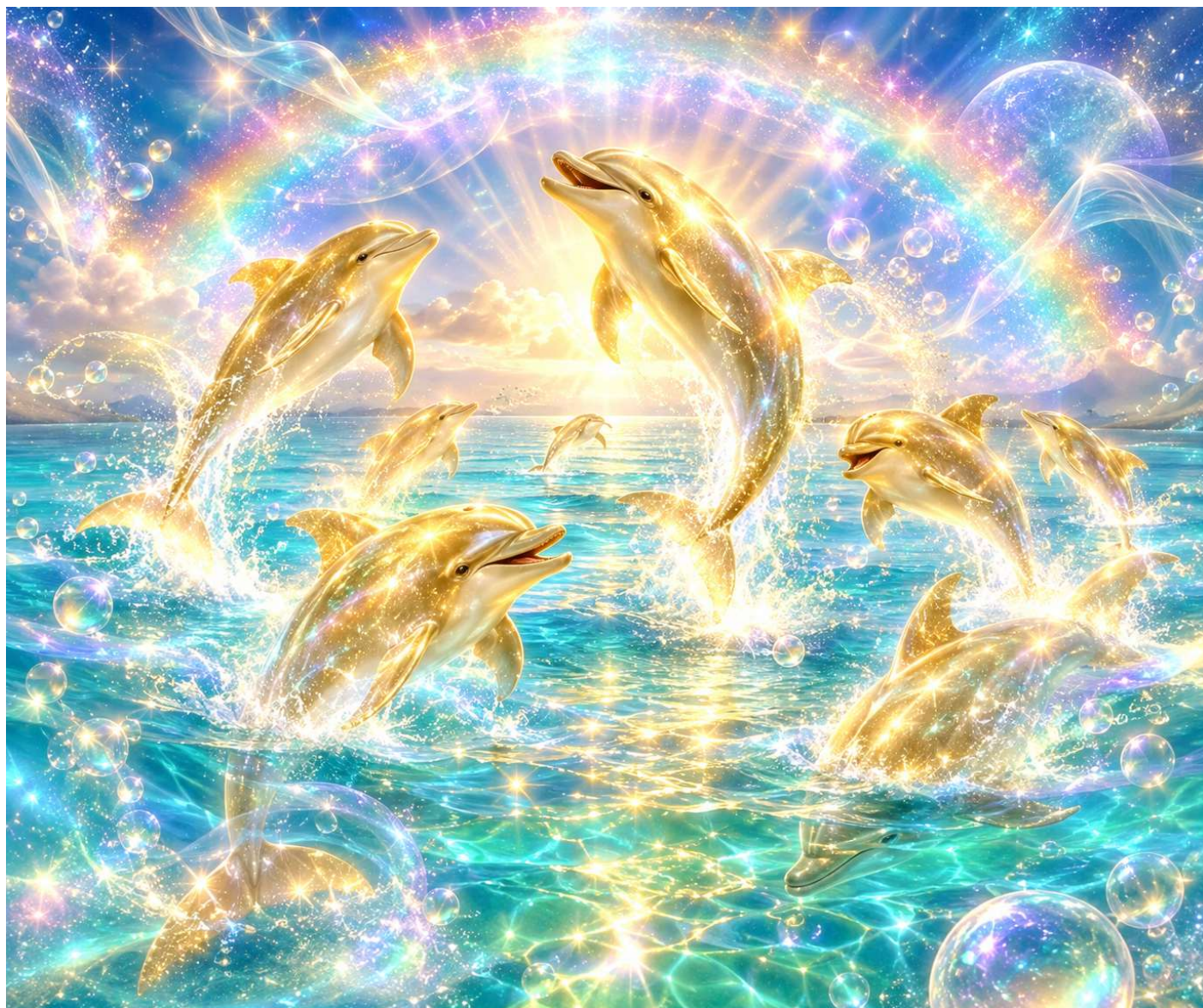


MIRACULOUSNESS



I Am a Living Miracle. All Life Is!

