

An Introduction to
**REMEMBERING
WHOLENESS**



A Personal
Handbook
for
Thriving
in the
21st Century

CAROL TUTTLE

Hello,

I am grateful to share with you 10 of the 60 Chapters from my best-selling book, *Remembering Wholeness: A Personal Handbook for Thriving in the 21st Century*.

We have included the full Table of Contents so you can see what is included in the full version of *Remembering Wholeness*.

If a friend or loved one has suggested you read the book, it is because they love you and want your life to be the very best it can be.

We have already sold over 50,000 copies of *Remembering Wholeness* without ever advertising. If you find this mini eBook helpful, we invite you to share it with others.

God Bless You,

Carol Tuttle
Master Energy Therapist
Author, Spiritual Teacher

www.caroltuttle.com

PRAISE FOR REMEMBERING WHOLENESS

Remembering Wholeness is the ultimate spiritual self-help book. It will change your life—and your world. This book is clear, powerful, and filled with light. Carol is an inspired healer who walks her talk and whose words have an immediate transforming effect.

—Lynne Finney, Author of *Windows to the Light* and *Clear Your Past, Change Your Future*.

This is truly a handbook for thriving. My copy is highlighted, dog-eared and otherwise marked completely from beginning to end. It is all the information that should have come with life, the stuff that no one ever told us, but once we hear it makes sense. It causes a lot of Ah-ha's!

—Linda Armstrong, RET, Author of *Beyond Forgiveness*

Remembering Wholeness has illuminated my entire soul. This book has affected my life so personally that I am tempted to have it surgically attached! I never want to be without it. Carol has a priceless gift of harmonizing nontraditional views—as far as western culture is concerned—with tradition, to the point that I felt as if I was reading my very own thoughts, finally put into perspective. I literally had the profound feeling of remembrance as I read this book. *Remembering Wholeness* is truly a solution for thriving in today's world. By following the counsel in this book, we can all achieve our greatest potential joy—not only in the future, but also here and now. Thank you, Carol, for having the courage to boldly declare these universal truths, as we have never heard them before.

—Pam Guidel, UT

A Two-Highlighter Book! This book moved me to a whole new level of understanding personal responsibility. It definitely raised the stakes in the game of life and empowered/challenged me more than most of the other self-help books I have encountered. The book contains fifty short chapters that are succinct and easy to read. Each chapter contains gems—you don't have to plow through two

hundred-plus pages to get a few good kernels. Carol's insights and experience are refreshing and timely. It is truly a handbook for thriving and is based on the premise that we are whole, not dysfunctional. Right from the start it is a cut above most of what is out there. An ocean of fresh air!

—Marilyn Freeman, Energy Healer, Master Rapid Eye Therapist

All the cells in my body are on fire when I read this book. I have devoured this book. I bought it only last weekend I am almost finished with it. I read it late into the night and could not settle down into sleep until the early morning hours. I feel like all the cells in my body are on fire when I read it. So, I've switched to early morning reading! I'm trying to pace myself to take it all in, but I can't seem to make myself slow down. I am planning to start over as soon as I've read it to the end. I have heard and studied what you talk about, but seem to be understanding it or accepting it at a deeper level. Thank you for writing this amazing book.

—A Reader from Australia

I stopped underlining when I realized **I was underlining every sentence!**

—Tecia Adamson, Artist, Sculptor

My mind is spinning thinking of all the ways this book will be useful to me, my family, and my friends. **I need this information in my home and in my life.**

— Jo Remington, Utah

Reading this book opened me up inside. It was real and immediate. I opened up to the dreams of who I wanted to become for many years. **Reading it was like being filled with light.**

—A reader from England

I am enjoying and loving this book more and more. **It is beyond anything I ever thought I'd see in any one book.** I am thoroughly, thoroughly enjoying this absolutely amazing book.

—Russell Loveland, Chiropractor, Master Teacher

Before I finished the book, I felt confident and understood that **I had the power to change my life** with the assistance of spiritual powers beyond myself.

— A reader from California

Powerful stuff! I actually felt a power coming off the pages of the book as I read. I can't imagine reading it just once. It is a book I will keep going back to.

—A reader from Georgia

Sunbeams of hope burst from Carol's being. Her message is refreshing and hope-filled. She has experienced the pain and trauma life has to give and has since created buckets full of joy that she shares with a passion to all who listen to her message.

—Jon Tuttle, the author's husband

REMEMBERING WHOLENESS

A Personal Handbook *for*
Thriving *in the* 21st Century

CAROL TUTTLE

© 2002 Carol Tuttle

All rights reserved.

Cover and Text Design by: Jeanne Hendrickson

Published by Sea Script Company

Seattle, Washington

No part of this book may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information storage and retrieval system, without permission in writing from the author.

Names have been changed to protect the privacy of the people involved.

ISBN: 1-58783-029-9

Library of Congress Control Number: 2002100582

First edition printed in 2000

Second edition, First printing 2002

Second edition, Second printing 2003

Second edition, Third printing 2006

“I Have a Question” by Carlfred Broderick, August, 1986 Ensign

© The Church of Jesus Christ of Latter-day Saints. Reprinted by permission.

“Parable of the Little Soul and the Sun,” *Conversations with God: An Uncommon Dialog; Book 3*, ©1998 by Neale Donald Walsch.

Reprinted by permission of Hampton Road Publishing.

“Some Points of My Philosophy,” *You Can Heal Your Life*, ©1984 by Louise Hay.

Reprinted by permission of Hay House Publishing.

Excerpt from *A Return to Love*, ©1993 by Marianne Williamson.

Reprinted by permission of Harper Collins Publishers.

Excerpt from *Walking Between the Worlds*, ©1997 by Gregg Braden.

Reprinted by permission of Radio Bookstore Press.

Excerpts and Adaptations from the Rapid Eye Institute *Life Skills Manual* and *Technician Manuals*.

Reprinted by permission of Rapid Eye Institute, Salem, Oregon.


SEA SCRIPT COMPANY
1800 westlake ave n. ste 205 seattle wa 98109
tel 206.748.0345 fax 206.748.0343

C ONTENTS



Acknowledgments		
Introduction		1
Chapter 1	Energy What?	5
Chapter 2	We Choose Every Thought We Think and We Can Create Any Thought We Want	9
Chapter 3	Energy Follows Thought and Every Subconscious and Conscious Thought Creates Our Lives	13
Chapter 4	We Choose Our Perception and Our Perception Becomes Our Reality	17
Chapter 5	Whatever We Put Out Returns to Us Multiplied	23
Chapter 6	We Create What We Experience	29
Chapter 7	Our Most Powerful Point of Creation Is in the Present Moment	35
Chapter 8	We Have Always Been Whole	39
Chapter 9	Birth Leaves an Imprint that Starts Our Life as a Struggle	45

Chapter 10	The Power and Purpose of Negative Emotion	53
Chapter 11	Affirmations Work	59
Chapter 12	Physical Disease Has an Emotional and Mental Origin	67
Chapter 13	Why We Hold on to Disease and Disharmony	71
Chapter 14	Energy Healing for Depression	77
Chapter 15	Healing Can Happen Quickly	83
Chapter 16	Receive Your Healing Now	87
Chapter 17	The Earth Has a Soul and Is Changing	89
Chapter 18	We Can Change the Way We Feel Instantly	91
Chapter 19	The Universe Always Holds Us Accountable	99
Chapter 20	Everything We Experience Outside Ourselves Is Just a Mirror for Us	105
Chapter 21	Your Energy Speaks Louder than Your Words	109

