

Master Your Spiritual Journey

Printouts

Dear Reader!

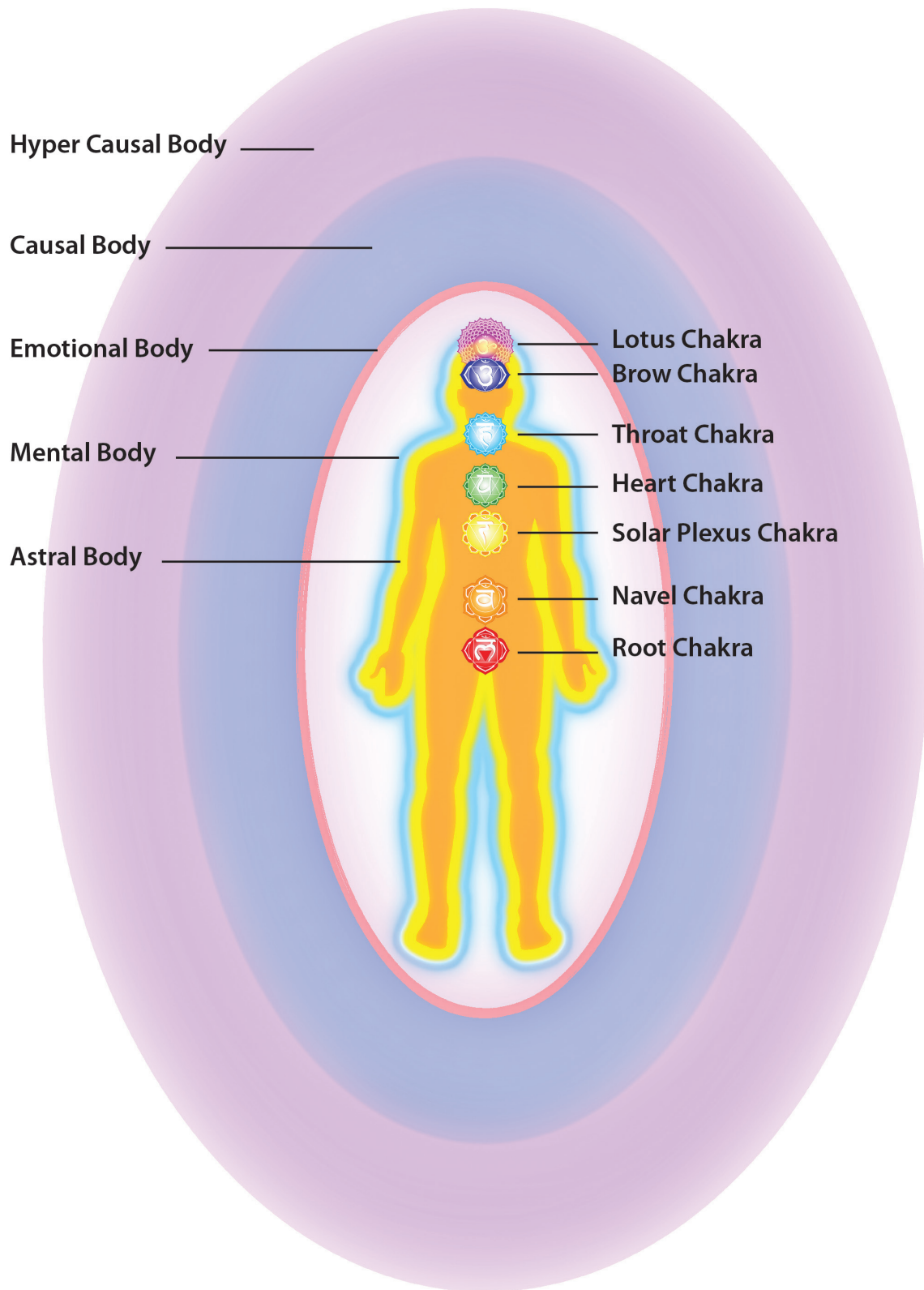
Thanks for purchasing my book, and visiting my website ***www.cansantrantow.com***.

The following printouts will help you with the exercises that I explain in my book. Specifically, you will find the diagram showing your energy system (Chakra Aura Diagram) in color. Also, you will find the nine revelations from chapter 9. Printing this file and keeping it handy while reading will make it easier for you to do the exercises as they are intended.

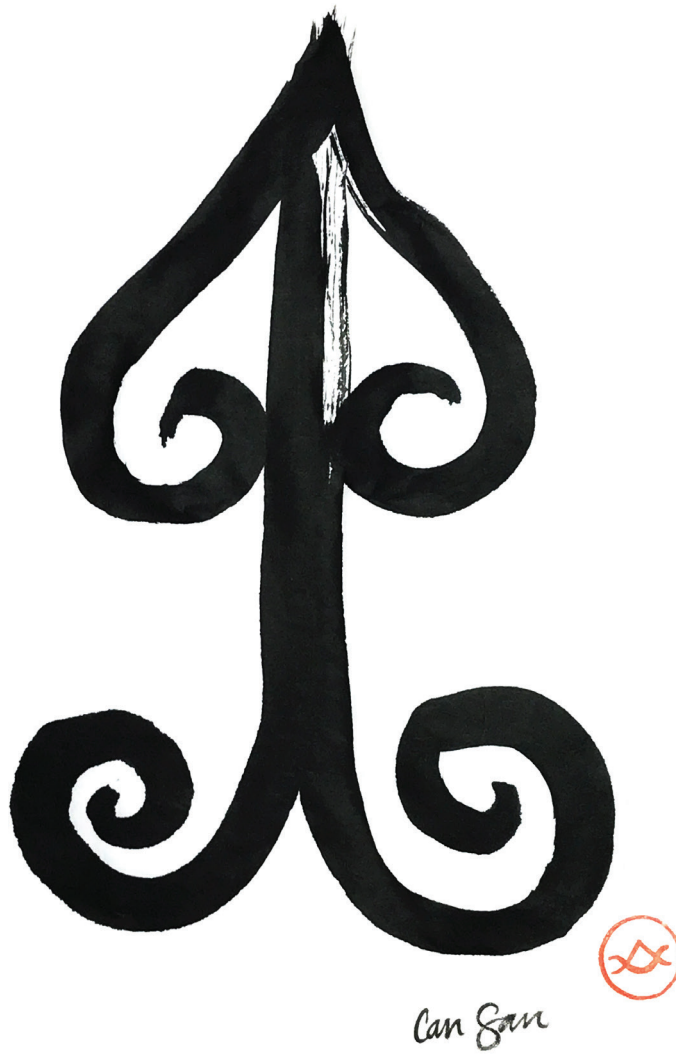
With love.