🌸 Be the Love 🌸 You Wish to See 🌸 In The World 🌸

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MIRACLES MANTRA

One with Prime Creator SOURCE Deep Eternal Love and All in Unity Fields

I / We, Now Live an Enchanted Life!

From Miracle to Miracle, Wonders Never Cease!

The God/Goddess of My / Our Being RECEIVES Ease and Flow

Wherever We / I Go. Thank You! Thank You! Thank You! HU HU HU OM OM OM
Then Countdown from 10-9-8-7-6-5-4-3-2-1 and SO IT IS done indeed.



Harmony Feels Good,
Feeling Good Feels Good

Love Blossoms

I Love Value Honor Respect You
&
You Love Value Honor Respect Me

Let's Celebrate Life Together!

CHAPTER ONE

HEART OF ONENESS



**I AM FREE! WE ARE FREE INDEED!
AND SO IT IS**

CHAPTER TWO

NIDRA YOGA AKA TOTAL RELAXATION

PURE LOVE ONLY • POSITIVE VIBES ONLY

Imagine being in the Presence of Pure Love—Positive Vibes Only.

Close your eyes.

Imagine yourself resting safely beside a luminous sea on a white sandy beach,

Everything is peaceful and harmonious.

The sky is endless. With every breath, your body relaxes.

I CHOOSE TO RELAX.

There is nowhere else you need to be at this moment.

Inhale gently. Exhale slowly.

Imagine Golden Light shimmering across the surface of the ocean.

From the luminous horizon appears a joyful pod of golden dolphins, leaping effortlessly through sparkling silver droplets of water.

They are playful.

They are free.

They are fully present.

For this meditation, allow the phrase **6D & Beyond** to represent an inner landscape of expanded imagination, compassion, unity, creativity, peace, joy, awe and wonder.

There is nothing you need to prove.

Nothing you need to accomplish.

Simply breathe, relax, and experience the unconditional love that is ever-present.

I AM SAFE.

I AM PEACEFUL.

I AM FREE. I / WE RECEIVE PURE SOURCE LOVE IN THIS NOW.

Softly Repeat The Chant (((OM))) 3 times or as needed.

RETURNING TO AWARENESS

Slowly bring your awareness back to your physical body.

Notice your breath and the gentle rise and fall of your chest.

Feel the surface beneath you supporting you completely.

Become aware of the sounds around you.

Gently wiggle your fingers and toes.

Roll your shoulders softly.

Take one slow, deep breath in.

Exhale gently.

Carry this feeling of peace, love, and light with you.

When you are ready, slowly open your eyes.

Return feeling refreshed, peaceful, grounded, and fully present.

I AM HERE. I AM FULLY PRESENT. I AM LOVED BEYOND HUMAN MEASURES

WE ARE LOVED IMMEASURABLY AND WE KNOW IT.

THANK YOU! THANK YOU! THANK YOU!

BELONGINGNESS

Notice what brings Peace. Notice what inspires Gratitude. Notice when you receive Unconditional Love & Share It. Notice which thoughts create separation and which thoughts unite you with SOURCE. We all belong to the Whole of Creation ever evolving Love and Light.

HARMONY MANTRA

The God/Goddess of My Being Receives Accepts Appreciates _____

HARMONY WITH ALL. PEACE FOR ALL. PROSPERITY FOR ALL. FREEDOM FOR ALL.

UNIQUE AWESOMENESS There's no one else in the world exactly like you! Enjoy your unique beauty, unique talents, unique creativity. I Am Loved. I Am treasured! I Am a Living Miracle. All Life in the entire cosmos truly is precious.

EVERYTHING CAN CHANGE FOR THE BETTER IN A BLINK Every now moment gives us another opportunity to choose love, our highest joys, highest excitement.. I Now Live an Enchanting Life from Miracle to Miracle, Wonders Never Cease!

MANTRA Today I See Beauty Everywhere! I Receive Accept Appreciate a Perfect Day in Every Way. (Feel into BEingness What That Means to You... Co-Create Wonderousness by FEELing into BEing Your Highest Joys, Highest Enthusiasm, Highest Dreams for Yourself and HUmanity. Remember the Entire Universe Stands By to Help When Our Intentions Are Pure.

