

**365 Days of Personal Empowerment:  
Quotes for Your Growth and Evolution  
Volume I  
Alice Landry**

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*\* Use the book to begin a year of positive growth and transformation or as an oracle to choose a daily quote of guidance \**

# 1

Family, friends, coaches, counselors, and mentors are not here to fix your personal problems. They may offer assistance, guidance, and insights, but it is your job to do the work and heal your life.

2

What you seek in others, you  
are denying to yourself.

3

You cannot claim your power  
if you keep giving it away.

4

Love, acceptance, and peace  
cannot exist where fear, guilt,  
and anger reside.

# 5

Reality is perceived through personal filters. You can see life as having hardships to suffer and obstacles to survive, or you can see life as having opportunities to thrive and relationships from which to evolve.

6

Your first responsibility is to yourself. You owe it to yourself, your loved ones, and the world to take charge of your life, connect with your authentic self, and live your greatest destiny.



7

Some days you just have to  
detach, rise above, be an  
observer, and allow events to  
unfold naturally.

8

Do not be afraid of the unknown. If something wants to leave your life, then let it. Walk with the power of the Divine within.

9

Micro-managing the lives of others prevents you from taking responsibility for your own life.

# 10

Difficult situations stir your soul and transform you on a deep level. You may not notice this alteration until one day you realize your view of reality has either darkened with bitterness or lightened with compassion.

11

You are here for personal  
growth, evolution of  
consciousness, and  
realignment with joy and love.

12

Engage your body through  
action. Empower your mind  
through education. Evolve  
your heart through love.  
Enlighten your soul through  
unity.

13

Thank the universe in  
advance for the perfect outcome  
and for healing your life in  
the highest way.

14

If you are ready for change, be willing to take bold, massive action.



15

Live and learn is outdated and reactive. Learn and live is progressive and proactive.

16

You are the author and it's  
time to create the next book in  
your life series.

17

Ignorance is no longer a valid excuse once you know better. Do your research, take action to empower yourself, and co-create with purpose and intelligence.

# 18

Behavior change happens in stages. First you might deny the problem. Then you may be interested in change and explore options. Eventually you start taking new steps to create different results. Finally, you become fully committed to your goal.

19

Accept that not everyone is going to live up to your expectations. The only person you have control over is yourself.

20

When Spirit gives you a creative and inspirational download, act on the guidance. Your work is meant to be shared with the world.

21

Let the ground nourish your  
body. Let the wind awaken  
your mind. Let the rain purify  
your heart. Let the sun ignite  
your soul.

22

When someone is  
manipulative and deceptive,  
show some love to yourself by  
detaching from the toxicity.



23

Shine the light and the  
shadow aspects will be revealed.

24

A spirit can exist without a human body, but a human cannot exist without a spirit essence. You are divinity incarnated as a child of Earth.

# 25

When you experience grief or major change, you may feel confused and depleted. From this low vibration, you might desperately try to fill the void with negative people and situations. Be patient and wait until you allow Spirit to infuse your life with divine love so you can manifest healthier circumstances.

26

You do not have to apologize  
for being discerning about  
what energy you support or  
allow into your reality field.

27

The choice is yours either to  
self-sabotage or self-heal.

28

Wherever you are emotionally  
triggered, start there.

29

Honor every day as a day to  
show gratitude and appreciate  
blessings.

# 30

You are in charge of your thoughts and internal programming. Over the years you may have allowed others to hack your brain and install systems that no longer serve you. Replace the old beliefs that don't resonate with what is now needed to create the reality you desire.



31

Think the thoughts and take  
the actions now that your  
future self will be grateful for.

32

You are the writer, director,  
and producer of your life.  
Revise as necessary.

33

If someone doesn't want to be in a relationship with you, love yourself enough to let them go.

Release yourself from emotional, mental, and physical turmoil, knowing that you deserve someone who is committed to sharing a journey with you.

34

You cannot expect to evolve greatly on a personal development journey if you are still blaming others, giving excuses, and complaining about what you can't do.

35

We are all students. We are all  
teachers.

36

When deciding on whether or not to invite people into your personal life, find out how they treat themselves, how they treat others, and how they treat animals and the environment.

37

To get from point A to point B,  
understand that the infinite,  
expansive energetic part of you  
is already there.

38

In a world conditioned by  
negative, be a rebel.



39

Live your life as a reflection of deliberate and responsible choices that resonate with an awakened belief system.

# 40

When someone crosses a boundary that you haven't clearly established, your first reaction may be anger toward that person. The lesson here, though, is to understand that the deeper frustration may be with yourself for not setting the boundary in the first place.

41

Start fixing your life by taking full responsibility for everything that is yours.

42

Instead of focusing on what could potentially go wrong, shift your perspective. Consider all of the amazing outcomes that could develop if the situation actually worked out in divine right order and for the greatest good of all involved.

43

You are the only one holding  
you back from making a  
different choice.