CanSan

Chakra Aura Diagram



Destiny



Your destiny reveals itself in the lotus petals of your crown chakra. Allow it to flow in abundance and to infuse your reality with kindness, as well as truth. All your ideas are valid; all your flaws are just a fleeting idea of someone who is not really you. Destiny awaits in the kindness of your heart and in the truth of who you really are. Flow with it. Nourish it with gifts and offerings. Offer your love, and open your heart to healing through accepting your own inner being.

Om Namah Shivay

Truth



Truth awaits, hidden in plain sight. Truth surrounds you and permeates you. Truth lets you see what is real. Truth leaves behind deception and paralyzes your enemies. Truth comforts you, and it reveals you. Truth is silent, yet it speaks mightier than words. Resist and truth will tear you apart. Give in, and truth will comfort you silently and make you aware of the true you, which hides in plain sight. There is no need to fear the truth because it is your very nature.

Om Namah Shivay

Love



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Love is always the answer. Let love shine freely. Invite love by sending love. Send love by committing to be love. Love is smart, love is inventive, love is free, and love is humble. Love is God's gift to humankind. Love is a healer, a mentor, and a friend. Love is adventurous and courageous. Love has no limits, and it is who you really are. When you allow love to reign, you allow your true self to reign. Commit to love, and anything is possible. Leave it to love to find a way to achieve what seems impossible. Love rules, so make love your true home, and you will always be at home, no matter where life takes you.

Om Namah Shivay

Humility



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Being humble is not being meek. Humility is the ability to bow to what is true. Humbly accepting who you really are makes you strong beyond words. Humbly bowing to others and their true self is also bowing to your own true self. Be humble and commit to honor God in everyone and everything, including yourself. Humility extends beyond the mundane and builds bridges. It dissolves walls and connects worlds effortlessly. However, it must be true without judgment and expectations. True humility is like a silent reverent bow, graceful, complete, and beautiful beyond words. Be humble and still to enable yourself to receive what is truly yours. Simply bow to the Infinite in everyone.

Om Namah Shivay

Joy



Joy is the source of your existence. Your conception was joy, and the essence of your soul is joy. Joy is the dance of the atoms and the sound of the stars. Joy connects us all and beats in every heart. Joy motivates us. Joy reveals us. Without joy, there can be no creation. Walk with effortless joy through every obstacle, and listen to the joyful song of all worlds and all heavens. You are joy, and you are everywhere. When you start to see it and feel it, your soul awakens from its delusion and joins in the dance with everyone else. Feel the joy, and be free by allowing joy to make you alive.

Om Namah Shivay

Freedom



Freedom is your birthright, written in the stars. You are born free, and you walk free. This universe is yours to create, and you do it with every breath. You are walking through your own creation every day. Be free and acknowledge the stars as your ideas, see the moon as your dreams, and see the sun as the Light that gives life to your soul. See Earth as your mother and your friends as your mirrors. Recognize your own presence in every beating heart, every birdsong, and every prayer prayed with love and conviction. You are free because there is nothing that is not you.

Om Namah Shivay

Master Your Spiritual Journey - Listening to the Wisdom of Your Inner Guru

cansantrantow.com

Unity



Unity is a gift that comes unexpectedly. Unity collides with your expectations and shatters your endeavors when not carried by trust, truth, and understanding. Unity is God showing you who you are without mercy. However, unity is also a source of understanding. Unity is knowledge that comes to you when you need it. Unity is help in distress and a revelation of unknown proportions. Unity lets you get what you need without revealing from where it comes. Unity scares many people because of its inevitability. Unity protects you from harm, even if it might not feel that way at the time. Unity leaves you with your free will, but it never leaves you, no matter what you say or do.

Om Namah Shivay

Power



Power is not power over others. Power is omnipresent. Power is your spirit flowing through every moment of your life. True power comes from surrendering your life to your true self. Don't try to acquire power. Instead, strive to accept the power that comes to you naturally. Power comes to those who serve and use it with love and caution. You can lose it at a moment's notice if you abuse it. Power is your acceptance of your God-given talents and responsibilities.

Om Namah Shivay

Simplicity



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Simplicity means order. Simplicity means authority. Simplicity means everything in its place and a place for everything. You are simple, and you are incredibly complex. When you allow your life to be simple, you allow yourself simply to “be.” Embrace simplicity, and make it a habit. Whatever you want or don’t want—simply be, and everything makes sense. Simplicity may seem like a weakness, but it is the ultimate answer to any challenge. Break it down into simple steps, and everything becomes manageable. Let simplicity take you back to being a genius. Let your life take shape through simplicity of actions, habits, and thoughts.

Om Namah Shivay