WISDOM
The GUIDE TO
TRUE FREEDOM

“100 Life Tips”

By Ask Lucy & The “uS” Project
Book 2 of 4
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One: Wisdom – TRUE FREEDOM – “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In order to reacquaint with the true nature of which you need to be, one must peel away layer upon layer of accumulated outdated beliefs, rules, thoughts and behaviors that are blocking progress and preventing you from realizing your desires, dreams and success in life and relationships.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.

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: Wisdom TRUE FREEDOM “a Choice, Plant the Seeds”

“So Much More”
Society wants us to stay within the lines to live our Life. When the Truth is we are so Much more and the lines are holding us back from what Life Can Be. Everyday I see so many people with so Much Talent Not being used because they stay within the lines and keep their Talent a dream, with only a thought of Someday crossing over the lines. For most, that Someday never comes, or they stay in the closest. 126

“Stand as Many”
You will stand as “One” when you unite all of your Lifetimes that got you to this moment. 127

“No Expectations”
Having Expectations is a crapshoot. Instead, let Life surprise you the odds are better. 128

“Eager to Change”
When you are shown a part of you that needs to be Fixed, You should be Eager to Change instead of Eager to Defend. 129

“Speak with Awareness”
The words “Wish For”, “Someday”, “In the Future”, means to your Light, “Don't bring it to me now I'm not ready”. Speak with awareness and change your world. 130

“Listen”
Listening is an Art that is not practiced by many, Masters Listen, Students Talk. 132

“One Path”
Everything Positive You Do in Life is Ascending You. Everything Negative You Do in Life is Descending You. You must “Live” to Change and Walk One Path. 133

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“Only You Know what makes You Smile.”
Find Your Natural Happy Not the Chemical One. There is a Huge Difference; one you can sustain and Keep the other will end in Tragedy and Loss. 221

“Path of Unknown Direction”
When you Let Go of Controlling your Life and Follow the Unknown; Patience, Faith, Calmness and Awareness are “Required” when you walk this path. 134

“Moving Down the List”
In Society what is Valued More, All Beings of Life or Money? If All Beings is not Number One then Greed is in control. Just know the more Devalued you become the easier it is to continue to “Take From”, “Control” and or “Eliminate” the least Valued so that the Most Valued, “Greed”, can Survive. 135

“We Come Back To”
Believing in the Unknown and trusting there is more to Life, are what we All Come Back To. 137

“Forgiving” is Our True Nature “Unforgiving” Holds Us Back.”
We are Not supposed to Carry or Keep Pain and Suffering, we are to “Let It All Go.” Forgiving will help You Do It. Use it Generously, it is not something someone can do for You, You must do it for yourself, no permission is needed to use it. Why do this? Pain and Suffering is a lower energy and destroys you and others. Clean this out and a Higher energy takes it place should You Choose. 367

“Made with Light”
Anything Handmade and co-created with Your Light is Far Better than the other methods that have neither. Remember this wisdom when you buy or consume. 138

“Ends with You”
The Phrase, “Break the Mold”, means what was passed on or done to You Must End with You. Do not pass it on or do it to another. 139

“Walk this Path”
If your view point for solutions in Life are, “Everybody Wins”, You Walk the path of Light. 141

“Manipulation is a Disease.”
Example, the new word for “Tax Increase” is “Fees”. The words are Different but the Idea Is Same. One phrase is “Not Accepted” the other “Is Now Accepted;” A form of Manipulation, Indeed! Always look at the End Result to know the Truth of what just took place. 142

“You’re the Ambassador.”
Remember, You are a Spark from your Light and the Ambassador to this Space and Time. The question here is, Are You representing your Light or the Dark in Every Moment for ALL Beings, or just Sometimes and only to Some. 143

“Find it Inward.”
If you want the Feelings of Love, Joy and Happiness, Go Inward, Not Outward to find it. 149
Three: Wisdom TRUE FREEDOM “Changing Beliefs”

“Give To All.”
Kindness and Compassion are Gifts that keep on Giving, so be Generous! 145

