

A background of pink roses with green leaves and yellow highlights, creating a soft, floral pattern.

**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

MY SPIRIT CARDS



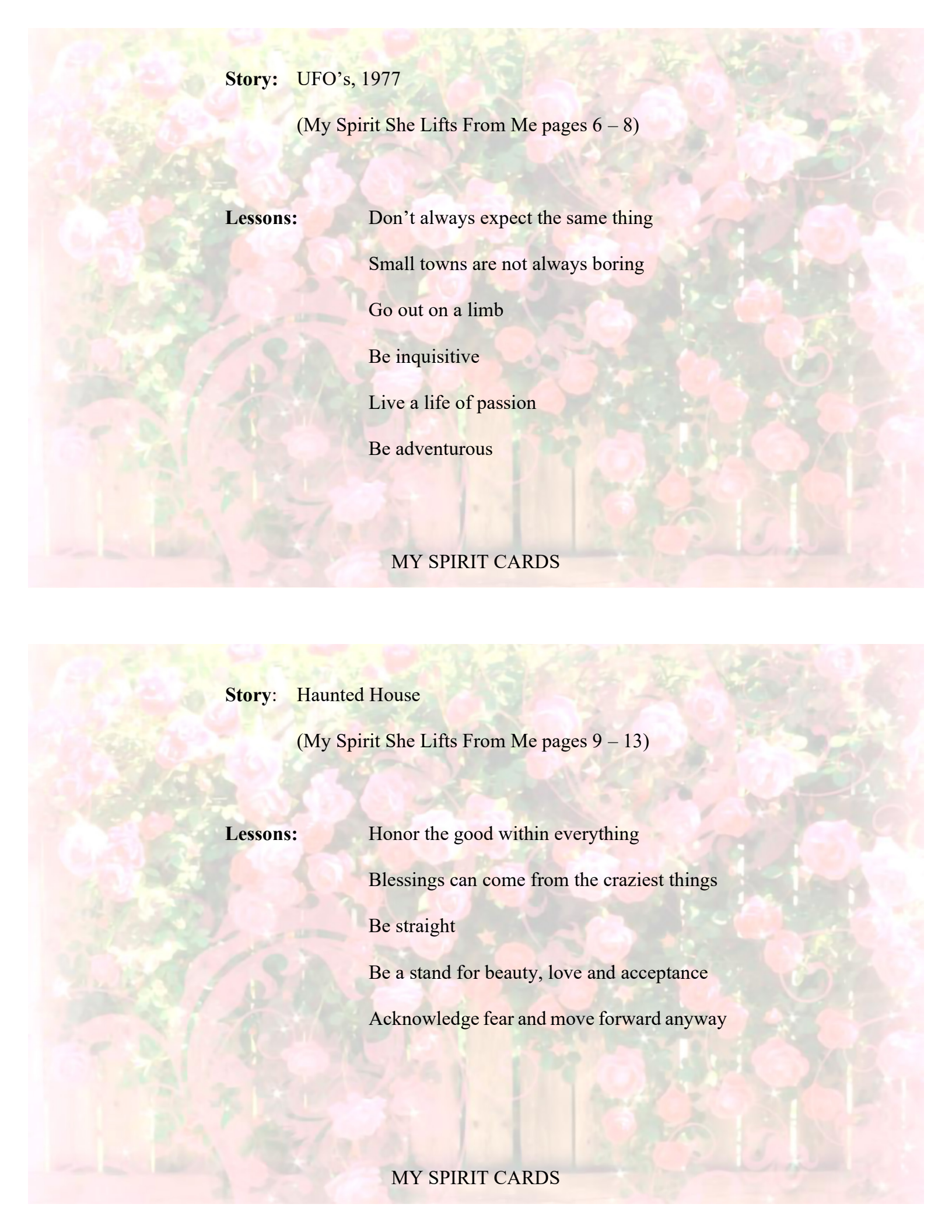
**Story:** UFO's, 1977

(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



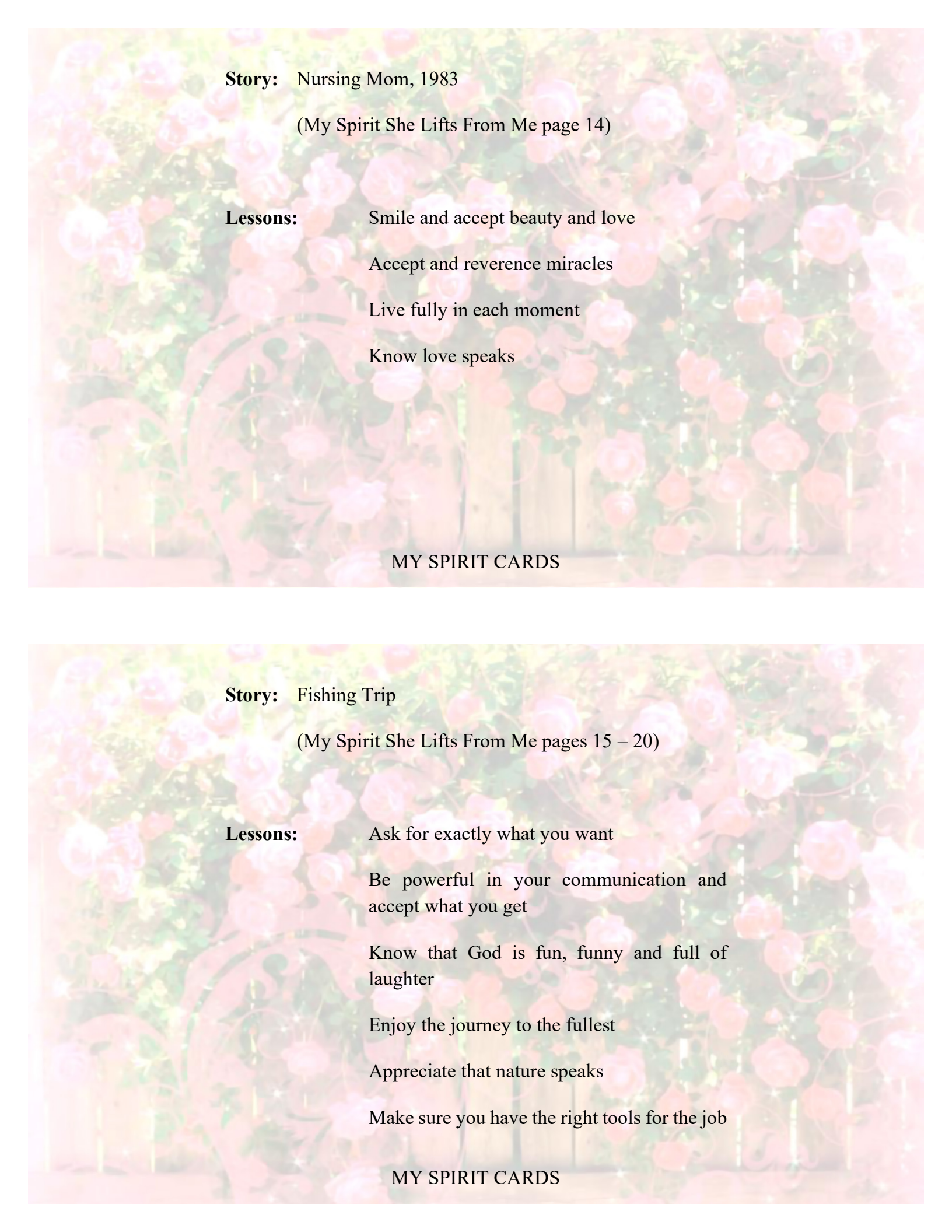
**Story:** Haunted House

(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

MY SPIRIT CARDS

A background of numerous pink roses of various sizes, some in full bloom and some as buds, set against green foliage. The roses are arranged in a dense, somewhat circular pattern, with some stems curving upwards and others downwards. The overall tone is soft and romantic.

