

The

101

INSIGHTS

**For Your Personal
And
Spiritual Growth**

Phil Walmsley

The
101
Insights

Phil Walmsley

Choice Services
Ladysmith, British Columbia
Canada

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The
101
Insights

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*Dedicated to
the personal God that lives
within each and every one of
us.*

There is always choice.

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Introduction

The Insights are about my questioning mind. I tend to question many things but I have an especially inquiring mind in the area of philosophy and religion. Questing for the truth is important to me. Many times, I have found what I thought to be a permanent truth only to realize after receiving more information and having more life experiences, my so-called permanent truth was, and is still being, surpassed by another so-called permanent truth.

Thus, I realize my search for truth, my search for who I BE and for God is evolutionary. My received truths have not been via a blinding flash of light or any other kind of extra-sensory, revelatory, mind-blowing experience. My truth is realized through the persistent searching and consistent listening for answers. This searching, questing, and the sum of my life experiences to this point in time are where and who I am at the time of writing this book. After reading this book, my truths and perhaps your truths will have changed.

The 101 Insights were bestowed upon me one Insight at a time. All the Insights were preceded with my questions based on what was happening in my own life experience. I cried out for help. I will share with you a bit of my personal history that led up to this “crying out.” To do this I need to go back in time, a time when my life was in utter chaos. I was recently divorced. My former wife made a different life choice and neither the children nor I figured prominently in her future. I began raising our four children on my own. This was a time of financial despair and emotional upheaval. To be sure, I felt abandoned. I felt abandoned not only by my wife, but also by God. “How could God let this happen?” I questioned. I thought of myself as a good husband and a good father, surely I deserved a better fate than to suffer the painful words of, “I don’t love you anymore.” While I was distraught at my wife’s exit, I was even more distraught that the great loving God of mankind would be so cruel to me. Why me? I can remember saying to God, “If this is the way you make friends you’re going to be a lonely person.”

While I may have been angry with God for his lack of concern and abandoning me, I did not have a lot of time to dwell on such. Putting myself aside, I made it my mission to raise my children, then aged between two and seven years old, and to assist them in seeing life as a pleasant journey. They too greatly suffered by the disappearance of their mother. We banded together and I became both mother and father (I wore no dresses). Life struggled along in many ways especially financially. It was one thing for me to be struggling emotionally, but when compounded with financial stress, it felt as if I was completely abandoned.

A couple years later, a long-time lady friend chose to be my partner and assist me in raising the children. It was at this point the Insights began to come forth. I believe my ability to hear my inner guidance was due to the heightened awareness and energy that came with the combination of my emotional struggle and the emotional high of being in love. While I can’t say for sure it wasn’t simply a coincidence, I believe the juxtaposition of these two events, triggered the Insights.

One sunny fall morning my long-time friend, who was now my partner, and I were lying together in our bedroom when I felt a presence. I was not sure if I should be afraid or feel exalted. I felt this presence move around my room. I was in a bright room. I could not see any visible signs of this presence. I do know I wanted to speak out and say, "If you have something to say, then say it." Being somewhat nervous by this presence, I decided to put on a bravado façade. I spoke to my partner, Ruby, and calmly said, "We are not alone." She became apprehensive, even fearful and the presence quickly disappeared. (The emotion of fear creates a low energy vibration and this level of energy stops the ability to receive a higher energy vibration of guidance).

Once the presence was gone, I had a tremendous urge to write. I didn't know what to write, but I did know I wanted to write. I couldn't wait to sit and write.

Later that evening, once all was quiet, the opportunity to write did come and I picked up a scrap sheet of paper and prepared my pen. As soon as I positioned the pen over the paper, the presence returned. This time the energy was much stronger. I was not fearful; in fact, it was quite a calming presence. That's one thing I had not felt in quite a while: myself calm. There was no apprehension; I allowed the energy to be. I felt a tingling sensation in my spine. The best way to describe it is as if a cool breeze was blowing over my back, tickling me up and down. It was subtle, yet definitely noticeable.

I started to write whatever came into my head. What I wrote really didn't sound like me. It didn't sound like me because I didn't have these kinds of thoughts. While I was certainly questing for truth, I always thought it would come in a blinding flash of glory. Here I was, sitting in a chair with a pen and paper feeling as if I was being dictated to; it was not automatic writing. No one was controlling the pen or my hand. I could stop at any time and if I wanted to, I could have never written a single word. But, inside my head were all these words and sentences that needed to be written. I didn't know what words were coming next. I remember sometimes I would hear a sentence, not like it and decide to change it. At times, I did not agree with or understand what was being said in my head, and I would change the wording so it made more sense to me. When I did this, the presence, this energy stopped and my mind went blank prohibiting my writing. Only when I deleted my version of the sentence and went back to the original sentence did the presence come back and the writing continue.

