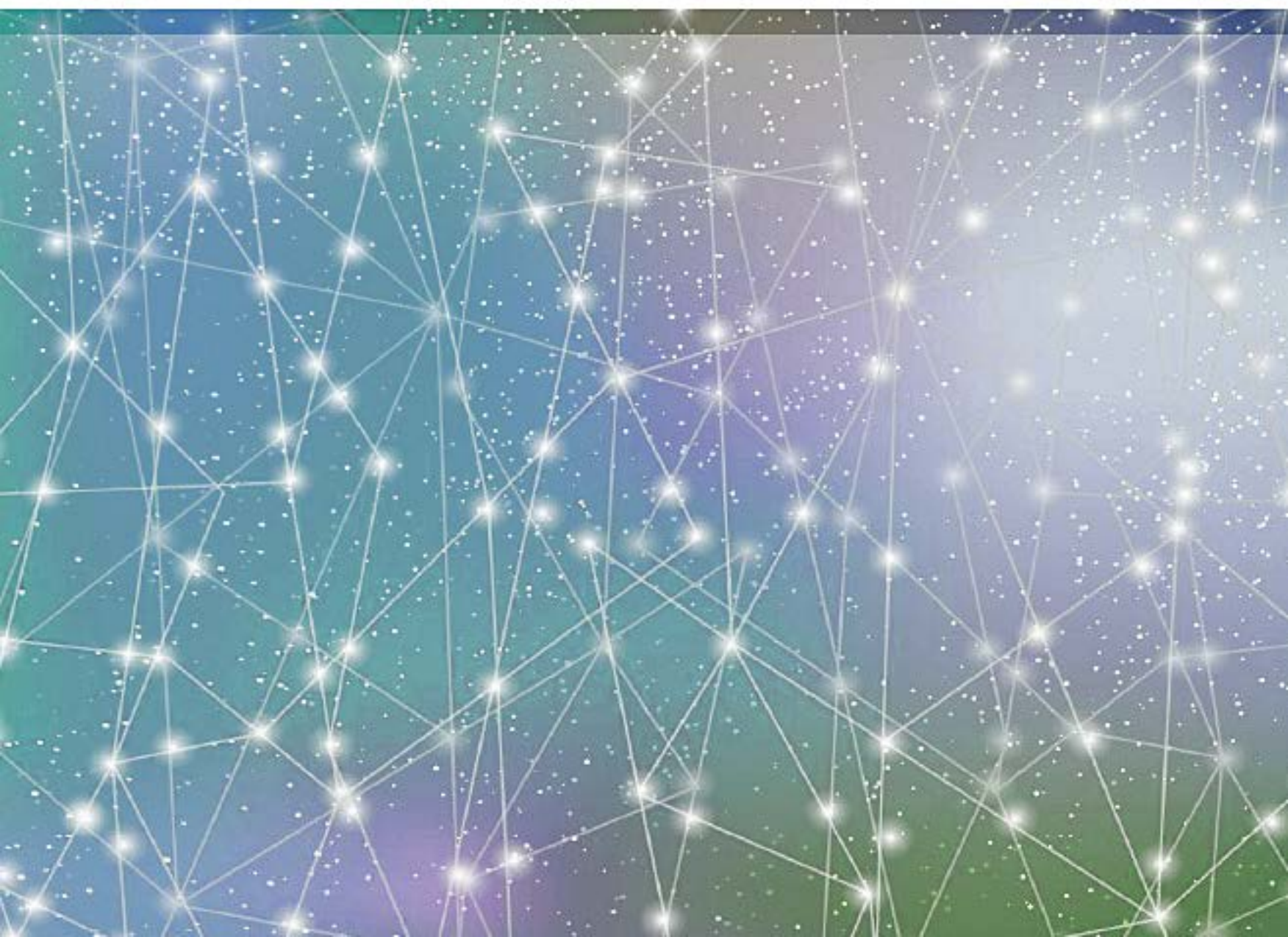




# Personal Journal

*Thoughts for Your Journey to Self-Mastery*



# Personal Journal

Thoughts Along My  
Journey To Self Mastery



Institute For Global Transformation™

# Personal Journal

## ***What is your life's purpose?***

You may answer this question differently throughout your life. This is because, as your consciousness expands to higher and higher frequencies, you become more aware of the true depth of the question's meaning. This can be true right up to the end of your life. It is important to focus your attention. Focus produces a directed field of intention that magnetically attracts everything that is in resonance with your intended purpose.

## ***Wisdom***

Recognize that all experiences serve a greater purpose than can sometimes be understood at the moment. Life is the great teacher. To achieve self-mastery, it is important to grasp, as fully as possible, the lessons each experience is offering to teach you.

## ***Desire***

Desire is powerful, and when wisely directed in resonance with your Higher-Self, it can become a steadfast ally. Achievement of your life's purpose is accelerated when you have a dedicated and focused desire to transmute those conditions within your personality that stand in your way.

