

How to Become a Top Notch Up Lifter:

A. Know that you already have the capacity to shift energy.

Critical Voice. What? You aren't very happy yourself, how do you think you have the power to help uplift someone else?

Answer to Objection: Having the intention to up lift someone else will automatically uplift you. When you smile, it may seem fake at first. Changing your physicality will change your mental state.

B. If you are spiritual, ask your guides and angels to bring others into contact with you...then you can say nice things, smile...or just make eye contact. If you are NOT spiritual, no worries. You have your own inner guidance and set the intent to up lift...it will happen.

C. Just let it flow. Wherever you go, smile, send loving intent. Ask people "**How is your day going so far**"- **open doors for people, tell people they have nice eyes, or nice smile or anything!**

D. Think of people you can send thanks too. If you can call them, email them, or Facebook them it's good. Maybe they have already crossed over, or they are out of touch. No worries...send them loving, thankful, appreciation by your thoughts.

E. Appreciate your gift of being an up lifter! There is no better way to make any gift GROW...than to appreciate it!

Critical Voice. Being an up lifter is not a REAL spiritual gift. It can't be this easy...you need to SUFFER to develop any REAL spiritual gift!

Answer to Objection: This is a remnant of the old slave mentality..."you have to suffer to be spiritual." Perhaps the greatest LIE ever placed upon humanity. You are free from this bondage and false teaching.

There you have it...now go out and KNOW that you already ARE that which you seek. You already ARE an up lifter with the greatest spiritual gift in all of the cosmos. You choose to develop it further by simply 'doing it!'

Please pass this along to anyone you feel will LOVE it!

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