



How
Reacts.
LUIS GUERRERO

**The Path
Towards
Ascended Being
May 2017**

Prayer
Meditation
Fasting
Positivity
Music, Art, Poetry (Writing And Journaling)
Affirmations
Manifestations

Always Remember
Whatever You Put Into Your Mind And Body
Will Inevitably Manifest Itself

Always Have A Plan Each And Every Day
Set Goals, Meet Goals, Set New Ones Continue Cycle
Establish Good Credit Keep Good Credit Financially And Otherwise

The Four Agreements

1 BE IMPECCABLE WITH YOUR WORD

- a. Speak with integrity.
- b. Say only what you mean.
- c. Avoid using the Word to speak against yourself or to gossip about others.
- d. Use the power of your Word in the direction of truth and love.

2 DON'T TAKE ANYTHING PERSONALLY

- a. Nothing others do is because of you.
- b. What others say and do is a projection of their own reality, their own dream.
- c. When you are immune to the options and actions of others, you won't be the victim of needless suffering.

3 DON'T MAKE ASSUMPTIONS

- a. Find the courage to ask questions and to express what you really want.
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c. With just this one agreement, you can completely transform your life.

4 ALWAYS DO YOUR BEST

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

Going From Recovery to Healing

recovery sometimes only means to "re-cover" or cover back up the problem

healing means to break the polar magnetism of misery

in order to get to the healing process

you must first "dis-cover" yourself so you can implement the prescription of healing

step 1

acknowledgement that your thought process is the root source of the problem (Recovery Coping Wheel)

step 2 study and identify the master-slave magnetism relationship factors in your thought process (Laws Of Existence)

step 3

begin the practice of an alternate thought process route away from the problem that repels the master-slave magnetism with healthy habits of a dynamic deterrent (RelationSHIPS)

step 4

form a thought process habit that liberates you into well being
create a mantra for yourself that always reminds you of an exit route from potential re
(3 Keys To The Universe)(Life)

step 5

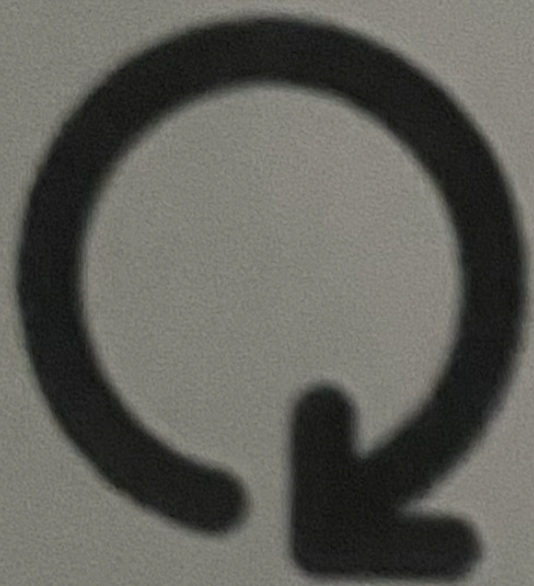
magnetize yourself to attract the balances of a healing lifestyle that rewards sobriety in a healthy way (Ascended Being) (How to be a God)

Positive Rotation

Righteous Attitudes

Righteous Actions

Righteous Activities



Recovery Coping Wheels

Negative Rotation

- Evil Attitudes
- Evil Actions
- Evil Activities



Laws of Existence

that which controls the diameter of your thinking dictates
the circumference of your activities

that which dictates the circumference of your activities
determines the sphere of your reality

That which determines the sphere Of your Reality
Fills the full volume of your destiny

time is irrelevant there is only the compassion of the random abstract

proverbs 16:20

proverbs 16:11

A RelationSHIP sinks unless there is a Captain.
Command Your Vessel Towards Tranquil Waters...

Healthy(Sea Of Tranquility)

Spiritual Balance

Communication

Conflict Resolution

Negotiation

Compromise

Harmony

Happiness

L.O.V.E.(Lifetimes Of Valued Experiences)

Community Well Being

Life Abundance

UnHealthy (Hurricane Of Hostility)

Spiritual Imbalance

Disconnection(Silence)

Conflict

Confrontation

Tug-Of-War

Dissonance

Heartache And Sadness

H.A.T.R.E.D.(Hell And Turmoil Repeated Every Day)

Social Upheaval

Death And Demise

Life is not at all as complicated as the world makes it for everyone; when you break down the basics of necessity to make any relationship work its not that difficult at all. All you have to do is love yourself first, be accountable and responsible for your own well being making no excuses for what you don't have (if you're still alive)that is qualify yourself to be yourself by securing food, shelter, and a way to make a living. There really is no excuse for being without these days its just a matter of getting and being informed.

