

*'We are all deep. It just so happens that some of us choose to remain at the surface.'*

*Victoria Grant*

*Always remember that 'someone doesn't have to be wise to teach you something'.*

*Victoria Grant*

## ***Keys to Unlocking Your Power***

*Copyright 2011 All rights reserved*

Visit us at [www.inspirational-quotes-guidance.com](http://www.inspirational-quotes-guidance.com)

***This book is copyright 2011, with all rights reserved. It is illegal to copy, distribute or create derivative works from this book in whole or in part, or to contribute to the copying, distribution or creating of derivative works from this book.***

***This book has been created for educational purposes only to uplift and inspire those with whom it seeks.***

*'It is true that our scars remind us of where we have been, this does not mean that they must dictate where we are going'*

*Unknown*

*'What lies before us and what lies ahead of us are of little comparison to what lies within us'*

*Unknown*

## About the Author

Victoria Grant is the creator of inspirational-quotes-guidance.com. A website designed to uplift and inspire others daily by providing loving advice and guidance as well as poetry and quotes.

An author dedicated to sharing and caring through spreading words of wisdom and unconditional love inspiring others to manifest their dreams.

## *A few words*

*In the amount of time spent thinking planning, analysing and contemplating the outcome of any decision the average person could of manifested their dreams a thousand times in the past ten years if they would have just focused.*

*The Universe is much too complex for us to possibly know the outcome of any situation before we have tried it. There will always be infinite possibilities but there will only ever be one choice.*

*Do not think too much when it comes to deciding what you need to do to move forward in to realising your dreams, 'just do it' and you will be supported for your efforts in more ways than you could have ever imagined.*

*To You the Reader, With Love!*

## **The Keys**

- 1. Acceptance**
- 2. Forgiveness**
- 3. Real Love**
- 4. Age**
- 5. Belief's**
- 6. Integrity**
- 7. Money**
- 8. Sex**
- 9. Mind, body and spirit**
- 10. Stuck In Time**



## ***Acceptance – Unlocks your spirit and sets you free***

Where ever you are now in your life whatever stage it may be, you are there for a reason. You may not have had a fairytale beginning, but that doesn't stop you from having a happy ever after. We all face challenges through life and if you are anything like me then it started from the day you were born. You see, I was born in 1979 with a rare case of Gastroschisis. It was a battle for survival from the minute I exited my mothers womb but by the grace of our wonderful creator, dedicated medical team and loving family I made it through, and I am here to live another day.

My ordeal left me with severe abdominal scaring and for the early part of my life I cant say it ever even crossed my mind that I was any different from other child of my age. Infact I was a very strong both physically and in Will and to the outside world no one would of ever suspected the traumas I went through at birth.

From the happy care free infant and junior that I was it soon became apparent to me when I started reaching puberty that something wasn't quite right. I noticed that the other girls would parade around the changing rooms after swimming half naked, uninhibited with regards to their newly developing physical appearance, but not me. I skillfully learned to cover up from the neck down, wrapping my towel around my small incomplete body being careful at all times to not be exposed as the scarred freak.

I wondered what people would think if they knew, would it change the status I held within my peer group as being bubbly, outgoing and one of the leaders? Would they see my persona as a mask or would they really understand that I was just like them 'yearning for acceptance'.

When that period of my life passed I was then faced with the realisation of having to share my body with another, eventually I would fall in love and want to be open and honest with my partner. I dreaded that day. Fortunately the person I met was wonderful he made me feel beautiful inside and out and kissed my scars every day and I thank him for that. He reminded me that I was a survivor and the fact that I am here for a reason. I began to understand that we all have scars the only difference is that some of ours are emotional, on the inside and not visible to the naked eye. I was at last learning to deal with my body and accept that the scars we have are a reminder that we have lived.

I forgave myself for the many hours I had spent in self pity, cursing the dark and feeling like I didn't have the right to be alive. I wasn't scared anymore to be exactly who I was while working on becoming better. My insecurities were not valid. How could I wish to be like the girls on TV and in the magazines when they were all completely different also? Air brushed to look like the western ideal of perfect. No one could ever live up to those false perceptions of beauty so why even try?

I decided to work on the things I could change and let love and light control the rest. I wanted to help other people feel better about themselves and remind them that they too are capable of giving and receiving love.

