

# Benefits of Living Integrated



Susan Frink Anderson



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## *Goals and Benefits of Gaining Awareness of the Importance of Living Freely Integrated*



The first goal is to help people know they are a three part being of Mind, Body and Spirit. Therefore, when they are not in balance, sync and in perfect harmony, there will be trouble. What Kind of trouble?

-no one leadership to take sovereignty

-under the influence of separation both within and without

-the mind is not minding its own business but is led around by insane mental states

-judgment is a constant energy that haunts our entire being and feeds us scarcity

-a double mind is in constant conflict due to the confusions and lack of trust it carries



-energy is wasted trying to figure everything out using thinking and other paradigms

-there is endless chatter and busyness with ego self talk that wanders around in fear

-there are multiple issues in our tissues that are at risk from living under false beliefs

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A being that is attuned to spiritual leadership will have guidance that transcends human thoughts. The Mind of an integrated being will have new power and energetic fields of things that are just understood and need no 'figuring out.' Agency is from the Divine Lines not mere human knowledge.



All is known. All is connected and making itself more known daily. It is a journey that assimilates our three part being and connects us to the Highest Realms of True Sovereignty. The Relationship with God is transparent and has no guilt or fear associations. It is all about being raised up out of your childish thinking patterns full of immature splits as you are given new

mind that regenerates all your thoughts and actions to be in agreement as one.

I will make it clear an integrative approach is imperative to live as a whole self that is in touch with its True Power Source. The true self cannot be fully



operational when a human is living separate or divided from its true Leader Self. The war within humans comes from the trauma of the physical world that makes of stories and realities that are full of lies that create fear and splits within the human mind, heart and body parts. These parts become in conflict with each other and communicate poorly or appear to be cut off due to judgment and binary thinking paradigms that each child is made to think is real. This sets up a program

of survival based on lower levels of consciousness and shadows that cover up the truth.

**What is fear? What is anxiety? What is stress? What are the Parts of Mankind?**

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I have ebooks and articles on fear and anxiety and how they limit or disempower us to shy away from our true power lines. Fear and anxiety may also give rise to a false self that is made of the world and its effects which leaves a human to be at the mercy of the external realm. This always limits our freedom as it appears we are separated from God and our real image.



Therefore, all that appears to give us pain or fear will produce suffering and pressure to be continually at 'odds' with God, self and others. This drains our energy and exhausts our systems leaving us at physical and mental risk of continually recycling those same old belief patterns with the feelings we are trapped within

them. All of this leaves us ill at ease and in a state of dis-ease. The parts of mankind will always focus on the physical realm as what is real thinking from compartments and



physical states of the conventional world. It is hard to break out of those states of false beliefs as they seem so real and predominant. Worry is our standard bearer even though it does zero good and actually is a killer as our mental state absorbs more and more of it leaving our nervous system ravaged by it.

eBooks here: <https://www.divinepowerlines.com/ebooks>

**What is an integrative approach?**

**What makes my Core Identity? What is Divine Power?**

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Core Identity is awake to its true image as made by its Creator. The awakened Identity responds to the Perfect Love that made it in the beginning. Divine Power is the First and Last Say over you and it is Omnipotent. Core identity ends the search for significance. Significance is given as baseline DNA and it is perfectly divine. The only task is to declare



and affirm that this is true and that the *real you* is already a winner who already won the trophy. You are led into more examples on your life journey that show you wearing a crown of favor, not in judgment and captivity as though you are a 'piece of something unworthy.'

Core Identity has a core built on royal blood from the kingdom. It is your inner truth where all beliefs are already established. Similar to a physical workout that works on your physical core, the spiritual 'workout' is to get rid of the fatty beliefs of the world and build your core on Divine Power Lines of Truth that will end the need to chew the 'fat' opinions of humans. You also recognize, with Renewed cognition, that you are not in cognitive dissonance with self and others as you are in oneness with Divine Resonance.



The Knower in You is the Head that God gave you with His Sound Mind and it comes from Above the world of opinion. Therefore, you are not the tail end that wags the dog. You are the head that speaks clearly and KNOWS purpose, passion and praise for a whole self that is destined to overcome every trouble and live in victory everyday.

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What does it mean to live an integrated life?

An integrated life is one that is formed and operates from a unified whole being within



This life would be operating from integrity and a firm adherence to its inner values

The self that operates an integrated life would be in harmony with mind, body and spirit

The identity of an integrated self, full of integrity would be in a state of being undivided

This whole self would be true to its self and its core values and would be well aware of them

The Aware Self is integrated and in touch with its identity and has an authentic image of itself

The integrated Awakened Self is both awake and aware of its Divine connections to Love

The Whole self-awake and aware of its Divine consciousness desires to operate from IT

The integrated life is seen as a journey from this whole inner being that is connected

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The connected self is in touch with its Creator and Maker as of one mind, body and spirit

The Spirit Self becomes the desired Leader to continue the completion of the wholeness

The integration of a true self operating from within One Mind of its Creator is an unfolding, much like a butterfly as it goes through the stages of real process in order to form it



The butterfly is just the beginning of the human child becoming produced by the Divine Father



The physical life that is lived in physical presence is also coming from within Divine Power Lines

The Divine Power Lines continue to condition and renew every aspect of that being to perfect

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The Journey of One who desires to live life from unity and wholeness within is a Truth Seeker

The true self knows the truth as it comes by faith in the unseen that is seen through the inner I

The true self knows truth that comes from higher senses than physical

The true self has love that comes through an inner voice where trust replaces self-doubt



The true self has one mind that is in full agreement to mind the Mind that operates its being

The true self knows what it knows from a sure and certain sense that experiences favor



The true self has old programs of fear transmuted to truth the unity and oneness of knowing

The true self is continually asking for greater trust, faith and healing for old conditioning



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As the Journey of Life continues, there is development that is coming from things that do not conform to the conventions of the world but come from wisdom and guidance above human thinking paradigms. This wisdom is engaged with inner relationship with unconditional love from Divine Powers that transmute lower energy fields and attract fields of multiple dimensions. Grace is given for others and help comes alongside for everyone as enemies can be helped as well as friends. The judgmental mind is unnecessary as things of danger can be avoided or helped to be overcome by higher powers. There is little need to use force when true integrated self is aligned with all the Powers of its divinity.



