

# 40 STEPS TO HEALING

Start Each Day With a  
Clear Mind and Open Heart





## **40 Steps To Healing by Gee Bryant**

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## 40 STEPS TO HEALING

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# Introduction

Welcome to Steps To Healing, a chance to dive deep and explore as the day begins or closes. I wrote this book to help you put a period on events that may have taken place in your life over the years or within the last 24 hours.

This book was written from personal experience and I believe that it's very important that we close the unfavorable loops in our lives that can torment us for a lifetime. We often judge ourselves without taking the inventory necessary to truly love ourselves. The first step to change and the first step to healing is awareness. This book will first trigger your awareness and give you the power you need to act on it. The best way to use this book for optimum success is to read just one or two steps per day and contemplate them deeply at the beginning or end of your day. Meditate on whatever strikes a chord within your soul.

Every wound you heal within yourself, you make space for light to enter through. I believe that life attracts life, and if you're reading this you've been Chosen for a reason.



## STEP 1

# Authentic Power

At the core of all human behavior, our needs are more or less similar. Positive experiences are easy to handle. It's the negative experience that we all, by definition, battle with. Understand that, what we get out of life is not determined by the good feelings we desire but by what bad feelings we're willing and able to go through to get us to those good feelings.

So If you want more than enough, you have to be willing to go through more than enough to get there. Every time you break down there's a build-up waiting for you. Don't be ashamed of your struggle, it doesn't have to become your identity.

When you are centered in your being and aware of your power, you are able to see the love, truth, and untruth in everyone and everything. As you listen to others with heightened awareness, you will hear their words for what they really mean.

Instead of making choices based on others people's influence or opinion, honor who you are. Strip yourself of all labels, titles, and judgments and honor just yourself; that's the moment you become aligned with your soul, and choices become easier to make. It's easier to give our power away than to get it back. So from this moment on it's time to stop giving your power away and it's time to heal yourself.



## STEP 2

# No Judge No Jury

Please understand that once you start something, somebody is going to have an opinion. When you make decisions about how you want to live your life, you will be judged by people who don't even have their sh\*t together. If you decide to start a business, you will be criticized by someone who doesn't even have their own. If you say your favorite color is blue you will be condemned by someone whose favorite color is red.

Most people are ego-driven, and the way they satisfy that ego is by judging, criticizing, and critiquing even when they have no place. So from here on out if someone comes at you will the b.s. ask to see their credentials of what they've been through and what they've started that gives them the right to judge you.

Everybody is so smart these days it's crazy, but if everyone spent more time focusing on their own they wouldn't have the time or energy to focus on anyone else's. Be picky with who and what you listen to, it's crazy out here, and your growth is on the line.

Eventually, the time will come when the days don't matter anymore. Time becomes nothing more than intervals that keep you on track. Goals become checkmarks, and every thought you have about what you want begins to happen. Success no longer surprises you; it becomes something you expect and are



constantly preparing for. You're in tune with the Universe, you are in tune with God, and everything makes sense. Keep your head down, stay humble, stay hungry; it's just the beginning. Dreams don't work unless you do

**Everything starts with a plan**, and a plan does not exist unless it's written down, - God is not interested in the Vision boards of your head.

You must understand that everything that you are doing and have been doing that's not in alignment with your goals will always be there, so why not take a chance on yourself and get extremely focused; See how far you can go. Stop playing with your potential, the world needs more people who are alive and awake.



## STEP 3

# Survival of the Fittest

I was raised to survive, my environment taught me to survive. This mindset, hands down, is one of the biggest contributors to my success. You may have been in survival mode at one point in your life, or you may be living in some form of survival mode right now. Survival mode doesn't just mean with your finances, survival mode can be with your health, it could be with your spirit, it could be with anything that you are not at rest within. I had to learn how to live. I had to make Conscious efforts to let the natural flow of the Universe move even more through me. I've been present for years and I understand how this world really works, but some childhood conditionings are deeply rooted that take more work & conscious attention than we know.

These are the things that hold you back from truly reaching the epitome of your being and fulfilling your purpose in this world. I believe you can relate, and I challenge you now to go even deeper within yourself and unlock some more special things that you have to offer because it's there. See you may not have been raised on love, you may not have been raised with guidance, you may not have been taught how to govern your emotions or how to be a functioning partner in a relationship, but whatever it is there are a lot of good people looking



damaged inside because of their past. If you don't think a person's past affects how they see life you're sadly mistaken.

So I challenge you to go deep and figure it out. Meditate on it, spend time with yourself, let the feelings of the past come up, and face them dead on. What we run from will continue to chase us, what we face starts to dissipate. You got this.

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## STEP 4

### True wake up

Your awakening process won't be filled with sunshine, magic dust, and rainbows. It does not work like that. Life will get harder, life will get tougher, you will hurt more, you will cry more, and you will be tested more. That's the process you have to go through to shed the layers that no longer serve you or your purpose. I've learned to smile when things get unusually tough in my life, I know it means greatness is upon me, & that something great is about to happen in my life, sooner or later. The reason why people don't reach their full potential is that when things get foggy and chaotic they run back to mediocrity.

