

Motivation, Momentum & Manifesting



*Keys to Creating
Magic in Your Life*

By Andrea Eygenraam & Friends

Motivation, Momentum and Manifesting

Keys to Creating Magic in Your Life

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To Jennine especially, who has helped maintain enthusiasm and excitement for the words contained within. Your input and encouragement have touched my heart and been so valuable. Thank you for believing in my dream for this publication!

To Sue for your extra editing support and putting the finishing touches on the magic to make it even more special

To the universe, who, since the inception of this book, has done whatever it can, to ensure I have material and experience with which to write from for this book. I have been humbled, broken down, built up and felt alive again through the process of publishing this book. It has been my biggest learning experience yet, and I am grateful for the lessons. Just a little gentler next time, okay?

And to you reading this. Know that you, too, are worthy of sharing your words. Tap into your heart and listen to what it has to say. You'd be surprised at the answers when you can get quiet enough. And if you need help, try our free fall process with guided meditation to help you get out of your own way. It's worked for so many, and can work for you too, even if you think you're "not an author."

Just Start Writing

Just start writing. You need to turn the tap on to make the words flow, even if it's crap; at least you've started, you can't edit a blank page. Write like no one will read it but you. All nuggets of advice I've shared hundreds of times now, and four months after I announced this book, this is the first I've started writing for it.

Fear, fear of what? Success, being heard, putting myself out there. I have overcome the common fears I hear of "what if no one wants to read my writing," "I don't have anything interesting to say," "I'm not a writer." I overcame them by putting myself out there, writing from my heart.

I started my poetry blog seven years ago. I often reflect on the comments I receive. I say, "I don't even know these people! They didn't even have to comment!" As people share such heartfelt things about how my writing has touched or moved them, I am so humbled.

But even after eight years of running workshops and helping others find their creative voice, I still catch my breath with a flutter of nerves and lump in my throat as I go to share. I hope that I never lose that humble feeling. I have that too as I sit to write this piece, at one of my very special places by the lake, listening to the waves crash on this stormy day, watching my pup destroy another stick, excited to be in nature. This is my peace, my motivation.



I read the pieces submitted from all the brave souls that are contributing to this book. I am again humbled, honored and motivated. So many have shared with me deep struggles they are going through.

For some, life became too much and they needed to withdraw from the book. To those, I send my love and strength. The journey is full of challenges and potholes that we must navigate.

Sometimes a successful day is simply getting out of bed, and for some, the successful day involves choosing to live. There have been so many around me that have succumbed to the darkness that I too, have faced. And there are more who have faced the darkness and refused to let it win.

Each day is a miracle and an opportunity to choose love.

That's why I wanted to put this book together. To help give hope, inspiration, and to share that miracles do happen and they are available to us all. *A Course in Miracles* describes a miracle as a holy instant, when we can turn fear into love. When we choose again, and decide to move forward with life, with our dreams; we manifest miracles.

We all deserve miracles and to live a life of minimal struggle. That doesn't mean we won't experience pain or darkness, but we will have the tools, strength, resources and faith to see ourselves through.

I hope this book will be added to your toolbox for the next time you need a boost. Please know, myself and the authors in this book are just humans too, navigating this journey the same as you. We all have our personal stories, life changing events that have come into our lives. From illness, losing loved ones, divorce and separation, moving, concussions, business success and abundance, business failures and setbacks, internal self-critics to overcome, surgeries, self-doubt, preparing to welcome new babies, marriage, the whole range of the human experience is locked up behind the words of this book.

Please accept with humble gratitude our stories, poems, tips, and wisdom and may you find yourself in these pages and may it give you comfort.

You are important. You matter. Your voice matters. We hear you, and send our love.

Inspiration

From Brendon Burchard

- Stop waiting, motivation comes from momentum – from ambition coupled with real effort. Inspiration strikes while striving, not hoping.

From Wayne Dyer

- When you're inspired, you activate dormant forces, and the abundance you seek in any form, comes streaming into your life.

From Abraham

- Keep your focus on how you want to feel and let the Universe fill in the details.

From Anais Nin

- Life shrinks or expands in proportion to one's courage

From Vince Lombardi

- The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.



MEDITATIONS

ALIGN WITH LOVE

CHOOSE AGAIN

RELEASE JUDGEMENT

ACCEPT IMPERMANENCE

ACCEPT HUMILITY

ACCEPT IMPERFECTIONS

ACCEPT MYSELF

RELEASE EXPECTATIONS

DON'T BRING THE PAST INTO THE PRESENT

LET GO OF HURT

EMBRACE HUMILITY

STAND IN MY INDEPENDENCE

I AM ENOUGH

I AM WORTHY

I HAVE VALUE

I AM INTELLIGENT

BRING THE JOY

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Good Vibrations

“Stress, anxiety and depression are caused when we are living to please others.”

~Ideas for life

If we take a moment to silence ourselves, we will understand exactly what we are feeling. I have come to understand feeling as a vibration. That vibration is the feelings we are having, and the feelings dictate our decisions and then actions and then from there our results in life.

Feeling (vibration) + decisions + action = results.

I have seen it in my own life. Positive and Negative. You are always more successful in your life when you listen to your voice within beginning with the vibration you are in. It will never steer you wrong and the best part is that, with practice, you can choose that vibration.

What is your current vibration? Is it good? You get to decide.

~Jennine McKenzie~

Teamwork

This piece was inspired by the end of sons and my 1st Black Belt Grading.

When it was over...

I stood proudly reflecting on my accomplishment. Sweat was running down my face and chest. My body felt exhausted but elated. As I looked around, my comrades glanced at each other. We all knew. We were all smiling and affirming what we just experienced:

- Elation
- Gratitude
- Confidence
- Empowerment
- Accomplishment
- Pride
- Honor

In a blink of an eye, six hours had passed. It was like a blur, but at the end, we all remembered what was important and that you can do more than you think you can.

- Unity
- Never leave a man behind
- Encouragement

When geese fly, they fly in a “V” formation. The front leader bears the wind while the others come into place and drift gently. Each one is honking to encourage the leader. When the front goose gets tired, he swings to the back of the flock, falling into formation, drifting, resting and recovering, encouraging the new leader with his own honks. Finally, when a goose gets sick or wounded by gunshot and falls out of formation, two other geese fall out with the goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly or until it dies. Only then do they launch out on their own or with another formation to catch up with their group.

In life, we find ourselves as geese, at times leading and at times cheering. Through difficult times we rely on each other for help.

Strength in is unity. Lessons learned.

~Jaye Graham~

My Alphabet of Life

I would like to share with you a little thought that popped into my mind as I was quietly sitting at home one night. I found myself thinking and eventually writing down the things I practice in my life, along with the things I felt I needed to take a little more notice of. I named it “My Alphabet of Life”.

Appreciate.

Be nice.

Choose your destiny.

Dare to dream.

Encourage yourself to set goals.

Feel good about yourself.

Go where your heart leads.

Have faith.

Imagine good things.

Just be you.

Kiss a bad habit good bye.

Love life, live and laugh.

Make someone’s day count.

Never say never.

Observe beauty.

Picture a smile.

Question and do not assume.

Relax.

Stop and smell the roses.

Take time out for yourself.

Unload your excess baggage.

Venture near and far.

Worry Less.

Xout unkindness.

Yell in the shower if you feel like it.

Zip out gossip.

Today when I read through my Alphabet of Life, I will not change anything as these are the practices and reminders for myself to who I am!

~Jewel Hollis~

Y esterday is a part of my past. Let it go. Focus on today and what best serves me.

Z estiness is a must not only for my food, but also my life!

Having not read my mom's Alphabet of Life in over 11 years since her passing, I decided to read hers after writing mine. It is eerie to see the resemblance in our writings. But it makes perfect sense since how she lived her life, greatly impacted and influenced mine.

~Christina Hollis~

Life's Spark

This is from one of my morning meditations. I always sit with a journal when I meditate because I like to write what I'm hearing. I thought you might enjoy this message, so I'm sharing it with you too.

The time is now to be Bold.

To go before you're ready -
do not wait to be granted permission.

Your soul is calling you -
Listen and heed the call.

If you're unsure of the path you're on then ask yourself:

Does it excite you, inspire you, or light you up?

If you're not sure what to do or where to start:

What inspires you?

What stirs within you? (If it stirs with nervous excitement - there's something there. Go towards that.)

GO!

And do it before you're ready! Because you're never "ready" - your ego will try to keep you small, safe and comfortable.

So... do it now!

Start now - go -> feel the energy.

Follow the Energy!

See where it takes you! When it's right, there will be an energy to it and it will show you the way.

Start down the path and as Joseph Campbell said,
"the Universe will open doors where there were only walls."

The path will take shape in front of you -
as you take each step the path will emerge.

A way will be made with *your intention and energy* at first and then the Universe shows you the way.

Trust. Believe. Receive.

Go into the Light.