Now understand when I say, "I heard a sentence," I was not hearing voices, it was more like I was thinking quietly, yet what I was thinking did not seem to fit my usual thought patterns. It was as if I were capable of new thoughts, higher thoughts. Eventually the presence would stop. As the energy stopped so did the desire to write.

Afterwards, I would mull over what I wrote and each time I knew I received a gift, an Insight to assist me not only with my spiritual questions but also with ones that are more practical. Often, these writings pointed out where I personally deviated or when I made less than loving (trusting) choices. These writings gave me a point of view, a thought, which could, if I so chose, allow me to move in a different direction. Sometimes it was as though I received a solution, but the solution would be useless if I did not take any action. In all these writings, I was always given choice. Not a right and wrong choice but rather a choice of thought or action in which I would be supported, no matter how confused I might be by making that choice. In these writings,

guidance seemed to indicate I was to make a choice because then there could be movement (in what I was experiencing). Sitting in limbo, it seemed, was not a good choice.

This is how all the Insights were written: First, I would have a life experience, and then I would receive the Insight. The presence would sometimes come involuntarily. Sometimes it would come upon request. Sometimes it did not come, no matter how much I asked. There seemed to be some synchronicity between my asking and the presence knowing if it was appropriate to respond. Perhaps I needed to experience whatever it was I was experiencing for a longer period or at a stronger level before the Insight was given. I know not why, but I trusted the presence and whatever the reason for the timing of the Insights, I believe it was for my higher good.

After a period of two years, the presence ceased and I no longer wrote. I tried to muster up the presence but it was just not there. I tried to write as though it was there, but the writings had no energy and no life. They were concocted, uninspired writings. Eventually, I stopped trying to write and let it be.

In 1996, the World Wide Web began to come alive and I thought to myself, “Why don’t I take the highlights of these writings and make them into little cards people can see.” I wanted to share my gift. I was a bit hesitant, fearing religious people would give me negative response to these Insights, but those fears were unfounded. Over the years, I have received hundreds of emails thanking me for the Insights and the cards on the Internet. I have had ministers and preachers ask permission to use them. I have had people, who have been searching for an answer to whatever it was they were asking, find their answer. I believe in the Insights. They may not be the “be all and end all” but I do know they have assisted many people in seeing life from a different perspective. People, through reading the Insights and allowing the words to bring out their own personal truths and provide guidance, have had the opportunity to see possibilities where before they could see none.

People asked me if they could buy the cards, so I made them into a deck of 101 cards and sold them. I have heard from groups that use them in their healing circles and from others who wake up and choose one each day to read.

People asked me to explain the cards in more detail and so this becomes the next chapter for the Insights. At the time of writing this introduction, (2008) it has been twelve years since I began to feel that presence.

The presence has returned from time to time but only comes when I have struggled with an issue and exhausted myself in the experience of discovery. Does this mean I have the answers inside myself at other times and only need to listen?

As you venture into *101 Insights* know they are written in the order received. They are chronological. If you study them, you will see the issues I struggled with and perhaps still do. I hope this book assists you with your own personal and spiritual growth. May this book bring you one-step closer to knowing yourself and your Creator, the God source that lives within each of us.

The truths contained in the Insights are wholly personal. I claim these truths as MY truths because that's what they are. I offer these truths to you and you may or may not accept any of them as your truth. If one of MY truths feels right then accept it. If it does not feel like your truth, this is fine. Find your own truth.

I thank you for choosing this book and hope it serves you well.

Preface

101 Insights is a compilation of “inspired” insights. They were given to me at a time of what I called desperate emotional struggle. At the risk of not wanting to appear selfish, I thought they best be written for anyone to view. While they are highly personal in nature, they speak to everyone. *101 Insights* is a journey through my struggles and how the God within me was ever guiding me to find the light I didn’t even know I had.

In *101 Insights*, there are answers to questions about money (in my case lack of money), love relationships, commitments, destiny, secrets, sex (wow! Who would have thought the God within would talk about sex) and many other subjects/issues I have come up against. Each Insight is a new and revealing way to look at life.

101 Insights will have a profound effect on your life. (Well maybe) Those who have read them report life-changing events. Just ask my editors. *101 Insights* has been online since 1996. I receive many emails thanking me for making them available. Now they are available to you in this book.

