



Aha! Point Vows

Limiting Aha! Point Vows:

- I vow to never be as stuck and passionless as my parents were
- I vow to love everything about me and be fully conscious and passionate and “up” all the time
- I vow to always know who I am, what my skills are and what I am doing
- I vow to be the entertainer and motivator
- I have no idea who I am; none of my life makes any sense at all
- I vow to never squash my children’s passions and dreams like my mother did to me
- I vow to never be critical of anything about my children’s bodies or skills like my parents were of me
- I vow to hold back on my passion and crazy ideas, and not be an idiot like my father
- I am totally psychic and am a channel for god, I see what others don’t see in them
- My spiritual awakening is complete, I walk with Jesus, I am a prophet
- I am on a crusade, others need to follow me, I will scream it from the rooftops if I have to
- Others talk about synchronicity and how life is perfect - I don’t see it
- I vow to say or do nothing, rather than take a chance of screwing it all up
- I am pissed off and angry at my life that is going nowhere and other people who block me
- I get one Aha! moment after another, all just as brilliant as the last; “I am enlightened”
- I am special and important; others follow me because they just want what I have
- I vow to see who I am as a loser, because, well, just look at me!
- I vow to always be the best, because I am!!!!
- I vow say what I know is true, I don’t worry about who gets hurt, that’s Karma
- I am a fighter and can raise my energy to meet any challenge or die!
- I know I will never “get it” or be “enlightened”, so why try?

Freedom Statements to Release the Limiting Aha! Point Vows:

- I am open to being fully alive and awakening in every moment, that is my purpose
- This moment, this place, this body, these people, these thoughts, these feelings, these events in my life all are part of me and I am part of them as we dance this human creation
- I feel totally congruent with my body, mind, emotions and soul all totally supporting each other in this moment!
- I cannot tell you what my life purpose is right in this moment; I will tell you in few minutes after I discover it and my life purpose is tell you about it
- I hold back nothing and live with passion.
- Psychic is not something I think, and has nothing to do with reading someone else; it is a moment of self-awareness that motivates me to live more and more every day
- I live in a constant state of awe as to how much more energy I can call up within me to live my life purpose
- Playing small is a slow death that I made my choice to let go of; now I am making it my mission to help others do the same
- I am awakening to my purpose and power and am inspiring people in many ways
- I am enlightened when I listen to my body and life that comes to me every day; enlightenment is action
- I am open to seeing everything in the world, including me, as a synchronicity where everything is just as it should be for me to live my deepest purpose
- I love that I can make a difference with my commitment to life!
- I know my life purpose, as I commit to living every moment as though I am in my secret place
- I live and love with passion
- Every second I am alive I am being jolted awake to take in more and more life
- My life purpose is a flowing river that pours through every cell in my body pulling me along and guiding me with infinite wisdom and energy
- I make love to the universe in every act and feel the ecstasy of life in every breath