Chapter 22	How Much Joy Can You Hold?	113
Chapter 23	We Are All One	117
Chapter 24	Everyone is Psychic	123
Chapter 25	Unconditional Love Is the Most Powerful Force in the Universe	129
Chapter 26	Angels Are among Us	133
Chapter 27	How to Petition Your Angels	141
Chapter 28	The Power of Synchronicity	149
Chapter 29	You Are a Creator	153
Chapter 30	I Am Doing Everything You Teach —Why Can't I Manifest What I Want?	159
Chapter 31	Energizing Your Beliefs to Manifest More of What You Want	163
Chapter 32	Your Child May Be a Highly Evolved Master Being	167
Chapter 33	Knowledge Has Organizing Power Inherent in It	173
Chapter 34	The Purpose of the Planet	177

Chapter 35	We Lived As Spirits Before We Came to Earth	179
Chapter 36	Each of Us Has Spiritual Brothers and Sisters Who Are Not in Our Biological Family	189
Chapter 37	We All Made Sacred Agreements before We Came to Earth	193
Chapter 38	Saviors on Mount Zion	199
Chapter 39	Do You Believe in the Real God?	207
Chapter 40	How to Have Your Own Conversation with God	213
Chapter 41	Feel Your Prayers	219
Chapter 42	All the Answers Are Inside of Us	223
Chapter 43	Everyone in Your Life Plays a Part in Your Play, with a Script You Have Given Them	227
Chapter 44	Since Everyone in Your Life Plays a Part in Your Play—with a Script You Have Given Them—you Can Change the Scripts Any Time	233
Chapter 45	How to Keep Yourself Stuck	237

Chapter 46	It's About Healing Marriages, Not Breaking Them Up	239
Chapter 47	The Ten Lies We Think Are Love	245
Chapter 48	It's About Healing Families, Not Breaking Them Up	253
Chapter 49	Messages Your Children Need to Hear	261
Chapter 50	Your Spirit Is Whole and Complete	269
Chapter 51	Forgiveness Is Not Optional	273
Chapter 52	There Is Enough Money for Everyone	275
Chapter 53	The Universe Is Abundant	281
Chapter 54	Serving Others Helps Us Remember Our Wholeness	283
Chapter 55	The Power of Appreciation and Gratitude	285
Chapter 56	The Test Is Ending	287
Chapter 57	Remembering Our Future	291
Chapter 58	I Believe in Christ	293

Chapter 59	There Is a Christ in All of Us	301
Chapter 60	Charity: The Pure Love of Christ	305
	Afterword	307
	Appendix of Prayers	309
	Appendix of Self-Help Processes	313
	Appendix of Helpful Resources	335
	Contact Information for Carol Tuttle	336
	About the Author	337

ENERGY WHAT?



Everything at its finest level of creation is energy. We are exchanging energy and silently communicating energetically with every person we meet or come into contact with. Energy impressions are always our first impressions that influence what we think or feel about others.

I am an energy therapist who uses clearing technologies that assist people in releasing negative energy. I am known for my work with Rapid Eye Technology and Emotional Freedom Technique, and I am trained as a Master/Teacher in the healing art of Reiki.

As a Certified Energy Therapist, I work in the area of energy medicine and more specifically energy psychology. I practice what used to be called Alternative or Holistic Health and is now being called Complementary and Integrative Medicine. Energy healing is based on the theory that when we release blocked negative energy from the mind/body we free up our natural healing system to do the job God designed it to do—heal! It is common for most people to be in a state of negative emotional and mental overload that taxes our health and creates imbalances in our system. Our most common modern-day term for this energy is stress!

I teach clients that energy therapy is not the healing power. It is a technology that clears the negative energy we carry and keep recreating, that blocks and interferes with the spiritual powers of healing that are available to us. As we clear this negative energy, we allow healing powers to be *awakened* within us, and for spirit to flow healing energies into all levels of our being.

Clearing is one part of the healing process. The other part is learning new life skills that incorporate living by spiritual truths in a practical way so that we can maintain and continue to increase our state of well-being. I tell clients that they come in focused on recovery and clearing the negative, and graduate to creating and manifesting the future.

I believe that real healing is a spiritual process. This belief kept me away from the clinical models of therapy. I was drawn to energy therapy because of the spiritual model it incorporated. At the spiritual level, energy therapy assists individuals in remembering their wholeness. As negative energy is released, clients are opened to their spiritual nature. This allows them to remember who they are and why they are here. Energy therapy is a comfortable process that supports them in becoming their real self—naturally and gracefully.

There are many modalities of energy therapy available. I feel Rapid Eye Technology, developed by Dr. Ranae Johnson; Emotional Freedom Technique, developed by Gary Craig; and Energy Medicine, developed by Donna Eden are three of the most powerful modalities available at this time. To learn more about energy therapy, or to find a practitioner in your area, please refer to the Appendix of Helpful Resources in

the back of the book. Information can also be found on my website at www.caroltuttle.com



For more information on Energy Healing and Energy Therapy methods and techniques we recommend Carol's Home Study Course: **Energy Healing 101 and MORE!** available at The Carol Tuttle Store. Just go to www.caroltuttle.com

*W*E CHOOSE EVERY THOUGHT WE THINK
AND WE CAN CREATE ANY THOUGHT WE WANT



We think approximately sixty thousand thoughts daily. We are always thinking. Our mind can be our best friend or our worst enemy depending on what we choose to do with it. God has given us a powerful tool that allows us to be the creators of our lives. We are completely in charge of our minds. No matter how we are feeling physically or emotionally, we are free mentally to think any thought of our choice.

Our mental body is at a higher vibration than our emotional body, meaning our minds are more powerful than our feelings. We have been trained to listen to our feelings and create thoughts that match our feelings. Therefore, if we are feeling negative feelings, we will think negative thoughts. We believe we cannot start thinking and perceiving ourselves in a positive light until we feel positive feelings. **Take charge of your life by taking charge of your thoughts. Change your life by changing your thoughts.**

Remember every time you verbalize, in private or in public, that you don't deserve this or that, you can't do this or that, or that you are less important than something or

someone else, your biology will hear it and act accordingly. What do you want to tell your life force?

By thinking thoughts that make you feel good, you increase your vibration. Every person has an electromagnetic field with a vibration that sends a signal out into the world. Since we are all at quantum level patterns of light and sound frequencies, we are constantly sending messages to the Universe. The Universe is life force or matter unorganized. The Universe offers us one guarantee: that everything we put out returns to us multiplied. It is not the words you say that are most important, it is the vibration you send out to the Universe. Your thoughts are your most powerful mechanism for controlling your vibration.

Creating a strong intention in which you can hold a belief is the most powerful way to use your thoughts. Intentions are decisions, goals, ideas, wants, desires, and choices that are stated in the affirmative. A spiritual term for intention is faith. Whatever you put your *faith* in will be your life experience. When you match your intentions with a positive feeling of hope, you send a signal out to the Universe that is honored, and you receive what you have intended.