44

Information is everywhere. If something resonates soulfully with you and inspires you to take positive action, your vibration then matches with the universe and you are given access to the next stepping stone on your journey.

# 45

Doing the inner work is more than healing emotions and reframing beliefs and thoughts. There is an energetic component that involves listening to your intuition, clearing toxicity, and aligning with your authentic self.

46

You've been through a lot in life. You survived storms, you learned lessons, and you gained wisdom. You have tools now. Don't forget to use them.



47

If you find yourself trying to convince someone to see the light or wake up to awareness and they aren't yet open to learn more, let it go. There are other relationships where messages can be shared with respect and open minds.

48

There is beauty in the peace that comes when you lay down your sword, build up your inner light, and send that magic out to the world.

49

When you feel like your life is off track, start with what you can control - your thoughts, feelings, and energy field.

You may not know what action to take next so try the subtle yet powerful steps like unconditional self-love, believing in your worthiness, and purifying your mind and body.

# 50

There will be moments when you have to confront challenges, be decisive, and move forward. For all those other moments, instead of wasting them on worry or stress, reconnect with your divine nature and raise your frequency. Deliberately decide what kind of energy field you want to create from.

# 51

Expand your present-moment awareness and notice the events where a higher purpose can be served. When you consciously participate in the flow, you become part of the divine symphony, and the music you help co-create is orchestrated beautifully.

52

Be gentle with yourself, others, and the world. Be gentle with your thoughts, emotions, and actions. Be gentle with your self-care, conversations, and relationships. Amplify your gentleness and the gentleness will amplify you.

53

If you're programmed for disappointment, hurt, and defeat, then you feed the beast of victimhood. If you're programmed for empowerment, success, and fulfillment, then you cultivate your inner hero.

54

If you believe it's you against  
the weight of the world, then so  
it is. If you believe it's you  
with the support of the world,  
then so it is.



# 55

With every moment, thought, emotion, action, conversation, and relationship, there is an opportunity to align with Spirit. You have a full-time access pass to sacred space and inner peace.

# 56

Judgements about others, emotional triggers, and repetitive life challenges are all gifts. Though they may not look appealing, take the time to unwrap them, understand them, and see what is revealed.

57

The reasons for keeping a relationship with a self-destructive partner can involve issues like emotional codependencies and limiting mental beliefs. If you are not happy in a relationship, look deeply at your motives for staying.

58

All human beings, including celebrities, counselors, healers, and lightworkers, have opportunities to learn, grow, and evolve consciously. Room for increased awareness and improvement is always available.

59

Where you are now on a self-growth journey is not as important as realizing there was even a journey to begin.

60

We are all one of the same  
universal consciousness, yet  
we are all unique in the  
expression of this  
consciousness.

61

Whatever makes you "you,"  
own it.

62

Be so mindfully aware that the minute you think harshly, experience stress, or feel tension, you immediately take a deep breath, shift your energy, and create a new momentum.



63

Do what inspires you. When  
you are no longer inspired, do  
something else.

64

Once you find a nugget of truth or wisdom within, don't stop mining. There are more to be discovered.

65

The true love, prosperity, well-being, and happiness you seek are here and available now. You just have to search the right places.

66

Know when to drive, and know  
when to sit back and enjoy the  
ride.

67

It takes a brave soul to look in  
the mirror and call out your  
own issues.

68

You can get advice from your personal trainer, spiritual teacher, or online course, but until you do the work and create change, the results will be the same.

69

There is infinite wisdom  
everywhere. Tune into it.

70

Your personal power resides within. Do not give that right or responsibility to another.



# F1

Maintain a high vibrational frequency by promoting the positive, not condemning the negative.

72

The ego wants to argue,  
complicate, and resist. The  
higher self knows there's an  
easier path.

73

A blank slate exists in every  
moment.

# F4

Straighten your back, relax your shoulders, and breathe deeply into your belly to reset your energy.

75

Live with integrity. Be honest about your dreams and have the courage to do what's right for your soul.

76

Use your past as a tool for self-awareness not self-defeat.

77

Shift the energy in your environment by removing appliances that are broken, clothes that are torn and outdated, and home décor that gives you a low vibe.

# 78

When a problem seems too complicated to solve from a human perspective, surrender it to the Divine. Release fears, realize that many fates may be involved, and ask Spirit and the angels to help heal your life in the highest and best way for all concerned.



79

For humanity to shift in  
consciousness, individuals  
must first play their part.

80

Invite your higher self-  
awareness to enter your  
physical body, express itself  
through your heart chakra,  
and anchor into your  
manifested reality.

81

The justification that  
"everyone thinks that way" or  
"everyone does that" will never  
cultivate your original  
creativity and unique divine  
expression.

82

The torch you seek in the  
midst of darkness must first  
be ignited within.

83

It is more empowering to look drama in the face, say "No thank you," and walk away with grace than to engage defensively, lose control, and disconnect from love.

84

The emotional states of joy, peace, and love vibrate at high frequencies. Use them as catalysts for positive manifestation.

