Story: Out of Body Experience

(My Spirit She Lifts From Me pages 1 - 3)

Lessons: Anything is possible

Don't surrender to your fears

Put down your armor and be authentic

God holds you up and honors YOU

Being influential in sharing new possibilities can alter, and inspire others

MY SPIRIT CARDS

Story: Strange Animals in the Night

(My Spirit She Lifts From Me pages 4 - 6)

Lessons: Don't babysit too late

Fear NOT

Not everything is explainable and reasonable

Some conversations are better left for another

time

Story: UFO's, 1977

(My Spirit She Lifts From Me pages 6 – 8)

Lessons: Don't always expect the same thing

Small towns are not always boring

Go out on a limb

Be inquisitive

Live a life of passion

Be adventurous

MY SPIRIT CARDS

Story: Haunted House

(My Spirit She Lifts From Me pages 9 – 13)

Lessons: Honor the good within everything

Blessings can come from the craziest things

Be straight

Be a stand for beauty, love and acceptance

Acknowledge fear and move forward anyway

Story: Nursing Mom, 1983

(My Spirit She Lifts From Me page 14)

Lessons: Smile and accept beauty and love
 Accept and reverence miracles
 Live fully in each moment
 Know love speaks

MY SPIRIT CARDS

Story: Fishing Trip

(My Spirit She Lifts From Me pages 15 – 20)

Lessons: Ask for exactly what you want

Be powerful in your communication and accept what you get

Know that God is fun, funny and full of laughter

Enjoy the journey to the fullest

Appreciate that nature speaks

Make sure you have the right tools for the job

MY SPIRIT CARDS

Story: God is in Control, 1988

(My Spirit She Lifts From Me pages 20 – 22)

Lessons: Don't fall asleep driving on sleet while

passing a semi-truck Know God is in control

At all times be thankful that God is right

beside you

Smile and know that God corrects your

mistakes

MY SPIRIT CARDS

Story: Life Quilt

(My Spirit She Lifts From Me pages 23 -25)

Lessons: Creating your life as impeccable art requires

honoring your word, controlling your

thoughts, and taking positive actions

Life is much more beautiful than we

comprehend

Your every choice matters

Never give up

Do more that will live on as jewels and light

in time and space

MY SPIRIT CARDS

Story: Tour of Heaven

(My Spirit She Lifts From Me pages 26 – 28)

Lessons: Questions are the answer so ask many

Know you are a gift and life is precious

Life lives, breathes, and thrives without roots

or stems

Gifts come in many packages

YOU are a living gift and hold many secret

passcodes

MY SPIRIT CARDS

Story: "I Love You", 2004

(My Spirit She Lifts From Me pages 28 – 30)

Lessons: YOU are loved

Put effort into your communication with God

God can lift you up and change the direction

you are pointing

Inspiration is circular. You be inspired and then inspire or you can inspire and then be

inspired. The secret is to keep it going

Story: Angels and Birds, 2004

(My Spirit She Lifts From Me page 30 -31)

Lessons: Strive to see through this haze of life to see what's real

Move beyond those with limited views

Let go of your extremely loud voice of ego

Letting go of being right is often honorable

MY SPIRIT CARDS

Story: Valentine's Day, 2007

(My Spirit She Lifts From Me pages 32 – 34)

Lessons: Pray for what you want and expect delivery

Be grateful for signs

Be expectant of miracles

Be excited for blessings

Visuals are powerful, keep your eyes open

and heart engaged

Cause love

MY SPIRIT CARDS

Story: Baldwin Park, 2008

(My Spirit She Lifts From Me pages 34 – 36)

Lessons: Nature hears, listens and speaks

Spirit lives in everything, so look for it

Respecting nature is respecting spirit

Honor and love your surroundings

Give up your interpretation that something is

wrong

Moment by moment, with each new step, imprint peace and love on this beautiful earth

MY SPIRIT CARDS

Story: Christmas Song, 2008

(My Spirit She Lifts From Me pages 36 – 38)

Lessons: Magic and mystery can come by way of

music

Listen intently to what is speaking to you

Love is constantly delivered and especially

when needed

God hears our tears

Put your faith in God's love

Story: Key of Life, 2008

(My Spirit She Lifts From Me pages 38 – 39)

Lessons: Consistently be clearing the fog around you

Know YOU hold the key

Walk with confidence and move forward

Doors will unlock as you expect, see, and

command them

MY SPIRIT CARDS

Story: The Book of Wisdom, 2009

(My Spirit She Lifts From Me pages 40 – 43)

Lessons: How you are being is what you are

contributing to life

You gain wisdom, not by knowledge, but by

being that of which you seek, such as:

Loving, Courageous, Forgiving, Compassionate, Abundant, Healthy,

Passionate, and Peaceful

Story: Harley Heaven

(My Spirit She Lifts From Me pages 44 – 48)

Lessons: Push on to communicate fully

Make the most of your time here

Know that what you give is what you get

Create yourself now and live it passionately

MY SPIRIT CARDS

Story: Delray Beach, 2011

(My Spirit She Lifts From Me pages 48 – 51)

Lessons: Do what you can for others

Small steps can change a life

Be generous with your actions

Have fun and be present

Respect and honor others no matter where

they are in life