As you make decisions each day about what you want to experience, you set into motion the creation of that experience. You are the one who literally molds your future experience. As you set thoughts of what you want into motion, in combination with the excited emotion, you will be in a perfect position to receive that which you desire. The more specific you are about what you want, the more specifically you will receive that which you want. The more vague you are in stating what you want, the more vaguely you will receive that which you want.

What keeps us from asking for what we want or thinking of the ideal? Often it is our fear that we will not get it and we will be disappointed. We believe that God is in charge and it is up to him if we are to have something. We believe that what we want may not be harmonious with what God wants for us and we don't want to take the risk of asking amiss. What if God trusted us and gave us full reign to create whatever we choose for our experience? What if our ideal desire is what God wants for us, and all we have to do is make a decision, ask for it, and we then will receive it?

A common pattern of many of my clients has been to expect the worst, especially if it is something they really want. I ask them, "Why do you choose that thought?" Most explain, "Because then I am prepared when bad things happen, or I can prevent the worst from happening." I then teach them that they are setting themselves up for the worst to happen. The greatest power we have in avoiding the worst is to intend for the best to happen. I ask my clients, "If everything were going your way in this situation, what would be the ideal experience for you?" Most people cannot imagine the ideal because they have been programmed to believe that cannot happen for them.

Ask any one of my four children how much sympathy they have received from me when something is not going the way they want it to go. I am sure they would say very little. It is common to hear around our house, when someone is complaining about their life not going well, the phrases: "Why are you creating that?" or "Why are you attracting that into your life? What do you have to learn from it?" These phrases are often followed by, "What do you really want?" or, "If the ideal

thing happened in this situation, what would that look like?” “You can create anything you want; what do you want to happen?”

You know you’ve taught your children well when you are telling your eleven-year-old to stop whining and complaining and he looks at you and says, “Why are you creating me to be this way?” The only problem with not joining your children in their pity parties is that they hold you accountable, too, and refuse to join yours.

Take the power of your mind, the power of your thoughts, and start creating the life you really want. Catch yourself thinking the worst and ask yourself in that moment, *If I could have anything I want in this situation, what would that look like?*

If your will is aligned with God’s will and you really believe you deserve it, and believe it can happen, it will. If you doubt it, question it, or keep your attention on what has still not happened for you, it will kink up the energy and you will not receive it. Become the deliberate creator of your life. Anticipate your future, one second ahead or one year ahead, and be as specific and deliberate as possible and still feel good. Take time every day to identify your dominant intentions free of worrying about how they’re going to show up. When you ask the powers of heaven to work in your behalf and to take care of the details, they will produce for you what you have asked for.





**WHATEVER WE PUT OUT
RETURNS TO US MULTIPLIED**



We live in a universe with constant laws and truths by which even God functions. He is the master and knows how to use the laws and truths to create an unending stream of joy and happiness for his existence. “His work and his glory are to bring to pass the immortality and eternal life of man.”⁵ He created us so we could become like him and, like him, experience a constant stream of joy and happiness. We are here on a planet of free choice to come to a knowledge of these laws and truths and of how to become like him through experience. Through the experience of contrast, or good and evil, light and dark, we come to know who we are and what we want so we can become partners with God in creating it.

One of the basic laws of the universe is the Law of Attraction. It is the law of the harvest: we reap what we sow. The Law of Attraction is as real as the Law of Gravity. Before the Law of Gravity was identified, nobody knew it existed, and yet everyone was still affected by it. Such is the case with the Law of Attraction; most people are unaware of the mechanics of how it works and yet everyone is still affected by it. You don’t need to know the mechanics of how the Law of Gravity works to keep

yourself from floating off into space. You also do not need to know the mechanics of how the Law of Attraction works for it to function in your life. You will want to know so you can create a life of more well-being and harmony. You can actually be in deliberate control of your life experience, knowing what you want and manifesting it in abundance in your life. Or, you can continue to believe that life is a series of random events that you must learn to overcome, put up with, ignore, protect yourself from, or on occasion, enjoy a reprieve and experience some joy and happiness.

The Law of Attraction, simply put, is that whatever we put our attention on, in belief, thought, and feeling, will come into our life multiplied. There is no exclusion in the Law of Attraction. If you think about what you don't want, then you will get a lot of that. If you have a need to worry or complain, then you will attract a lot of people and experiences to worry and complain about. If you carry a lot of fear, you will attract life events that support that fear.

If you want to know what your deeper beliefs are, look at your life and it will tell you. Life is a mirror reflecting back at us what we believe about ourselves. If we don't learn the lesson, the experience will repeat itself and become more and more intense until we pay attention, get the information, and change our beliefs. Energy therapies help people go to the deeper mind where the core issues and beliefs exist within us so we can easily release this energy and create a new belief, which creates a new life.

The principle that we always receive what we believe is relentless. It is in constant operation whether we notice it or not.

Many people have trouble with the belief that in order to have the good in our lives, we have to be willing to accept the bad. This creates a continual block to progressing in any real way with the quality of our lives. The universe simply gives us whatever we believe. Change your belief and you'll change your life.

What about the real-life tragedies of children who are abused, people who get into car accidents, or have life-threatening illnesses? What about people who die as innocent victims at the hands of others who choose to kill? As I write this, the tragedy of September 11, 2001, has recently occurred. Three different planes made the World Trade Center Towers and the Pentagon their targets. Both World Trade Center Towers collapsed to the ground and a large section of the Pentagon was destroyed. As a result over five thousand people lost their lives and many families were left to grieve their loved ones' passing.

Another unbelievable tragedy occurred a couple of years ago at Columbine High School in Littleton, Colorado. Two teenage boys, heavily armed and in a state of revenge, entered their high school and went on a rampage, killing several and wounding many others, finally ending the blood-bath with their own suicide. If you take what I am presenting here with no exceptions in life, this means all of these people created this carnage. Why? Believe me, I have asked this question and looked at it several different ways in the last twenty-four hours. I am on a quest to make sense and find a divine purpose in even the ugliest of humanity's actions. I believe strongly that Christ is intricately involved in this planet, and every event here is a preparation for a grander outcome.

In the cases of the events of September 11 and Columbine High School, here are some of my understandings. I do believe we have a world of free choice. We are each independent of one another in what we can experience. We each have our own independent consciousness. We also have collective consciousness. Groups of people form a collective consciousness which are collective beliefs. In the United States many people, even children, put their attention on violence and death. It is easy to find. It's all over the news; it's in our cartoons; it fills our movies; it is rampant in our video games, and we keep watching. According to the Law of Attraction, whatever we put our attention on in belief, thought and feeling will come back to us multiplied. If we keep putting our attention on violence and death, we will keep creating it in our society. Until we are entertained by peaceful means, we will have to keep continuing the experiences that become more and more tragic until we learn the lesson and change our experience by changing what we focus on.

What about the innocent victims? Why would they create this in their lives? God knew we would create adverse conditions, so he has a system of grace built into our life experience. I believe each of these souls volunteered to move on, to end their physical experience. The workings of the spirit are intricate and intimate. I believe everyone that is abused, raped, murdered, or has suffered in some other fashion was given a choice at the spirit level, and they chose suffering, and great will be their growth and reward.

