

My Angel

I am asleep.

I see a mist and a pathway. It is beautiful. Along the way to the left and to the right there are newly planted grapevines. The seedlings are young and vulnerable yet seemingly each is lifting skyward soaking up the white-grey mist. As the dew lies on a leaf the leaf becomes a vibrant green.

I am about 8 or 9-years old. I have a short white dress on and my favorite black patent leather shoes, the bobby socks with the pretty snowflake lace along the top tickle my ankles. My hair is parted and braided in my mother's favorite way.

A man appears and takes my hand. He is really, really tall with distinguished grey hair, slacks and a sweater. We look down the path and then start along the way. I feel the firm, compacted gravel underneath my feet. The firmness is reassuring. Our steps are matched. I feel the mist soaking into my skin. We are looking ahead and when I look to the left or to the right I see the gullies which are between the path and the plantings. His grip gently becomes firmer. I look up at him and without words he encourages me to look ahead.

The only words I hear are....

“I am always with you.”

I wake up.

The next day, I find an attorney to file for divorce.

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The MicroBusiness Exchange®

My Personal Achievement Plan®—

A Marketing Plan for a company called, YOU!

All definitions came from my old college dictionary. Webster's II New Riverside University Dictionary
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Bible References from the bible that my mother gifted me.
The King James Study Bible. Thomas Nelson Publishers ©1988

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April 22, 2011

Celebrating 6 years of soul inspired living...I am grateful!

The Soul Inspired Tune Up continues to evolve through life lessons in partnership with my Divine Spirit. October 2010 through now has been a particularly chaotic and volatile time. The lessons are flowing and the guidance is swirling, sometimes beyond my comprehension. TRUST! Ten lessons and profound guidance in less than 10 days! The new information is coming so quickly that I have created a wall in my home with four 22 x 28 inch poster sized sheets to freestyle the information as it "arrives."

The constant presence of Spirit guiding me along the way is my root system. The insistent question has been, "Is my heart-style aligned with my work-style, business-style and life-style?" Often the answers came through the prayer and meditations contained within the new chapter, I Am Divine Magnificence. Go to page 71. There are new meditations, suggestions for continuing your Soul Inspired practice and a prayer for what to do when you do not know what to do! You can read these pages anytime during your Soul Inspired Tune Up.

The Sacred Seed is coming. It is diagrammed out and it brings forth new wisdom yet the sprout is too tender for me to bring to you yet.

Happy Birthday! Believe in your dreams! Shout HALLELUAH! Live fully and vibrantly!

Mercedes



With Gratitude

The first two times I approached my communion with Spirit alone. It was truly a practice of faith and discipline. During this journey I had a travel companion, my then student and now friend, Leah Young. Her Spirit is gentle grace and I am grateful to have had her with me.

Leah,

Thank you for the 3:30 a.m. wakeup calls, faithfully holding the energy, and bringing your treasured words of prayer to our morning gathering.

When two souls gather, in faith, miracles happen.

And so it was! And so it is! My Friend.

Harriette,

God sends me the best Angels....

Love, Joy & Laughter!

Kathleen,

Mirror, mentor, friend. I Am a Healer! Thank you for never accepting my resignation and for your unwavering belief that, "It just doesn't get any better than Spirit!" This has sustained us through many a Friday nights as we fearlessly explore the teachings of the great Masters of the Universe. April 2011



A Prelude to Mindfulness

A rolling stone gathers no moss. A wise woman (my mother) would use this phrase with me if I was changing directions. This was her check-in. A very illuminated woman, my mother, would not change our course or stop us. She would just check-in. Are you sure that you want to stop taking ballet lessons and start track and field. Why? What is your reason?

Are you rooted in purpose? For spiritual entrepreneurs and career based professionals in particular this is especially important. Let me ask you a few questions?

Have you ever been unable to sleep because you did not know if your new idea, widget, or _____ (fill in the blank) would work?

Have you ever had more to do than you had time for? Resources for?