- The energy
- the spark
- that pulls you
- toward it!

Do not shrink from it.

If it is in Your Soul- you know and only you know.
No-one can tell you or grant you permission to do what is yours to do. Your gift is within You.

The Key is to accept your path - your calling.
In doing so - even if you feel alone, are afraid, or not 100% sure -
You will be taken care of - You will be shown the way.

And You will become who you came here to be!

Deep within you is the answer - that spark of YOU -
- the center of You - Your Core Self - Your Fire!
The You that is meant to shine. to glow. to flow.

Notice how the words that describe an inspired life are bright, feel expansive and are fire-related:

Shine Your Light. Spark of Life. Shine Bright.
Light up a room. You're on Fire. That Burning Feeling.

That's because it actually is a spark within you
and it NEVER goes out!

You only have to give it some air - let it breathe - stoke the fire,
- give it energy.

Let the flames of desire within you - become strong - until a raging fire is within you. Go out into the world - that Spark is Enough!

It is You.

Your Soul Self.

Your Calling.

You can feel it in you - and when you think and begin to move in that direction - You'll feel it!

It never goes out, it's always ready for you to give it life.
And as you do - it gives You Life!

You become alive - you're on fire - you shine bright and light up a room! It is ENERGY and it's *within you* - that burning desire at the center of you - it's who you are - waiting for you to TAP into it:

To accept your calling - to *BE YOU in this lifetime.*

That flame, Your burning desire is Your Calling - it's why you're here - which is why you can always find it and go back to it and...

LIGHT IT UP AS IT LIGHTS YOU UP!

You and Source Energy - total and complete alignment.
Your Soul Self and Source - it's powerful, magnetic, bright, all-inspiring, and awe-inspiring.

You can see it in those who live their calling - they are ALIVE.
Living In Spirit and Inspired. You and Source are One

Think of Source as part of the flame:

- always ready to assist you.
- never letting the flame die - always burning and waiting for you.

Waiting for You To Be Inspired and Bold enough to live Your Calling!

When you Follow Your Heart and Your Inspired Ideas:

You are tapping into that Flame.

You are tapping into Your Soul Self and Source.

Know that:

1. You Can Feel It.
2. You will Know it.
3. A way will be made!



~Denise Beaulieu~

The Easy Way

The easiest way to gain Motivation:
is to have something else you want to do less,
especially if there's a deadline

The easiest way to build Momentum:
is to start with one small thing to give yourself a sense of
accomplishment and then build on that

The easiest way to Manifest:
is to feel that it's already yours, feel the excitement,
joy, happiness and believe that you have it

~Andrea Eygenraam~

Momentum

Struggling with momentum is common.

Please take to heart most of us have struggled with this and you're not alone.

I do have some tips on how to help you keep your momentum going when you're striving for your dream.

The first tip is to define and be able to see your "Why" (Why start, why am I doing this, why does it matter, etc.). What this means is having a written out **Why** in a place you can see it when you're working or when you're out and about, such as a note card on the dashboard of your car. My Why is written on a whiteboard in front of my desk.

It's a good idea to really drill down into your Why if you haven't yet. Besides the superficial "I want to make more money," or "I want to work for myself," you'll want to go deeper into your *Why*.

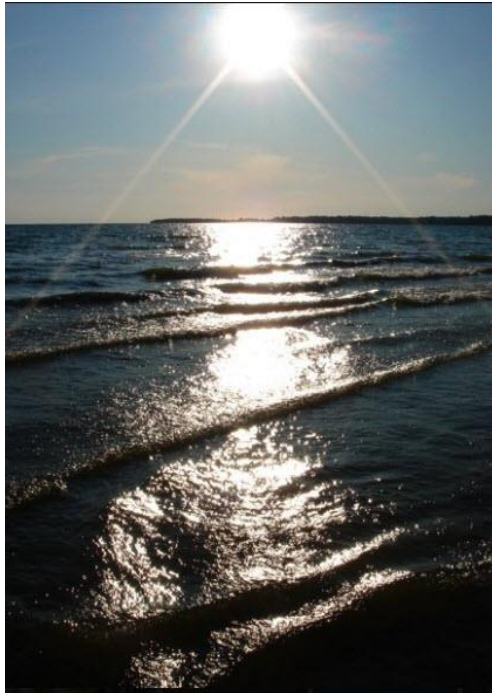
Some examples of my Why include: I want to be a role model for my daughter, I want to financially contribute to the family as well as have financial freedom for myself, and it feels good when I can help heal people.

The second tip to keep your momentum is to have good self-care habits in place. For example, taking the time to go for a walk, see a comedy with a friend, or cook dinner with your family can lift your spirits and make you feel connected and loved. This can help propel you forward. It's true that you must take care of yourself before you can take care of others, and others might include your vision or your business or whatever you need the momentum for. Think of self-care as essential for daily life and part of the recipe for thriving.

The third tip I have is to play some funky music. If you're struggling and you're kind of bummed out or you don't have an idea, or you're just not feeling it, turn on the music that makes you happy or get you pumped or get you excited and that will create those feelings inside of you and drive you forward to what you want to be doing.

The fourth tip I have is to take a minimum of five steps/actions a week towards your goal. The reason I picked the number five is that is at least one a day. This step should be attainable and actionable without being overwhelming. You can do one thing a day, or mix and match, such as two on Monday, one on Wednesday and one on Friday. With this to do list, you will feel that you're making progress towards what you want to achieve. In addition to feeling accomplished, you can see your progress, so you have the feeling of satisfaction and then you have the visual reminders (completed checked off items) that you are doing what you've set out to do.

The last tip I have is a mindset tip. Keep in mind that you need to have patience as most dreams/businesses/goals do not succeed overnight. Some do, but most don't. It can take weeks, months, or years. Stay in the game. Keep playing. Keep learning. Keep taking action. Keep failing (as that means you've acted and are learning). Have patience and kindness towards yourself. Get ready. It's coming.



~Danielle Carson~

Motivation

An important factor in motivation is finding your why. If you don't know why you are doing a particular activity, it can be quite difficult to find the energy and motivation to even bother. Your reason can be as small as, "I need to have a bath so I'm not smelly and can stay healthy with proper hygiene," to "I help teach people how to write through emotional blocks so they can heal and realize their voice matters and that they can impact people with their words and experiences." One of my big whys is my dog. He has been trained as my emotional support dog, and he gives me so much, so I want to make sure I can give us a good life and provide for him.

I've found a good way to help my own motivation as well, is to reframe how I think about things. Instead of "I have to do the dishes," it becomes, "I get to do the dishes, because I've cooked a healthy meal and am blessed with food to eat." The perspective shift of "get to" versus "have to" can really make a lot of difference when it comes to motivation.

But that goes back to gratitude as well. When you come from a place of gratitude it makes many things easier. I find if I'm feeling down, discouraged or angry, instead of writing one page in my gratitude journal, as is my standard, I write two. It is usually much tougher, especially when I'm in that state, but that's when I need it the most. I get down to basics at those times – I'm grateful for a safe warm home, a car that gets me safely where I need to go, healthy food to eat in my fridge, electricity and heat, a clock to keep me on schedule, clean clothes to wear and warm socks, doggy cuddles.

I was working through this course recently that is meant to shift perspective around many fear-based ideas and behaviors. The shift is to release fear, and turn to love. I was going along in the exercises and came to the gratitude day. I had made a list earlier in the week of my fears and the exercise for this particular day suggested I make a gratitude list for my fears. This was probably my toughest assignment yet, but also the most rewarding. Boy, was it a perspective shift!! I am grateful for persevering through challenges like this one, as the lessons are so deeply profound.

I realized one of my big motivating factors is when I have a list of things to do, and one thing on the list I really don't want to do, but there's a timeline for it, I will do everything else on the list before the dreaded task. If I have to go out to buy groceries, I will sweep the house, wash the dishes and check email, waiting until the last possible moment for me to leave to the store, or go to the meeting or whatever it is I'm avoiding.

One of the ways I get myself motivated to do big daunting tasks is I just start. I give myself 15 mins and then tell myself I can take a break. Shoveling snow is a great example of this. I said, "I don't have to do the whole driveway, just the steps, just get started." Over an hour later, the whole driveway was done, including the steps and I barely noticed, because once I got started, I had momentum...

Momentum

That leads me to momentum. How do you keep the ball rolling? It's so often easier to keep things going than to get them going, so if you've made it to this point, congratulations!! There's a saying in the 12 Step programs that goes "It's easier to stay clean than to get clean again." When you stop your addiction, it's much easier to stay stopped, because you have the momentum to carry you forward.

At first, you'll have some crazy thoughts, because you've built a habit of doing something unproductive, but it's a habit nonetheless. Your brain will try to trick you into going back to the comfort zone because it doesn't like change. Say you have a habit of getting ice cream whenever you drive by the ice cream shop that you'd like to stop. The first time you drive by the shop without stopping in for a cone, it will be really difficult not to stop. You will need to remind yourself of the why you committed to. The second time you drive by, the anxiety may still be there, but it'll be a little easier. It will get easier and easier the third and fourth times. Then one day you'll realize you didn't even look at the ice cream shop! You have built momentum for change.

