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'Demandments' Help You Create Your Best Life by Dr. Laurie Ann Levin



In these tumultuous times, where nothing is certain or stable, how can we find inner solidity? Often, it's a gut knowing that you are on course, that your decisions are sound, or that you can count on more than just a fleeting feeling of peace. All of this is possible with what I call DEMANDMENTS.

Before jumping out of bed, start your day by lingering a moment in bed and taking time to self-reflect uninterrupted. Make it sacred in some special way. If making this time with your self is easier at another time during the day, then do it. As you get more comfortable with this form of self-talk, you'll be doing it everywhere: in a booth at a diner while waiting for a friend, in the shower or while taking the elevator up to your office.

Start by saying something loving to your self. "I accept myself as I am at this moment in time." Breathe deep and recite a prayer if you are comfortable doing that. Whatever your beliefs, there's something comforting in turning to a Higher Power, or power greater than yourself to help point you in the right direction.

Take a moment in the feeling of self-love. If it's impossible, take notice, because after these conversations with yourself, you will be able to love yourself more and more. If any part of you begins to rebel, such as the addition of intrusive thoughts of doubt or negativity, reassure your mind, kindly, that you love it for doing a great job. Honor your mind for keeping a careful eye on you even though that careful eye may have come in the form of self-doubt or self-criticism. Tell your mind that it will never unknow what it already knows, but you are asking it to be open to other experiences and expressions that will help you be more positive and increase your intuitive awareness. Breathe.

Take another moment for self-love. Scan your body. Are you comfortable? If not, tell your physical body that you have great gratitude for all it has done for you. Even in the face of challenges or ill health, you have learned a great deal. Tell your body, lovingly, that it will never unknow what it has taught you, but now it's time for it to express itself in the positive.

Now explore your emotions; see what's coming forward. How are you feeling? Any negative thoughts like guilt, jealousy, fear, numbness, etc? Tell your heart and your gut, your emotional centers, that you have learned a great deal from them. Assure your emotions that you will not unknow what they already have taught you, but that you are ready to expand them to allow for more positive feelings.

You are by now seeing a pattern; you are honoring the totality of you, accepting all

that you are and allowing for all that you have experienced. Your past is not something to regret, feel guilty or ashamed about. Release any "should have, could have, would have" from your mentality. You are loved and are loving just the way you are at this moment in time. You are who you are based on the tools you have in your toolkit of life. You're adding new tools to your toolkit as you write the preamble to the new you and your new life.

Now is the exciting moment. Write your DEMANDMENTS. Write down all that you can imagine for a new you. Write in the positive, avoiding negatives or double negatives like "no fear." Find the most direct, positive and solid way to list your DEMANDMENTS.

The reason to write in the form of DEMANDMENTS is that "intention" is in the future, while "want" and "need" are both states of desire. In DEMAND, we now own the state of deserving in the present. When we fully accept ourselves with self-love, we are sturdy and ready for abundance. Get ready, because now the work really begins.

The abundance that you DEMAND may come in unconventional, nontraditional, and unexpected ways. The surprise may even be more congruent to who you truly are. Each of your DEMANDMENTS may open you to a new world that leads you to a fuller, sweeter life.

Dr. Laurie Ann Levin's work in life after life has introduced a new, spiritual psychology called Soul Communion, in which DEMANDMENTS(tm) are an integral foundation. For more information on her or to share your story, visit www.moonviewsanctuary.com