

Roadmap for Hope

*“Hope raises vibrational energy.
The more hope we have, the higher the energy rises.”*

— Anquetas

The Anquetas tell us: “If you want to put the world in a positive, healing place, remember this: the act of wanting something generates a feeling of want, which is negative, adding to the problem. Believe positively that things are better or are on the road to improvement. This thinking creates positive energy. There is a difference between wanting, believing, and knowing. Knowing is the best, the strongest. Knowing how the world should be generates the strongest positive force. Do uplifting activities, simple things that create joy in your life, and think positive, grateful, and hopeful thoughts while doing them.”

1. Honor our Earth – connect with nature.
2. Care for the body – make healthy choices.
3. Create with joy – do uplifting things.
4. Raise vibrational energy – smile and laugh.
5. Know that there is plenty – share what you can.
6. Respect each other – make personal connections.
7. Ask for assistance – reach for the Light.
8. Live with gratitude – appreciate what is.

Roadmaps have multiple sideroads you may take toward your destination. On the spiritual path, detours provide new vistas, awaken your awareness, and can elevate your consciousness.

*“People must choose a path they can walk.
The best way is to follow your own heart.”*

— Anquetas

