

Peace at last

“Daily routine to create peace in your life”

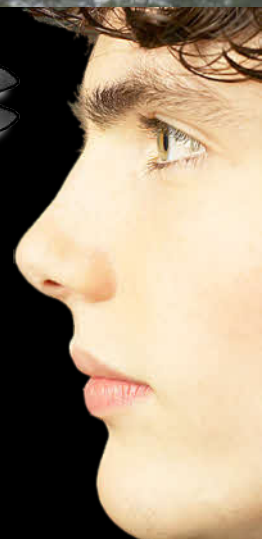


PDF



MP3

10minguide.com



Contents

Main page	Page 1
Contents	Page 2
Introduction	Page 3
Emotional cleansing	Page 3
Grounding	Page 3
Nature cleansing	Page 4
Love into the body	Page 5
Focus on what grateful for	Page 6
Just be in the moment	Page 6
Protection	Page 6
Cutting the ties	Page 7
Give the brain a job to do	Page 7
Summary Step by Step	Page 8
Donate and web sites	Page 8
Sponsors who donate	Page 9



Introduction

“Peace at last was created” so that people to get back to the life force or source that helps people to find peace in their life’s. This daily cleansing gets you back to the energy flow where peace and natural healing is achieved. With insights also how to stay in the life force and protect you from negative energy that can take you out of the source and stop the natural flow of your life. This incorporates techniques to balance your energy by working on the mind, body and spirit. In the source we can access and manifest unconditional love where peace becomes a reality. You are ignited in the energy that creates a new world where you become one with everything and so can access amazing information to achieve or attract anything you desire. Often people in the source just want peace and suddenly everything falls into place and items you had thought about doing just materialize. You become part of a energy where doubts, fears and problems just melt away as you no longer give them negative energy and so your life becomes enriched in new magical world full of experiences that we never saw before. By bring nature to you, loving yourself and protecting from negativity, you become so peaceful that nothing fazes you or ego is just a place you go when out of the source. You learn to trust in what has been created for you and surrender to the flow of life. First we must clear out the emotional baggage we hold onto. To have a clearer connection and fresh start of energy why not book a session with me on past life / present life healing. This amazing techniques given to me by spirit incorporates, clearing past life’s lesson that creates phobias / the way we are in this life. Present life of childhood programming and attraction of negative problems, relationships and conditioning we have absorbed from our parents. Cleansing all our lines and re-building the energy to align our bodies to heal again. Once the negativity is cleared from the body, we allow the body to heal and re-build our alignment and heal physical symptoms created from too much negativity.

Click the links below for more information:

[Past life](#)

[Present life](#)

Emotional cleansing

This simple method is excellent for releasing the days emotions we have held onto or absorbed from people.

Just breathe in and out and imagine or just knowing your letting go of all your emotions, fears and problems in a box at the side.

Just breathe in and out

Just breathe in and out, as you get lighter and lighter, just go with the flow and let go of emotions.

Last one Just breathe in and out.

You should be feeling calmer at relaxed.

Grounding



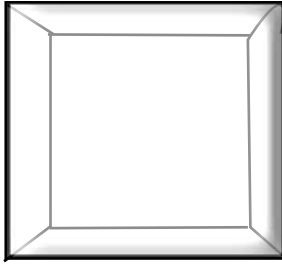
Grounding

Just imagine yourself as a tree with roots coming out of your feet and going deep into the ground, re-connecting with the earth energy. This is very important for the body, for this will enhance your bodies natural healing.

Another way to ground yourself is to drink 8-10 glasses of warm water a day, this keep you flowing in energy and makes sure the body is grounded.

Try this Free MP3 audio on grounding: [GROUNDING](#) (just click link)

Nature cleansing



Imagine a transparent box, just a knowing is enough.

This box reaches the ceiling.



Waterfall

Imagine your at a waterfall, use your 5 senses, just a knowing is enough:

Hear the birds: Feel the green grass: See the splashes of the waterfall:

Don't need to taste the waterfall: Smell the flowers by the waterfall

Just a knowing is enough

Open your hands and feel the waterfall energy growing, getting bigger and bigger in your hands.

