

Excessive adrenaline is to your intuition what kryptonite is to Superman: lethal.

Sonia Choquette – *Trusting Your Vibes*

Take the time to line up the Energy first, and action becomes inconsequential. If you don't take the time to line up the Energy, if you don't find the feeling place of what you're looking for, no amount of action in the world will make any difference.

Esther Hicks – *Daily Newsletter*

"Those that wait on the Lord shall inherit the earth." (Ps. 37.9) To wait on the Lord means to integrate yourself with the power and potential of your spiritual nature, to get yourself plugged in, tuned in, and turned on. Get your mind to stay on God, to become a channel for the creative flow. As Goethe says, "Whatever you dream you can do, begin it, for the boldness has genius and power and magic in it."

Eric Butterworth - The Universe Is Calling

"If I were Spirit, I would be..."

- Name qualities
- Name behaviors
- Name motives / desires

"If I were Spirit, and I knew there is nothing against me, I am unlimited, and my supply is unlimited...

I would _____."