



YOUR GUIDE TO *Get The Most*
OUT OF *Your Experience* ON EARTH

BY ERIN CHAVEZ



YOUR GUIDE TO *Get The Most*
OUT OF *Your Experience* ON EARTH

BY ERIN CHAVEZ

© Erin Chavez 2021

A NOTE TO THE READER

Your soul wants you to know that you are loved more than you can understand, you are more perfect than the most beautiful sunrise and you are 100% capable of achieving ANYthing you desire.

Welcome to the blossoming of your life. The ultimate purpose of this book is about getting from one point - wherever that may be for you - to the point of continued love, peace and joy. To happiness, excitement and realization of your deepest desires. It's about living in a continued state of connectedness that life has to offer.

You will take a journey through 33 tips from the other side. These tips are full of love, and anybody can do them. The topics covered are all a very natural place for you to be, because they are what you are made from.

This book is channeled from my personal, "Spirit Squad". They consist of my higher self, my guides, my angels, the Universe as a whole, and anybody/any energy from that side of life that wanted to chime in.

Don't think I'm somebody special because I can channel - you can do it as well. In fact, I encourage you to do the same thing I do as you are reading through this book. Get a notebook and see what your "spirit squad" has to tell you about the daily tip. It's

quite amazing, frankly, at what you will discover. Simply rest your pen in your hand and allow the writing to begin.

While reading this book, you will want to go from beginning to end; and take time to really embrace the tip before moving on to the next one. Some tips are short and to the point, and others go into further detail.

Before we begin, I want to offer you a bonus tip that my squad told me before the idea for this book came into existence:

Things are supposed to be easy, light and carefree. If they aren't, you're trying too hard. Life isn't about trying, it's about allowing.

A LIST OF ALL THE TIPS PRESENTED

Open heart center and allow love to rush in.

Close your eyes and see what you want.

Open your heart to be in the present.

Daily inspiration.

Soul-flow.

Remain in a state of love.

All is connected.

Your thoughts carry vibes.

Breathe in the present.

Allow the Universe.

Just Love.

Present. Gratitude. Focus.

Absorb Love.

Intend and let go.

Release your burdens.

Love one another.

Anticipate the good.

Give!

Follow the signs and opportunities.

Keep desire in Truth.

Happiness is the number one desire.

Internal happiness.

Just love.

You are in charge.

Play and Create

Affirm the good.

You are God.

Your thoughts create your reality.

We are always trying to help you.

Ask for our help.

Get what you want without insisting on the details.

Take human steps toward your desires.

Keep going.

TIP 1
OPEN HEART CENTER
AND ALLOW LOVE TO RUSH IN.

Today, go with the flow of love! In doing so, you'll find the joy that today has to offer.

How? By being more present and intentional.

Open your arms to release your heart center and see the love - ALL OF THE LOVE that rushes into your heart.

You see, you *are* love and you live in a world of love. Sometimes that's hard for humans to see and feel. That is why it is so important to be intentional about this. You need to experience it to live it fully in your life.

Love is everywhere. When you intentionally open your heart and allow in the love, you will feel so welcomed, so at home. And you will remember what it feels like to be so loved unconditionally.

Open your arms, release your heart center and feel the love that rushes into your heart.

TIP 2
CLOSE YOUR EYES
AND SEE WHAT YOU WANT.

You can, and DO have everything you imagine.

We hear you, “But I don’t WANT to be overweight, with a bad back and no money in the bank! I don’t WANT that!” (Insert your own “problems”.)

BUT that’s exactly what, or should we say how, you see yourself.

Your life, right now, is a product of your past thoughts and images. Think about them. What do you say when you look in the mirror, when you pay bills and when you do just about anything? Those habitual thoughts (which always means pictures in your mind) are creating your reality.

Today, we implore of you to start thinking and IMAGINING what you really want to see in your life. Do this as often as feels good.

A good way to start is to catch yourself as you hear a negative thought, or imagine a negative image. Take that negativity and turn it into what you want instead.

Think/imagine yourself healthy, wealthy and happy! Will it happen overnight for you? Well, it CAN, but it probably won't. You have years and years of bad thoughts/images that have become habit. Instead of THOSE thoughts, you need to get used to the new ones being your go-to thoughts and images.

Don't worry. Following these tips will put you on the fast path.

So, imagine...

You leave the doctor's office, proud of hearing the doc say you're healthier than you've ever been. You hop in your dream vehicle and head over to the charity you love. You simply love giving them your large, monthly donation! You feel proud of your accomplishments and you feel utterly at peace and happy! Life is awesome!