My life's mission is now to enlighten and uplift people so that they can enjoy every moment of their journey's here on earth to the fullest. A big part of being a spiritual being learning to be human is coming to terms with who we truly are underneath our physical cloaks that are our bodies, deeper than the feelings and emotions that flow through us and further than any destination we think our minds can reach.

We are all intertwined within this infinite Universe fueled by Love and Light.

Everyone we meet is a reflection of ourselves. What we may judge or like about them we judge and like about our self. When we learn to accept our own personality and behaviour faults it becomes easier to accept those of others. As is said 'hate the sin, not the sinner' (Ghandi).

We are all trying to do the best to survive, and although it may not always seem the case, what may seem like a negative is also a positive, 'there are always two sides to each coin'. Whenever you encounter a challenge in your life remind your self that it has been given to you because you can overcome it, and once you do there will be great reward in the lesson it brings. See it as a gift and affirm 'thank you' knowing that this too is a blessing it's just a blessing in disguise.

Our minds are very powerful and whatever we do is a direct reflection of whats happening on the inside, whether we know it conciously or subconsciously. What we are experiencing today, physically, financially, emotionally or spiritually is a direct result of what our mind was doing previously.

Most of this is done on such a deep subconscious level that we never realise how much power we really have over our situations. We can not always control outer circumstances but we can control our thoughts and feelings towards them. When we react instead of act, we ultimately give away our power of choice 'free will'.

If you are willing to accept that where you are now is where you have put yourself then you are ready to start thinking, acting and doing the things that will ensure you get to where you want to be, starting now. Make a decision to accept that you are a perfect being in the eyes of the creator and that you have made choices in the past that have brought you here. You are a one off unique individual with qualities only you can bring to the world. There is no other like you in the whole of creation. Embrace your individuality. Acceptance is the key.

## **Forgiveness – *The key to understanding***

Practicing forgiveness is crucial when you are moving on to that better stage in your life where all that matters is peace of mind. Forgiving your self is just as important as forgiving others. When we hold grudges it cripples our soul and physical bodies leading to unbalance, causing dis-ease. Whatever we feel was done to us we must let it go. Remembering that we can not control every situation but we can control our actions toward. Everything you have ever encountered, positive or negative there are always great lessons to learn.

There are many broken relationships and people killed all because someone could not bear to forgive. See other people's actions for what they are and accept that everything in life happens for a reason, and that it is a chance for you to grow. Take away the judgment and what is left.

When something causes us pain it's ok to acknowledge that fact. Let the feeling have its moment and then let it pass. When we act on emotions and feelings there is no solid foundation. The only truth there is in life is love. Remember that we are all different but we are all trying to find the same thing, to love and be loved for who we are. Occasionally that may be expressed in fear or anger, but we must not pass judgment and condemn a person for their actions for they did not know. Whenever we act it is because we think we are right at that time, we think we are clever and we think we understand, 'we think too much' when we should just be.

We hold on to our beliefs so strongly that we are willing to go to war and destroy nations to defend them. But as with time, patience and wisdom we evolve. What may have seemed important to us when we were 4 years old doesn't hold much relevance when we get to 34. By knowing this at each present moment it is easy to forgive yourself and others for past

perceived wrong doings. When you do not forgive then the pain stays with you! You end up carrying a load that can only make your journey here on earth a long and drawn out one, not to mention what it does for your posture. Heavy loads only make you stronger when you put them down. When you carry dead weight around you will become weak.

By letting go and forgiving it doesn't mean that you are condoning the behaviour, it simply means that you understand where it comes from and you are taking note of the lesson. Either you will never do that again or you will do your best to never let that happen to you again. Whatever the case may be you learn from it. We will never be able to truly ever explain what goes on in people's head's, it hard enough working our self's out, so don't drive yourself mad trying. If you feel that you have been done wrong and the person deserves punishment dished out by you, you are playing judge.

'We are here to witness not judge and by having faith in the creator that brought you here you must have faith that any wrongs done to you will be dealt with according to the laws of nature'.

By reacting and needing to take matters in to your own hands it not only shows your lack of faith, but whatever you do will also be done to you through recipircol action (karma). Trust in the light that carries you each day and wish every body love. Free yourself of the pain inside and learn to forgive. Put your focus on positive things and watch them manifest.