**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

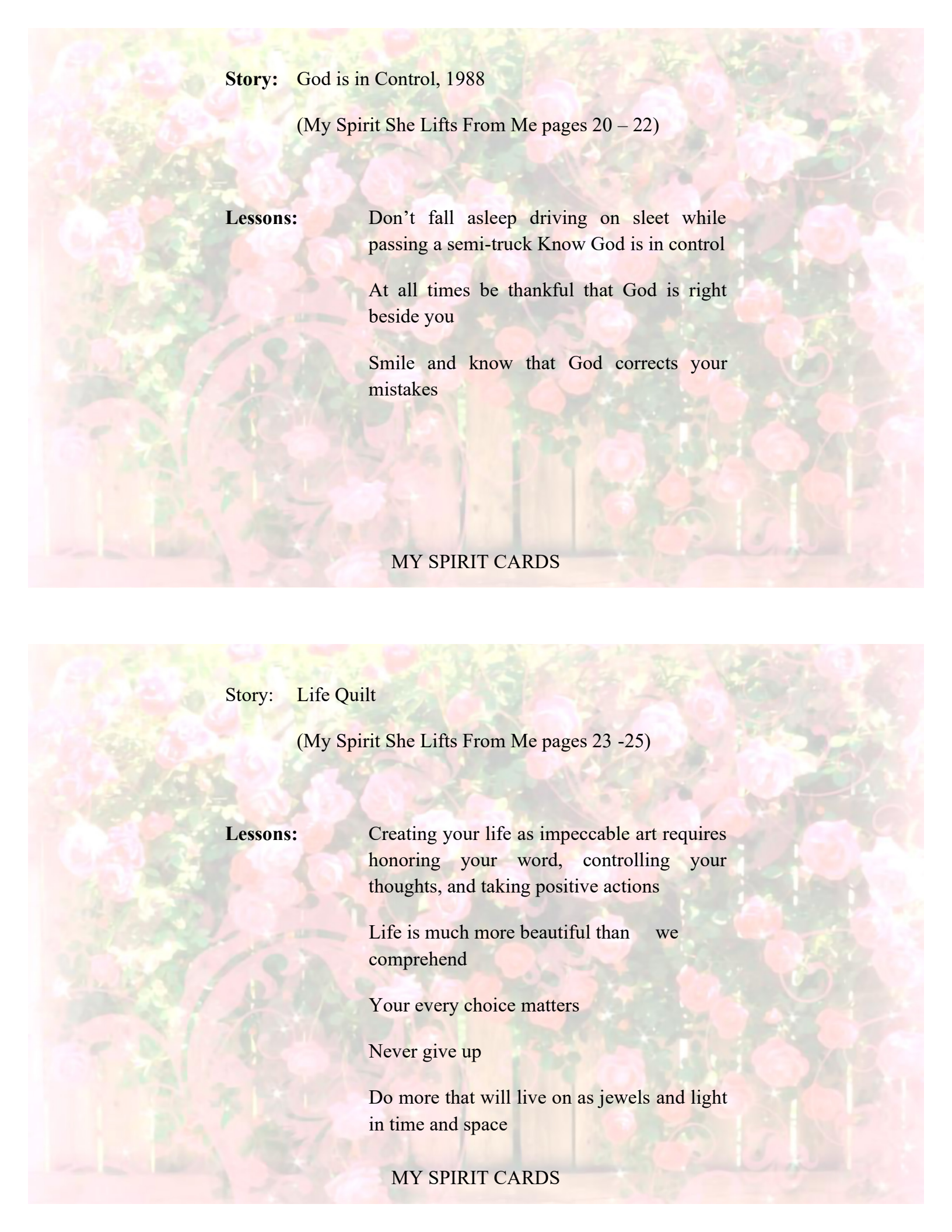
Know that God is fun, funny and full of  
laughter

Enjoy the journey to the fullest

Appreciate that nature speaks

Make sure you have the right tools for the job

MY SPIRIT CARDS

A background of pink roses with green leaves and small white stars scattered throughout.