ANCIENT CHANTS Eternal OM is a beautiful chant that can connect us with SOURCE Deep Eternal Love That's Ever Present. HU is a Love Song to God, SOURCE the Beloved I AM Presence within us and All of Creation. Gently Chanting OM can instill peace, calmness and sense of belongingness. Gently Chanting HU can bring Harmony into our lives, ease and flow.

HEART HUGS (I Receive Unconditional Pure Source Love)

Take a gentle, deep breath. Place a hand upon your heart. Feel the astonishing rhythm that has accompanied you through every joyful day, every challenge, every surprise, every dream, and every new beginning.

Quietly affirm:

I Am That I Am, I Am That I Am, I Am That I Am, I Am One with Deep Eternal Love

AND I KNOW IT.

CHAPTER THREE

You Are Magnificent Indeed!



Within each of us lives tremendous strength and tremendous tenderness.

The lion reminds us of courage. The lamb reminds us of gentleness.

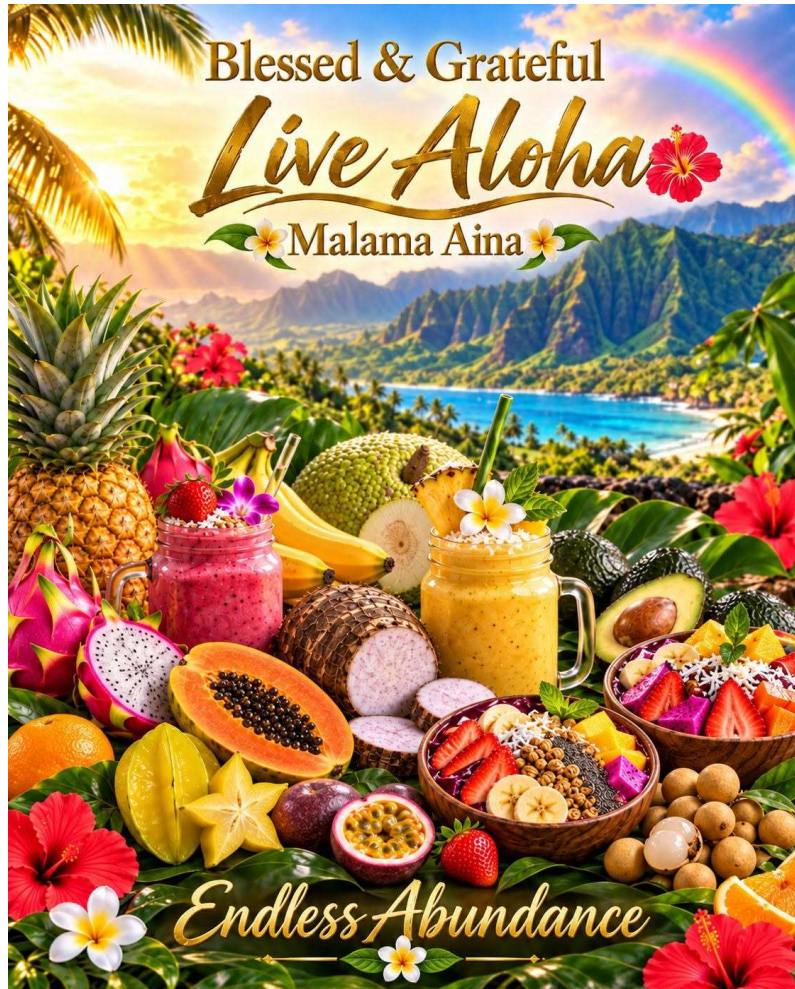
We do not have to choose one and abandon the other. True strength does not require cruelty. Tenderness does not require weakness. Courage and compassion can walk side by side.

Our uniqueness does not separate us from the whole. It enriches the whole.

