

"Promise me, you'll always remember:
You're braver than you believe, and stronger than you seem,
and smarter than you think."
Christopher Robin



The Illusion Known as Fear
& Powerful Ways to Release Fear
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Note from Montana:

Ann Landers was interviewed and asked what the number one problem her readers wrote about. Her answer was "Fear."

I believe we learn fear, then develop it into more than a habit. I believe fear is an addiction. An addiction that continues to affect the chemical messenger molecule cells in our bodies, and ultimately can create a state of "dis ease" in our physical form.

For that reason alone, it is incumbent on us to learn to channel our thoughts away from fear, worry, doubt and anxiety and choose higher vibrational thoughts that produce the peace and joy we all divinely deserve.

In this little e-book I've compiled some spiritual insights into fear and some linear exercises that are practical steps to channeling our thoughts up the ladder of consciousness so we can enjoy more Light, more Joy, and of course, more Peace.

Vunde (peace)

Montana Gray

www.angelavatar.com

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About Fear – A Poem
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What do you fear?
You say you fear losing your home, your job, your money.
That is not so.
You fear the loss of your illusions.
For then you will have to look within and see the gossamer fabric of your reality.

You say you fear never being loved.
That is not so.
You fear never finding God.

Once you embrace The Is
You will be inside the greatest love you have ever known.

You say you fear you will die.
No, you fear that your soul will never come alive.
You fear that the illusions you've so jealously guarded
Will ultimately fail you
As they will.
And you will fall into the true void of nothingness.

You say you fear you are not enough.
No, you fear that you are not an adequate reflection of God.
So separate from the knowledge of the magnificence that you are
You wound the very Source that birthed you with your myopic spirituality

Quit looking outside yourself for the reflection of your Truth
Come within and listen as you unravel the fears
Wrapped like so much yarn around themselves

Journey with courage, be relentless in your questions
Examine your thoughts and ask if they are God thoughts
Or if they are more illusions
Holding up the veil between you and your greatest light.

Fear is a belief in separation.
Within the Oneness that you are there is no fear.
If you are feeling fear, you have stepped outside God's door.
Turn around. Come back

Breaking Through the Sphere of Fear

Step One: Break up the word fear = fear erases amazing realities. When you engage in the feeling of fear, you are erasing potentially awesome realities.

Step Two: Decide to disengage

Step Three: Take immediate action relating to your fear

Remember: The unwanted visitor will soon leave. Treat fear as an unwanted visitor and it will soon leave.

Exercise: Play the "fear" game and break up the word fear yourself:

FEAR = Forgetting Enlightenment Allows Reversal

FEAR = From Every Angle Regret

FEAR = Faith Evaporates And Runs

Now try some of your own!

Fear Monsters Out!

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We are the directors of our emotions and thoughts. And if we are plagued with worry, or fear we are allowing them to fill our thought banks. One day as I was reviewing my fears, I realized they were like little monsters and they were living in my thoughts rent-free!

I had not invited them, they had just homesteaded in my mind. Not only that, they were most active when I tried to sleep. These squatters were doing untold damage to my inner peace and my ability to move forward. Am I not the landlord of my mind? If so, I can choose my tenants. I can also evict the ones who are not acceptable.

So, I performed a mental visualization where I threw them out without notice! Standing at the door of my thoughts, armed with my golden sword of truth, I cast them out one by one. As I mentally performed this exercise, I "saw" many of them sneaking around the corner, trying to get in a window or even sneak back in the door. The ones that were the most relentless were my biggest problem, I realized.

These fear monsters come in many forms, and they appear to regenerate from the ether. So as I cast them out, I visualized them illuminated by a streamer of light from the heavens, and they dissipated as though magically.

Now, when I find myself in a moment of worry or angst, I look around the corners of my mind to see who might have taken up residence, then I mentally cast them out. Each time I do this, it becomes easier, and each time I do this I am affirming to my inner self that I AM the one who is in control of my thoughts and feelings. I refuse to give my power away to anything outside myself, including wayward thought energies.

This is all a cosmic game, I believe.

As souls on our journeys to rejoin our Source, we create whatever scripts we choose. Some of us love danger, some drama. Some prefer a "flat line" life, with little oscillation outside a small reality.

Others, such as me, prefer the wild pendulum swings of a Jimmy Buffet life (I have to meet this guy someday). But, essentially we are all soul journeyers, seeking that true vibration that is our highest essence.