A quick thanks to those who assisted me in writing *101 Insights*. I hope this experience changed their lives for the better. The following people spent hours with me editing (and believe me editing my work is no easy chore): My wife Ruby Walmsley, my daughter Sarah Walmsley. The first real effort at editing was by Wendy Hickman of Minnesota followed closely by Tanara Bowie. Special thanks to my final editor (and a great blessing), Wendy Mamoon. “I found the greatest gift through reading Phil Walmsley’s *101 Insights*, that being serenity and self awareness of who I am and what I can do, Be and create when I am truly connected to my “God”. This self-realization spurred confidence to help others and myself, I am inspired to change my life and know it is me, who must change. God willing, all people who read this inspirational work will be so changed their lives become what they want them to be and peace and love abound in them, as it is in me,” said Wendy Mamoon of her experience reading and editing this unique compilation of Insights.

Thanks also to Steven Schneiderman of Tulsa, Oklahoma who created the book jacket. He also assisted with and continues to assist with the promotional text for the 101Insights website.

A special thanks to the higher power who believes in me and has faith in me, while I blindly struggle. I know this same power has the same faith in you that is has with me.

The only reason this book took so long to write was lack of intention. That lack of intention has now been transcended by the willingness to commit.

Phil Walmsley

Insight #1

Strengths

Be proud of and use your strengths! The lessons you have chosen to learn in the past will serve you well. They were necessary. They made you aware of the helplessness and despair humankind can take on. Will you show others there is another way? You have enough lessons and truths inside you to touch each heart with love. Let those who encounter you see your magnificence! Touch every heart with love.

In most people's lives, and probably yours, there are great and difficult challenges. Those challenges result in much emotional struggle and turmoil. It is from the pain of these struggles, if we change our perceptions, we see we are presented with an opportunity. If we look close enough and let go of the pain and emotional drama, we are able to see what the experience taught us. What feels painful, threatening, and uncomfortable is able to transform us and lead us into developing or recognizing our strengths.

Personally, I lived with an alcoholic, sexually abusive father. While this was not all who he was (he did have positive influences in my life), this was the painful part and the part that required me to bring forth my strength. Those who know about sexual abuse know the focus is not usually sex; it is about power and control. I learned early what it felt like to be overpowered, given no choice, forced into unpleasant situations, and to have someone manipulate me into doing things I did not want to do.

As a young boy, I recognized the lack of choice or freedom I had in this situation. As I matured in age, I made a conscious choice not to copy the abusive actions of my father, but more importantly, I made a choice never to force anyone to do anything they didn't want to do. (My children may argue this fact, as they recall numerous times I "persuaded" them to eat their vegetables.)

The point of this Insight, the very first Insight I received, told me I could (if I so decided) take what seemed to be a loss of choice in my life and turn it into something else, an attribute representing my strength. I wondered to myself how many other people had experiences or were having experiences where they felt they had no power, no control and no choice. How could I possibly teach people there is a way to let go of all this anger, hate, and feeling like a victim? Is there any room for love in place of control and anger? How can I show people *Love* is the only way out of this pain? Who am I to think I have the wherewithal to bring this message of love to others? Here I am, a man who has stifled my past, buried my emotions, now innocently writing my first Insight, and being asked to speak of love. I confirmed to myself that I know so little

about love. My strength to BE was challenged to emerge from my perceived pain of the past. Could I turn my pain into strength?

Then as coincidences go, I read a short story; it went like this:

A man looked out into the world and saw despair. He saw the starving millions and the brutality of war. He saw the devastation of nature and the selfishness of man. He wondered why this was so. One day he was so overwhelmed with all he saw, he got down on his knees, pounded his fists into the ground, and yelled at God. He yelled loudly with tears of anger running down both his cheeks, "God there is so much hate, so much crime, so much killing and you don't do anything about it. Why don't YOU do something about it?" Much to this man's surprise God responded, "I did do something about this... I sent YOU."

This one short story called me to BE.

The urge for me to present myself as a person of love became a driving force. I chose to help others. I did not know where to begin. I had enough problems just coping with everyday matters never mind trying to solve the riddle of Love. I knew I had, and I still know I have, much to learn about love. I continue to learn. It is a never-ending process and a never-ending joy.

Insight #2

Touch a Heart

Many hearts are closed to the love of this universe. To touch another's heart, you must first open your own heart. Not just to a selected few, but for all to see.

