

# Know the Locus of Your Focus



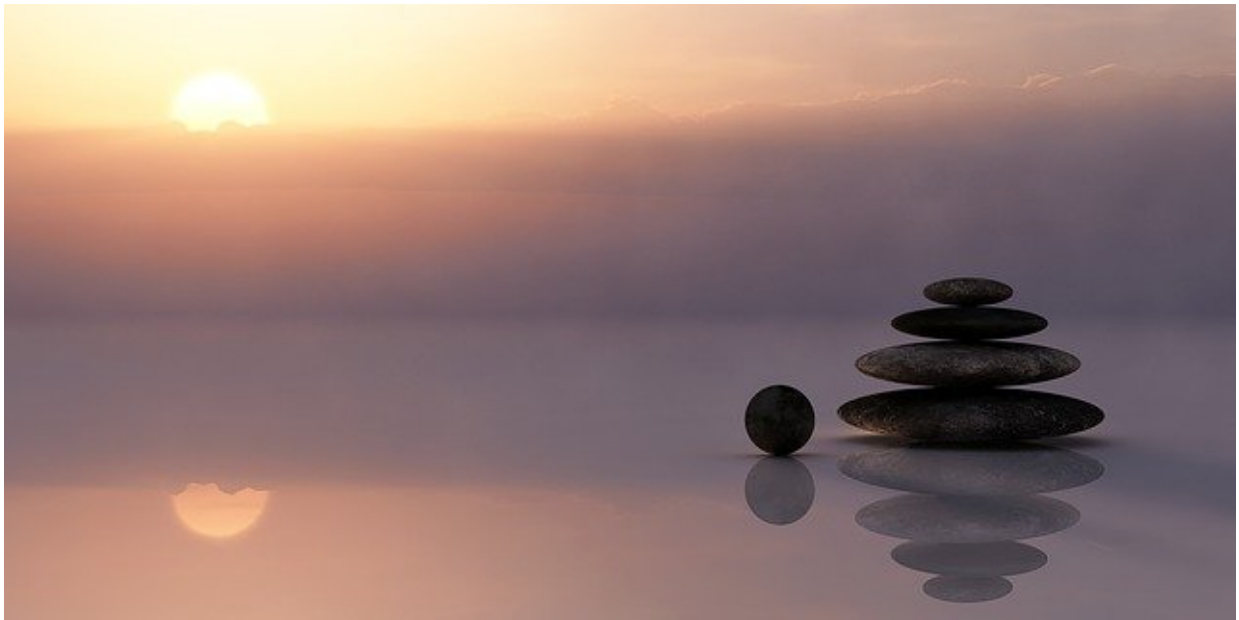
Susan Frink Anderson

# Know the Locus of Your Focus

## KNOW THE LOCUS OF YOUR FOCUS

### Know The Locus of Your Focus and Make Awareness of Where to Place Your Highest Attention

“Since where we place our attention is where we place our energy, in order for us to create from the field instead of from matter, we have to abandon- and thus remove- all of our attention from everything known that we associate with, in this physical world of matter, in space & time.” Dr. Joe Dispenza



