



# SIMPLIFY YOUR SPIRITUAL PATH

## THE 10 GOLDEN RULES TO UNLOCKING EMOTIONAL FREEDOM

**Golden Rule #1: You've done nothing wrong.**

**Soul's Attribute:** Self-compassion

**Mantra:** In order to be who I was born to become, life couldn't have happened any other way.

**Golden Rule #2: Anyone who blames you isn't happy.**

**Soul's Attribute:** Forgiveness

**Mantra:** I allow those who blame and have wronged me to be forgiven.

**Golden Rule #3: Hardships can be fast-tracked through thankfulness.**

**Soul's Attribute:** Gratitude

**Mantra:** Thank you for this gift.

**Golden Rule #4: Feeling better helps everyone heal.**

**Soul's Attribute:** Trust

**Mantra:** My happiness is a service to all.

**Golden Rule #5: Well-being is a signal that you are ready to embody your potential.**

**Soul's Attribute:** Focus

**Mantra:** My breath is the living presence of well-being.

**Golden Rule #6: The Universe always has a plan.**

**Soul's Attribute:** Faith

**Mantra:** I cannot get this wrong in any way.

**Golden Rule #7: Everything changes, but it can only change you for the better.**

**Soul's Attribute:** Stillness

**Mantra:** I am able to see how everything changes me for the better whenever I am still.

**Golden Rule #8: In order to be emotionally free, it's okay to dislike.**

**Soul's Attribute:** Acceptance

**Mantra:** It's okay.

**Golden Rule #9: Projecting anger drains you of energy.**

**Soul's Attribute:** Creativity

**Mantra:** I am only as angry as I'm in need of creatively expressing myself.

**Golden Rule #10: Love is your liberator.**

**Soul's Attribute:** Unconditional Love

**Mantra:** I love you.