



DO AND GROW

Your Spitual Journey
Will Cause You To Go Deep

Dorothy May Ross



Do & Grow

Spirituality is about realizing and pursuing the Divine purpose of our existence. The spiritual path is a journey of discovery within ourselves. This means realizing our own Divine nature, becoming our Highest Self with a voice within us that guide and lead us forward along our path.

Coming into a greater and greater understanding about who and what we are, and our purpose for being. It means realizing that and keep moving forward.

- None of us came here to this planet as an accident we came with a purpose.
- we have all come here to give and to share of that which we have been given.
- Use Language so simple a 12-year-old could understand it.
- Even though all of us share a common purposes, the way we go about fulfilling that purpose is uniquely different for each of us.
- In other words, as we move along the path toward our Highest Self, we need to be aware that our path is uniquely designed for just us.
- The more we dive into that which is True and Real, the more we realize and appreciate our own Divine uniqueness.
- Always keep moving toward your Highest Self and our Divine purpose, why because someone is waiting on you.



Do & Grow

JANUARY

Meditation

FEBRUARY

Envisioning

MARCH

**Lessons
Learned**

APRIL

**Affirmation
Written**

MAY

**Gratitude
Spoken**

JUNE

**New
Version of You**

JULY

**Challenges
Conquered**

AUGUST

**Alone Time
or
Me Time**

SEPTEMBER

**Believe In The
Next Step**

OCTOBER

**Visions &
Dreams**

NOVEMBER

**Desolving
Issues**

DECEMBER

**Desire &
intention**

Do And Grow



WHEN THINGS GO SOUTH YOU GO NORTH

However, the true test of an entrepreneur is how they bring themselves back in the game when things don't go their way.

What type of person do you become when your back is against the wall.

Why not just play the cards dealt as if it was the hand you wanted all the time and you will make it out.

Your Day To Day Do And Grow

Practicing spiritual step are the key to stress release

Write a brief description in each area each day!

Meditation is the practice of coming back to the nowness of the moment.

Write a brief description in each area each day!

Envisioning has nothing to do with imagining, but with having a direct encounter with Life.

Write a brief description in each area each day!

Every experience is a lesson to bring you forever closer to staying on the right path.

Write a brief description in each area each day!

Affirmation, It is praying, fully knowing that what we are praying for, has already been given us.

Do And Grow

You may not control all the events that happen to you, but you can decide not to be reduced by them. Maya Angelou

Write a brief description in each area each day!

Gratitude as a way of life truly and truly an art described as realizing and acknowledging the good in all things and God everywhere.

Write a brief description in each area each day!

A new version of me is emerging everyday.

Write a brief description in each area each day!

Every challenge is an opportunity for me to turn it around in my favor.

Write a brief description in each area each day!

My alone time help me to work on my future.



Day By Day Do & Grow

We do not need magic to transform our world. We carry all of the power we need inside ourselves already. J.K. Rowling

Write a brief description in each area each day!

I believe out of chaos order can emerge.

Write a brief description in each area each day!

I am grateful for the visions & dreams that pull me close and come alive for me.

Write a brief description in each area each day!

The old is dissolving and the new is emerging and i see myself transforming and new expansion are coming forth.

Write a brief description in each area each day!

All the things we need and want starts with a desire and an intention.

Do & Grow

The beauty and power that lies within each of us carry's infinite healing possibilities to heal-stress and anxiety. and if we are willing focus meditation and rest will be a great start.



Do & Grow

Could living in a state of fear
contribute to illness?

Using the power of nutrition and
breaking negative thoughts and
emotions can regulate your body, it
was never designed to be in a state
of fear.



Do & Grow

Break free of the everyday mundane and start living a life of purpose and fulfillment.

Your unique purpose must be the thing that gets you out of bed and causes you to show up to each moment like you're really meant to be there.



Do & Grow

Learn how to break free from limiting beliefs and rediscover your true self.

The one that wanted you to be in a band, be a ballerina, or run your own business.



Do & Grow

Spiritual Conversations Helps To Relieve Depression, Stress and Imbalances.

Having a spiritual conversations is an excellent way to engage and find your balance in life.

There are benefits to spiritual conversation and well being. Spirituality, religion, and prayer can play an important role in wellness.

You can transform the next chapter in your life by just pausing and allowing yourself to rest.

Here are some questions for you to answer

- Do you feel safe within
- Do you feel disruptive energy inside and you need to calm it down
- What draining your energy and causing you to run on toxic energy and you are having a hard time removing it for harmonious energy.
- Build a spiritual practice that will change the way you approach your day and lift your energy on a daily basis
- Tell yourself how much you truly love your whole self and begin to practice saying it no less than three times day.
- Now speak what you want into your life, peace, joy, harmony or support no matter what it is say it and expect to receive it.

Do & Grow

Yes to a brighter day, I have clarity as to how I now see my life.

I'm kicking those old challenges to the curb.

I'm turning the page on a new adventure in my life.

- There's no more receiving unexpected cluttered, and chaotic mess in my life.
- I'm finding new friends, and I'm creative in how I thank money for being my friend too.
- I'm sending back all temporary setbacks away for a more positive, purposeful, and permanent outcome.
- I'm saying yes to controlling my own life, and I'm not going to let life and people overwhelm me.
- It makes me happy not to have to do this alone and to have someone to lean on when I need a friend and sister.

The small steps I'm taking allows me to make room for myself in my own life, and I'm designing my next chapter according to my desire.



Do & Grow

One of the most courageous things we can do in life is look within, discipline our mind, and strengthen our connection with the Lord so that we can serve ourselves and others.



Do & Grow

CHANGE HOW YOU SEE THINGS

Are you seeing things with rose colored glasses on. You're missing what others have been trying to show you.

See things from the point of view of others, I admit other peoples veiw s are not always good. But then who know.

SOMETIMES, YOU JUST NEED TO PAUSE.

Out with the old and in with the new. We have our favorite place, our favorite people and our favor hours to do thing, Change up your routine and see the benefit in doing something new.

FOCUS AND BE INSPIRED

When you refuse to work on yourself you lose. You get stuck and but by doing for yourself it will cause you to do the inpossible.

UNPLUG, UNWIND AND RE-ENERGIZE

Improve the quality of life and stop long enough to breath and spend time with love ones and friends.





DO & GROW CHANGE IS GOOD

Here a happy reminder take a moment to look back on your life and consider the times you did something even though you were scared to do it.

I fully believe change is good for you. Even when it seems tough, you are learning and growing as a person. Change happens slowly, but it happens.

You get to find out who you really are. When you are going through a transition, your mind expands in way that it hadn't in the past.

You get to experience more. Change is good because you have the opportunity to embrace new experiences.

Change makes you more flexibility and adaptable.

Without a doubt, change makes your more flexible and adaptable.

Dorothy May Ross.



Recognition

Appreciation for an achievement, service, or special ability.

Breaking Loose

To use the force within and broke loose from that which holding you.

Claiming Our Power

Your authority and beliefs you practices

Embracing Our Greatness

The strength you need in your pursuit of success and happiness.



Expressing Our Uniqueness

The authentic you express in a world that is constantly changing.

Integrating Our Roles as Creators

Bringing something into what we are doing

Transcendence

Experience beyond the normal

Awakenings

Becoming suddenly aware of something