Mediocrity can easily be seen. You know exactly where to go to drown your sorrows, you know exactly where to find that person that's no good for you, & mediocrity will always save a place for excellence to come back to. But greatness, that's a whole nother story. You won't ever have a clear-cut direction to it. You just can't see it, but you know deep down it exists for you. You always have two options, run back to mediocrity or keep fighting for greatness. It's always up to you! You have to show God that you're willing and able. So fight or flee. You may be closer than you think.



## STEP 5

# No-Limit Person

You have to have an extreme form of thinking; A belief so intense that it becomes your reality regardless if others see your vision or not! People used to criticize me for the big plans I had. I came to realize that it wasn't even their fault, because most ppl are unable to think beyond their current situation, so how could they think beyond their mind! I just learned to stop talking to everyone because most won't get it & one thing I never did was compromise myself after being criticized. You gotta stand firm in what you believe in.

A lot of people fold and compromise themselves as soon as they don't get a stamp of approval, and that's why they stay where they are!

If we want to get deep, there's no right or wrong, everything is relative, so what's for you will not pass you unless you get talked out of it, and what's for YOU, maybe right for you and wrong for someone else. People can only grasp things at their level of understanding. So if you have big plans and are talking to someone whose level of understanding isn't there, why are you talking to them about your plans? They might talk you out of something that's for you! Put it out there, be a good person and work like your life depends on it because it does. Everything will happen as it should, the opportunities, people,



and relationships you need in your life will be attracted to your vibration. Your plans don't have to be approved by others, God's approval is the only approval you need. No need to tell people your plans anymore, and stop looking for permission to be great, you already are!

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## STEP 6

# Magic Tricks

Living average is an illusion of safety in a world that teaches you to be passive and conforming. A world that teaches you to watch and not act. A world where people are trying their best, based on the hands they were dealt. A world where you can so easily get lost without guidance. A world where we judge others for their demons who secretly feed our own. A world where what you did travels just as fast as your decision to do it. A world where inner peace is being traded for notoriety. A world where pleasing others with no regard for self is the norm. A world where you have to face the circumstances you created because of the lack of guidance. I struggled at times and struggled in other areas in the past, but I've made a conscious decision to try my best to be better every single day in areas I lack.

Trying your best is all you can really do. What we need as humans for our mental and spiritual well-being is not readily available like everything else we subconsciously consume daily, but if you want those voids of hurt to be healed you're going to have to fight and search and fight and search.

What you need is in there, in you. It's uncomfortable because without the test there's no testimony. You have to take the short-term burn for long-term peace. If you find things that resonate



with your soul, big or small, that's something worth looking deeper into, because most of the other shit out here and this imaginary governing board that most people live under isn't worth anything in the long run.

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## STEP 7

# Regaining Control

Stop letting people who do so little for you control so much of your mind, feelings, and emotions. These energy vampires are real out here. People will unload all their luggage on you. It's ok to lend a helping hand and be of service to people you care about, but don't be taking advantage of. The kicker is most of the time, the person doesn't even know they're a burden, but that's where self-love comes in my friend, you gotta choose yourself! Sometimes you gotta shut everything down to get back to who you were before the world got its hands on you! That's your power place! That's one of the steps to reaching your God space.



## STEP 8

# Glow

The real Glow Up is when you stop waiting to turn into some perfect version of yourself and consciously enjoy being who you are in the present. Even if you aren't where you want to be in life, walk and talk boldly with power. God never intended for His people to live in defeat. He destined you to rule.



## STEP 9

# Intentional Peace

To find peace you have to be willing to lose your connection with people, places, and things that cause all the noise in your life. You can't hold on to dead weight and then wonder why you have trouble moving forward. At some point, you have to disconnect from anything that may be suppressing your progress in life. Between friends, family, the media, TV, past relationships & music there's some much static out here it becomes too easy to become detached from yourself, and your purpose. A lot of us continuously decorate the prison we've created and complain about and it's time to make a Shift...

A Lot of people are living with anchors holding them back from reaching their full potential while the Universe is waiting for them to move. Never in the history of ship sailing history has a ship sailed with its anchor holding it down, and on me you can take that to the bank! Subtract and progress or suffocate in mediocrity.



## STEP 10

# Making Peace with the Past

We are all a sum total of the decisions we've made, and at some point in our lives, things have happened to us that left scars, anger, trauma, guilt, etc. There are also times when we've all been the "bad person" in certain situations. Now there's nothing wrong with any of that because we are all having our human experiences, and there's no blueprint for this beyond the religious text that the majority of people halfway subscribe to. When you continuously identify with the past hurts, struggles, wrongdoings, etc. - you're suffocating yourself in two ways. Once you aren't allowing energy to flow through you freely as you are creating emotions and then being governed by those emotions over a period that doesn't even exist anymore. You're making the past the present, and I know this may sound weird, but you're secretly addicted to it.