“Different Levels Different Views.”
What was important when you have everything is no longer important when you have nothing. 146

“Tactics Used”
Anyone who uses Manipulation of Any Kind as a Tactic is Not Working for the Greater Good, but instead Working for a Few or Self Serving and Are Not to Be Trusted or Be in a Position of Power. You may encounter this Behavior on your Path so Beware. 148

“Change not Want”
Most Live to Want, Not Many Live to Change; Change is on your Lights To-Do List. 150

“Begin Again”
Some may lose everything to be able to see clearly and begin again. 151

“Equal Value!”
We are to Value All not Devalue by Any Method and accept it as so. To say one Job or being is More Valued than Another is a Devalued System. Equal Value is the path of Light. 152

“Whole Again!”
We started as a Whole then an “Idea to Divide and Separate Us” was introduced and Allowed. Which then opened the Door to Many More Layers of Separation and brought us to where we are today; a World Divided on so many levels. We Must Stop Allowing and using this “Idea” to become “Whole Again.” 154

“Process and Delete.”
Your mind is your hard drive, so we process information, file and save it. Process and save means you will relive this same moment in the future over and over. Your light wants you to process the emotions, thoughts and experiences then delete. Process and delete means every moment in the future will be different and you will have new experiences. 156

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“We All Don’t See the Same Thing.”
What You See and what Others See are Not the Same until you both agree; even then, they will Differ. Each will not know exactly what each other Sees until the next step of Oneness. 157

“Beware”
The Idea, “Right and Wrong,” will evolve to confrontation and Violence of many forms. There is No Good Ending when this “Idea” is practiced. 158

“Be Calm in these Moments.”
Both “Letting Go Of” and “Taken from you” of some sort Will Be Experienced on your Path. Each You Must Be the Master Of, Not Them Mastering You. 161

“Just a Heads-Up.”
All the work you do on the Outside of you means nothing if No Work is done on the Inside of you. 162

“We All Must Master This!”
Breaking the Habit of Judging Another is one We All must master. 163

“These Methods Don’t Work.”
“Avoiding” and “Running Away” from Life’s Lessons is Futile in the game of Life. Better to Face now and Move on to the next step. 164

“A Thought to Consider!”
The More Material Things You Have the idea of “Taking from You” can be used against you. When you have nothing this idea does not apply. 165

“You Get It!”
Your Light says there are no Mistakes in Life. It just means You Now Understand. 166

“It’s a Never Ending Dark Path.”
As long as we continue to make things matter In Life, conflict will always follow. 167

“Having Less is More.”
Those who have Less, Already Have More. Those who Have More, are always Seeking or Wanting, but Never Having, More. 168
Four: Wisdom TRUE FREEDOM “Own the Change”

“Where We are Headed”
Life as we know it is Changing to: “Letting Go” and “Downsizing” is the Direction we are going. If you have already started continue, those who have not then things will come about to help you. 169

“It's Showing You Something!”
There is good in every situation we are just not taught to find it. Sometimes you will not figure it out until some time passes, but there was a point to the Chaos. 172

“It Will Spread!”
What inequality that is happening to Any group of Beings and goes Uncorrected will Spread to All, that is the Goal and to think otherwise is an Illusion. 173

“Change Your View Point.”
Changing How You Look at things will also change How You Feel about things. 174

“It's Everywhere!”
Greed has No Borders and has its Hands in Everything, also has Many Names. When it comes for you it Will Leave You with Nothing and continues to Prey on you to the End. Compassion is Our Way Out. 175

“Be Still!”
To See and Find the Magic You Must be Still. 176

“It's NOT OK!”
At some point on your Journey, you will Arrive at the Understanding that Saying and Doing Hurtful things in all areas of Life are Not OK. Those of you that already understand this continue. Those of you who have yet to Arrive, Listen to the ones already there and Move Towards this Understanding. 177

“Get Passed the Drama.”
Do not Dwell on what got you to this situation; instead Look at what you need to See and Learn while you are in this situation. 178