The tricky part at this point though, is avoiding temptation or social pressure to go against your new habit. Say you're with a friend who really wants ice cream. He tries to convince you that you should have ice cream as well. You know you've built this momentum to maintain a healthier lifestyle — maybe you've even lost some weight or had extra energy. You have seen the benefits of the change you made. But you're still tempted to go back to your own ways and have the ice cream, because one won't hurt, right? Ice cream may seem like a harmless example, but as someone who is overcoming diabetes herself, I know that not everything is as harmless as it seems. So, go with me on this example here.

You have two choices. You can feel confident in the momentum that you've built and decline the ice cream with your friend. Maybe you make an alternative suggestion and you two can go for a green smoothie instead. As much as you may want the ice cream, you must want the benefits of keeping the momentum more. Because I guarantee you, if you make the second choice and decide to go and have the ice cream with your friend, yes, you'll enjoy it, but the next time you pass that ice cream shop on your own, the old anxiety will likely come back. While you may not be starting from square one, it won't be as easy as if you'd stuck with your momentum.

It's like my snow-shoveling example; once you get started, there will be much less resistance to continuing because you've proven to yourself you can do it.

Daily writing habits, daily gratitude lists, exercising and going to that work out class, meditating regularly—those habits all started somewhere, and continued with the decision to embrace the momentum.

If you fall off course, be gentle with yourself, and just get back into it. If you spend time beating yourself up for falling off the wagon, you will be much less likely to continue on where you previously had success. Know that everyone has indiscretions, slip ups, mistakes. You only fail when you stop trying. So, get back up, give yourself credit for where you were before, and have confidence in the fact that you got there once before, so you know how to get there again, and you will be back in the flow of momentum soon.

Manifesting

That leads us to manifesting! When you are in the flow of momentum, manifesting becomes much easier. You are feeling the rewards of success and are in a high vibrational state. You can see what you want, coming to you much easier. When you can get aligned with the feelings surrounding what you want to bring into your life, and feel them in the present moment - like you already have what you want or need, you align with the vibration of that item and it can come to you quite quickly. That is why gratitude lists work wonders for manifesting.

You should write things you will be grateful for in the present tense, as if you already have them. I combine my gratitude lists. Part of my list is things I am grateful for right now, in the moment, and in the last part of it, I include things I am grateful that are on their way to me, as if I'm enjoying them right now, in the moment. This practice sends out a powerful intention to the Universe that you are ready to receive!

Often, we are our own worst enemies though, subconsciously blocking our manifesting with doubt or impatience. We consciously think, "Of course I want that. Of course I deserve it." But old patterns, sometimes dating back to our childhood, place an upper limit on our lives. If we haven't addressed these issues, all the conscious believing in the world won't get us what we want or need. Healing these beliefs isn't an easy process, but it's necessary in order to align our subconscious beliefs and vibrations with where we want to be in our lives. Active repetition of affirmations to counter the negative self-talk and beliefs is one of the best ways to reprogram our mind. It may seem illogical at first, and your mind will try to convince you it's a silly waste of time, but it truly works.

Years ago, I went to a retreat for healing codependency, right after I left my partner of eight years. I had faith that the facilitator was living a life of freedom that I wanted to learn how to live. When we were there, she gave us these papers with affirmations on them. We were to highlight the ones that stood out as causing us some discomfort or disbelief.

One of the activities we were to do between the two different weekends of this retreat, was to say these affirmations to ourselves every day for the 21 days. I was so skeptical, thinking, “I paid good money to say some phrases? What did I get myself into?” Not even one week into this practice, I was already noticing outstanding changes in my confidence and I was blown away. I called the facilitator up and expressed my gratitude for these “simple little phrases” that changed my life. I still use them to this day.

I came across a book by Louise Hay that I recommend to everyone I can, called *Heal Your Body*. It’s a powerful little book. The main substance of the book is an unassuming chart. On the left side it has ailments that we experience, down the middle it has the emotional/spiritual causes, and on the right side it has an affirmation that will heal the ailments. I went through this book and wrote down all the affirmations for anything even a little bit wrong with me. I recorded them on my phone.

It’s a six-minute recording, and when I listen to it, I cry. It is so powerful, because these messages are not ones I readily accept, which is why I’m working through the health issues I am—my unhealthy subconscious emotional programming has manifested physically. Listening to this recording is changing my programming and teaching me to love and accept myself. It is powerful stuff, and is helping me to align to all the good I deserve that has been waiting for me!

The other block that might come up when trying to manifest is desperation. If we really need the money for the bills, and we are begging and obsessing, we are pushing away the very thing we desire most. When we can be grateful for what we have, the bills we *can* pay, the job that gives us income for the things we need, the creative opportunities to find more abundance—maybe in ways we haven’t even thought of—suddenly doors open where there were walls. When we quiet our minds and let go of the fear, we open our lives to ideas and the power to create along with the universe.

Inspired action is the best manifesting practice there is!

On that note though, fear is also a very powerful manifesting practice that some of us are all too familiar with. Just as we can manifest blessings into our lives, we can also manifest repeated struggles as well. I know this is a sensitive topic for many, and trust me, no one knows this better than me. 2018 was one of the toughest years on record for me, and it nearly broke me. I was in this negative spiral of only seeing the problems. I was in such anxiety, fear and depression, I could not see my way out of it. I manifested more and more of the same thing.

Something I am really focusing on changing currently is the idea I push the good away. I manifest quite easily and powerfully, so I will get on a roll of really awesome amazing things happening in my life, and because somewhere deep down, I'm waiting for the other shoe to drop, for the good stuff to be taken away, I sabotage it so I feel I have more control over it. I literally manifest problems subconsciously, so my programming can say, "See? I told you it wouldn't work out."

Wow, right? Who would do that kind of thing? People do it subconsciously all the time, often not realizing that's what they're doing. And it's not something to beat yourself up for. It's easy for me to be like, I KNOW this stuff, I TEACH this stuff, why can't I just GET IT?? I have people around me who affirm those sentiments and it breaks my heart, while showing me, again, the basis of what I believe.

Manifesting and personal development aren't for the faint of heart. There are so many uplifting stories, articles, poems in this book that will show you all the benefits of alignment and a successful life. I wanted to make sure to include this very important topic though, as I see it both with myself and my clients—the struggle of feeling less than, because we just can't get what we want and work so hard for.

PLEASE DON'T BEAT YOURSELF UP. It is so very natural to fall out of manifesting alignment because our prehistoric lizard brain wants us to stay comfortable, not challenge the status quo and when it perceives any sort of danger, it lights up the fight or flight areas of our brains and sabotage kicks in.

But here's the good news, it doesn't have to be that way. Once you become aware, like you are now, you can see it for what it is. **ONLY LOVE IS REAL.** Fear, doubt, worry, anger, resentment, anxiety ... don't believe any of it. Unless, of course, a t-rex is chasing you down, then you should believe that and run!

When you can become aware of being in a negative state, and then pause, reflect, and say, "thank you fear for trying to protect me, but I've got this and we are safe," and continue to challenge yourself to get out of your comfort zone and grow, you will bust through all limitations and feel a sense of accomplishment that will grow your momentum and you can build upon each new success.

That doesn't mean the old programming won't try to rear its ugly head again. But you will have tools and proven success under your belt, so if you get knocked off, it will be easier to get back up and remember where you left off. You were not meant to live a life of lack and limitation. You were meant to shine and share your gifts with the world. The world needs that unique thing that only you have.

Sure, there are many, many books written on motivation, momentum and manifesting, but as you will see, contained in these pages are numerous voices—each one equally important—and each one giving a nugget or perspective that's different from the next. Something will resonate with the stories each person has shared, and that is why you need to tell your story too, put your voice, your talents, your special viewpoints out into the world. We need your perspectives, too. Manifest the life you deserve, and enjoy every moment!

~Andrea Eygenraam~

Manifesting Heaven, Step by Step

I sometimes wonder if I died and landed myself in heaven. There is so much positive, outlandish, beautiful magic in my life that it's hard for me to believe. I make my wishes come true. I got here by combining a belief in the power of magic with the grit of getting it done! I'm going to share my story and the tools I've used to create my freaking fabulous life.

My life is awesome to me; I am grateful. I work daily to make it better and better. I still have a lot to do and achieve and I am 100% sure that my future will turn out ~~as good as~~ better than I can imagine. And so it is.

Don't get me wrong—everything in my life isn't perfect. I have to keep an eye out for areas I need to work on or that don't feel good. I have to practice extreme honesty with myself about what I need to change. I need to do the work to make the changes I want to see. Like Dr. Silva would say, "Every day, in every way, better and better." I'm not beyond growth or evolution. I'm not anywhere near the proverbial to – *yet* – but I am on my way and I'm a hell of a lot farther than I hoped I'd be!

