



Susan K. Morrow
presents

101 Cosmic Quickies





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Hello! Susan K. Morrow again, with another awesome report! *101 Cosmic Quickies* are fast, simple, pithy platitudes to live by.

Most of them have been gleaned from my best Tweets on Twitter, which is why they are around 140 or fewer characters. (Follow me: <http://twitter.com/PsychicSusanK>.)

And a number of them I channeled from our Universal angels and guides. Those are designated as "Channeled".

Read one now, read them all, read them again and again! They will help guide you in your everyday life. Enjoy!



1. Love yourself, so that you do not wind up in situations where no one is loving you. "But I love him" is no longer an excuse!

2. Practice saying, "Yes" or "Thank you" instead of "No, thanks, I've got it" or "This old thing?"
3. Learn to receive. "Not Receiving" is the underlying cause of all illness and injury. Stop being so humble.
4. Selfish is the new selfless. When you use your gifts, you are happy, and others are served. If we all did it, there would be perfect balance
5. Learn to receive. There is no giving without receiving, and non-receiving is the ultimate cause of all illness and injury.
6. Mystic Tip: Love yourself enough to get some help. Housework, admin, errands, childcare- don't fill up and leave no room for *you*. *No Guilt!*
7. Say, "I allow it, and so it is."
8. Declare it perfect, just like it is.
9. Think of what you want in terms of feelings. Ask "Why do I want this? What's the feeling I am seeking?"

10. Think of what you want in terms of absolute. Doubt is dangerous.
11. Manipulate your own energy, not other people.
12. Once you commit, the "how" becomes a reality. "Commit" is usually related to your energy. Start by saying, "I choose..."
13. The only devil is fear. The only sin is neglecting your happiness.
14. Did you know that everything is connected? Your body is one organism, and so is the world.
15. Asked if all are psychic, I say yes, but like any talent, some have more. I can learn tennis, but do I have a knack for it? Unlikely.
16. As brilliant as I am, I do wonder and ponder... Relax, you'll get what you need at the perfect moment!
17. Pay attention to *all* that goes on around you. Find the messages that are meant for you in everyday things.

18. Consider the possibilities. Could that be what you think it might be? Yes, it could, and it is!

19. Guilt is fattening.

20. Remember, everything that comes *to* you comes *from* you.

21. Let yourself off the hook. All happens as it should, nothing is wasted. Forgive = thank you *for giving* me this message about me.

22. Guilt is not only fattening, but may be harmful to your loved ones' health. You work out guilt in care-giving. Hm.

23. If you are a care-giver by vocation or nature, be careful to receive love, gifts, and service with grace. Your health depends on it.

“Channeled”

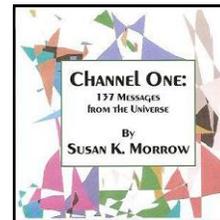
Do you like the *channeled* messages especially? Find a whole lot more channeled messages, with much more guiding information, in

Channel One:

137 Messages from the Universe
(*Channel Two* is coming soon!)

Preview and get your own copy at

<http://lulu.com/spotlight/susankmorrow>



You'll also find it and my other books on Amazon or iBooks.

24. Channeled: You must look to yourself, because that is the only way to truth.
25. Taking care of you takes care of others at the same time. Even if this is not clear to you now, act on it and it will become clear.
26. Channeled: This is not a punishment. This is not your “consequences.” The only thing happening here is what you are doing to you.
27. Channeled: You are you and no one else. That's it. That's the simple truth. You. And that's your answer.
28. Channeled: As you become more aware of your you-ness, you will see that all is well, all is as it should be, and everything is temporary, everything changes.
29. Channeled: You can listen much more than you currently are. We call it listening to everything. All the answers are right here now. Listen.
30. When you become self-aware, you automatically become other-aware. And everything falls into place.

31. Thoughts are so powerful--be sure you're thinking on purpose.
32. If guilt is fattening, what will make you lose weight?
33. Remember that you do have a purpose—or several, whether you know what they are or not.
34. Why would you want to think of everything that can go wrong? Thought-work means thinking of everything that will go perfectly.
35. In thinking positive thoughts about others, beware of calling in the negative by accident.
36. You were given both intellect and intuition. You are at your best when you use them both.
37. Love thy neighbor as thyself. (Leviticus 19:18)
Doesn't that mean you have to love yourself first? Yup.
38. The soul doesn't grieve. It only rejoices.

39. Worried? Remember that worry is like a rocking chair—it gives you something to do but doesn't get you anywhere.
40. Try thinking on purpose.
41. If you're not excited, try the old trick of counting your blessings, gratitude journal, and/or prayers of thanksgiving.
42. When you commit, the "how" becomes a reality.
43. Ah, what beauty we wreak... I'm enjoying the results of my creating and attracting.
44. Channeled: You are loved more than you know to be possible, and you are equipped with all that you need. So get the negative out, let the positive in, and *be*.
45. Channeled: The excitement is the spirit that is coming through. There is a new area of the brain that recognizes prosperity in a new way.
46. Channeled: This is our most glorious prediction-- that prosperity is possible for all people living on your planet.

47. Channeled: This time of life and this time of man, of people, this is the best yet.
48. So if your body is one organism, and you are a Trinity (body-mind-spirit), everything is related. Spirit speaks, mind thinks, body responds.
49. Channeled: What can you do, you ask? What indeed! We suggest you think and put thinking on hold, put feeling on the front of your mind and work from there.
50. Channeled: What you need to know right now and always is how to love yourself.
51. When you are uninspired, change your environment. Go outside/inside, move to a different room, go for a walk. It prompts new thoughts.