### ***Real love – Universal key that opens all***

To really know love you have to realise that it is unconditional. Love is infinite and abundant. Love is light, love is beauty and love is truth. When we put conditions on love and determine who we will share it with, when, where and how then that is not love. Being able to love someone, when they are treating you well and fulfilling all of your hearts desires is easy but that love

is selfish. When we only give out what we expect to receive in return that is not love. Expecting others to become who we want them to be to qualify for our love is also self serving.

Real love, unconditional love means loving everybody all of the time. No matter what they do or say to you. When they are at their lowest point and they have nothing to give except hurt and abuse. When you open your heart to theirs and see past all the external factors and physical form, when you can see deep in to their soul, when you view their behaviour as the pain and fear that it is and truly empathise with their circumstance, when you can look in to their eyes and in that moment see only a reflection of you, that is Love. And that is what we are here to learn.

It's not an easy task to love your attacker but as it is probably life's greatest challenge as it also brings with it the greatest reward's. 'Funny how that happens, hey' but I dont make the rules. Truly loving another means truly loving yourself. A deep understanding for humanity is bestowed upon those who realise this Universal truth 'love is unconditional'.

By understanding your deep connection with every other being in this realm, a beauty is recognised in every encounter throughout your life. The days seem brighter the birds sing louder and every person you meet becomes your long lost brother or a sister rather than being a stranger. The need to help creation to become a more sharing and caring place becomes forefront in your mind and heart. A desire to want only the best for every one is born along with a willingness to serve.

Find the beauty in life and it's many mysteries. Take time to admire nature's perfection. Embrace each season and moment and live fully in the present for these times will never be replayed. We only get to experience each moment once, so let it be not in judgment but in unconditional love. Appreciate that we become whatever we are being, whatever we do on purpose becomes our purpose so choose to live in alignment with the

greater good always and as you know you will be rewarded. Always see the beauty in anything you encounter and try to learn from the meeting. Everything happens for a reason, it is up to us to decipher the meaning.

Remember that we are all descendants of one mother and father making us all brothers and sisters. We may have disagreements at times but it is our duty to reconcile any differences in perception and agree to disagree. Make a note to self that you will see past all external factors and focus on the love and light. Through this deep understanding we are in alignment with the creator at all times. Act as though you are a representation for the highest source in all of your encounters. Become a pillar of good and only good can follow.

### *Age – Unlock your eternal youth*

There is no age limit to your happiness. Age itself is an idea in conjunction with the illusion that is time. When you fully understand that your spirit is eternal and that it is neither young nor old you will release those feelings of being worn and out dated. We are born into a realm that is heavily controlled by the idea of time, when all there ever is is night and day. Light and dark, time as well as age, are for practical purposes only. Useful for meeting a friend, working towards goals or turning up for a date, but it has no reality when it comes to fulfilling our dreams. Placing limits on your self based on beliefs of time is crippling to the spirit for spirit can never age and this is your true self. The thought of aging can place restraints on your mind when considering 'what you should of or could of done in the past'. Yesterday's history and tomorrow is a mystery, all we ever have is now.

Don't use your age as an excuse for not being who you truly want to be. See each sunrise as another chance to fulfill your destiny, live in the moment using each breath wiser than the one before it. See your life in seasons not years, as each season

represents a stage of development that you must pass through to reach the next. Embrace your maturity for with it should come great wisdom and experience. When you look back on the past 10 years you may feel that your youth was wasted, if that's the case then just remember in another 10 years from now you don't want to be thinking the same thing. As long as you are breathing you have a chance to create the life you truly deserve. Each season of your life is a blessing not a curse and you can retire when you are dead. Age is a gift, it means that you haven't died already and that you still have more to learn and more to teach the world.

People in general are living far longer nowadays and with that in mind it would be a good idea to be as healthy and happy as you can. 'You're probably going to be here for a while'. Everyone you meet from a day old baby to a 90 year old grandmother is the same age in spirit, eternal. The energy and passions you had as a child still remain they may have just been disguised in tiresome anguish and crushed dreams. If you weren't supposed to have all the happiness you desire then you wouldn't have those reminders through your dreams and discontentment with your life, that you desire more. These are signs sent from your guides to remind you that you have potential to become far greater than you are being. The signs don't stop because you reach a certain age, they only stop when you are living your passions, when you are truly fulfilled.