Each of us chooses life adversities to perpetuate our growth and potential for more levels of light. Many innocent people have died, been hurt or abused on this planet,

even Jesus Christ. I know we are all watched over and always given solutions. For every struggle, a solution already exists. I believe these very powerful, painful events occur for us to examine our lives. As a nation, all we have to do is look at what is happening in our society to know what we are believing as a collective consciousness. The solution is to put our attention on what we want rather than looking at what is happening and how we need to protect ourselves from it.

As a parent, I can believe that the world is not a safe place for my children and pass this fear onto them. If I do this, I make their chances of being victimized even greater because they will attract those people interested in hurting others. I can empower them by making them aware of contrast, that good and evil exist in this mortal dimension, and teaching them the Law of Attraction—which is that they can choose whatever they want to experience. If they want to be safe and feel good, then all they have to do is believe and they will attract only that into their lives. We do our children a great service by creating a space for them to know who they are, to love and honor them, to treat them with respect, to teach them correct principles, and to let them govern themselves, and learn from the contrast of life.

*A Course in Miracles*⁶ teaches us this, “I am responsible for what I see (perception); I choose the feelings I experience, and I decide upon the goal I would achieve. Everything that seems to happen to me I ask for and receive as I have asked.”

Our spirit provides the power to know what is wanted for us. Our mental capacity takes that energy and directs it. Our emotional body supports it with feeling good, and what is wanted flows abundantly into our lives.



For more information and learning about the law of attraction and energy healing and how to apply these principles and tools in different areas of your life, we recommend the following audio seminars on CD by Carol:

The Art of Manifesting

Clearing the Issues that are Keeping You Fat!

How to Create Better Health

For these titles and more best-selling products please visit The Carol Tuttle Store at www.caroltuttle.com

HOW MUCH JOY CAN YOU HOLD?



As humans we have a harder time staying in joy than we do in pain and struggle. Joy is a very high, clear vibration in which life flows effortlessly and gracefully. Pain is a slow, low vibration that attracts disharmony and upsets into our life. When we are in pain and struggle. We are cut off from our natural connection to the heavens and the light of Christ-energy. This energy source that sustains all life and from which all creation comes, is meant to flow to us freely, easily, and abundantly. It is our God-given *natural* state to be in the high vibration of joy, yet for most humans it is not the *familiar* state.

Let me explain what I mean by *natural* and *familiar*. "Natural" means what we have been created to experience effortlessly and spontaneously as our genuine selves. God created us to experience joy as our natural state. What is natural is enthusiasm. What is natural to you is laughing a lot. What is natural is feeling strong and secure. What is natural is a zest for life beyond anything most people over eight years old have felt for a long, long time.

"Familiar" means what has become commonplace and habitual because of how frequently we have experienced it in our lives. Pain and struggle have become the familiar life experience

for most people. It is unfamiliar to be happy and joyful all the time, intentionally choosing to create more and more of what brings increased joy to others and ourselves.

Staying in a high vibration of joy and happiness, and creating a wonderful life is every person's opportunity and one of the primary purposes of the time in which we live. To achieve and maintain this high vibratory state, we must become aware of the patterns we continually recreate that put us in pain and struggle. As well as becoming aware of these patterns, we need to understand why we create them. For most people there is a belief that they add some value to our lives. Some of the most common beliefs that my clients have identified include:

- ❖ We believe our spiritual exaltation and advancement is directly connected to how much hardship we overcome in this life.
- ❖ We believe if life were easy and pain-free, we might get bored or have nothing to challenge us.
- ❖ We believe it keeps us humble.
- ❖ We believe that living in a constant state of joy and happiness is a facade and means we are not willing to deal with the realities of life.
- ❖ We are humans, and humans like drama.

I have also worked with many clients that honestly do not know what a life of joy and happiness is like. They have never experienced true happiness and unconditional love in their entire lives because of abusive parents, conditional support, and adult lives riddled with dysfunction. They are stuck in a pattern of upset and disharmony and keep unconsciously recreating this

pattern because it is all that they have known. They are not even sure what it would feel like to be loved just for themselves, and to have a life free of pain and struggle. Some are afraid to introduce this into their lives for fear that if they have it, they may lose it, and that would be too difficult. They believe it is easier living with the pain and managing it, rather than knowing true joy and happiness and then losing it. As my clients learn new life skills and become aware of their creative powers, they realize they are unconsciously creating their current circumstances of hardship and struggle and they have the power to create a life of joy. They realize there is no risk, because they are the ones in charge of their life experiences and the results they are getting.

Examine your own beliefs. If you were told you could have a life completely free of pain and hardship, would you believe it were possible? What do you believe the struggles and hardships of your life offer you? Do you believe you could create those same benefits and claim those same blessings in a constant state of joy and happiness and prosperity? If you lived in a constant state of joy and happiness and prosperity, could you stay in a place of compassion and humility? Do you need adversity to keep you humble and submissive to God? As long as pain and struggle has a hidden value to you, you will need it in your life.

There will always be opposition in all things. That does not mean there has to be struggle in all things. The contrast with which we all live is meant to be a medium to distinguish the opposites. Without *dark*, we could not know *light*. Without *pain*, we could not know *joy*. Without *up*, we could not know *down*. Without *hate*, we could not know *love*. Opposites exist so that we can have a choice. It is because of the contrast that we

are able to know what we want, by experiencing what we do not want. It is through contrast that these choices are possible and the function of our agency is constantly employed. You will always have the opportunity to dip into the pool of contrast to create what you don't want, so you can become more aware of what you do want.

I believe pain and struggle has been the primary medium for spiritual advancement for mankind. We have needed adversity and hardships to know our higher selves and awaken our god-like traits. I believe that in the new millennium we are free to graduate to a different experience of spiritual advancement. I believe we can choose spiritual advancement through the avenues of intention and desire. I believe that through our intentions to become our higher selves and become like Christ, we can create this. I believe that through desire we can create lives of joy and happiness and prosperity and at the same time choose to be a reverent, loving, compassionate, obedient, and humble people.

There will always be the contrast of pain and hardship available to us. The old belief has been, *I am learning and growing through adversity*. The new belief can be, *I am learning and growing through joy*. The question to ask yourself now is, *How much joy can you hold, and how long can you hold it?*



HOW TO PETITION YOUR ANGELS



Knowing how to call upon the powers of heaven will dramatically change your life. Imagine that you have a whole crew of angels around you to assist you with whatever request you make of them. The only criterion is that your requests cannot be hurtful to another. Angels and other beings of light will only assist and orchestrate on our behalf when we are choosing things of the light.

Start by deciding what you want in your life. An easy writing process to help you become clearer in knowing what you want is to identify first what you don't want. Take a piece of paper and on one side list, "What I Don't Want." On the other side list, "What I Do Want." Ask yourself the question, *If my life were ideal, what would it look like?*

I tell my clients that if God were to come to you and say, "George, you can have your life be any way you want it to be. Tell me how you want it to be, and I'll help you create it." What would you tell God? I counsel the person to only imagine what they can honestly believe is possible for them. If they do not believe it could happen easily, they will doubt. Doubt energy is a heavy energy that disconnects us from source energy. This creates resistance on our part,

which interferes with allowing what we have asked for to manifest easily.

In this process write the ideal you really believe could happen. List desires that include your relationships, career, body, mind, state of abundance, home, transportation, and spiritual and family life. Or take one of these areas and list what you want in detail. Remember, the more specifically you ask for what you want, the more specifically you will receive it.