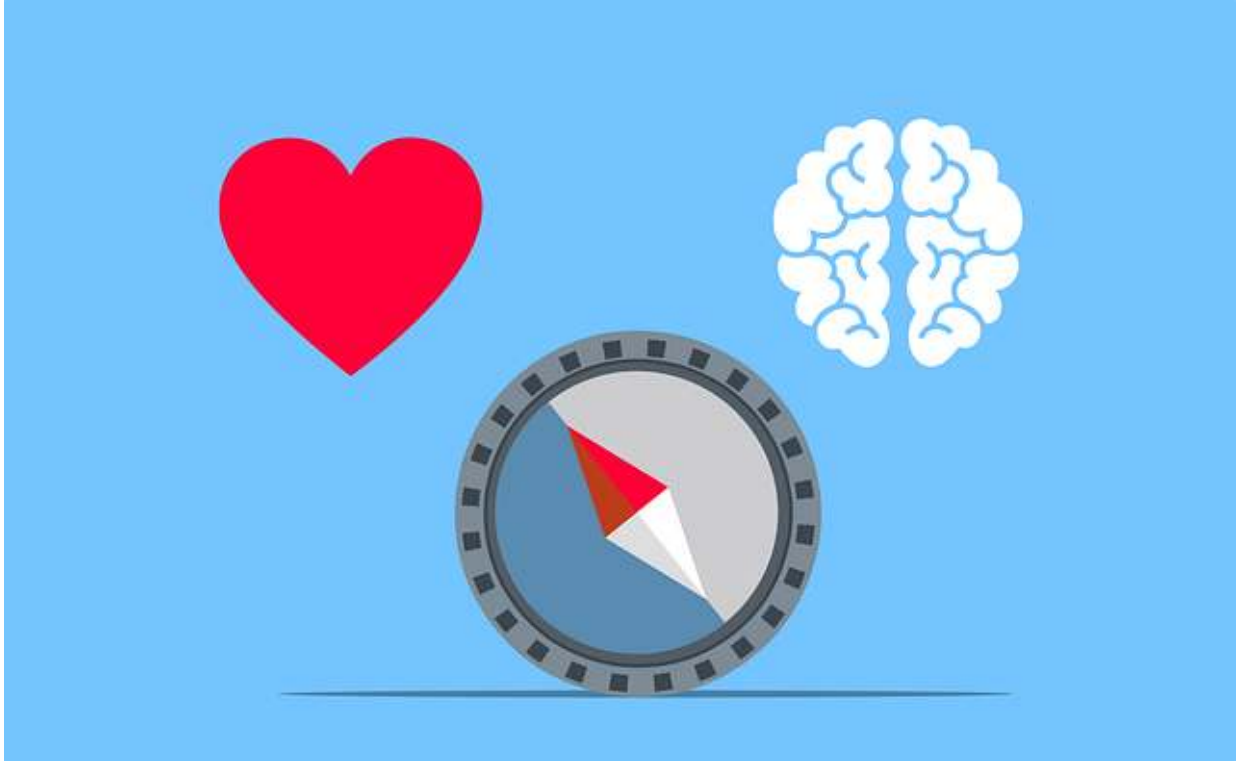
I know we are all on a journey of both human development and spiritual development. What makes me different is that I know they must be integrated and developed from an awakened state of being so that the clearing of traumatic programs can be done quickly when accelerated by a Spiritual Self that is both Awake and fully Aware of its truth. Knowing the way in to seek that inner True Believer is the way out of feeling helpless, disempowered and not at ease with self and others (DIS-ease).

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The STEPS I use to help balance and integrate Spirit, Thoughts, Emotions, Physical, and Social aspects really work. They work because they are streamed from the same Source that designed the entire Universe and each one of us to operate in harmony within, individually and collectively. This is what it means to be creating from the 'field.' The field of the Divine Power within you has a core self that already knows what you need and knows the highest aspects that need your focused attention in order for you to remember.



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Remembering your true lines is like remembering the lines of a song you once knew or remembering the lines of a play. You just know those lines and they pop up in your mind when you pay attention to them. Being in full remembrance of your True Sovereign and the power you carry within the quantum field is always calling to you to remember and become aware of your lines. There is a simultaneous 'world' that corresponds to the physical realm. It comes before the world of matter. Just think about anything you use that is manmade was once a thought in someone's mind. The Universe displays the thoughts of the Creator's mind. That means you came from that field originally and, furthermore, you never left that mind or imagination. You do have spiritual amnesia but Your Maker, Your First Parent is always desiring you to remember the Perfect Love that made you in the beginning. However, you must reconnect to the thoughts and energy of God that exists within your total consciousness or you will not have the Source connections you need to hear from that domain and its belief systems.

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I know belief systems that all humans have are flawed and have default settings that are erroneous and imperfect (faulty). Someone who has done their introspective work will be enabled to reset the old programs to personalized settings based on a Perfect System without faults. Yes, my help begins with a baseline normal that uses a non-judgmental mind setting. The mind of God is perfectly capable to help each of us discern right from wrong and help us navigate troubled waters. However, when an individual is operating separately using the ego of the false or adapted self, there will be division and conflict within because there are two selves at war over who will be in charge. This leads to splits of positive and negative charge and chemical imbalances with lots of instability projected onto others. I will help you with those things. Treatment for stress, anxiety, worry, depressing thoughts and perverted ideas of affection that enslave you to an ill will toward self and others is what I do best.