You are in total control of how you want your attitude towards life to be and if your age is causing you to make excuses for not being who you know you were born to be, then strip away that label. We were told our age by our parents who told us our date of birth, they also told us our name. These were given to us out of love, but it doesn't mean we can not change them. Any aspect of your life that is holding you back change it. Friends and family may not understand and that's fine its not their life after all and they are entitled to their opinion, but if it is affecting your life then please, I beg you take control. If you were to

move to another country or city where nobody knew you, the only information they would hold about you would be exactly what you told them.

Be proud of who you are as a spiritual being and rejoice in the knowledge that your creator has given you another season of self discovery.

### ***Beliefs – The keys that open your mind***

We are all subconsciously programmed from a very early age to have beliefs about everything, Our race, gender, culture, religion, morals, values, responsibilities, appearance, education image and much more.

When we are younger we don't have much choice regarding where we live or who our role models are and most of the time we take on the beliefs blindly through our early encounters with family, friends and environments. As we develop and gain more understanding it becomes our responsibility to decide what beliefs if any we regard as true.

The only way to ever know truth is to experience it first hand. Not through books or other peoples accounts, but through our own senses and guides.

Beliefs can put limits on the way we experience life. They can either help or hinder our development and when we are oppressing our spirits by not being open minded we are not fully living, We stop learning new things based on belief's that they are wrong or that in some way they may harm us. This undoubtably causes pain and a feeling of 'what if'. If your beliefs are holding you back from being truly joyful and living without judgement then change them. If you don't, you will never be truly satisfied in your own life, 'doing the same thing again and again and expecting a different result is insanity' (Einstein). Belief's like these are made up from someone elses

perception or limited views about life, it doesn't mean you have to have the same. Believe in unconditional love and the rest will unfold. As long as you are not willfully harming your self or others that is all that really counts. Create a life based on your own experiences, not those of someone else's.

There are no right and wrongs when it comes to life, everything that is here was placed by our creator for our experience and pleasure, not to be abused or to be over indulged in, but to try. To taste, to feel, to know, to learn and to teach. It is only through harmful addiction and greed that people self destruct. Any thing in moderation can empower you to become better.

Believe that you are worthy of having a life of abundance filled with infinite joy as that is your true birth right. There will be many trials and tests throughout but they must all eventually lead to the understanding of self. It's a journey you will take alone to realise your power. Create your own path of success, for it is a journey not a destination. Self belief is the key to unleashing your greatest asset: you! You will be as happy and as successful as you believe you can be, it's entirely up to you, so I suggest raising the bar higher than you ever thought possible, there are no limits.

Beliefs create patterns in our lives which can sometimes feel hard to break, but for every habit we create we have the power to break it. Through practice and will power we can overcome anything. When you decide to make that change many of your loved ones may not understand and fear that the new you will be alienated from them. This is your journey and you have the right to be completely joyful, never let anyone's views or perceptions limit your own. The Universe will support your decision and provide you with new places and faces that relate to the new season you will encounter through change. Don't be afraid to go it alone for a while as you work on being you.

‘When you change your perception of the world the world in front of you changes also’.

## **Integrity – *Unlock your truth***

Integrity is vital to being the person you were intended to be. When your thoughts, feelings, words and actions are in alignment, it is truth.

There is a side of us we show to the outside world, another side that we show to ourselves and the most important side of us which is who we truly are. Most of the time we will act according to what we feel is acceptable at that moment, to please others or to convince our self that we are quote on quote normal, ‘but what is normal’. If normal means that you are pretending to be something different than what your heart desires then that will cause you pain and dis-ease. We are all unique and by expressing your individuality you allow others to express theirs. Don’t feel ashamed or embarrassed to let your true self shine.

Too many people are trying to fit in with society’s idea of normal, being conditioned into believing that if they act out of turn they will become ostracised and isolated. Don’t be controlled by other people’s ideals and perceptions. Set your own standards, think outside the box and love yourself. When you make a promise to yourself, keep it. If you say you are going to do something, do it. It’s better to try and temporarily fail than not try at all at least you will learn something new. You can not lie to yourself after all.