Let me tell you about my background. My parents started breaking up when I was 2 years old and finally ended things when I was like 18. When my parents were together, my dad was an alcoholic who loved women. His infidelities wrecked my mom, as you can imagine. Can you say, "DRAMA"?

We lived in a boxy little house in a boxy little town in Indiana and my parents were "Average Americans" in the early 70s. My mom worked in the local hospital when we were in school. She left college, like many of the ladies in that area, after she received her MRS. My dad ended up working at the Mill, like many of the men in that area, because it was a good job.

I was the ~~little~~ big fat shy introverted kid in class up until I was like in 7th grade and kids bullied me mercilessly. I was pretty much an overwhelmed and depressed basket case.

I didn't have a lot of the things that others take for granted. My parents didn't help with homework and weren't there in the evenings. We didn't get regular meals or have a safe-feeling home environment. Both of my parents were dealing with their own shit and didn't have time or mental space for my brother and I.

Fast-forward a lot of years and issues later, I processed my life with the usual shit storm of drug use, alcoholism, and bad choices. But I also deepened my connection to Spirit. Possibilities of things like divine guidance, manifestation, magic, and the law of attraction opened to me and *I started changing the choices I made.*

I became a pro at recognizing the signs that showed I was going the right way in life. I also learned how to attract most anything I desired. I learned how to appreciate what I had, and to be happy, present, and enjoy what I had created for myself. What a turn around.

Nowadays, I am a writer, editor, tarot reader, and energy practitioner. I help spiritual entrepreneurs polish their budding businesses. I have an interesting and exciting set of skills that I use to do exactly what I LOVE doing – *and* I work from home!

My three children, husband, and I live in a quaint little village about 40 miles outside of Vienna, Austria. VIENNA, AUSTRIA!!! My husband flies planes for a living. We travel often, go snorkeling in places like Croatia and Cyprus, and hike in the Alps – it's heavenly!

And of course, I am bragging about how cool my life is now. I mean, who wants to manifest a dull, boring, mediocre life?

It's weird, too, because the motivational things you see on the Internet or read in books – well, it's all true. You're scrolling past the “open secrets” to manifesting your desires daily. Follow people like Abraham Hicks, *The Secret*, and you'll get a lot of the tools you need to start manifesting exactly what you want.

Don't want to wait for the images to float past you on social media?

Here's the info:

- 1) Get specific about what you want. Lay it out to the Universe. It's like ordering a Grande caramel ice brewed macchiato with heavy cream and sweet and low, with exactly 7 ice cubes and a paper straw. The more specific you are, the better. The Universe LOVES it when you tell it exactly what you want to manifest. But...
- 2) Leave room for surprises. The Universe loves specific requests, but it also loves space to bring you what's best for you. And that might not be Brad Pitt or your ex. It might not be the specific job you feel like you have to have. When asking for what you desire, always leave room for what you want or better. Ask for things like true love or a good job that uses your skills instead of naming a specific person or position.
- 3) Be honest. Trying to manifest what you don't want is like ordering a salad with an unsweetened iced tea when you want a Jumbo Bacon Burger, fries and a soda. If you want all the extras, ASK FOR ALL THE EXTRAS. Don't hold back or you'll get only what you ask for. See to point 1.
- 4) Follow Spirit. The Universe is going to give you clues and cues about the way you should go. If you feel excited and ultra-motivated about a goal, go for it. If you get a stomachache or headache thinking about your goal, back off from it. Trust that Spirit will give you physical and mental signs that you're on the right path. It will also put feathers, coins, and coincidences in your path to lead you in the right way.
- 5) Make it visual by creating a vision board. The Internet is a fabulous tool for creating the most awesome vision boards. You can find pictures of *everything* on the Internet — from the exact BMW you want to your dream house on Key West to the most perfect pair of chunky creepers. Spend time finding the *exact* things you desire and print those pictures out. Use key words to find some symbolic representations for abstract concepts you want master. Hang your Vision Board masterpiece in a place you will see it Every. Single. Day.

- 6) Read books on manifesting. My favorites are *The Game of Life and How to Play It* by Florence Scovel Shinn and *E-Squared* by Pamela Grout. I also recommend reading *The Secret* by Rhonda Byrne and pretty much anything by Abraham Hicks.
- 7) Have faith. This is THE most important part of the process, and sometimes the hardest to do. *Believe* that the Universe or Higher Power will bring you exactly what you want. It might not come overnight – but, then again, it might! Make your desires known and then release the doubt and fear and desire to control how things come to you. Be on the lookout for what you wanted. Don't fear. Trust.
- 8) Work it, baby! You're going to have to put in some effort and energy into making things happen. Books don't write themselves. Black belts are earned, not given. Even J Lo has to do squats and trade chocolate for fruit to look like she does. The Universe is kind, but it does expect you to work as hard as it does. Hard work is often what's missing out of the manifestation equation. If you put a destination in your navi, you can't sit in the car in your driveway, expecting to get to where you want to go! You've got to put the key into the ignition, turn the car on, back out of the driveway, and drive to your destination! If you want to do something, wish for it *and* work on making it come to life. That's the magical combination!
- 9) Be grateful. The Universe is like your Aunt Betsy. If she gives you a birthday present and you don't take the time to send a thank you note, she isn't going to give you a present the next time around. The Universe always gives you loads of the stuff to be grateful for, so be grateful for the good things. Even when life sucks, you can find something to give thanks for. Get a great parking space? Be thankful. Make it to payday with a few dollars left over in the bank? Sing praises. Have so many friends that you never feel unloved? Pray about how happy you are with the love that is in your life. Once you start focusing on the good things in life, you'll notice more and more good coming your way.

So, there you are. I've given you the starter pack of open secrets that will help you create a kickass, wonderful life. When you do what I advised above, you will start to manifest some miracles in your life — 99 and 3/4 % guaranteed. As you are honing your manifesting skills, keep doing the real-world things you need to do. It's not all about wishing for what you want, but living a life that honors the magic within you and within the Universe. Combine those two things to create a life that is so dang fabulous you'll want to brag about it too!

~Susan Ellis-Saller~

One of my favourite books on manifesting is *The Master Key* by Charles Haanel, so I created an infographic from one of the chapters – but I ended up with an entire post. Here’s the gist of it though.

The Key to Manifesting

1. You want thoughts in harmony with the Universe
2. It’s through these High-Vibe thoughts that we’re connected to the Infinite, to Source Energy, the Universe
3. You must work with the Law of Attraction
4. Cultivate the Power Within
5. What you need will show up – when you’re in harmony

And for the law of attraction...

Working with the Law of Attraction to Manifest:

- A) Set an Intention – What do you want? How do you want to feel?
- B) Have a Definite Purpose – Why do you want this? You must know your why.
- C) Take Action – **YOU MUST HAVE THE WILL TO DO.**

You must move in the direction of your dreams to show that you’re serious, willing to do your part and that you’re ready and available.

You must have the intention, the purpose, and take the actions necessary to make your dreams a reality – then the Universe will get behind you and start lining things up for you!

ACTION IS KEY.

Yes, you want to work in the Quantum field – through thought which helps you manifest faster – but you must also take action. You have to move in the direction of your dreams too!

~Denise Beaulieu~

Life Script

Try a bit of magic, and trust.

Make a list of the things you love to do—all of them—even the simple things like watching the snow fall, if that’s your thing.

Now make a list of all the things you’d love to do in your life, how you’d love to spend your days and live your life. What would it look like? What would it feel like? Describe it using all of your senses, as if you were experiencing it right now.

Make a list of the things you need to do, like cleaning the kitty litter, if you have a cat ... but reframe them. Think, “I get to take care of kitty because she gives me love and we share laughs,” that kind of idea. Or, reframe your chores as things you would hire someone else to do so you’d have more time to live and work in your “zone of genius”.

Think of all areas of your life, family, relationships, friendships, work, hobbies, faith, health, wealth, trips/vacations, living situations, conveniences and luxuries, nothing is off limits. Have fun with it!

Now sit in a quiet place and think of everything you just wrote. Feel the joy, the happiness, the contentment, relaxation, peace, excitement, curiosity, all the emotions. Really sit with the experiences and visualize them in your mind.

As a bonus activity, write who you would need to be to have these things or what you would need to believe (in general and about yourself and the world) to become that.

This works best if you can write out those descriptions, and record them and listen to them daily. Add in affirmations of being deserving and worthy of all you imagine, being open to abundance coming from all directions unexpectedly. Really fill it out with what is in your heart’s desire. Get into this exercise and practice it as often as you can and watch your life change!