These little players in our scripts, the fear and worry monsters, are merely disruptive energies which distract us from our greater good. They disturb our peace, and when they do so, we are not free to create more joy, more abundance, more serenity in our lives.

In our workplaces and our relationships, we often surrender to these vixens of the mind, unaware of the greater story: that even the tiniest distraction from our true journey is a loss. A loss for us as an individual soul, and a loss for the collective realm of all souls.

I believe we are in a time when we are becoming aware that even indulging in these little fear spaces for a moment or two is not to our benefit. We are learning that we do not have to "go there."

We are remembering that which we have forgotten. That when we take charge of the incredible thing called our minds, we will experience greater joy and abundance than we can imagine. These little beasts are what I call shadow energy. Shadow is the opposite of light. To get rid of shadow, let in the light.

So, if your fear monsters have taken up residence while you weren't paying attention (because that's how they get there – we aren't paying attention), evict them now!

See them evaporated in the light, then call into your mind the thoughts which match the vibrations of your desires: love, peace, belief, abundance, excitement, creativity, joy, honor of self and others. Your spiritual cornucopia will be overflowing with riches, and soon your physical realm will demonstrate them!

35 Great Ways to “Disregard” Fear

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Use the “Power of Disregard” to Change Fear Energy by putting your attention and intention in a different direction.

Using the power of your thought, choose any of these mental techniques to train the mind to disregard the lower vibrations of worry, fear and doubt. Since fear can immobilize you and not much gets done when “in fear,” give yourself the gift of some time to move the energy higher.

Here are 35 great ways to change the energy – add this list to your journal and include your own!

1. Go back in time. What was your passion when you were 5 years old? Key: At five you had unlimited belief that all things were possible – reconnect with your five year old state of mind, then bring that "all things are possible" state of mind into the present situation. Look at everything you fear with the thought, "All things are possible." Command your subconscious to find the solutions for you by doing this.
2. Everyone is an expert at something - where is your expertise? Celebrate it! Actually, most people are good at a LOT of things. Make a list of your qualities, talents and achievements. Then ask yourself, "How can I best use these gifts to create my highest and best life?" Let your subconscious respond. Don't censor.
3. Learn a new skill that is very different from what you usually do. “The only thing for sadness, said, Merlin beginning to huff and blow, is to learn something.” Learning = power. Learning also erases fear.
4. Reacquaint yourself with your spiritual focus. – Are you asking God for everything or THANKING him? Gratitude increases abundance. When in lack, get grateful = full of great appreciation. Get out your gratitude journal (and if you don't have one, make one), and just write for ten minutes the things you ARE grateful for. This changes energy instantly!
5. Count your blessings – Put them where you see them many times a day – the refrigerator, on note cards you can carry with you – in your bathroom. Fill your mind with what you do have and the Universe reverberates MORE good back to you.

6. Deal with your problems one at a time. Share them with a friend to gain perspective. You can only eat an elephant one bite at a time -- Do NOT focus on your problems, FOCUS on the solutions.

7. Ask for advice. Nobody that ever succeeded did it alone. Get advice from everyone you can BUT listen to your inner voice before you take it!

8. DeClutter. What isn't working in your life? Clean it out! That includes acquaintances, icky friends, and all the cluttered thoughts in your mind! If it's not working for you, it's taking your energy. The same energy you need to CREATE a new life. Clear it out. Physically clean out your closets, kitchen, home. On the road to success it's easier to travel if you travel light. As you clean, imagine your mind being cleansed as well.

9. Take inventory of who and what you surround yourself with - friends, relationships, personal items—are they going to support your growth and dreams? If not, let them go—it will give you the space to fill up your life with what's better and new. That includes soul mates and clothes. The Universe HATES a vacuum. Open your life for MORE good.

10. Take inventory of your successes! Inspire yourself! Look back over your successes, make a list of them, then look at all the obstacles you have overcome so far that you were so fearful about. Call on that energy and bring it into the present moment.

Make your mantra in every moment: "All Things are Possible."

11. No one to cheer for you? Be your own cheerleader. If you prefer, be your own defense attorney. Draft a case on why you ARE a wonderful, caring, gift to this universe. Really get into it. Act as though you are defense counsel for your soul. Get into it! Write it out! Let your mind go.

12. Remember that all successful people make mistakes. No mistakes, no learning. You are no different from those successful people – UNLESS you quit. "90% of success is just showing up." Woody Allen and mistakes are merely lessons of what NOT to do. Move on – "fail forward."

