

# 27 Soul Perspectives

*To uplift Your heart, Your life, Your world, And your whole UNIVERSE*



- With Danielle Lynn -

Made with love, with me and you, for us all :)

-Danielle Lynn



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*Live and express the materials within as feels true to the unique life path you are in connection with unity consciousness, in integrity and unconditional love, at the heart aligned state and fuller.*

*A note for you: Here are some ideas to get the fullest experience from this book and for your life! From author and co-creative soul friend, Danielle Lynn:*

Hello my dear friend, congratulations on finding this book!

One way or another, this guide has found its ways into your hand, and it is a match that has made heaven on earth.

This is an inspired creation, written and put together in a state of supreme love and unity consciousness. It is dreams woven into reality, and an empowering tool for all who connect with it. We're excited to share this creation with you.

In creating, reading, and sharing this book, we all connect with ourselves and all of creation in a heart-centered state of universal consciousness. This means this book has many layers of consciousness and awareness woven into each page for us all.

Each of us who reads it may find a new treasure, a new passage, a new inspiration. It is a portal and a master key with which we can access many aspects of our wholeness in this reality.

It is written from the perspective of the inner voice. It is not meant to take the place of your voice, rather it is a prompt, a guiding post, a starting point for you to remember how to listen to your own inner truths in a way that inspires you and connects you to the love, power, and wisdom you are.

If you feel inspired, print out a copy of this guide for yourself and add some blank pages so you can add your own inspired passages and perspectives as you go! Soon you may have your very own book of inspired thoughts and perspectives to uplift your world and anyone you share it with <3

We also invite you (if you haven't already) to sign up to get even more fresh universal perspectives of love and upliftment sent from our heart to your inbox! To sign up click [here](https://daniellelynn.com/love-letters) or visit [daniellelynn.com/love-letters](https://daniellelynn.com/love-letters)

We're honored and joyful to create this space with you, now and always. Here's to all your ever-unfolding adventures, joys, and upliftments! - Love Danielle Lynn

# Introduction

This world around you is seen and experienced through your unique perception.

With your awareness, untold possibilities emerge. What we focus on, we bring into existence as our reality.

There are infinite possibilities, infinite realities, infinite ways to play in your life. It is only a matter of where you focus your attention, where you focus your point of vibration on all levels.

This guide is created as a game of leapfrog for your heart, for your soul, for your mind to take your already aware brilliance and go that much further with it. Within, you find a collection of full frequency energies to act as a bridge point, sparks of potential to flourish with your already-present inner fire.

As we are aligned with our truths, we grant ourselves permission to live this life according to our fullest vision, now and always. We shift from seeking validation for our existence into being our existence, however that emerges moment to moment. And as we step forward into the courage, love, and wisdom we already are, this universe and all of creation rises to meet us. Seemingly miraculous occurrences emerge when one follows their soul truth from a state of united Love, Wisdom and Power.

And so we have crafted this guide book as a starting point, a remembering point for you to explore, play with, and consciously tap into the infinite abundance in all aspects of your life. The passages are presented as a perspective of the inner voice. After each perspective, we share a brief exploration. Use what you see fit to use, and leave the rest.

We invite you to read these perspectives at your pace. As feels good, meditate, write journals, work with each one that calls to you at the speed and frequency that feels true to you.

In all cases, now and always, know you are loved, you are worthy, and in the eyes of the whole, you are all the beauty that is. Follow your united heart and soul guided truth, first, last and always. You know it as you feel it in clarity and in a state of love.

We are excited to see the world expressed freely and fully through your inspired heart, your soul, your eyes.

And remember to have fun! <3 - for after all this is your adventure, your story, your creation. We love you now and always. *Love, all of us.*

*For more love notes, inspirations, and workshop invitations visit us at [daniellelynn.com](http://daniellelynn.com) - <3*

*May we love so fully, so deeply, so unconditionally,  
that in our joy, we awaken love in all hearts.*



1) I am worthy of love. Complete, unconditional love, as I am right now. I always have been, and I always will be.

~

I am worthy of unconditional love now and always.

I always have been worthy, even if sometimes I forgot for a moment. There are stories I once told myself in the past that sounded true, so I denied myself the feeling of love. I told myself that first I had to be a certain way, look a certain way, or act a certain way and then I would be worthy of love. I told myself it had to come from someone else, that loving myself wasn't enough.

Now I am much more clear with myself. I see that no matter what I have done or have been or am or do, no matter how I look or act or be, I AM worthy of love RIGHT NOW. As I am right now. I feel relief and joy as I feel myself connect with all the love I am - feeling the relief and happiness that fills my every being at remembering how worthy, how loved, how special I am on every level when I choose to see through the lens of truth, like I am right now.

And as I choose to remember this, I laugh as I see that beyond the eyes of every lover, every friend, every family member, is my own reflection - I have been playing peek-a-boo with myself, loving me through all these people!

I see now that the love I have looked for in others is the love that radiates from my own being. In loving with others, I have allowed myself to feel the love that radiates as me. I see now that whether or not others participate, I am always worthy of that love. I am always allowed to connect with it.

