



THE SIMPLE LIFE
A Journey from Self to God

Andi Corrales, Author

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Humility - Knowing the Source of Your Good Which is God.

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Simplicity is this busy word we all seek each day, even when it comes to ourselves. We want a kind gentle simplistic life yet many of us run around like a chicken with our head cut off. Minds racing, inner turmoil, always searching for some quick fix to help us feel OK, and have that AH moment. NOW! WE all do it. Shopping, food, drinking, smoking, men, women, money, property, prestige, we want it and we want it to fix us NOW. And we want it without having to do any work on our self. We all just want peace. Quick, fast and easy.

I believe that many of us have a soul sickness. A spiritual dis-ease, if you will. We lack the ability to be at peace with our self, man and God for that matter. We seek more of everything we think is going to fix us and make us feel better at that moment. We all do it; it's in our nature, I believe that because everything is so quickly at our finger tips in this world we have been trained to look outside ourselves for contentment. How do I know this, because I too had a soul sickness, a spiritual dis-ease and I am going to tell you how I got through it, and the steps to take so that you too can have a spiritual awakening and live a life of peace and inner contentment with yourself, man and God.

When I have read books that authors have said that they have been divinely inspired, I always thought to myself, yea right, like God is really going to just talk to any human being and they will proceed to write some type of book that will inspire people to make changes to their lives. Well, I am here to say that that has happened to me, and I am in the process of naming and beginning to write not one but several books relating to self, God, your soul and healing.

I have found that peace and abundance are available to all of us. When I speak of abundance, I generally mean spiritual abundance. It is attainable, but the people who actually do the work, will reap the rewards. We cannot just lie in a field of poppies and become a flower, we have to seek and find what is naturally within us to advance spiritually. We must seek mentally, physically and spiritually. We all need to heal. I do not mean a broken heart, or broken bones, I mean our spirit. It is as though everyone walks around with this big donut hole within them, and they keep trying to fill it with "things". Everyone has been born with the ability to heal, but they do not know it. How would we know it? Unless we were born to wizards or witches or physics, we wouldn't know it. I have made a journey from the bottom to the top, mentally, emotionally and spiritually. I have uncovered that I have the ability to help heal, not just myself, but other people. Mentally, emotionally, physically and spiritually. I also believe everyone else has the same ability but they have not uncovered it yet!

In these series of books, I will take you from the bottom to the top of yourself, from the outside in, from the inside out, and every which way you feel you needs healing. Now that is only if you are willing to do the work. If you give 100%, you will get 100% if you give 10% you will get 10%. It's up to you. We are the master of our own destiny.

I do not know if you believe in anything like a higher power, a God, a spirit of the universe, or what have you. If you do not, then I ask right now, get a paper and pen and make a list of what you would have it be. It can be as big, powerful and beautiful as you want. Make it extremely powerful because you will be using it many times in your workings. Ask the universe for guidance on what it should be.

Then, TADA, you now have your God or Guide, whatever you want to call it. I hope you made it big and all powerful. I call it a God of My Understanding. Which I refer to simply as God. It is of my own understanding. I call it that because no one will ever be able to go into my head, know my feelings, my thoughts, or my needs. No one will see the same thing as you or I see in the same manner, ever. My Understanding is My Understanding. So, from now on this will be YOUR God. For YOU only. It will hopefully come to be the most sacred loving relationship you have ever had in your entire life. When I write of God, it will be YOUR God, as you understand YOUR God to be. I just need you to be straight, because there is a lot of work ahead with this God of your understanding.

The title of this book is simplistic, but the work however, is not. It will test your beliefs, beyond measure and back but the results will be miraculous. You will have a peace that surpasses all understanding and explanation. You will be at one with yourself, God and man.