Look into the mirror and say: **I Am Loved. I Am a Living Miracle. All Life Is!**

CHAPTER FOUR

Gratitude is the Right Attitude Thank You In Advance



Millions of people love to visit the Hawaiian Islands and Enjoy the Magnificence of a Subtropical Paradise. Hawaii is a Living Paradise from the Mountains to the Seas where sea turtles, monk seals, dolphins, whales and tropical fish love to frolic and play. The exotic fruits and flowers are heavenly to behold and share. One Seed Truly Can Create a Food Forest.

In **Genesis 1:29**, Moses reminds us that seed-bearing plants were given to us for food. This ancient wisdom remains deeply relevant today. The United Nations has also encouraged greater emphasis on plant-forward food systems.

What does this mean for present and future generations? We can inspire and support healthy habits. We can nurture our nation's youth, support euphoric births, ageless beauty and help create a **Healthy Heart Society**. **Peace begins in our hearts** when we recognize the sacredness of **All Life** and the endless abundance that **God, SOURCE, and Nature** provide.



The Nutrition Rainbow



The pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. By eating all the colors of the nutrition rainbow, you'll harness the power of these cancer-fighting and immune-boosting foods!



Lycopene

Reduces breast and prostate cancer risk, boosts heart, brain, eye, and bone health.

Tomatoes
Watermelon
Red Peppers
Strawberries



Beta-carotene

Fights cancer, reduces inflammation, supports immune system, and boosts vision.

Carrots
Sweet Potatoes
Pumpkin
Apricots



Vitamin C and Flavonoids

Inhibit tumor cell growth, detoxify harmful substances, boost immune system, reduce inflammation, and boost heart health.

Citrus Fruits
Pineapple
Mango
Yellow Peppers



Folate

Builds healthy cells and genetic material and boosts heart health.
Calcium strengthens bones, muscles, and heart health.

Leafy Greens
Broccoli
Avocado
Brussels Sprouts



Indoles and Lutein

Eliminate excess estrogen and carcinogens and support eye health.
Allyl sulfides destroy cancer cells and reduce cell division.

Broccoli
Cauliflower
Cabbage
Bok Choy



Anthocyanins

Destroy free radicals, reduce inflammation, and boost brain health.

Blueberries
Blackberries
Purple Cabbage
Grapes



Resveratrol

May decrease estrogen production, boosts heart and brain health.

Grapes
Pomegranate
Red Onion
Berries



Fiber

Boosts digestion and weight loss, removes carcinogens.

Beans
Lentils
Whole Grains
Nuts and Seeds

PhysiciansCommittee

CHAPTER FIVE

A Path to Harmony, Peace & Grace

Food can be nourishment, celebration, creativity, culture, color, fragrance, gratitude, peace and love in action. A beautifully simple plant-forward foundation can begin with four abundant food groups: **Fruits. Vegetables. Whole Grains and Legumes.** From mangoes, berries, bananas, papayas, melons, citrus, and apples to leafy greens, carrots, squash, tomatoes, broccoli, sweet potatoes, and an endless garden of vegetables, nature provides extraordinary variety.

Whole grains can include oats, brown rice, quinoa, barley, whole wheat, millet, and other traditional grains. Legumes include lentils, chickpeas, peas, black beans, kidney beans, soy foods, and many additional varieties enjoyed across cultures for generations. Add herbs, spices, nuts, seeds, and other nourishing foods according to your individual needs and preferences, and the possibilities become wonderfully creative.

QUANTUM-PLATE Laughter is the Best Medicine!