Trust me I know. Secondly, most are unaware that when you subscribe to the past, you take up so much of your present mental capacity, that you now operate on a level way beyond your truth and potential when you need to, blocking you from ever being able to truly give the world what you have to offer. Identifying with the past keeps you shallow on a macro level (present), because you're expending so much energy on the micro-level (past), and it's time for you to go Deep, and unlock something shit that's been waiting on you.



## STEP 11

### You are not a tree

Don't be afraid to grow, end bad habits, leave dead-end jobs, & cut off toxic friendships. Set peace of mind as your highest goal and organize your life around it. What I've come to realize is that the toughest thing about being blessed with free will is exercising your power to use it. So first say a quick prayer and be thankful that you're not a tree even though that might be dope low key, you know just chilling all day catching a vibe .. but yea back to the point. Here's a reminder. You're not obligated to justify anything to anyone about what you do with your human experience. The only contract you've signed is one with the Universe, God, your Higher Power, etc. Beyond that, if it doesn't flow, let it go. You're always one decision away from a totally different life.



## STEP 12

# Energy Vampires

Be careful with who you let in your life. People will come drain you, then leave and blame everything on you. No one has the right to take advantage of you, just because you “love” them or they “love” you, just because you’re family, or just because you’re in business!

Stay away from people who use and abuse you for their own reasons and apologize every time you stand up for yourself. Forget that, close the door on that drama and run from those emotional vampires before they suck the life out of you. You deserve more for yourself and your life! Conserve your energy and be very particular about where you choose to distribute it!



## STEP 13

# Keep That Same Energy

When God wants you to accomplish something, you will be pushed out of your comfort zone into areas that make you nervous. Your faith must thrive in the most uncertain of times. Through my study and experience, I've learned that if you're "spiritual" you must be spiritual when it's really time too! It's easy to believe when you aren't being tested, but oftentimes when those tests come; the ones that will challenge us to no end, we resort to being physical and trying to control the situation which usually doesn't allow us to catch the blessing! You gotta keep that same energy when it's really time to keep that same energy and trust in what you say you believe in!



## STEP 14

# The Lonely Myth

Loneliness is better than bad company. A period of loneliness is very important to your growth, don't fight it. Don't look to fill the void with cycles of people, places, and things that will be detrimental to the person you were called to be alone. Within a period of insulation, you give yourself a chance to understand why certain things don't fit or don't fit on Purpose while creating a vibration that will attract everything that is in alignment with your Truth. Sometimes you have to lose what you thought was for you to make room for what God has for you, & what's for you will not pass you.



## STEP 15

# Calm After the Storm

Sometimes your worst enemy can be your own memory, sometimes you just have to let go and live. It takes a very strong individual to sit with themselves, calm their storms, slay their dragons, and heal their issues without bringing others into that chaos. Your journey to self-love is just that. If this year hasn't taught you anything it should have taught you that you need to be good with yourself. A lot of this other stuff that we've subscribed too is fragile, unstable, distracting, & temporary. You must be right internally and live from the inside out. It's time to pay attention to your patterns and understand that the ways you've learned to survive may not be the same ways you want to continue to live. Heal and shift. For almost a decade now I've been on a path far from what people have seen.

I've been to places that most people would never go. I've experienced things that don't have a worldly definition and I've felt the most treacherous of Dark along with the most blissful of Light; my limits have been tested physically, mentally emotionally, and spiritually and I speak to you today in supreme neutrality.

When you're seeking the truth and building your spiritual muscles it's very important to keep that Journey to yourself as you navigate through the uncharted waters of what will come



to be known as your truth. (Mentors will come). A Lot of people want to bring that Journey to the forefront as soon as their alarm clock goes off which activates the ego because your Journey then becomes based on showing others how “spiritual” you are.

Take your time with yourself first while letting go of an unfavorable past. Building your foundation on this, “woke” or “spiritual” road is far from what you see directly in front of you.



## STEP 16

# Body Language

Your body knows exactly what's for you and what's not. Your body can legitimately reject someone's energy. It will give you anxiety, bad vibes, increased heart rate, etc. Listen to your body. No explanations are needed for your peace. Your body is made up of energy centers ( 100's more than the 7 most known) Energy centers that know what's true to you and what's not! They know you better than anyone else. They have all types of information about you stored since birth. So if it doesn't flow, let it go. If it doesn't feel right it probably isn't. If you're at a standstill with anything; Trust your body because sometimes your mind will try to force things that have no business being in your life. You can stay in situations for days, months, or even years that are blocking you from your Truth & Purpose.

What God has for your life is infinitely better than the some of things you may be forcing because they seem good, or "have potential" but you know deep down it ain't it. It takes courage to pursue a life that's calling you. Answer the call



## STEP 17

# Face Your Finances

A Lot of people were not raised with financial education and I was one of those people. What I've learned is that we can't fix what we don't face. This should be the starting ground for anyone who wants to change their financial situation. Build an emergency fund of 10k. Save 20% of income per month. Read 10 books about finance. Invest in a stock portfolio. Find a new side hustle. Track your finances, and learn a new skill.