Have you ever felt uncomfortable with the job you were in? Wondering why there was a nagging sensation that will not go away? Something is not right yet you cannot figure out exactly what?

Has something unexpected happened and you are now trying to figure out what direction to go in?

When times are unsettled what is your fall back or fall into position?

What keeps you going, motivated and moving forward with conviction?

Are you rooted into your Divine Purpose? What seed of desire has been planted in your soul that you can no longer ignore? What is driving your heart with force and conviction? How have circumstances lined up so that you are now facing a choice to change direction, to move into the direction of your dreams?

What was so luminous that it required my third purposeful prayer retreat? Spirit has been guiding me towards working with heart-centered entrepreneurs. In at least three meditations these words have come through:

“My children, my healers should not be scraping the bottom of the barrel. They work in fear. They work from lack. Yet, they work in the Knowing presence of my Love.”

I have been given some instructions. The inflowing and real evidence is The Soul Inspired Business Network and the chapter, *Loving Me When...Success is My Sacred Right*. I was afraid.

While I have the professional background to assist with marketing, communications, operations set up and more. I have also been led to Reiki, Tai Chi, Qigong and the gift of speaking in tongues (what I call the “Language of Divine Spirit”); and it is through these gifts I now work with spiritual visionaries, healers, and leaders, you – if you are reading this – to clear the energy frequencies.

It has been intimidating. I do not frequent ashrams, churches, mosques or synagogues. What you see from me has come through me from Spirit. I hope that I am stepping into the work I believe I have been guided to do, gracefully. I have come to understand that as I have sought the guidance, the teachers have always appeared. As I have needed a nurturing the community has always appeared. As I have sought clearing and clarity the healer has appeared.

As we step into our Divine Purpose, the Knowing of Spirit, the blending of our beliefs, our experiences and our communion of people fortify us, root us into our undeniable work that is our life passion.

What is your Divine Purpose?

Are you rooted in your Divine Purpose?

When Spirit comes through me the cadence, word usage and grammar is different from regular usage and speech. Just a note in case you notice.

Prayer

The peace filled communion between yourself and your higher source energy. In this context prayer is spiritual not religious.



Introduction

I have completed this personal prayer retreat three times: once as I was going through the divorce; once when I was scared, lonely and transitioning through the newness of being single again; and now during July 2010 as I am transitioning into living again and standing in faith that the work I love will keep me vibrantly, viably, sustainable. Each time this process has brought me comfort and shifts that allowed me to feel My Angel ~ My Divine Source Energy ~ My God's presence within me. Through this strength I have faithfully moved forward along the gravel path. I have been deeply moved by the connection and the discipline of the practice as it fortifies my energetic backbone and affirms my spiritual Self.

As I practice *Loving Me When...Success is My Sacred Right*, there is a gentle releasing and as I move through this 21-day process there is a knowing that the firmness of Mother Earth is underneath me. This book is written in the "I" first person because it is my experience. It is also written in the "I" first person so that you may use these words as well. Beginning now...

I give thanks to the Knowing Presence within Me that is the One that is GOD.
I AM that I AM.

Thank you for being here.

A Few Words about Spirituality and Desire.

It is my belief that desire fuels inward reflection and that this inward communion between your mind and your inner self is spirituality. This is different from religion or being religious – the connection between you and your God. It is not my intention in any way to support or advocate for or against any religious doctrine. What you believe is a deeply personal and individual choice. You will see my references to God because I have had a personal experience with angels. Therefore, I believe very deeply that God, Spirit, The One, The Universal Divine Source Energy exists. *This is my personal experience.* Know however that in order to gain the most from the time you spend here that you should spend some time reflecting inward about your personal beliefs. By definition *The Soul Inspired Tune Up* is a journey that strengthens your connection to your inner Self, to your Spirit. It was a spiritual journey for me that happened over the course of these 21-days of reflection. This experience allowed me time to reflect honestly and inwardly. I fortified my conviction to support that tremendous drive within me called purpose.

