

Wisdom from *Dying to Be Me: My Journey from Cancer, to Near Death, to True Healing* by Anita Moorjani

"...our feelings about ourselves are actually the most important barometer for determining the condition of our lives!"

"When I'm **being** love, I don't get drained, and I don't need people to behave a certain way in order to feel cared for or to share my magnificence with them. They're automatically getting my love as a result of me being my true self. And **when I am nonjudgmental of myself**, I feel that way toward others."

"Since the tapestry of all time has already been woven, everything I could ever want to happen in my life already exists in that infinite, nonphysical plane. My only task is to expand my earthly self enough to let it into this realm. So if there's something I desire, the idea isn't to go out and get it, but to expand my own consciousness to allow universal energy to bring it into my reality here."

"Becoming entrenched in beliefs that no longer serve us can keep us **locked in a state of duality** and put us in a constant state of judgment. What we endorse is considered "good" or "positive," and what we don't believe in is not."

"...letting go of attachment to any way of believing or thinking has made me feel more expanded and almost transparent so that universal energy can just flow through me."

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