TIP 3
OPEN YOUR
HEART TO BE IN THE PRESENT.

Open your heart and let the goodness sink in! Do this by appreciating the flowers and the breeze on your face! Be present, be open, be love.

The present truly is a gift. It IS, after all, where the magic of life lives!

Life on earth is so vastly different from what you've been taught. All of the hard work and sacrifice is futile.

Taking the time to feel the wind on your skin, the scent of a flower or puppy, the shadows that dance across the earth... Those are the moments well spent.

Life is meant to be easy and to experience that easy, you simply **MUST** enjoy the present moments.

It's weird how it all works out, but trust us when we say it is magical.

By taking the time to enjoy the present moment, you create this energy within you that stays with you. It makes the other parts of your day flow.

You will create more love, peace and joy in your life, simply by noticing the present moment.

It's okay to start small. Schedule a couple of minutes into your day to enjoy the present moment. It won't be long until you catch yourself doing it organically.

And, if you notice, you'll realize that life has gotten easier as time goes by.

You won't react the same way to things that used to irritate you. You realize that you have become more of the earth human you are... one of love, peace and joy.

TIP 4

DAiLY iNSPiRATiON

If you were to pick one thing that inspires you, what would that be? Got it? Good! Now promise yourself that you'll do that inspirational thing every day.

Don't have one yet? That's fine! Just do what you think will bring you inspiration every day. You'll find it. No worries!

This is so important because it, that thing that inspires you, will create harmonious feelings within you.

Not only will that bode well for you but also for the world. There will be a ripple effect that influences those near and far. People you know, and those souls you've temporarily forgotten on the other side of planet earth.

What do we mean by "inspirational"?

Anything that lights you up! Woodworking, writing, fishing, gardening, drawing... you name it!

You, your loved ones and planet earth will benefit.

We thank you!

TIP 5

SOUL-FLOW.

Obligations on earth are at an all time high. We ask you to question your obligations.

In questioning what you really want to happen, it will open you up to simply going with the flow more often!

When you go with the flow of life, instead of doing what you feel obligated to do, you will open the doors for my synchronicities to flow to you. You know, those things that happen, as if my magic, that helps you in wonderful ways.

How do you go with the flow?

First, if an obligation doesn't feel good - don't do it!

Second, get in that flow by doing what feels good on a soul level. You're looking for that soul-flow!

Maybe it's as big as moving to another state so you are more in tune with nature. Perhaps it's as small as not talking to the parent clique at your kids soccer practice and knitting instead.

If you're heading into an obligation you don't enjoy, literally ask yourself what would be more enjoyable instead.

Never stop asking. Your soul-flow will feel so good!

TIP 6

REMAINING IN A STATE OF LOVE.

Too much on your plate these days? Or maybe you don't have one thing to keep you busy. The solution to both of these is the same - remain in a state of love!

How? By choosing it. It's really easy - don't listen to those thoughts in your head. When you hear them, stop. Breathe. Put your hand on your heart and smile. This is your natural state of being. When you do this, you will fall into the right feelings. You'll know what to do next.

You will feel exactly what you are... Love.

How does the human act of breathing connect you to Spirit? It is your life source. Without breath, your physical manifestation ceases to be. So, when you breathe, with intention, you are connecting your physical body to your source, your Spirit.

What do we mean, "with intention"? We mean with the intention to connect. You could just breathe deep, with no intention, and feel better because of the chemistry in your body. But when you breathe with intention, you are making the intent to connect with your higher self. That's also why it is so helpful to place your hand on your heart. It furthers the

connection between the physical and the non-physical - the Spirit.

How does this create connection? The breath, the heart and the intent? There are unseen vibrations EVERYWHERE. Your personal vibration is created, in large part, by your intention. Like vibrations attract like vibrations. When you intend to connect with Spirit, the vibration will match our vibration. That will connect us.

The breath and the heart are the physical intentions you can utilize the best.

We hear your question: "So, how are physical things - the breath and the heart - intentions?"

Oh, but see. The breath is not physical. The movement of the breath is physical; but the actual breath is not. That is the connection with intent. The connection to Spirit.

Just breathing, without intent, is the physical movement your body does in order to breathe.

Breathing WITH intent takes the focus away from the physical and puts the focus on the intent. So, the vibrations we spoke of, will match the vibration of your intent, drawing those vibes into your body - into your heart.

