judgement, blame, attack, thoughts that anyone or anything should be different than they are, thoughts that focus on the past or future instead of present, all of these thoughts are of Ego Mind and are based on fear.



“When you change the way you look at thing, to come from a place of love, the things you look at will change because at these highest vibrational frequencies, you are vibrating with the Source of All Life.”

Dr. Wayne Dyer

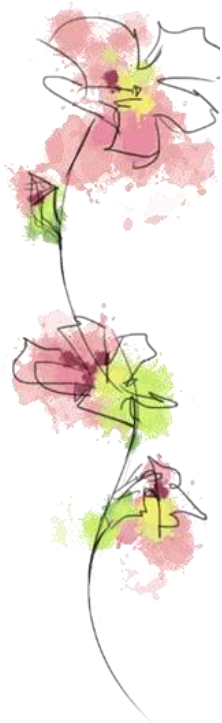
When you shift your inner thoughts to love, you will open yourself up to accessing the Divine Power that runs the Universe. When you shift your thoughts to love, you shift from a path that leads to self-sabotage to a life of ease and joy.



**“Fear is the absence of love the way
darkness is the absence of light.”**

A Course in Miracles

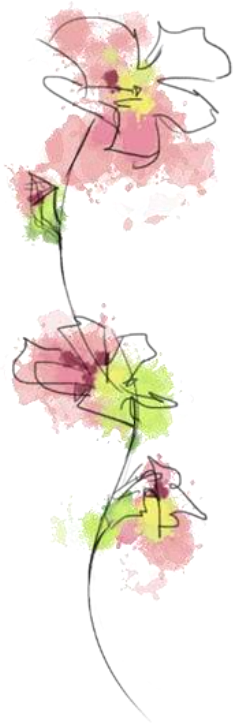
All loveless emotions are a product of fear. In the presence of light, darkness cannot be. And in the presence of love, fear cannot be.



“In the Bible Jesus said, ‘Be of good cheer; I have overcome the world.’ (John 16:33). He didn’t say ‘Be of good cheer, I’ve *fixed* things! He said I’ve overcome, which is rising above the limitations, lack, suffering and fears of this world, which means overcoming the thoughts of Fear.”

Marianne Williamson

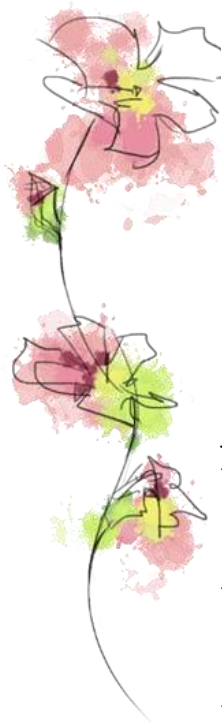
The 7 Grace Practices will help you shift from Fear to Love. They will NOT fix you! Remember you do not need fixing! They will help you to remove the barriers to the experience and expression of love.



“Spiritual practice is not just sitting and meditation. Practice is looking, thinking, touching, drinking, eating and talking. Every act, every breath, and every step can be practice and can help us to become more ourselves.”

Thich Nhat Hanh

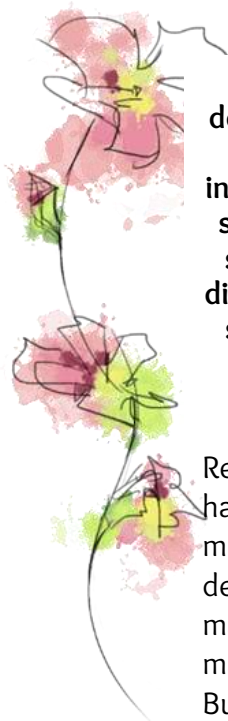
Every act, even the simplest, when done with Love and in Presence is becomes spiritual practice and can help us connect with our Divine Spirit.



“Spiritual practice strengthens your attitudinal muscles and your internal musculature. Without these practices, you will have flabby attitudinal and emotional muscles!! Flabby attitudinal muscles mean it doesn’t take much to be triggered, to judge or blame.”

