SELF LOVE
SELF ESTEEM

You Are The Gift
VALUE YOU!

By “uS” Project

Book 4 of 4
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By Ask Lucy & The “uS” Project
One: Self Love, Self Esteem “an Introduction”

We are Travelers on a journey around, across, up and down the United States of America and Canada. So far, this magical journey has taken over 3 years and covered 105,000 surface miles. We are a company of three very sensitive and enlightened individuals. We have observed a great deal and received valuable insights, wisdom and clarity along the way from guidance to share. We hope what you take from what you see hear will do the same for you and yours.

The “uS” Project focus is on you and why it is so important for you to remember how great a being you truly are. In order to reacquaint with the true nature of which you need to be, one must peel away layer upon layer of accumulated outdated beliefs, rules, thoughts and behaviors that are blocking progress and preventing you from realizing your desires, dreams and success in life and relationships. Some of the comments we hear frequently are:

- Why do I have a sense of being unfulfilled, lacking: there is something missing … more to life than this.
- Why does dark stuff keep repeating?
- Why is it so important to stay positive?
- Why am I finding it harder and harder to meet life challenges?
- Why do I keep attracting the same wrong kind of people?
- Why does my success seem to stay just out of reach?
- It has become hard to tell what is truth from fiction.
- Who am I and why am I here?

To navigate thru what is coming our way, you will need to sharpen some tools we all have, but over time, have forgotten how to use and allowed to become rusty. The wisdom found in this book will help guide you.

“Light,” the ultimate tool, is your secret advantage and will be referred to frequently throughout the pages in this book. What is Your Light? Your Light is your power; it is what you are searching for in life. Inward is where you will find it.

Discernment is a very important tool. In life, you will need to know the difference between what your light says is truth and what others say is truth. Which direction is right for you and which is not? Your light speaks to you in many ways so you will need to pay attention and feel your way through. Do not let guilt,
pity, habit, hopelessness, doubt, I cannot, I do not know, fear, be your guides and make your choices. Take a deep breath, calm yourself, wait, and look for the other choice. For us, fear, frustration and doubt were our guides and made our choices for too long. Now we know to face all these emotions and not let them take us over. Then your light can get through to you and guide you. 17

The “uS” Project has over 400 messages from Guidance to share with humanity. The wisdom is sustainable, simple and to the point for all ages to understand; and has been assembled in a series of four books as of this writing. This information is very important for you, the people around you, and all people experiencing the same journey as you from another perspective. Enjoy your journey; let it begin anew from this point forward.
Two: Self Love, Self Esteem “a Choice, Plant the Seeds”

“Limits”
Darkness leads to destruction to you and everything around you and is a limitation. Light leads to empowerment, independence, freedom, expansion, and no limits. 19

“Awareness”
When someone says I did not see it coming, it just means they were not paying attention. Your light is always telling you something; such as what to let go of, when to look for a new job, move, sell, buy, where to go, what the lesson is. In any situation in your life look back and see if you can remember the signs that were there but you chose not to listen. Applying this will help you going forward to watch for the signs and this time follow them. 21

“The work is Inward”
When you look inward, you are looking for all negative thoughts and emotions. All this dark stuff is poison to your body, mind and light. Your light says this all has to go. 22

“Emotions”
Emotion is the fuel for all thoughts. The more they take you over makes them stronger and stronger. All dark emotions must go; they stop your light from shinning. How do you stop the emotions? Check inward when it starts to rise in the body. If it gets to your head, it now has control over you and you will react. Do not hold it in, it destroys the body; try to release it without any words. Next time catch it at the stomach area, your focus inward stops it from rising and makes it weaker and eventually it will be gone. 23

“Answers to your questions.”
What do we change? The dark stuff you carry. How do we change? We change through awareness and understanding. Why does your light want to change? To shine more light, and bring you back Home.