~Andrea Eygenraam~

Perspective Shift

It's Perfect
The View
Gratitude Over Fear
Trust the Magic
The Slow Deep Paddle
Obstacles and Problems Don't Exist
Finish Line
Getting Out of My Own Way
Light it up
Glitter Explosions & Regular Days
Enough Already

It's Perfect

I have a little company called Art Club. I love it because it's all about growth and tapping into who you are by expressing your own unique vision and creativity.

Art Club events often remind me of Brene Brown's book, *The Gifts of Imperfection*, and this idea she shares in it:

“Perfectionism is not the same thing as striving for excellence. Perfectionism is not about healthy achievement and growth. Perfectionism is a defensive move. It's the belief that if we do things perfectly and look perfect we can minimize or avoid the pain of blame, judgement and shame.”

I know I have been guilty of trying to strive for perfection. We can all strive for perfection within ourselves or in the projects we work on, but I've come to know that it's simply an unattainable goal. Mistakes happen and they are going to continue to happen.

Maybe perfection is just exactly as the situation happens. I think maybe these mistakes are not mistakes at all. Maybe it's just the means to the message/ lesson you needed at exactly the right moment to successfully move forward and help you gain clarity on something, an avenue for you to learn and grow.

Because of the Art Club, I have come to understand that although mistakes are made or things don't turn out as you had anticipated or hoped, there is always value in the situation and going through the process. We all have our ways about us, experiences we are bringing to the table, the journey we are on, so many things we are juggling. You have the option of perspective and the action you take to get back on the path. Each experience of the Art Club changes me and helps me grow, which is exactly what I set out to do when I started this business.

Thank you to everyone who participates with me on this journey of self-discovery. I am grateful.

~Jennine McKenzie~

The View

Perfect stops me dead,
Keeps me from trying,
Keeps me frozen in fear.
So, I sidestep,
Try to deal with the concrete
A character sketch
A grocery list
Dishes, floors, laundry
Anything but the fear.

Slowly I step
Around the yawning chasm,
Breathe,
And then move with shaky steps to more solid ground.
I let the words run on paper
A vomit of wishes, desperate emotions
And misspelled broken sentences
Ideas clinging to the reality
Between the crossed off words
And hope something there is worth reading.

My heart wishes for easy and smooth
But the path is jagged and lonely.
I stop,
Admire the view for a moment,
And then begin my climb again.
One word at a time
Clinging to the paper
And know, when my heart weeps,
I can remember the view.

Gratitude Over Fear

If you're letting fear stop you when you want to create or do something new - try turning to gratitude instead.

Gratitude instead of fear with that next big idea!

If we can become grateful instead of fearful in the moments where fear is stopping us then we can *change how we see the situation* and instantly raise our vibration too.

Instead of fearful, be Grateful that:

1. You were given the idea - the Muse dropped in on you, Spirit dropped in on you and trusted YOU!
2. You have the ability to make it happen - or else it wouldn't have come to you - your desires are there for a reason.
3. You have a unique way to share this with the world and in a way that only YOU can.

And, know that the outcome is secondary - because you've already won!

Why?

Because your job is to give your gifts - to get them out to the world and not judge them.

(It's not for us to decide whether or not it's good enough to send out into the world.)

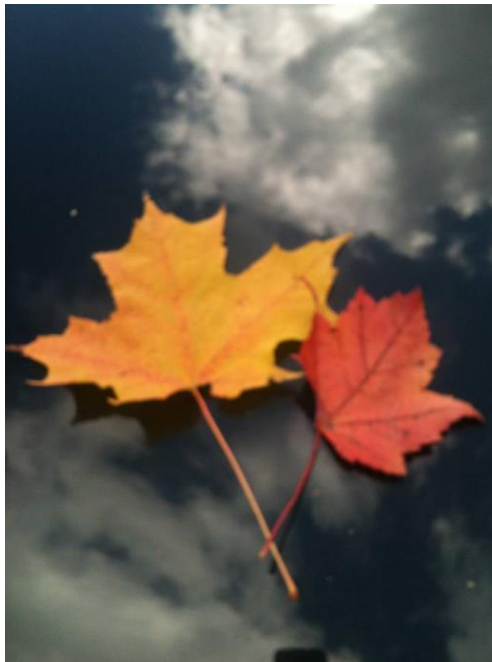
It's only our job to put it out there - then the Universe *can do something with it!* And we don't know what that something will be...

- something good may happen right away.
- maybe it's just a seed that will bear fruit later.
- or it could be a stepping stone for you.

Who knows, but don't worry about that - your job is just to DO and to *DO with GRATITUDE!*

Fear seems sort of silly looking at it from this perspective don't you think?

So, create a shift by switching to gratitude instead of fear next time - 10X that positive energy!



~Denise Beaulieu~

Trust the Magic

Surrender and give thanks for all the things in your life, even the painful experiences or happenings that may not look like blessings at first glance. Sometimes the strength you build up from the challenges is the blessing you need to share with others to help them through darkness, which in turn will help you, if you're open to it.

The clouds of pain will part. The sun will shine another day. We get breaks in the bad to give us peace and we get breaks in the good to give us perspective and appreciation.

What are you efforting in your life today? Are you pushing or forcing an outcome that your ego thinks needs to happen? Do you need to let go a little more and lean into faith that all is working out how it's meant to? Even if that may not include things being the way you "want" but the way you need?

Trust in the process and know that life is happening for you, not to you, in divine timing. Trust the process of becoming. It's like a caterpillar who creates a chrysalis, not fully realizing he will be completely undone before he is totally transformed. He just trusts the next steps and listens to his instinct. He knows to prepare and eat as much as he can. He knows to create a button. He knows to transform himself inside out and patiently wait for his gooey self to be created into something magical and beautiful. Trust the goo. It's not pretty and may even be a bit painful and a lot uncertain. But your wings are being prepared. One step at a time.

Learn all you can during this transformation. Open yourself up to all the wonders around. Give thanks for each thing. Know they are each music notes in your symphony, carefully orchestrated to create the beautiful piece of music that is you. Don't leave before the denouement. Rest if you must, but keep the metronome going. One note at a time, surrender and listen.

When you slow down and quiet yourself, you open yourself up to allow the magic in. Don't shut down your heart. Let the inspiration come. Let it flow. Allow the magic to come through you and find its way to heal your heart. The words have been waiting to come.

Powerful magic is gathering, pleading with you to allow the alchemy of words that only you can create. This is your moment. This is your magic. It's your power, your healing. Trust the guidance. Allow the flow. This has all happened for a very specific purpose: Massive, huge healing, deep and powerful.

Special moments move through you for a bigger purpose. You've been blocking for so long now; let it pour out. Let it come. It's been waiting. Don't push the magic away. There is a much bigger purpose to this. This is bigger than you can imagine. You are now back on the path you've been meant for and all these hard lessons you've been collecting will make you so powerful. You have it in you to help so many, humbly, when you get out of your own way.

You've picked up bad habits. Habits that aren't you. Shed them and find your fire cloak. Rise again like the phoenix and let the past burn behind you. Only the lessons, detached, are allowed to come on this journey. Step into your power. Stop playing small and wanting to give up.

Stop allowing distractions to destroy you. Stop the addictions, the codependency on people and things. Stop the attachment. Find your power. Step into it. Stop comparing. You are not comparable. Find your own path. Your own journey. Shed the layers of pain, toxicity, limitation, and lack. Unlearn these patterns. Do not allow that energy any longer. You are not a victim. You are not helpless. You do not need external validation. You do not need to effort. You do not need to fear because all that is happening is purposeful.

Relax. Breathe. Come back into your own body. Be present. Be in your body. Accept it how it is, take care of it, love it. Know that as you heal, it will too. Do not focus on the illnesses. Be mindful of all your talk. You do not need to play small. You are powerful and strong. You do not need to give up. What is meant to be is on its way to you. Trust. Open yourself to knowing. Trust yourself. Breathe. Calm down. Center into your body. It's okay to be present. It's okay to be in your body.

The past cannot hurt you. It's no longer real. It is a story that you can share lessons from for people to relate to and heal.

It.Is.Not.Who.You.Are. It is not your life anymore.

Your life is one of power and confidence, assertiveness, success and happiness. You do not have to struggle or effort anymore. You can change your perspective and detach from anything that is not bringing you joy. You deserve joy. You deserve a calm peaceful life. You deserve to live life how you want.

You do not need to accept others' definitions. You do not have to jump whenever someone tells you to. You do not have to let others moods dictate how you feel. You deserve to be happy. You deserve to stay happy and compassionately detach, while staying supportive. You do not have to fix or save anyone.

Find peace within yourself and you will allow the magic to flow. Connect to higher wisdom more often. Find courage and peace and the answers and guidance you seek. Stop being so specific. Listen more. Be still. Be quiet. Wait for guidance. Trust the answers will come.

Allow. Trust—not in others, but in the stillness inside. For too long you have been unacquainted with the stillness. In the stillness healing happens.