“Pass or Fail?”
You are to show and share to the world, you. Do not hold back, stand tall and walk with confidence. Others may have things to say to tear you down, do not be tempted for that is the test. Did you Pass or Fail in that Moment? 179

“Highs are Easy the Lows are More Challenging.”
What ever your Topic in Life is to Learn, just remember, You Must Master Both the High and the Low sides of the Topic. 181

“We can Stop This!”
The Idea of “Credit” is a way for Greed to Have No Limits on Prices, leaving you with Nothing and in never ending Debts. We can stop this if we stand as “One.” 182

“Acceptance is a Feeling Not an Idea.”
Acceptance to Your Light Is: A Feeling of Peace, Confidence and Stability that comes from Within. When you are in this Space, Life situations are Easier to Handle and Solutions flow. Now that you are Aware of this, Look Inward for this Energy. 184

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“The Shortest Distance and the Most Over Looked.”
Your Most Sacred spot is Inward. 186

“True Service!”
The Idea “Do Something to Receive Something”, promotes the Idea of “Taking and Conditions”, this is Not Serving. To your Light, “To Serve” means to Help and Assist Unconditionally. This Is Your True Nature Not How or What can we do to Take, Hurt or Get from each other. 187

“Look Inward to Stop the Energy from Rising.”
Once a Dark Emotion or Energy Takes someone over you are now Dealing with this Energy and No Longer the Person. This Energy wants to be Released and will return if not corrected. The individual carrying and releasing it is the Only One Who Can Correct It. Others can only tell them of this Behavior and or open the Door to a Way Out. 188

“No need to Defend!”
People think they need to protect their Light and Feelings, but the truth is Your Light is here to Protect You. Your line of Defense is not needed, so Let Go. 189

“There is a Difference!”
Live Life to Understand Not to Be Understood. You will move through the Lessons Faster this way. 190

“How do You See It?”
When you find an item of some sort with no identification on your path, do you see it as something You Created or someone who has Lost It? No Right or Wrong Answer here, Just Your Understanding. 194
Five: Wisdom TRUE FREEDOM “Give it Energy = “Action””

“The Outside Becomes Less Important.”
The More You Evolve into Your True Nature, the Less You Participate on the Outside and can See what is Truth and what is Not. 195

“Your Light is the one to Follow!”
Your Light is your Best Friend and is very Wise, why you follow Others that are Not is a Mystery. 196

“Searching Outward is a Detour!”
Your Strength, Courage, Compassion just to name a Few, All come from Within You, Do not go looking anywhere else, it's a Detour. 197

“Don't Let Fear Tell You Otherwise!”
When You Do Your Lights Work You will be taken Care Of, this You Can be Sure. 198

“It's All About You in the Void!”
Do not resist or fight being Alone, Surrender to It. Isolation is not necessary, Being Still, no Thoughts or Emotions is what is needed. Practice this for as long as you can, you will need this to get through the Void. 199

“Do You Help Sometimes or All the Time?”
When someone who is in Need Crosses Your Path, do you; help him or her, Judge him or her or avoid him or her? Your True Nature wills only Do One of These. 200

“Filling in the Blanks is the Same as Assuming!”
Your Mind needs to know the full story or it will fill-in the blanks of what it thinks it sees. You will find Most of the Time You will be Incorrect in Your Assumptions. A Habit You Must Change. 201

“Time to Move on to the Next Chapter!”
When Life “Squeezes” You, it will seem like you are Losing Everything and or cannot do the things you used to. This just means it is time to Change Directions and Do Different Things. Pay attention to the Signs and See Where you need to BE for your Next Adventure. 202

“This is the Only Way to Change You!”
You Need to Be In Control of Your Thoughts and Emotions Not Them Controlling You. 203

“Rebirth is Everyday You Wake Up! ”
Everyday is supposed to BE a New Beginning Not a Repeat. 204

“Kids Do it Right!”
Go back to Being Simple, just like how Kids See and Do Life. 205

