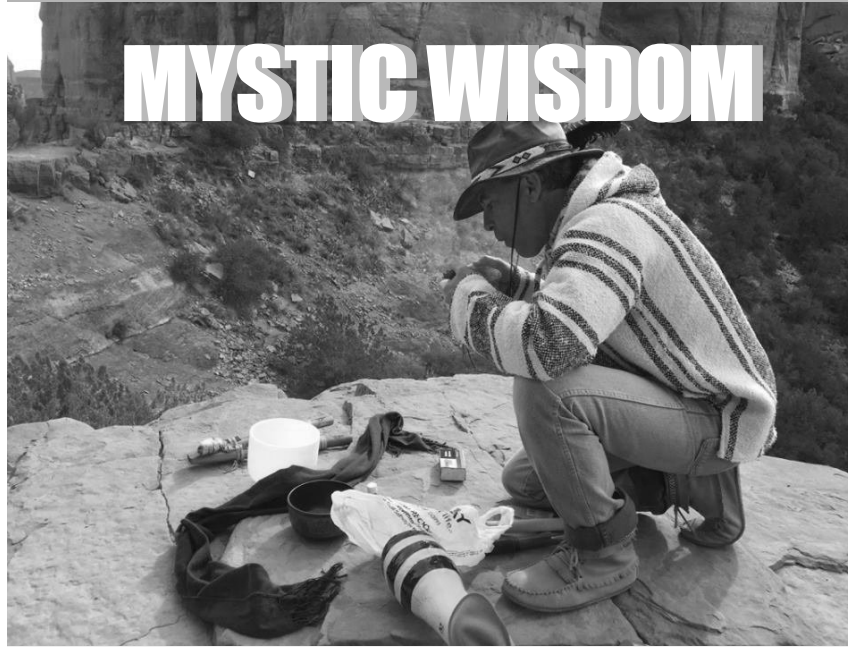


# MYSTIC WISDOM



*By Daniel of Sedona*



**From within this little booklet, it is my wish and desire that by sharing these with you, you may experience more love, peace and joy. I have found that by focusing on and living by these ideas, that my life has become more fulfilling, abundant, balanced and full of love than I could ever have imagined. Thank you for being here.**

When you see “\*”, this will be a pointer to an even higher consciousness perspective or a question that may bring an insight. Beyond any physical “reality”, beliefs, form and ego self. See if you can start to accept this as a possibility.

*daniel*  *ofsedona.com*

- #1—Know That I Love You
- #2—Speak Only Words Of Love
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## **KNOWTHIS**

I may not know you, but **I love you**. How can I say this?

**First**, I love you because you are here, on planet Earth, with me. Greetings, fellow Earthling human!

**Second**, you're in my dream. Thank you for showing up. Dang, I love you for that!

**Third**, and most importantly, I love you because well...you are a beautiful example of Creation. My love isn't conditional. I love you because you **ARE**. Not because you're black or white or pretty or cool or funny or because you do the dishes.

Explaining LOVE is really like trying to explain the idea of God. You shouldn't be able to. You really can't. Once you do, you have already filtered it down into an interpretation, a perception, for another's interpretation.

I have come to know love as a **force of creation**. Love **IS**. Love isn't attraction (attachment) to another person. You and I exist due to the energy of love as creation. **I know who you are**, beyond your role in this dream. I know that, like me, **you are not separate from anything**. How can I love one and not another if nothing is separate from each other?

\*—When I love You, I love my Self..

**I LOVE YOU.**

# **SPEAK ONLY WORDS OF LOVE**

If you absolutely must shift this precious silence with words, speak only the **poetry** of love. Notice what happens. There is a moment of connection and intimacy.

It may be that the person that is in front of you is waiting to hear your words of **understanding, compassion, empathy and love**. You just never know what someone is currently going through.

When speaking, speak from your **heart**. Narrow your conversation down to your truth. What is Here Now? Humans long for **connection**, so connect.

Listen with your heart. Practice eye contact and touch. See the other person as a gift.

Spiritual Guru, Ram Dass ("Be Here Now") says that in order to truly understand others that we are in conflict with, we must choose to love them first.

\*—There is nothing that needs to be said and no one to say it to.

**I LOVE YOU.**

**~ Quote ~**

*"When you are awake and present,  
generous listening will precede  
selective speaking."*

Daniel Posney

**CHOOSE TO  
LIVE FROM LOVE**

~ Quote ~

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

Yoda

What Yoda says has truth in it. Fear comes from worry for the future and not accepting All That Is. Anger is due to the feeling of loss of control (fear). This anger is usually towards Self.