You've lost yourself. You have forgotten your needs. What is necessary for you to stay sane? You have allowed others to run your life. You have allowed others to make decisions. When you quiet yourself and slow down enough to get out of your own way, you are given guidance for yourself and others. You've had glimpses and that's what was breaking your heart. You'd get a snippet of what you were meant for, and then allow someone else to erase that from your mind.

Now is the time to connect with you. The slate has been clearing to eliminate distractions. It is your choice to connect with this divine healing and guidance. You are meant for more. Allow the words and healing to start to flow again. It's truly what you are meant for. Don't doubt. Just write.



~Andrea Eygenraam~

The Slow Deep Paddle

Balance and calm.
Fairness and focus.
Manage your time, your goals, your hopes.
Dig deep for that clear understanding of where you stand
What you stand for
And where you are going--
Then let the rest go.
You cannot manage the complexities of life,
The challenges that face you.
Micromanaging exhausts you.
Stand on the rock.
Focus on consistency in values.
Choose where you paddle
Based on where you are going.
Be who you are; become who you are called to be.
And Love—deeply, wildly, enthusiastically--
What you have been given to love.
Stand for those values you know are right.
Draw deep into yourself the Wild Uninhibited
Who moves all things.
And let Them love you, move you, change you.
Then,
Breathe that love out into the world.
Not just the Big World
But that little corner that is your life
The people you meet where you are
Every day.
Be as loving and generous to family and friends
and acquaintances
As you are to charity and stranger.
Be Present in the now
Present in your life.
Present to your joys
And present to the discontent that changes you.
Let others tell you their values
But walk your own, knowing they may not understand
Why you are not walking with them.
Remember--Your world.

Your call.
Listen to that voice, still and small
Hidden on the whispered wind.
Be part of the conversation
And connect because that voice
Moving through you
Calls you to become.
Calls you to be real.
Calls you to speak, to witness.
Real Changes Things.
Real is deep and loving and terrifying
To those who want easy
Who see success as things instead of
Accomplishments and Connections
Be real anyway.
Take the slow deep paddle
Onto wild rivers still unknown.
Open the world beyond your doors
And let life—messy, chaotic, beautiful—
Change you, connect with you.
Yet even as it does
Remember, deep and calm.
What do you stand for?
What do you want out of this?
Deep and calm.
Present and calm.
Breathe in the moment
And Be.

~Eli Winfield~

Obstacles and Problems Don't Exist...

...we see what we want to see – and we make that our reality.

- Whether you think you can or you think you can't, you're right – Henry Ford
- What you think, you become – Buddha
- When you change the way you look at things, the things you look at change – Wayne Dyer

It comes down to how we look at things. When we're in a low-vibe energy field and surrounded by problems and obstacles, then we attract and create even more issues, problems and obstacles.

But...If we can raise our vibration and begin to see things differently – without adding a label to it or attaching an emotion to it – we can move past it, through it, or over it with grace.

For example, let's look at failure. If we can reframe “failure” into just an outcome, then we can look at it objectively and ask: What worked? What didn't? What can I do differently next time? Is there a lesson for me?

If we can detach from the outcome and be the observer – and not a victim – then we can change the energy of the situation.

Could you imagine a scientist curling up in the corner and crying every time an experiment failed?! Noooo – they just gather their results and move on.

We need to do the same with failures – see them as feedback.

Or as:

- Source/God/Energy trying to push you in another direction – making it easier for you in the long run.
- Maybe it's a test – putting your Vision and Faith into Action. It's pushing you to the next stage of your enfoldment – you must go through it to grow.
- Or perhaps there's gold in it for you, but you need to do something radically different, try a new angle, or find a different solution!

We can't avoid "problems" or "failures" but we can reframe them!

And as we reframe them, we need to take our emotions and the stories we've attached to them, out of the equation!

Because that's the second part of the puzzle:

- 1) Change the way you look at things.
- 2) Change the way you think and feel about them.

I'm constantly reading about how our brain and subconscious works and I've learned that when something is unfamiliar to us, or when we're out of our comfort zone, it doesn't feel "right" and that's when we retreat. I'm not just talking about problems and obstacles, but anything we want to do in life that's new and that takes us out of our comfort zone.

When you're out of your comfort zone and you haven't taught yourself that it's okay, that this is a good thing, and that you're safe – you shut down. And that's because our brains are wired to go into fight or flight survival mode.

Your brain will actually try to help you, by making you "safe" again – it will try everything it can to get you back to your comfort zone – it will try to talk you out of it, make you feel tired, or even distract you. Your brain goes into survival mode because we're still hard-wired that way, so YOU have to stop it!

Your brain doesn't align your beliefs to fit your life...it aligns your life to fit your beliefs -James Wedmore

So, we have to by-pass the thinking and feeling mind that's really only trying to protect us. And we can do that by becoming present and aware.

Become aware of any thoughts or feelings that are trying to take you off your game and remind yourself:

1. That it's okay. This is a good thing, and that you're safe.
2. Stop the story in your head about why it's not a good idea, or you can't do it because...blah blah blah.
3. Connect to higher vibrations and Source Energy.

As Michael Bernard Beckwith says, "When you raise your vibration problems evolve and dissolve."

4. Decide:

- This gets to be easy.
- This gets to be fun.
- I've got this!

Make it fun, decide it gets to be EASY and successful!

I don't know about you, but I tend to procrastinate on certain things and have absolutely no good reason to. The stories I create – it's going to be hard, takes too much time, I'm not sure how to do it...it's just that – A STORY!

And...

- it wasn't needed,
- it didn't serve me,
- it wasn't helpful

So why allow these stories in the first place?

Well, we shouldn't, and we can choose the energy of a situation before we even start:

1. We can set an INTENTION – that it's going to be easy, that I'll figure it out, or that I get to enjoy this, even if it's "work" because it's what I choose to be doing right now.
We can decide to work in joy and vibrate higher!
2. EXPECT good things – expect it to work – expect that it will be successful. Expect that things will work out before we begin!
We can start with good vibes and send good vibes out into the future.

We have the power and the choice to see things as good – to see things as working out for our good. We have to stop "knowing" so much – with our "stories" (which are outmoded thought forms anyway!) We want to be open to all the possibilities – as they say: Let Go, Let God.

I always analyze, plan, and want to know how things are going to go...but that only LIMITS THE POSSIBILITIES!

We just have to dive in and do it!

There's so much that's possible for us – more than we could have ever planned or imagined – if we just allow things to happen. If we can just let go of HOW things are going to happen and just *do our thing* – in JOY – and *let the Universe do its thing*, we would be so much better off! Our job is to focus on the NOW (in JOY) and let the Universe worry about the HOW.

We must:

1. Start with Good Vibes: set an intention and expect good things to happen.
2. Take inspired action in a high-vibe state.
3. Believe and Trust.
4. Allow – Let go, Let God

Basically, we need to GET OUT OF OUR OWN WAY and TRUST.

When we begin to see, think and feel things as we want them to be – when we handle thoughts and feelings that are only trying to keep us safe – we can move into higher vibrational frequencies and start going after our dreams!

Finish Line

As I ran toward the finish line, I began to think about other finish lines.

In an actual race, you know where the finish line is. But with life in general, do we have actual finish lines to cross?

When I began writing this, I questioned whether we have many finish lines during our lives.

Or is it the same concept as when we say that one chapter of our life is over and a new one starts?

At times, I long to make it to the next level of being better and I think I will have achieved something.

And yet, when I reach that level, there is always more to learn and achieve. So, what are the finish lines of our lives?

When we take our last breath, when our first book is published, when we get married when our kids grow up?

These questions have the ability to create interesting topics for writing or lively conversation.

Who can really define what or where the finish line really is?

Getting Out of My Own Way

Allow me to see situations through the lens of compassion and love.
Allow me to stay calm and trust that the universe has my back and it's all working out.

Allow me to make healthy choices to move my life forward and be able to help others.

Allow me to focus and confidently know which projects to work on first, to be able to serve the most people.

Guide me to see the love in situations instead of fear or mistrust.

Guide me to have faith and trust and let go of the obsessive thinking that leaves me exhausted.

Remind me all is working out and I am safe and okay.

Help me to hold on to hope to get through the challenges and know this too shall pass.

Keep me safe in mind and body and help me make the choices I need to, for helping my life move forward.

Please help me speak and act with compassion, patience and love and not cause more hurt in any situation.

Please help me choose my words with Divine Guidance so they may be for the good of all concerned.

Please help me maintain a calm and even composure when it is needed most.

Guide me to know what to say and how to proceed, to start my life over in this time of new beginnings.

Allow me to get out of my own way so that the Universe may work through me for the highest good.

Remind me that I am not running the show and it's okay to let go and just trust that all is working out how it's meant to.

Light It Up

Life can be a tumultuous trial. We're filled with doubt and worry. Tired and wired. Feeling unease. Dis-ease. Head in turmoil. Heart in tatters. Cry, but why? It may be a fleeting, helpful purge of hurt but lamenting your woes can become a habit. When we replay our darkest days in the cinema of our minds, we torture ourselves with yesterday's misfortunes. In doing so, we're held in a place of 'stuckness' rather than propelling towards a clearing where new possibilities can manifest.