“Having Less Helps You!”
We are not here to acquire more things we are here to Let Go. The one with the most Doesn't Win, the one with the Least is the Winner. 206
“An Opportunity to Be You!”
When Life gives you a “Do Over”, it is an opportunity to go into it with your True Nature and come out with your True Nature still Intact. 207

“You will Lose Interest!”
When you no longer need to be entertained, you are on the Path of Light. 208

“You are a Lot More!”
To think that this is All There Is, Is a Very Limited way of Thinking. 209

“Keep Going!”
Do not get comfortable with any One Way of Being, because another way of Being is on the Next Step and there is always More Steps to come. 210

“We are to Help Not Hurt each other!”
Your True Nature is to “Encourage People”, not to “Belittle Them”. 211

“Be Free from Having to Own It!”
When You Appreciate all that you see but do not need to Own It You are walking in your Light. 212
Six: Wisdom TRUE FREEDOM “Give it Life”

“Nature Helps You get there!”
As you become More Light, Nature is more Valuable and you will spend more time there. 213

“Just Be You!”
“Comparing” yourself to others is a “Habit” that must be changed. 214

“Cooperation Unites Us.”
When we as a whole can move from “Competition” to “Cooperation”, it is a Huge Leap for Mankind. 215

“You Need To Be Awake!”
Having Routines puts you to Sleep, Changing this Behavior will Wake You Up. 216

“I idolizing is another Behavior to Change!”
On Your Path Focus on the Ideas or Wisdom that Empowers You, Don't Idolize People, it is a Distraction. 217

“Remember!”
“Love Is ALL; All Is Love,” is what Your Light Lives By. So, can you. 218

“Don't Be Tempted!”
Wealth or Money is Not the Goal it is a Detour. Follow Your Talent and See where it Leads you. 219

“A Society Divided!”
“Giving” brings Us Together “Buying” separates us. We are to be a “Giving Society” Not a “Consuming” one. 220

“Being Rooted is a Limitation!”
While we are here, we are not supposed to be Rooted in Life we are Adventurers, traveling, learning, Changing and Expanding is our True Nature. 222

“Sharing some Wisdom”
Once You Start Any Belief, Behavior or Habit, they All will Evolve and Spread to every area in your Life. If you choose one that is Dark, it Evolves to Loss and Tragedy. If you choose one that is Light, it Evolves to Freedom and Empowerment. Knowing the difference helps you choose wisely. 223

“Your Talent gets Understated by You!”
Unplugging from the Outside way of being will lead You to Your Purpose, for those who Don't Know and are Lost. Be Patient, the answers will unfold at their Own Pace. 224

“Appearances can Be Deceiving!”
If a Master should cross your path, they may take on the appearance of one that most would Avoid or Not give the time of day. An Opportunity is Lost Because We Judge and Don't Embrace All. 225

“We Have Forgotten!”
To say I cannot serve you unless you serve us “Is not your True Nature of Service.” To Not feed another when you “Can” or not “Heal” another when You Can is a Crime Against All Beings. Practicing this “Idea” Is Not the Path of Light. 346

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“Attachments be it Emotions, anything Physical or Mental!”
When you fully understand “Attachments in All Forms”, then the Game of Life is easy. You must discover yours as they all play out for you on your path. Once you identify them, then you must change them if they are not of “Light”. 347

“All Kinds of Gifts”
If you feel uneasy around some and you’re not sure what it is, you are sensing their Dark Intentions even though they are hiding behind thoughtful words. This is an invaluable gift. Practice and evolve this gift. 348

“Another Free Gift”
“Light” information is always flowing and is not exclusive. You just need to have no thoughts or feelings to tune in. 349

“What are you Giving your Energy to?”
When you attach yourself to an “Idea” or “Belief”, it means you will be giving away your energy to empower those “Ideas” and “Beliefs” if they are not ones that evolve you. This is what “Giving your Power away” means. 350

“There is Always More”
How you see it is how it is, but it “Is Not Absolute.” 351

“My now you should know the Difference between Them.”
Let the “Light Energies” take you over not the “Dark Energies”. 352
Seven: Wisdom TRUE FREEDOM “Make it so!”