Poor the waterfall energy into the box



Sun

Open your hands and feel the sun energy growing, getting bigger and bigger in your hands.

Poor the sun energy into the box



Moon

Open your hands and feel the moon energy growing, getting bigger and bigger in your hands.

Poor the moon energy into the box



Wind

Open your hands and feel the wind energy growing, getting bigger and bigger in your hands.

Poor the wind energy into the box



Raging Fire

Open your hands and feel the raging fire energy growing, getting bigger and bigger in your hands.

Poor the raging fire energy into the box



Ice

Open your hands and feel the Ice energy growing, getting bigger and bigger in your hands.

Pour the Ice energy into the box



Tree

Open your hands and feel the Tree energy growing, getting bigger and bigger in your hands.

Pour the Tree energy into the box to ground the energy.
Now imagine stepping into the box and releasing last emotions your holding onto out of the box into the emotional tin at side.

Top Tip

To attract peace and problems to be solved into your life we then put words into the box:

Peace, abundance, unconditional love, and manifestation I attract today.
Then it ignite nature just say in mind x10 I love myself and I am peace x10.
To solve problems be guided by spirit to areas of your life you may have emotions attached, relationships, money, family, friends etc.

Love into the body



When we put love into a body we give the body what it needs to find peace. Unconditional love is very potent healing and so to learn to love yourself is to learn to heal yourself and others as you ignite the love to share from the source. We are a part of everyone when we ignite nature energy in ourselves. Negativity stops us from re-connecting to the source within. Love also brings to the surface deep rooted negativity to clear out.

Here is a simple method to put love into your body.

Just imagine or knowing that your soul is standing in front of you, ask the soul to pour unconditional love into your body through your heart.

Your heart is connected to everything and so will pump this love around. With nature this will balance all the Chakras in the body

Top Tip

By just saying " I love myself" x 10 or "I am peace" x10, this gets us back into the flow of the source or life force. You then become love and peace which is what the body and soul want. Try it and feel the joy from the experience.

Focus on what grateful for

When we focus on what we are grateful for we ignite in ourselves the passion and life force energy that flows and attracts unconditional love into our life's. You open your world to manifesting endless possibilities and experiences to attract to you. We are then guided by inner wisdom and spirit world to a new way of looking at life. Most people focus on what they haven't got which creates a life time of negative attraction. This simple technique, gets you into going with the flow and surrendering to your purpose.

I am grateful for the wonderful experiences I have received.

I am grateful to be guided by spirit to help others to find their calling

I am grateful for my family/ friends who have taught me so much and share in my experiences.

I am especially grateful for my son who gives me so much love and joy in my life.

I am grateful for the lessons I have learnt that has made me into the person I am.

I am grateful for to nature for helping me to clear my emotions and give me new energy everyday

I am grateful for the peace that resides in me.

I am grateful for being guided to access the source /life force and gain great insights everyday.

I am grateful for always being provided for and seeing the messages that guide me to a peaceful life

I am grateful for waking up each morning and sharing new life with the world

I am grateful for being one with everyone and seeing this new world full of love.

I am grateful for the new energy I am today

I trust in what I am creating and I surrender to the flow of energy that resides in everything

Here is a few why not make your own up and have a few to focus on each day.

When we become grateful for what we have we become humble that we are a part of everything and so life is a two way experience we everything we share with. Suddenly you see connections as we attract amazing experiences into our life's very quickly.

Top Tip

When you get a problem put it in a box for the universe to sort or see something that would normally annoy, just think "all for a reason" or surrender to it being sorted at the right time and suddenly everything falls into place.

Then you feel the joy that you are supported and being guided.

“Just Be in the moment”

Say I am connected to everything and everyone, I become one with nature. Then you will just be in the moment. The future and the past is just illusions. The past creates who we are and to live it is to bring into the now to experience. The future hasn't happened and just an illusion. What we think about in this moment, we order for the future. What we experience in the moment is orders we have placed in the past and so need changing if not bringing us peace.

