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*Consciously Design and Align Your Life and Business  
with the Limitless Dreams of Your Soul*



## **Awareness = Power**

### **Maintaining a High Frequency Life**

**By Cari Murphy**

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**You are NOW at a Brand New Choice-Point**  
**These questions are intended to awaken your awareness**  
**and offer you the option to choose again!**

- ◆ Are you identifying with your limited self or your infinite self?
- ◆ Are you on an upward spiral journey today or a downward spiral journey?
- ◆ Will you choose to instantly shift into an upward spiral moment that will allow for peace?
- ◆ Is your heart open and available to love right now or is your heart closed?
- ◆ Are you saying "YES" or "NO" to the gift of expansion available to you?
- ◆ Are you open to the sacredness and beauty of the moment or are you finding fault with it?

- ◆ Are you focused on what you have to lose or what you have to gain?
- ◆ How can you see beyond what you currently see with your physical eyes to allow a new outcome?
- ◆ Will you allow yourself to shift into a more expansive YOU and make your decisions from the clarity of this space?
- ◆ Are you willing to let go of any and all judgment of yourself and others in this moment?
- ◆ Are you willing to see the blessing in disguise available in each challenge?
- ◆ Will you choose to expand or contract right now?
- ◆ Are you navigating your life according to your small self or your infinite self?
- ◆ Are you stretching to meet life in a greater way or are you shrinking back into your shell?
- ◆ Are you tapping into and expressing your creativity or suppressing it?
- ◆ Are you consistently choosing love or fear?
- ◆ Are you willing to let go of your fears and concerns and explore who you really are as an infinite being?
- ◆ Can you expand your perspective on this and see it from a more expansive lens?
- ◆ Will you allow the truth of what's happening within you and around you to be illuminated?

- ◆ Are you looking at your life through a broad cosmic lens or through the narrow lens of the ego?
- ◆ Is the essence of who you really are being revealed?
- ◆ Are you making yourself available to new opportunities or are you sabotaging them?
- ◆ Are you speaking and being your truth or are you hiding behind a false ego-driven mask ?
- ◆ Are you willing to discover and embody the JOY?
- ◆ Will you embrace the present by releasing the past?
- ◆ Will you dare to embody the sacred as yourself and live from this space?
- ◆ Can you make a new choice to allow for a better result?
- ◆ Are your choices aligned with your ego or your soul?
- ◆ Are you striving for connection or are you seeking reasons to feel separate from others?
- ◆ Are you focused on what you're grateful for or on what's missing in your life?
- ◆ Are you spending more time nurturing yourself or criticizing yourself?
- ◆ Are your beliefs expanding or contracting your daily experience?
- ◆ Are you possibly standing in your own way by not acknowledging your brilliance ?
- ◆ Are you willing to trade toxicity for peace?

- ◆ Are you willing to let go of all that no longer serves you and leap forth into the limitless realm of pure potential?
- ◆ Isn't it time to celebrate your genius and stand fully in your infinite power?

**You can make a shift right now.  
This is your option.  
You're at another choice point.  
What will you choose?**