“Energy”
I hear people say they enjoy giving, which is true. My light tells me it is the energy behind the giving that you really enjoy not the deed. 26

“Your World”
Your light wants you to remember; you are not here to change the world, you are here to change your world, which means, everything negative you attach yourself to along your path you let go of and go back to being positive, more light. 27

“Answers Instantly”
By checking inward it is like the Internet, you can get your answers instantly. Now your Light does not have to send a messenger, which you may or may not be home to receive. 28

“Powerless”
Eliminate the emotions behind the thoughts then the thoughts have no power. 29

“Leap of Faith”
People forget when they take a Leap of Faith to follow their Dreams, doors open and people will show up to take you on your Journey. 30
“Finally meet”
When your Light, Body, Mind finally meet and come together to be one, then your inward work is done. 30A

“All that is Good”
Your Light is the energy behind everything that does no harm to you or others. The more you follow all things that are good the stronger this energy gets. 31

“Outside versus Inside”
Everything on the outside is intended to keep you from looking inward. 32

“Will Power”
Negative behavior, thoughts, emotions are always knocking at your door, asking or forcing you to join; Use your will power and choose to resist. 33

“Transformation”
Transform your suffering one negative emotion, thought, behavior at a time. 35

“Flashlight”
Your Light is your flashlight; it will guide you through your darkness and all the unknowns. You just have to reconnect and trust the guidance. 36

“Different Paths”
We are all learning and understanding different things in life that is why we have different paths. Each path must be allowed so we can complete and learn what we came here for. Should our paths cross it means there is something we have to share that helps each other. 38

“In a Nutshell”
We are here to Feel, Give and Receive an experience One Time then Let Go. For example, you want to have the experience of Sadness. First you will Feel Sadness, next you will Give out Sadness then Receive Sadness One Time. Next step Let Go, because you now know and understand Sadness. Now it is time to move on to the next experience and repeat the same steps. As you can see, we forgot all this and got stuck. Now each one of us must take a look at ourselves to see which one of these steps we are stuck on. Are we holding on to the Feeling? Are we stuck on the Giving or Receiving side? We forgot Only One Time. Last, we just cannot Let Go. 39
Three: Self Love, Self Esteem “Changing Beliefs”

“Unconditional”
When what you Say and Do in Life Doesn't Require something in return or a response, then you are your Light. 41

“Expose and Heal”
Your Light does not intend you to handle your pain and suffering alone. To start the healing process you have to expose the pain; No more covering it up or hiding from it. Ask for Help and get the Support that is needed to get you out of the Dark Hole. Take the Solutions and begin the healing one Layer at a time. 44

“Autopilot”
What is Autopilot? It is words with no energy behind them. Such as, sometimes when people say Thank You. How do you change this habit? Focus and be there for the words, put your Light Energy behind them and the energy will return to you. Autopilot is another habit that has to go. 57

“Come Together”
The Light brings Us Together and when we stand as One there is no Darkness that can survive. 71

“Turn your light up”
Your Light is your Beauty, Turn it Up and everybody will want what you have. 78A

“What you give life to”
Words are only Words until you give them Life and Meaning, then the experiences begin. Once you are hooked, they will control you. When you are done, most will work in reverse order of the above equation ending with the Words just being Words again; now you are free. 83

“Difficult path”
If your Path seems Intense and Difficult, it is because you wanted to learn the Lesson this Time Around and make the Changes. 98

“Share and Empower!”
We are to Share this Life with Others Not to Take From Others. Which means, we do not Take Anyone's Joy, Happiness, Love From them; we Share and empower these with them. 111

“Just the Guide”
You are Not Responsible for what others choose; you are just the Guide. However, you are Responsible for All of Your Choices. 125

“The Work that Must Be Done.”
The thought, “What you don't want to face you must face”. Translation, ALL Traumas and anything Negative that you carry on your journey, You Must Face and Make Peace. There are No Exceptions. Even if you say you will not, that does not work it keeps showing up. Why you have to? They All Hold You Back and you cannot move on to the next step until it is “Done.” 144

“Becomes Real”
Things were Not a Problem until someone told you It Was and now You Make It So. 147

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“One in the Same!”
Wanting to See or Needing Results Before you can believe is the Same as Having Expectations. They both lead to disappointment. 160

“Must Be Equal to Be Truth!”
What People Say and Do sometimes differ. To have the Same Meaning they Both Must be Equal. Watch for this on your path, the Truth Lies in the Action should they Both Differ. 190

“Sell Your Materials and Lighten the Load!”
Maybe you have, maybe you have not noticed it is getting Harder to Sustain the American Dream or even be a Part of It. Why, Because it's time to Let Go and Move On to the Next Step, so Don't Hold On, Trust You Will Be OK. 191

“Why? Because they are no longer needed”
When You Stop a Habit, the Events will stop that go with the Habit. However, You will be tested to see if you are really Free or if it still has Power over You. 246