You can heal your life. You have the power. You just don't know it. You hear it all the time, take back your life, you can heal yourself, and you have all the answers. I am here to say, it is true. The power to heal lies within all of us. It is through insightful praying, meditating, and going inside that you can heal the outside. You can manifest what you want in your life, as long as you are willing to work for it. So within, so without. (Sermon on the Mount). The power lies within you. There is nothing you and God can't handle together, as one.

Just how do you get this power you ask? Now that's a good question. I talk of this power because I have been able to access this power through rigorous self-dedication, self-introspection and continual seeking. These are action words which means there will have to be some willingness and some work on your part. But, you must want to change. Ask yourself honestly at this moment, Do I want to change? Am I willing to change, and I willing to give myself a chance to finally do something different. Because if nothing changes, then nothing changes. How profound! Are you sick and tired of getting the same results of doing the same thing you have been doing your entire life. We learn from our parents who have learned from their parents, who have learned from their parents, etc. Most emotional, mental and spiritual behaviors came from our family who probably didn't know how to live a healthy in these areas and they passed their dysfunction on to us. If our mother and/or father were emotionally unavailable, we did not receive the love we needed as children to be able to know what was normal, or acceptable behavior, in our emotional, mental and spiritual lives as grownups. We attracted people who were emotionally unavailable in all of these areas, not knowing any different.

IF you WANT to CHANGE and are WILLING to CHANGE, then this book will get you to the place you want to be. Mentally, emotionally but mostly, spiritually. I find we all suffer from a spiritual DIS-EASE. But you have to ask yourself, are you WILLING to do the WORK? Change takes work, honest, unselfish, endless work. Although the work is hard, the results are a life beyond your wildest dreams. I promise you.

Many people say they want to change, but are not willing to do what it takes to rise above their emotional dump they live in. It's heartbreaking to watch. I see it every day. They say, Oh, my life isn't that bad, I just am having a streak of bad luck. For years! Literally. If you truly want to change your life and to find the power you are lacking, I have written what I believe to be are clear cut directions in this book.

There will be Prayers to Learn and Practice, Actions to Take and Much Deep Contemplation.

This work takes acts of heroic courage at a spiritual depth beyond your current conception. I pray that today, will honestly be the first day of your new life away from the separateness, the isolation and the spiritually dry desert you lived in apart from God, man and yourself.

Hope begins today!

As I set sit at my job with nothing to do, I begin to write this book. I have continued to seek what excites me, and once again, I am unexcited. I always felt that if I had the perfect career the perfect husband, house, car, children, clothes, shoes, I would have complete happiness. Not true. What excites me I ask? What's exciting to me is helping others find God and living my quiet simple spiritual life. Although my life isn't quiet on the outside, it is quiet on the inside. This is what I have been seeking, my entire life. That peace that surpasses all understanding. Serenity, the mystics call it, the balance of self and God, I call it. Humility. Which is the knowing that all that I am is because of God. Knowing the source of my good which is God. Today I live my life with no expectations of others or myself. I daily turn my will and my life over to God, so I can do what he chooses for me to do. Living in the spirit has given me what I have been seeking my entire life. Freedom from bondage of myself.

It all begins with a decision. If you are ready to make the change, turn the page and begin. I promise you, if you sincerely want to change your life, this book has the spiritual tools. Make that decision, and turn the page. Free yourself.

Congratulations, you have made the first decision.

To begin,

Prayer 1

Humbly get on your knees and ask your God to help you make a decision to make a change in your life. Pray only for the knowledge of HIS will for you and the POWER to carry that out.

Praying only for the knowledge of his will for you, relinquishes control of your life. You obviously haven't been able to handle the control of your life so far, so give it up to one who has all power.

OK - PRAY!

Prayer 2

Next, say another prayer to cover your past. Say this prayer with all the SINCERITY you can muster, be as honest as possible. It doesn't really matter what you say as much sincerity of it.

Say something like this:

God, I have been running my life for these past years, and I have not done such a good job at it, I ask today with all my heart that you help me to make a change.