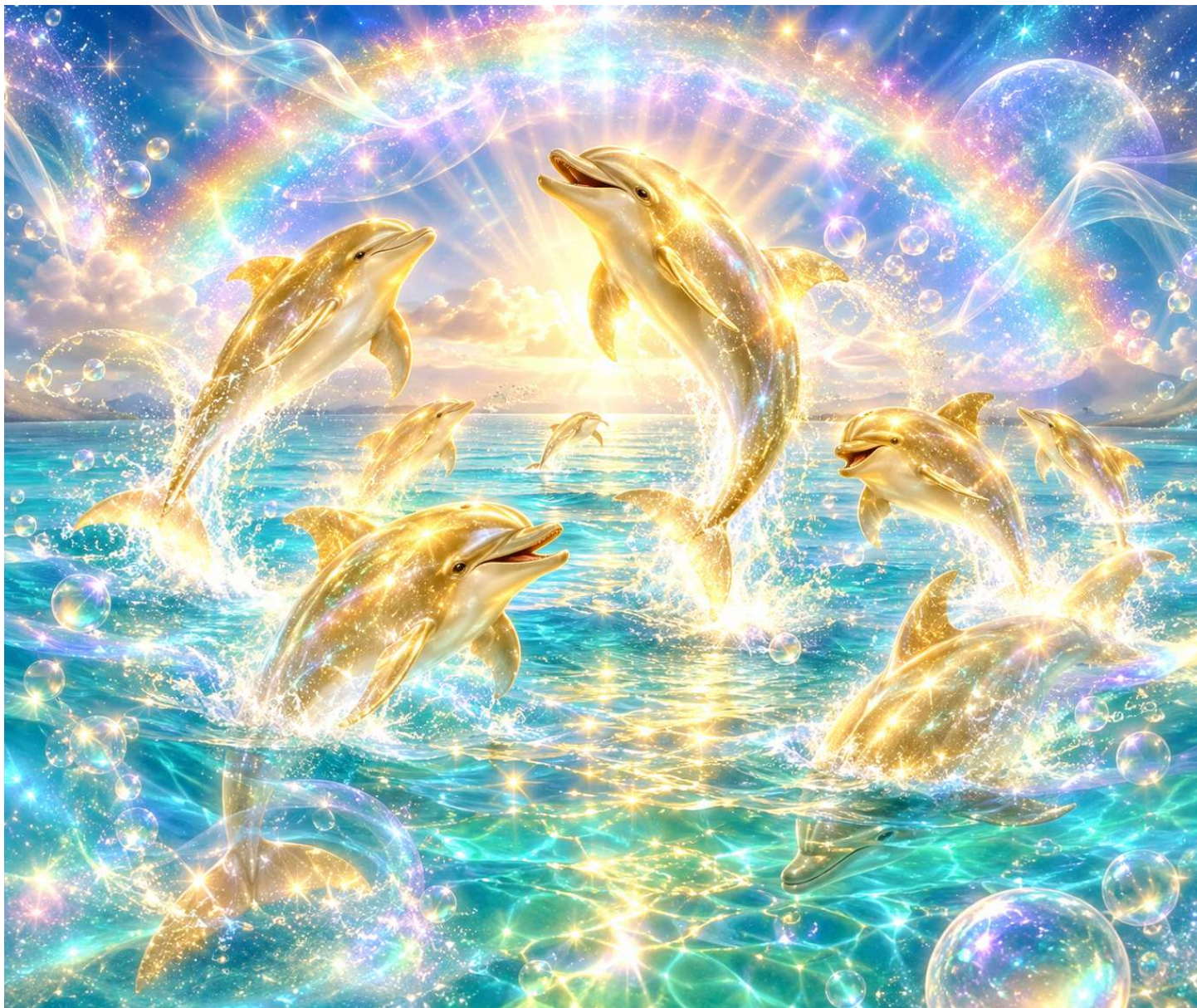
Lawrence Frieberg, CEO Soul Planet & We The World Tour

A meal can become a rainbow.. A kitchen can become a place of endless creativity and joyful celebrations. Plant-forward living is not based on restriction. It can be approached through abundance. Try a new fruit. Learn a new soup recipe. Create delightful garden bowls. Grow herbs near a sunny window. Share meals with peace, love and gratitude. Different people have different nutritional requirements, health considerations, allergies, and circumstances, so wisdom includes listening to your body and obtaining individualized professional guidance when appropriate. Food can become a daily opportunity to practice self care, receive unconditional love from SOURCE, Cherish Mother Nature's Splendor, God's Designs!