13. Working a job that gives you no joy? Quit – it's impeding your progress. You were looking when you found this one. If you can't quit today, in your mind imagine your perfect job, write it out and then being looking. Just putting the procedure in motion tells Universal Mind that you are ready for more good and more happiness in your work.

14. It's o.k. to acknowledge your fear —it is not o.k. to be paralyzed by that fear. If you chose to be paralyzed, put a time limit on it. Five minutes max. I call it the "five minute pity party." After that, move into ACTION. Action dissolves fear. Inaction feeds it.

15. Be willing to give some of your time – Find someone you can help and help them. Just because. The universe will record that in your spiritual bank account and someone will help you someday when you need it the most. And, it will get you out of yourself.

16. Volunteer! – You'll get an inside view at how lucky you truly are, AND you'll be making a positive difference. Get active in a community effort. Choose to be involved in life. Activity breeds activity = new successes.

17. Pray the right way. What is the right way to pray? Give thanks for all that you do have, stay in gratitude and you will attract more good into your life. An interviewer was asking the father of a Gold Medal Winner at the Olympics, "I bet you prayed for this alot." The father replied, "I don't ask God for anything. I THANK him for everything."

18. Lets get physical – Yeah! Fear monsters HATE endorphins. They're like RAID to a bug. Endorf those monsters. Work out - get going. Preferably in nature. Nature reminds us that we are a part of a VAST universe. There are billions of opportunities in that Universe - we need only grasp them.

19. Read your resume – Read it as though you were viewing someone else who had accomplished what you have. Hmmmm. Interesting isn't it? You ARE much more than a one-dimensional being caught in a fear space. You HAVE done a lot with your life.

20. Listen to the wisdom of a child. A few years ago, my nephew Neil was watching me brush my hair in the bathroom mirror and I was muttering to myself, "It's just not my day." Without missing a bit, he asked, "Well then, whose day is it Aunt Montana?"

21. Trust Your Inner Voice. Listen AND heed that voice well. Deepak interviewed the wealthiest man in the world, the now deceased owner of Sony Corporation. When asked the secret to his success, he replied, "I trust my gut, not my head. In all things. Whether it is what color socks to wear or board room decisions, I follow my "inner voice" in all things." This man made Trillions - not Billions - Trillions! This is excellent training to get back to the Truth of who you are. Your authentic self.

22. Find a partner or assistant that is good at everything you're not. – Anything you are not good at doing or are procrastinating on delegate!

23. Operate using misery management. Share your misery! Let others help! But give it a set time – 5 minutes max – then move on.

24. Cherish Everything! The air you breathe, the sun's caress, the friends you know to be true, the moment you are in right now, that you are alive. All things are possible – it is a Universal law that does not require your permission to operate. All things ARE possible.

25. Develop a “team” mentality. Remember it takes a village. Ever tried playing football alone? So why are you trying to do everything else alone? Life is a team player sport! Ask for help.

26. Join a group! – Join a lot of groups. Get outside your own nine dots! Learn how to cook Asian cuisine, join a hiking or adventure group (nature is always good), take a class to learn how to speak another language.

27. Meditate - Listen to your breath. That’s YOUR breath. You are alive! So what if everything sucks right now? That’s already yesterday’s news. Everything you see around you is an “afterthought.” To change your future, change your thoughts. Remember that you are a spark of God, an Infinitely Divine Being, and that there is a solution to everything. Reconnect with the Truth of who you really are. Surrender.

28. **You’re never broke unless you’re out of ideas. Got one good idea?** Remember the pet rock, the hula hoop, and sticky notes? Write down your ideas, then imagine how they might become “real.” Remember the guy who sold the discarded lumber from the building of the first Brooklyn Bridge? He sold little tiny 1” squares for \$14.95 and made \$7 million! There are HUGE opportunities available – dust off your ideas!

29. Use your mind to begin creating right now. Imagine your fears in a little ball in the palm of your hand. Hold your hand up, and say, “Spirit, transform that fear.” Imagine the fear bubble rising into the ether, dissipating harmlessly, and then go back into gratitude for what you do have.

30. Make a dream journal. List your dreams, add photos, quotations, motivational stories. Give your subconscious mind a new dream to work on for you. Or many dreams. If you can dream, you can change your life. And everyone can dream. Read that journal before going to sleep and upon awakening, and say OUT LOUD (the spoken word creates), “This or something better is my life right now. This happens in a manner that is for the highest and best good of all concerned.”