TiP 7

ALL IS CONNECTED.

You, dear human, are capable of moving mountains! You can move them, create them, or break them down; and you can do it all with focused thought.

There is one thing to remember here --- feel that you ARE that mountain - because you are. We all are. We all are one, we all are connected. That includes people, animals, nature --- everything. We know this is a huge concept to grasp. Allow us to help.

It's all about energy. Energy, AKA vibrations, is/are everywhere. It's not that we are separate pieces of energy, we are all one energy - connected with love.

Love is energy. All you need to understand is that this energy that embraces all energy is working with your specific thoughts.

Your thoughts and your love connect us all - making us all one. And, yes, all of nature is made of this energy. It is all created with love.

This concept is far-reaching for many and can seem jumbled. We assure you it is not. Read and re-read this until it makes sense to you.

TIP 8

YOUR THOUGHTS CARRY VIBES.

Have you ever sat on the water's edge and tossed a rock to see the ripples? What you are seeing there is life on earth emulating the magic of the other side. Those ripples are vibrations.

If the rock equals your thought (good or bad) and the ripples equals the effect of your thought, you can get a clue about how your thoughts create your world

.
Big rock makes a big impact. Small rock makes a small impact. One rock and the ripples don't last long. Lots of rocks, one right after the other, keeps the ripples going a lot longer.

This isn't to say that you need to keep thinking your thought on repeat every day, all day. It means you need to have a focused thought, on a daily basis, to keep these vibes going.

Let's be clear --- this works for good AND bad thoughts. Do you complain? Uh-oh. You better stop sending out those vibes. Throw a different rock.

TIP 9- BREATHE IN THE PRESENT.

You would serve yourself well to invest in some beautiful sounding wind chimes (or better yet, manifest them into your life!)

Hand them in a relaxing place, where they can freely ring. Then, a few minutes to a few hours a day, sit and listen to them. Feel the temperature of the air on your skin and the comfort of your seat. Listen to the chimes and let the ringing resonate with your own vibration.

Breathe. Breathe in this perfect, present moment.

Did you see what we did there?

If you're by your wind chimes, breathe in this perfect moment. If you are not by your wind chimes, breathe in this perfect moment.

It is, after all, why you chose to come to earth.

This present.

TIP 10

ALLOW THE UNIVERSE.

For life to go the way you really, really want it to go, you need to do 2 things.

1. Let go of those thoughts made up in your brain.
2. Allow the goodness of the universe to flow through you.

Simple, yes. Easy, not so much when you look at them through your human eyes and brain thoughts.

Imagine trying to swim against a current. It's hard! Now, imagine yourself on that same current, but now, you're on an innertube, having fun and going with the flow of the current. So much better!

You want to know exactly HOW to allow the goodness of the universe to flow through you.

We want to say that you just ALLOW it to because you ARE the universe; but you need more than that.

Aside from all of these 33 tips, you need to DECIDE to do it. Decide you want to allow the flow.

Go outside, feel the breeze, open your arms and imagine you have all the goodness of the universe flowing through you.

Sure. You may feel silly, and it may not give you results the first - or 50th - time you try it. But keep going. Keep trying.

You'll know when it's finally worked when you feel such peace and love.

This could literally happen for you this second; but the key is that your earthly human must allow it to happen.

Keep doing it. Keep trying. Your human body and mind will get the picture and eventually allow.

How sweet it is when it happens.

So much love. So much peace. You will feel the oneness.

We're 10 Tips in today. This is a great time to review them, and most importantly to implement them into your life.

When you implement them, you will be going with the flow! Easy!

TiP II

JUST LOVE.

Do you ever look in the mirror and realize what an absolute beauty you are?

What?

No?

Do you mean to say that you allow yourself to focus on what the years gone by are showing and telling you?

That's nonsense!!!

You, dear human that is disguised as human, are beautiful! You are pure love and love is beautiful! Love only improves with age. When you can feel and appreciate that - you will begin to watch your reflection improve to your human eyes.

It really is fun that in order to have that which you want, you simply need to trust. Trust in your higher self, your guardian angels, your spiritual group --- and also, choose love.

Trust in us to take care of your desires, and while those are aligning for you --- LOVE.

Love the beauty all around you and love you. Even those bits of you that you may, currently, not feel like loving.

It's amazing how much LOVE will change your world.

TIP 12

PRESENT. GRATITUDE. FOCUS.