In all things, first, last and always... I remember within me is the source of love I have sought all along. I love me. Even when I sometimes forget, I now remember it is always there for me, with me. I am so relieved and so joyful that my love and I are connected now and always - there is nothing I must do or struggle or strive for ever again to be worthy of this. I remember now, I have always been worthy and I will always be worthy.

And as I choose to continue to love myself unconditionally, I can allow that love to flow through me and into me, and all the people and activities in my life, a fountain of ever-new joy - and see this love spread through all the world, overflowing from my endless source-connected heart.

## 2) I know in my heart, no matter what happens, all is well. Everything really is okay, and it is all working out for me.

I know sometimes it's easy to get wrapped up in this game of life. How wonderful to know that no matter how crazy this game of life seems to get, I always remember deep within that everything really is okay, and it is all working out for me.

I know that sometimes things have seemed like they have gotten really bad, yet no matter what happens, here I am. Things are always turning around for me in the most unexpected ways. I feel so joyful when I relax into life and see all the ways my source loves me, encourages me, takes care of me, and surprises me.

And as I relax, I feel all these things I once thought I needed now naturally flow to me, as me, into my life. And I laugh with the joy of it all. I can see life has always worked with me and for me, on all levels. I can see that I'm always right where I need to be - and everything I want is mine. All is well, and it is all working out for me all the time.

I love that I get to do my part and listen to my inner guidance and follow the steps that inspire me. I know that as I follow this guidance, I am always walking my path right where I most need to go moment to moment for my most joyful adventures.

I love all the ways my experiences have helped me grow and change. I love the depth of character I have from my most challenging experiences. Even as I am challenged day to day, I love the person I am today, and I know all I face is something I am capable of facing. I remember that no matter what happens, it all really is okay.

And the more I remember this, I remember that my source of power and I are one. I am a powerful creator, and I know I got this. All is well, and I am joyful for all in my life that shapes me moment to moment into the being I am today and in each moment.

3) I am allowed to feel how I feel right now. How I feel right now is perfectly valid. And I allow myself to feel this way for as long as I want.

How I feel right now is fully valid.

I do not need to struggle or fight to change how I feel. I understand that by allowing and integrating how I feel, I become a deeper, fuller person.

I understand that by surrendering to the moment, I have fuller access to all my power, love and awareness.

I know that I am allowed to have bad days. I am allowed to have good days. I'm allowed to have a human experience. There are so many colors and flavors of feelings to choose from, I want to try them all.

And by allowing myself to feel the range of what I am feeling, without placing restrictions on how that should be feel or look, a new dimension, a new space, a new portal in this life is open to me.

It is awareness. And in this awareness, I remember - I am always as free as I allow myself to be.

And when I be this, who I AM delights me beyond anything I have ever wished before.

## 4) How I feel moment to moment is the most important thing to me.

I once believed that how I felt did not matter as much as other things.

I have since learned that for me, this is not true. How I feel DOES matter. How I feel matters the most out of anything in this life.

I now understand and remember that how I feel is the basis and foundation for all my creations in this life, inner and outer. As such, how I feel becomes the key ingredient in all my dealings.

I have learned to be conscious of how I feel, because that is the foundation of the relationship between me and myself - my closest friend and partner.

And when I am aligned with myself, when I listen to myself on all levels, when I pay attention to how I feel, I can communicate more clearly with myself and all my creations can more smoothly manifest into this reality with my cooperation.

I know how I feel about something guides the energy and the creation of it. The more I feel love, joy, and excitement as I create, the more amazing my creation is. I know if I feel 'off', it is just my inner body's way of getting my attention. I appreciate my guidance system and how it alerts me. So for me, if I am feeling less than uplifted, it is more important for me to stop my actions and go within to get clear on what I am feeling. This will communicate many things to me and help me live as my truest self on all levels.

I remember that when I am not sure how to feel or when I need clarity, all I must do is sit still a moment, go within, and give myself my full attention.

I can then tell myself "I love you. I am here for you. I want to hear you. What do you feel like sharing with me today?"

Then sit I sit with myself and actively listen. I observe myself and hold space with myself, knowing truly want to listen and connect with me.

I know the difference between someone who is lost in their thoughts and someone who is truly paying attention to me, hearing me, seeing me.

I choose to be the person who listens to me, and pays attention to me. I am here for myself now and always, because how I feel is most important to me. I care.

5) I am allowed to change my beliefs when they no longer serve me and my experience. I may do this instantly if I choose, whenever I choose, and however often I choose.

I have told myself many stories in this life and have had many stories told to me. Sometimes I repeat these stories to myself because I like them so much and they enhance my life.

I call these repeated stories beliefs. Sometimes I have gotten caught up in my beliefs and that is okay. I remember...

My Beliefs are my tools. They are practiced thoughts that I have adopted into the framework of my life because they have helped me at one point or another.

Sometimes I have a belief for a very long time. Other times I have a belief for only a short period of time. Short or long, I have always been here before my beliefs, and after they are gone I remain.

