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the Evolution of human Consciousness

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# THE ABC'S OF TONY J. SELIMI

- Always strive to honour your inner truth.
- Be loving towards self and others.
- Commit to a daily practice to manage your inner critic.
- Do embrace the duality of your nature.
- Educate the mind to stop wasting precious time.
- Free your being from wanting to control other people's choices.
- Gracefully handle people who challenge you.

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- Harmonize your relationship with your "Ego".
- Invest in Yourself. Joke when it hurts most.
- Know when to say "no, yes, sorry, and thank you".
- Let your kindness be the healer of others.
- Master your life and help others do the same.

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- Nurture people with words that heal, bless, and lessen stress.
- Own your power and strive to ignite light in other people's hearts.
- Pour your love in everything you touch and do.
- Quieten your mind to listen to your heart.
- Respect free will & freedom of choice.

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- Shift your focus to that which lights your heart.
- Transcend the mind obstacles that trap you in space and time.
- Upgrade your systems for living.
- Value deaths as you do life.

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- Wholeheartedly acknowledge the infinite nature of your true being.
- Excuse rather than accuse those who trespass you.
- You are a miracle of life, own it.
- Zest for life is your birth right, acknowledge your thirst.

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