By building integrity you will become more confident in your own abilities and others will trust in you more. It shows that you are capable of seeing through your promises which will encourage people to warm to you and want to always be by your side. It’s too easy to procrastinate and put things off until tomorrow but what if tomorrow never comes? It is not

guaranteed. But this moment is. You are creating your future based on the choices you are making today, so choose wisely.

Think carefully about what you desire from your life and take the necessary steps to achieve it. This is the only life you will have as the person you are now, it is not a dress rehearsal this is the real deal, so why waste it dreaming? Wake up and make those dreams come true. You can do it.

Everything you see around you started off as an idea. The chair you are sitting on, the text in front of you, the home you live in, the car you drive etcetera. Someone had an idea that they believed in and they were determined to manifest it into physical reality. They may have tried and failed a thousand times until eventually their idea was born. If you want something badly enough you will find a way to get it, through your own will and determination it shall be done. When inspiration fills your mind then act on it, write it down look at it every day and work towards it. Don't worry about how it will happen just have faith and know that the inspiration was given to you for a reason. It's your duty as a powerful, creative being to act on your intuitions and follow your guides.

Make sure that your thoughts, feelings, actions and words are aligned to ensure you are making the most out of each moment. Don't end your life full of regret about the things you never accomplished.

### ***Money – The key to Financial Freedom***

The one thing that we will all undoubtedly need throughout our life time is money. From the minute we can communicate every one of us will want something from the shop. We understand that the simple exchange of goods or services is for money. Some of us are born into families who have a lot and others not so much at all, either way we see the importance that it has in regards to having a secure, comfortable or free life.

We have beliefs about money from a very early age and like with the other beliefs I spoke about they are imprinted upon us mainly by our primary carers, peers and environment. Often if we have been brought up with a lack of money we adopt the beliefs that there is not enough money in the world or that you have to be a special person to have some. We believe that we are in a lower class due to the scarcity and as such we adapt our spending habits to reflect this. Our mindsets become conditioned to accept that we can only live our lives within a certain budget, we buy our goods based on the price tags rather than what our hearts actually desire.

We may have been taught that people with money are greedy, evil, and in a different class than our own, that if we aspire to have lots of money we will lose our values and morals. Well I can assure you that this is not true. Money is not the root of all evil. It is what you do with it that matters.

You were born in to an age where money is a necessity. Just as important as food, shelter and the air we breathe. If you want to live a fulfilled lifestyle, at some point attaining monetary wealth will be compulsory. The beliefs you hold around having money will decide how easy or hard it will be for you to manifest it. Your current financial state is a reflection of your mindset around money. If up until now you have been surviving according to the budget you have created then it's time to re-programme your mind regarding money and understand that great wealth and abundance is your birth right.

If you wish to become financially free then you will have to get creative. If you are working at a job, and that is your only source of income then the odds of you achieving this are slim, 'unless you win the lottery that is'. Having someone determine how much you earn every hour while you make them 'the owner' rich is not going to make you financially free. People who have attained great wealth throughout the history of man are all self employed or business owners, so if you too want to join the

ranks of the super wealthy then you too must become responsible and take control of your own income.

We all have gifts and talents that we were given by our creators. Some may not be as obvious as music, sports or science but they are there none the less. Remember your passions and what you love to do. No matter how ridiculous it may seem, those gifts were bestowed upon you to share with the world. Someone out there needs something that only you, in all of your uniqueness can provide.

Whatever you are naturally good at is more than likely your gift. Embrace it, nurture it and practice your talents daily. 'It's not the most intelligent or talented people that become financially free, it's the most persistent. Inspiration plus perspiration is the key'. It's never too late.

It is said that when you love what you do you will never work a day in your life, and let's be honest work will take up most of our days so it makes sense to do it in joy. Offer your talents as a service to others they will be glad you did. Its always easy to spot the people who love what they do, their work offers great value precision and the customers always return and recommend to others. Living in your passion is truly living the dream.

Wherever you are now is a good place as any to start saving, looking in to investing and working towards your goals of financial freedom. Teach your children to adopt the positive habits of creating wealth by saving a little, investing a little, spending a little and most important of all sharing a little. You should too. There are always others who are worst off than we are and every penny makes a pound. Imagine if you saved £1 a day from the day you were born in a high interest account, how rich would you be by now? Well it's not to late. If you didn't start early then you can start now. Compounding interest is also a very good idea. If you don't know what that is then I suggest you look it up!