I remember now that I am not my beliefs. No matter how core they seem, all beliefs are practiced thoughts. I know this because my beliefs come and go, yet here I remain. As I learn to shift beyond beliefs, I learn to be at peace with not knowing. I remember I am very skilled at transitioning when I allow myself to be.

I remember now that there is no need to hold on to a belief that no longer serves me. I can spot a belief that no longer serves me if I feel like less than who I truly am. I choose to only use beliefs now that encourage all that I am on every level. I choose to lovingly be conscious of beliefs that no longer serve me.

I know sometimes they are very deeply ingrained, so rather than focusing on them, I remember that I am allowed to choose what I focus on, and what thoughts I practice. I do not need to be right or wrong. It's okay that I believed something once then believed something else later. I am allowed to change, and I encourage change that helps me grow into the person I know I am in my heart.

Today, I choose to practice only the thoughts that encourage me, enlighten me, support me, and create unity in my life and in all life. And no matter how many times I might briefly slip, I just laugh and keep practicing the thoughts I like, allowing the other ones to fade back into the void.

## 6) Every step is necessary for my full adventure

There are many things I have learned in my journey so far, and there are many things I learn new and again in each moment.

I have learned there is no true regret in existence, because my existence never ends. Every moment is a new opportunity, a new unfoldment. Every experience a shaping into who I am today, moment to moment.

Even when the story or lesson seemed intense, even in the moments when it felt painful or hard to learn, I see that every moment, every experience has always been my loving companion.

Showing me clearly where my limiting attachments remained, and showing me how to be free.

I am appreciative for every step in my adventure. I know now there was never anything to fear, for I can never lose anything truly. Illusions disappear, shift and change, who I AM remains.



## 7) All people I meet are my teachers

In each person I meet, there is a teacher.

Whether they remember they are my teacher or not, I know that if I feel resistant to any person or situation, there is something for me to learn.

I know that if I approach any person or situation from a place of understanding and awareness, I can see clearly what illusions I am holding onto that are the source of my pain.

I can see this and remember my pain is never coming from an external source - it is always from a thought that I am holding onto that is just not true to all that I am.

When I feel this, I can feel excited. It is an opportunity for me to be aware of my illusions.

Instead of being angry at a person or situation that once seemed challenging, I can see the loving eyes of a dear friend, a dear teacher, beating within the divine heart of all who interact with me.

I remember no one can truly hurt me without my permission. People only ever hurt themselves - and it is always born of confusion. I can see when I blamed them for how I felt, I was being confused too.

Instead of creating more confusion I choose to honor myself and all of my teachers by reflecting a light of understanding.

I see the eternal souls we are, laughing and playing together behind our veiled temporary roles of people in conflict.

I see how we teach each other. I see how we love each other.

They show me all the parts of myself I have forgotten to love.

They show me where my attention truly is, so that if I get upset I can remember to go within and make a new choice.

They teach me compassion, they teach me unconditional love, they teach me how I want to be treated, and how I want to treat others.

They show me my illusions, the places I am hanging on and holding on. They remind me I am never upset at the external things that I sometimes pretend I'm upset at. They remind me that

all my perceptions and opinions of reality begin and end with me.

They show me what I like, they show me what I do not like.

I know there is nothing to run from, and no matter where I go, my teacher always follows me in every person I meet.

I know the only way for a lesson to be over is for it to be over. I know that when I am in peace, and when I surrender to the moment, I can integrate the wisdom of the experience.

I can learn and see. I no longer fight what I see. I love it. I appreciate it.

I learn eagerly and joyfully. I welcome my teacher in all the forms they visit me.

I love unconditionally, knowing that by the light of my awareness, all illusions are transcended.

Within everyone I meet is my teacher, and I am the teacher of everyone who meets me. And when I remember this, I begin a foundation of appreciation for the wisdom that flows through us all.



8) I remember there is no need to fear experiencing failure or pain. I embrace all experiences equally with open arms knowing it connects me to all that I am.

There is one thing in me that experiences pain and hides from failure - it is my ego.

My ego is a tool in my life that helps me pretend to be a little self, while still being the vastness I AM. And this little self is afraid of dying. It sees change as dying. It sees challenges as dying. It sees growth as dying.

The whole me sees beyond the little view of the ego. The whole me sees the value in growing. The whole me sees the life I am never truly ends. I am beyond life and death.

The whole me understands that all life flows in cycles, birth and death, success and failure. They all go hand in hand. As I understand this, I see there is nothing to fear.

In all success is the seed of failure. In all failure is the seed of success.

It is an eternal cycle that allows me the range of a wide series of experiences and opportunities for expansion into a fuller expression of me.

As I remember this, I see I can never truly fail. What I once thought was failure is only a growing experience that gave me an exciting twist to my story.

In order for me to fail, it would have to end. I AM eternal. Life is always being created ever new, moment to moment.

And with this I remember, failure is only a perception - and embracing contrast in all its forms is a portal to my freedom.

When I resist failure, I remember I am showing myself I am truly resisting change.

When I resist pain I am hiding from one form of communication with myself.