85

The variety of choices that you have available create a range of potentials and future timelines. Make the decisions that will satisfy you, align with your destiny, and generate peace at the end of the day.

86

Forcing yourself onto a situation or desperately clinging to it has the underlying energy of fear. When you release control and ask the universe to deliver what is best, you allow natural unfolding and are able to relax with faith and trust.



87

Everything you think you  
need to be happy is a shift in  
perspective away.

88

There is no need to create  
conflict where there is none.

89

Whatever life area is causing you stress, expect to do inner and outer healing work in order to bring it into consistent balance.

90

When you are giving out your resources of time, love, money, attention, and energy, don't forget to include yourself as a recipient.

91

There's a magician inside of  
you. Wake it up.

92

When you finally choose  
yourself over everything else  
that hasn't been working,  
your path suddenly becomes  
visible.

93

When you increase your awareness of everything you think and say, it becomes ironically obvious how much your underlying beliefs can actually oppose all that you've been striving for.

94

Slow down, take a deep  
breath, and center yourself.  
You have a beam of light  
ascending to heaven,  
running through your body,  
and grounding into the core  
of the Earth.



95

If you feel alone and confused, ask your guardian angels to wrap their wings around you, fill you up with pure golden light, and help you to heal in the highest way.

96

The universe individualized  
itself through you. As an  
individual, you are learning  
to become one again with the  
universe.

97

Now is the time to release  
what no longer brings you  
joy, peace, or love.

98

Love is always available, and  
the infinite intelligence will  
always lead you to your  
greatest potential.

99

In the past you may have needed conflict and chaos to propel you on your journey.

As you grow in awareness, you learn to minimize those struggles and replace them with clarity, harmony, and self-love.

# 100

Coaches, books, and webinars can get you thinking about change, self-improvement, and spiritual growth.

However, the real inspiration, motivation, and discipline have to come from inside you.

# 101

If you are committed to improve and evolve, you will find a way. If you have a fleeting interest, you will find a reason not to find a way.

102

You can only be helped if you  
have an innate desire to help  
yourself.



# 103

The universe loves you and responds to your questions by providing life experiences. If you want to alter your life experiences, start asking more empowering questions.

# 104

Distressing or traumatizing situations can cause your power and essence to be fragmented off. Reclaim those parts of your soul in order to feel whole again.

Command them to be returned to you with consciousness so they can be integrated with grace.

# 105

Your true power source feels loving, right, and light. If you are fearful, angry, and stressed, determine who or what you falsely decided was a source of power.

106

The magic starts in the  
realms of energy.

107

From the depths of silence  
comes the highest wisdom.

# 108

The ego mind attaches to outcomes. The higher self allows Source to synchronize miracles.

109

Invoke the power of the golden, spiritual realm to transmute blockages and resistance into freely flowing, pure energy.

110

On the stairway to darkness,  
there is always the option to  
ascend.



111

Simplicity is a habit desired  
by many but practiced by  
few.

112

Practical intellect, common sense, and intuitive wisdom are a powerful combination.

113

Your body and mind are  
sacred gifts. Treat them as  
such.

114

Rewinding the past in your mind wastes precious energy that can be channeled into creating a better future.

115

A sunlit flower, a heart-shaped cloud, or the voice of a lone animal can remind you of the presence of Spirit amidst the chaos of life.

# 116

"See what you made me do!"  
is a phrase of victim  
consciousness. "I created this  
and now it is my job to fix it,  
learn from it, and evolve" is a  
phrase of hero consciousness.

# 117

When you are struggling with a repeating negative pattern, ask your higher wisdom, "What needs to happen for me to learn the lesson here and move forward in a more positive direction?"

118

If you are the one placing  
limits on yourself, you have  
the power to remove them.



119

The events that play out in your life are either created from a fear-based limited mind or faith-based infinite mind.

120

Ride the wave of cosmic energy and your feet will land exactly where you are supposed to be.

121

When you awaken your  
consciousness, everything  
becomes a source of divine  
inspiration.

122

When you ask the universe for something you want, be prepared to work through the blocks that are preventing you from receiving it.

123

Silence is a golden gateway  
to realms where unity  
prevails and separation is a  
distant illusion.

# 124

If your journey so far has been about fulfilling everyone else's needs or sacrificing your happiness to please others, it's time to shift the focus to self-worth, self-care, and self-discovery.

125

You show up for everybody  
else. It's time to show up for  
yourself.

126

In your darkest hours, claim  
your power and summon the  
wisdom to be revealed.



127

Your perspective on life  
challenges can shift  
dramatically when you  
replace fear with trust and  
love.

128

To claim your power, you  
have to do something  
empowering. To do something  
empowering, you have to take  
responsibility for it.

129

If you are not evolving, you  
are regressing.

# 130

Releasing what no longer serves you is a multidimensional process. Daily actions need new habit integration. Thoughts and beliefs need reprogramming. Emotions need healing and stabilizing. Energetic resistance needs clearing. Be patient with yourself as you move forward in life.