“Remember, Don’t follow the money.”
Sometimes in life, you will be faced with making a choice and will have Multiple choices in Front of you to achieve a purpose. This is a "Test" when this crosses Your Path. The "Test" is to see "How" you make your choice and/or "What" makes your choice for you. First eliminate these limitations from your Equation: 1) What you Fear. 2) What you think Isn't Possible. 3) Greed or Lack. 4) Others choosing for you. Next, Look at the Choices Again without the above and Choose. The point here is to "Not Let the Limitations" Choose for You and "Let what You Enjoy Doing" make The Choice. 314

“Your layers in life”
The Self-Imposed Rules that You Attached to yourself will be looked at as you progress into Focusing on You. What used to Matter will No Longer Matter as You Step Into your Light. The rules will drop away; you will be Lighter and more Free to Live. 317

“This is everywhere”
Labeling Things in Life will take on a Life of its own and will be In Control of You as it works its way to every area of your Life. It always start small like one or two things, then it Evolves to you no longer Like All under that Label. By doing this behavior you are not Expanding in Life You are creating Limitations and Life Is Not New everyday but is a Repeat. 327

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"Your View is Different Than Your “Lights” View for You in Life.”
Things in Life do not always come to you “When” you want or in the “Way” you Want. Why, It is the beginning stages of helping you let go of controlling your life and move you to a Different way of Being. 338

“Just Passing Through!”
The thought, “In this World but Not Of It”, means you understand this is just a place for you to Create and Learn and It Doesn't End Here, You move on to the next Level. 339

“Your “Light” decides what needs to be changed.”
“Becoming Your Light means; you will have to Look at and Change All that Does Not serve Your Light. Sounds easy, but Old Habits, Behaviors, Experiences, Beliefs and the Mind can be a Challenge to let go of or break. Most will give-up few will persevere. Great things await you if you “Do The Work.” 340

“Inequality Divides Us, Equality Unites Us!”
When We No longer “Fear” each other everything else will drop away. “Fear” is what we must Eliminate. 341

“You Get to Choose the Method that will Help You Change You!”
Your “Feelings” are being shown to you for you to fix. Blaming Others for How You Feel is Not a Fix, it is only adding another Layer. 342

“A Fragmented Self is Waiting for You to Embrace it.”
You must integrate that which you dislike, because it is the one that taught you what you Know today. 343

“Work is required but you can Do This!”
In Life You can choose to Evolve You to Self Empowerment, which is True Freedom. Everything else is the Opposite, which means very little to no freedom for you, this is what is meant by “Selling Your Soul”. 344

“Your Light Knows when It's Time!”
Your “Light” will give you your Gifts when you have a Mindset that is Worthy to receive them. 345

“Let it unfold”
"Light" Information is simple and needs no Interrupter. If you are receiving this information from Within You, Wisdom comes with it. Another Perk when you go Within and Reconnect. 354

“A Message from the Forefathers!”
It has been far too long and the people have forgotten, but the Forefathers Know things have gone rotten. We are rolling over in our graves as Each Law that passes takes the People's Rights and Power Away by the masses. The People are told it is for the good of the Whole, when the Forefathers know it is a method used to Give Full Control to just a Few then Legally use and Abuse All, as they so choose. 372

“Remember, it is the Understanding that you seek.”
To Fully Value your "True Nature" You must Understand and Embrace their Opposites. 373
Self Love Self Esteem - You Are The Gift - Value You!

“We have a history of destroying what we do not understand.”
Nature has Many Gifts for Us and is a Great Teacher. To destroy it means we are Eliminating a Master. 374

“Look for them.”
When you can see the Synchronicities in Life, it is your "Light" showing you how it is done. It is only the beginning; there is more to come. 375

“Remember, Greed has no shame.”
Our Excessive Consuming gives power to and promotes excessive Greed. Once Any Group or Individual tastes Greed, Greed will Prey on you for more, their methods used are Creative and Limitless. By reducing your consuming habits, you regain Your Power. 376

“Our Forefathers say to the elected ones”
It reads, "WE THE PEOPLE", Not "Me, my Family, Friends and top Sponsors First." It seems the Elected Ones may have changed their allegiance, for their Words and Actions Differ, a sign of Deception. Their Action is where the truth lies. 377

“Your awareness and change will stop the earthquakes”
If you cannot see what you need to Change, an Event will come about to help You See Clearly. If another Event is required for you to achieve Clarity, it will be a Stronger Earthquake than the last, So Brace Yourself. 378

