

Mini-
'Reminders'
From the Soul

*A book
of original insights
to guide you on your path*

Trevor S. Thomas

Your life is a journey inwards,
and hidden within the world
around you are signposts. You
just have to learn to read the signs.

Consider this your roadmap.

Directions: Hold a thought, question
or obstacle in your mind, then turn to any page.

- **It is not the book that answers the questions, but you.** *It does not even need to be this book; any book or magazine or billboard or scrap of paper will do. The world you live in is a guide for your inner journey. All you need to do is open your eyes.*
- **This book responds not to the thought itself, but to the feeling you hold around it.** *If the answer is confusing, clear your mind of other thoughts. Check within for any conflicting emotions or beliefs about what the answer should be. Then try again, or look closer: the meaning could be deeper than what's on the surface.*
- **Blank pages appear for many reasons.** *Maybe you did not really ask a question? Or you do not want to hear the answer. Or you do not need this book to show you your truth...*





Take Action

*If you dare to soar, yet fear
failure, know this:*

*the only real
failure is not to act.*



Action is equally as important as knowledge.
Take a step.

Thoughts Become Reality

*In order to have, you must let go
of want & need.*

*“Have” is reality;
want & need are illusions.*



*If all you feel is want,
then all you will receive is lack.*

Giving Is Receiving

*What you cannot give,
you cannot receive.*

*What you give to others,
you give to yourself.*



All true gifts are mutual.

Be Here Now

Age is not experience.

*We are all experiencing
This Moment.*

*Those who use the past as a
roadmap will only experience the past.*



Things are the way they are,
never the way they were.