

Freedom

Seven Keys to Unlock Your Authentic Power

1. **Do not hold others responsible for your feelings, actions and circumstances.**
 - *Your life is created by you and your script.*
 - *When you blame, you give up your very power.*
2. **Do not compare yourself to others and stop “beating yourself up”:**
 - *We are all unique but equal in spirit.*
 - *We are not below or above others.*
3. **Do not seek personal glory and approval from others.**
 - *It will be a stumbling block and limit your full potential.*
 - *Be true to your authentic self and give up the need for approval.*
4. **Do not deny your feelings and emotions.**
 - *Blocked energy will make you sick or cause you to over-react, sooner or later.*
 - *Repressed feelings drain your energy and keep you stuck.*
5. **Do not withhold your full self expression.**
 - *It is fear that blocks your expression of who you are.*
 - *When you hold back, you limit yourself and others.*
6. **Do not feed your ego with external things—it is insatiable.**
 - *Let go of the need for external props.*
 - *Only connecting to your inner spirit will satisfy you.*
7. **Do not resist fear or inner pain —go through it.**
 - *It is a messenger from your soul, offering you healing.*
 - *The resistance is the source of your pain--not the situation.*