

THE PATH TO PEACE

7 Spiritual Steps

FOR PEACE



THE FIRST FOUR STEPS TAKE PLACE AT THE START OF THE DAY:

Step 1 Read something spiritual and uplifting to put me in a receptive mood.
(5 minutes – welcome your Good)

Step 2 Write a gratitude letter to my Spiritual Partner and include those things that I am grateful for that I have, and those that I want as though they are already manifest in my life. (up to 10 minutes – use a daily practice journal)

Step 3 Speak as I read my letter out loud with emotion.
(5 minutes – become magnetic)

Step 4 Imagine and think about and feel grateful for all that I've listed as my desires as though I already have them. What does it feel like to have it? How do I look having that thing or experience? (5 minutes – visualize the demonstration)

THE NEXT TWO STEPS TAKE PLACE THROUGHOUT THE DAY.

Step 5 EXPECT and watch every moment of the day for a sign or some intuitive direction to take the next step toward my desired good. I won't overanalyze the instructions. I will follow the intuitive leads, flashes, hunches that I receive. If I'm unsure, I will ask for another lead before taking action.

Step 6 CELEBRATE and express gratitude in a joyful way when something good happens that is related to what I want. Call a friend, text a relative, etc. to celebrate. After celebrating, I will note the demonstration as a sign that my good is showing up. Nothing is too small.

The next two steps take place throughout the day:

THE FINAL STEP HAPPENS AT NIGHT:

Step 7 GRATITUDE and FORGIVENESS occurs at the end of the day. I express gratitude for what comes to mind and say the forgiveness prayer out loud. This clears my communication channel with my Spiritual Partner and makes my path clear.

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