

PEACE
STARTS
INSIDE

*Start Your
Voyage of Love
NOW*

Angela Treat Lyon

Please share this book wide and far!



Ask your angels for help!

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So. There is a life-threatening *Something* happening to you, and you are *freaked out*.

Miracles seem impossible.

You've borne as much pain, fear and sorrow as you could, and now you've (finally!) asked someone for help.



Stop hating yourself for being "a wimp," or whatever word with which you are degrading your beautiful self. Life is a mysterious passage, and not one of us were born with instructions or roadmap. Of course you don't know the way sometimes!



You just want love, and had the guts to ask for it. Pat yourself on the back for having the courage to ask.



Before you do a thing, check this website out. If there were ever a miracle on this planet, this is it. And why can't we have the same thing without the pain or having to die first? Go here and read about : AnitaMoorjani.com, and [Her Story](#).

Now you're ready!



Start a *Voyage of Love* today, right this second.



What is that?

It's a daily remembrance in which you give yourself every inch of the love you feel you never got.

Since you really do *not* know—and most of us never do!— if this is your last hour, start looking around and taking stock of your world.

Give every last thing your love.

Caress every single thing in your sight with your eyes, without sadness. Thank it for having supported you in this life so far.

Listen to each word you or anyone says with the attention you might give if today was your last day.

Caress, taste, feel each word. Feel real gratitude, and refrain from reply until your feelings of love give you the space to do so.

Become a child, and feather everything you walk by with a loving touch—your furniture, animals, cars, flowers, people—everything.

Thank yourself for having come to this planet and given yourself this wild human experiment.

Acknowledge yourself for the courage you have had for living so long with such travails.

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Watch each breath come in, go out, and thank each one.



There are some people who say that there is no such thing as cancer, did you know that?

One man has proven it, over and over again, and helped thousands of people. He says all cancer is just a disruption of your energy system, stemming from a previous trauma—whether physical, mental or emotional.

You can see the amazing steps he has taken through the cancer he developed, himself. If it hadn't been for that, he'd not have discovered what he did. [NewMedicine](#)



Thank the original trauma that shook your world for showing you how powerful you are, and how huge the strength you have had to stay here in this life for so long, despite its effects. You can't fool me! You're no wimp!



Tell it you can handle yourself safely now, and that you will appreciate every minute you have left to the best of your ability from now on. Become a walking poster-human for creating heaven on earth through your love.



Ask your angels, Guides, and other Invisible Friends for help. Don't let them be bored!



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They are there for you day and night—all you have to do is ask.



Tap (using EFT: EFTBooks.com) all day every day using the Personal Peace Procedure on every problem you think you have ever had. Create as much peace for yourself as possible.

Feel as sorry for yourself as you can, then move on to loving yourself as you tap away all fear, blame, shame and resentment.

Get angry! Let all that rage OUT about not ever having been acknowledged, loved, appreciated, respected, listened to, embraced, given toys, money, pretty or expensive things, affection, told you were wonderful—all of that! It's OK! Let it out!

The energy it takes for you to hold all that in has far better things to do than keep you feeling bad! It wants to come out, get cleaned up and make itself available for creativity, love and health!



Get a beautiful notebook and write Your New Story, from the very Beginning. Draw in it using colorful pens, glue in funny stickers, sequins and sprinkles. Invent Magic Wells and Mysterious Caves. Then jump inside and make it come true!



Stick to it.
Love yourself.
Love yourself.
Love yourself!

Of course we love you!

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