

Guidelines for Living

*“Gaia is the spirit of this planet and cares for all of you.
In some sense you are all her children.”*

—Jesus

Recurring themes throughout the *Chronicles of Hope* series:

1. Collective: High-level spirits who represent the collective energy of God.
2. Gaia: Spirit of our Earth, who is respected for providing everything we need.
3. Humanity: Civilization of man that is all one and interconnected with each other.
4. Vibrational Energy: Energy humans must shift to the positive for higher consciousness.

Essential practices offered by the Collective to increase our vibrational energy:

1. Be respectful—encourage truth, honesty, and integrity. (Rae)
2. Be loving—choose kindness, compassion, and humility. (Jesus)
3. Be peaceful—embrace forgiveness, harmony, and wisdom. (Aurora)
4. Be strong—establish discernment, discipline, and protection. (Samael)
5. Be inspiring—share empathy, connection, and oneness with all. (Universe)
6. Be helpful—cultivate mindfulness, conscientiousness, and stewardship. (Gaia)
7. Be prayerful—practice asking, believing, and receiving with gratitude. (Collective)
8. Be grateful—express appreciation, acknowledgment, and share hope. (Anquietas)

Some specific steps to assist our Mother Gaia:

1. Honor all living things, everything.
2. Show respect for nature.
3. Use all parts of animals.
4. Conserve and reduce.
5. Limit chemical use.
6. Recycle and reuse.
7. Nurture our land.
8. Offer gratitude.

As we learn to embrace these essential guidelines and live our lives with intention, we can, will, and shall create a healthy, thriving civilization. We will begin to establish a foundation of hope for our future, our children’s future, and our children’s children’s future.

“You will either step forward into growth or you will step back into safety.”

—Abraham Maslow