Keep your plans secret at first. While anything is at the conceptual stage it is vulnerable to any attack. People's ideas of what is and isn't possible could damage your self confidence and their misplaced negativity could cause you to give up hope. If you do what every one else is doing you will end up in the same place as them. Realise that the gifts and talents you own are yours alone, lead by example and eventually the rest will follow. Don't get stuck in the rat race because of what others think you can and can not do. Have faith in your abilities, go forth and multiply that wealth.

### ***Sex – The key to your treasure chest***

Building relationships is an important part of self development. We will all interact with many people throughout our lives and connect with them on many different levels. From family to friends, from work colleges to the sales assistant in our local shop, we will build, maintain and sometimes end relationships. All of these are of high importance in realising the type of person we are and who we are perceived to be, but the most important relationship we will ever have will be with ourselves. It stands to good reason then that we ensure that we are as healthy and balanced as possible.

When we get to a stage in our life where we decide to become intimate with another, we must be aware that this kind of close encounter will be an integral part of who we are and what we are becoming. The value we put on our self is of high relevance to what kind of people we will choose to be intimate with. Sharing our bodies with another should be a sacred act as a symbol of our love towards that person. It is not to be taken lightly or to be used as a tool to determine how much you like someone. If you wouldn't share your deepest secrets, fears, or bank account pin number then you shouldn't be sharing something a million times more precious with them, your body.

Be certain before engaging in any sexual experience that it is not an expression of lust. Feeling attracted to another and wanting them to admire you based on physicality's alone is not an excuse to give them your power and your energy through sex. If someone really wants to be with you they will accept the fact that they have to wait. Once sex is shared it can not be taken back and when it is not reciprocated with love, emptiness is felt and a void left inside. Being intimate with another will not make them fall in love with you. Remain a mystery for as long as possible until you are certain that the intended is right for you on all levels.

Though you may feel lonely at times remember that you are not alone. Physical needs are satisfied on such a basic level that they are often acted out of impulse and a feeling of need. Everything you need you already have, just remain in faith and save your precious goodies for that special someone who will honour your mind and spirit, as well as your body. Be exclusive and treat your self with respect, setting the standards for others to do the same. No one can make you feel as good as you can make yourself feel.

In times of anxiety or when you want attention or affection from another, focus on your personal goals remember that you are in a season right now and no one will be able to fulfil your desires until you do. Prepare by becoming the kind of person you would love to meet and eventually when the Universe decides you are ready they will appear.

Look forward to making love with your soul mate the partner intended to share your experiences of life with. Don't settle for just sex. When you love yourself it becomes easier for others to love you. When you raise your standards, anyone who wishes to be with you has to raise their bar to meet yours. Be mysterious and remember that 'curiosity killed the cat', let them wait until your ready, and remind them that it will be worth it.

## **Mind body and spirit – *Unlock the balance in your world***

Everything in the universe operates with strict balance and as part of the organic make up of the Universe so do you, to create this balance you need to harmonise the energies between your mind body and spirit. It is no surprise that when these are in alignment you will work in all areas at peak performance.

The mind is infinite. It is your connection to the source of all that is love and light. It operates on many levels such as conscious, unconscious and subconscious. The conscious level holds our thoughts and feelings, sending messages to the brain and directs us to do the things we do by choice. The unconscious level activates when we are asleep, although not always in the physical state (sleeping). When we act without thought i.e. in a habitual manner often associated with ignorance, we are acting on an unconscious level, by not thinking first about how our acts could affect us or others. When we are conscious and make decisions based on our knowledge of cause and effect that is when our spiritual awakening begins. We take all elements into consideration before we choose to behave in a certain manner as a reflection of our understanding that what we do has major implications, although these may not be relevant at that moment. Our subconscious mind, although at the lowest level, is the most controlling of all our behaviours. When we have thoughts and feelings that are not acted upon they are filtered through to our subconscious where they manifest into our habits and create the characteristics that we often portray without knowing. Unlike the conscious level, we have no control over what our subconscious is doing. That is the part of us that is in constant direct contact with the Universal source that is love and light, our creator.