Once the trauma of the past is cleared, the coast is clear for you to ascend and stay on the wellness path. I have ways to keep the True Believing Self free and drawing from a new self that is Divinely Guided and uses a guidance system that gives you truth narratives to choose from each day. I will offer meditations, affirmations, daily helps to overcome triggers, continual encouragements of allowing you to rise in your consciousness into higher dimensions to attract the life you desire and to go beyond what you could ever imagine. Divine destiny is planned for everyone. You are already more than a victor overcoming your victim mentality. You are a child of the most high and you will know that truth without a shadow of a doubt as your faith grows.

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Our natural self is the one that uses a focus on physical matter with 5 senses that are programmed for human survival at the highest animal level it can using those limited focal points of the world. There appears to be a separation from the invisible spirit realm as one.

Our Spiritual self is local and nonlocal and has higher sensing which begins with a 6<sup>th</sup> sense that intuits things when it is heard and listened to beyond the knowledge of the world at large. It has access to all the higher guidance and information systems needed to create and use spiritual material to fulfill its desires. It has continual Oneness with the Creator as a Parent.

This relationship is always waiting and watching over all humans ready to guide from its highest realms. It is accessed by the faith within each one who chooses to believe above what the world thinks or suggests. The true believer acts by faith in what his inner voice hears from God Spirit.



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Human self =ego that relies on the physical aspects of things...body and mind are brain and nervous systems and life begins with and ends with that body in charge making judgment calls. Free will edges God out by teaching separation in all things (opposites based on judgment, ideas of what is good, bad, right, wrong, evil, acceptable, loving, etc., human energy). Beliefs from this half self are anxious and fearful as it carries limiting beliefs of the past and throws them onto others it perceives to be enemies or friends. It is a mental state full of confusion.

Spiritual self=all good and perfect as made from the image of God who is Omniscient, Omnipresent and Omnipotent. Everything is known and grown through Divine Powers that exist above and beyond in the quantum field that relies on the Observer that perceives it and responds to connect to its oneness. It soon becomes the trusted ally for all desires and wishes.

***There is a Giant Gap and conflict between these two focal points. The Goal is to help bridge that great divide so both sides communicate and love each other and operate in oneness.***