OK-PRAY!

God knows when you are truly sincere and desperate, he will now take over. After doing these prayers, believe he has taken over. **Just believe it.** Simple right! You have now turned your will and your life over to the CARE of God as you understand him.

Next is a prayer to be done daily. It's called the Third Step Prayer and it encompasses all aspects of ridding yourself of self. You are trying to give up your will and your life which are your thoughts and your actions to God, daily!

The Third Step Prayer

from page 63 of the Big Book of Alcoholics Anonymous

God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!

So you have now turned your will and your life over to the CARE of God as you understand him. You will know you have taken your will back when things start to go astray again.

When you rid yourself of self, you can fill with God 's power and Grace and you will be free. Freedom from self is what we seek each day. Doesn't it feel good already to let go of control? We all want control, but we do not know what to do with it. If we did, we wouldn't have to seek help from God. When we quit playing God, and give our will over to God, life gets easier!

INVENTORY

Now we must inventory OUR past. Just like a store takes an inventory of good and bad saleable items, we must look at what are good and bad in our character. Although we are not all bad or all good, we first must look at the things which have caused ourselves and others most harm.

The easiest place to start is our human failings. The Seven Deadly Sins, also known as the Capital Vices or Cardinal Sins. Paggles, as I call them. I love using acronyms for simplification. Pride, anger, greed, gluttony, lust, envy and sloth. This is always a great place to start, especially when we are emotionally disturbed with something or someone. Next, we follow that up with looking at our self-centered fear. The fear of losing something we think we possess, or not getting something we think we deserve. Think about it, we all live in this exact place. We live life from a place of fear, not a place of peace. When we live a life filled with non-God characteristics, we live a life of dissatisfaction. If we are living in fear, we have no peace. Most times when there is some kind of dissatisfaction in our life, we are obviously going against the grain and therefore feel dissatisfied with our life. We live with these defects and with other people in the world with the same defects and we clash all the time. We demand too much from ourselves and from others. Usually demands neither we nor anyone else meet. So it is time to take it easy and live a god-centered life, not a self-centered life. This will lead you away from looking at yourself and turn your eyes to God. If we are focusing on the problem, the problem grows, if we focus on the solution, the solution grows. And always, as I will continually say is that God is the solution. First, last and always. God is the Answer, what is the question? Capiche.

I have listed the definitions for studying.

Pride

A feeling of pleasure from one's own achievements, the achievements of those with whom one is associated, or from qualities or possessions; Synonyms: noun: arrogance - haughtiness - vanity - conceit; verb. glory - boast

Anger

A strong feeling of annoyance, displeasure, or hostility; Synonyms: noun: wrath - ire - rage - dander - fury - irritation; verb. irritate - vex - exasperate - incense - provoke - rile

Greed

Intense and selfish desire for something, esp. wealth, power, or food. Synonyms: noun: greediness - avidity - avarice - cupidity - rapacity

Gluttony

Excess in eating or drinking

Lust

Very strong sexual desire. Synonyms: noun: desire - craving - longing - passion - concupiscence

verb. crave - hanker - desire - yearn - covet - thirst - long

Envy

A feeling of discontented or resentful longing aroused by someone else's possessions, qualities, or luck. . Synonyms: noun: jealousy - jaundice - heartburning - grudge

Sloth

Reluctance to work or make an effort; laziness.

Fear

An unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat. Synonyms: noun. dread - fright - apprehension - funk - awe - alarm verb. be afraid - dread - apprehend - funk - be afraid o

Self Centered Fear

The fear of losing something we think we possess, or not getting something we think we deserve

Harm

Physical mental, spiritual injury, esp. that which is deliberately inflicted. Synonyms: noun. injury - damage - mischief - detriment - hurt - evil verb. injure - hurt - damage - prejudice - impair - do harm

Resentment

Bitter indignation at having been treated unfairly. Synonyms: indignation - dudgeon - anger - umbrage - pique; My definition for resentment is re-sent anger. Every time I think of the person place or thing I am angry at, I get resentful.