## STEP 18

# Not Yo Job

It is not your responsibility to babysit people's insecurities. You are not obligated to slow down your growth, to meet them at a level they are comfortable with. Your growth is too important. Never dim your light for anyone or anything again. This is personal. Loneliness and/or the fear of missing out keeps people in weird situations, where they become just a fragment of who they've been called to be. The world never gets to see their truth and all the amazing shit they have to offer. The wrong energy around you will have you out here playing it small when deep down in ya core you are Big Time! Understand that what's for you will not pass you, & the people, places, and things that are destined to amplify your growth will meet you at the same frequency that you're vibrating at! It's a law! When you play it BIG. Everybody can't come, and that's ok!



## STEP 19

# Class is in Session

Teach others how to treat you, buy the way you treat yourself! No one will treat you better than YOU! Determine who is in your corner and stay close to them, because you know without a shadow of a doubt they'll have your back even when shit gets dark; it may be just one person, or it may just be you, but that and God is all you need. If you take care of yourself, you will emit energy and attract the exact standard you've set for yourself over time! Please understand that you don't attract what you want, you attract what you are. Life is always giving perfect feedback to what we are giving out. No one has the right to take advantage of you, just because you love them or they love you, just because you're family, or just because you're in business.

Stay away from people who use and abuse you for their reasons and apologize every time you stand up for yourself. Close the door on that drama and run from those emotional vampires before they suck the life out of you. You deserve more for yourself and your life. Audit your call log and text messages daily and make sure the people you spend time communicating with are adding value to you, and vice versa.

Don't waste your energy anymore, the shit is too precious and it all counts! A lot of people fear doing what it takes to make their



dreams come true, but I believe that can be worked through by having unshakable faith, prayer, and engaging in daily personal development. Your biggest fear should be doing what it takes to reach your divine destination in life, and having the wrong people around you.

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## STEP 20

# Crown Yourself

There's something incredibly satisfying about focusing on personal growth for no other reason but that you want to. In other words, just doing it for you, and not for someone else. Other people will no doubt benefit from the improved version of you at some point in the future, but it's a different experience pursuing that growth because it makes you happy, rather than because of some implied responsibility to do it for someone else. Start re-writing the narratives that have been predisposed to you that you have to be this or be that for a specific person or reason. How bout you just become this or that for yourself, and everything after will be attracted to the frequency you emit. I guarantee the shit you start experiencing will blow your mind as you will see how much more this ever-expansive Universe has to offer to you once you start that process.

Everything changes when you start to emit your frequency rather than absorbing the frequencies around you when you start imprinting your intent on the world rather than receiving an imprint from the impressions of it.



## STEP 21

### Simple Not Easy

Trust that when you're ready, God will send whatever and/or whoever is ready for you. When you stop chasing the wrong things, you give the right things a chance to catch you. The rest of this year should be personal, you owe yourself a lot. Oftentimes we complicate life by trying to force things that weren't designed to be with us. This disrupts your natural flow of energy causing anxiety, depression, worry, etc because you constantly are going outside yourself, and draining your mental & emotional capacity to make "things work". But when you work on you and are aligned with your truth there is no making "it work" because The Law of Attraction becomes ya best friend, - no forcing just flowing.

Fear keeps you clinging on to the very things that are suppressing your growth and over time can put you in a very unfavorable place, settling for a life your truth didn't attract. Sometimes the things you want are on the other side of the things you need to let go of. What's for you will not pass you!



## STEP 22

# Are You Willing

Are you willing to let go of everything and everybody if the doorway to your truth is only made for you to fit through? See the reason why a lot of people won't become what they want is that they're too attached to who they've been. During any period of awakening, you'll be much more valuable to your community, your family, your friends, and your relationships if you're willing to let them go to walk through a door alone. Learn yourself, teach yourself, condition yourself; come back and get them. I'm a witness.



## STEP 23

# Good Times In Disguise

I believe that every person may have to go through something that completely destroys them before they figure out who they really are. Understand that the things that break you down or break your heart, actually end up fixing your vision. One day you'll be thankful for the things that didn't go your way. The things that almost took you out. Take some time to look at the things that didn't go as planned in your life in the past. That business that failed, which gave you the courage, knowledge, and experience to start a better one.

That relationship that didn't work out, that allowed you to clear your mind, and start loving yourself first. Those "friends" you don't roll with anymore that talk shit about you now but are pulling you out of alignment with your true self.

You may be experiencing something right now that's not going your way, or you may have experienced something that is trying to take you out, and I'll tell you, certain things don't fit On Purpose. God has a bigger plan for your life, but you have to do the work and the work doesn't include being on the internet spilling ya guts looking for phantom support. Sometimes shit happens so the shift can happen! Never force anything! There's a natural flow to this world made just for you. Continue to work on yourself, the things that are supposed to happen are already written.



## STEP 24

# World of Distractions

Stop getting distracted by things that have nothing to do with your goals. If you don't separate yourself from your distractions, then your distractions will separate you from the life you truly want. A person who lacks vision for their life distracts themselves with the pleasures of this world. The pain of being non-productive will make you continue to seek fulfillment in things that keep you non-productive.