Marianne Williamson

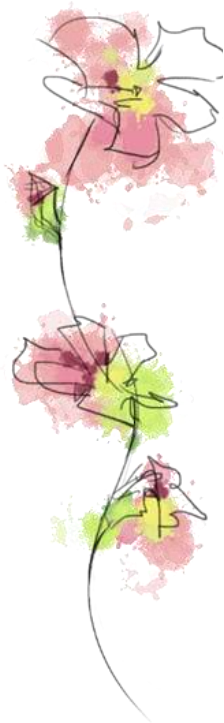
Just as we exercise our physical body to keep the muscles strong, we need to practice our spiritual muscles to keep our spiritual selves fit. Spiritual practice gives you the spiritual power that physical exercise gives your physical body. By having a spiritual practice s on a regular basis, you can have them at your command when life throws you a curve ball.



“Love knows what harmony feels like, and doesn’t care so much what it looks like on the outside, or to others. She is centered and inclusive. Love is frequently dignified — unless she’s required to flip her lid. He is gentle and strong. He bends — unless what’s best is to dig his heels in. She rewards. He comforts. He strikes. She waits. He speaks. She is silent.”

Danielle Raporte
Author and Inspirational Speaker

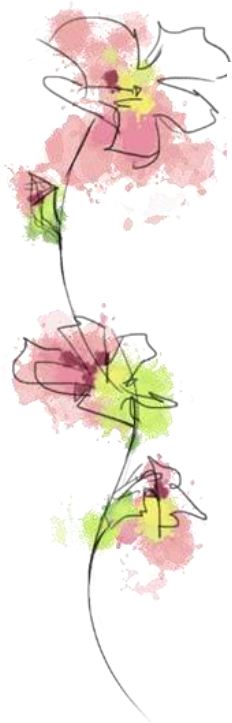
Remember, at times Love may choose to play hardball — “ruthless” and “loving” are not mutually exclusive terms. Love may make demands. Love may crumble in apology; love may weep with humility and grace. She might make a stand and defend to the bitter end. But I have found that, ultimately, Love knows what’s best for every difficult situation.



“Whatever you accept completely will take you to peace, including the acceptance that you cannot accept, that you are in resistance. The more you are able to honor and accept the now, the more you are free of pain and suffering.”

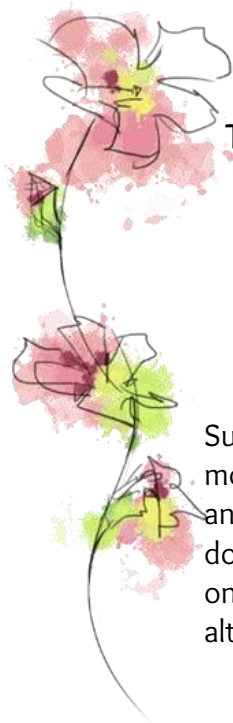
Eckhart Tolle

Acceptance is the first step in shifting from Fear to Love. When we accept ourselves, others, and life, we can create a real sense of peace and let go of much of our suffering. And, from this place of peace and truth, we're more able to not only appreciate life, but also to manifest the kind of circumstances, relationships, and outcomes we truly want.



“Don't look for peace. Don't look for any other state than the one you are in now; otherwise, you will set up inner conflict and unconscious resistance. Forgive yourself for not being at peace. The moment you completely accept even your non-peace, your non-peace becomes transmuted into peace. Anything you accept fully will get you there, will take you into peace. This is the miracle of surrender.”

Eckhart Tolle



**The world moves in its own way
And the sage follows
by yielding (i.e., surrender)**

Lao Tzu

Surrendering to and accepting the present moment and what life brings us is the first and most important spiritual practice. It doesn't mean you don't take action. It means once you accept what is so, you can begin to alter your perception.

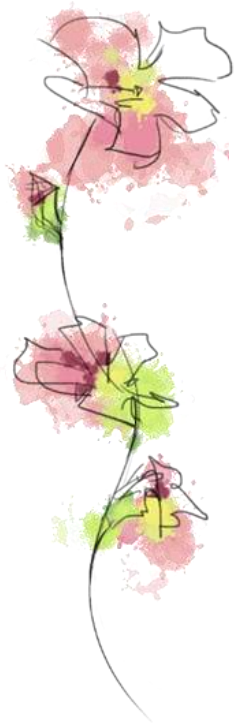


“Let go and let God.”