The Universe operates using images. It relates our outside world to what we are thinking about most of the time on a subconscious level. If we want to see change in our lives and

adopt new healthier habits then we have to do this using images, seeing ourselves as the new person we desire to be. Through meditation and visualisation we can re-programme our minds to reflect what we do want and manifest that into our physical realities. Vision boards are good for this as they can be hung anywhere in your home as a daily reminder of your aims for the future and becoming a better you.

*(visit the website for more about visualisation)*

Imagine you are the person you have always wanted to be, the home you will live in, the family and friends you will have, the car you will drive and the luxury holidays you have only up until now dreamed of. Create a picture in your mind and then find some pictures in magazines or on the internet that reflect this. Cut them out and stick them to your board. Place it on a wall that you pass often in your home. This is your vision board.

The more detailed the images the better, this shows the Universe what you do want and as a result it will manifest. Many of us have fears that project as images in our mind and unfortunately these are what our lives end up looking like. We focus so much energy on what we don't want i.e. the bills coming in the mail, the queues in the shops and general lack of well being, that the Universe gives us exactly more of the same. If you want to be fit and healthy then see your self already slender running a marathon, convince your mind that this is already your reality so that it can begin to work within your favour.

It's basic science that if we fuel our cars with washing up liquid they will not run. If we put the wrong oil in our tanks the engine will seize. And it's the same with our bodies. If you want to have a heart and lungs that work then it is imperative that you fuel your bodies with the correct nutrients. 'If you want white teeth tomorrow then brush your teeth today'. Through the correct diet and exercise your body will operate at its highest level, giving you a better life style all together. We all know what food and drugs are not good for us but we are tempted

daily by various adverts and busy life styles to binge on junk food and get high on alcohol and drugs. This becomes habitual and can create addictions and without your knowledge you become the exact opposite of who you want to be. Your diet is something you have control over so treat your body like a temple. If you wouldn't give it to your new born baby then don't give it to your self. Our spirits are eternal remember, meaning that we have no beginning and no end, in the eyes of our creators we too are new born babies. Honour your body as the gift that it is.

Take care of your health as an act of gratitude and be thankful that it houses you. Replace negative habits with positive ones. Think before you consume anything, by being conscious of what you are doing in each moment creates awareness, helping you to make decisions that are in alignment with your greater goals. Take regular daily exercise, focusing on both strength and cardiovascular and mix it up a little to keep it fun. Jog, swim, skip, dance etcetera. Just do it until it becomes second nature. It takes great will power and strength to overcome unhealthy addictions but always know that these addictions are not who you are. They are a substitute of what you are really capable of. Fall in love with yourself and get addicted to becoming a pillar of love and light.

Everyday is a blessing and should be treated as such. From the minute you open your eyes in the morning and your spirit says hello, give thanks. Not everybody made it through the night after all. Take a few moments while you drift out of your dream state and collect your immediate thoughts. It's a good idea to keep a dream journal next to the bed so you can write down the pieces you remember. We are always given messages and inspiration from our guides through many mediums including dreams. Ensure you check at your dream journal regularly for any noticeable patterns as these could be signs that the Universe and your creator are sending for you to take heed. As you wake, stretch your body while creating a vision in your mind of the

type of day you are going to have ‘positive of course’. Take some deep breaths, at least 20, focusing on the air that fills your lungs or practice some meditation. Take a minute to appreciate the sweet melodies that the birds have prepared just for your arrival as you draw back the curtains and greet the world. Give thanks. By offering thanks in every moment you are complimenting the creator for the abundance provided.

We are all part of creation and we all thrive and want to excel when we are given positive reinforcements and gratitude, our creator is no different. The more we are truly thankful then the more rewarding our lives become. Just as our minds and bodies need the correct fuel to function, so do our spirits. Our natural state of being is joy where spirit lives in love and light. Your spirit is your best friend it will do anything to ensure your happiness, don’t take it for granted. Give your self unconditional love and don’t judge yourself for past mistakes. Feed your spirit with positive affirmations, light some scented candles, practice meditation and yoga, go outdoors and walk bare foot in the grass, sit by a fresh stream or fountain, climb a tree, chase a butterfly. Relax in bubble baths while humming to soft music, paint a lovely picture or write a poem. Whatever it is just do it, get creative and through your creative expressions your spirit is free.