The higher you vibrate, the more you will see things that are beneficial to your well-being manifest in your reality. Be intentional and purposeful with your energy; don't waste it with b.s relationships and secondary activities. I get asked all the time, how did you become "so successful" so fast, and I always reply, if you truly want something it doesn't take that long if you cut out anything that's not in alignment with what you ultimately want! To be honest, I knew that everything I was given up to pursue my goals would always be there once I manifested them. If you know what living a certain way has gotten you thus far and if you don't like the results then you have to make a change. It's time to change the way you're moving and GET FOCUSED & STAY FOCUSED!

You have Unlimited Power, but you have to channel your energy towards the things that matter, if you feel complacent



or stagnant right now then that could indicate that you aren't trying hard enough! The easiest way to allow negative forces to get a hold of you is to have too much white space on your calendar. God's people are ready to elevate, and because you are here it's time for you to accept the call.

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## STEP 25

# No Rush

Don't let the internet speed up your process. There's no rush when you're moving at God's pace for your life. You can be grinding for 4 years, and to the public eye look like you've gotten nowhere, and in the 5th year become the biggest thing on the planet. Stop looking to take huge leaps of success, you have time for that. Small daily improvements in your life will equal long-term results. Sometimes God is trying to work with your Spirit in a different way to lay a foundation for all that will be coming your way in the future, and it has nothing to do with how you feel about it, or what this person or that person is doing or how much money that person got or what those peoples relationships and friendships "look" like in comparison to yours.

See comparison is the thief of joy, and it's the top reason people don't fulfill their true purpose in this world.

Trust me you have time to figure it out, you have time to build it. Today's world is filled with a lot of people rushing because they won't take time to sit in their Truth. What use is it to build on a shaky foundation, chances are it will crumble because that foundation was built by man and not by the spirit? Wordly foundation can crumble at any time, spiritual foundation is infinite. Decided to be an infinite player in the game of life.



The goal isn't to win, the goal is to outlast. Don't be defined by someone else's standard of success.

Don't put the idea in a box. Success is not the attainment of social status or income amount. Success is an art, and it must be worked on every day. It's the consistent progression towards a worthwhile goal and the truth of who you are, and everything you receive will be in direct alignment with your truth once you find it. You're not late. You're on time. The process is preparation. Your journey doesn't have to look like anyone else's, and often won't match the timeline you created in your head. Less shame, less blames, no jealousy, more acceptance. Now you're ready.



## STEP 26

# Don't Take It Personal

Those who anger you control you. The best revenge is living well. When you can't control what's happening around you, challenge yourself to control how you respond. My formula for life is to take it easy. Somebody praises you, take it easy, if somebody blames you, take it easy. The goal is to keep a serene mind. You cannot afford to let other people control your emotions. You cannot afford to care what people think about you. If you allow your emotions to be swayed at the drop of a dime, you will never be able to create a solid foundation to build your life upon. If you care about every person's opinion of you, you will have no opinion of your own. You need your energy.

The last thing you want to do is be looking at yourself saying “well at least I won every battle” while your potential is saying “yea but you wasted all our energy fighting”. If you need practical advice because I'm a recovered hot head. - Understand that No response is still a response, and it's a powerful one.



## STEP 27

# Quantum Shift

If you're starting to feel like you deserve more and want better for yourself then you're awakening to your truth. You can no longer settle and avoid what's possible for you. You are having a cosmic upgrade on all levels. Welcome change and be patient with yourself, because things always get harder right before you level up. If you've started feeling like you don't know who you are any more that's a relief because you can still be anything, everything, or nothing at all. But it's up to you, your belief system, and your work ethic. Can you be yourself in a world that wants you to be someone else? See people, may know the old you, who they talked about. But they don't know the new you, who God called you to be. It's all about the story, so relax, reflect, and start working to create yours and try your best to live above the influence.

I've lived many lives in this lifetime, and I've also been to some places a lot of people have never been, and this has nothing to do with physical travel. Experience-based teaching is the best form, and that's why I write and speak with such discernment. To get to the next level in life, your mind will be stretched, your spirit will be stretched, your faith will be tested, your circle might change, and you will be judged. When you decide to not, just go with the programmed flow of life & decide you want



something different to be prepared for all hell to break loose. But with that understanding that with every breakdown, there's a build-up, but also understand that it will NOT be accepted by all. Positive changes in your life, prompt negative forces that have been hiding all around you to show their true face.

The warfare becomes even more spiritual than physical. But on the other side of all this is you unapologetically standing in your truth if you decide to pursue the life that's calling you. It could be a long road, but it's worth it.



## STEP 28

# Unstuck

So look, once you reach adulthood for most people, about 95% of your life is nothing more than a program you download daily from what you've been taught, shown, or picked up subconsciously from various impressions. Your habits run your life, and if there's something you want to change it starts by introducing a new habit. The kicker is, that you have to be willing to start new habits while managing the repercussions of old ones. While I was establishing myself during my entrepreneur career, I still had an old life in the rearview that I felt still had a hold of me. Even when I had become "successful" I still was managing some of the repercussions of some of the things I did in the past. (That's a whole nother story). It was tough, and sometimes I just wanted to say forget it.