This all leads to suffering or the feeling that “this was done to me” and “What can I do?”



We have a **choice** of living our lives from love or from fear. Be **brave** and be **courageous**.

People who live in love, from their hearts, are happy and fulfilled; those who don't are usually not happy and are conflicted.

In all of your thoughts, words and actions, ask yourself "Is this thought/word/action coming from love or fear?"

Choose to **live from Love**.

\*—Love is the only thing that is real.

**I LOVE YOU.**

**~ Affirmation ~**

*"I'm going to be very, very, very happy,  
and then do everything I have time  
to do after that."*

Abraham-Hicks

# **LET GO**

## **AND SURRENDER**

Surrender is not about giving away power or anything of your Self. It is about preparing to receive all that is being offered you, that which you have been pushing away from.

### **Let go of the side of the river bank.**

Surrender to the experience. Get into the natural flow of life. Let go of past circumstances, deeds, revenge, fears, mistakes and forgive. Not letting go only causes suffering in you. Look around you and see how lives are sometimes lived driven by an ego.

Stop pushing against. Stop having a fixed position. Letting go of things, ideas and people that you are no longer in direct alignment with, allows that which you **are** in alignment with to flow into your life. Let go of living for obligations. Stop living for "what ifs". **Plan for great prosperity and abundance!** Surrender and **accept your robe and crown.**

\*– What is the best thing that could happen to you?

**I LOVE YOU.**

~ Quote ~

*"As I walked toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind I'd still be in prison."*

Nelson Mandela

## **ACCEPT AND ALLOW**

Without a situation to conjure up, feel the feeling of the words “**accept**” and “**allow**”. There is not a situation that cannot be allowed and accepted. Take appropriate action, but accept and allow **everything**. You might want to say “I accept it, but I don’t have to love it!” You don’t have to do anything, but if you **do** accept **and** love it, you will find peace.

Actually, you cannot fully accept anything without loving it.

Allow your heart to **open**, your Soul to **fly** and your light to **shine**. The time of hiding your light and your true nature is over.

**Listen.** The Universe awaits **your** own awakening. Allow **feeling** to guide your decisions and your life.

Embrace the Divine, the Saintly and the Angelic into your life.

\* – **Allow no resistance.**

**I LOVE YOU.**

~ **Affirmation** ~

“Consciously and subconsciously, on all levels and layers, completely and simultaneously, I now choose within my breath, with every exhale to let go and release all to God/Source. With every inhale, I completely and freely receive all of the divine gifts that the Universe is offering to me.”

# **GRATITUDE**

## **PRIMES THE PUMP**

**Gratitude is the key to receiving** more of what you want. Though, that which you are grateful for comes from your own thoughts, expressing gratitude and getting into the happy **feeling** that you now experience, sends a message to yourself that you'll gladly receive more.

You can also imagine that there is someone taking notes of everything that you focus on. If you are focused on the aspects that are not assisting you, "Mr/Ms Note-Taker" (You) will focus on those and give more of that. If you are **continually grateful** for the gifts in your life, you will attract more of those gifts.

Realize that **miracles** abound in your life. You live and breathe due to the miracle that is your divinely-created, physical body. If you have created children, well that's pretty much a miracle too.

If you are reading this (I assume that you are), the miracle of your eye's ability to transfer electrical data into a screen within your brain...well, you get it.

Is it not a miracle that **you have survived** in this crazy world, on a constantly-moving and rotating planet, while also keeping your heart beating, your blood pumping and texting all the while?

Start from here and **see the amazing gifts in your life.**

**I LOVE YOU.**

# **BREATHE DEEPER**

Remember to **breathe**. Breathing not only provides important oxygen, but, also can calm us during stressful situations, ease pain due to injury and also has been used to take people into altered states of consciousness, bliss, ecstasy, heightened awareness and deep, personal healing.

There's fast and deep "holotropic" (a.k.a. ecstatic breathing), balancing "pranayama" breathing, circular breathing, heat-producing and energy-cultivating fire breath ("yoo-JAI") and many others.



It is truly amazing what we can do with our breathing.

Conscious breathing takes us **into the Now moment**, which is all there is. **Breathe**. Just reading that word should give you cause to **stop and engage in a full, deliberate breath**. You have the power to control how you feel by taking control of your breath.