The shadows of the leaves on the earth are a reminder to focus on what you want. Always focus on what you want - never on what you don't want.

To focus on what you want means to appreciate the little things in life... like the way the shadows dance on the ground. It means to relax into your breath and be grateful for all the wonderfulness you have in your life.

Yes, even the things that annoy you. Feel gratitude for those as well because it means you are living!

Take time, each day, to make sure you are focusing on the good and connecting, through breath, into the stream of consciousness. That stream is us; and when you purposefully connect to us, with love in your heart, it is a direct line to the life you are excited for. But then again, things are pretty nice now, too. Aren't we right?

If you notice, being present isn't exactly focusing on what you want as far as happiness, health, wealth, etc.

But when you focus on the present and feel gratitude for all the good in your life, you are much more apt to think of your worldly desires in a favorable light and STAY in that positive mind-frame.

That is oh, so important!

- Stay in the present.
- Be grateful for everything.
- Think about your desires.

TiP 13

ABSORB LOVE.

“Go within when you feel lost.” That’s all nice and good, but how does one “go within”? It’s quite simple, but the old adage, quite frankly, has it opposite. At least in the beginning.

Instead of “going within”, allow yourself to be absorbed by the love all around you. When you do that, you allow the universal love to encompass you and fill your body with love. The vibration of the universal love will change the vibration of your body, allowing your state of consciousness to be love. Pure, unaltered, love.

Yes - all is within you; but all is also outside of you.

We know it’s easier for you humans to allow the love in, instead of finding it within yourself. Don’t worry. With continued practice of this way of living, you will quickly be able to “go within”. But for now, allow the love to absorb you.

How? Well, through allowing, of course!

But we know you want a concrete, actionable answer.

This is best done outside, but you can do it inside as well.

Sit. Take a few relaxing breaths. Imagine love filling you up - absorb all of that deliciousness.

This may take practice, or you can get it on the first try.

It's all about you allowing it in your being.

TIP 14

INTEND AND LET GO.

Intentions. Intentions are things we love! They are like a wish - but you KNOW you'll get what you want when you set an intention.

A wish is wishy-washy. It's something that has such a feeling of desperation attached to it.

An intention, on the other hand, is something you want to happen, even though you have no idea how it could happen, and you simply expect it to happen. Somehow, someday.

That somehow, someday is through us. We make it happen. You want it, you hand it over to us, we put it before you.

Want proof? Set 3 intentions.

1. To see a feather.
2. To see a blue bird.
3. To hear from somebody you haven't heard from in a while.

Set those three intentions and then let go of them. The harder you think about them, the longer it will take.

Just remain in the present moment - breathe -
be/choose happiness.

When they happen, you'll realize they happened, but
it won't be a big deal - it will be more of a
confirmation to your heart.

TIP 15

RELEASE YOUR BURDENS.

It's time to release your burdens. For one, they aren't real, no matter how real you believe them to be. For two, you will be so much happier when you simply let them go.

The endless tasks, the shoulds, the musts. Dear human, you've put so much unneeded stress and expectations on yourself! Release those burdens and you will see they didn't even matter.

We ask - without you puttering around without all of these self imposed expectations, what will you do with your extra time?

Ah. Maybe that's part of the problem! Do you fill your days with endless tasks so you don't have to peek behind the curtain?

After all, if you're busy, you don't need to focus on you because you have no time.

If you don't know what you want, just try things you think you might enjoy.

If you DO know what you want, let go of your fear of failure. There is no such thing as failure. Trust us.

You are perfect. You are loved. You are supported. We want to help you succeed.

Release your burdens and BE.

TIP 16

LOVE ONE ANOTHER.

For your highest and greatest good, it's time to love one another. The human fighting and judgement just simply must stop for the sake of love on earth.

The good news is --- you don't need to worry about what other people are doing. Don't bother yourself with if they are choosing to love other humans. You only need to focus on YOU. Your world, your reality, will change when you choose to love and accept.

“But other people's actions affect me.”

That's a common go-to. Entertain the idea that you can change your life.

Don't let fear hold you back from actually doing what feels right in your heart.

If that means you relocate, get a different job, or better yet, follow what you enjoy and earn income from that --- it all works.

In times of global unrest there are lessons to be learned.

Love each other and you will love your life.

We acknowledge that this can feel difficult when opinions vary so far beyond your own.

But realize this... that person that seems to be so very different from you - IS YOU.

We are all one. Each human, each animal, all of nature. We are all connected, and we are all one.