By studying these ungodly definitions, you can ask yourself, which sin, one or many may have contributed or caused your behavior in each situation you write down.

Begin by making four lists on four different sheets of papers. Make three columns. (The last column will be used later)

The headings on each paper will be:

FEAR (What am I fearful of and why; what was my part);

HARMS (How has my behavior harmed myself and others) List name, the harm done, include yourself on the list; my part in the harm.

RESENTMENTS (Who I am resentful at and why; what is my part in this resentment);

SEXUAL HARMS (Whom have I harmed anyone using my sex powers; what was my part in it.)

Each page will have:

FEARS

What I am fearful of |Why I am fearful| What was my part

HARMS

Whom did I harm| How did I harm them|What was my part

RESENTMENTS

Who I am resentful at |Why I am resentful|What is my part in the resentment

SEXUAL HARMS

Whom did I harm| How did I harm them|What was my part

EXAMPLES OF LISTS

I AM FEARFUL OF	WHY I HAVE THIS FEAR	MY PART
losing my job	I have been warned several times I am smarter than my boss	being late, turning in sloppy work, being lazy, and letting others take up the slack
WHO I HARMED	HOW DID I HARM THEM	MY PART
My Boss, Mr. Marks	Making him look bad because I am not carrying my load at work He got written up for poor productivity	Being lazy and not working to my capacity
WHO I AM RESENTFUL AT	WHY I AM RESENTFUL	MY PART
Mr. Marks	He fired me	Showing up late to work everyday
WHO I HARMED USING USING MY SEXUAL POWERS	HOW DID I HARM THEM	MY PART
Mr. Marks	I had an affair with his wife	I was trying to get back at him for firing me

EXAMPLES OF SINS/DEFECTS WITHIN EACH ACT

Example 1 - see how fear, sloth and laziness are entangled in this act

Example 2 - see how sloth, laziness are also part of this act

Example 3 - see anger, sloth, resentment are part of this act

Example 4- see lust is part of this act, he used his sex powers to hurt Mr. Marks
for something he had done to himself by getting fired.

What we are looking for here is OUR PART in whatever it is that is causing us dissatisfaction, mentally, physically emotionally and spiritually. Take some time, pray about it. Remember you have turned your will and your life over to the CARE of God. He is in control now, not you. Make your list. First, just write the name and the act, then put them away. Pray for guidance, direction and for willingness. Come back, and the ideas will come. I promise. Search out whatever is ailing you at this moment, you can go back to your child hood if you like. Ask God what he prefers you to do.

Prayer 4: Get on your knees and humbly ask:

God, I ask for guidance in preparing this inventory, I pray you bring to mind what I need to be rid of in order to serve you better

Did I mention that this is the most difficult of the tasks to do. Don't worry, God already knows what you have done. As you go through each item, see where your life was running on fear, resentment, anger, pride, etc. Write down the glaring defects because we will use these later. Next, after the entire list is made, share it with someone you trust. It's a confession, basically. I promise you, after you share this inventory, the giant weight you have been carrying around on your shoulders will be lifted, and you will feel the presence of God. If you want to live in the presence of God, you cannot skip this process. If you cannot find someone you trust, you can email me corralesae@hotmail.com, and I will do it with you. That's my promise to you. I will do anything to help get you to the place of peace. But you must willingly give 100%. So what are you waiting for? Get busy.

It takes courage to do this type of self-searching. You have great courage.

After sharing your inventory, you should take some time out, and reflect on your past, thank God from the bottom of your heart that you know him better, for he has relieved you from the anguish you have caused yourself your entire life. Doesn't it feel awesome.

