





*Lifting our Collective Consciousness*

**The more individuals who shift their vibration upwards toward the vibration of love, the more others will be able to accomplish the same with less effort, and so on and so on until critical mass is reached.**

**Love is the total and complete acceptance of what is.**

*John Payne – Omni Reveals the Four Principles of Creation*



**When you strengthen the self-love center, you stop condemning and abandoning yourself and start being there for yourself, no matter what – even in the midst of pain, in the midst of the things about yourself that you think are unlovable.**

Marci Shimoff – *Love For No Reason*

# When the Critic starts to

What am I doing here  
that's not serving me?  
**Speak...**

What's the most loving thing  
I can do for myself now?

What's the most loving way  
I can be with myself?

**If you do it and I do it and everyone else who reads it does it, then in our own small ways we will have helped turn the tide of history. Blocks to love will fall by the wayside, walls that separate us will begin to melt, wounds will heal, and the world will change.**

Marianne Williamson – Love For No Reason