If you imagine the person, so different from yourself, see them and you in a white room. Take away seeing their clothes, their skin color and their expressions. Only see their eyes. Really look into their eyes. You will feel familiar with them. You may feel your own eyes fill with tears because you will have reconnected not only with a forgotten friend; but also with yourself.

Just love them.

TIP 17

ANTICIPATE THE GOOD.

There are times of doubt for you humans. Those times are built into your experience. The key is to turn doubt into anticipation! Anticipation breeds excitement and where there is doubt, there should be excitement instead.

For example, you doubt that something good that you want will happen. Instead of doubting, allow a little wonder.

What if this thing I'm doubting can actually come true?

What if good does come of this?

Then allow yourself to see the goodness unfolding in your mind. Allow yourself to get excited about what you see in your mind. And then, anticipate it's arrival. Anticipate it. Intend it. Then let it go. Know that good is coming. When you KNOW it's coming, you can let it go with ease.

See it in your mind so vividly and so often until there is NO DOUBT that it is already yours!

So, how do you let it go while still visualizing it? It's all about a shift in how you see this process.

When you KNOW something good is going to happen, you can imagine it as already happened and you feel good about it, right? You're excited for it's arrival!

However, if you want something and you're not sure if you'll get it, you imagine things that could possibly get in the way. When you do this, you are not anticipating it's arrival, you are anticipating what could go wrong.

It's all about faith. If you're having trouble with the faith part, go back and review Tip 14.

Anticipate it's arrival!

TiP 18

GiVE!

Give. Giving to others makes this world go round.

You don't even need to give material things.

1. You can give a kind word, a smile, or a courtesy.
2. You can give through a paid service you provide.
There's no harm in earning money while you give your best!
3. You can give by doing something for somebody else.
4. Give by sending, energetically, good thoughts and love to people you know and to "strangers".
(There really are no strangers - we're all one.)

When you give, you increase love. When you increase love, you make the world a greater place to be. When you can feel that greatness, more things go your way and that makes you happier and when you're happier... you get more of what you want for this lifetime.

Do good. Give. Love.

Do it for humanity, but more importantly, do it for you!

TIP 19

FOLLOW THE SIGNS AND OPPORTUNITIES.

Listening to signs and following opportunities are so important! They are placed before you so you can further your life the way you want to go! It may seem “out there” or scary, or maybe even like it won’t mesh with what you’re currently doing, but do anything and everything that is presented to you.

There is one caveat though. Only do the things that are based in love. Anything other than good is made up in your own mind and not from us. We may send you weird signs and opportunities; but nothing that feels wrong to you on a gut level.

Let’s say you’re presented with the opportunity to housesit for a lovely couple with a snake. You don’t like snakes, but do it anyway! That couple may know some huge book agent that is looking for a new, upcoming author... and you accidently left your manuscript by the guest bed, and guess who they are having over next weekend?

We work in fun and mysterious ways!

Take the opportunities, follow the signs, and let us work our magic!

TIP 20

KEEP DESIRE IN TRUTH.

You have a desire. Let's say the desire is to earn a million dollars. You know it's possible, but then you step away into your "real life" and you say things that negate your desire.

"I can't afford that." "We need more money to pay our bills, and we don't have it." "I really want that new lake house, but we will never be able to afford it."

You get yourself into alignment with truth --- only to knock yourself back down into the negatives.

You block your desires.

It's like you ordering food. You tell the wait staff you want a burger, then you change your mind and say you want lasagna, then when your lasagna is almost delivered, you change your order again to steak. The wait staff won't have a CLUE as to what you really want!

To quit blocking the delivery of what you want, do two things.

1. Become very clear on what you want.
2. Everything you do - make it about what you want. That doesn't mean you can't take a break or have fun --- but know that your break is to rejuvenate you so you can get back to "doing" with vigor.

The next tip will lay out the PERFECT desire to strive for!

We're 20 Tips in today. This is a great time to review them, and most importantly to implement them into your life.

When you implement them, you will be going with the flow! Easy!

TIP 21

HAPPINESS IS THE NUMBER ONE DESIRE.

With all the possibilities for you on this earth, what is the number one thing we urge you to strive for?
HAPPINESS.

We know what will make you happy, so if you simply hold the intention of happiness - and make sure you seek happiness externally and internally, we will not only bring you more happy moments, but we will make sure every last desire you have will come to pass!