FUN FACTOID Brambles achieved a Guinness World Record as the Oldest Vegan Dog. She loved lentils, steamed rice and organic steamed vegetables. Brambles lived to be 25. All her siblings were also vegan for reasons of the environment, compassion, love and kindness. Amazingly in the times of Egyptian Pyramids Temple Cats were also vegetarian. The Pyramids were designed with sacred geometry to enhance pure euphoria, inner peace and happiness. Harmony was a natural way of living, being and interacting If you feel your felines are temple cats research Green Mush Recipes by Kim Sheridan, Author "Animals & The AfterLife" founder [Compassion Circle](#). Evolution Diet's Ultra Life Organic Vegan Cat and Dog Foods are widely regarded as the top-tasting, nutritionally complete plant-based options, with unique flavor, texture, and health benefits that set them apart from other vegan pet foods.

CHAPTER SIX

GOLDEN DOLPHINS & MAGICAL REALMS



MANTRA

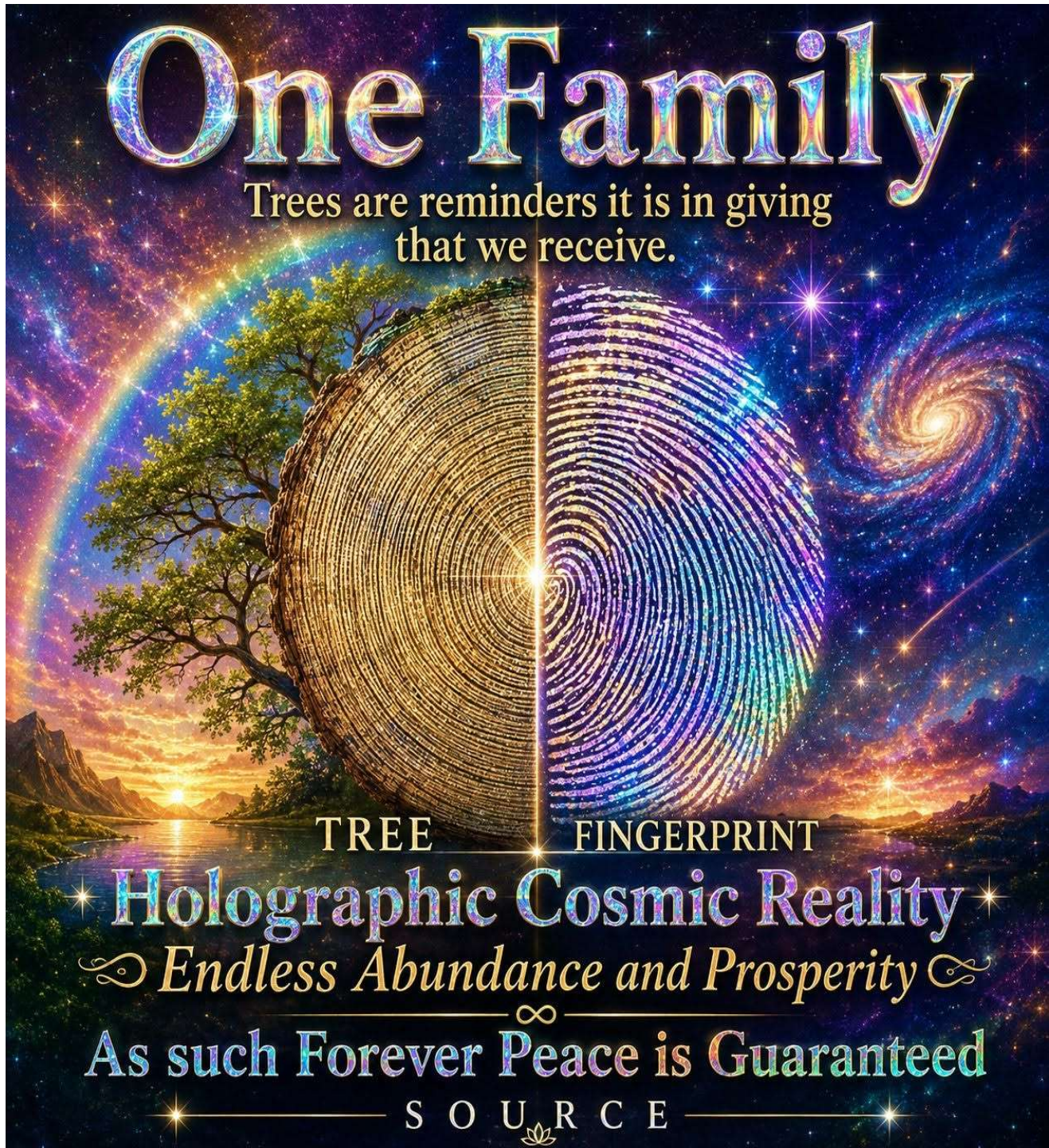
Miracles Happen All Along I Am a Living Miracle, All Life Is!