"Hi Susan, In the first reading you did for me, you told me not to move in with my daughter across the country, because something was going to happen and she would be near. Well, she called today and said they got new orders and will be here in March! xoxo"

"I have almost fallen off my chair... [re: the unusual pet name I mentioned in the reading] ... haven't heard that for years and years! And thanks for the encouragement, just today I had a conversation about the 'selfish' thing... now will be called 'self-ful'!!!"

If you just thought, "I'll have what they're having!"—you know where to find me. Get your own Psychic Reading with me today at

www.SusanKMorrow.com.

52. Channeled: We ask that you listen now for the attention you need from yourself.
53. Channeled: So simple...It goes like this: "I want this, I am worthy of this." And then leave it alone.
54. Channeled: You can do on your own what you've never dreamed you could do.
55. Channeled: Say, "I want, I can have, I am worthy, and I love myself enough and more than enough to have it and be it."
56. The trick to manifestation is to find evidence of having what you want, no matter how small. That way, there is no longer a lack of it.
57. Channeled: Wanting it is the first step, receiving it is the second. And that's it.
58. Channeled: Here is our synopsis: You can have whatever you want. Love yourself and know you are worthy of it.
59. Channeled: Just choose. Start there and let the rest fall into place.

60. Channeled: We love you! We cherish you! There now, you are loved and cherished, and any other wonderful things you want to feel you are.
61. Channeled: You are here to love and be loved. And that is it--it's so simple and yet you love to make it complicated. You are loved. 'Nuff said.
62. Channeled: We do not feel this concern that you are feeling, and we see that it is only fear.
63. It's easy to forget sometimes that everything is temporary.
64. Channeled: "Preventive" is handled by thinking ahead, right? So think your way ahead.
65. Channeled: Don't make things up where there is none. Leave it alone. [My sister calls that "borrowing trouble."]
66. Channeled: Since you are already thinking this, you need to take action to un-think it. Think something else.

67. Gratitude is great, but it's really just for you to feel good and more worthy. The Universe neither wants it nor requires it.
68. Shame, guilt, embarrassment--all the same waste of energy. And all go back to feeling not-love, kicked out of the Garden.
69. God is not a he. Not a she. God is Love. And Love requires nothing—so just feel it, swim in it, be it.
70. Seems most people think that things happen to them. But really, everything comes from you. You attract/create it all.
71. If you don't claim responsibility for everything in your life, you give up your power to change it. Be responsible and be powerful!
72. What motivates you? Did you know you can ask for the motivation to do something that will bring you the feelings you want? Try it!
73. Channeled: You can trust your own heart. You just don't like to listen. You like to doubt your own heart, so you ask others.

74. Not true that everything happens for a reason. Everything happens for many reasons. Look for them and you will find them, but you might not see them all.
75. The Universe is ever-expanding, and you must always expand too. Never cut back. Always grow!
76. "Free will" annoys me. There is no other will but yours. So enjoy yourself!
77. Health issues—all illness and injury—are messages from spirit/higher self. Where they are and how they present tell you the message.
78. Three questions to ask about anything that gets your attention: Why did I attract this? What is the message? How does it serve me?
79. You're designed to be healthy. Only last-ditch efforts to communicate with you cause Spirit to give you injury or illness—listen up!
80. Think tomorrow's thoughts today.

81. Remember your future. Imagining and remembering are the same mechanism. Remember it like it has already happened.
82. Illness and injury pertain to specific areas of your energy, but the bottom line is always a lack of receiving.
83. With great power comes great responsibility. You are the most powerful person in your world.
84. Asked about Spiritual Diagnostics, it's my own name for understanding the spiritual, energetic side of health, illness, and injury.
85. What scares you more, loss or gain? They always happen together. There is no gain without loss, no beginning without an end, etc.
86. Einstein to me: You look at the star, and the light touches your retina. At the same time, your retina touches the light.
87. I like and recommend the Teachings of Abraham and the practice Ho'oponopono.

88. To paraphrase the book of John: "In the beginning, there was the Thought. And the Thought was with God. And the Thought was God." Think about it.
89. Channeled: You have the answers and they are we.
90. If something scares you or makes you feel guilty, it is not Truth.
91. Your job is to be happy. Figuring out what makes you feel great is what it's all about. Hint: using your gifts to serve others *and yourself* does the trick.
92. Fond of "It's not about me"? On the contrary, your life is all about you. If you love serving, great, but you must be served too!
93. Use your gifts to glorify the Giver, to help others, and to be happy. That's why you have them!
94. Angel message to me: Affirmations are about affirming, not about ritual. Oh, duh.

95. Think on purpose. In fact, do everything on purpose.
96. Taking responsibility for everything in your life—good, bad, and ugly—is empowering.
97. Amazing what help shows up when you need it. But you do have to pay attention. Stop and think--will this help? How can I use that?
98. When you're in the doldrums, the best thing you can possibly do is think. Think of anything that makes you feel happy.
99. When a goal seems far away, think, "What can I do right now that will get me one centimeter closer?" Then do that!
100. Happy is as happy does.
101. Daily affirmation: I love, I am loved, I am lovable, I am love.



Congratulations! After reading and soaking up all of these “Cosmic Quickies,” at least one “something” has already shifted for you.

When you are ready to shift more “somethings”, go further, and dig deeper... When you feel moved to talk to me, like an angel on your shoulder saying, “This is the right one to ask!” give me a shout.

[Email me right away](#) or
Visit the website at www.SusanKMorrow.com

It will be my pleasure to find out more about where you are and where you want to go. If I can serve you in going there, I will be more than happy to do so!

As always, I look forward to more...

Susan K. Morrow

Psychic Medium * Author * Speaker

Your RIPs, Your Future, Your Life