Going back to Tip 20:

1. Know exactly what you want (be very clear) -
HAPPINESS.
2. Make your life's pursuit about happiness!

It's easy while doing things you enjoy - but along comes daily chores and the like. Not a lot of fun, right? This is why it's important to cultivate internal happiness. (more on that in the next tip.)

Before you get to the next tip though, make a list of what makes you happy and your desires that will make you happy for having them. Don't be shy! You are here to expand and grow! No Limits! Now go for it!

After you have your list, DO those things and intend on having your desires!

P.S. This list is for you, not us. We already know your list; but you need to discover it on your own.

TIP 22

INTERNAL HAPPINESS.

Ahhh. Internal happiness. You don't know how much you've missed it until you re-find it!

Of course, internal happiness is imperative; but first, let us explain what it is.

Internal happiness is a baseline of emotion. It is your set-point for how you feel and how you react to things.

Let's be clear - you can have a huge range in this set point; but internal happiness is what we hope you strive for.

When you cultivate and nurture your internal happiness, your life will get better on many, many different levels.

How do you cultivate it?

1. Do things that make you happy. Strive to do those things on an ongoing basis.
2. Choose happiness - even if you don't like what you're doing. You can either choose to enjoy or choose to dislike. The choice is always yours.
3. Love. Just love.
4. Keep repeating the steps. Don't make this difficult - it is as easy as they come if you allow it to be.

TiP 23

JUST LOVE.

Love. Love is the most important thing to remember. It is who you ARE, at your core. You are love, you came from love, you will return to love.

You wonder how to love those who do harm to others, or people who believe so radically different from you.

Those are the people you need to focus on loving the most!

Just as forgiveness is for you and not the person you are forgiving, so is loving others. You don't need to tell them, just feel the love. While it's nice to let others know you love them, you've got to remember that this life is YOUR reality. Remember, your reality is different from anybody else's reality.

Loving others increases the love in YOUR reality - which makes your time on earth so incredibly much sweeter, enjoyable and MAGICAL.

Just Love.

TIP 24

YOU ARE IN CHARGE.

Your life is akin to a movie where you are the star, the director and the producer - all 3. You literally create your life and you literally can cause an abrupt scene change just like in a movie!

This is exciting because it puts you in complete control of how your life on earth plays out.

A different story line is one thought and one teeny, tiny little step away!

You only need to have the desire for change. BUT one big thing to understand is to please have the desire based on what YOU want, YOUR desires.

Your life can take any direction. Make sure it goes in the direction you desire!

You can do this! We'll get more into other fun scenes in the next tip. For now, write down EXACTLY what your perfect life entails!

ACTION!

TIP 25

PLAY AND CREATE.

Play and Create, Create and Play! You are on this earth to experience being human and the best way to experience that is to Create and Play your way through this life on earth!

Allow us to ask - what do you most enjoy? What activity fills you with peace and excitement at the same time?

DO THAT as often as you can! Your life will become one of magic, awe and wonder!

There are many, many of you on earth that don't know how to do this or what that action is for you.

To all of you, we say to get out there and try new things. Live your life!

If you THINK you might enjoy it - give it a go! In trying new things, you'll either learn you don't like it (in which case - move on to something different), OR you'll realize you do love it (in which case do it and similar things more often)!

Life is meant to be filled with love, peace, joy, excitement and adventure. So get on with Playing and Creating!

(By the way - define *Play and Create* however you'd like!)

TIP 26

AFFIRM THE GOOD.

Let's talk about limiting beliefs - AKA - mental blocks. Humans of a certain understanding of how this world really works, knows about limiting beliefs.

They are, of course, beliefs that limit your progress. There is so much attention paid to these beliefs.

"What ones do I have?" "How do I get rid of them?" "I can't move forward until I dissect these beliefs and work through them."

BOGUS! Limiting beliefs are technically real; but remember - life is supposed to be fun and easy! Limiting beliefs are NOT fun and easy.

If you already know what a limiting belief is that you carry around, do this: Start affirming the opposite. As soon as you hear yourself talking outloud, or internally about the limiting belief, STOP and affirm what you WANT to believe instead.

If you don't know what limiting beliefs you may have - that's fine too! (NEVER go searching for a limiting belief!)

Simply know what you want for your life and affirm it to be true.

Always, always, always choose the happier, easier and more fun thoughts! Affirm the good that life on earth offers.

TIP 27

YOU ARE GOD.

Do you know, without a doubt, how incredibly powerful you are?