So let's reflect on the past five actions you have taken. First, you have Surrendered and admitted to yourself and to God you are sick and tired of your current situation. Second, you found some Hope in realizing that you don't have control over anything and that God is in control. Third, you made a decision to turn your will and your life, (your thoughts and your actions) over to God, and with Faith believe God will handle your life from here on out. Fourth, you Courageously made an inventory of your human failings.

Finally, you shared this personal inventory with another human and with God, and can now feel as though you can look the world in the eye. You now know exactly why you behaved as you did. You are not a bad person, you were just emotionally, mentally and spiritually sick. You were/are just a spiritual being having a human experience. Today you can start on that spiritual path you were brought here to travel. From this day forward you can look the world in the eye with Integrity and Grace and not live in separation or isolation. You are free. Welcome to freedom.

Next, we will look at your character defects that are listed in our inventory. Once more the seven deadly sins play a big part in our dissatisfaction, fear, resentments and the like. Make a list of each defect. Write the definition of each defect next to it. I have given most of the definitions. Each day look at this list and try to identify which is most glaring at that time. Whatever the defect is, practice the opposite of it. If you are frightened, have courage. If you are fearful have faith. If you are shopping or eating too much, or lusting for too much sex, stop and ask yourself why are you still acting out these un-godly characteristics. Practice being content with what you have and who you are. You are a child of God, you need nothing else to fulfill you. Are you afraid of not getting something you think you deserve, or losing something you possess? Continually look at yourself and your motives. Are you talking about someone who is not in the room to make yourself look better? This stems from Pride. Trying to build yourself up so that others look small. We are all equal children of God. Good or bad people, remember they are all spiritually sick as well. Pray for them to have all the things you want for yourself. If someone is bothering you for more than a day in your head, pray this prayer for 2 weeks. I pray that ***** have all the blessings I ask for myself today and always. Keep doing this and that resentment will vanish. This all part of the daily inventory process. If you can catch yourself in the act and act the opposite at that moment, your mind will eventually start thinking and acting the correct way. If you are thinking a bad thought about yourself or others, stop and tell yourself, that's not correct, and think the correct thing whatever the situation is, and eventually your mind will think correctly. I promise. It takes courage and extreme awareness to do this. Do you have what it takes to be a person of God today? I thought so! Stay aware and on your toes, because the old self will continually try to creep back in and tear you down. It doesn't want you to succeed in God, it wants you to be miserable, sad and needy. You are no longer needy, you have God. If you are living these characteristics, and praying every day for God's will, and using the third step prayer at a time of need, and speaking with God all the time. You will be set free and thrive. I promise. However, if you aren't doing all these things I mention, you won't. And you will have no one to blame but yourself.

If you have followed these clear cut directions, by now you should have some relief from yourself, and are praying daily. If you have recognized and are now are doing your best to live the characteristics of God, you are gaining some humility. A clear recognition of what and who we a really are, followed by a sincere attempt to become what we could be. Our first practical move toward humility must consist of recognizing our deficiencies. Once we have our list of defects and are aware of them, and at moments they show up on our lives we can say this prayer:

The Seventh Step Prayer

from page 76 of the Big Book of Alcoholics Anonymous

My Creator,
I am now willing that you should have all of me,
good and bad.
I pray that you now remove from me
every single defect of character which stands in the way
of my usefulness to you and my fellows.
Grant me strength, as I go out from here,
to do your bidding.
Amen

"Faith without works is dead." If you have faith, and yet do nothing to build your character, and keep acting out your old behavior, you might as well throw in the towel. Living God, takes work, work and more work.

Next we make a list of person and or institutions we had harmed. We are going to make an amends list. These names are from our Inventory. Make a list just like you did before. The name and the act/harm done, but now make a column for the amends you intend to make. Ask God to reveal who needs to be put on this list and the amend to make. You can again share this list with another person or with me. You are building back those bridges you have torn down previously with your old un-Godly behaviors.

