

## TOP 10 TIPS TO “GROW” YOURSELF IN TIMES OF CV19 (In no particular order)

1. Acknowledge your Sovereignty as a Divine Creator Being.  
If your inner voice is arguing because of feelings of unworthiness, know it is part of conditioned mind.  
It is not TRUTH!  
You are a multidimensional, eternal energy being. Surrender into the joy and expansiveness of your true nature and your creative mind and **pretend** what is really the TRUTH of your Divine Self  
Or as it is often said  
FAKE IT TILL YOU MAKE IT.
2. Take time for Stillness  
Meditate  
Sit and Be  
Attune to your Heart  
Don't fill the space you my now have with new distractions  
SPIRIT IS CALLING YOU
3. Ask yourself often  
“What Would Love Do Now?”  
And let that be your guide.
4. Find GRATITUDE in every day.  
It lowers stress, has a positive effect on the brain and connects us to our heart.  
It brings us into presence, rather than pursuing things we don't currently have. Even looking for gratitude brings our energy into a higher frequency.
5. Multiple times a day – take a minute or two to pause..., close your eyes and breathe love and light into your heart.  
Focusing in this way brings you into presence and connects you to your guiding heart.
6. We are the creators of our world. Let your imagination flow into the endless possibilities of what our new world could be  
Maybe  
Abundant food, water, shelter, love kindness, compassion, truth integrity for all and by all.



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7. **Have a PASSION FOR TRUTH**  
Always be open to a greater truth – about yourself and about the world we live in.  
You can feel the truth in your heart.  
As all the great teachers say  
“THE TRUTH WILL SET YOU FREE”
8. **Keep your energy field clear of the “virus of fear”.**  
Remember you are an energy being connected with all other energy beings.
9. **Practice Mindfulness**  
Acknowledge your thoughts and feelings with kind acceptance.
10. **Chant the “I AM” mantra often.** It is a lovely way to focus your mind in a positive way in the direction of TRUE SELF.

*I AM*

*I AM all that I AM*

*I AM one with the Universal Mind,*

*I AM one with the source of all life*

*I AM one with all life forms, and they are one with me*

*I AM love,*

*I AM light,*

*I AM peace,*

*I AM truth,*

*I AM*