131

After you release the old, ask the universe to bring in the new elements needed for you to thrive.

132

Spirit sends us gifts in  
moments of sacred solitude.

# 133

When you are enmeshed in fixing someone else's problems, two things are happening. You are not allowing that person the chance to learn and grow, and you are avoiding your own need for personal healing.

134

Everything is changing. You  
are the setting sun, the rising  
phoenix, and the new dawn.



135

Avoid self-sabotaging statements like "I'm never on time! Crazy is the story of my life! I always date the bad guys!" The universe reinforces what you believe to be true.

136

Though the past can be  
comfortable and familiar,  
Spirit will not let you stay  
where you no longer belong.

137

The sleeping warrior quietly  
pulses through your life,  
waiting for you to command  
its awakening.

138

You are a powerful extension  
of divine source energy.

139

The vibrational frequency  
you are tuned into is more  
important to manifesting  
than the external conditions  
already manifested.

140

In high frequency states of energy, anything that is not of integrity, love, or honor is pushed to the surface for revelation and healing.

141

The universe sends you signs all the time. However, if your awareness is on anything but the present, then you could easily miss the messages.

142

As you evolve and heal, you will discover that the desperate searching for love, nurturing, attention, and care from others was never a job to be outsourced.



143

If you keep attracting the same negative circumstances, break the cycle by changing your reactions and emotional responses to the pattern.

144

If you've forgotten how to laugh, play, and be happy, ask Spirit to remind you of what brings you joy and to overwhelm you with blissful experiences today and every day.

# 145

With relationship problems,  
the solutions lie not in trying  
to figure out the other person's  
motives but in working on  
your own soul's growth and  
removing your own  
limitations.

146

You are a stone creating a  
ripple effect in the sea of  
consciousness.

147

From past relationships,  
bring the insights and  
wisdom not the emotional  
baggage and entanglements.

148

If you want to be treated like  
a smart, confident adult with  
integrity, then be a smart,  
confident adult with  
integrity.

149

Take care of the basics.  
Organize your personal space  
and home environments.

Adopt a positive belief  
system. Live genuinely from  
your higher heart. Protect  
your energy.

# 150

Help the process of global  
peace by developing your  
personal peace.



# 151

Impulsive, erratic, or arrogant energy will attract situations of the same nature. Tone it down and learn to be in the space of sacred silence and grace.

152

Your next best step might be  
the one you've been fearfully  
avoiding.

# 153

You can stay stuck in the past, argue for your old stories, and keep your perspectives narrow and closed minded. You can also choose to evolve forward, create new stories and belief systems, and open your mind to growth and potential.

154

Remaining in a state of anger, guilt, or apathy won't solve your problems or motivate you to heal your life.

155

Your beliefs and emotions  
can mean the difference in  
attracting infinite problems  
or infinite possibilities.

# 156

As you evolve and raise your frequency, relationships will shift in response. What you thought was right for you may no longer fit in with your new energy.

157

Believe that it is possible to break free from the outdated self that you no longer wish to identify with.

158

Everything in your life  
serves a purpose whether you  
consciously created it or not.



159

When others have limited beliefs about your destiny and potential, they may be projecting fears about their own paths onto you.

160

Nature and the animals have  
messages for you. Pay  
attention.

# 161

What you give your time,  
energy, and resources to is  
what you value or consider to  
be an important priority.

# 162

When you are not aligned with your authentic self and destiny, you may experience an underlying frustration that permeates all life areas.

When you are aligned with your true-self path, joy and love are more likely to infuse all aspects of your life.

163

As the energy shifts and hidden truths are revealed, be prepared for transformation, redirection, and profound change on many levels.

164

Setting healthy boundaries comes from a place of empowerment, confidence, and self-worth. Know that you deserve to be respected.

165

Previously hidden insights  
slide into conscious  
awareness when you are  
finally ready for them to be  
revealed.

# 166

Align with the energy of joy and manifestation through positive statements like, "I love being in the flow! It feels so amazing that everything is lining up in my favor! I'm so overwhelmed with gratitude at the incredible support of the universe!"



167

You know what needs to be done. Move past the procrastination and take care of your business.

168

New shifts in consciousness  
are replacing old mainstream  
conditioning with unified,  
authentic awareness.

169

The more you resist with fear, struggle, or desperation, the longer it may take for the universe to bring you solutions.

170

Be a self-aware observer to  
your own thoughts and  
behavior.

171

The leap from fear to trust is  
not a physical one.

172

You can't control other people's intense emotions, but you can compose yourself enough to disengage deliberately and maintain your inner peace.

173

Self-care is a necessity not  
an option.

174

When you are done clearing out one layer of limiting patterns or relationships, peel back another. Negative conditioning can occur on all levels, including personal, national, and global.



175

After a time of major change,  
give yourself permission to  
relax and invite the universe  
to fill up your life with what  
is meant to be there.