Unknown

Letting go and letting God is a moment-by-moment choice and an active process, one that must be practiced consciously. It can require effort, especially in the beginning. It can be frustrating at times.

But, like creating a clearing in a grass field by walking the same path many times, every time you practice acceptance, you create and strengthen neural pathways in your brain, making it easier and easier to accept things as they are.

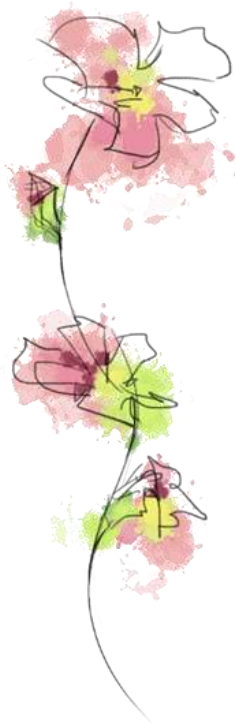


“Ego says, ‘Once everything falls into place, I’ll feel peace’. Spirit says, ‘Find your peace, and then everything will fall into place’”.

Marianne Williamson

Ego says, “this situation is unacceptable; you need the situation to change to feel better.” This means you can be at peace at some point in the future after you’ve fixed the situation and will have to suffer only at this present moment.

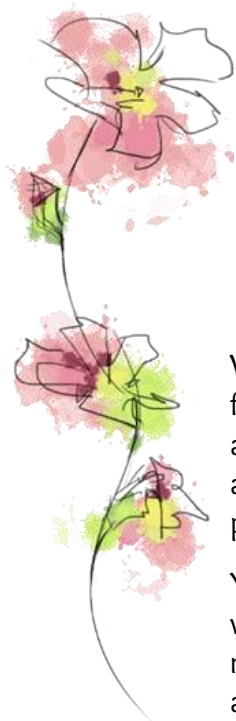
But the spirit says, “the situation will change when you accept it as is and are willing to see it differently.”



“Wherever you are, be there totally. If you find your here and now intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it, or accept it totally. If you want to take responsibility for your life, you must choose one of those three options, and you must choose now. Then accept the consequences.”

Eckhart Tolle

Make a choice to change it, accept it or remove ourselves from the situation.

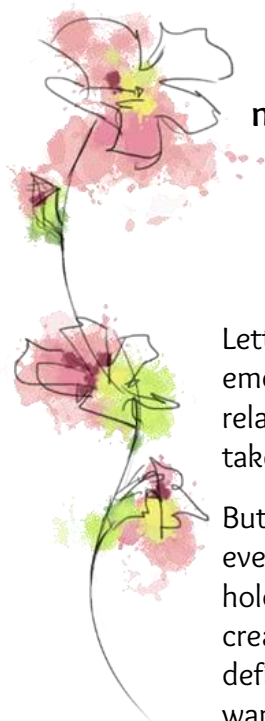


**“To love and let go, love and let go,
love and let go...it’s the single most
important thing we can learn in this
lifetime.”**

Rachel Brathen

We carry with us a huge reservoir of negative feelings, attitudes and beliefs. The accumulated pressure makes us miserable and is the basis of many of our illnesses and problems.

You have to let go of these feelings! Imagine walking through life with a heavy bag full of rocks. It is like pulling a cart behind you with all your troubles and worries.

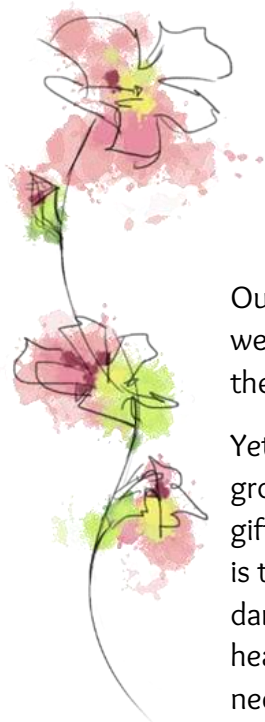


**“Some of us think holding on
makes us strong, but sometimes it
is letting go.”**

Herman Hesse
Writer

Letting go of something that is deeply emotionally charged or something that directly relates to how you identify yourself is hard and takes courage.