**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

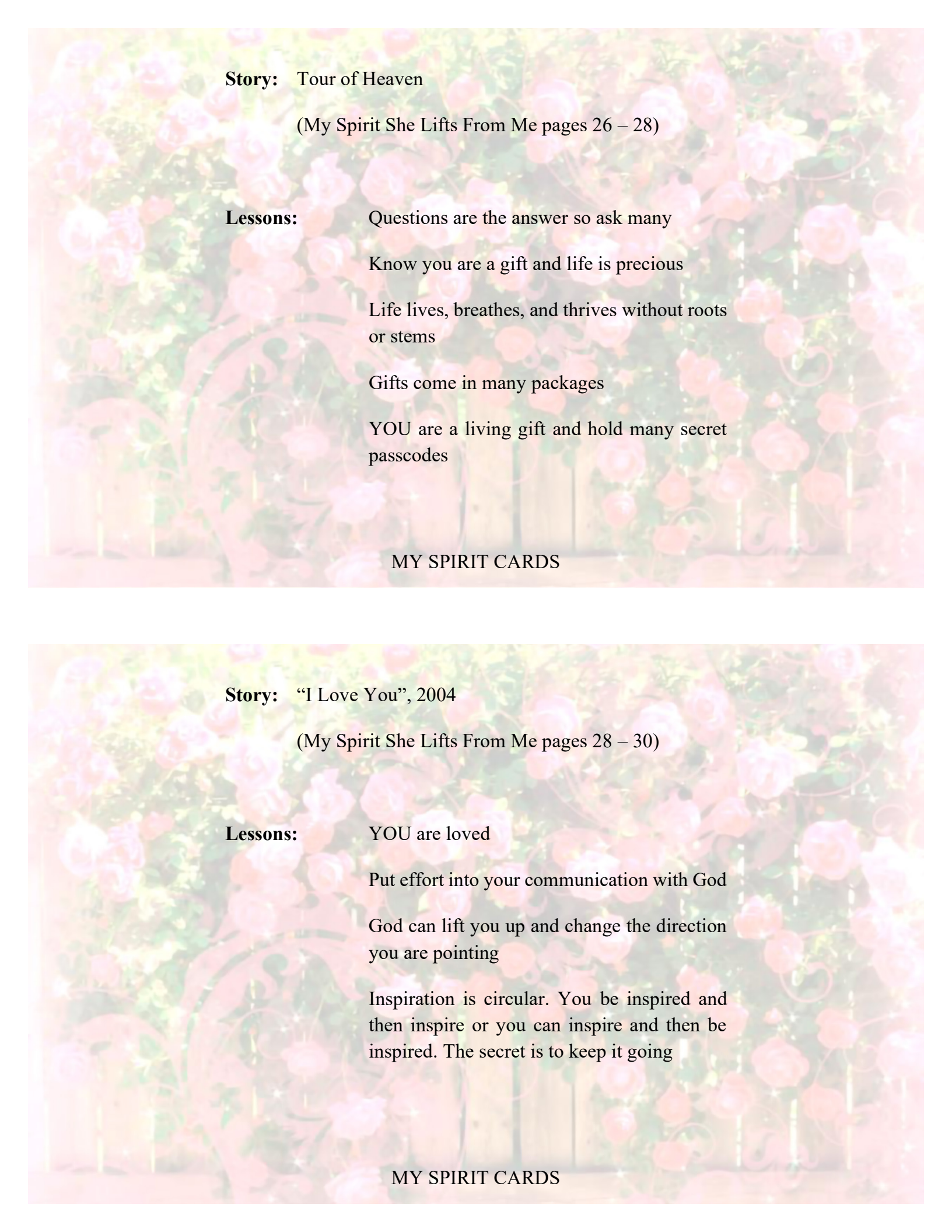
Life is much more beautiful than we comprehend