31. The 20 Step Solution. Take out a pad and pen, and without censoring your mind, write out 20 ways your problems could be fixed right now. DO NOT CENSOR. The more outrageous, the better, because you’ll be telling your subconscious mind to go out and seek SOLUTIONS. You’ll be activating your attention and intention toward a positive outcome.

32. Play the “So What” Game! Ask yourself this: “So what if.... (I lose my job, have to file bankruptcy, lose my home?) What’s the worst that can happen? Note: Many if not most successful people have experienced HUGE losses. Many have filed bankruptcy, lost everything including their families and friends and businesses. Why are they successful? They did not stop.

They “failed forward.” They just got back up and started again. You cannot fail unless you quit. Determine that you will stay in the game and the Universe WILL give you solutions. Ask your inner self this question: "Is this (job, relationship, company) not working because it might NOT be for my highest good? If it is NOT for my highest good, then what IS for my highest good? Listen to that inner voice that is All Knowing and Trust it. Your perceived failures at something may be your inner self telling you to change course.

33. Understand and control the use of your thought energy. Realize that what you give energy to, you are making larger. Every moment you choose to engage in a fear thought, you are energizing that which you DO NOT WANT. Fear is a wish for something you don't want. So decide to energize what you DO want, and turn away from your fears. "The power of disregard" is a huge spiritual truth.

34. Employ zip code therapy. Get out of your zip code with its familiar surroundings, and take a short day trip - or a longer one if you can arrange it. Your environment is holding the energy of your thoughts - and if you have been engaging in fear thoughts, your environment is a very dense and heavy place. Changing your zip code, even briefly, will put you in a lighter and more positive atmosphere where you can view your circumstances differently. .) Visit your favorite chapel or spiritual place - including outdoors in nature. Take a list of your worries with you, and release them to the Universe, God, your angels. Tell them to solve your issues for you and thank them for doing so.

35. In all things, remember that when you work With Source, God, Your Angels, you are infinitely empowered, and "all things truly are possible." Be consistent with your meditation, call on your angels and guides, create a “Let Go and Let God” basket, and write down all your worries and turn them over to Source. Keep that basket visible so you are reminded that Spirit is working on it – and you’ll be just fine. Remember, when you put your attention away from fear and toward that which you desire, you are activating the Law of Attraction to draw to you that which is positive and the fears will fall away. Fear is a HABIT – a learned behavior. To change a habit, we do not “break it,” we choose a new direction, one more pleasant, and the brain ultimately veers in that direction because it feels better. Exercise your mind to think positively, and remember your Divine Source. Then you will be outside of fear.

My Refrigerator Is Filled With Fear
A Story
© Montana Gray

Earlier today I decided to go shopping. After shopping, I decided to pick up some Chinese food from Ho Ho's, a local restaurant that provides huge portions of everything for one dollar each. Then, on the way home, I thought I might grab some fast food and eat the Chinese food for dinner.

I arrived home with groceries, Chinese food, and fast food from one of my favorite local Mexican chains. As I unpacked the groceries, putting the Chinese food away for later, I noted that it was going to snow that night, so maybe I should order a pizza and have some friends over. Reviewing what looks like a feeding frenzy, now, I can see exactly what was happening. I was running out of money in a big way, and the one client I had retained from my old life as a sort of segue of surety, had just changed course and would have no more business for me.

Reacting to primal recordings, I was cave woman, winter was approaching, and I was stocking my cave for leaner times.

In modern day psychobabble, my refrigerator was filled with fear! I laughed as I realized how subconsciously I had responded to outer circumstances. We are indeed descendants of ancient experiences, and in times of stress we will revert to our most basic survival instincts. In my case, it was a refrigerator filled with angst.

Immediately, I sat down and wrote out some affirmations of abundance, immediate cash flow, unlimited opportunities and possibilities, and solutions to my financial woes NOW. I wrote them each fifteen times because somewhere along my journeys I remembered that fifteen times was a power energy field. And even if it isn't, if I believe it is, it becomes one. So, I wrote the affirmations, put them up ON the refrigerator, and then I observed another wonderful insight. As I read the affirmations each time I approached the refrigerator, I would open the door, look inside and take nothing out! My subconscious mind was being reprogrammed that we were, in fact, quite safe, and as the programming continued, my appetite – my fear appetite – diminished. Amazingly, this took a very short time.