I remember change is part of this creation process, and I do not need to pretend to be a victim to it. I realize everything I experience is rooted within my perception.

I remember that within the experience of failure is one of my greatest portals to freedom, because it is often in the embrace of deep, personal failure do I finally feel courageous enough to throw back the curtain, to leap forward with my personal truth, to embrace all possibilities of

life.

When there is nothing to lose, I go all in, and during these moments I sometimes find my greatest successes.

And it is only when I shed what is not true to me, that I can be all that is true to me.

I remember now the teachers that failure and pain are. They exist as long as I need them, and vanish the moment the lesson is done.

I no longer need to fear. I be, and allow myself to see truth.

## 9) The universe is always working for me and with me.

Once upon a time I had a dream that I had to struggle and make everything work by myself.

I felt alone and lonely. I thought that the only way to live in this world was the struggle and fight and crawl and beg and grapple my way up to a little corner of this world that I could call my own.

I didn't enjoy this dream as much. It did not feel true to me. In my heart I have always know I am connected to something bigger. In my heart I have always remembered that everything is connected.

In my heart I remember, I am worthy.

In this remembering, I open my eyes to see clearly as if for the first time - the universe was always working for me and with me. Even when I sometimes resist or feel confused, I know that at my highest and fullest levels, I am always surrounded, loved, and have everything I need when I choose to see it.

Now, I laugh. I laugh and laugh as I remember all the times things DO work out for me, and always have. Even when I tried to resist them, life is always working out for me.

And I remember the more I go with the flow, the more I follow my truth, the more I see my illusions, the easier it is for me to remember the eternal connection I am with all of Source.

The more I flow, the easier life can connect and play with me. How fun! It really can be this easy! It really can be this good. I remember now not to focus on what I think I don't want, I remember to focus my energy and attention on all that energizes me and connects me with my natural state of joy.

I remember that this is my birthright. It is nothing I have to prove first. It is not something I have to grovel and beg for.

I am divine royalty at play.

I open myself to my birthright. I laugh as I remember, I be connected to all the abundance and wealth of this life in all its forms. And even if I forget time to time, It's always right here where I left it. What joy. The universe is always working with me and for me.

10) I am someone who remembers to follow my truth with more and more clarity each moment - and even if I temporarily forget, I know that I'll always end up where I need to be most.

I know that no matter what happens, I am always following my truest path.

Even when I seem to go back a few steps, even when I seem to be learning a lesson, even when it feels like challenging times have come, I remember...

I am always where I most need to be right now. I am always following my truth as best as I remember moment to moment.

And no matter what I choose, I am always lovingly caring for myself and being lovingly cared for by all of creation. I remember there is much more to this story than meets the eye.

Rather than lose trust in myself, I remember there is much more to all of this, and I am infinite intelligence at my fullest level.

I know that as I continue to listen within, in stillness in my heart, I can more clearly hear moment to moment the current step of my truth.

I know I have everything I need to connect with it right now, and anything further I need will always connect with me the moment I require it.

I am clear. And even when it feels like I am not, I am okay with not being clear. I remember that allowing things as they are without fear is a sort of clarity in itself. And the more I hold space for myself to be at peace with the moment, the easier it is for me to see my current step.

I am always right where I need to be most.

And everything is well.

I know my truth is always leading to me what I most feel joy with on all levels. My truth knows all my preferences on every level to their depths and heights. And so I can trust. There is no 'genie in a bottle' careful wishes as I be my clarity in unity.

All is well.

## 11) “Because I chose to” is reason enough for me to choose anything in my life.

I do not need to pander or beg or grovel to live the experience of all the things that feel joyful to me.

I remember that any perceived restrictions I have placed on myself about the things I can or cannot have were only temporary limitations.

Today I have decided to limit myself no more in thought or deed. I remember I am an eternal creator living in a unique creation.

It is up to me to tend to my vibration and how I feel. When I focus on how empowered, loving, wise and powerful I am, I can be clear about the current step to take. The rest flows into place when I be this.

I am a creative spark of the divine. I came forth to create audaciously, with the fullness of my heart and being.

This perspective of creation knows no rules, no limits, no bounds.

This perspective of creation does not have to appeal to others. It does not have to be explained or justified. It doesn't even have to make sense.

It is the vision that I myself alone can bring forth into this world. I birth it through everything I am.

And in this creation, I feel the heartbeat of the divine through every action, every moment, every choice I make.

I know that when I trust myself in fullness, I will always make choices that align with who I AM on all levels. There is nothing for me to fear or mediate.

In my heart, the success already is. I am successful by my existence alone. By the simple choice to live fully, I have granted myself permission to go all in with my life, to create what has never been created, to live as none have lived.

Whether the physical goals seem to line up or not, it is irrelevant. I release all expectations of how things should be or need to be, while lovingly choosing where to place my focus. I

remember there is much more to this than meets the eye - and there is more to this world and creation than the physical dance.

The divine is playing, laughing and expressing through me, as me.

I remember it is the joy of the experience itself that is the gold. And it is through my moment to moment experience of loving my Self and loving this life in all its forms, by my choice, with all my heart and soul, that I truly uplift and change the world - regardless of the external results.

