

# Daily MIND DETOX

by  
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SIMPLE STEPS TO EVERYDAY EMPOWERMENT.

PRACTICE THESE NEGATIVITY-NIPPERS TO CLEANSE & UPLIFT YOUR LIFE!

## 1. DO A GOOD DEED

The inspirational people on the Independent's annual Happy Lists have one key thing in common: they make life better for others. We all have the power to make another being's day.

## 2. GET GRATEFUL

Do your best to see everything and everyone in your life as a blessing – there by Divine grace to empower you to become a better being. Deep and humble thankfulness, especially for challenges, can transform even the biggest obstacle into an empowering pathway to peace.

## 3. WATCH WHAT YOU WATCH

Your mind is a powerhouse. Use it wisely. What we focus on, we attract into our lives.

## 4. PRACTICE POSITIVITY

As often as possible. Stop yourself before you're about to say something derogatory, mean, complaining, offensive or hurtful. Treat others as you wish to be treated.

## 5. CULTIVATE KINDNESS

To every being, starting with yourself. Ask: in what ways can I be kinder to myself? Being less self-critical and more accepting is an excellent start.

## 6. FORGIVE FREELY

"Forgiveness is everything" is a message oft repeated to me. It is a gift you give yourself. Forgiveness is freedom, and a gateway to heaven on earth.

## 7. READ RIGHT

*INNER POWER MEDITATIONS: The Meditations that Launched Calm.* iTunes App of the Year 2017, and *The Secret of Their Origin*, Cher Chevalier

*A Little Light on the Spiritual Laws* by Diana Cooper. Especially the Laws of Creation section on how we are what we think, do and say.

*Inner Journey Meditations* with Cher Chevalier and Liz Solari. This inspired book that aims to assist all beings on their way to The Divine.

