

CONTENTS

BEGINNINGS	1
WHAT IS A DIMENSION?	1
WHAT IS THE FIFTH DIMENSION AND WHY SHOULD I CARE?	2
LOVING YOURSELF UNCONDITIONALLY	5
YOU ARE BLESSED AND LOVED.....	7
THE CANVAS OF LIFE	7
LOOK WITHIN	9
OPENING THE HEART	11
AM I ON MY PATH?	12
WHAT IS SPIRITUALITY?	14
KNOW YOURSELF.....	17
TAKE BACK YOUR POWER	17
ONE CAN WALK THROUGH ANYTHING	19
BE YOUR TRUE SELF	19
NO ONE IS EVER ALONE	21
STAY ON YOUR PATH	23
OVERCOMING FEAR	25
BRINGING YOURSELF BACK INTO THE PRESENT ..	27
KNOW YOU DID THE BEST YOU COULD DO	27
LOVE IS POWERFUL	29
MIRACLES AND THE UNKNOWN	29
LOVE AND PEACE	31
THE NEW COMMUNITY	34

NINE WAYS TO GIVE YOUR POWER AWAY	40
WITH LOVE AND LIGHT	42
DON'T TRY; JUST DO IT.....	44
ACTS OF LOVE	45
YOU ARE THE ONE	46
INEXPENSIVE ACTS OF LOVE/KINDNESS	48
STEPPING FORWARD	51
LOOK BEYOND THE SURFACE	51
LAUGH YOUR WAY TO HAPPINESS	52
BE OPEN TO NEW THINGS	55
PROTECT YOURSELF	56
BALANCE IS EVERYTHING	58
SPIRITUAL GROWTH AND CREATING	59
PRAYING FOR ANOTHER	61
BE OPEN	63
SUCCESS REDEFINED.....	63
ACCEPTING LOVE	69
GENTLE AND EASY LESSONS	71
HONOR AND LOVE YOURSELF ENOUGH TO TAKE	
CARE OF YOURSELF	72
THE GIFT OF THE SEASON	73
CHANGE CHAOS TO CELEBRATION	75
EXPANDING LOVE	79
LIFE CYCLES	79
CLEARING UNSUPPORTIVE THOUGHTS	80
GOD BLESS YOU	83
LOVE IS	84
CREATE YOUR HEAVEN	85
GETTING ANSWERS	87

GIVING THANKS	88
DO EVERYTHING WITH LOVE	91
NATURE CAN BE YOUR TEACHER	92
EXPANDING WISDOM	97
LOVE IS; ACROSS THE DIMENSIONS	97
THIS OR SOMETHING BETTER	102
PAY ATTENTION; BE AWARE	105
BE OPEN; USE DISCERNMENT	106
DOING YOUR WORK	109
STEPPING INTO THE UNKNOWN; THE ADVENTURE	111
YOUR RESPONSIBILITY	120
LOVE EXTENDED	122
TURMOIL AND UNFINISHED BUSINESS	124
ABOUT THE AUTHOR	127
OTHER BOOKS AVAILABLE BY THE AUTHOR	129
ENDNOTES	133