Deciding what you want is the first step in setting into motion the creation of what you want. The second step that allows it to come effortlessly into your life is to play a game I call, “Ask Your Angels.”

Take your list, all or part, and write at the top, “Thank you for orchestrating the details for the following desires to come into my life effortlessly and joyfully.” Close your eyes and imagine a spiritual crew receiving your requests and going to work to make them happen for you. Your job now is to want it, believe it, allow it, and appreciate it. It will happen.

Unfortunately, it is common that in the beginning of a client’s experience with this process, they become clear on what they want, set it into motion by asking for it, and then create resistance. Resistance is created by doubting it, making statements that counter it happening, continually looking for it to happen, feeling suspicious that it won’t, and trying to figure out how to make it happen.

Let’s say you want a new white car. You write down your intention: “Thank you for bringing a new car into my life. I want it to be white, to be in this price range, and I want it to be this kind of car. I want one that will require low mainte-

nance, will run well, and be a joy to drive.” After you write this down and release it to the Universe, you find yourself talking to a friend and you tell them you hope to get a new white car. But because you are not sure you are going to get it, you speak words of doubt, which create a vibration that blocks the car from showing up. You might say things like “I’m going to get a new car, but I just can’t find one that is in my price range.” “I want a new car but the color and model I want is pretty scarce.”

In your mind you think you have to figure out where the car is going to come from, and that you have to get busy to make it happen. You don’t give the Universe the chance to orchestrate the details and flow the information and events into your life because you’re too focused on trying to figure it out yourself. Once you have offered your intention and asked for a new white car, release it to the Universe by asking your angels for assistance and allow it to show up. Events, ideas, and inspired action will synchronistically come to you, and you will soon have your new white car. Remember, when you want it and don’t resist it, it comes every single time without exception.

When you start playing this game of asking your angels to assist you, all kinds of things will open up to you. As I look back on my experience of asking my angels, in the beginning I asked for very few things. Now I ask for their help with everything. I realized that the Universe has enormous resources to help me. I started noticing many of the things I was asking for were happening without my needing to take any action at all. My job is to identify what I want, to ask for it, allow it, and to say thank-you when it comes.

I ask for assistance with everything in my life. Each day I awake imagining my spiritual crew ready and anxious to honor me and help me with my requests. I have a section in my day planner I call, “Ask My Angels.” Each morning I have a meeting with them and write down the things on which I would like them to work. Here is a typical day’s request:

- ❖ Thank you for flowing to me the ideas of what to buy at the grocery store today to make easy, delicious, healthy meals this week.
- ❖ Please orchestrate my day so I am involved and participating in those activities that serve my highest good.
- ❖ Please find me a rental car at a low rate in Hawaii for our July trip.
- ❖ I want my clients to refer my services to people who will be blessed and whose lives will be better from seeing me.
- ❖ Orchestrate a tennis match for me tomorrow, early morning or afternoon.
- ❖ Thank you for helping my daughter know what to do in her current situation, and to be fueled with love and honor for herself.
- ❖ Thank you for assisting my son and me in having a playful, trusting relationship.
- ❖ When we go to Palm Springs over spring break, I want fabulous weather and a safe and fun car ride down there. I want to play tennis three to four times and to play golf with our entire family.
- ❖ Thank you for finding us tickets to Disneyland at a discount.

I look at the list above, and everything I asked for happened. When I asked for the discounted tickets to Disneyland, I had no idea where these would come from. I was not aware of a place to buy them. Within two days of asking, I told a friend we were going to Disneyland and she said, “Would you like me to get you discounted tickets? My husband can get them through his work!” When synchronicity like this happens (which is all the time in my life), I am no longer surprised. I am very pleased, excited, and appreciative. In my mind, I think of my angel friends, chuckle, and tell them thanks. I notice myself thinking a lot, *You guys crack me up! Thanks for making it so fun!*

When someone in our family has lost or misplaced something, I’ll ask them, “Have you asked your angels to find it for you?” Whenever this happens to me, I let go of trying to find the item myself and turn it over to my angels by saying, “Thank you for finding such and such.” I know I will come across it or have the idea of where to look come into my mind momentarily. It always does, and I always find it.

While driving in the car one day with my teenage daughter, Anne turned to me and asked, “Do you know why all the lights are turning green for us?”

I said, “No, why?”

She smiled, “I have green-light angels. They go ahead of us to all the lights we are coming to and make sure they are green by the time we get there.”

From that point on, every time we went through the intersection we would celebrate and yell thank-you to Anne’s green-light angels. If you go anywhere with Anne

you will hit at least 90 percent of the lights green and frequently 100 percent of them.

I know the key in allowing the success we experience with spiritual assistance in our family is our faith. Faith, free of any doubt, is necessary to allow the stream of heavenly assistance to flow openly. Having faith is as simple as knowing we are deeply loved and important to the Heavens. They want to help us; they only see us with loving eyes. They applaud our efforts here on earth and commend us for our being here.

I love this process because it makes life so fun. I know that I can have anything I want. In my prayers I ask to be in harmony with God's will, and that I will only ask for that which is for my highest good. I know that God wants to bless us with all the good he has created. We each have our own room in Heaven filled with everything we could ever want in abundance, just waiting to be given to us. It is okay to have a grace-filled, easy life. You only need to keep the struggle and hardships if you still believe you need them to grow, to learn, and to stay in humility and service to God. Recently I heard two neighbors chatting about the purpose of hard times. One said to the other, "I told my daughter that I believe I learn and grow the most when things are really, really hard." As you wish!

I know it is possible to live a life free of mistakes, problems, disease, strain, and stress. We are unlimited creative beings. Every day you can make more and more decisions about what you want. Notice what you do not want; own it as your creation and ask yourself, *What do I want to create instead?* Have fun with this by playing with it. Keep noticing more and more what you do want.

I know we have within each of us the capacity to create lives of fulfillment—free from mistakes, problems, and illness. As we choose to acclimate to higher states of consciousness and a state of wholeness, our lives will be characterized by complete alertness and spontaneous use of our full potential. We are meant to take command over our destiny, with the organizing power to accomplish any worthy goal without strain.

God wants us to incorporate the resources he has provided for us. Stop thinking your only relationships are in the physical realm. Call upon those in the spirit realm and let them do for you what you no longer have to do for yourself. Activate these beliefs in every cell of your body by offering the following prayer:

I am grateful for my life of bliss and joy. All things come to me easily. I now choose to learn and grow through joyous experiences. I am calling upon the powers of Heaven to assist me daily. I am coming to know the Universe as my home and all the beings of light that reside within it as my family. I am ready to come home to my truth. Thank you, God, that I am remembering who I am and the purpose for which I have come in this physical creation. I am obedient and I am free. I am serving thee willingly and lovingly. I know thou loves me and will continue to assist me in creating a quality of bliss and wholeness that pervades my existence. Thank you. Thank you. Thank you. In the name of Jesus Christ, amen.

I have offered you my experience of how I more fully draw upon the powers of Heaven. Prayerfully seek to understand

how to use the spiritual powers that are available to you. There is spiritual help for you if you ask for it. Come to know how to petition the assistance of angels in a manner that is appropriate with your spiritual beliefs.