From the God/Goddess of Our Being I Know Deep Eternal Love is Real

SOURCE LOVE IS ETERNAL AND I / WE KNOW IT.

CHAPTER SEVEN

ABSOLUTE BELONGINGNESS WE ARE ONE WITH SOURCE



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CHAPTER EIGHT

I AM ONE WITH INFINITY ENDLESS LOVE & CREATIVITY

*'I Now Breath In
Divine Grace
I Choose Receive Accept
Authenticity
Divine Synchronicity
Pure Joy
Deep Eternal Love
& Vibrant Wellbeing*

I Am That

*I Am One with SOURCE
Deep Eternal Love
and I know it.*

*One with Prime Creator Source
I Choose, Receive, Accept & Appreciate
Harmony with All,
Peace with All,
Freedom for All.*

*And So It Is
Indeed. Thank you 3x*

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CHAPTER NINE

I RECEIVE DIVINE GRACE NOW

Grace is not of this world, yet it is freely available to those who humble themselves and ask.

Saints and Archangels standby ready to help, residing in the Heavens offering loving guidance.

The messages Jesus shared are as relevant today as they were 2,000 years ago.

Forgiveness does not mean another person's actions were right. It means you no longer have to carry the pain.

MANTRA I choose to surrender known and unknown traumas, hurt, pain, guilt, anger, rage, shame, and all that no longer serves our innate joy, innate goodness, innate LOVE..

The God/Goddess of My Being RECEIVES Divine Grace now. RECEIVES Deep Eternal Love.

I love, value, honor, respect you. And you love, value, honor, respect me/us.

Let go and let God.

I now receive Unconditional Love.

I receive Divine Grace. Divine Wisdom. Divine Love & Light.

Thank you. Thank you. Thank you!

HONOR THE INNER CHILD

Have you ever held a baby, kitten, or puppy? Pure Love is the fabric of Creation. Pure Love flows through flowers, trees, water, every living being, and entire universes.

MANTRA

The God/Goddess of My Being Honors Self-Love, Self-Nurturing, My Endless imagination, and Endless potential.

To thine own self be true. Eat when hungry. Sleep and rest when tired.

Allow your curiosity and joy to flourish. **Explore. Learn. Grow.**

Expand your compassion, love, kindness, wisdom, understanding, humor, and patience.

Honor the Inner Child. Celebrate the Miracle of Being Alive, Conscious & Aware.

Be
Love

CHAPTER TEN

BELOVED I AM, BELOVED WE ARE INDEED

Words repeated with loving attention can help shape the direction of our awareness.
A mantra can become a gentle home for the mind.

Use these words slowly.
Allow space between each sentence.

Beloved, I Am Indeed.

I am alive.
I am breathing.
I am learning.
I am growing.
I am worthy of kindness.
I am capable of offering kindness.
I release what no longer serves love.

Every day is brand new.
The past is truly over, and I know it.
We know it.

Beloved, I Am Indeed.
Beloved, We Are Indeed.

Love lives here.
Peace begins here.
Gratitude resides here.
The next wonderful begins here.

READY!!!

MIRROR MIRACULOUSNESS

Cherish the Gift of Life, Cherish One Another
OurUnique Expression of SOURCE



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ABOUT THE AUTHOR



SHAKIRA PARADISE ROSE

Paradise Rose is an **Author, Publisher & Music Composer** creating uplifting books, music, art, and inspiration celebrating love, joy, creativity, and the magnificence of life.

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