The Three Keys To The Universe are:

INFORMATION :

Learn and
Know who you are in the known Universe
Know where You are in the known Universe
Know People, Places, and all Things
Know All You Need To Know To Maintain Peace Of Mind

COMMUNICATION :

Learn all or as many languages as you can (Linguistic(Spoken)) as well as scientific, financial, social and spiritual)
Learn to speak them well
speak positivity and encouragement
Let the world know your story
know the world's story (people-places-things)(Actual Facts)

TRANSPORTATION :

Finance Your Own Ticket To Everywhere (mental vehicle, physical vehicles, spiritual vehicles)
as soon as you learn to drive in all the above lanes
or fly in the above flight patterns that will help you and yours fulfill their destiny

This is reality but most want the fantasy and illusion they see on the TV and movie screens... if you can see past the fairy tales and all the hollywood magic you will be free to exist and live happy and comfortable *within* your means.

These are The Keys...open the door to your future and be Happy!

How to be A God
Psalms 82:6 But Remember Verse 7
Redemption From The Ultimate Demise
is In Your Saviour

Divine Thought

Intuition Spirituality Love Affirmations Manifestations
Intelligent Science Laws Applied Mathematically

Divine Speech

know what you mean
know what to say
say what you mean
mean what you say

Divine Light

Do as thou Wilt being ever accountable always to self And The Higher Power
Live in the Balance of Wisdom Love And Power
Worship Not The Flesh
Food is Fuel; The flesh is a Vehicle of The Divine Spirit



Jason Reeves '13
LUIS GUERRERO

**How To Live, Survive And Thrive
Abundantly In Peace
In The
21st Century
By
Mr. Adriel Maai Cross
May 2017**

Spirituality

Seek Out A Higher Power
To Guide You Throughout Life

Pray

Fast

Meditate

Read Good Books And Media Resources

Listen To Positive Good Music

Enjoy Positive Outdoors Activities

Enjoy Positive Entertainment

Travel

Eat Healthy Foods

Have Meals With Your Family

As Many Times As You Can

Exercise At Least 2 Times A Week

Keep Good, Healthy, Positive Company And Friends

Limit Social Media Use

To Positivity And Productivity

And

Strictly Business

Speak Kind Words

Be Kind, Compassionate, And Respectful

Treat Others As You Would Like To Be Treated

Love Yourself And Those Who Love You And Themselves

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~Don Miguel Ruiz

SECURITY

YOU ARE THE FUTURE
THE ENEMY
WANTS TO DESTROY
YOUR FUTURE
IN ORDER TO AVOID
THE DESTRUCTION OF YOUR FUTURE
YOU MUST BE WISE AND SMART
IN ALL YOU DO
EACH AND EVERY DAY
ALWAYS BE ON THE ALERT
AND BE AWARE OF YOUR SURROUNDINGS
KEEP AN EMERGENCY CONTACT
AT THE READY
IF YOU EVER
GET IN CONTACT
WITH THE LAW
DO NOT
BE
CONFRONTATIONAL
WITH THE LAW
OR ANYONE
THAT MAY BECOME HOSTILE
DO NOT FLASH YOUR WEALTH TO THE WORLD
DRESS APPROPRIATELY AT ALL TIMES
GIRLS ALWAYS TELL SOMEONE
WHERE YOU ARE GOING
IF YOU ARE GOING ALONE
IF IT DOESNT FEEL RIGHT
AVOID IT
BE ALL WISE AND CIVILISED
AT ALL TIMES

The Control Models

Higher Power~Man, Woman, And Families

CEOS~Corporations

Supervisors~Workers

Independent Business Owners~Customers

Artists~Collectors

Performers~Fans

Team Owners & Coaches~Athletes

Military, Medical, Police, Fire Departments~Chain Of Command

Learn To Be In Control Of You
If You Don't Someone Else Will Be

Credit

Learn How To Establish Good to Excellent Credit

Establish Good Credit Keep Good Credit Financially And Otherwise
Keep Good To Excellent Credit

Good To Excellent Credit Should Be Your Reputation
throughout your life

If You Ever Have Bad Credit
Learn to Repair It
And Re-Establish It As Good To Excellent

Pay All Your Bills On Time
Or
Ahead Of Time
No Matter how Great Or How Small

Credit Is A Trust Issue: If You Can Be Trustworthy With A Little
You Can Be Deemed Trustworthy With A Lot...its all about keeping and
maintaining a good reputation.

