



BARBARA  
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*Your  
Eternal Path*

A photograph of a sunset over the ocean. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water. Waves are breaking on a sandy beach in the foreground. The sky is filled with soft, colorful clouds.

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*Thoughts from If God Was Like Man*

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Supreme Confidence*

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*Dear God, How Do I Get Over a Lover I Still Love?*

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**Barbara Rose, PhD**

**Your Eternal Path**

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*Your  
Eternal Path*

You may have slipped or feel there is nowhere to turn.

My friend, this is the beginning of your eternal path.



When flowers bloom did you take notice that they began in the mud of darkness? Did it ever occur to you that the pearl grows within the shell?



No matter how high the mountain, at some point you have reached the very top. Is that the end of the journey? No, Dear One, it is simply a part of it.



With goals and dreams either far behind you or suddenly illuminated within your mind, your path is filled with mystery.

The essence of your unique petals may very well bring a smile to a child's face.

Did you ever wonder when *you* will smile again?

Character on your path widens its scope  
attracting others who take notice of the path you  
are creating.

Whether pre-destined or not, the eternal force of  
light, the oneness and beingness of God ignites  
your expression.



When you go to the ocean and hold a stick in your hand, then with that stick write the words “I Love You” to your loved one standing beside you, do you think that the gentle wave of water that flows over your words takes away their meaning?

No, the meaning will remain eternal. The memory will uplift your heart. And though you may never know or wonder where your path will

ultimately lead, it is your heart that creates its eternal expression that can never be extinguished.



The rose blooms on stems with thorns. Yet they bloom brilliantly and beautifully as the thorns strengthen the stem upon which the roses grow.



The ability to look up at the sun and see a new day also carries with it the promise of a new beginning.

Today. Tomorrow. Always



Perhaps you feel as if your path has been pulled out from beneath you. This is a sign and a promise that your new path has just begun.



Fear not for fear will never guide you. Your path needs open freedom to be, to express, to wonder and to become close to God at the precise moment you feel God has forgotten you.

It may appear that way, yet many appearances can be false thus perceived incorrectly.



Did you ever smile at the wind? Did a gentle breeze ever comfort you? That is God within that breeze to help ease life for you now, and every time you feel it.



Did you ever look at the beautiful bright full moon? Its glow captivates humanity. But then, as the phases pass, just at the brink of a brand new moon you cannot yet see it.

But it is there once again to brighten your path.



Can you allow the old to go? Can you begin to trust that every sunrise, every moment, your path is calling out to you silently saying, “Remember me.”



There can only be right judgment on your eternal path. Focus and concentration, pure awareness of what is within your mind leads to right action.



Never believe that one ill action, one ill motive will help you on your path.

Such is the belief of fools who trap themselves in their wicked deeds which your path must have no part of.



A song may re-ignite hope within your soul to help you remember that no matter how far you have traveled, your path is still eternal.



Brighten the universe with the love within your heart.

INSPIRE yourself and people will in turn become inspired, too.



Relinquish doubt at all times. There is no doubt that will broaden your path. Doubt takes you off-path. And so remember to look and focus within to the core of your heart and ask yourself one question. “Why am I here and how do I want to be remembered?” Your destiny is contained within that remembrance.



Struggle as humanity may, *laughter* cures the soul.  
Create laughter and you will then triumph over  
your tears.



When your path seems dark, and you are looking for light to guide you, remember the light of God is always within!



Every person, every achievement, every contribution as you know was sparked from a desire within.



Remain true to the purest desires as your life unfolds. Remember to trust your path *is* eternal.

It remains etched in the memories of those whose lives you touch – and then your eternal path creates a desire within others to create a similar path of pure inspiration for their very own selves.



No matter where you are, there is no place you cannot go within your mind.

Your mind, your energy, your path is guided and protected.

The difficult times you encounter are the impetus for needed transformation.