176

The divine essence is an  
innate part of everyone  
regardless of external form.

177

Call in the energy of  
happiness to be woven into  
every moment of your life.

178

A locked door is not the one  
you want to open.

179

The universe is never at a deficit of information to help you on your path.

# 180

Your goals won't be accomplished by focusing on a BUT or a CAN'T. Give energy to an AM or a CAN.

# 181

Sense the energy in your body. Uncross your arms and legs, expand your heart with breath, and relax your shoulders. Be open to receiving.

182

Don't be so attached to a specific course of action or outcome that you fail to use common sense in your behavior.



183

You have experienced  
diversity in life. Synthesize  
your knowledge, choose from  
a place of integrity, and  
create with purpose.

184

Have enough confidence to believe in yourself, but have enough humility to avoid arrogance.

185

Follow the path of  
synchronicity, and  
synchronicity will follow  
you.

186

There are no mistakes in the  
exquisite perfection of what is  
known as life.

187

Intuitive abilities are meant  
to be embraced not feared.

# 188

When a relationship ends,  
you are given an  
opportunity. You are blessed  
with the gifts of time and  
freedom to nurture yourself  
through self-love, self-care,  
and deep self-awareness.

189

The spiritual journey is a  
unique soul path for the sole  
initiate.

190

Humble seekers of truth  
accept feedback with grace  
and adjust as needed.



191

The ancient wise ones knew  
what we are rediscovering. All  
is sacred. All is connected.

192

Filling the void with false substance will never satisfy the soul's need for self-love and spiritual connection.

193

What does not feel  
instinctively right is not  
meant for you to experience at  
this time.

194

During the human journey,  
mental and spiritual  
strength will be tested more  
than physical capabilities.

195

Be aware of codependencies  
with others who do not have  
their lives together. Your job is  
to maintain your balance not  
theirs.

196

Rest assured your destiny  
will find you.

197

You deserve better than any situation that compromises your self-worth. The power that you gave to another is ready to be reclaimed.

# 198

If your life is off balance and chaotic, look for the patterns that emerge. Childhood imprints or burdens you're carrying are being brought into your awareness for a reason. Remove the attachments to old stories, clear the negative beliefs, and transmute what you are finally done with.



199

If you reinforce a negative stereotype or archetype in order to gain sympathy, then you perpetuate the belief and pattern of lack and limitation.

200

The inner mental work can be more extensive than the actual physical effort required to create your dream life.

# 201

Beauty, depth, and meaning  
can be discovered in  
simplicity just as they can be  
unearthed from complexity.

202

Beauty, depth, and meaning  
can be discovered in  
simplicity just as they can be  
unearthed from complexity.

# 203

Belief systems have imprinted in your reality field since childhood and beyond. What you no longer wish to give energy to, release and replace.

204

When you are in a power struggle, the negative energy and attention you're putting into it could be used more resourcefully somewhere else.

205

Cut through the illusion. You  
are infinite and divine.

206

Through forgiveness and acceptance, the chains that bind you are released. Anger and frustration entangle you more.



# 207

Develop confidence and resourcefulness by doing the research, taking care of business, and claiming personal accountability for a job well-done.

208

Your conscious mind knows  
you should be taking action,  
but your subconscious  
patterns may be blocking  
you from creating positive  
change.

209

Follow the trail of excitement,  
motivation, and passion.

210

Creating drama because  
you're bored is a sign that it's  
time to move beyond your  
familiar zone of comfort.

211

Playing small or pretending  
isn't going to work in higher  
frequency states.

212

Where there are arguments  
and conflict, there are  
opportunities for awareness  
and growth.

213

Liberation from  
codependency is powerfully  
transforming.

214

Constantly blaming someone or repeatedly expressing frustration continues to activate that energy. Work on improving yourself and detach from controlling the journey of another.



215

Those who seek to dissolve the illusion and bring the light are not the ones who follow the masses or conform to disempowering belief systems.

216

When you actually welcome  
constructive criticism instead  
of being defensive or reactive,  
you have reached an  
incredible level of confident  
self-awareness.

217

When you ask God/Goddess  
to put you on your greatest  
path, your first step is to let  
go of preconceived notions  
about what that path should  
look like.

218

The burdens of the body were once imprinted as disruptions of the surrounding energy field. Do not allow anger, fear, depression, grief, or shame to take up permanent residence in the cells and tissues of your physical system.

219

The conscious growth journey is where mindful awareness, deliberate creation, and high vibrational environments become new personal preferences and ways of life.

220

There is a fine line between knowing what is creating resistance to your dreams and knowing what your authentic self preferences are.

# 221

In the beginning, you may think the path to bliss is never blissful. With experience and wisdom, you may think the path to bliss is always blissful.

222

It is our human self that fears change. The higher self embraces the creation, the expansion, and the process of unfolding.



223

Just because you think your  
old stories are valid excuses  
does not mean you should  
keep pressing rewind.

