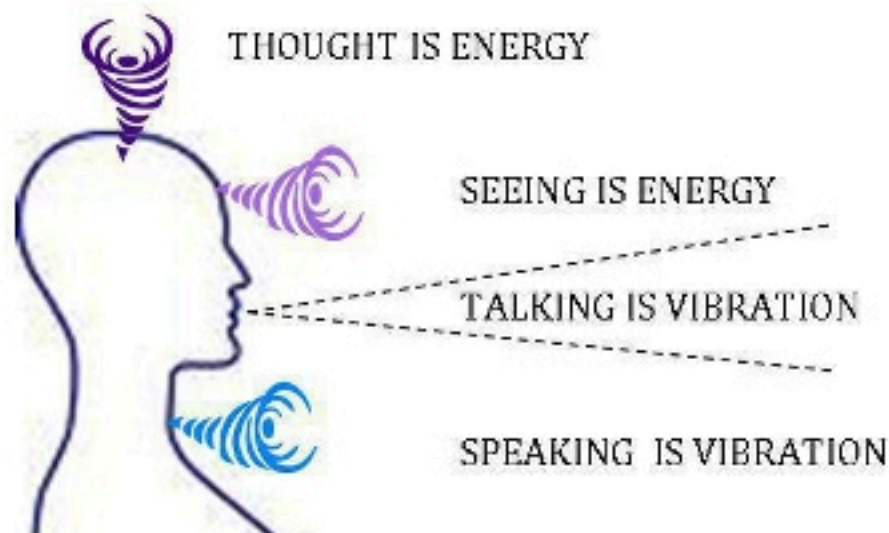


# YOUR VOICE COMMANDS YOUR MIND, BODY & SPIRIT

Learn the true meaning of each word, the root and the original intention. Find the cousins to each word, say it, feel it, which one will move you forward in your own life?

**ENERGY + VIBRATION = MATTER**



**THOUGHTS + VOICE = REALITY**

Help the self by Walking the Absolute Truth of your own life, Meditate & Pray...Keep thoughts, actions & words positive...Be self empowered and use the tools presented in a good way

*Made with unconditional love.  
Barbara M. Moreau, Angel who dances on the Clouds  
Frank J. Austin, Manyhorses (Teacher)*

[www.ancientwisdomtrail.com](http://www.ancientwisdomtrail.com)

**I can't**  
**I won't**  
**It's hard**  
**I Don't Believe** =  
**I'm a skeptic**  
**I don't like it**

- Will literally stop growth
- Will literally put a block in your way
- Can not is a command to self
- Will literally stop you from achieving anything in your life
- Is a taught behavior that is a conditional to hold a person back
- Stops a person from learning
- Stops a person from gaining intellect (IQ)

**Try**  
**Trying**  
**I can try** =  
**I'm trying**  
**I will try**  
**I will attempt**

- Try and you will do it over and over and over never get to the end
- Puts a block in your way
- Try is a command to self
- Try and trying is a taught behavior that is a condition to hold a person back
- It has very little or no results
- It is like running a race with no end
- It is never ending
- It is repetitious

**I can**  
**I am**  
**I believe** =  
**It is done**  
**I can do it**  
**I can do anything**

- Literally promotes growth
- Can is a command to self
- Allows your wants, needs and desire to come true
- Is a behavior of using good words
- It is unconditional and moves a person forward in life
- When you know inside you can do it your body needs to hear it
- Your body reacts to key words

*"Fake it till you make it" ~Grandma Rosalie Austin*