But I had to constantly tell myself that with faith and trust in God I could overcome anything. Most often it's not the new habit that's the problem, it's how we deal with the residue from old habits that keep us stuck. Habit residue comes in many forms, but one of the biggest contributors is how people now react to your new habit. Most ppl lose right away because they get no support from people once they decide to make a change.

You must have a strong mindset and say forget them, this is MY life and I want better. I will be consistent. Internally you have



to be stronger than anything externally and even if you can see it, there are light and riches inside of you that are waiting to be explored once you decide to have unshakable faith and trust. A lot of people are so spiritual until it's really time to be spiritual. Your life can be a whole miracle. I'm a witness.

## 40 STEPS TO HEALING

START EACH DAY WITH A CLEAR MIND AND OPEN HEART



## STEP 29

### Are you awake

I've had many awakenings in my life, & the first one set my world on fire. It was the first time I had to look at myself in the mirror and understand that the common denominator to my current unfavorable situation was me. You only get so long to blame your parents, your upbringing, your trauma, your environment, etc... I know of people who blame external forces their entire life and are miserable for the most part. See your awakening process won't be filled with sunshine, magic dust, and rainbows. It doesn't work like that. Life will get harder, life will get tougher, you will hurt more, you will cry more, and you will be tested more. That's the process you have to go through to shed the layers that no longer serve you or your purpose. I've come to understand that when shit gets unusually tough in my life, I know it means greatness is upon me.

The reason why people don't reach their full potential is that when things get foggy and chaotic they run back to mediocrity. Mediocrity can easily be seen. You know exactly where to go to escape reality, you know exactly where to find that person that's no good for you, or you know exactly where to go to be average. Mediocrity will always save a place for you to come back to.

But greatness, that's a whole nother story. You won't ever have a clear-cut direction to it. but you know deep down it exists for



you, and that's when you have a plug into your belief system and keep going. Or you need to audit your entire life and potentially make some changes. You always have two options, run back to mediocrity or keep fighting for greatness. It's always up to you. Your spirit knows exactly where it wants to be. Your mind may not agree. You have to force it.

## 40 STEPS TO HEALING

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## STEP 30

### Point of NO Return

At this point in your life, there is no need to return negative energy, There is no need to associate with anything inauthentic, Don't explain yourself, I remove myself. Your response is distance. No longer is it necessary for you to try and make things work with people who already showed you their true colors, for when you're a good person you don't lose people, they lose you. Surround yourself with people on the same mission as you! Surround yourself with people that lift you. Watch out for those people who care about you when you struggle, but are silent when you win. If they can't see your vision or don't have a vested interest in you becoming the best version of yourself then keep them from around you! The playground days are over!

It's time to grind and finish this year strong, it's time for you to increase your finances, your relationships, mindset, and your health! Finish this year strong. If it doesn't lower your vibration, that's how you know it's for you. You can't change the people around you, but you can change the people around you. And remember no response is still a response, and it is very powerful.



## STEP 31

### Time to Go

More than often as humans we want to carry everyone through a door only meant for us to fit through. We want to play hero and rescue like always, but there'll come a time when you'll be no good to anyone until you rescue yourself first. The rest of this year shouldn't be about proving anything to anyone, it should be personal, you owe yourself a lot. Why let social conditioning on what you should or shouldn't stop you from living your truth. Don't conform to the box of this world, based on what you did in the past or who people say you are, or what society has programmed you to be!! Get down to your core, that deepness. Who are you without the impressions of this world? Who are you without trying to please everyone? Who are in silence, alone with yourself and your thoughts.

Can you sit alone with your thoughts? Fear makes you hold onto things that aren't for you! Your fears protect your Ego but kill your soul and a lot of people are dying inside and don't even realize it. The journey is Self Love is more than candles, bubble baths, sage, and crystals. Like really take a look at your life and understand that you hold all the power. Take care of your responsibilities, and forget everything else. Get back to you; the person that's been holding on to unnecessary things for too



long because of Fear. The person that's ready to say forget the world and people's opinions of what you should or shouldn't be.

Holding on to toxic anything in the name of "making things work" is dead. Never mind what the rest of the world thinks. Move with an open heart and pure intent, stay even more still, and listen to what God is saying. Keep yourself grounded, Love yourself first, everything else is a bonus.



## STEP 32

### AHA Moment

When you finally learn that someone's behavior has more to do with their own internal struggle than it ever did with you... you learn grace. They say hurt people, hurt people & I believe this to be true. I've been on both sides. So what do you do about this then? See they say forgiveness is the key and in my experiences, I also believe that to be true. Forgive and, move on. Forgiveness isn't for the other party. It's for you. It's for your peace and your growth. You will spin your wheels trying to "fix" people who can only be helped by themselves. Trying to "fix" people will get you hurt even more in the long run. Your response should be distance. Your emotions are the key driver to your performance in life, and you need them top tier!

A lot of people are stuck in life, not because of their talent, knowledge, or skills, but they are stuck because they're forever intertwined with other people's unresolved traumas and emotions or their own. It's time to start moving forward. Now all of this may be easier said than done, but daily awareness and commitment are key. Perfection isn't the goal, but the daily pursuit is.