Have you given up on some part of yourself, refusing to go at it one more time? Yet deep down you know, whatever you're dodging will circle back to you, growing ever more vexing. To find your way out of this noxious maze is a quest of a lifetime with only your heart as a lifeline. You need to become invincible to self-sabotaging beliefs and toxic looping (never being good enough, expecting failing results vs. happy endings). Let's not forget negative outside influences—those that pull you down as your perspective evolves, refusing to recognize your different shades and views. Challenging you when you break from stale patterns, determined to release parts of you that you no longer wish to carry.

Reflect and consider, what has your soul done to survive in this lifetime? You are more resilient than you know. When you're up against it, ask yourself, do I need to win this one? Does it matter? Did it present itself as the end-all-be-all or merely a self-check-in, nudging you onto a less burdensome path.

What lies in the scrambled nests of your mind? What's pumping inside the highways of your heart? Is a steady stream of sadness scrapping against blistering scars – anguished echoes of the child you left behind? Or maybe it's unrealized ambitions – how in the world did I get *here*, when I was aiming for over *there*? Despite the crush of crimes you feel you've committed or done against you, you trudge on. Do you not see the courage you possess?

Facing these fearsome foes is an uphill battle. To move forward, you have to risk relationships shifting as you proclaim your sovereign rights, hollering your voice into being, your heart a thundering drum, impervious to what once tainted your soul, letting in the dawn of a new you.

Don't stall out! Stay the course. You have to get your mitts around the universal challenge -- mind over chatter. You have to own up to realities about yourself: who you've been, who you can be, what it would take. You must become a truth seeker unafraid to look at where you've skidded off the road. You may be surprised that your absolute worst days may gift you with the most wisdom. Pain and suffering are fierce teachers.

Despite a tsunami of spirit-pounding plight – for some lasting entire lifetimes – we still stand ready to fight, to break free of our *soulitary* confinement. Ever brave and hopeful. We are a special breed, born in a special time – 21st century centurions. This isn't ancient warmongering. Today we fight for our awakening from a web of soul-hammering constraints built into our day-to-day existence. Hidden hooks deeply implanted, forcing us to chase ideals of who we should be and what we should believe. To jam us up, keep us down, turn off our inner knowing and snuff out our light. Darkness feeds on every drop of sadness. Covets our nightmares. Devours our lost dreams.

Take action! Wield your weapons: smile more, show gratitude, and eject out of negative reactions. When things go opposite of what you want, switch to positive mode and do it lightning fast. Nothing infuriates the dark more than when you shift into love. Watch what wonders happen.

No need to wait for the battle to be done. We are victorious even in the midst of the fight. For with every move we make to forgive; let go; wake in the morning seeking a brighter day; raise a ripe harvest of dreams - it's in these moments that we transmute dark into light.

Fist in the air, sword ablaze, because this is how it's done: showing strength in times of trauma and drama, strain and pain, cost and loss. Face your enemy, whatever you name it: fear, lack, insecurity, grief, insert your distress here _____. Raising your sword isn't to harm – it's poised to deflect. Whatever is chaffing at you, haunting you, sever these suffocating shackles. Hold the line, own your territory. Take root in yourself. Stand tall, shine bright.

Shields up, spiritual warriors. The weight is heavy but you are many. Your heart knows the truth: LOVE WILL WIN OUT. Stay in the game! Play for real. Someone is counting on you – and that is you! Don't let yourself down. Always be reaching for higher ground. Rise up fellow 'soul'diers. Loom large, shout hard.

Where we go one, we go all.

Let's light up the cosmos!



~Deb Robert~

Glitter Explosions & Regular Days

I have a fabulous life. I've been able to manifest so much good into my existence that I am in a state of awe and gratitude daily. But I, too, have to live through the regular, mundane days. I have to work and hustle. I have to put my fingers on a keyboard and let the words flow, I have to research options, and I have to do what it takes in my real-world life to make magic happen, to make my dreams come true.

Every day doesn't bring a glitter explosion. I don't wake up to windfalls in my accounts or gifts from the universe in my mailbox every morning. And yet I still believe.

You see, having faith that what you've requested—what you are desiring—will come to you is extremely important when you are working on manifesting your dreams. You can't make a request of the Universe and then think it will fall out of the sky, into your lap, within seconds. It sometimes takes time and a bit of following your intuition to get to the dream life and the paradise you're working on creating.

That's where it gets a little messy for many people—in that place between wishing and receiving. During the time when you have to wait for what it is you asked for, what you desire most in life.

What can you do to make things move a little faster, or at least pass the time between now and when your dreams come true?

1. Commit to your dream. Once you really say, "This is what I want and I won't settle for less," the Universe starts lining things up. If your dream changes daily, the Universe has to shift gears all of the time and then things slow down.
2. Be on the lookout for signs. I am a true believer that the Universe is always guiding me toward my destiny. I have to keep my eyes open and watch out for signs that I am on the right path, be they actual physical signs, opportunities that arise that lead toward my goal, or even ideas I have about projects that I am really excited about that fit in with what I want most in life.

3. Do the work. Things start moving much more quickly when you meet the Universe halfway by doing the work that leads you to your goals. For example, this article isn't writing itself; I am writing because I want to be a published author and this book is a part of manifesting my end goal dreams.
4. Keep the faith. Things might take a while to manifest, despite the work you put in or the drive and commitment you've put into the process. Don't give up on your dreams just because they take time to manifest. Keep looking for signs and working toward what you want.
5. Watch out for lessons. One thing that I have noticed is that, if I change my mind about the direction I want to go in, the Universe will provide me with plenty of opportunities to go back to "normal life" or even to the goal I was working towards before I changed course. It's up to you to decide if you are being distracted by opportunities to go backwards or if that is actually the direction you want to go in. Nine times out of ten, it's a distraction designed to test your resolve and show what you truly want in life.
6. Move energy. Clean and declutter your house. Get a Reiki session. Do a detox. Plan a day at the sauna. Do things, each and every day, to get your energy in your physical, mental, emotional, and spiritual space flowing. This helps you pass the time and also raise your vibration, bringing you quicker results.
7. Practice gratitude. Acknowledge any signs or gifts you get from the Universe. Be grateful for the wonderful things in your life and the exciting things that have yet to come to you.
8. Meditate and visualize. Keep rehearsing (in your mind and in visualizations) the things you want to do. If you want to speak, see yourself (from your own perspective) speaking to audiences. Practice your talks. See yourself in your dream car, home, or life when you meditate. Try to visualize as many details as possible.
9. Remember that things happen in Divine Time. Time might pass while you are waiting for things to line up in the way you envisioned. Don't fret. Just live your life in the most positive, authentic way you can. That's all any of us can do.

Even those of us with the most magical, abundant, fabulous lives have regular days. I consider the state of my life to be an accumulation of the wishes and goals I set before, and I still have a long way to go until I get to my ultimate dream life. But get there, I will. One step at a time, one day at a time, one sign at a time, and one miracle at a time.



~ Sue Ellis-Saller~

Enough Already

I played small
I walked tall, head held high
But held back
Some part of me decided long ago to tame the power that was inside
Must have been scared that power equaled something dark or
negative
So, I settled
I settled for enough
Just enough
It's greedy to ask for more
How dare I ask for more than I need
As long as I have a roof over my head
Food on the table
My health
I have enough
Then something happened
My circle grew bigger
I created life
My needs grew bigger
I needed more
To provide for more
As long as it was enough
We'd be okay
Living like this was okay too
I started hearing things like "Abundance is your birthright"
"There is more than enough to go around"
And then someone asked me this.
"Why do you struggle?"
I don't struggle, I'll always have enough, I'll always make ends meet.
I've never worried that it would be any other way
What a glimpse of my own power
The power that I kept locked up, kept pushing down and repressing
I am enough
That's the beauty
I hold the power
What I ask for, I receive
I've been very clear that I need enough to get by
Guess what?

I've gotten by
I've had enough

I want more
A part of me cringes as I say this
I'll say it again
I want more
and again
I want more

It's time to unleash my power
Time to create the life I truly desire
Figure out exactly what brings me peace and happiness
Spare no details
I know beyond a shadow of a doubt
It is in me
I am enough already
but it's okay to want more

~Rebecca Lofsnes~

Resilience

Touched by the Sunrise
Your Open Door
Shine Bright Like a Diamond
Hold My Hope
Comfort Zone
Trust the Journey
The Side Shuffle
The Tears that Never Fall
As I Look in the Mirror
The Climb
Resilience

Touched by the Sunrise

As I watched the sun rise that morning, I understood that from this day forward I was going to be a different me. I had finally realized that the only person who was truly judging me, was me. When I understood my ego was stepping all over my spirit, it became crystal clear to me that I could just BE, in the here and now, expressing my inner essence with no ties or binds. Opening my heart up and embracing exactly who I am, flaws and all!