Essentially, I took my fears and put them to work for me. By putting the affirmations on the refrigerator, which was filled with my fears, I would see them many times in the space of a few hours. And each time I did, I would witness a lessening of my worries, a sense of well being emerged -- a feeling that I could stop holding my breath and exhale.

Everything was going to be alright. Everything was alright right now. Everything was abundant and joyful and I was in no danger of starving in the winter.

Then, another interesting thing happened. The affirmations began to “take hold” and new ideas began to come into my mind. Ideas for producing income, ideas for following through on a few unfinished projects. Ideas to make a few calls. Ideas which produced action.

By that afternoon, I had once again “written myself up” the ladder of consciousness through my affirmations and I was no longer in fear mode. I was in do and believe mode.



Write Yourself “Up the Ladder” of Consciousness

Today, I am proud to say that my refrigerator is filled with salads, fruits and vegetables, not pizza, Chinese, and frozen foods.

Another change of course and thought success!



Transforming Fear - Using Your Yin & Yang Energy
(From The Ultimate Abundance Newsletter – © [Montana Gray](#))

"I've believed ever since that living on the edge, living in and through your fear, is the summit of life, and that people who refuse to take that dare condemn themselves to a life of living death." John H. Johnson

A good friend of mine used to use the phrase: "you're never broke, unless you're out of ideas." Terry was a business owner and had, like most business people, endured roller coaster realities in his journeys to build and maintain his success. Terry was a resilient example of never giving up, always looking for the next idea, a possible solution - no, ten possible solutions.

His last company was netting almost a million dollars a year by its fourth year in business and he was still looking for more new ideas. You'd never guess by seeing his life from the outside what trials and falls he'd experienced. He'd lost thousands overnight in a stock trade, had a foreclosure and serious credit problems, and dealt with some very concerning health issues. Two years later, he was back up, his credit restored (he did not file BK, he paid everyone back then got them to clean up their reporting as part of the agreement), and he was into yet another business.

But he never quit. He just didn't.

Plus, since he was affirming the phrase "all things are possible", the reticular activating system of his brain brought that into the realm of truth.

Today, I needed that reminder. The fear monsters, as I call them, awoke me early this morning with their dire forecasts of "what if?"

The "what if" phrase, when coming from the fear monsters, focuses our attention on what we absolutely DO NOT WANT.

"What if you never work again? What if your books are published AFTER you die? What if you never know love? What if your journals and your cats are your lifetime companions? What if, what if, what if?"

I have dream catchers and even they still weren't stopping these beastly little creatures. When you are in this state of mind, it is essential that you TAKE ACTION.

I took a walk first and reminded myself that a tree never wakes up and asks itself, "What if God doesn't want you to be a tree anymore?" A squirrel doesn't wake up and fear "What if there are never any more nuts?" The neighborhood dog doesn't lose sleep over wondering if there won't be any more cats to chase!

Then I changed the channel in my mind and played this "what if" game. What if I became hugely successful with a crazy invention? What if I met the soul mate of my dreams and he swept me away on his yacht to a beautiful island? What if my writings were published and actually hit the NY Times best seller list? What if I was that one step away from success,

What if I just needed to do "one more thing?"

That little game combined with a humorous look at my thoughts helped immediately. When I returned home, I created a "to do" list - only I entitled it **"I have so many ideas I am a multi-millionaire"**

I listed every outrageous possibility I could, as well as more logical, obvious ones. My primary fear issue was around money.

So I focused first on my abundance affirmation, then I moved into action! I emailed the mayor and offered my consulting services. Who knows? The Sunday newspaper article said he just spent \$500K on a website - if he's that eager to be on the web, I will work for much cheaper.

I called an old client and will meet with them on Thursday. The new person I spoke to just designed a software program I believe I can market and the commissions for the sale would be HUGE! I called everyone that came into my consciousness and asked them for ideas, thoughts, referrals, maybe just a funny story.

The point is, I stayed in ACTION.

The mood lifted soon and in the meantime, I accomplished these "actions"

- Updated my web site
- Figured out how to use Adobe so I could put the book cover on it
- Emailed an on line friend and made an offer to conduct an affiliate program with her
- Prepared a proposal for a local real estate company
- Faxed the mayor
- Made appointments for later in the week for consulting work
- Fed my kitty Ninja

- Meditated
- Completed more of the on-line manual
- Updated my consulting packaging information to send out
- Enlisted ideas from a brilliant friend who creates out of seeming nothingness
- Solicited business on line
- Uplifted my consciousness!