Once you learn this, you can begin to turn those negative feelings into so much love for yourself that you set boundaries that will allow you to never be taken for granted, taken



advantage of, or disrespected again & you can now start moving in the direction of your next level in life.

Your new life is gonna cost you your old one. And that will require you to start seeing yourself and your life from a different perspective. One of the best signs of growth is seeing yourself no longer worried, bothered, or hurt by things that would have drained you in the past.



## STEP 33

# Belief System

In the process of building yourself, healing yourself, building your own business or building your own brand, you literally have to create your own world and live there. Inside that world, the belief system has to be so strong that the outside world will have no choice but to feel your vibes over time. During my journey, I've been questioned, laughed at, talked about, you name it I've experienced it. But guess what, none of that meant anything unless I let it! Because it's up over here! - mentally, physically, spiritually and financially. So I say this to you, Don't ever let anyone make you feel that what you're doing isn't significant. The price you have to pay for being who you were called to be is letting go of what this world wants you to be.

A problem anyone has with you exercising your God-given right to become the best version of yourself is not your problem. It's their problem! It's a deficiency, trauma, or wound within themselves that they are trying to project on you, and you are not obligated to go for that! If you truly want to be great you have to be willing to come to your own rescue at the risk of public approval.



## The Red Pill

Red pill anyone? I took my red pill a long time ago. Certain things in this world never made sense to me. But understand when you start to develop a higher understanding of this world and you start to tap into your higher consciousness you will create something the called "The Gap" The Gap" between yourself and those who are used to you operating as you did in the past. They won't be able to understand this new flow of energy that has come upon you, as you've decided to leave the Matrix that has suffocated you for so long in untruth. Over time if you continue developing, and continue to set a higher standard for yourself, this gap will get larger and larger, and once it does you will have two options.

You either continue to grow and hope those you associate with can close "The Gap" for the betterment of themselves, or YOU will go back and bridge "The GAP" and sacrifice your growth to meet them back on the level they knew you on, and never reaching your full potential outside The Matrix, inside your Truth. What's sad is, people who could be so great usually end up bridging "The GAP" for various reasons which include, guilt, fear, trying to please others everyone (which is impossible) wanting to be comfortable in the Matrix and what that usually does is create internal friction because you've already been



expanded. The other thing people do is try to immediately save everyone from their past and teach them about this new life and their experiences, but that creates external friction because they only know you on the level they met you on.

Once you wake up to your truth, You have a direct path of alignment that is divinely for you. If you continue along the path your mission will coincidentally follow suit.



## STEP 35

# Perfect Timing

What God sends you will arrive in clarity, not confusion. God has a way of revealing things to you. Don't ignore the signs. Oftentimes we complicate life by trying to force things that weren't designed to be in our lives. This disrupts your natural flow of energy causing anxiety, depression, worry, etc because you constantly are going outside yourself, and draining your mental & emotional capacity to make "things work". But when you work on yourself, and are aligned with your truth, and seek God first there is no making "it work". When you start to align you'll begin to have a string of coincidences happen in your life. They'll continue to happen until you accept them as truth. Don't ignore the signs.

Fear keeps you clinging on to the very things that are suppressing your growth and over time can put you in a very unfavorable place, settling for a life not designed by your God-given truth. I've been there. Sometimes the things designed for you are on the other side of the things you need to let go of. A lot of people are wasting their life in confusion, due to the fear of missing out on opportunities or loneliness. Please understand these two things. 1. Your plan and God's plan have two different timelines. 2. The longer you try to make it your way, the longer you'll be denied what God has for you. You might need to go sit



in God's waiting room, take a chill pill, & work on yourself until your number is called. What's for you will not pass you. My motto is "If God didn't send it, I don't want it."

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## STEP 36

# Extreme Addiction

Oftentimes due to our upbringing, social conditioning, traumas, & learned behavior we become addicted to the extremes of life; never really understanding how to be calm & present within our own energetic space. We look forward to the next turn up, relationship, thing to do, or problem to solve. Day to day life becomes task-oriented and everything between the extremes becomes just a means to an end. It took me a while to get to a space of certain neutrality. I'm not against having a good time or celebrating, but understand when that becomes the only thing you look forward to in life, then there is a mission inside you you haven't taken on. Trust me, I've had the cars, clothes, jewelry, flights, vacays, you name it I did it very early in life. Coming from a person who's been through a lot, and lived through the darkest of hours.

I believe life was meant to be lived internally happy & God is the only solution to the confusion. Due to the way of this world, it may take a lot of discipline and sacrifice to get there, but it's possible. The biggest flex is inside-out happiness. No dictators, no impressions, no influences, just you. That doesn't mean you sit alone forever, it means you take time to make space for your truth to shine through, and every single thing that comes with that is priceless.