But you have to let go of what is hurting you, even if it feels almost impossible. Deciding to hold on to the past will hold you back from creating a strong sense of self — a self that isn't defined by your past, but rather by who you want to be.



“The wound is where the light enters!”

Rumi

Our pain will never magically disappear, unless we make a conscious decision to walk through the pain and come out the other side.

Yet, our wounds can serve as a spiritual growth opportunity if you look for the hidden gift that comes from the particular pain. What is the Universe trying to show me here? What dark, wounded piece of me needs to be healed? What belief or thought from my past needs to be uncovered and let go?



“Five minutes with God in the morning will ensure that you are centered in spirit and he will guide your actions throughout the day.”

A Course in Miracles

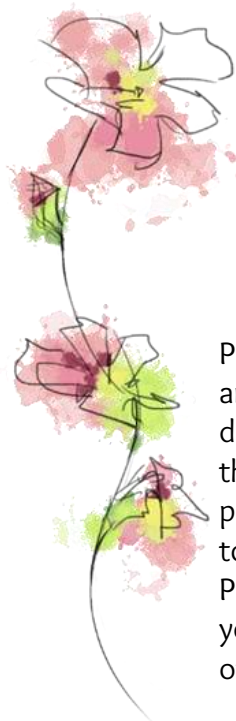
Just 5 minutes!



Forgiveness is acquired. It is not inherent in the mind. As sin is an idea you taught yourself, forgiveness must be learned by you as well.”

A Course in Miracles

Forgiveness is the key to happiness. But it is not something that we are born with. We must learn to forgive and practice it until it becomes a natural part of us.



**“Prayer is the medium of miracles.
A miracle is a shift in perception
from fear to love.”**

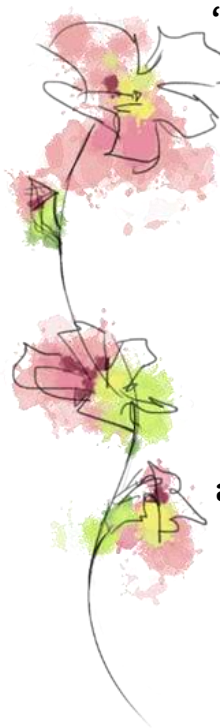
Marianne Williamson

Prayer brings forth the pouring of light and love into your life and shines it on the darkness. Most of us have not realized the power there is in prayer. When we pray about something, we invite the light to shift our thinking from fear to love. Prayer is a conversation with God. When you pray you are plugging into the power of the Universe.



Dear God, I surrender to you my grievances, the people I cannot forgive, the places I hold on and cannot let go, the darkness in my own heart. Please remove this darkness of unforgiveness from my soul and replace it with light. Please transform my anger and hurt into healing and peace. Amen.

A prayer for forgiveness. D this prayer for 30 days and you will undoubtedly begin to notice a shift in your consciousness. Your feelings of anger and sadness will quiet down, and your sense of peace will increase.



**“Today, I extend compassion to myself.
The roughness of the world in hard on
the heart. Mine has been tested.
Today, I acknowledge any bruises on
my soul and deliver them to God.**

**Dear God I surrender to you the scars
on my heart, the memories that sear
and the sorrows that remain. Please
heal me so that I might rise from the
ashes of my past and experience a new
life. Amen.”**

Marianne Williamson

Forgiveness of oneself is just as important.
We are so hard on ourselves, so critical. Use
this prayer to forgive yourself.



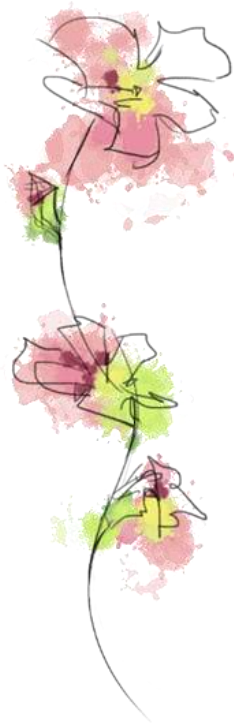
God grant me the serenity
To accept the things, I cannot change;
Courage to change the things I can;
And wisdom to know the difference.