For more information on how to petition your angels and to answer more of your questions we recommend Carol's best-selling audio seminar on CD *How to Petition Your Angels*. To review this title and other best-selling programs please visit The Carol Tuttle Store at www.caroltuttle.com

ALL THE ANSWERS ARE INSIDE OF US



If we consider that we came to earth with a spiritual plan stored in the blueprint of our cells, then in that blueprint are the answers and solutions to all of life's questions and challenges.

So often we look outside ourselves to find the spiritual beacon and compass that can steer us on the right course. We each have a spiritual compass to keep us on course and in harmony and rhythm with our plan and purpose. God has implanted in each of us spiritual instruments that are connected with Him that will help guide us home. The light of Christ in each of us is the intelligence that exists within our cells. This energy will guide us home if we will feed it and follow it.

As humans, we have been trained to focus on the problems of life so that we can figure out solutions. However, by focusing on the problems, we are keeping our attention on what we don't want and creating more of it. What we really want to create is an awareness of the answers we are carrying.

In order to focus on the solutions so that you can manifest them, you do not need to know what they are. By putting your thoughts and attention on the belief that a solution is awakening within you, the answers and guidance you are seeking start to form for you consciously.

By focusing on the beliefs—*I am awakening the answers and insights within me that have already been created. I am manifesting them and consciously becoming aware of them. I am making choices that are in harmony with my core desires and spiritual contracts and purpose*—the answers will open and become known to you effortlessly.

Rather than asking God to supply you with the solutions to your life's challenges, ask him to assist you in awakening the answers that lie dormant within you that he helped you create before you came to earth. If one of our objectives were to know our God-self, then God would want us to practice our abilities as creators within our own lives first. It makes sense to me that he would make us agents and stewards over our own lives, creators of our own destiny, before we are graduated to influence in other spheres and dimensions.

As you clear old energies, beliefs, and patterns that are keeping you stuck and asleep to your God-self, you will be free to activate more and more of your spiritual blueprints. At a DNA level of our cells, we each have a blueprint for a life of wholeness and joy: A blueprint for physical wellness, emotional harmony, mental clarity, and spiritual oneness with our higher selves and Christ.

Set an intention to easily and effortlessly awaken the answers, solutions, and insights to your life experiences, and you will. Set an intention to learn your lessons quickly and move into more of your light and truth gracefully. Set an intention to now learn in joy and in your joy continually awaken and integrate your Christ-like self into your physical experience.

Set an intention that you will be one of those called and chosen to help prepare the earth to become a glorified realm

where Christ will rule and reign with us. Set an intention that if you are still here when Christ returns, that you will know him because you will be like him.

Stop looking for the answers and understanding of your life outside of you. Clear the filters that are keeping the answers foggy and dim. Sharpen your intuition and spiritual gifts of knowing and discerning. As you do this, the Holy Spirit will plug you in to your answers and turn the light switches on to your truth. You will never be led astray by your own personal guidance system. As you choose to make God's will your will, you are guaranteed success and your compass will bring you home. God will be able to congratulate you on the successful outcomes you have experienced as the creator of your life. He will say to you, "Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things."²³



²³ Matthew 25:20.

HOW TO KEEP YOURSELF STUCK



We are in a new energy of healing. It is about remembering who we really are. Many of the processes that were once effective are now keeping people stuck. Talk therapy and support groups can be two such practices. If you are involved in either of these, and the focus of your time in them is on the past and what happened to you, you are stuck. You are putting your attention on what you don't want—which just creates more of it in your life.

Many of the people who play parts for you in your current life may be different from those in your childhood. Most likely, many of these same patterns of your childhood are still present in your current life. As the planet Earth continues to ascend and move into its glorified status, the planet's magnetic fields are dropping and the earth's frequency is rising. The effect this has on us is that we get to experience everything with more magnitude and intensity. It is the planet's agreement with us that helps us get unstuck. Whatever pushes your buttons will be very potent for you, so you will notice it and change it.

If you need your support group to validate you, you still believe you are not enough. It is time to validate yourself and be honest with yourself. If you believe you are anything less than wonderful, powerful, appreciated, and honored, then you are

believing a lie. Ask God to reveal to you through the Holy Spirit what is keeping you stuck. Step into the new energy of healing and see how quickly your life can change for the better.

If you like support, either one-on-one or in groups, find people who are focused on creating rather than recovering. There is a movement toward the spiritual being part of psychotherapy. Personally, I wouldn't engage someone as my support person if they ignored or left out spiritual aspects. That's what this has all been about: bringing our spiritual self and our physical self into one body.

Pay attention to what is keeping you stuck. If you are still engaged in the same processes, with very little change in your life, notice that it's probably not working any more. Demand results from the people you pay to assist you in making some quantum leaps to a clearer and happier state of being.

If you find it hard to move on, then you are still looking for recognition as a victim. If you still need to tell your story of a childhood from hell, then you need your story to validate how much you've been through. So, your life was hard. Great. You did a great job of designing it. So, the people were really mean and evil. Great. They played their parts really well.

Wouldn't it be nice if instead of sharing our stories so we can be recognized for the pain we've lived through, we would no longer see it as pain? It's just energy. In the sharing, honor each other for the creative dramas we each designed and for how much fun we've all had in the experience of learning and remembering who we really are through them.



THERE IS ENOUGH MONEY FOR EVERYONE



Money is a system of energy. It is a neutral energy with a belief and perception we have each placed on it. Air is also energy, yet most people do not believe in a lack of air. When you breathe in air, do you panic because you fear that there may not be enough, so you better count your breaths to make sure you don't run out? Do you scold your children for taking in too many breaths and using too much air? Do you worry that you might run out of air at the end of the day, or week, or month? Probably not, but if you did, you would suffer from breathing difficulties and have to closely manage your air intake.

Most of the money we exchange everyday is no longer currency but numbers on a piece of paper. The amount of money you have or don't have is directly related to your beliefs about money. A lot of people believe there is not enough money, and their life reflects that belief. Every time you spend money, what feelings do you have? Do you feel good or feel worried? What thoughts run through your head? Do you worry you shouldn't be spending the money because you are thinking how much you do not have, or are you thinking: *I love to spend money because there is enough money for everyone and I always flow a lot into my life?*

Christ taught that it is easier for a poor man to enter into the Kingdom of Heaven than a rich man. I agree with this teaching because most people believe that when you are feeling poor, you are needy and are more likely to call upon powers higher than yourself to guide, instruct, and influence your life.

Christ did not say it was impossible for a rich man to enter into the Kingdom of Heaven, just that it would be harder. It is harder because most people carry deeper beliefs that continue to feed their perceptions that if we are too prosperous we will not be humble and obedient to God. Common beliefs around this include: *Love of money is the root of all evil. Rich people are not as spiritual. Only people who cheat have money. Money only comes from hard work.*

Because of our agency, we are free to create any belief we want. What if you were to believe: *I am wealthy and I am spiritual. I am allowing money to flow easily into my life and I am using it to enrich my life and the lives of others. I am wealthy and I am obedient to God's will for me. I am a humble, prosperous servant of the Lord. I am grateful for all the abundance that flows to me on all levels. I am healthy and experiencing a life of grace and ease and I am spiritual?* Every time we have an interaction with money, the Universe is giving us a chance to clear the deeper beliefs of not enough and the feeling of fear from our cells. Some people believe money comes easily and they will always have enough. Many people believe in a lack of money and continue to create an abundance of lack. The people who have come to me with money issues and poverty consciousness have

beliefs about money that keep them lacking. These beliefs include:

- ❖ I will never make enough money.
- ❖ I am always in debt.
- ❖ My parents never had enough and I never will, either.
- ❖ Artists and creative people have to struggle. Money only comes from hard work.
- ❖ Money always goes out faster than it comes in.
- ❖ I am always worrying about money because there is never enough.

