



TOOL 1 - Admiration

Step 1 - Make a (BIG) list:

This is one of the most powerful and amazing tools for showing you the truth of you.

The trick here is to NOT think about you—just think about other people, don't connect it to you.

What qualities do you admire about other people?

What things can other people do or be that you admire the most?

What gifts & inner magic have you seen or heard other's express that you admire?

What qualities of presence, wisdom, awareness or consciousness do you admire in others?



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Step 2 – Copy the items over from page 1, onto this page (don't soften or change things)

As you mechanically copy thing from page 1 onto this page, OWN EACH ITEM AS YOURS.

Make sure you place it in the context of *"this is MY gift"* or *"I have this now"* (not in the future!)

What qualities do I admire about myself?

What things can I do or be that I admire the most?

What gifts & inner magic do I express that I admire?

What qualities of presence, wisdom, awareness or consciousness do I admire in myself?



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Step 3 – Ask for the universe to show you more people you admire, Watch for it! Then own those abilities too!

Once the universe sees your openness to look here, it will keep showing you more and more!
Keep your awareness open to people and qualities of expression that you admire.
Then in **THAT** moment, own it as the universe telling you THIS IS YOU!

How this works:

This tool is based on the axiom-

"What you admire about other people are things that you deny about yourself."

The energy of admiration is something you feel when another person expresses their essence vibration and it causes the same frequency in you to also vibrate. The recognition of YOUR essence makes you feel good, while you may point outside of you and compliment them... the reason you feel the way you do is because **YOU HAVE THAT SAME GIFT, ABILITY AND POTENCY.**

**The more strongly you feel how amazing that other person is in that expression, tells you how close you actually are to having
THAT SAME THING and at THE SAME MAGNITUDE!**

Quote of Magnitude...

“Our deepest fear is not that we are inadequate. **Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.** We ask ourselves, ‘*Who am I to be brilliant, gorgeous, talented, fabulous?*’ Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

by Marianne Williamson, *A Return to Love: Reflections on the Principles of "A Course in Miracles"*