

## Five Spiritual Priorities of Life

Notes from interview with Pamela Chapman

Listen to the interview at: <https://www.youtube.com/watch?v=W53BjG9Oie0>

1. Connect with your Soul or Higher Self
2. Create Inner Peace
3. Consciously Create in the Moment
4. Avoid People, Places and Events that Bring You Down
5. Protect Yourself from Non-Beneficial Energies and Entities

### 1. Connect with your Soul or Higher Self

We all come from the same Source. We are all aspects and will reabsorb in and out of Source. We are all connected by the Divine Spark that resides in us. It is us. It connects us with all things, all knowledge.

Your Soul or Higher Self created the human aspect that is you.

Connect with your Soul to know your purpose, what your Soul wants to express while in human form.

Pay attention to synchronicities, intuition and gut feelings. Your Soul and Guides will talk to you through others conversations, music lyrics, a sense of “knowingness” and various inspirations.

The goal is to remember that you are an Ambassador for your Soul. Cultivate this union until you walk side by side consciously every moment. Then you will know what to say or do each step of the way.

Take time to go within to release your fears and to get rid of outdated beliefs. Practice speaking your truth, and walking your talk, then your life will flow.

### 2. Create Inner Peace

You can maintain inner peace, no matter what situation you find yourself in.

Set aside time for daily introspection: prayer, meditation, quiet time.

Start with a few minutes each day, feeling peaceful and in gratitude, especially first thing in morning and before going to sleep. The goal is to hold that peace for longer periods each day.

Simple Exercise:

When feeling off balance, take several deep breaths in and out.

This will help you relax, allowing more clarity and can help diffuse the situation.

Have an Escape Plan:

If you are in a volatile situation at work, home or anywhere, start by taking deep breaths in and out.

Tell the person you have to go the bathroom and hide out there until you are calm.

If both of you can't calm yourselves, make an appointment to talk later.

Choose your battles wisely. Not everything is worth arguing over.

### 3. Consciously Create in the Moment

The current moment is where the creative power lies.

You can't change what happened in the past.

You can't control everything that might happen in the future.

However, you can control how you will act or react in the current moment.

We create with our thoughts, words, actions and reactions, based on our fears and beliefs.

Focus on and nurture what is inspirational, this includes conversations, music, books, movies, social media and news broadcasts.

#### **4. Avoid People, Places and Events that bring you down.**

These do not need to be part of your reality anymore.

Creation is all about energy in motion (e=motion) or vibration.

As the Law of Attraction demonstrates, like attracts like.

If you are not actively doing something to change what you don't like, then your griping becomes part of the problem. You will affect yourself and others with your negativity.

Beware of social media wolves in sheep's clothing. Be discerning.

Focus on what you want to experience and do not give attention to what you don't want. As soon as you find yourself speaking, thinking or doing something of a low vibration, replace it instantly to something positive.

As you break these patterns, you will raise your vibration and your happy meter will rise.

#### **5. Protect Yourself from Non-Beneficial Energies and Entities.**

The human body is a battery; when you are not hydrated, you lose energy and clarity. It is then much easier to fall into an energetic downward spiral. When dehydrated, you are more susceptible to absorbing other's negative energies and entities, because you have lowered your vibrational level.

Do not work on anyone or prayer for anyone if you are emotionally off balance. Sometimes, taking several deep breaths is all that is needed to get balanced, centered and grounded.

If you are energetically working with a client or someone else, before the session, take several deep breaths together. This will help you both to relax and will put you both in a more altered brain wave pattern. When you are relaxed, it is easier for your body to give and receive the healing. It also makes it more conducive for you and your client to receive messages from your Soul and Guides.

Alcohol, drugs and unresolved emotional issues create vulnerability to entity interference and energy imbalances. Be wary of using marijuana, ayahuasca and other medicinal plants recklessly.

Many professional healers and counselors have become stuck in life. This is because they went into another's energy fields when their own vibration was low, they were not hydrated, emotionally off balance and/or playing the role of a savior. Like attracts like. They absorbed the other person's low vibe energies. In many cases, the client's entities transferred to the healer or vice versa.

Entities and energies can also transfer from one to another through sexual intercourse.

This transference can also happen to anyone you are doing healing sessions on, praying for or hanging around, especially in close relationships and within the family.

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*Remember that you are a powerful creator.*

*The power of creation lies in the current moment.*

*Focus your thoughts, words and attention on things that inspire you.*

*Avoid people, places and events that bring you down.*

*The more you raise your vibration, the more joy you will experience while in human form.*

*Monitor your thoughts, words and behaviors, focusing on what you want to experience.*