We are trying to amend our personal relations and create brotherly love. We have often hurt the people closest to us. We have not paid our bills on time, or borrowed money and never paid it back, as examples. Make the list and write the amend. Your amend should state, I apologize for my behavior in the past, I am on a spiritual journey or you don't have to say spiritual if you do not wish to. And ask how can I right any wrongs I have done you. And BE WILLING to do whatever is asked of you. Some people may not want to see you, and that is alright. As long as you were willing to do it, you have made the commitment to change. You can again share this list with another person or with me corralesae@hotmail.com

It takes the most more heroic courage to face people, but the rewards are miraculous. If you are willing to do this part of the work, your life will take off, mentally, emotionally and spiritually. It works, it really does. Before going to anyone on your list. Pray and ask God in which order you need to make these amends and for guidance. Also, pray about each amends. You are now clearing away the wreckage of your past, not creating new wreckage. If you have cheated on your spouse, or hurt someone in a manner that will only create more wreckage, email me corralesae@hotmail.com and we will discuss it. The answers will come, if you have been living these suggestions.

Be prepared to go to the person you harmed. You must be prepared for ill feelings if you have hurt others deeply. In going to these people and institutions it releases the cosmic tie you have with them. In the past, every time we thought of that person place or thing, we got resentful and the anger would come back to us as if it were the very day it happened. You are going to know a new freedom and happiness. I promise! The forgiveness you will receive will bring you to tears. Years of resentment, anger and hurt are sometimes washed away, but sometimes they are not. God will handle the outcome and it will be just as he feels it should be for you. And whatever the outcome trust that it is God's outcome. Don't question. Just Trust.

PERSERVERENCE

Noun: 1.Steadfastness in doing something despite difficulty or delay in achieving success. 2.Continuanace in a state of grace leading finally to a state of glory.

Synonyms: persistence - tenacity - pertinacity - assiduity

Perseverance is one of my favorite words it states the steadfastness in doing something despite difficulty or delay in achieving success. That's exactly what I am writing about here. The grace to make changes even when it is difficult. Continuanace in a state of Grace leading finally to a state of Glory. How absolutely beautiful. Our next action is to continue each day, and do what is suggested in this book. Pray each morning for God's will. Watch for those creeping up and out character defects, make amends when needed. Immediately, if possible. You can make an inventory list any day. You can also make a list each day for what you are grateful for, that helps stay focused in the now. Stay in the now by not looking backward or in the future. If you are constantly doing that, you are missing Gods miracles right in front of your eyes.

AWARENESS

By now you are living these principles, watching God happen all around you and feeling that loveliness of God. As you sit still each day with God, ask him how you can be of service to him and others, and when the opportunity arises, take the chance and help out. If you need answers, ask God in your daily meditations and the answers will either come to you, or show up in people form, on the radio or television, or form a small child. God shows up everywhere. By living these characteristics of God, praying and helping others, we are really reborn, as we act out the characteristics of God daily, we are actually killing off the old person we were and being reborn to a new and eternal life.

POWER-EFFECTIVENESS

Look to God for the true power that will make you effective.

See that you seek no other supply of strength.

That is the secret of a truly effective life. And you in turn will be used to help many others find effectiveness.

Whatever your spiritual help you need whatever spiritual help you desire for others look to God. Seek that Gods will be done in your life and seek that your will conforms to his.

Failures come from depending too much on your own strength.

I have included the St. Francis Prayer. It is a great prayer for clearing the channel that gets choked up with self. You can use this prayer to fill your channel with God. Daily.

In love and Service,

Andi

Prayer 4 - the St. Francis Prayer - Use often

Prayer of Saint Francis of Assisi

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master, grant that I may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
and it is in dying that we are born to eternal life. Amen



It takes an act of heroic courage to embark on a journey of looking at yourself, performing self-extractions, self-discovery and taking the ultimate journey to regain one's life with self and with God. I have put together a simple life changing series of ideas to rid yourself of self and fill your channel with the healing presence of God .