## STEP 37

### Promise Land

Self-discipline will take you places motivation can't. The ability to delay gratification short term to experience great rewards long term is the prerequisite for lasting success in all areas of your life. Self-discipline is the highest order of living. You have to be willing to believe God in advance for what may only make sense when looking back. If you want to be great you have to be disciplined! Good requires motivation, great requires DISCIPLINE. God requires DISCIPLINE! You want to be a better person, become Obsessed with instilling self-discipline in your life! If you want to find true love, become obsessed with loving and understanding yourself first! You want to build a business, become Obsessed with it, and work on that thing every single day! "Obsessed is a word the lazy used to describe the dedicated."

"Until your mission is Obsession nothing will change"  
Discipline is a word the undisciplined use to describe punishment or restriction, when in fact the purchase price for every true freedom is discipline. The man or woman with no self-discipline is guaranteed to fail. I love discipline, I'm obsessed with it because it's allowed me to live life exactly as I want to. A lot of people have had enough pleasure, like ask yourself are you going to continue to pleasure yourself into



mediocrity are you committed to disciplining yourself and changing your life. Sacrifice some years to set up your life, don't sacrifice your life to set up some years, that's your plane ticket to the Promise land. You're always one decision away from a totally different life.

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## STEP 38

# Break the Cycle

If you're struggling in any area of your life please process this. As humans, we often take advantage of things that are detrimental to us daily that end up costing us financially, mentally, physically, and emotionally and then we wonder why "life is happening to us". It's an endless cycle. Why am I out of shape, why do I have poor spending habits, why don't any of my relationships work out, etc are questions we began to ask ourselves. We may even question God. We go through these cycles of saying "ok I'm going to do better, I'm going to work on myself" then we have some success, and we then revert to the things that we initially said we wanted to get away from that were causing us to suffer in the first place. Trust me I've been there. Some people live like this forever and never get to experience their highest self.

They never get to live their truth. They say insanity is doing the same thing over and over again expecting a different result, and a lot of people are living this. Now you may have deeper rooter traumas that cause this cycle, and whatever that maybe you have to commit to doing the internal work. Sometimes what you think is the problem is deeply rooted in something you haven't even explored within yourself. I wish I had a foolproof way to overcome these cycles, but a quote I came upon that I



kept with me when trying to make changes in my life was “Your spirit knows exactly what to do, your mind might not agree, you gotta force it.” We will never be perfect but it’s the pursuit that counts. Most people sincerely want to do better, and the reason why most suffer even more is that the power of the tongue is so potent.

Once you say it, then it’s out there and you will have to live up to what you said, so don’t play with your words, especially when it comes to Self.



## STEP 39

# Super Powers

In the process of building yourself, healing yourself, building your own business or just trying to change your life for the better, you literally have to create your own world and live there.

Inside that world, the belief system has to be so strong that the outside world will have no choice but to feel your vibes over time. During my journey, I've been questioned, laughed at, talked about, you name it I've experienced it. But guess what, none of that meant anything!

So when I say that from this day on, never let anyone make you feel that what you're doing isn't significant. A problem anyone has with you exercising your God-given right to become the best version of yourself is not your problem. It's their problem! It's a deficiency, trauma, or wound they haven't handled within themselves, that they are trying to project on you.

Right now, somebody is reading this that doesn't believe in themselves. You see the results of others but don't believe that you can create the life you want. You get motivated for a day or so, but then you let life consume you, and your mind takes over, or you let others tell you who or what you can do and can be. You watch and cheer for everyone except the most important person you need to be watching and cheering for. Yourself! I



need you to do me this favor, you have to commit to you right now. Don't compare your progress to others, don't worry about how long it's going to take, and don't live caged by the opinions of this world. That will only continue to kill your dreams. Build yourself first. and just take it day by day. You need YOU right now. You need to believe in yourself right now. I have been doing this for a long time, & I understand how this plane of existence works far beyond what the average eye can see.

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## STEP 40

# Gods Interruption

The world moves at an undefined pace. Your soul may have been volunteered and that's why things no longer make sense on purpose. Your truth is here, not the masks you've worn for so long trying to fit into the box the world was comfortable with. You gotta accept your position now champ. Being activated at this specific time is special. The number one reason you shouldn't be worried is God! See God will put you back together right in front of the people who thought they broke you. Understand that even in your darkest hour your spirit has been fighting for you. When you're down to nothing, God's up to something. Start thinking bigger, praying bigger, expecting bigger changes, God wants to take you where you've never been. Your eyes might not be able to see it, but your spirit knows exactly where it is. Trust in that.

The purging of denser energies and the clearing of karmic cycles was necessary, and will forever be uncomfortable, but if you're still here then you're built for it. You can't keep reading those pages of your story if there are untruths on the pages. Written by who you thought you were. Who others wanted you to be. What your trauma led to. Close that book. Stop living in the past, it only interrupts your present vibration. You don't have to be this or that anymore. You need You right now. Freedom



starts there. Ego won't like that, it will come back even stronger, and you will struggle, but this is a forever journey. Be a hero. You can't influence the world by trying to be like it. It's time to normalize your uniqueness. It's time to tap into your God space, you've been interrupted for reason.

For more help on tapping into your God space, make sure to join the **GEE Code Society**. Join other like-minded individuals as we help you elevate and take your life to the next level.

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