“Doors Will Open”
You need to turn the page on what you already know and go find what else is awaiting you. “Let it Unfold” 353

“Bait and Switch”
When you offer an outward physical illusion to another, they will acquire it like a trophy. They will eventually Loose Interest and move on. This is a Behavior practiced by many in Life. It is only a Surface attraction, you must move past this to see clearly, otherwise pain and suffering will occur. 355

“Put Your Faith in You”
Trust and Believe in yourself and no other for they must do the same for themselves. 356

“There is a Big Gap”
For most, the Higher You climb the Corporate ladder the More Disconnected You become from the Collective. Know there is always a way back but you must Want it more than the Carrots being dangled. 357

“The Good News is You Will Learn It”
How each chooses to See Life is the Path They shall walk. The more difficult perspective You Choose will give You Understanding to the topic you desire faster, but the level of intensity is underestimated by most on this fast track. In addition, all the variables can never be accounted for should you think you can. 359

“Can't Hold Back, Time's Up”
The Energy that is around us now is making it more difficult to deceive or hold back what we try so dearly to hide for all not to see. Pay attention and you will see it everywhere for Truth is in the air for ALL not just some. Being aware will help you move through it. 358

“Letting Go of Control is a hard one for Most”
When you walk In the Path of “Light”, it is an “Unconditional” way of Being. Having Time Limits is a “Condition” the Path will remind you to Let Go of your Control and All Conditions. Here is where most will lose interest and walk another Path for more Understanding is needed only to return later. 360

“History will repeat itself using Today's Methods”
The more Technology is in control, at some point, it can and will be used against All Beings if we do not keep the mindset controlling the technology in check. 361

“Your Dream or Someone Else's?”
To Live Life on Purpose is Far More Meaningful than to Live Life as Expected. 362

“This is How your “Light” sees it and so should You.”
A Loss is only a Loss If You learn nothing or Change nothing otherwise it Is a Victory. 363

“This too IS Possible”
Ascension is when your Lights Energy is Fully released from within, Fills Your Body and Mind Completely. Currently we all are only on life support from our Light. When this change occurs We will Know and Feel a Big difference. 364

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“Watch out for this”
You will see “Guilt” used sometimes on your Path. The intentions behind this method are to get Control of You and/or Wants something from you. This Is Not a “Light” behavior, therefore it Does Not Empower You, and it Takes from You. 365

“One is Phony One is Not”
A “Light” response is Very different from a Correct response. The more Awake you become you will be able to discern the difference, do not let this gift slip away. 366

“If you are Asleep this is a Clever Method, if you are Awake it Does Not Fool You!”
Teasing is a method in which to Release the Truth and Call it something different. You will find other methods used to do the same Behavior on your Path. Pay Attention to be able to Discern what is in front of you. 368

“See the Wisdom and Skip some Steps.”
To be Honored or Valued in Life Most will seek this Outwardly in the form of Words, Titles or Trophies. Once acquired some will Learn these were Not Needed or the goal, the lesson was for you to Honor and Value You all along. 369

“Trust and Pay Attention!”
Following your “Light” is like a Magic Carpet Ride, always Surprising, Fun and will guide you pass the Land Mines on your Path. However, if it is an opportunity to change you, your “Light” will guide you to the least impact option to take for the opportunity at hand. Stay in your Peace and Calm space to receive your direction in these moments. 370

“Not All Way Showers are at the Same Level.”
An Advanced Master of Light: Lives Simple, Not Lavishly, will serve You, Not you serve them, and will show You How to Empower You, Not Take your Power. An Advanced Master of Light will Share with You, Not Want for You. Most importantly, Will Never be Above Any Being, always an Equal, therefore Bowing Down to or Worshiping will Not be Asked of You or Allowed. 371

----- Discover More Messages in Book 1, 3, & 4 -----

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