Breathing is one the few bodily functions that we are able to adjust consciously.

\*– **BREATHE**

**Just let go, be here now and breathe.**

**I LOVE YOU.**

**ASK YOURSELF**  
**WHO AM I?**

Really. Just keep asking yourself this question. Are you the doctor, lawyer, plumber, homeless person, priest, mother, daughter, father? Are you the guilty, the innocent, the persecuted, or the "enlightened one"? Are You stressed-out or picked on or sick?

Eventually, you can't help but get to the divine truth of who you really are. **I could tell you**, but that wouldn't be any fun, now would it?

Ok, here's a hint: Any thought of who you are, is just that, a thought. You are that which is before the thought.

### **The Most Profound Question**

The guru was asked “Why is it that dogs will suffer bugs in their eyes when they stick their heads out of a window of a moving car?”

“You have asked **the most profound question**”, said the guru. “The reason why the dog will go through the bugs in the eyes is because it realizes the contrast, between having the bugs in the eyes and the exhilaration of the ride, is worth it.” The guru continued “...and that is the **same reason** why you came into this existence. You knew that the contrast between the suffering that you would have to endure and the exhilaration of this ride would be worth it.”

**I LOVE YOU.**

## **EVERYONE IS A REFLECTION**

This is your own personal, emotional “navigation system”. You may be upset with the actions of another because of the mirror of that trait **within you**. This upset is called a “trigger”. A negative trait might be amplified just so it will be **loud and clear**. It will continue to be brought up in your life for you to work with and understand until it is completely healed to your satisfaction.

When you are “triggered”, be calm and learn to hold the feeling or emotion and experience it but, **don't react with it**. It was your past reaction that was causing the upset. You were triggered and were

**reacting due to a history** that you had.  
Find out where the reaction comes from.  
Looking at it will **lessen its power over you**. This is very empowering.

Nobody can make you feel anything. No one can make you happy, **you do that**. Thoughts come before emotions. People are just playing the roles in our lives that we have asked them to play.

You might have resistance to look deeply within because of the thought "*Why should I create more work for myself, if life is tough enough as it is?*" The good news is that, when you do, you won't be experiencing the same burden or living the same life that you did before. You will start to **master your life**.

**I LOVE YOU.**

## **ILLNESS IS BACKED-UP EMOTION**

We tend to believe that we are over-weight or are unhealthy because “there it is, I can see it”. **Your body is a reflection** of what you believe (not the other way around). We keep telling ourselves (our body), that “this” or “that” is true. **Your body says “As you wish” and obeys.** Disease and illness is your body's way of **trying to tell you something is unbalanced** deeper within.

An energetic (emotional) imbalance will start to manifest itself in minor ways and will increase its affect on your physical body until death of your body.

Your life and your body are not at the mercy of whatever happens. Use your body as a **divinely-created vehicle** and take care to maintain that vehicle the best way that **you know how**.

Take a moment to investigate your illness from an emotional level.

Is stomach pain from “my relative hates my guts”? Is a blood-flow problem (migraine) related to stress and an inability to “flow with life”? Is a cyst, or tumor, related to unresolved anger? When you eat, **is your eating caused by emotions?** What are those emotions?

Check out “*Heal Your Body*” by Louise Hay.

**I LOVE YOU.**

## **THERE ARE NO VICTIMS**

I know this can be a difficult one for a lot of people. It was difficult for me. **There are no victims in life.** You are in *victim consciousness* if you think **anyone** can be a victim. Yes, things happen to people, sometimes “terrible” things. People starve, are murdered, abused and raped. Great suffering is activated. We are rising above this current “**collective consciousness**” of accepted violence and separation.

Within your locality, what is **your** perception? **Your** experience? Ask yourself “**Have I prepared the way** for myself or have I made it a difficult path to



follow?" Usually, on some conscious level, we know what we are doing to block whatever it is. You may ask yourself "**Why would I have chosen this experience?**" and in doing so, you shift your experience. **All paths lead to liberation.**

\*– **YOU are the one with the power.**

**I LOVE YOU.**

**~ Affirmation ~**

"I am not a victim, as there can be no victims, ever. As my consciousness is ever-rising, I now receive, accept and allow all forms of love, prosperity, gifts, miracles and fulfillment of my soul and my physical being."