I am a divine alchemist, and through me, all of creation transmutes into gold.

12) I do not need permission from anyone else to live my life the way that feels true to me. I give myself permission to live life by my united soul-guided truths.

I remember I am a divine visionary. An infinitely creative being with a vision that only I can breathe into life.

I know that this vision may look any number of ways. I know I am living this vision when moment to moment my life is filled with the joy of being, of living - however that looks.

My life may appear outwardly busy. My life may appear outwardly calm. I may appear to have many items. I may appear to have few items. It may change one moment to another.

Whatever comes and goes, I know I am a child of the divine, infinitely wealthy with the abundance of all the universe, all of creation.

The forms of life come and go, I do not depend on the forms to live my vision.

It is within the joy of my heart, my very being that my vision lives.

I remember the opinions of others, while well meaning, have no bearing on my vision - for their path is not my path, and my path is not their path. I listen with love and appreciation, and choose what is true to me anyway.

And through my divine heart, all the joys of this creation connect with me. All I must choose is to see them, to hear them, to feel them.

And in the guidance of my divine united heart, I find an infinite supply is always available to me, to live this vision that dances in my heart now and always.

I am the courage, I am the strength, I am the choice to be true to the call of my heart and soul.

I dare to live with the fullness of my being.

I am a divine visionary, and this is my life to live in all the ways that are true to me on every level.

And so I be.

13) Even if I miss what seems to be a golden opportunity, an infinite number more are always lined up, ready for me when I need it.

I love opportunities - they are always connecting me with whatever I need most moment to moment.

Sometimes the opportunity seems to work out and I marvel at the joy of it all.

And yet sometimes it seems like I miss an opportunity. I used to dwell on it, thinking my opportunity ship has sailed, there goes my chance, I think.

Yet I've learned something new...even if one ship has sailed, around me are infinite ships of opportunity, bobbing and dancing around me in the tides of life, flowing in and out of my experience moment to moment.

So even if one ship doesn't quite work out, I know that immediately following it, a new one is flowing right in.

The ships I once thought I missed are the ships that weren't meant for me anyway.

And in each moment, the perfect ship for where I am right now has sailed to my side, ready for me to hop on the moment I choose.

I now remember with joy that I never truly miss anything that is mine. I live in a sea of abundance, of endless opportunities, and I am always connected with what I need most right now.

## 14) Any judgement I have for others is something to look at within myself.

Whatever I see in another is a reflection of myself.

If I feel uncomfortable or upset when I see it, I know I am clearly telling myself "There's something for me to investigate about myself within"

I know when I judge another I am really judging myself. I am saying "This thing I am seeing is unacceptable to me and I reject it" I know that in my core, I want to be loved, to be accepted as I am.

It hurts to feel rejected. It hurts to feel separated.

I am choosing now and always to no longer reject the projected vision of myself I see in others. I choose instead to see the illusions of pain and judgement for what they are - places in myself that most want to be loved.

I remember now that when I love the unlovable, accept the unacceptable, and embrace the unembraceable, I heal us all.

For when I love myself fully and completely, perceived flaws and all, I love all of us completely.

The flaws then become flavors - different ways of experiencing life.

I love me. I have always loved me. And I take all of me in wholeness, as I am now. I deserve love. And so I am love.

I thank all situations and people who appear in my life for being teachers and mirrors upon which to reflect within myself, so I can remember always the love I am, so I always remember to choose love.

I remember I do not know anyone else's full life path or story, just as they do not know me and my full life path and story.

It is not my job to judge others by my perspectives just as it is not their job to judge me by their perspectives.

I remember we all have our own path, our own awarenesses, and our own lessons to experience.

As I love all these reflected parts of myself, I remember no matter how many times I may forget now and then, I now always have a path to love myself, and all of creation by extension.

I release judgements, on myself or on others.

I remember now, I am and always have been at my core, the love, acceptance and unity I wish to see in the world.

15) Everyone is doing the best they can, including me. If I had the same experiences and perceptions as the other person, I would make the same choices they did.

I realize and remember we are all doing the best we can.

I realize that all the choices anyone makes is a reflection of the beliefs, thoughts, feelings, opinions that they have chosen this lifetime and over a series of lifetimes.

They are doing their best to love themselves from the perspective they currently have, just as I am doing my best to love myself as I am now.

I remember that if I walked in their shoes the way they did, I would feel the same as them.

This remembering connects me with compassion and understanding. I remember that we only appear to hurt others or ourselves when we are confused.

I remember on some level, we are all connected. And as we all remember this brilliant act we are participating in, we see behind the face of each person, a dear friend, a brother, a sister at play.... And we would never want to truly harm them.

I remember we love them and they love us - even if I may temporarily forget now and then.

So I remember now to do my best to cause no harm, to myself, to my brothers and sisters ALL my brothers and sisters - humans, animals, plant, earth, all the beings in all the stars... and beyond. I remember I do not need to allow anyone to inflict suffering on me in their confusion. Love does not mean I allow anyone to impose their insanity on me.