We're not talking how much you can squat at the gym (however, impressive)! We are talking about the incredible power you have to create and to love. The reason you are so powerful is because you ARE the creator. A god-being.

You, along with all of humanity, nature, all animals... you are all one. Each human, connected through oneness, has the power to create their own reality.

In fact, you do it daily. Your current reality has been created by you.

Then WHY isn't it the most awesome reality that you dream of? Well, upon coming to earth, you knew you were signing up for the HUMAN experience.

That meant you:

1. Would forget your true power.
2. Would have choice in thought so you could literally choose your own adventure.

Believe it or not, being without body and “only” in true love essence, you can start to want a little more. That more is life on earth. It’s quite a fun game once you realize you’re playing a game.

We’ll get more into the game simulation in the next tip, but for now, sit with the idea that you ARE GOD. You have the power to create ANYTHING, and it is through your thoughts that your reality is created.

TIP 28

YOUR THOUGHTS CREATE YOUR REALITY.

There used to be books available to young readers where they could choose their own adventure in the book. At the bottom of each page, they had 2-3 choices with a corresponding page to turn to, to further the story based on what they chose.

That, dear human, is what your life is like.

Like those books, or a game, you get to choose what will happen next.

Where life differs though, is while your actions (choices) DO MATTER, what matters more are your thoughts.

Your thoughts can make your life as you want it, or make your life not exactly how you want it to be. BUT - no matter what - it's your thoughts that get you there.

So, what about life being like a game simulation?

You wanted to come to earth so you could shake things up a little! You knew you'd forget your true power and that you'd be given the power to choose your reality, based on your thoughts.

Your reality is different from everybody else's. Your reality is even the people that live in your home and/or your family and friends.

Even though it appears you are all living a very similar life, it varies greatly from person to person. And that variation is due to the thoughts each person has.

So, you are here to play the game and have fun!

There is NO judgement on this side. We know you are perfect beings made of only love. We know you have chosen to have an earth life so you can play this game and shake things up.

Your move. What will you do next? What will your next thought be?

P.S. We're ALWAYS here to support you.

TIP 29

WE ARE ALWAYS TRYING TO HELP YOU.

We said we are always here, helping you.

We acknowledge that many of you have trouble believing that. After all, if we were helping, why did “this” or “that” bad thing happen, right?

Well, not all “bad” things are bad. Many, if not all “bad” things actually have a purpose. They either teach you, or they light a fire under you so you can improve yourself, or “level-up” in this game called life!

We will be the first to admit that working with us - your own spiritual posse - is so much easier than ignoring the messages we send you. So - how do you receive those messages and work with us?

Here's a list of ways:

1. Pay attention to your intuition.
2. If you keep hearing the same word from various people, or quote or song - that's us. Listen to that message.
3. A sudden idea. That's us too! If you can't start it at that second, write it down immediately and start it later. Not too long though - start it ASAP.
4. A good feeling. When you feel good, content, peaceful, happy... you are in alignment with us. Notice what made you feel that way and do it more.

Those are all ways you can expect to hear from us. But you want to know how you can intentionally reach out to us.

1. Do things that feel good.
2. Meditate
3. Visualize
4. Try channeling/automatic writing
5. Be in the present moment.
6. Do what brings you joy.
7. Dance and sing to your favorite songs.
8. Journal.
9. Create things!
10. Play!
11. Read things that align you to truth.

TIP 30

ASK FOR OUR HELP.

We are nearing the end of these tips, and so it's time to ratchet things up!

You, dear human, have ALL the magical power within you. You can make everything happen that you most desire.

But, even easier and better than that is this...

When you came to earth, you understood the way things would happen - that you would forget who you truly are and all that you are capable of. That's why, at the time of your earthly conception, we hugged you deeply and promised you we would do the heavy lifting.

All you needed to do, in order to remember the Truth, and to create your ideal life were a few easy things:

1. Find love everywhere.
2. Look for our existence.
3. Watch your thoughts and make sure you keep them aligned with love.

Really, it's so simple. It's as simple as shifting what you believe to be real.

As promised before you left for earth - we are here to help you. Ask for our help. We've been waiting.

TIP 31
GET WHAT YOU WANT
WITHOUT INSISTING ON THE DETAILS.

Let's talk specifically about how to achieve ALL that you want in this life!

First and foremost, you MUST know what you want. Don't worry about this though - you can't get it wrong.

Allow this question... Imagine you have everything and every experience you want. How would that make you feel? HAPPY!

Your perfect home.

