

# **All I Need To Know I Learned From My Angel**

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## **I have learned that...**

...my beliefs make up my experiences and my experiences make up my beliefs. In other words: What I believe is true, it is true for me and whatever I believe will become my reality. If I believe "I can" or "I am" shall I will be.

...we all are here for a reason. We all have a special mission in life. They are all different and unique missions, but all of them have a commonality; they all are about love, giving and serving.

...whatever I pay attention to will manifest in my life and will keep repeating itself, until I disregard it. (That's probably explains why I am always in the wrong check out line).

...if I am grateful for what I am or what I have, I will attract more of the same in my life. Five minutes a day spent in gratitude, will erase hours of negativity.

...my health is directly affected by my perception. If I do not feel good and I feel sorry for myself, or worry too much about how I feel, it will make me feel worse.

...I should not try to be everything for everybody. No one can fulfill everyone's needs. All I have to do, is to be the best I can at the time, be willing to love, guide and understand, and the universe will take care of the rest.

...life is too short to hang on resentment. Forgiveness is a must if I want to live a life free of connections with my aggressors. Forgiveness and non-judgment are two of the hardest lessons we all are here to learn.

...if I can find a solution for a problem, I should not be a part of the problem. Continuous efforts to resolve obstacles that I know first hand I do not have the solution for, is a waste of my time and energy. Giving it to the universe to take care of and withdraw my judgment from it, will bring the right solution.

...I should be light with myself. Too much worry and too much search for perfection will bring failure to any project.

...most of my fears are, **False Expectation Appearing Real**. (FEAR) If I learn to trust, and abandon the fear, I will increase my chances for success.

...there is a reason for everything. If I try to figure out the "whys" I will be wasting my time and my energy. The why will be obvious when the time is right.

...there is enough! Most of our scarcity comes from our beliefs that there is not enough for everybody. If I trust that I always will have what I need, it shall or will be.

...live in the present is a must. Worries about the future or regrets about the past, cause us to miss the precious present. The present is all we have.

...we are all part of a Divine Plan, so is everything that happens to us. Without any one of us the Divine plan would not be complete. Therefore never underestimate your magnificence.

...there is no merit in struggle and suffering. It is my choice to change my beliefs and live a life of love and joy, or continue swimming against the current.

...we are all perfect the way we are. Therefore I cannot change anybody, but what I can do is to change my perception of others and situations.

...I should honor my truth. It does not matter what others think or believe, but what I think and believe. An insult only will hurt me if I believe it has truth.

...most important of all: I am not a physical being having a spiritual experience, but **I am a magnificent spiritual being, at this time having a physical experience.**

May your inner wisdom guide you to take heart some of these thoughts, apply them to your daily living and live a more fulfilled and joyful life.