### **Stuck in time – *The key to immortality***

When you become stuck in time your life becomes static. You speak about the same things over and over again sounding like a broken record and repeating past triumphs of ‘how you could of been great’. Your past becomes your story when it doesn’t have to be that way. Change your interpretation of your so called story and make it a positive one, one that creates motivation inside you to become better. If you spend your time working in a job that you don’t love, earning a wage that you love even less and you are not living through your passions, you can become resentful of the world and instead of taking control of your own

destiny, your bitterness turns to complaining and blaming every one else for your current situation.

If you didn't have the most fantastic childhood, get over it. Whoever your main carers were or whoever you feel did you wrong were only acting with the information and set of beliefs they knew. Build a bridge and get over it, love awaits you on the other side. Release the anger towards those who should have been a better role model. We are here to create ourselves, and from the moment of maturity when we sever the cord we have full control over our choices.

An unfulfilled life results in moaning and gossip. It is not attractive and leaks coward. 'Mind your own business'. The more time you spend talking about what's going on in every one else's life and how hard done by you are, the less time you have to concentrate all of your energies including thoughts, words and actions on improving you.

When you become 'responsible' for our own destiny and you continue to hold on to hurt and pain it is only damaging to you, not the person or persons you feel did you wrong. No matter how justified you think your anger towards them may be it will only cause dis-ease. Realise that they are a reflection of you, you are not separate from them, any bad thoughts, words or judgements you have against them will ultimately become you. 'Whenever you point a finger at someone, there are always three pointing back', if you felt abandoned as a child then be thankful that it has taught you how NOT to be when you become a parent. Often our role models are given to us so we can learn how to be the opposite. 'How could you know happiness if you have never been hurt'? Always be thankful and praise your life and everyone in it as a blessing. 'Hate is a dark place'.

*'The ultimate key to unlocking your power is realising that the power is you. Go within, to ensure you never go without'.*

Thank you for reading the Keys to unlocking your power. It is now up to you what you decide to do with the information in this book.

If you are ready to create the life of peace, balance and complete harmony, then please practice unlocking your power daily.

Be conscious of your thoughts, actions and deeds. You were made in the image of your creator. A true force of ultimate perfection, embrace your many gifts and let the world see you shine.

God Blessed x

*By Victoria Grant*

New E-book out now [Raising Balanced Children](#)

Please leave your feedback about this book at  
[inspirational-quotes-guidance.com](http://inspirational-quotes-guidance.com)

## Summary

### **Acceptance – Unlocks your spirit and sets you free**

*Accept the beauty in yourself and others. Understand that where you are at in your life is a result of past thoughts, actions and feelings.*

### **Forgiveness – The key to understanding**

*It takes more energy to hate than to love. Forgive everyone for all wrongs they may have done to you and release any negative feelings to heal.*

### **Real love – Universal key that opens all**

*Practice unconditional love in all situations. See the true beauty in all and it will become a reflection of you.*

### **Age – Unlock your eternal youth**

*There is no excuse for why you are not living your life to the full. And that includes age. You are breathing which means you are still able to fulfil your desires.*

### **Beliefs – The keys that open your mind**

*You have the power to change your beliefs if they are hindering your way to success. What you believe, you receive!*

### **Integrity – Unlock your truth**

*Remember that a promise you make to yourself will never be forgotten. Stay aligned with your truth. Build confidence and inspire others.*

### **Money – The key to Financial Freedom**

*Wherever you are financially in your life, you can create a new plan starting today. You were born to be rich.*

### **Sex – The key to your treasure chest**

*Keep your treasure chest locked until someone comes along who will guard it with their life. Don't give away your power too soon.*

### **Mind body and spirit – Unlock the balance in your world**

*Eat healthily, exercise, practice meditation and visualisations to maintain harmony within your being. Stay aligned by vibrating at your highest level.*

### **Stuck in time – The key to immortality**

*Focus your energy on creating the life you truly desire and deserve. Release any negative feelings held from the past, they will only weigh you down*

*'I EMBARKED ON THIS JOURNEY SO I  
COULD MEET PEOPLE LIKE YOU  
ALONG THE WAY'*

*Victoria Grant*

*Please visit the website for more inspirational guidance  
[www.inspirational-quotes-guidance.com](http://www.inspirational-quotes-guidance.com)*