“Societies version is an illusion”
Love is Not an Object or an "Idea" it is a Feeling or Energy that comes from Within You. This Feeling requires No Title; if one is given the Truth will be Changed. 379

“Your Light is your best guide.”
If you have a guide outside of you, check to see if they are Evolving You to your full potential, or are they Evolving You for Their full potential? Sometimes the lines get blurred. 380

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“Spend Your Time Becoming the Master Not the Parrot.”
Masters of the Past say; Reciting the message Does Not Evolve You, Doing what Is In the message is Your Evolution. 381

“Recruiting others is not the path of “Light.””
The Message will Find the People, Not Find the people and give the message. One is Free Will one Is Not. 382

“Welcome to the game of Life.”
Blaming others for How You Feel means you are Misunderstanding the Event. The Event did as it was intended, to show you, You, this was the Point. More Events will occur on your Path of Life to reveal more stuff you carry for you to See and Change what Stirs Within You. This Is the Opportunity behind each Event. 383

“Always moving on to the next step.”
“A rolling stone gathers no moss”, translation; One who learns the lessons, makes the changes in Life and lives without Attachments, is Free. 384

“One isolates you one unites you”
Seeing Life from only One Perspective Limits You; Seeing Life from All Perspectives Expands You. 385

“Layers means More Work for you.”
Energy you store within you will want to be Released at some point. Venting is one way to do just that. However, it Does Not Fix anything, it only becomes a Habit and another layer for you to Stop. 386

“The First Step is just the Introduction”
Everyone will get his or her Introduction to a Spiritual Path. Each step on this path will only take you so far then another step will be shown to you when the time is right. 387

“Ask and It Will Be Delivered”
You can ask your "light" to send you a wave of Energy. You need to be still to be able to Feel it, and that you will. 388

“Both sides are needed”
Opposites are needed to show each involved they are too One Sided. Both sides are showing each what they both lack. Once this Understanding is reached, peace is acquired. 389

“Only some have Changed All”
The Past is Very much Alive in the Present. What has Changed is the Name and Appearance of the "Idea", but Not the "Behavior" or "Energy" behind it. 390

“Vanity has Power over many”
Vanity is the First step towards Finding your beauty Within. Are you still Beautiful without the vanity? This is the test for you to see on this topic. When the Vanity No longer is the Focus, means you took the Power away from Vanity and gave it to yourself. Lesson learned task completed. 391
Self Love Self Esteem - You Are The Gift - Value You!

“One is a “Light Path” the other is a “Dark Path.””
Know the Difference between that which you are Drawn and that to which you are Addicted. The Feeling behind both is very Different not to mention their Evolution differs greatly. 392

“One who seeks Change Does Not Always Stay with one who Does Not.”
Those who Seek Change will find it; those who do not, need more time to Understand their Topic. 393

“This Does Not Empower You it does the Opposite!”
The "Idea" of "Convenience" Evolves You to be Dependent, Non-adventurous, Non-creative, a Routine and the list goes on. Most importantly it Breeds "Fear". This will show up when it is taken from you or threaten to be taken. 394

“Letting Go on the Outside leads You to Letting Go on the Inside.”
It is easy to know if someone does not "Let Go" in Life just by looking in their garage, storage or closets, they say it loud and clear. 395

“Loss is a Teacher not the End.”
What ever your Topic is in Life "Loss" of some form will show up on your Path. When you can reach the Understanding that there is No "Loss" of Anything, then this word or "Idea" will have No Power over you. This We All must achieve or this "Idea" Will Destroy you. Remember, it only means it's time to Change and/ or time to Let Go that is at hand, Not "Loss". 396

“This is a Lot More Fun.”
Why be Adventurous? It will Lead you to your Next Step in Life and it awakens you to be in the Present moment or the "Now" moment. 397

“Curiosity is Not to be Feared.”
Curiosity opens the Door to other Possibilities, be it a "Light" or "Negative" Path. Having the tool of "Discernment” comes in handy here. 398
Six: Self Love, Self Esteem “Give it Life”

“What do they want from you?”
You need to know the "Intentions" behind all "Ideas", "Beliefs" or "People". This is where Deception likes to Hide and some are very clever. Knowing where to look, also, Feeling your way through and paying attention can help if you are not well connected to your "Light". 399