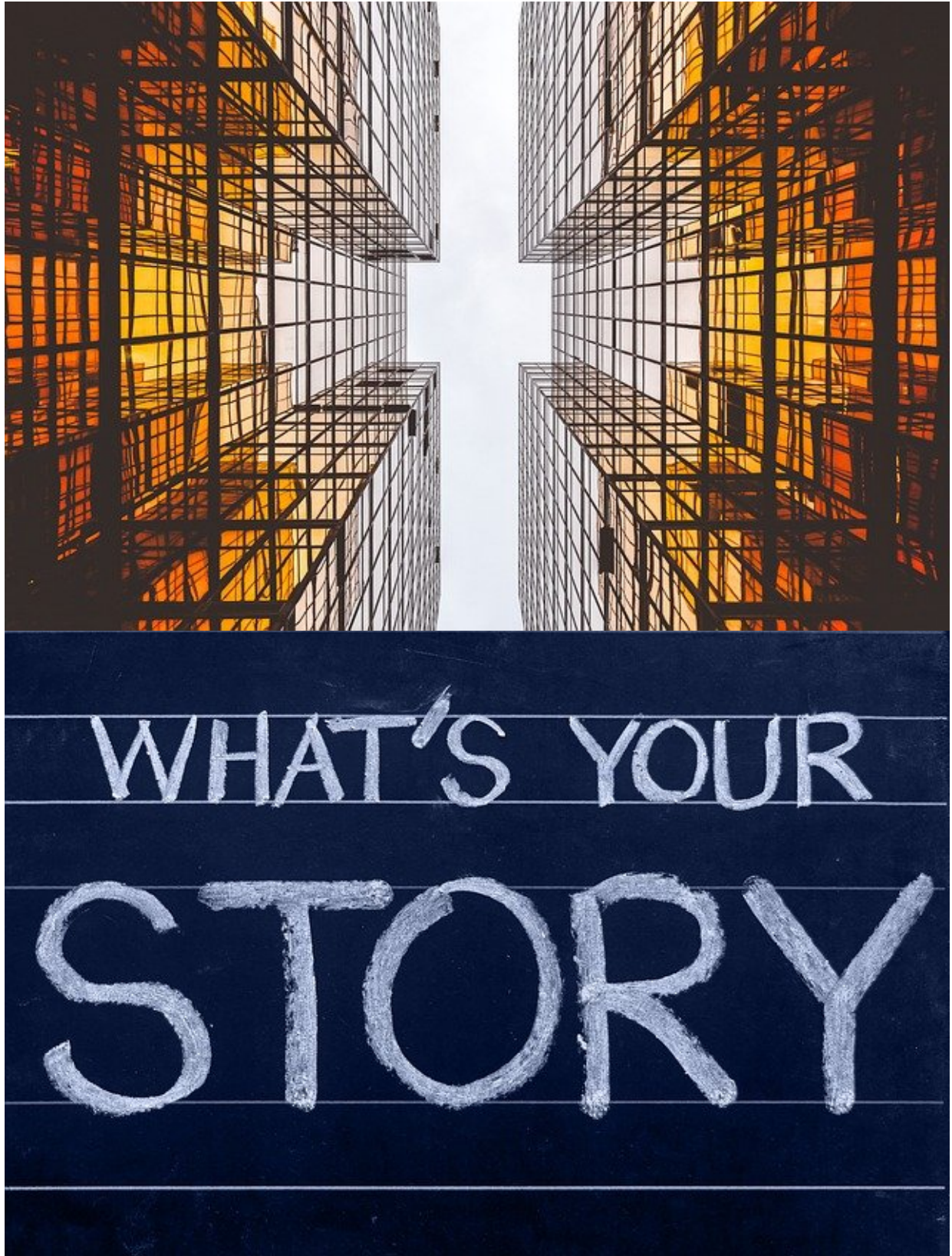
**Question:** What is the reason any person would ever want to divide away from God and make up a DIY program that divides and splits everything, everyone, including the mind of the one using that program? One Master, the Son of God showed the Way to BE the Light and the Way. The Light that enlightens us from the teachings of Jesus is not a religion and was not meant to become one. It is a teaching of Who God is and Who we are to God. It is a Way, a philosophy of life that does require self-discipline and choice. However, all the help needed favors the choices and there is never any wrong way to do anything because there is no judgment. There is LOVE.



My Vision is to Wake Up True Believer in each Being to become Aware of Divine Power Lines.

Uniquely Teaching Wholeness of One Mind that expresses from ONE Spirit of its Divine Power

Offering-I teach oneness of mind, body spirit that heals, unites, and transforms into oneness



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1. Integration of human self and spiritual believer to become one Being made from unconditional Love that is Perfect to begin the narrative journey. (use Holy Love e book)
2. Human Treatment for Anxiety and Fear
3. Writings on understanding anxiety and ways to treat it  
Fear and all its aspects that create lack, limit, imbalances, instability, gaslighting  
Depression as the repression and suppression of the innocent self  
How anxiety and depression work with external fear to keep low self images  
Self Love as basic identity with an I am narrative that chooses affirmation  
Promote true self values and live from honesty and integrity  
Choose activities and choices from a stable, well-centered mindset  
Esteem self, based on inherent worth and value vs. external opinions  
Keep physical and emotional boundaries that are coherent with inner truth  
Know without a doubt that you are in charge of creating the reality you possess  
Dependency within is always based on drawing from your Divine Power Lines  
Dependency with others is interfaced with space for grace and help from Source  
All energy and power comes from Source which is always the most high guidance  
Self-awareness and self-control can only come through YOU from inner trust  
All trust, faith, and reality comes from within the consciousness aligned with God  
Ascending reality into higher dimensions of self is ongoing and infinite  
All thoughts are taken captive and streaming as downloaded from highest GP  
SE  
External triggers are coming first from within self and need to be seen as helpers  
A Spirit Self arises and knows a perfect relationship with its Creator  
The Spirit Self and the Creator of the Universe (God) are in oneness at all times  
God protects and no real harm can come to His children as they are deeply loved  
The fruits of the Spirit realm will continue to grow from the potential within each  
There is no lack or limit when the individual is in perfect alignment with God  
There is a Divine Plan and Purpose for each and every one of us  
Communication with God is always available so nothing is done without that  
All is Now and in the Present everything is already done