## ***Acting Agent***

When you use the power of your aligned personal will with the will of your Higher-Self, you naturally attract the necessary attitudes, skills, changes, and choices that are necessary to your success. Choices arise in your everyday life that require you to keep your personal will aligned with your life's purpose or you may scatter your energies in many directions.

## ***Action***

When purpose, desire, and acting are properly aligned, a result is always produced. You must then act upon the ideas and impressions that come to you. Begin living your life as-if.

## ***Dynamic Point of Potential***

The importance of establishing a conscious alignment with your Inner or Higher-Self cannot be overstated. This alignment creates a Dynamic Point of Potential, which is a focused point of receptivity that attracts higher frequencies of consciousness resulting in an influx of knowledge, creativity, wisdom, and purpose that infuses all of your actions, reactions, emotions, and thinking.

## ***Develop Awareness of Yourself as Soul***

As you consciously develop your awareness as Soul, you begin to gain greater knowledge and grow in wisdom for use of that knowledge. You begin to acknowledge your connectedness and oneness to everyone and everything. New and creative ways of thinking, acting, seeing, feeling, and doing arise. At its most profound expression, your conscious acknowledgment of yourself as Soul, assists you in attaining self-mastery, and aids in the evolution of humanity's consciousness, resulting in a tipping point that will transform the world making it a better place for everyone.

*Life is a journey; direct your destination with purpose, love, and wisdom.*

*Part of the quest to finding your life's purpose is evolving your conscious experience of self and the world in which you live. In a spiritual sense, this is the reason why you are here. Once a glimmer of that purpose is sensed, your task is to implement your purpose.*

~Author Unknown

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*Listen with Curiosity. Speak with Honesty. Act with Integrity.*  
*The greatest problem with communication is that we don't listen to understand.*

~Author Unknown

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*You are more than your thoughts, your body, or your feelings.  
You are a swirling vortex of limitless potential who is here to shake things up  
and create something new that the universe has never seen.*

~Author Unknown

Handwriting practice lines consisting of 20 horizontal dashed lines.

*The real you cannot die. Water cannot wet it. Wind cannot dry it.  
Weapons cannot shatter it. Fire cannot burn it. You are infinite and eternal.*

~Author Unknown

Handwriting practice lines consisting of 20 horizontal dotted lines.

*When you can't control what's happening, challenge yourself to control the way  
your respond to what's happening. That's where your power is.*

~Author Unknown

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*Your life is your message to the world. Make sure it is inspiring.*

~Author Unknown

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*Success is not final, failure is not fatal; it is the courage to continue that counts.*

~Winston Churchill

*Everything changes. Don't dwell on past failures or defeats. Change your expectations and work toward success in all your endeavors. True success lies in the confidence to keep on trying.*

Handwriting practice lines consisting of 20 horizontal dashed lines.

*How we treat others has little to do with them and everything to do  
with how we truly feel about ourselves in that moment.*

~Author Unknown

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*The more you use Soul communication, the higher level of communication you receive.  
The more you offer Service, the higher your frequency is and  
the higher level of teaching you receive.*

~Author Unknown

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*Keep your thoughts positive because your thoughts become your WORDS. Keep your words positive because your words become your BEHAVIOR. Keep your behavior positive because your behavior becomes your HABITS. Keep your habits positive because your habits become your VALUES. Keep your values positive because your values become your DESTINY.*

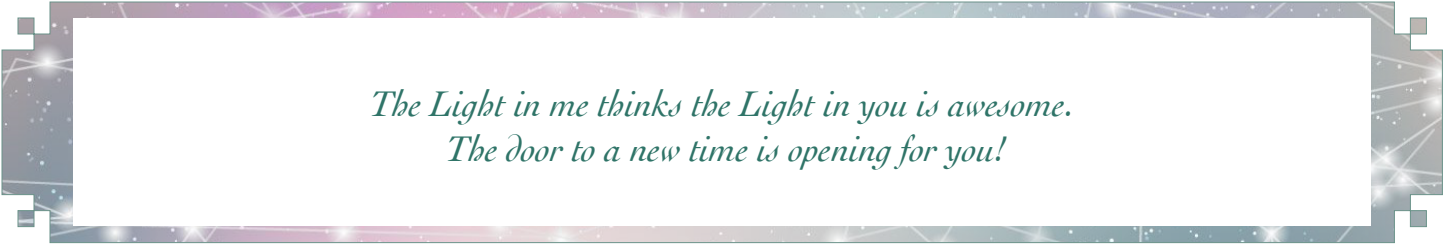
*~Mahatma Gandhi*

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*The one who plants trees, knowing that he will never sit in their shade,  
has at least started to understand the meaning of life.*

~Rabindranath Tagore

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*The Light in me thinks the Light in you is awesome.  
The door to a new time is opening for you!*

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[TheGlobalTransformation.org](https://TheGlobalTransformation.org)

#### **VISION**

Our vision is a world working together to utilize the power, love and wisdom of higher consciousness to benefit humanity and the planet.

#### **MISSION**

Our mission is to support transformations in consciousness and in the way humanity interacts with one another so as to bring about positive change in the world, individually and collectively.