**YOU ARE  
WORTHY  
YOU ARE  
LOVED**

This has been the greatest block for humans to overcome. You cannot THINK how big you are, how amazing you are, how divine you are.

You are a living aspect of Creation. You are part of the “One Big Idea” of Creation. There are **no judgments or conditions ever for anyone**, except that which we put upon ourselves. You are a beautiful example of Love In Form.

Are you so special and different than everyone else that you somehow are

NOT directly connected with All That Is or Source Energy and are not worthy of everything you ever wanted?

There are **no mistakes** in the universe or in creation. **If you exist, you are perfection**, you are magical, you are imperative to the completeness of creation.

*You are exactly where you need to be.  
There is nothing wrong with you.  
You are not alone.  
Your Soul knows exactly what it's doing.*

You may not believe all of this, but how is the not believing really serving you? **Is your current stance serving You or your ego?** Who is serving whom?

**I LOVE YOU.**

## **FORGIVE YOURSELF**

*"Forgive myself? But, HE's the one that did that thing to me!"* Yes, forgive **yourself**. If there is any guilt about the situation, clear yourself first. If there is **any** way that you could have had a small part in causing the situation, forgive those actions.

Now, forgive others, forgive everyone... fully and **completely**. When you choose to let go of the past, you end additional suffering in your own life.

Most people act from a place of conviction in what they believe and that what they are doing/saying is best for them (or everyone).

Honor the Creator in everyone, whatever that creation looks like. There is golden perfection in everything. There are ten thousand stories of people who, through sincere forgiveness have received gifts that might not have been received in any other way but the manner in which it was manifested.

You are being given life events or “episodes” that will require your forgiveness that you sought to understand and evolve from.

**Embrace it.**

**I LOVE YOU.**

# **LIFE IS** ABUNDANCE

We normally experience what we judge as “up” and “down” of life. Someone dies. Someone is born. This we can call “contrast”. This is the **wave of creation**. If there were no contrast in life, we would not prefer. If we did not prefer, we would not create. If we did not create, we would not exist.

As you identify the thing that you want and you achieve vibrational harmony with it, by **Law of Attraction** you summon the Energy through you, and that is what life is.

\* - **Love is the answer.**

**I LOVE YOU.**

# MANIFESTING

*"I'm sending out positive thoughts to affect the world."*

...can be shifted to:

*"As I am standing in the center of my Universe, thinking a thought, creating a frequency and holding a certain vibration...like metals drawn to a magnet, things (experiences, people, objects) make their way over to me and the world is created differently by me."*

We actually don't want the "thing" but, the **emotion** that the thing will give us. So, **practice the feeling** and the "thing" will physically manifest in your life.

**REMEMBER**

# **WHO YOU ARE**

You can tap into the longing that is within each one of us, but which only some re-ignite. This fire that burns within cannot be extinguished. It'll grab at your heart until you do something about it. It is this longing that humans have pushed down and numbed with alcohol, drugs and other addictions (unhealthy relationships, materialistic hoarding, adrenaline activities...etc.).

You may have stood at the edge of this dimension, willing and ready to answer the call of humanity. You realized that **you are the missing piece** - the critical



solution. Whether it was an encouraging word to this one specific person on the brink, or leading the masses, you saw a role. Just before launch, your greatest teacher had one more thought for you to remember "**You are exactly what is needed. Whatever happens, do not forget who you really are and that we love you.**" You answered, "Ok, I won't forget".

\*- **Stop hiding. Wake up.  
I LOVE YOU.**

~ Quote ~

*"Know the truth and  
respect the illusion"*

Michael Mirdad  
Unity Church of Sedona

# **FIND THE GIFT**

When there is drama in a life situation, endeavor to "find the gift". The manner in which the gift is coming to you is not important, but the gift is.

We tend to get caught up in what was "done to us" or the drama of the experience. Focusing on this makes it stronger and creates more suffering. Don't get overcome by the stellar acting abilities of the Souls that played those roles in your experience. We can choose to turn the experience around and move way beyond "thinking positively" and see that **we** have given this situation to **ourselves**.

THE CHALLENGES AND  
NEGATIVE PATTERNS  
WHICH YOU HAVE BEEN  
EXPERIENCING, IN THIS  
LIFE, REPRESENT THE  
CONTRAST FROM THE  
VIRTUES AND GIFTS THAT  
YOU NOW HAVE THE  
BLESSED OPPORTUNITY  
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