Many of the clients I have worked with also have beliefs about money that are woven into their spiritual beliefs. Some common beliefs about money and their spiritual status include:

- ❖ Money is filthy and dirty.
- ❖ Money is evil.
- ❖ I am poor, but righteous.
- ❖ Rich people are crooks.
- ❖ There are too many poor people for me to deserve wealth.
- ❖ Only people who cheat have money.
- ❖ I have a fear of being greedy.
- ❖ Rich people are wicked.
- ❖ Poverty keeps me humble.

If you are experiencing a lack of money and the experience of managing money is a constant struggle that you regularly wrestle with in your mind, you have deeper beliefs and patterns with money that are keeping you stuck in a state of lacking.

Poverty consciousness can be easily changed to prosperity consciousness by clearing your deeper beliefs and replacing them with new beliefs. Some of the new beliefs that will assist you in creating more wealth and prosperity include:

- ❖ I recognize prosperity everywhere and rejoice in it fully. There is plenty for me.
- ❖ The abundance of the Universe is available to everyone—including me.
- ❖ I attract money easily; there is always more money coming in than going out.
- ❖ I spend money wisely and comfortably.
- ❖ I am open and receptive to new avenues of income.
- ❖ Money is my friend. I enjoy my experience with it.
- ❖ I am comfortable with large sums of money.
- ❖ I am using money to bless my life and others.
- ❖ I am wealthy and I am generous and spiritual.
- ❖ I am a money magnet, and I am attracting my piece of the prosperity that God has provided for everyone.
- ❖ I am worthy and deserving of large sums of money.
- ❖ I continuously rejoice in and bless the good fortune of everyone.

As well as establishing new beliefs, you will create some new behaviors with money. If someone were to ask you, “Do you have any money?” What would be your most common response? If it is frequently “No,” then you are telling the Universe you have no money and you will continue to have no money. Always carry money in your wallet or billfold. Always be able to answer, “Yes, I have money. I have plenty of money.”

That is the message that will help you create more money. Whenever you spend money, notice how you feel. If you feel uncomfortable and nervous because you are worried that the money you are spending might not be replaced, the signal you are sending out is one of lack, and lack will be returned to you.

When you spend money, create a positive, peaceful feeling. Trust that as you spend money, you create a vacuum for more money to come into your life. Always stay within your current means of income and at the same time create a vibration of prosperity to create more coming in the future. Every time you pay your bills, be in the energy of gratitude that you have creditors that trust you and offer you their services. Acquire sound money-management skills to assist you in staying in integrity with your money.

When you communicate about money, do you talk about not having enough and focus your words on lack and struggle with money? Notice your communication patterns with money and choose to speak positively and reference your state of abundance with money. Do you trust your family members and perceive them as capable and competent when it comes to spending money? Or do you fear that they will create debt and spend more than you have so you need to control them? Create perceptions and language that reflect a state of prosperity consciousness rather than poverty consciousness.

The Universe does not know your bank account status; it only reads the signals you are feeding it. So create a vibration of wealth by playing the following game:

Pretend you have an unlimited supply of \$100 bills in your wallet. Every time you spend a \$100 bill, imagine another one

magically replacing it. Throughout your day, think of the many things you could spend that \$100 on. Act as if you are spending it over and over and over. Rejoice and have fun with all the things you could buy, all the people you could share it with, and all the experiences you could create. As you do this you will send out a vibration of wealth and prosperity that will assist you in creating more wealth.

As you shift into a vibration of prosperity consciousness, you will create and attract new avenues and opportunities for more money to come into your life. Money is a resource that God has given us to bless our lives, not to interfere with our daily happiness. If you are creating your experience with money as a negative distraction, choose to clean it up. Create money to be like your experience with air: something you know there is plenty of for you and everyone else. Money, like air, is a resource to assist you in creating and sustaining a life of joy and happiness. You never worry about air, you just trust and let it be there for you. Stop worrying about money and start trusting that you will be provided for and trust that you will make choices and manage it in a way that blesses your life.



For more information and learning on how to create prosperity with money we recommend the following program from Carol:

The Manifesting More Money Home Study Course

This amazing home study course can be received and purchased at www.manifestingmoremoney.com

CHAPTER 33

THE UNIVERSE IS ABUNDANT

The Universe is the place in which we live. The Universe is the realm of God and all that he has created and all that he has yet to create. I used to think of the planet Earth as my home with all of its occupants as my community. I now think of the Universe as my home and all of its occupants as my community. Much of the Universe exists as unorganized matter waiting to be organized into a creation. Deepak Chopra calls this subatomic material the unified field or the “field of all possibilities.”²⁶ We are all connected to this unified field and it is the origin of all our creations.

Abundance is the natural state of the Universe. The Universe can only respond to us in abundance. We always receive what we believe in abundantly. Abundance is merely the Universe’s response to our thoughts and feelings. The Universe provides experience in abundance to assist us in becoming aware of what we are thinking and feeling.

The Universe is energy with potential, waiting for instructions from us. We are connected to this fluid energy and we are always creating something with it. **We can only create in abundance.**



²⁶ Deepak Chopra. *The A-to-Z Steps to a Richer Life*. New York, NY: Barnes and Noble. 1993. pg.3.

CHAPTER
58

 BELIEVE IN CHRIST



Christ suffered, so we would not have to. In the Garden of Gethsemane, Christ took upon himself all the sins of mankind and released any power this energy had to keep us stuck in our suffering state. In this single event, Christ took upon himself all of the negative, heavy energy that had been and ever would be created by mankind, and recycled it back into light energy. This powerful act of atonement allowed us to reclaim our oneness with Christ and the Christ within us.

If Christ, being a God like our Father in Heaven, had not come to earth to receive a physical body to perform this one of many great acts of service, we would be powerless and unable to awaken to higher states of consciousness. We would never have advanced spiritually as a human race and probably would have destroyed ourselves by this time. Christ's atonement is one of the single most important acts ever performed by a mortal, here on this earth. He suffered greatly, so much that as this dark, heavy energy poured through his physical frame, he bled at every pore.

Christ's atonement has already healed us. It is our belief in struggle and our patterns of recreating upset and drama in our lives that keep us from maintaining this healed

state. We believe that we have to be punished for our misdeeds and often block the powers of Christ's atonement in our behalf. We create our own agenda of punishment, believing we are unworthy.



Larry was a divorced father of four children. He blamed himself and his inadequacies as a husband and father for the break-up of his marriage and family. He believed he could never do enough to please those he loved, so naturally he attracted a woman into his life that was never pleased with his efforts. These patterns eventually lead to her leaving him and the four children. It was a year after his divorce when he came to see me. He wanted to meet other women and yet would not allow himself this pleasure, because at a deeper level he believed he was unworthy and needed to be punished for breaking up his family. He was not allowing the powers of the Atonement to come into him and heal him because he believed he needed to be punished longer.