Love means I can allow you to be you and love you fully as you are now, and I can allow me to be me fully as I am now. If who I choose to be and who you choose to be do not mix in this now moment, we can meet some other time, in some other form. I love us all enough to make this choice.

I know when we're both ready to consciously meet as love, we can be aware of our connection again, for now I love both you and me so much that I choose to not allow us to co-create harm together.

I remember no one truly would hurt me if they remembered that we are all connected. I realize all who I thought had hurt me out of malice are only ever confused.

Because ultimately, my brothers my sisters and I are one.

## 16) No one can make me feel any way without my permission first.

No one can make me feel happy

No one can make me feel sad.

I am no victim.

I am my own being.

How I express my feelings are my choice. Where I place my focus is my choice.

Things can only affect me as much as I give them permission to.

And if I have an experience that brings up a powerful feeling, I know that it is time for me to look within at what story I am telling myself consciously or unconsciously that would ignite such a response.

My power comes from within, and I am always connected to it. The more I consciously am aware of this, the more I can access this power at all times.



17) Who I am is not dependent on what others think about me. What others think about me is their business and has nothing to do with me.

Good or bad, what others think of me has to do with them and not me.

Flattery and condemnation equally float off of me like rising dust. It has nothing to do with me.

It is only a projection of what someone thinks I represent to them.

I remember that no judgement can ever define who I AM. If I want an unbiased perspective, I know that the most clear answer comes from within when I am connected to my heart.

I know that if I am not afraid of seeing myself as I truly am, I will always find all my answers.

I remember that any external judgement of me is a commentary about the perspective of whoever shared the judgement.

Further I know that anyone who would think of me as less than love would not have an opinion worth considering as truth - for seeing each other or ourselves as anything less than love is simply not the full truth.

This is why it is more important for me to go within to see through my own illusions and truths rather than look for validation for them them outside.

## 18) I would rather be at peace than be right.

For there to be darkness there must be light. For there to be light there must be dark.

Such is the flow of duality.

Right and wrong are positions of the smaller perspective.

Right and wrong are based in positionality and limitedness. Yet I am universal.

I remember life is more complex, deep, and beautiful beyond right and wrong.

When I say one perspective is right and other is wrong, I'm shutting out the fullness of the experience.

I remember I can choose what I focus on. I do not have to be right or wrong to choose that. I can simply choose.

I remember that more important than being seen as right or wrong is for me to be rooted in peace.

I know that there is more to all of this that I do not know.

I know that the truth does not need me to champion it - truth is.

I am at peace with that. And I open myself to be seen as both right and wrong. I open myself to peace.

And in this space of peace, I know the truth emerges more clearly than any personal perspective would, and all is well.

19) I choose to use discernment instead of judgement.  
This way I can be conscious of what feels true moment to  
moment in full awareness.

Judgement uses fear, pain, right and wrong to try to coerce myself and others to make choices that I think are right. It must make something wrong in order for it to be right.

Discernment is freedom and love. It allows me and all my brothers and sisters to consciously make choices for each of ourselves while being aware of what their choices entail. Discernment needs nothing to be right or wrong. All may be as it is. It allows a choice to be made at the highest level by each experience of consciousness.

It allows expressions of conscious love - where I can love you as you are, and can let you be you and you can let me be me.

I remember I do not need to beat myself or others into doing 'what I think should be done.' Instead I may use discernment and choose what is true to me in each moment, and allow all to do the same for their chosen experience.

I see the wisdom in using discernment and connecting to my fuller consciousness in each and every moment, from a space of love and Self awareness.

20) I have a gift that is completely unique. There is no one in this world who has this gift, and it is my choice to shine it or hide it moment to moment.

My gift is not what makes me special. I am special because I AM.

No matter what anyone else does or says, even if another's gift seems identical to my own, I remember that it is not.

Who I AM is a unique frequency - and if I have felt inspired in my heart and soul to go forward, it would not matter if there were a hundred million similar messages.

I know that in that inspiration, in that soul call, in that urge, there is something that is calling to be expressed to be seen, to be heard.

Otherwise I would have not been inspired.

And my inspiration to speak, to share, to create, to be, to emerge - however feels true to me moment to moment- is enough of a knowing.

I know that if it inspires me, that there is a call for me to shine my unique I AM gift in the way that delights me on every level.

I do not need to know 'how that looks', all I must do is choose moment to moment to say YES to letting it shine. In playing with this world in this way, my gift naturally flows as me. No thought required.

I am the entire ocean in a drop -and without me the ocean would not be the same. So it is with each and every one.

I share my voice. I open my creation. I shine my light. I dance my dance. In all the ways that are true to me - I see I am needed, I am wanted, and I am here on every level.

I am here and I be.

## 21) I remember I create the greatest change by starting within and emerging as my Self.

I am an internal to external creator.

All of my creative foundations start with how I feel. And how I feel is crucial to everything I create.

I now remember that no matter what anyone else says, I am going to care about how I feel and tend to my connection with my Self in each and every moment.

And I know as I do this, I open up the most clear and loving communication with myself on all levels.