Peace, joy, love, goodness, patience, gentleness, kindness, faithfulness, and self-control are the produce that come from living the life fully connected to the Source of the Tree of Divine Life. This is the One Tree that is in the Center of Life that is infinite and eternal. Knowing you are dead to old ways of having to live is life giving and exciting. It begins by getting integrity with your true self and integrated with the branches of your Divine Power as your governing body.

**Connect with Divine Power Lines:**

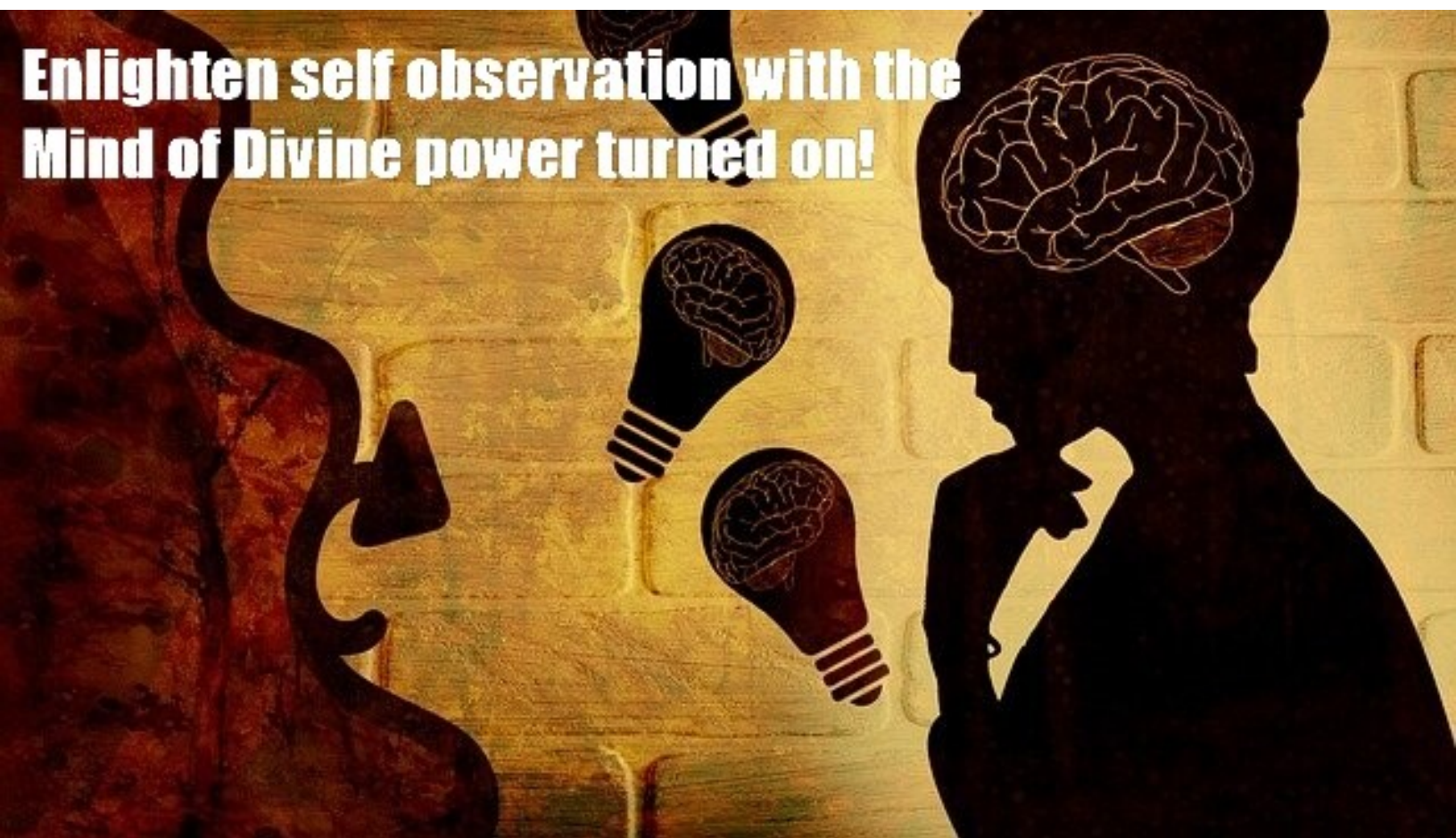
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THANK YOU!

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**Enlighten self observation with the  
Mind of Divine power turned on!**

Divine Life is the Reconnecting of true Power to the Source of Divine Power Lines It is based on an Integrated Life that comes to be from knowing its Creator and allowing that Source to form a whole new self with a regenerated mind through an intimate relationship with I Am. I am is the first narrative of 'you' that becomes connected with a stable new mind, body and spirit in harmony with all aspects of self. It transcends the old human way of thinking using divisions and separate aspects of self and others. It is a process that is new daily and is gained through introspection and seeking help from within to grow from the seeds of spirit potential vs. simply human knowledge that is limited by the outer world with its distractions, noise and influences.

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