Be open. Be vulnerable. Allow yourself to be loved and to love all you meet. Take those whose ideals are in concert with your integrity and bring them along with you.

Your compassion, gentleness and your love for your fellow man is strength for you.

I believe the reasons for my existence are to love my fellow man, God, and myself. Yes, I am part of God too. You are too!

For me, the way to another's heart is through my own heart. The only way to my heart is through my heart. Surely that makes sense? When I express my spirit, when I express my gifts, talents and experiences I begin to touch other people's hearts.

My gifts; my talents are from my heart. I can usually express my heart, but only to a limited few. The loving part of my self, the God part of me, is tucked away and unavailable for most to see. I am willing to share this part of my self with someone, but only with those whom I have a trusting relationship. This includes my wife, my closest friends, and sometimes my relatives. What would happen if I were to share the God part of me, the loving part of who I am, with everyone? Could I express who I really am to everyone? I cringe at the thought. What would people think of me? Would they think I am nuts? Would my friends abandon me? Would my family abandon me? What would happen if I showed everyone my heart? Do I even know what my own heart is capable of? I can only help open the hearts of others when I share my true self with them. If I can do this, I open the door (or create a place), where others have and feel the freedom to share who they are. When I begin showing others who I am, by being the Loving ME, I attract those who want to open their hearts.

While I am an expert at hiding my heart, I sometimes take a risk and open my heart to others. Interestingly enough, I have never been rejected by anyone I have opened myself to. Truth be told, anytime I have opened my heart and shared of myself from a place of love I have always been amazed at how the people I am with will open their hearts too. It's as if my leading the way gave permission for that energy to be present. Love affects all who are in its midst.

I don't enter into the open-heart relationship with everyone... yet. I do enter into open-heart relationships with people whose integrity is in concert with my goals. There becomes a

reciprocal giving and receiving in these relationships. There are people whose hearts are closed and (in my opinion) whose integrity is not in keeping with where I am going. I give no energy to and do not enter into relationships with them. One day I will have the courage to open my heart for all to see. One day, I will rise above myself and have the courage to open my heart to those I judge as not being worthy to deserve my open heart.

Touching another's heart begins by expressing my love for all to see.

Insight #3

Chaos

Letting go of the chaos, the business (busy ness) of the physical world allows a means to see the higher vision. Take time for yourself. Not just a minute, or a day, but a month. Take time each day to be still and listen. Start looking for your higher vision, your higher calling. Remove yourself from those areas where you find struggle. They are a distraction. Move on. Relax. Enjoy life. Enjoy living.

All of us experience chaos in our lives. Chaos feels like life or events are moving faster than we are. We pick up the pace to keep up with what seems like an endless stream of crisis or demands on our time. Our lives become a whirlwind of activity. Our minds become overloaded with things to remember that we forget some of them, which leads to more crisis, more chaos.

I am an expert at creating chaos in my life and must be constantly aware of falling into the chaos trap. I like to think I am pro-active, a person who is creative, and completes what I set out to do, I am someone who takes action.

Can I stop the chaos routine I create on automatic pilot? Sometimes I literally bounce around like some sort of lunatic, thinking because I am so darn busy I am making some sort of progress. Aspirin can be the order of the day. Food is a nuisance. I don't have time to eat! The kids are annoying. "Just go away, I'll be with you soon." The bills will be paid tomorrow. Doesn't that phone ever stop? There is no doubt I feel I am carrying the world on my shoulders and I feel responsible for this world. If I could only stop!

This Insight suggests my chaotic life could be so much easier if I only took time to listen to the little voice within me... that ever so tiny voice urging me to be still, to be quiet, to relax - to take a time out. I did not give this voice much attention. I was having enough trouble just keeping up, so slowing down was not an option. I did not see how slowing down could assist me in any way. Meditation drove me nuts. I know many people love meditation, but for me ... well I have things to do... I just can't sit around for any amount of time quieting my mind. I want my mind to be busy so it can come up with some great idea so my life becomes easier... then... I can actually slow down.