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

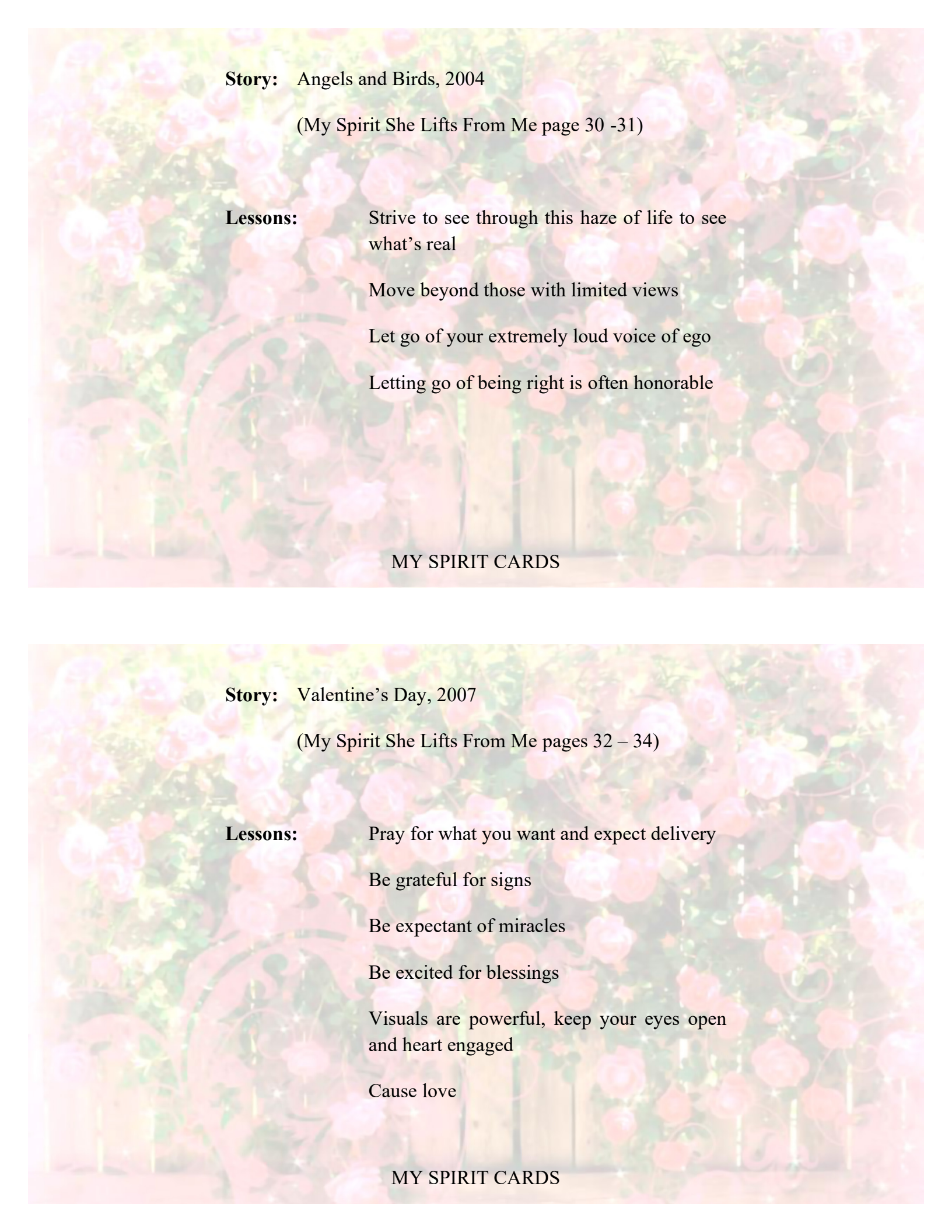
MY SPIRIT CARDS

**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

MY SPIRIT CARDS



**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

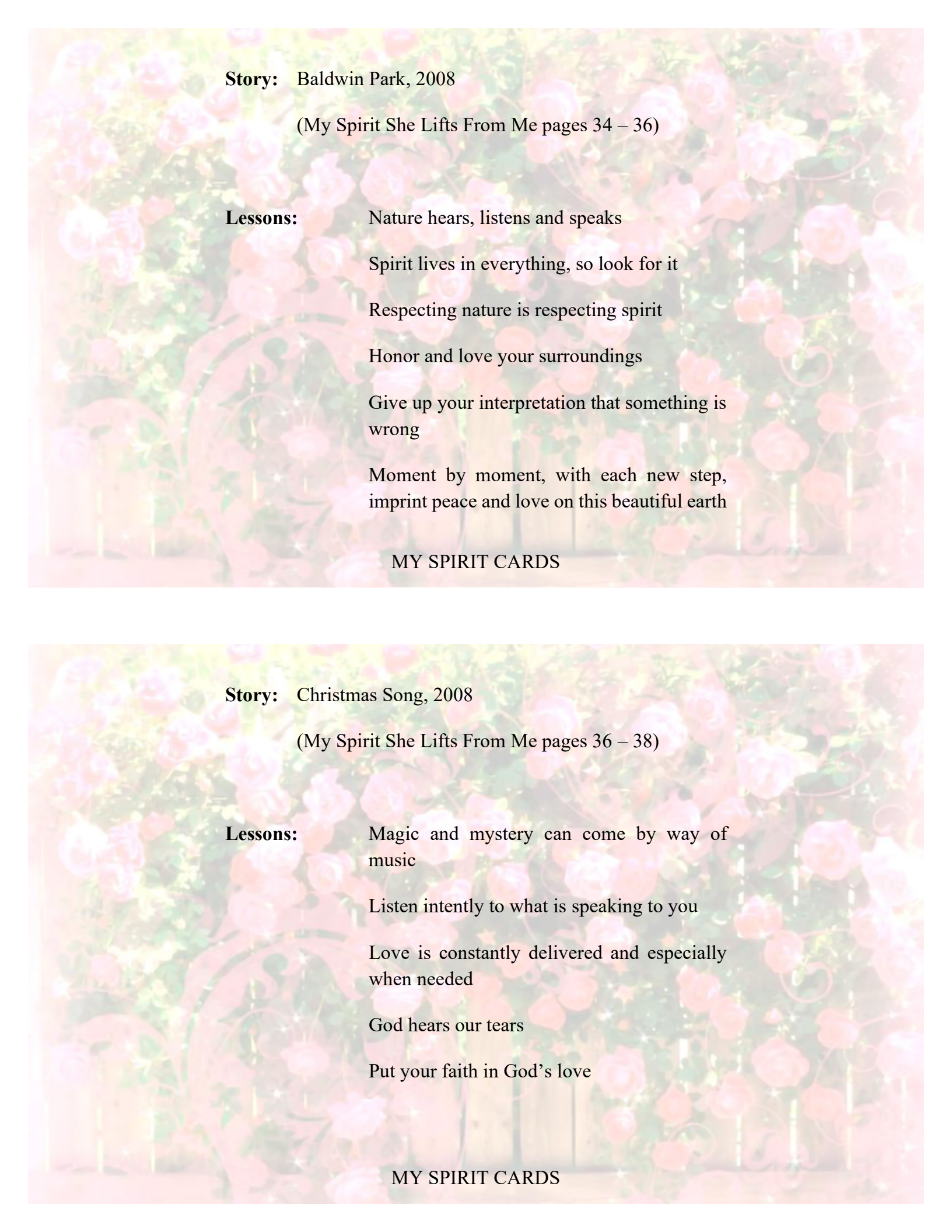
Be expectant of miracles

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

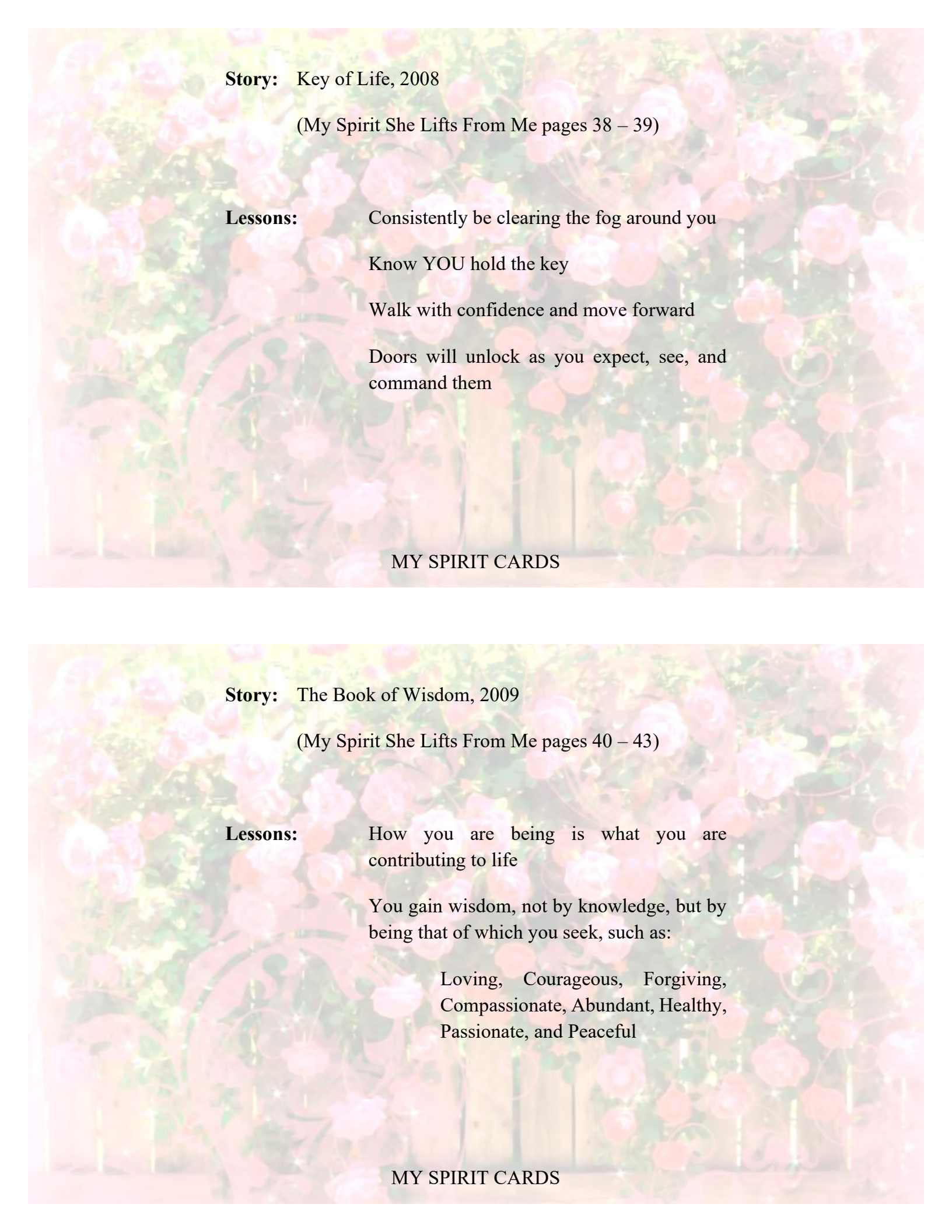


**Story:** Christmas Song, 2008

(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

MY SPIRIT CARDS

A background of numerous pink roses of various sizes, some in full bloom and some as buds, set against green foliage. The overall tone is soft and romantic.

**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

MY SPIRIT CARDS



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**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

MY SPIRIT CARDS



**Additional Overall Lessons / My Spirit She Lifts From Me:**

Create yourself as spiritually strong and lift others to a higher level of being

Share your greatness with others through stories and love

YOU create your own life through thought, action and deed

YOU are a blessing

Keep asking questions

MY SPIRIT CARDS