224

Discovering the Truth may be uncomfortable. Once you live the Truth, however, everything else will be uncomfortable.

225

How you handle stressful situations reflects your level of emotional and spiritual maturity.

226

If you have the subconscious belief that in order to feel deserving or successful you have to overcome complex endeavors, then you will continue to attract complicated situations to fulfill your sense of worthiness.

227

What you once judged people  
for doing, you may end up  
experiencing for yourself.

228

Every experience gives you  
the opportunity either to  
elevate your awareness or  
create another block.

229

The universe reflects back to you what you need or what you don't need. Your job is to learn the difference.

230

When an old path becomes  
impassable, know that it's  
time to create a new one.



231

The first relationship to  
nurture and master is the one  
with your whole self - human  
and divine.

232

Sometimes you are the ship  
heading to the light.  
Sometimes you are the light  
attracting the ship.

233

Overcoming a fear releases  
the hook it has in your  
mental and emotional  
energy.

234

There is no need to get upset or stressed when a door closes before it fully opens. Trust the infinite intelligence of the universe.

235

The beauty of being independent and secure is that your life is not as intimately affected by other people's choices and actions.

236

You do not have to take on  
lessons that are meant for  
someone else to learn.

237

Just because you have  
freedom to choose doesn't  
mean that your choices will  
be liberating.

238

Your norm was not meant to be little white lies, lack of integrity, or living in denial.

Become comfortable with a new norm of confident honesty, accountability, and authenticity.



239

If someone calls you out on one of your issues, you have choices. You can get defensive, you can feel sorry for yourself, or you can modify your behavior.

240

Our higher spiritual selves are  
divinely perfect. It is our  
human aspects that have  
opportunities for growth and  
improvement.

241

Your journey is about you. It  
always has been.

242

Years of stories and rationales can carry an incredible energy into which a whole life is built around.

One powerful insight, however, can dissolve the illusion and create a space for true freedom.

243

The deeper you go in your mind, the lighter you can become in your spirit. Peel the heavy layers and release the excess baggage.

244

As you expand your awareness and free yourself from attachments, you can more easily process challenges, heal what is out of alignment, and evolve consciously.

245

To guide you on your path,  
your higher self sends subtle,  
inspirational messages.

When that doesn't work,  
spirit charges in and causes  
breakdowns to create  
breakthroughs.

246

The love you desire in your heart now cannot develop if your mind is restricted with anger or resentment from your past.



247

Your words and actions do  
not go unnoticed by the  
universe.

248

When you admit frustration  
with yourself instead of  
misdirecting toxic energy to  
others, you grow in  
awareness and  
accountability.

249

You cannot change  
unhealthy behavior if you  
fail to take responsibility for  
the problem.

250

There is autonomy in  
solitude and silence.

# 251

You are learning to awaken  
your consciousness when old  
stories or past programming  
are no longer conditioned  
responses.

252

Where there is struggle, there  
is awareness. Where there is  
drama, there is  
understanding. Where there  
is complexity, there is choice.

253

It is irresponsible to think  
your words and behavior do  
not affect yourself, others,  
and the environment.

# 254

The solution is simple. Take care of yourself and your affairs. Open your mind to growth and positive change. Do what feels light, right, and loving. Connect with your higher self and intuition.



255

To move forward from confusion, frustration, or apathy, find something that ignites your soul spark. Help yourself, save yourself, and do the inner work.

256

Go through the dark to get to  
the light.

257

The power of free will choice  
versus a disempowered  
preconditioned response is  
available with increased  
awareness and presence.

258

When you learn something  
new, you become more  
accountable and responsible  
for applying it.

259

until you overcome fears,  
they will have power over you.

260

In a conflict where two people consider themselves victims, one will eventually rise up, release the energy, and reclaim personal power.

261

You deserve to receive all the  
time, energy, love, support,  
and companionship you  
generously give to others.

262

Align with the path where  
you embrace your gifts, and  
work the magic that works  
for you.



263

People may attempt to build up their power by suppressing yours. Recognize the sabotaging energy and release it from your field of reality.

264

Your talents, skills, and  
divine gifts will find a way  
to help those who signed up to  
receive them.

265

All it takes is one conscious insight to trigger a different belief to stir a new emotion to inspire an alternate behavior to create a new evolved habit.

266

The light at the end of the  
tunnel was also at the  
beginning and in the middle.

267

You must first offer yourself  
the love and support you so  
desperately want from  
another.

268

Your ability to receive  
increases as you become more  
comfortable with saying  
"Thank you."

269

If you want to detach from  
the negative energy, then  
detach from the negative  
energy.

270

Your power and potential are  
actualized as you discover  
and reconnect with your  
divinity.



# 271

Whether you are single or in a relationship, you are still learning how to love yourself consistently, how to respond to others with emotional maturity, and how to maintain a healthy sense of independence.

272

If you can't get motivated and are feeling stuck, ask your higher self to remove blocks to inspiration and to send you the perfect people and circumstances to inspire you to take positive action.

