Title: Help, for when your LIFE is LOW

Subtitle: Spiritual Oneness

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Summary: A guide to finding direction in your life, when you feel lost in

Many people get lost on this road of life, when I was 19 I came up with a
It is called LIFE LOW, this is symbolic of the letters used, yet also when
are going, and life does feel low. So let me explain how this works:

L = Look, it is before the 'I' which is your time line of your life. Now with
many Deja vu. If you go over these; you will see they are when major thi
Many of these are so you remember important facts. Some of these can b
you must learn to come to terms with all of these, to be solid in who you
line you stick markers where important things have happened. This is the
point being to this is to take a step back and go through your life, to rea
if you don't know where you have come from, you don't know where you a

I = you at the present day, having gone through who you are and coming
that has happened to you, this makes you, who you are you. Now you sho
how you react to thing and what you are good at from the previous examp
time line of who you are.

F = Find, now to find out where you are going look ahead of the 'I' that y
you have been, yet where would you like to go from here? With what you
can see what you are capable of and so therefore achieve it.

E = End, now knowing who you are and what you would like to achieve th
look now at who you would like to be before you die and what you will lik
your life.

From this 1st bit instead of being lost you make a guide line of where yo
have been. So that the LIFE you lead is a laid out plan as such, of thing
how you will get to them, as you can see a path in which to follow.

L = Look and Love, which is before the 'O' meaning Oneness which is hea
good path and want to lead a good life, your goal at the end will be heav
reach heaven; you can aim to live a life of love and unity. So that in the
goal of reaching heaven, so instead of worrying about your self, worry ab
Oneness; with this set in place in your mind. there is no longer time to b
the best you can be.

O = Oneness, before the 'W' means that in everything you do you aim tow

thinking of your own way. 'L' before the Oneness is that first you must le
before you can enter Oneness.

W = Way, so having worked all of this out, you now have a direction and
Way. So LIFE LOW, no longer is that you don't know where you are going
yourself in which to live. So that the low is reversed in your self to bein
the Way. With this in mind you will never have nothing to do; as this is a
busy always, so that there is never a time you feel low as you have no g

Hopefully I have explained this well enough, to help people who are lost
path in which to live. As part of the feeling of being low is that life can
you should head or go. Most people I have ever chatted to, still have no
want to do in this life or what their purpose is within it. I know I have wr
briefly, yet it is something each one needs to spend along time going ove
of what I have described. I can not tell you your time line and where it is
have experienced. Yet hopefully I have shown you a way of turning these
guide for your self in which to improve.