I let go of all judgements about what is so,
Living one day at a time;
Enjoying one moment at a time;

I choose Acceptance as the pathway to peace;
Taking this world
As it is, not as I would have it;
Trusting that all things are as should be.

I surrender to the will of the Great Consciousness
For I don't always see the greater plan.
May I be accepting of what is so,
So that I may be happy and at peace in this life.
Amen.

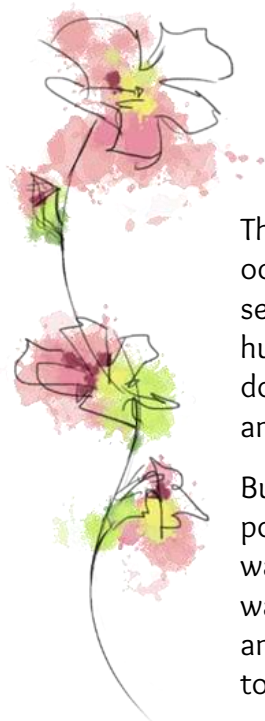
A variation on the Serenity Prayer
from Alcoholics Anonymous



Gratitude is the great multiplier. Your gratitude is magnetic, and the more gratitude you have, the more abundance you magnetize. It is Universal law!”

Rhonda Byrne,
Author of Secret

Gratitude is a powerful catalyst for happiness. When we appreciate something, our ego moves out of the way and we connect with our soul. Gratitude brings our attention into the present, which is the only place where miracles can unfold.

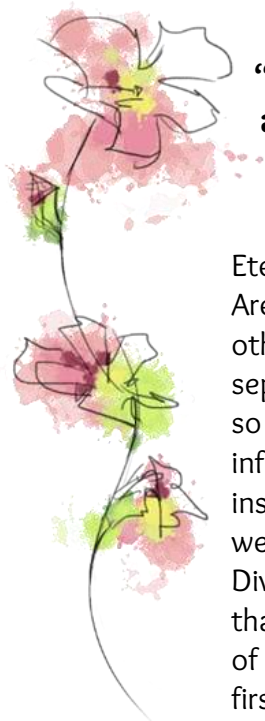


**“You are not a drop in an ocean.
You are an ocean in a drop.”**

Rumi

The Ego says you are a separate wave in the ocean. It is terrifying and lonely when you feel separated from the rest of the waves in this huge ocean. Isn't that how you feel deep down, alone, tired, scared and powerless among the billions that live on this planet?

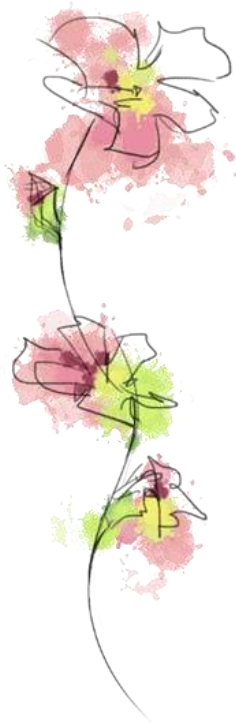
But one wave in the ocean or a drop in the pond sends ripples through the entire body of water. Only when you realize you're not a little wave but an ocean can you become powerful and leave the prison or trap that the Ego tries to keep you in.



“You are like a sunbeam thinking you are separate from other sunbeams.”

A Course in Miracles

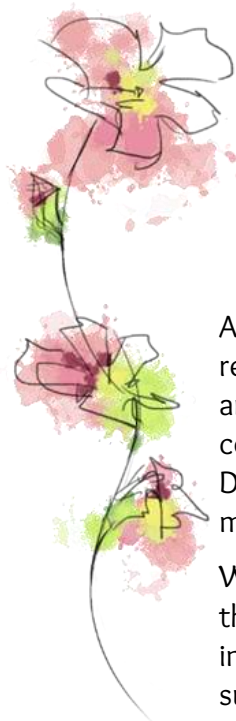
Eternal and Limitless Spirit is Who You Really Are. Ego has you believe that you and your other inner you are separate. The illusion of its separateness from the rest of the universe is so pervasive and so deeply rooted in the infrastructure of our language, our institutions, and our cultural conventions that we find ourselves unable to experience our Divine Self. The antidote lies in recognizing that not only we belong to and with the rest of universe, but that there is no “rest” in the first place — we are the universe.



