

ABC-IQ Mind Science The Science of Creating Your Life on Purpose: Education for All Kinds of Minds 365 Days of Inspiration and Self Reflection

Shelley Dawn Chuchmuch

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Why do people think and feel the way that they do? What creates the human life experience? What is in the hand of mankind to support them with life experience creation? What are the factors of influence impacting thought? Are these influencers, elements and indicators helping or hindering progress of humanity? Does the system allow for life success for all? What is religion? Religion is individual guidance based on beliefs formulated by reading books—a belief is a thought that we keep thinking and thinking. They are fear based— HEAVEN OR HELL promising enlightenment based on deeds good and bad while living. What is spirituality? Spirituality is guidance to enlightenment from within understanding the relationship between thought, emotions and experience – Universal Laws of Attraction What is energy? What is GOD? What is your intuition? What is your sixth sense? Why do we have emotions? What causes emotional pain? What do we all share in common as humans? What unites mankind regardless of your chosen book of enlightenment? Do we have the choice as humans to purposefully create our life experience? My quest for understanding thought and why people think the way that they do has taken me from the physical, non-physical, metaphysical, philosophical, theological, psychological, physiological dimensions and back again. It has taken me to the depths of financial, physical, emotional and metal despair but it has also taken me from grief and despair to absolute joy. It has taken me to the 4 corners of the earth and it has taken me all the way back home where I started.....The results of this research.....are written in the pages of this book.....I hope that you find your VERITAS too. This book contains 365 daily self-reflection prompts to help you stay focused each and every day to create and live your best life. They are designed to help you think about your life in a purposeful and meaningful way. Take the time daily to self-reflect paying attention to the thoughts that you are thinking, the emotions that you are feeling and note the results of what is happening all around you. These prompts are designed to help you get in touch with yourself and if you already have a keen sense of knowing who you are, these prompts will help to further deepen that relationship. This relationship after all, is the most important relationship that you are ever going to have.

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