



Birthing The New Humanity

Ten Top Tips for Thriving in Today's Chaotic World

Introduction

Thank you for your registration and for downloading this document. You'll find in the next pages our “Ten Top Tips for Thriving in Today's Chaotic World.”

These tips are very simple and easy to apply, so easy that you may wonder how they can make such a difference. The best way to know is to verify it for yourself. Just pick one today and practice it as if nothing else was important.

Tonight, just before closing your eyes, feel the difference, write it down... and keep thriving!

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TIP 1

Smile : Smiles are like boomerangs, they come back and brighten up your day.





TIP 2

Be kind and aware that the person you are dealing with may be suffering.

TIP 3

Be confident. The Universe is Intelligent and Loving. Everything happens for a reason. Express gratitude often.



TIP 4

Love is Powerful. Frequently send your love to yourself and your family, friends, neighbourhood, country and our universal family.





TIP 5

Be conscious about your consumption of information. Too much information can lead to confusion and overwhelm.

TIP 6

Choose your thoughts. Only the best, most positive are worth entertaining. Do not fight a bad thought, just replace it.



TIP 7

Don't follow the crowd. Use your discernment and develop your own intuition, it is your best guide.





TIP 8

Everything you think, feel and do is recorded in your subconscious mind and will bear fruit someday. Sow only the best seeds to obtain the best fruit.



TIP 9

You are a powerful creator. Consecrate your power and use your imagination and visualisation to create a thriving human family and planet.

TIP 10

Find a spot in nature and just be aware of the natural environment. Notice the colors, sounds, fragrances. Sit on the ground, maybe under a tree...

...Stand or walk barefoot on the ground or in water. Feel the air on your skin. Nature is a natural balancer of our nervous system and gives us a “reset.”
