



CRYSTAL RA LAKSMI-DITTON

New Time
Coach



Today's how to end self-destruction questions are following;

- What is consciousness and non consciousness for you?
- What can you do in your life to raise the level of consciousness?
- How do you take care of you - your body, mind and spirit?
- Go through the Abundance Wheel - how do you destroy yourself in sexuality, relationships with yourself or others, health (movement, sleep etc), life mission (all the life purposes) and then holistic abundance (time, love, attention, possibilities, all the Abundance wheel sectors)
- How conscious are you about your self-destruction?
- What kind of habits do you have what continuously destroy you?
- What needs to be changed?
- What would your life be like if you would not destroy yourself any more at all?

Thank you for taking time to work with yourself and on yourself by answering these questions here. You have taken responsibility to work on yourself, change your life for the better and improve it by changing the quality of your life. You have automatically taken responsibility to make this planet Earth a better place to be. Thank you so much!

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