“If I think of myself as one with the entire ocean, and I know as one wave shifts, the entire ocean shifts, then my experience of myself is different. If I think of myself of one little sunbeam, then I’m terrified of the light of the sun. But if I think I’m one with the other sunbeams, I realize I’m the light.”

Marianne Williamson

You are one with everything. Everything that exists is within you. The Source that makes all living things in the universe is also the same source that’s inside of you. This Divine Source interacts and is inseparable from the whole of you, which means your body, mind, and soul.



“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us.”

Marianne Williamson

Always remember who you really are; remember that your Soul is endless, infinite and timeless and this life is a play of forms, a co-creation with God of what is possible. Don't be afraid. That's more of Ego trying to mask your power and light.

We need now, more than ever to awaken to the Divine, to breakdown fear-based institutions that are causing so much pain and suffering and return to love. The only way is to be the change we want to see in the world.



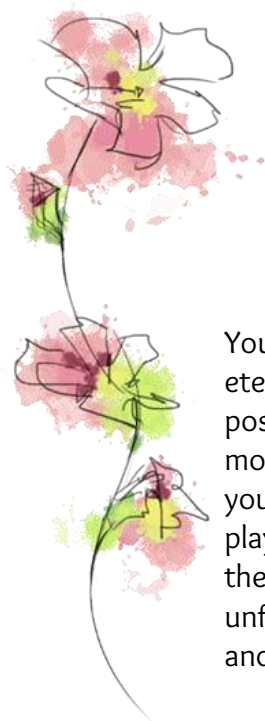
The total number of minds in the universe is one. In fact, consciousness is a singularity phasing within all beings.”

Erwin Schrödinger

The 1933 Nobel Peace Prize winner, Austrian physicist, most famous for his cat thought experiment,

The apparent multiplicity of minds is just an illusion and that there is only one mind, or one consciousness, that expresses itself in a myriad of ways.

Therefore, the Source that makes all living things in the universe is also the same Source that’s inside of you. This Divine Source interacts and is inseparable from the whole of you, which means your body, mind, and soul.



“If you really saw the light of your being, you would fall in love with yourself!” or bow to yourself.”

Hafiz

Your Spirit is the core of your being. It is the eternal space/time. It is a field of infinite possibilities, infinite creativity. It's the highest, most noble part of you. It's the truth of who you are. You are not the flickering images playing out drama on the movie screen, but the screen itself, a non-judgmental witness unfolding the movie of life with no beginning and no end, infinite in its potential.



**“Out beyond ideas of right and wrong,
(Meaning beyond judgements)
there is a field. I’ll meet you there.**

**When the soul lies down in that grass,
the world is too full to talk about.
Ideas, language, even the phrase “each other”
doesn’t make any sense.**

**The breeze at dawn has secrets to tell you.
Don’t go back to sleep.
(Meaning don’t become unconscious)**

**You must ask for what you really want.
Don’t go back to sleep.**

**People are going back & forth across the doorsill
where the two worlds touch.
The door is round and open.
Don’t go back to sleep.”**

Rumi

About The Author



Spiritual coach and mentor, and a practitioner of A Course in Miracles, Buddhism, Sufism and Taoism and non-duality teachings

I have worked for over 30 years in prominent corporations and high-tech companies in Silicon Valley, leading projects, working on highly complex cross-functional teams, organizing events and managing diverse people across the globe. Additionally, I have volunteered for many years while working, most recently in the slums of India developing an e-Learning computer science curriculum and teaching impoverished children. All of these experiences have given me a diverse perspective on life and people. It is one of my greatest joys to see beyond the surfaces of people's situations, into their beautiful souls, and to love, honor and celebrate them.

I took all my corporate experience and spiritual knowledge, and condensed them into specific practical everyday practices and

methodology. It has taken me 4 years to revise and refine my work, all the while applying the principals to myself and my clients. These practices have helped me and many clients heal, and create a new life; a life of serenity and joy in every moment.

And now the gift that was given to me by Spiritual Teachers all around the world and Corporate Mentors, is offered to you in my workshops. May this Gift of Love and Awakening reach you and extend beyond us to envelop the entire planet and all its beautiful inhabitants.