I am NO LONGER entertaining negative "what if" thoughts! I have evicted the fear monsters! Now check this out. Guess who just called me? Jay Abraham's secretary! Um hmm. He is one of the highest paid consultants in the world! You may check out his site at www.jayabraham.com. I believe he charges \$3000 an hour.

She was calling to invite me to attend a conference call with Jay Abraham next week with Phil Jackson. Only a limited number of people worldwide are solicited for these calls, and I consider that an affirmation from the universe that I am on the right track!

It is these kinds of messages that we must pay attention to when affirming our good! When we are in motion, Spirit works through people. That call was a reminder that I am on the right track and that my future may include consulting at a much higher level. Has the mayor called back yet? No, but he's only had the letter for an hour. :-)

Where does the Yin & Yang come in? Our Yin or female energy is creative and dreamy (good things), but not action oriented enough. Our Yang, or male energy, is the "do it now" part of our psyche that we can call on when we are in a state of fear. Action DOES remove fear. Period.

So, when we blend our creative self with our "do it now" self, we move forward!

So, the next time you feel in fear, remind yourself first, that you are never broke unless you are out of ideas and then: blend your creative Yin energy with your action oriented Yang energy and move on.

Fear & The Self Actualized Person © Montana Gray

In the pursuit of whatever we seek, we are often living "inside out." By that I mean, we seek external proof of our interior beings. Through acquisition, titles, money, accomplishments, we seek that space which ever eludes us - that space of total inner peace and knowing that we ARE a Being of great value and we ARE a great spiritual light.

That is why the path to enlightenment often includes the loss of those things, so that stripped of our worldly costumes, we can begin to turn within and become acquainted with the Real Self that we are. Imagine for a moment that your job or career were suddenly gone. Now, take away your family or spouse. Now imagine that your friends seem to disappear into the mist. Your entire world as you knew it suddenly simply no longer exists.

Get into that imagery, really get into it.

Who is left? No longer defined by any costume: entrepreneur, spouse, father, mother, corporate executive, who ARE you? That Being that was the director of your life is who you are. That Energy that senses from the heart and spirit - that is who you are. The costumes and decorations you created are not you - they are merely illusions that your soul used to allow you to express in the physical realm. And they can be created in many forms, again and again.

The question becomes, are we relinquishing the SELF for the self image? To receive our greatest abundance, knowing the Truth of who we are, we must honor the self, break the barrier of ego, and move into what Deepak Chopra calls the space of pure potentiality - the ultimate ground of creation. We must learn to see through the eyes of Spirit, not ego.

Imagine your daily interactions viewed through the eyes of Spirit. Imagine that difficult coworker railing at you, and suddenly you see through your Spirit eyes - and you understand that behind the abusive behavior is fear.

Fear that is wiping out that Being's ability to see their own magnificence.

For if each of us really SAW our own inner light, we would have no need to control, manipulate, lie, coerce. We would be outside of that faulty belief system entirely. Completely immune to it.

If our ultimate goal was to make our internal reference point the SELF, not the self image, we would truly live from higher realities in all areas of our lives.

To be truly HEALED, is to experience the loss of fear when we no longer fear change - because we've discovered the part of ourselves that is OUTSIDE of change.

Below are some thoughts about being self-actualized:

- 1.) The self actualized person has an internal reference point that is spirit - not ego.
- 2.) The self actualized person knows how to deal with the toxins in their life - toxic foods/drinks/emotions/relationships - and remove them.
- 3.) The self actualized person has shed their need for approval - it is the ego that seeks external power because of fear based needs.
- 4.) The self actualized person can use the stage of relationship to evolve the consciousness
- 5.) The self actualized person is aware of their body as the experience of the spirit - with all its sensuality and sensuousness - ALIVE with consciousness. **If you cannot find God in the eyes of a human being you will not find GOD in a book**
- 6.) The self actualized person lives a life in present centered awareness - all time is spent in the "now" - not the past, not the future
- 7.) The self actualized person has shed the burden of judgment - embraced their dark side - and begins to see the whole universe as an expression of the self.

“Consider this: the world is in me; the body is in me; the mind is in me. I can create again and again. My desires are like seeds left in the ground - they WILL bloom in the appropriate season.” D. Choprah

Or, from a purely quantum level, the next time someone asks, "who are you?", you might tell them: **"I am a holographic expression of the entire universe that is manifesting as a continuum of probability amplitudes for space/time events."**
D. Choprah