“What Stirs Within You when You hear these Words?”
"Divine Timing" or "It will happen when it is Time" means it is not going to Arrive When you Want It. Patience, Doubt, you controlling things, are being tested here. Have you Mastered them Yet or are they Mastering You? 400

“Sometimes it happens fast.”
When what you are about to do is in Alignment with your True Nature a Burst of incredible Energy will come from your Heart area. Focus Inward in these moments to witness and Feel It. Otherwise, It can go unnoticed. 401

“Stress for example”
It only becomes a part of you if You invite it in or by Staying in its presence; it will ware you down and Invite itself in. This is with Anything that crosses your Path. Awareness and Strength from Within is needed here to be able to Move on. 402

“There are many to choose from”
While on your Spiritual Path try Different methods and Ideas. What is Effortless, Flows easily or gives you a Good Feeling from within, is your "Light" telling you which one is right for You in this moment. Signs will come about when it is time to change your method so pay attention. 403

“This is adding a Layer of Avoidance.”
Asking others to Change so you can Feel Better is No Solution. It is You who must Change to make You Feel Better. 404

By Ask Lucy & The “uS” Project
"There are Lower and Higher Energies to Use"

"Fear" is a Lower Energy; it needs People to Produce It and Continue to Produce It for it to Stay Alive. Each must decide in every moment, every Topic in Life, if they want to Keep it Alive or Let it Go. 405

"Recap"

Lower energies come from the stomach area; some of the popular ones are Sadness, Guilt, Hatred, Anger, Frustration and Fear. YOU CREATE and Evolve them from your experiences, beliefs, habits, ideas etc.... Looking Inward is the Key when they start to rise for this is How you Stop Them. These energies Do Not Empower You; They are the Cause of your pain and Suffering. Eliminate the Cause and Healing has Begun. 406

"There are No Exceptions"

One of the Rules in the Game of Life is; What You Give Out You will Receive Back. You must experience both sides to fully understand the impact of what you send out; Most importantly not to be One Sided. Most people know this some need to be reminded. 407

"Don't attach yourself to this"

Complaining is a downward spiral or a Dark Path. It will lead you to; Trying to get Things for free at others expense, Focuses on what you Don't Have instead of what you Do Have or a Meaningless Habit. 408

"Choosing "How You See things" in Life Will be what You experience."

When you discover that someone or something is a Lie, do you see it as a Betrayal or as a Positive Awakening? One will take you Deeper Down the rabbit hole, the other will Pull You Out. This is your choice on how you choose to see it. Either way both will become True. Know that the outcomes are very different. 409

"They are Still There"

For us, Traveling from place to place, we discovered the outward appearances changed but what remained constant everywhere was the Life lessons for People were the Same. Everyone is doing the same things only with a slight twist. So just changing your outward stuff does Not Change the Life Lessons or what goes on Inward, they will follow you. 410

"A Step at a Time"

How can I Help You instead of How can You Help me? You are transforming from one way of being to another, one "Idea" at a time. 411

"We Fear what We Don't Understand and/or draw to Us what We Fear."

If You Fear the "Opposite" side in your topic or Life lesson, it means you will need to live as your "Opposite" to fully understand and No longer Fear that "Opposite". Once achieved, Fear Does Not Exist, because you now Understand. Understanding eliminates Fear. 412

"When used like this "Time" is More Important than People."

Signs of "Time" is taking control and is Becoming More Valued are when you have Schedules, Productivity, Time Limits, Tardy and more time at Work. When there is "No Time" for you, it means "Time" is in control of and has Mastered You. This is Not the Path of "Light". 413

"Value All Beings they are what's Important."

Some will Value their Materials More than People or animals on their Path. At the time, it seems harmless until later in life you are Alone wondering why nobody shows up. 414

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“Sacrificing is a Downward Spiral”
FOCUS is what is needed Not Sacrificing. By visualizing and Focusing on what you want is how you create what you desire, there is no need to "Give Up or Sacrifice" anything. 415

“Travel is part of your "Lights" Plan to Get You back on Track”
If travel is calling you it's time to make it happen. Many things will occur on this journey, all are necessary for you to see clearly and discover what is possible for you. Time to let go of what you know, and discover what you do not know. 416
Seven: Self Love, Self Esteem “Make it so!”