Why? You ask. Why does life become difficult?  
Any Olympic athlete can share with you that

when you stay focused on where you are now and give it more than all you've got, this leads to triumph.



Ease is a temporary state. A respite. A short break.



True and lasting contributions require steady focus and eternal openness to the sudden sparks ignited within your heart.

You can never know how one thought and action will lead to unimaginable joy. And so you must keep going because it *is* joy that awaits you.



Did you ever feel like life was handing you too much to bear? Dear One, if you were not capable of such vast growth, life would hand you very little.



You cannot fool the universe. And the universe  
will never fool you.



The laws that govern your eternal path are  
pristine, filled with pure love.



Make sure your path is always centered in pure love. And then, the universe will make certain that your path is filled with a child's wonder, joy, and prosperity.



Times will change as they always do. However,  
you must remember that no one can extinguish  
the love and relief of God's flowing breeze.



Never mind what others do. Folly and failure go hand in hand. Now you are being assured that love combined with right action will always yield success.



Success and all you desire are right in front of you. If you continue to look for them, while the joy in your heart creates them, then your path will be paved with bright and brilliant miracles.



People will always remember your integrity. You want to be remembered for all good. Align your heart and motives with true love because this is, as you know, the most powerful force in the universe.



Care about others in your actions. Reach out from the heart when *they* least expect it. Do this because it will bring great joy into your heart.



Watch those who are centered in greed and steer far away from them. Greed ultimately leaves the person with nothing, and not much to be remembered for.



On this new day remember you have a new chance. Remember times past when you thought all was falling apart only to find yourself looking back *now* to see that those temporary times were needed to strengthen you on the eternal path you travel.



What is eternity without love? When you focus on love, suddenly a new light shines from within bringing you back on your eternal path better and brighter than ever before.



At all times, with every breath you take, remain true to what you know deep within feels just right for you.



You are not on an eternal path to follow, but to share as you shine a light of inspiration for others who forgot they, too, are on their own eternal path.



The laws that govern your eternal path are honesty, truth, integrity, self control, generosity, sharing loving, forgiving, embracing, inspiration, imagination, right action, charity, care for humanity, consciousness oneness with God, laughter, friendship, trust, allowing, healthy boundaries, humility, eagerness, visualization, certainty, determination, follow through in action, heart-centered actions, self love,

outreach, backbone, gentleness, hope, faith, perseverance, joy, creation, investigation, asking God for answers – then writing down what you receive.

Simple days out in nature. Simple nights resting.

Thanking God for all you have while you keep faith that God will always make sure you have what you need.

Thanking your Angels who eternally help and protect you.

Seeing love in a flower; Planting a new garden called your life.

Remembrance for all who were there for you.

Reaching out to someone just to be there for them.

There is no end to your eternal path.

Every word and deed has a rippling effect.

Simplify your life.

Remain calm when life starts to dismantle your reality. Embrace this! For it precedes a much grander path filled with gifts of every kind.

Just please remember that the greatest gift on your eternal path is YOU. It is the difference you make and the willingness to share how you created that difference.



Share with an open heart. Where there is united love there is no competition.

Collaboration with others who have a pure heart – oh, what a difference you will make together.

And if there is a time when you want to brighten someone's day, to bring them hope, share this book with them and let them know your path is similar to theirs while you say, "I thought you would like this."



EMBRACE and cherish every moment, because each moment carries the eternal energy of this vast universe where supply is endless.



The love you share, the times you care are always  
endless on your eternal path.

Welcome to the next step of eternity.



## About the Author

Barbara Sherry Rose, PhD is the bestselling author of twenty seven books, a world renowned Higher Consciousness Life Transformation Specialist™ and spiritual teacher. Her personal growth and transformation shared with millions of people from every part of the world has endeared her to the masses as a pure, loving and caring soul who shares by living example. Her ability to take the most difficult personal topics and bring through the solutions for herself and all has made her one of today's most loved and respected spiritual teachers. Dr. Rose is the founder of International Institute of Higher

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