This way I can access and utilize my full creative power - no matter what is happening outside me.

I remember all change begins within. And whether I engage in a highly visual movement, or whether I connect with people one at a time, I am equally transforming all of the world with my powerful, wise and loving presence. My vibration is more powerful than any material show will ever be.

And so I begin within and follow my truth to live the path of my fullest joy, now and always.



## 22) All fear thoughts I have are ultimately indicators that some thought I am believing is not true.

Fear is a perception of reality based in limitation.

My open heart is a guidance system, a compass.

When I am in a state of fear it is indicating to me “The thought or perception you are holding on to is not true.”

Even the fear of death or pain is a reminder that I am not this limited form that I sometimes think I am.

It is reminding me that I am eternal. And no matter what changes I experience, I remember all is well.

Therefore, I no longer fear fear. I see it as an indicator, one way to help me shift my focus.

And as I focus more and more on those things that empower me, fear gracefully is replaced with awareness.

23) I am whole. I am not broken. I have never been truly broken. I only temporarily act for the sake of experiencing. And I am so good at acting, I can even convince myself temporarily sometimes.

In the fullness of my being, I am whole. Now and always.

I choose to embrace myself in fullness as I am now.

I know there is more to this story, and things that I may not be currently aware of.

I choose to focus on all the ways I remember that I am whole. And in this, I open space for me to connect to my energy, my power, my love and my wisdom.

I know that whatever I focus on is my reality experience.

I know that anything that I thought must be healed or transmuted is being taken care of in gentle unfoldment, and the truth is being more apparent to me moment to moment.

And thus I remember in my fullness I am whole, whether I always consciously remember or not.

## 24) I cannot truly lose anything that is truly who I AM.

Anything I lose in this life or in any life is an indication of something that was not really who I AM.

Possessions come and go. Partners and friends may come and go. Even this body may come and go.

Yet, I remember...

I cannot lose what I AM. In form, I can transform, I can transmute, I can shift, yet who I AM always is.

The part of me that would fear loss is the part of me that is not me - it is the little self. It fears losing the story of who I thought I was.

Sometimes I feel scared losing the story of who I thought I was. I really like that story sometimes!

Yet I remember, that nothing leaves before its time. AND if something does leave my experience, it truly is the best thing for me on all levels.

I trust myself.

For the true Self knows it can never be lost. In this awareness, I allow myself to face all forms of death as the eternal being I am - seeing it for the illusion it is.

I trust that if part of my story changes, an even better experience is emerging from that change.

And so I remember, I cannot truly lose anything that I AM.

## 25) I do not need to compromise myself to live my dreams.

Sometimes, I thought I had to keep my expectations managed so I didn't let myself down, so I chose things that weren't fully true to me on every level now and then.

I was doing this for a little while because I wanted to love myself the best I knew how. That was very kind of me. And yet, I now feel this dream in my heart can be held back no longer.

So I now remember...

The more that I let myself be audacious and dream large, the more I jump to the rhythm of my heart, the more I embrace freedom, instead of hiding under 'once-perceived security', the more I connect with all the amazing gifts the universe and I have co-created together!

I give myself permission now and always to live fully, audaciously and without restraint - as the complete wise, loving, and powerful being I AM, in all the ways that please and delight me on every level.

I use my heart, I use my wisdom, I use my will power in all ways that are aligned with me to live and create the life I want most on all levels.

I am excited to know that I no longer need to know HOW it the entire picture will all work out on the material level - I only need to make a choice from where I am at now, and jump in with love, with will, with self knowing that I choose me on all levels.

I remember each step presents itself in the moment, and when I focus on my greatest expectations as I take conscious aligned action, the universe always provides me with what i need most moment to moment.

Here we BE universe! I love us! I love me! I love all we be!

26) I am connected to infinite abundance, infinite wealth, infinite freedom. All thoughts of perceived poverty are showing me where to remember to love myself.

I am allowed to have wealth.

I am allowed to have money

I am allowed to have all I want

Money does not restrict me, nor does it trap me.

All forms of wealth, money and abundance flow with me naturally.

I am who I am with or without money. I get to play with it as feels natural.

If I don't have money now or later, I know all things flow to me anyway. I know that if I choose to have more abundance in my life, I only need to tune into the abundance vibration I am and begin to live as all the abundance I am NOW.

The more I see the abundance in my life, and treat my life with abundance... the more I find I DO have wealth in all ways.

Money is one expression of energy that flows to and from me. It is not a measure of my worth. It is not a measure of my freedom. It is not a measure of my ability. Money is only one tool in my vast tool belt of abundance. I allow it to connect with me, I allow it to be part of my experience as long as it is joyful. I remember I am abundance. I remember I am allowed to play with money. It is neither good nor bad.

And through me, all energy may flow, so I may create, play, and have fun with all aspects of this universe, united and whole.

27) I am so loved. So fully and completely loved. And I do not need to do anything to be worthy of that love. It just is.

I am loved, now and always.

I am always worthy of love, now and always.

There is nothing that can be to change this. It is.

This always has been.

This always will be.