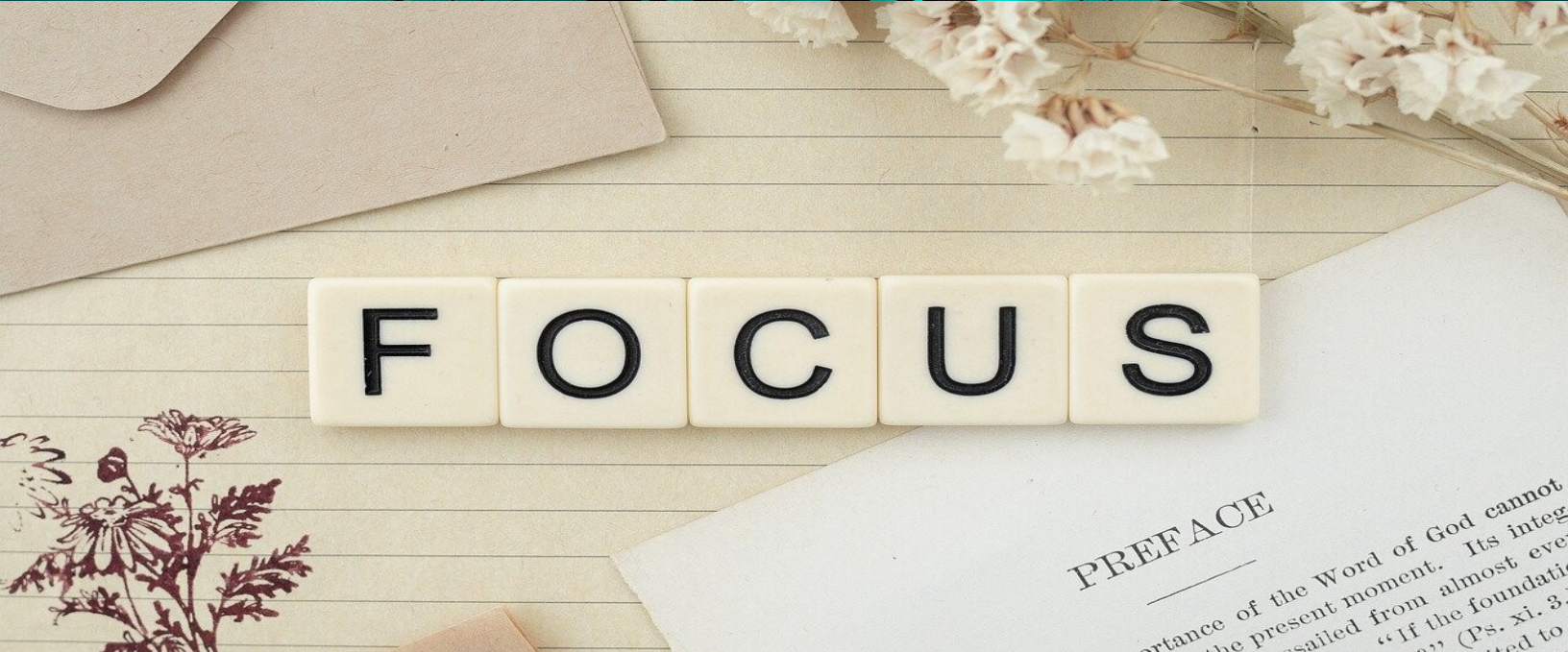
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I help people offload the messages of the world and their opinions. People told me many lies and that this was New Age or New Thought and that I was a Mystic or whatever else they made up to discount these teachings. I kept seeking and asking God anyway and I have been shown the Path Way to this Oneness. I know it to be true as I have had many encounters and do hear the Voice of God and His Spirit is always teaching me new things about the levels of heaven. It is a journey that is fun and also can be met with troubles. However, the troubles can be overcome easily now as they are always coming from out of the mouth of another human who just hasn't cleared their own path of its lies. Once I knew how to not look back and get more drama from old trauma, I had a great navigation system that was always Present. I can help you find yours.





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