



CULTIVATING ENLIGHTENED LIVING

Preflight Checklist: Preparing for Liftoff®

Before pilots and their planes are cleared for takeoff, they must go through a list of items that need to be rigorously inspected, then checked off the list. If something on the list doesn't get a check, the pilot and plane are grounded, and liftoff cannot occur.

Use this Preflight Checklist daily to center yourself, get clear on your intentions, and bring your actions into alignment with your highest truths and highest knowings.

Practice sitting somewhere comfortable and remain there (grounded), until your actions come solely from inspiration. Only then are you free to take flight in the direction you are inspired to go.

Okay – Let's Go!

- ✓ Choose the Flight Crew with whom you intend to fly: Crew Fear or Crew Essence. Choose Crew Fear and you are grounded, as all members are afraid to fly. Aim to choose Crew Essence instead, as they are ecstatic to be flying anytime!
- ✓ Say to yourself, "I surrender my will and all my expectations to God/Source/Universe."
- ✓ Notice & release any judgments and beliefs that come from fear about what's going to occur after you lift off. All of those thoughts and interpretations limit your potentiality.
- ✓ Pray for support and assistance in clearing anything and anyone interfering with you aligning with your highest truth and your highest good.
- ✓ Acknowledge and surrender into the truth that, in *this* moment, you need do nothing, for you lack nothing. You have everything you need to take flight and soar.
- ✓ Say to yourself, "I know that I am here to make my highest and best contribution. I surrender all my fears and limiting beliefs which interfere with this to occur."
- ✓ Breathe deeply and slowly.
- ✓ **Live in each moment knowing: "I will always feel moved and inspired to act in alignment with my highest truth and highest good. I am listening and awaiting the impulse to do only that."**