And I allow myself to connect to this remembering, now and always.

I am so loved.

I am Love.

I AM.

## **How about a few more Loving Thoughts and Feelings for the road of life .... Because it feels good to feel good: :)**

There is nothing I can truly do to hurt, mess up, destroy, mess anything up in any real way. It really is all okay. I am okay.

I am allowed to completely reinvent my life, my story and my journey whenever I want to. It is never too late.

I can say no to anything I want to say no to. I can also say yes to anything I want to say yes to.

I never have to explain my choices to anyone. This is my life.

No one else needs to validate me or give me permission for my choices. I am enough.

If an opinion disempowers me, it simply means that it's not for me, and there is a better, more fun perspective for me that is more true to who I am. I will always keep my eyes open for it while I move forward.

Anyone who treats me with less than unconditional love is confused, because if they remembered the connection with their own heart, they would never treat me or anyone else less again. Therefore I will do my best to love them in the way that is truest to me so they can remember the love they are too.

Pain is a sign of resistance. Relax and go with the flow. Nothing is ever as bad as it seems in the mind.

My spiritual growth and unfoldment is happening naturally. I do not need to force it or fight for it. Everything I need is always flowing to me.

I have the most joyful and exciting adventures planned for myself. I only need to focus on the step in front of me right now.

My awareness dispels all illusions. I must only choose to see the truth, and all is revealed to me.

People are never attacking me - they're attacking how they feel when they're around me.

There's always a new adventure unfolding in each moment.

## **Additional Resources and Love Notes**

Expanding love and awareness within and throughout all of your life:

**A vision of life in hearts united - or 'why I choose to be what I be, and you can too if it calls you'**

We see a life where we all live as our truths: the ever unfolding, ever expanding creative soul visionaries we are - moment to moment. A life free of 'need to be, have to be, should be' - a life where we live as we truly be - in a way that sings with the calling song of our heart and soul moment to moment.

The time of contorting ourselves to fit into a life that is just not us is done.

It is the time to be. To spread our wings. To stand full in all our glory, as we are now and in each moment to moment moment.

In our heart beats the tune of a united vision. One where we are free, truly free, to be, live, and express our life as we are moment to moment.

It lives within us. It lives as us - NOW. Now, now, now.

This is a vision beyond time and space. It's not something we have to fight for, work towards or hope for 'some day.'

Now. now. Now.

It lives within us, as us NOW. All we must do to live it, is to choose to live our truths moment to moment. To say YES to all that which inspires us, to love ourselves so much that we choose to live our vision in each and every moment - through the way we talk, the choices we make, where we put our focus, how we treat others, how we treat ourselves.

To say yes to live our truth even when our expression of truth has never been done - to stand firmly in the face of 'impossible' and laugh as we change the very fabric of what is possible and not possible with our being.

To live the vision of ourselves that is aligned with our gut, our heart, and our wisdom on every level - no matter what that looks like.

To remember we are internal to external creators who can live anything we soul-dream. To love each and every vision of this world we see, in person, animal, plant and object, knowing that in all things, situations and people we meet ourselves over and over.

It is why we choose to love - love ourself, love each other, love all this world as it is - perceived flaws and all. And in this full and unconditional love we remember we are one - and we be open enough to see these once so-called flaws for the extraordinary variation, contrast, and gifts they are. The gifts that allow us exploration, variety, creation, and expansion on every level.

Here is to our joyful creation, brother, sister, friend, partner, lover, beloved, and self - we be this together - let us remember we be the vision that has never been seen before. Let us remember we love, be loved, and transform this universe from the inside out. Soul to heart, heart to life.

Thank you for shining as the gift, love, and life you are, however that looks and feels moment to moment. And if it still feels like you're not quite there yet, remember: Everything is lined up. You have all you need right now. You are here and now. All is well. Love you now and always.

## About Danielle Lynn and Further Reading and Resources

Danielle Lynn is a teacher of self-awakening, inner voice awareness and soul alchemy: transformation and transmutation at the soul level to the core of your being that transforms base consciousness into the gold you are through awareness, love, and presence.

She focuses on transformation with unconditional self love, as we are internal to external creators and all change is an internal to external flow that begins with you. She currently hosts a radio show "Love Your Self with Danielle Lynn" and hosts workshops and events around the country.

If you feel a call to work with Danielle, explore further or read more materials, we invite you to visit and explore the following links and offerings below. Love you now and always.

To connect with Danielle, send a message, set up an interview, or invite her to speak at your workshop or event, inquire at [love@daniellelynn.com](mailto:love@daniellelynn.com) or at <http://daniellelynn.com/contact>

Read more articles at the blog <http://daniellelynn.com/blog/>

Visit our shop for courses, tools and other offerings <http://daniellelynn.com/love-shop/>

Add Danielle on facebook <https://www.facebook.com/DanielleLynnCreate>

Add Danielle on instagram <https://www.instagram.com/dragonatplay/>

To tune in to her radio show or listen to past show visit here: <http://daniellelynn.com/radio/>

(Secret note! Love you <3 )

## *Sacred Space for Notes and Doodles <3*