Choosing A Career

Find As Many Things You Would Like
To Do Even If You Wouldn't Get Paid For It
Narrow Those Down And Research Who Will Pay You To Do It
Get The Education And Training Necessary To Fulfill This Goal

Find As Many Things You Wouldn't Mind Doing
For A Decent Salary
Narrow The List Down, Research Training And Education
Necessary To Fulfill This Goal

Research Cities, Countries, Environments You Want to Live And
Work In Establish A Beach Head For Yourself
Work Your Plans

If You Want To Choose A Traditional Profession
Doctor, Lawyer, Etc, Etc...
Make Sure It Is What You Are really Committed To Do
And It Is What You Really Want To Do
Then
Research Colleges And Universities, Trade Schools
That Have
The Best Programs To Fulfill Your Needs And Meet Your Goals

Always Have A Plan Each And Every Day
Set Goals, Meet Goals, Set New Ones Continue Cycle

“Imagination Is The Sound Of Thought Traveling At The Speed Of Art”

“You Are The Artist Of Your Life, Paint A Good picture For The World To See”

~Detroit Bleu



**ARTISTRY
AND
THE COMPASSION OF EXISTENCE
MAY 2017**

LOVE IS THE FIRST ORDER
SELF FIRST
THEN OTHERS

“IMAGINATION IS THE SOUND OF THOUGHT TRAVELING AT THE SPEED OF ART”

“MUSIC AS AN IDEA IS AN ENDLESS CREATIVE JOURNEY”

THERE IS THE SPOKEN WORD~KNOWLEDGE
THERE IS THE UNSPOKEN WORD~WISDOM
THERE IS THE WRITTEN WORD~UNDERSTANDING
(WHICH IS THE SPOKEN AND THE UNSPOKEN WORD PRACTICALLY APPLIED)

THE ULTIMATE GOAL OF THE ARTIST IS TO CONVEY A MESSAGE TO THE VIEWER OR LISTENER INTENDED TO MOVE THEM TOWARDS A PARTICULAR, VARIOUS OR SPECIFIC TRAIN OF THOUGHT

THE BASIC TOOLS OF THE TRADE ARE SOUND SCULPTURE, COLOR CANVASING, AND WORDSMITHING

CONVEY MESSAGES THAT WILL MOST SUITABLY GET YOUR MESSAGE ACROSS AS YOU SEE FIT OR THERE DOESNT HAVE TO BE A MESSAGE; FEEL THE FREEDOM OF EXPRESSION NOT LIMITED TO ANY ONE OR GROUP OF THOUGHTS OR IDEAS,JUST LET IT FLOW

MUSIC ART AND POETRY CAN BE THERAPY, HEALING OR FOR SIMPLE ENTERTAINMENT AND ENJOYMENT PURPOSES ;LET THE LISTENER, VIEWER, PERFORMER OR ARTIST DECIDE

HONE YOUR SKILLS TO GIVE THE BEST DISPLAY OF YOUR TALENTS AND GIFTS

CHOOSE A FOCAL POINT IN ALL ARTISTRY WHETHER IT BE ABSTRACT OR OTHER AND BEGIN FROM THERE

DONT LIMIT YOURSELF TO ONLY TRADITIONAL OR NON- TRADITTIONAL TECHNIQUES BUT DO LEARN AND MASTER YOUR CRAFT,REALIZING AND UNDERSTANDING THAT NO ONE CAN DO YOU BETTER THAN YOU

EMBRACE WHAT YOU DO, ENJOY WHAT YOU DO,HAVE FUN, AND LET IT DO WHAT IT DO!

AS ARTISTS WE EXPERIENCE A WIDE RANGE OF EMOTIONS, FEELINGS, ATTITUDES AND TEMPERAMENTS. KEEPING AND MAINTAINING A BALANCE IS THE ULTIMATE GOAL IN LIFE. HERE ARE SOME WAYS TO ACHIEVE THIS AS FELLOW ARTISTS:

ESTABLISH DAILY ROUTINES THAT ENCOURAGE HEALTHY LIVING

EAT HEALTHY FOODS AND DRINKS

EXERCISE DAILY OR AT LEAST TWICE A WEEK

MAKE MENTAL AND SPIRITUAL INVESTMENTS INTO YOUR SOUL BANK

YOU DONT NECESSARILY HAVE TO BE A STARVING ARTISTS ALTHOUGH FOR SOME STRUGGLE BRINGS OUT THEIR BEST WORK

KEEP YOUR ESTATE IN ORDER FINANCIALLY AND OTHERWISE

PLAN PLAN PLAN FOR THE BEST AND THE WORST AT ALL TIMES

LIMIT NEGATIVE BINGES AS BEST YOU CAN

BE INSPIRED BY OTHERS

ALWAYS STUDY TO IMPROVE YOUR CRAFT

DONT BE AFRAID TO GET ADVICE OR ASK FOR ASSISTANCE IN ANYWAY FROM QUALIFIED AND CAPABLE RESOURCES

VIEW, LISTEN TO, AND READ OTHER ARTISTS ,WRITERS, MUSICIANS AND PERFORMERS, AS WELL AS STUDY YOURSELF AS AN OUTSIDER

MEDITATE ON A REGULAR BASIS (THOUGHT BALANCING AND CENTERING FOCUS)

FAST OR ABSTAIN FROM AT LEAST ONE THING AT ANY GIVEN TIME PERIOD

ESTABLISH AND MAINTAIN A GOOD REPUTAION AS APROFESSIONAL PERSON

KEEP GOOD COMPANY

BE GOOD COMPANY

BE KIND

BE COMPASSIONATE

BE HAPPY

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