I took heed of the Chaos Insight in spite of my doubts, and over a period of months, I began to take more and more time for myself. It was just a little time at first and I might add it was uncomfortable. It felt more like I was wasting time and I was already pushing what seemed like 25 hours a day. Letting go of the chaos, the quieting of the busyness meant the dishes were left unwashed. The laundry may not have been folded (never ironed) or a host of other menial,

trivial, and time-consuming things were not completed. I began to let go of areas where I found myself struggling. I stopped . . .ok, maybe slowed down a bit, believing I had to do it all myself. Letting others assist me was part of this process. Whether in business, personal relationships, money, or work, I began to think, "I am more important than this chaotic mess I created. I choose to let go of this and find an easier way." I realized I had created a reality where I must do everything. I seldom asked for assistance in any area because I felt stupid or incapable if I did. So I struggled along in many areas, trying my best, trying to do it all myself. How foolish. By doing this, I did not enter into relationships with other people nor did I allow others to express or show their talents, their gifts to me. Accounting is not one of my strong skills. So why do I fight with bookkeeping? Why not hand that over to someone who enjoys bookkeeping. I am not very mechanically minded, so why not allow someone else who enjoys this type of work, to do it for me. This was part of my learning to let go of handling it all.

After sitting quietly (not meditating) and just relaxing, by just being quiet, my stress load was reduced. I found I was far more receptive to new, fresh, exciting ideas and opportunities. I switched from an "always in a rush, always in a drama" kind of guy, to a more relaxed, easygoing observer. In essence, I became a watcher of energies, rather than dancing in the whirlpool. By removing myself from the chaos, my energy increased. This was a surprise! I expected to become lethargic and lazy, but the opposite was true. I began to have new ideas, new revelations, and new ways of seeing people and opportunities.

Chaos is a great way to keep ourselves so busy we do not have time to realize there may be another much easier way. If you find your life is one of chaos - Stop! Take time for yourself and listen.

Insight #4

Commitment

The struggle is not about lack of commitment from those around you, but rather about your commitment to your own life. The level of commitment you see in others mirrors your own level of commitment to yourself.

Commit to that which is in line with your life purpose, your life's work. Some of your commitments are nothing more than wishful thinking. Everything you are committed to having, you already have.

Say I AM COMMITTED TO HAVING... AND MEAN IT!!

At times, when I look around I see a lack of commitment in other people. From where I stand, it appears people are not committed to their lives. People talk incessantly about what is right and wrong with the way they do their lives; I see a lack of action. I fail to see what I call, "being committed to [his or her] life." People set goals, but there is no commitment to seeing those goals realized. It seems more like, "Please God, now that I have said what I want, could you, like, deliver it soon?" I am increasingly frustrated with people who are not committed to being who they say they want to be.

These people are a mirror for me, a reflection of myself not committing to my own life, my own life purpose. Yes, I have my life purpose in front of me, but in truth I was saying, "OK God, you and I both know my life purpose, now just make this easy for me and I will do my thing (life purpose)".

I only attract what I commit to. When the last statement made was, "Everything you are committed to having, you already have," I asked myself, is this all I am committed to? Surely, I can commit to more. Surely, I can do more and be more committed to my life purpose than this.

The commitment (or lack thereof) I see in others, is not about them, but about me.

Insight #5

Choosing Love

You have chosen to enter into this plane. This was your choice. Your angels have been with you all along. They whisper into your ear. You have heard them many times.

Now is a chance to choose again. You have a chance to choose love, for this was your original purpose. You have come full circle, and yet you are only at the beginning. For there is no beginning and no ending.

Choosing love is the highest choice.

Become more aware of the forces that surround you. These are powerful forces that call you to "be," and will assist you on your journey. You are not alone!

There will be whisperings in your ears. Listen.

Wow! Did I really choose to enter into this plane? At first, I thought this writing was about me choosing to come to earth. Some people believe we are souls flying around waiting to choose our parents, our family, our lives, our obstacles, our tribulations, and our victories long before we are born. I am not a big proponent of life being prearranged or predestined. I do not support, although at one point in my life I did, the concept of reincarnation.

This Insight is about me choosing to raise myself to a place of Love. The plane spoken about here is not choosing an experience on earth, but rather choosing to enter a higher plane while on the earth.

In each of us is the seed to choose love. It is part of us when we are born and it never leaves. We are all endowed with the seed. The seed I am referring to is the instinctive desire to be in a place of love. We all desire to give and receive love. My original purpose, my first yearning was to experience love. I don't think that has changed.

I found during, and since, writing the Insight cards, I have become more aware of forces and energies around me. I am talking about higher forces, those most people would term an angelic or uplifting vibration. These energies, these beings, are willing to communicate with you and me to show us higher ways, if we are willing to listen. You can choose to listen to yours.

Do you find yourself yearning for love? Perhaps you have forgotten you yearn for love? Choose love. Choose to love on all levels, in all situations. This is the highest calling any of us can answer. Be love. Be loved.

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