“Your "Light" doesn't always Repeat the Answer.”
Your "Light" knows what is coming your way so the answers to your questions will be given to you far in advance before you ask them. The trick is to remember the answers, this is where having a journal comes in handy. 417

“Certain Tones or Frequencies of sound will activate a vibration within You”
The vibration You Feel within you is ringing the doorbell to your "Light Energy". This energy will answer the door when it is ready not when you think you are ready. Patience and keep going forward is a must. 418

“Expanding your Understanding is the Key to Change.”
When you understand both sides of a topic in life it is easier to have Compassion or Forgiveness and harder to have a Negative behavior. When you only know one side it is easier to have a Negative behavior and harder to have a Positive behavior. 419

“A Smile lets your Light Shine.”
You can Feel another's "Light" energy when they have an authentic smile. Everyone's "Light" comes through in these moments; however, a Phony smile will be empty. You will be able to know almost instantly if it is phony or not. 420

“Life Tip”
You can be in control of pushing your own Buttons by watching a movie, show or news that you have watched before and already know what Feelings it will trigger. This is a great way to observe and practice Looking Inward to Feel where the energy is and stop it from Rising up within you. 421

“The Lesson Will be Learned to Think Otherwise is a Mistake”
Resistance to Change or to Complete Any Life lesson means a Long, more intense path of Pain and Suffering until your Guaranteed Surrender occurs. 422

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Self Love Self Esteem - You Are The Gift - Value You!

“This means You are Reconnecting”
When you no longer need to "See" or "Touch" in order to believe, you are on the Path of "Light". Another sense is now being evolved called "Knowing". It will get stronger each step you take on this Path unless You give up, then it will go back to sleep. 423

“Not a "Light" idea”
"To Judge", this "Idea" has many definitions or understandings depending on How it is used by each. This in itself should tell you it has all the makings of a Negative perspective, and promotes Negative behaviors. No "Light Energy" goes to or supports this word or "Idea" it only observes and records the moment to go over later with you. 424

“Only One is Leading You Out of the Rabbit Hole; the others are Taking You Deeper”
One who Shows or Tells You what Negative part of you that needs to be Changed is Far more Valuable than those that tell you what you want to Hear or Says Nothing. Choose wisely on which one You want to Embrace on your Path. 425

“The Energies have shifted, different Solutions are needed”
The Solutions that Used to work will No Longer. You must look for another Solution for your situations going forward, one will be presented that will be very different from your usual choice. Being Calm, Opened to and Awareness is the Key here. 426

“This Is Not Strength it is Destruction”
Each Tyrant in the past has shown what Anyone Can Become or is Capable of If their Negative Mindset goes Uncorrected when given Power and/or Wealth over others. The same is true even without power or wealth; this Negative energy can do the unthinkable at any level when it takes control. 427

“Take a Look at You and See”
If You have placed Limitations on what you can Enjoy in Life it's time to Expand your Enjoyment to include All. Enjoyment is not to be limited it is to be contagious. True Enjoyment needs no chemical to get there. 428

“Be Like the Master”
Students will be one-sided and "Defend", Masters are "Balanced " and can render a solution. 429

"Life will give you the Signs"
To your "Light" being Vulnerable is Following the Unknown, relinquishing your Control and pursuing your passion. We all will do exactly that at some point on our path. Best not to resist when the time comes for You to be Vulnerable, look for the signs sometimes they are obvious sometimes not. 430

By Ask Lucy & The “uS” Project
"Take a Look and see what do You Want from Others?"
What you want from others is what you must give to yourself. Example; You want people to Respect You. The lesson here is for you to Respect You not getting it from others. It is that simple or you can go through the Pain and Suffering to arrive at this same Understanding, your choice. 431

"Something I have Learned and Still Use"
Your "Light" sometimes will speak to you in Symbols. This means you need to develop a Symbols vocabulary that has meaning for you. Next, your "Light" will use these Symbols and send a message that you can translate. Best to have a wide vocabulary. 432

"Inward is the Pot of Gold"
There is a Limitless Treasure that is yet to be awaken within you. What you read about or see others Do, so can you. What Limits these possibilities is You when you say No. 433

"More than One Way it can be Used"
How we use our sexual energy today is one way, but there is another way it can be used. You can make it rise up the body to your head by visualizing it rising at first then just by willing it to move works also. By doing this, the bliss feeling will stay a lot longer and your Whole body is totally energized. This may take some practice because of old habits but it is worth the effort. 434

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