The foundational maxims of The Soul Inspired Tune Up are:

- There is a universal ONE-ness that connects and inter-connects us all.
- Belief in something: God, the Universal Energy, a Higher Power, Angels. Infinite Resource.
- We are ONE, a complete and fulfilled expression of the Universal Energy, and we have the ability to become more aware of this Source Energy within us and that is part of us.
- Through meditation and prayer we have a way to minimize the feeling of separateness between the Divine Source Energy, the inner Soul Self, and our Physical Self.
- You have the innate ability to heal yourself and your circumstances.
- The way you think affects the way you live, behave, and manifest your destiny. The way you speak is equally important.
- Emotions matter. Passion matters. Love is the great transformer.

- Forgive yourself and others.
- Gratitude and understanding the universal value of “thank you” is an essential element to creating the new life purpose you desire.
- Laugh, smile, and be filled with joy and happiness.
- Allow your success to flow into you and through you.
- Remove the clutter from your thoughts and life.
- Be quiet. Still your mind. Breathe!

One more point.... Show Up No Matter What!

Sometimes we are working from a place of guilt and Self judgment that is so deep that we feel that we don't deserve peace, happiness, joy, prosperity and abundance. I ask you to find enough desire within yourself to start the work. Can you promise to show up for your prayer retreat daily? It is not a requirement to feel that you are deserving at the very beginning. It is enough that you want to shift your circumstance, take some action and believe in your Higher Source. When miracles, awe and wonders activate, your feelings of worthiness become so strong that all that is left is for you to do is to receive.

God created dreams, desires and wants to
demonstrate His presence through us.

Reverend Sophia Falke
Unity Center in the Valley
Las Vegas, NV



The Destination is Discovery

I move towards mindfulness in this area of my life to become more sensitive of the presence of Spirit in all things. In my life I am spiritually mindful in every way that I act, shift, change, behave and emote. There are some instances, experiences and events that I do not accept into my Being. I pass through the unwanted emotional spectrum of anger, hurt, fear, and lack of understanding and it does not attach. My full and complete expectation is peace, success and happiness in everything that I do.

My spiritual alignment is nurtured and cared for through this personal time. This is my time of doing in faith, applying faith, and communing with faith. I lie vulnerable in Spirit's presence. Not actively fixing "it" myself. Not actively formulating the plan for fixing myself. I commit myself to this personal time of meditation and I release myself to my process.

The destination of the process is not a specific end result. The destination is Discovery, a place that I cannot see right now. My commitment is to arrive at the designated departure time everyday open arriving at Discovery with an clear mind and heart. My commitment is to lay in the vulnerability, resting in Spirit's Grace, surrendering my thinking mind. My commitment is to capture the subtle nuances as the landscape of daily living drifts by. My commitment is to allow myself the gentle easy shifts, the five degree shifts, so that my visionscape opens up to new vistas, people, places, processes, and prosperity so that my emotions release and give way to my happiness and

peace. Through this communion with Spirit I experience the knowing that all things are possible.

And so it is.

The Elements of My Personal Prayer Retreat

A note before we begin. The only real requirement for your personal prayer retreat is to show up. If you are going into this because you are going through a challenge, there is no other requirement than to show up. Be quiet, wait and feel the presence of Spirit. There may be layers and hurt and pain. That is why I believe, “Loving Me When...Success is My Sacred Right” came from Spirit through me. It is the tool; the words to get you started if you do not know how. Please, just show up and I truly believe that your commitment, your action will create the connection to Spirit that will drive the change, shift, circumstance, life you desire.

Designing Your Retreat

- A ceremony to open your 21-Day retreat
- A routine for my daily retreat
- Breathe!
- A consistent time to enter my mindful retreat.
- A designated space.
- Acknowledgement that help, assistance and communion of Spirit are needed
- A purposeful consistent practice

Here are some practices to consider.

A ceremony to open

At the beginning of each prayer retreat I open the 21-day practice with personal rituals. I love crystals so I always select a few of my favorites to be with me. I usually select a specific physical exercise to do and I also