After releasing the need to punish himself, he turned to the spiritual powers that are available to all of us, and asked to receive them. His life took a wonderful new direction, and he was accelerated in his healing work. Within the next year, he met a woman who believed in him because he now believed in himself. They were married the next year and are successfully blending two families together.

Another client, Bob, was just a dissertation paper away from receiving his doctorate. He kept putting it off and creating many excuses instead of completing it. In his sessions, he discovered that he was not allowing himself to finish it because it was a means of punishing himself for disappointing his father years ago, for dropping out of college and, in his father's words, "wasting his money." Bob felt unworthy of this honor and deprived himself of this achievement out of self-inflicted punishment. He did not believe he could call upon the powers of the Atonement to assist him with completing it until his self-imposed sentencing was complete.



If the Atonement has already healed us, why do we feel so bad at times or make life so hard? Because in that moment of feeling bad, or in the struggle, we are denying ourselves of this power and putting our attention on the problem. If we would put our attention on the solution, without even having to know what it is, we would manifest it.

As we each receive the power of the Atonement into our lives, we allow a literal force of God to move through us and awaken the solutions within us to organize and be formed into conscious linear thought. These thoughts are fresh, new ideas that are the solutions we have been seeking. Our thoughts are matched with compelling feelings to move us into inspired action and we find ourselves effortlessly thinking and doing that which creates more harmony and

happiness in our lives. We are blessed with the capacity to move out of our difficult situation into a place of light and truth.

We need to understand that the power of the Atonement is available to us in our lives now; it enables us to heal our lives of all pain and suffering. The Atonement has the power to restore every loss, dry every tear, and heal every pain we create. The answers to complete healing and permanent recovery are found in the atonement of Jesus Christ. I believe the powers and gifts of the Atonement can heal you so completely that you will have the freedom to live the rest of your life as if you had never suffered or struggled.

The power of the atonement of Jesus Christ is real. The power of faith in his atonement is real. As we live by faith in the atonement of Jesus Christ, this faith provides us with the power and energy to heal ourselves. Christ's atonement can bless our lives despite the bitterness or the adversity of our past trials. Ask to have this force released into your life with the following prayer:

Thank you, God, for flowing the powers of the Atonement into my life to awaken the Christ that is within me. I ask that these powers activate the patterns of well-being and wholeness that lie dormant in me. Thank you for integrating these patterns into all levels of my being so that I am free to create a life of joy and prosperity in all things. Thank you for assisting me in knowing that I am already healed. Help me to receive this healing with grace and ease. In the name of Jesus Christ, amen.

The power of the Atonement works in our lives as an incremental process, line upon line, grace to grace. The Atonement is a gift that we must receive, but receiving it is not a passive act. To receive more fully the gift of the Atonement we must ask for it and believe it can change our lives, effortlessly.

The Atonement of Jesus Christ is the essence and core of his gospel. The word gospel means “good news,” and one of the most important parts of the “good news” of the Atonement comes to us in the form of grace. I believe the power of Christ’s divine grace, made available by his act of Atonement, can do more for our lives than any other spiritual power available to us.

One of the meanings of grace is receiving unmerited divine assistance. Christ’s act of atonement released a powerful force into the energy fields of this planet and it is available to each of us in the form of grace. We each have available to us divine help and strength given through the bounteous mercy and love of Jesus Christ. It is through the grace of the Lord that we receive strength and assistance to do what we would otherwise not be able to do, if left to our own means. This grace is an enabling power that allows us to lay hold onto eternal life and exaltation after we have expended our own best efforts.

Because Christ took on all dark and disharmonious energies, I am free to clear any dark energy that I carry. As I clear these dark energies, I am filled with the light of Christ to restore me to wholeness. As I am filled with more light, I am able to sustain greater levels of faith, which allow me to create more of what I want and manifest more spontaneous miracles in my life.

As we keep the commandments and our sacred agreements with God, the Atonement releases the forces of grace into

our lives. Just as Christ progressed and received grace for grace until he received fullness, we too receive grace for grace. We heal and mature into higher states of consciousness as we keep his commandments, until we will receive a fullness of his light. In this we are restored to our natural state of wholeness.

Through the grace of Christ, through his divine assistance, we become empowered, endowed with strength, hope, courage, and other spiritual gifts we specifically need to be successful in all aspects of life. Through the grace of Christ, we will be allowed to reenter God's presence endowed with the attributes that we have worked so hard to acquire in diligent efforts to become like him.

I believe the power of grace is available and given to everyone. As you strive to live in harmony with Christ's teachings, you can experience Christ's flowing powers of grace which will come into your being and work within you, assisting you daily in your life.

Come unto Christ and align your will with God's will. Come unto Christ and become God-reliant as well as self-reliant. Come unto Christ and build your spiritual foundation on the rock of Christ's Atonement.

Turn to the Savior in your life. I believe there is no greater source of help than in coming unto Christ. He will show you the way. Through his influence you will be able to make choices that will serve your highest good. He will give you strength and hope to change your life, so that you may bring yourself to a new life—one filled with love, peace, success, and joy.

Christ is returning to the earth that he helped create. We live in a time where we are more free to come unto him,

so we can be like him. We are learning to live like him, so we can live with him.

In sessions, I invite clients to close their eyes and imagine themselves in the light with Christ. *Once you have closed your eyes, tell your mind to go to the place where Christ is. See yourself standing in the light with Christ. You are both adorned in robes of white and brilliant light. It feels good to stand in the light with your brother and friend. He reaches out to you and invites you to be held by him. Imagine Christ has something to give you. He is waiting to give you his gift, but first you must give him the burdens you are carrying. Imagine a heavy pack on your back or a large boulder you are carrying. Christ invites you to drop the burdens you have been carrying at his feet. He invites you to turn around and see all the generations that came before you and how many of them carried the same burdens. Christ tells them all to approach and drop their burdens. As everyone lets go of their burden, they are now free to receive a gift from Christ. Go to him and receive your gift. Notice the gift for you and place it in your heart.*

Thank Christ for loving you unconditionally and for always being there to support and guide you. Imagine all this energy coming into your body and being released into every part of you. Notice your whole body from the top of your head to the tip of your toes, and tell your body that this feeling of peace is familiar and natural. Sit quietly basking in the light of Christ.



Thank you for reading this *Introduction to Remembering Wholeness*

To purchase the full version of *Remembering Wholeness*, which includes all 60 Chapters and 340 pages please go to The Carol Tuttle Store at www.caroltuttle.com

Remembering Wholeness is also available as an audio book read by by author Carol Tuttle.

To enhance your study of *Remembering Wholeness* we recommend you purchase *The Remembering Wholeness Home Study Course*, which includes a copy of the book, a 6-week Study Guide, and 6 audio CDs of Carol taking you through the book and Study Guide for 6 consecutive weeks.

Visit www.caroltuttle.com to receive a FREE audio "Attract Life's Riches" when you subscribe to Carol's email newsletter *I am a Creator*.

For more informaton on Carol's live speaking engagements and her signature seminars visit the Events page at www.caroltuttle.com

To experinece an energy clearing session with Master Energy Therapist Carol Tuttle right now pleae visit www.youremotionalhealing.com