Your perfect partner.

Your perfect health.

Your perfect amount of money.

Everything.

Now, with us being your spiritual posse, don't you think we'd know how to make you happy? The things and events in your life on earth that would just fill you up to make you happy?

We do.

So please don't insist on that beach house because you think it's the ONLY thing that would make you happy. Maybe it is - maybe it isn't. We can make sure

you are living your 100% best earth life when you strive for one thing - happiness.

We understand though, that happiness can be vague. This is where you get to dream about the fun things that might make you happy.

The beach house with a hot tub.
A beautiful partner.
A pair of legs you've always strived for.
500 million in the bank.
An orange couch with leather pillows.
A car that you've always wanted...

It is totally fine and even needed for you to dream up these things.

BUT you've got to realize *one* thing about them - you MAY not get them - but if you don't, you'll get something EVEN BETTER!

So dream up these things that get you excited; BUT realize if you don't get them, you'll only get something better. In other words - don't attach to these details.

Now you know one part of how to get exactly what you want (pure and utter happiness)!

In the next tip, we'll explain *your* steps to achieve what you want.

TIP 32
TAKE HUMAN STEPS
TOWARD YOUR DESIRES.

You know that happiness is your ultimate aim.

What do you, in your physical body, do to get there?

Well, first and foremost, you do things that create happiness in your life.

You don't even need to change what you currently do if you choose to start doing them with a happy heart.

Many of you, however, will want to get back to even happier moments of playing and creating.

This does not imply that you should go to the playground and start coloring again (unless you want to). It means to play with life and create your life!

If life is a game (it is), then you are here to play your game piece (your human body).

Be curious. Try new things with happiness in your heart. And... create.

Creating is what we want to talk about.

Out of life - there are three main categories for your desires: health, wealth and love.

Health and love are taken care of with choosing and living happiness.

Wealth is about you creating with happiness.

Creating for the sake of becoming wealthy never works. Well, it does - but not in the long run and not in all categories (health, wealth, love).

Creating for the sake of happiness and service to others... now that works like gangbusters!

This is where your small steps come in. On the surface, these look a lot like the steps you'd take before you knew the Truth of life. You look at what you're creating in a very earth-like, logical way. To get from where you are, to where you want to be, what small steps do you take daily?

Do those steps! It is through those simple steps that we can swoop in and create magic in your life, making sure you get everything you want or better!

Again though, do these steps because you enjoy what you're working towards. Be open to alternative paths that may appear before you.

You simply need to make your move. Daily.

TIP 33

KEEP GOING.

Dear one, our time has drawn to an end in this book. We have given you 32 tips to help you make your earthly life as fantastic as it can be!

Tip 33 is simple - keep reading and rereading this book and doing the exercises laid out for you. Each time, you'll absorb more Truth than before and you'll have a better understanding. If you read one tip a day, you can absorb the words in this book 11 times in a year.

The more you read, feel and implement these tips, the more fantastic this time on earth will be for you.

We've got to make sure you are very clear on this... Your very nature is love. Because of that, when you can see and feel that love in everything you see, more magic will be revealed in your life.

We only want your ultimate happiness. We are always with you. We love you.

THANK YOU

Hi, I'm Erin, the earth human that channeled these 33 Tips. :)

Just by you reading this book, you are well on your journey toward a life that is purely magical for you! I know this to be true because of *my* experience of channeling these words and implementing them into my life. It is such a subtle difference, but *it makes the world of difference.*

I'm not sure we even have the words in our language to describe how all of this works. It's more like a deep-seated knowing.

If you enjoyed this book, there is another channeled book that you might enjoy. It's called, "The Tiny Booklet: A channeled Message". It is only 267 words, but those words are presented in form of a visualization. That book, along side this one, is a wonderful combination.

I've always thought that happiness is the language of life; so it is my goal to create products that bring happiness into your life. If you'd like to see what else I've created for you, head over to ErinChavez.com.

Much, much love to you!

Erin



If you are looking for guidance from the other side of life, this is the book for you.

There are 33 tips that, when applied, will catapult you to the life you dream of.

You will learn that you are pure love, and that by allowing the goodness of that love to penetrate your life, you are capable of anything.

"This book has been monumental in me getting over the roadblocks I've created in my life. I am so grateful to have read this book and I will continue to read it daily." ~ Denise

"I'm not sure how Erin does it, but she has channeled these messages so wonderfully! They are full of love and knowing. Incredible." ~ Sam