Protection

Imagine yourself in white light or a bubble. Put a waterfall around you to absorb negativity.

Negativity, fears, worries, doubts and stress takes us out of the source or life force. When we are not in peace or focusing on what isn't going to bring us peace we order moments of negativity into our life's. We also attract people, we absorb negativity from and dump into our environment. 90% of what we think about is false illusion we are ordering or creating to attract more lessons to clear out negativity. By getting back to the source we quiet en the mind , so that we can receive insights. Even as natural healers we give out energy / insecurities which makes people look at their problems and so attack us with negative energy. We absorb to help but hold onto it and too much negativity comes in physical form.

“If it don't bring peace, don't do”

Top Tip

Job Job

Any thoughts that don't bring us peace are ego or an illusion, say I love myself and I am peace x 10 to get back to the source. Information comes to you when in the source where as when not you go to the information eg. Simple message, like go to garage, then brain starts adding stuff like, your car might be costly, need new car, cant afford, won't be able to go on holiday, etc. The message was someone at garage had message to change your life.

Cutting the ties

Imagine from your heart energy lines attached to everyone you have come into contact with. Send white light down those lines or just cut the lot. Imagine a pair of scissors or bolt cutters if feel a chain attached and cut, if find hard to cut then need my past / present life healing. Seal the ends in white light and if someone you love, send new line out with white light.



Everyone we come into connection with we have an energy line attached and feeding us energy. That is why we can feel down when happy. We are feeling the emotions of others because they are connected to us. We also can pass on emotional problems to our children. So our children can create the same problems that we got from our parents. So because we also have soul energy lines, it is best that you contact me for some past / present life healing to help you cut the ties from your soul and break the chains you have attached to parents, relationships, children, family and friends. That is why we are really effected by people who can control us or abuse us from childhood programming.

Give the brain a job to do

To stop the brain over working, attracting negativity energy you are holding onto, give it a job to do.

“ I order my brain to attract peace into my life”

If you are attracting a lot of lessons or are being taken out of the source a lot, then you definitely need past / present life healing, with some soul awakening to take charge of your life. For negativity attracts negativity and so we need to cleanse in nature. Your brain is very powerful and so will even make you see situations that are not happening. For example, how many times have we when watching a film we liked, been asked to get something out of the kitchen, our brain doesn't want to do it and so when it comes to finding say the salt and pepper, it can't see it and isn't it annoying when you are handed it and it is in front of your eyes, why because your brain don't want to see it. Our brain processes what we are focusing on, adds situations for us to learn from the experience to clear out negativity we hold onto, i.e. problems. It creates illusions for us to work out.

“When you buy a green car, you see a lot of green cars”

Summary step by step

1. Emotional cleansing - release emotions into box and breathe 4 x
2. Nature cleansing - transparent box put in waterfall, sun, moon, wind, raging fire, ice, tree,
3. Attract peace - put words into box, unconditional love, peace, harmony, abundance etc.
4. Re-connect with "I love myself" x 10 I am peace x10 become love and peace..
5. Love into the body
6. Focus on what grateful for
7. " Just Be in the moment "
8. Imagine yourself in white light or a bubble. Put a waterfall around you to absorb negativity.
9. Cut the ties
10. I order my brain to attract peace into my life

Donation

Top Tip

This is a free product sent out with unconditional love. If you would like to donate, you will ensure that more products can be created for free and will go towards "New world Healing". A organisation to "ignite the light within" and bring healing to the world through free demonstrations.

Every person who donates will be put in this publication or on the Web site as a sponsor that helped create a new world of peace.

Web sites Of Interest

A soul awakening shop
Psychic medium web site
Coming soon New World healing
House cleansing unwanted guests
Profound information 10 minute guides

www.asoulawakening.com
www.stevebradshaw.co.uk
www.newworldhealing.org
www.housecleansingunwantedguests.com
www.10minguide.com

Facebook groups

Sponsors who kindly donated to “New world Healing”