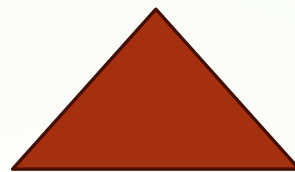


Change your perspective from that of the ego-personality to the High Self

High Self



Ego personality and earthly emotions

Recognize that all of humanity is evolving, slowly but surely

It has been decreed: Our future is one of peace, brotherhood and sisterhood

Julian states: (in the New Age) "Hatred will not be tolerated.
Hatred with either self-destruct, be destroyed or nature will intervene."

Support for a meditation or study group

Practice a spiritual routine to start the day