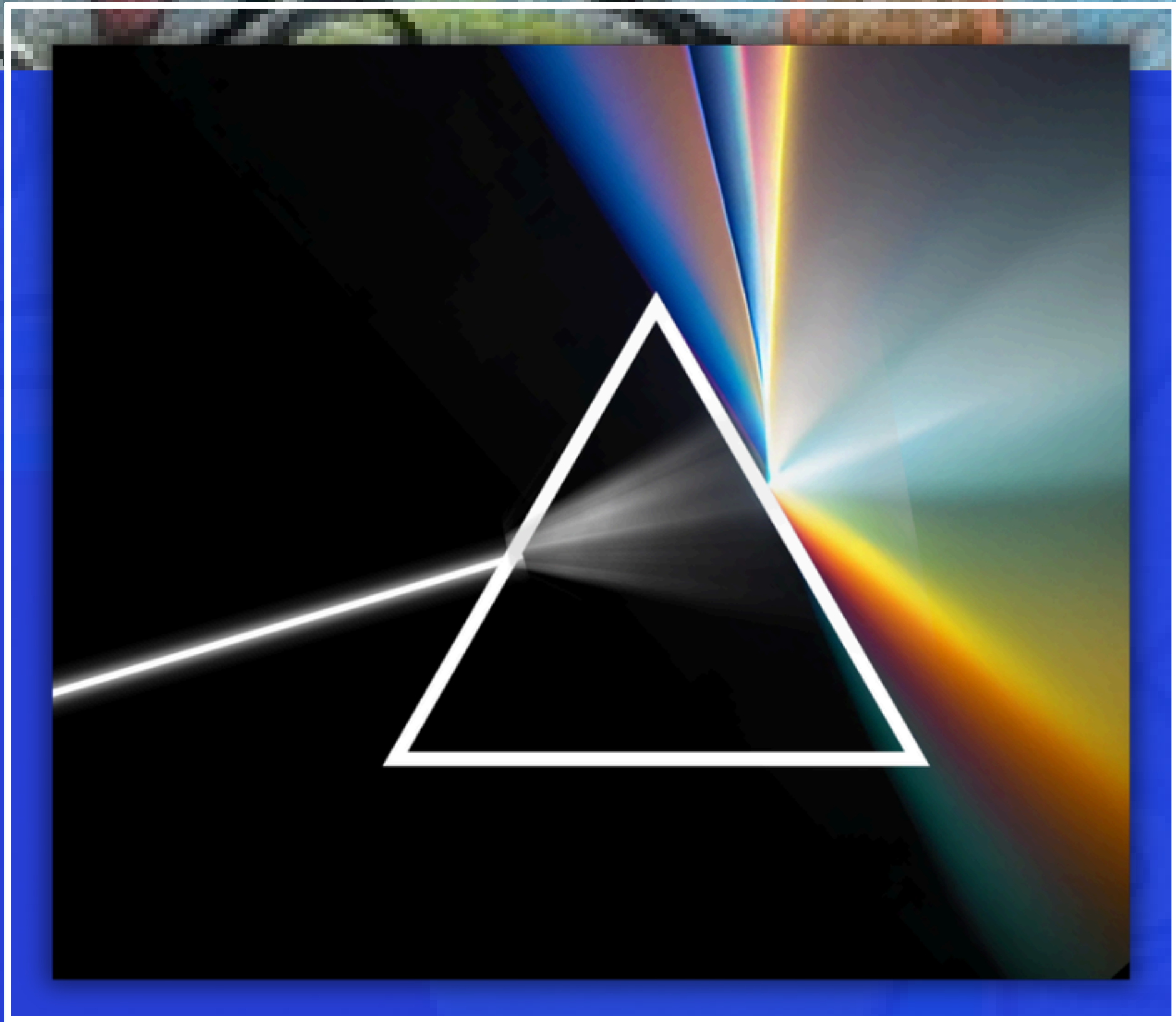




Daniel Costello
The Art of Becoming Oneself



The idea that we have free will and that our choices shape our lives daily is at the heart of healing and ART. Hope, beauty, and happiness serve as spiritual tools that spark our desire and inspire us to evolve. Conscious evolution requires devotion and faith, and as we explore new vibrational territory, mainly in the HEART center, with practices like service for others, journaling, meditation, and being in nature, we can enhance traditional therapy's potency and move back to JOY.

Our journey towards SELF-LOVE helps us achieve a "flow-state," allowing each ARTIST to develop a practice that aligns with their strengths and interests.

Integrating positive thoughts and physical practices elevates our vibration toward peace and joy, but shadow work (unconscious side of oneself) profoundly enhances our ability to reach high-vibe states. Love is always available in this model because it is eventually found to be a pre-existing condition of our eternal spirit. Alternative paths often circle back to this crucial realization. Modern enlightenment involves consciously controlling our narrative while acknowledging our ego's advice, which may lead to painful challenges. As awakening souls, we aim to make choices that paint a vibrant life. Striving for self-sovereignty elevates our energy and embodies grace, ultimately leading us back to self-love. By understanding how our choices shape our lives, we can create a meaningful existence that inspires positive change in others.

For me, modern enlightenment is experienced in the present of the now moment as we consciously control our inner dialogue while still recognizing our egoic contribution. Without monitoring this narrative, it can, and often will, lead us into mistakes and choices that have to be undone for resolution to bring peace back to our dualistic mind. This egoic influence can lead to painful outcomes. Therefore, as awakening souls, we strive to make choices that color a vibrant life. Aiming for self-sovereignty elevates our vibrations and aligns us with the greater good as a divine expression of grace. Ultimately, self-love is the path home, and being aware of our choices allows us to create lives that resonate positively with others and inspire change.

In summary, as a CONSCIOUS CREATOR, our choices are the brush strokes of color that lead to a fulfilling lifetime.



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