273

What is preventing you from  
peace of mind is probably  
what you are avoiding  
taking care of.

274

If you are not yet ready to handle all that you truly desire, don't worry. Spirit will send you situations and relationships to prepare you.

275

People-pleasing without  
ensuring your own happiness  
and stability is self-neglect.

276

Attention on a negative past  
does not allow attention on a  
positive now or alternate  
future.

277

You don't have to wait years  
before seeing the blessings  
and wisdom in challenges.  
Go into every life experience  
with an elevated perspective.

278

Where there is love, joy, or  
passion, there is your purpose.



279

Show up and make your  
contribution. You are still  
here for a reason.

280

What was once an impassable mountain may only be a small bump in the road now. Perspective is relative and can shift according to level of confidence, life experience, and belief in a grand plan.

281

The past is not an option anymore. You are renewed and transformed. Welcome to the NOW you.

282

The time when you are standing alone having to find your way is the time when personal power has extreme potential.

283

Being single and free to express your authenticity is more in alignment than being in a relationship where your interests and beliefs do not matter.

284

Do not overwhelm yourself  
with people who do not match  
your level of love, care, and  
support.

285

Before you agree to another commitment, anticipate ahead. Make sure you can easily manage the time, money, and energy needed to do the job well while still being able to maintain self-care.

286

Be proactive on your journey.

You cannot expect the universe to send cooperative support or synchronistic events if you have not taken any personal action to heal your life.



287

You do not need permission to  
say, "No thanks. That's not  
for me."

288

What was unconsciously  
attracted into your reality  
can be consciously removed.

289

An open bridge between worlds allows your human self to experience spiritual connections and your spiritual self to anchor into your physical reality.

290

You may have had to make sacrifices in order to release the past and embrace the future. Sometimes you have to cut your losses, learn the lesson, and move on.

291

If you hold high expectations  
and standards for yourself,  
then there's no reason to  
accept anything less in those  
you invite into your  
immediate circle.

292

Sometimes it takes a parting  
of ways for you and another  
to be free and able to fulfill  
personal karmic destinies.

293

If you have wronged someone  
or engaged in nefarious  
behavior, then no, you are not  
a victim when the  
consequences come around.

294

Kindness. Integrity.  
Accountability. Intelligence.  
Productivity. Loyalty.  
Respect. Spirituality.  
Maturity. Responsibility.  
Gratitude. Those qualities are  
impressive.



295

Don't covet someone else's  
talents and successes.

Discover your own divine  
gifts and capitalize on that  
potential.

296

When you find yourself arguing for and defending unhealthy habits or toxic relationships, it's time for change.

297

When you wake up and explore the conscious path, work on yourself first. Focus your energy on personal clearing, freedom from mental and emotional prison, and living on purpose.

298

Investments in relationships may not produce the results you desire, but you will never walk away without the opportunity to gain something of value.

299

It is counterproductive to try and create a positive and evolving relationship with someone who refuses to move on from the past and who consistently chooses victim mentality.

300

Love yourself first. Learn independence first. Live authentically first. Then attract a vibrationally matched relationship.

# 301

Sometimes everything you've built up has to fall away so that you can rebuild from a greater self version and higher frequency foundation.

302

Shift from the inside to see  
the changes on the outside.



303

Though you may walk a  
solitary journey, you are  
never alone.

304

Self-awareness is holistic.  
Engage in behaviors based on  
authenticity not  
conditioning. Be conscious of  
the quality of your beliefs  
and thoughts. Process  
emotions without staying  
stuck in unhealthy patterns.  
Connect purposefully with  
your spiritual self and  
intuition.

305

Regardless of how you feel about your obligations, the responsibility still remains.

306

New knowledge and new experiences bring new awareness. New awareness brings opportunities for new outcomes.

307

If you want change, then  
want it on a level deeper than  
your mind.

308

You will never get what you want from a relationship with another if you first cannot provide it through a relationship with yourself.

309

In any present moment the  
Divine Presence is available  
and always in your presence.

310

While ignorance and misunderstanding are the bases of many fears, intellect and intuitive wisdom are the bases of many truths.



# 311

When your heart is hurting,  
your spirit feels defeated.  
When your mind is angry,  
your body reacts. When your  
spirit is awakened, your body  
feels rejuvenated. When your  
heart is happy, your mind is  
at peace. All is connected.

312

If your focus is on fear and anxiety, the energy for resolution and peace is unable to enter.

313

The quickest way out of a  
whining and complaining  
mood is reconnecting your  
energy to Source  
consciousness.

314

Desperation is not "attractive" for positive results. Trust and confidence will assist in desired manifestation more than fearful or clingy attachment.

315

One reason people break away from fear or conditioning is that they've decided it is better to be free and start a whole new journey than to live another day feeling imprisoned.

316

Your experiences can influence your beliefs and behaviors, but your conscious awareness can transform them.

317

Do not rely on humans for validation or approval. Trust the perspective of God/Goddess.

318

You are here to express yourself as an aspect of the variety the Divine intended to experience. Be true to you in your incarnated expression.



319

Struggle and conflict occur  
when the natural course of  
evolution in consciousness is  
resisted.

320

Remember that your celestial nature is your Source, not a mate or a prized car or the food you eat. Your connection to the Divine is your abundance, your love, your joy, your wellbeing, and your bliss.

# 321

Those who wonder about what other people are thinking or doing believe that the power is outside themselves. Those who wonder about their own belief systems and how they can personally change know that the power is within.

322

The master knows how to  
listen. The novice knows how  
to talk.

323

You can awaken a little more  
each day or continue to  
sleepwalk unconsciously.

324

Take the elements you need  
in life, arrange them in an  
order that makes sense to  
you, and create a synergetic  
masterpiece.

325

Ask the universe for what you want. If you don't know what you want, ask for clarity about what will bring you joy, wealth, love, and wellbeing.

326

Your mission is to express the highest version of yourself by integrating your spiritual Divinity into your Earthly life.



327

You know you're ascending  
when you start  
transcending.

328

Efforts to attract what you desire are blocked when sustaining positive emotions is contingent on external conditions.

329

In order to create a new reality, your dominant energy needs to shift. In order to shift your energy, you need to become acutely aware of your beliefs, conversations, and actions. If these systems do not match your desired alternate version, then a new reality cannot manifest.

330

When a society encourages and glorifies hard work with long hours or constant activity and busyness, people tend to resent those who are creating or have created an easy, successful and fulfilling life with passion and purpose.

# 331

It's healthy to talk with a support team and receive nurturing or emotional validation during life challenges. It's unhealthy to continue to use those challenges as excuses not to move forward or take responsibility for your life.

332

In order to sustain a "let's heal the world" vibe, make sure your own personal world receives healing too.

333

You are always in the process  
of becoming something.  
Choose wisely.

334

Whenever you have a chance  
to breathe deeply, say thank  
you, and feel joy, take the  
opportunity.



335

It's easy to deceive another  
human but impossible to  
deceive your soul.

336

When you slow down your  
physical and mental  
activity, your spiritual  
energy has an opportunity to  
elevate.

337

If you have to control every little detail of everything in your life, then you will by default create resistance and self-sabotage when something grandly unexpected tries to enter.

338

Relaxed energy is receiving  
energy.

339

The only person you can  
decidedly create change in is  
yourself.

340

Whatever perplexing situation you're experiencing, return to a place of peace by shifting your attention. Find a more positive energy to attach to so that the negativity no longer has fuel to grow. Focus on what you do love about life and what you are grateful for at that moment and proceed from that vibration.

341

When karma comes around  
to teach you a lesson, learn it.  
The next time the universe  
may speak twice as loudly.

342

One of the best life skills you can learn is how to take care of your business in a smart, efficient, and productive way.



343

If someone repeatedly makes poor choices and you keep allowing that energy to impact your life, understand that the lesson here is also for you.

344

Every person has unique and varied external life experiences. It is the internal qualities of happy, healthy, successful people that share a common theme.

345

Don't climb the same  
mountain if you want to  
change.

346

The more consciously aware  
you become, the less likely  
you are to allow anything  
less than love and integrity  
into your immediate  
environment.

347

Spiritual light warriors are not here to fix your messy life or fill your emotional void. They are here to help you do that for yourself.

348

When your project is ready to  
be created, it will start  
creating itself.

349

You are the Truth that you  
seek.

350

Evolution in consciousness  
and awareness is your  
purpose.



351

When inspiration flows, flow  
with inspiration.

352

You may be starting over physically, but you will never be back at square one mentally, emotionally, or spiritually.

# 353

When you clean out clutter and get organized, don't forget to update and sort through paperwork and files.

The residual energy of past debt, ex-lovers, old jobs, or abandoned creative projects could still be lingering in your home and draining your vitality.

# 354

In the corporate world, the expectations are hard work, long hours, and sacrifice.

Create a work world for yourself where the expectations are fun work, flexible hours, and self-care.

355

Though you may be starting over, you can make this next journey on your own terms.

356

The "stuff" to be most grateful for does not come with a price tag.

357

For those who aren't yet aligned with love, integrity, and peace, you can bless them and wish them well without making their journey a codependent part of yours.

358

When you focus on the past,  
you don't develop the skill of  
anticipating needs ahead of  
time.



359

Peace, balance, and  
simplicity were not meant to  
be achieved through chaos,  
overwhelm, and complexity.

360

You can either recover from  
poor choices or reap benefits  
from the good ones.

361

Where there is conscious  
insight, there is power to  
change.

362

All actions, whether helpful or hurtful, create waves in the lives of individuals and in the world as a collective.

363

When you tell the truth, you  
have one less thing to worry  
about.

364

When you are aligned with  
Divine power, there is no  
judgment or control. There is  
only love.

365

Patience has power.