Fear is a demon that robs you of your true desire. Love is the light that shows you the way.



~Cindy Bourgaize~

Your Open Door

I stand in front of the open door to the cave I have been in for what feels like days. The sun is bright and my eyes are squinting to adjust to the light. It's like what I would imagine a bear feels like when coming out of hibernation. I stand there stretching, my arms high in the air, reaching up as far as I could. Up on my tippy toes I look out to the open skies knowing that infinite possibilities lay ahead. This is my life! I can create it to be anything I want it to be.

I fell asleep not knowing where I wanted to go, what I wanted to do. Confused, misguided and with a feeling of being lost. Now, after I slept and took time for clarity, I know that I have infinite possibilities.

As I venture towards life, do I feel resistance to my journey and this new beginning? I do.

But, pausing, taking a moment, I know all is OK. All is exactly as it should be. Everything is always working out for my highest good.

As I stand in front of the open door, I take my first steps knowing that with each step forward I will make decisions, choices and mis-haps will happen, but all in the right direction. All in a direction that brings joy to me. All that will allow me to contribute to the betterment of my family, friends, community and greater humanity. Each of my steps has that effect—like the butterfly effect.

All because I stood in front of the open door with the intention to move forward with love and truth to myself. To go within, in a moment of confusion and frustration to find clarity. The answers always lie within us. I know I always have the answer: Love.

Shine Bright Like a Diamond

Are you a radiant diamond? A Marquise cut? Perhaps flawed? Or a diamond in the rough?

These precious stones don't come easy into this world. They are literally birthed by tremendous force.

Diamonds are ancient gems, thought to be between one to three billion years old, and born of intense pressure and heat deep in Earth's mantle. One hundred miles down where carbon atoms meld to create graphite. When heat and pressure do their thing, 725,000 per square inch of push and boiling hot intensity -- imagine 2,000 °F, and presto, you get blazing bling. This shimmering white ice shoots up through volcanic pipes. Mother Earth's very own express elevator, purging precious stones.

Some diamonds are created by cosmic collisions. Out of this world, birthed on other planets, hitching a ride on meteorites bound for Earth. Gifts from the gods above, riding a big rock to be the big rock on many a finger in a sign of unyielding love. Diamonds are mysterious – they vibrate rapidly and have unique quantum properties yet to be fully revealed. A spiritual stone, diamonds symbolize illumination. Diamonds reflect light and are known for high frequency energy and connection to the divine.

Bearing molecules so tightly bonded, diamonds are deemed 10 out of 10 on the scale that measures mineral hardness. The ancient ones believed diamonds signified the tears of the gods or shreds of falling stars. The Greek name for diamond actually means 'unbreakable.' I would like to shine like a diamond. Thrive under pressure. Light up my surroundings.

Invincible. Never to be conquered. Impossible to subdue.
Aligned with Spirit.

Isn't it time to fully recognize our brilliance, the wonder of us? We gotta move up. Think higher of ourselves. Show respect for our magnificent hearts. Salute the soul. Recognize our worth. Reflect love. Glow like a jewel within the universe. Be the bling. Shine bright like a diamond.

~Deb Robert~

Hold My Hope

My life isn't what it was
But I choose not to hold onto the past or regret the changes.
The past is gone--
Washed away in a single moment.
My life is now.
Here is the important.
Here is what I can work on,
Not then.
Here is one slow step forward
One quiet joy, the gift of a new day.

The dawn rises over the horizon
Slow drift from black, to rose, to gold
Drops of light changing perception
Changing focus, changing reality.
Hope is that light.
I walk into the light,
Dance in the warm yellow.
When it is dark, I will remember
Joy comes like the dawn.
I will breathe into the moment of gift,
Just breathe.



~Eli Winfield~

Comfort Zone

What happened when I stepped out of my comfort zone?

Me, I don't like strange things, things that are out of my control, and therefore out of my comfort zone.

I have been told that I am controlling. But the question that I ask myself is why or how did I become controlling?

There are a few things I do know about that question.... I don't like unfamiliar situations where I might embarrass myself in front of others, and I don't want to feel shame.

So, I like to be in control of things.

As I realized that I had to make changes in my life if I was going to really live, I knew I needed to go back to the very beginning to understand why I was who I was.

I came to know that at a very young age I needed to control my surroundings in order to survive emotionally, not physically. So, for many years I just lived the way I was taught and told, was always a good girl. I never wanted or needed more.

One of the ways I controlled my life and my surroundings was by shutting down my ability to feel or have emotions. This choice not to feel happened before I was born. Because within the very core of my being I knew that it was too painful for me to handle.

I wonder what my life would have been like if I had not been emotionally shut down. Would I have been able to cope with the emotional pain that was present?

I did not choose to step out of my comfort zone, it chose to step out for me.

My world as I had known it for many years ended. It completely blew up and when the pieces came floating back down, I was no longer in any safe comfort zone. That was the beginning of a journey that I had never known could exist.

Change—awful change—happened. Because I had no emotions and was incapable of feeling, I couldn't cry. People thought I didn't care that my marriage was falling apart.

Now as I look back, I see that “not being able to feel” might have been a blessing. I am not sure if a person can live through such great emotional and physical losses and still survive...

So, there is positive in with the negative—learning to feel is an exhausting adventure.

I don't like roller coasters, but my emotional life had been just that—one mighty roller coaster ride.

But I have survived, and I am stronger and in a better place, and if I can go through hell and back, anyone can.

~Lucille Martin~

Trust the Journey

Breathing in deeply, I look at the expectant face of my pup. He knows this energy, this packing and moving things out of the house. He's been through this too many times in his short life. *I've* been through this too many times in my life. Even kitty is hiding away and needed her pill. She knows. She takes it the hardest of us all.

But why do we shy away from change? Why do we get so stressed with moving?

Change is the fluid nature of life, yet we resist, we struggle, we experience stress, pain, anxiety, anger, the list goes on. We, as humans, would rather stay in an uncomfortable situation and grin and bear it, than go through the process of changing it. What we resist, persists.

I've had more than my fair share of upheaval and change to go through in my life, and I'm preparing to embark on another, very significant one.

I'm choosing me. My mental and physical health. My peace, my serenity, my creativity, drive and ambition.

Does that make me selfish? Hell no!

I affect so many people around me. When I am stressed or down, I don't reach out, I don't connect. And if I do, I watch the other person's excitement drop. I notice it in my pets; they are more playful and vocal and wag their tails – or they hide under tables and sleep all day.

When my energy is high, it is contagious. People feel more open and expansive around me. They laugh more, they create more. People share their successes with me. They share the synchronicities when I send them something they had just been thinking of, and they are more open to sharing when they need support—when I'm able to connect and inspire.

So, is leaving a situation—that has me on edge, physically sick, anxious, angry, losing my temper totally out of character, not creating and writing—selfish? I repeat: Hell no!

I left once before, when lines were crossed and boundaries not respected. But then I doubted myself, questioned my decisions, my intuition, my list of reasons why I left. Maybe I was too harsh, maybe my mental health WAS skewing the perspective, maybe I jumped to conclusions and let others affect me too much. Yes, let's try again, and not just any try again. Move into a 3-bedroom house—again—renting together. In each other's space, ALL the time. We made our list of what we needed to make it work. All the right words were said. I was scared and lonely. I tried again. And I failed.

But truly, you only fail if you stop trying. I had many lessons I needed to learn, that apparently, I hadn't yet. I hadn't spoken to anyone about my decision because I needed to try again for me and I wasn't going to be talked out of it. I lost a couple very good friends over it. I left people confused and concerned for me. But I needed to learn things still. And learn did I ever!

The last few months have had me growing so much, I would almost think I was a kid again. Instead of getting growing pains in my muscles and body though, I'm getting them in my brain, my heart, my soul. I have taken on new projects like publishing a book, a collection of 19 authors and ironically, it's about Motivation, Momentum and Manifesting. So many times, as my health and relationship have fallen apart over the last few months, I've exclaimed, "Who am I to write and produce this book?! Look at my life!!"

However, when I do step out of my own head and self-sabotage, I look at things and realize I am the perfect person for this. Each time I embark on a new book, the lessons I need to make it a solid book come into my life, full force. I opened to the Universe and said, "Yes! I'm ready! Let's create this high vibe book full of awesome inspiring stories. Let me know what to fill its pages with!" As soon as I announced it back before the summer, my health challenges increased. So did the fighting. It was all taking a toll. I had to pause the book.

Revisiting it after spending a month virtually homeless in my trailer (which I was so grateful to have!) and deciding to get back with my partner after separating, I had less people on board for the book, but they were more invested, more excited for this project. So many things kept coming up. I got another concussion, more health challenges, more fighting. The Universe didn't seem to understand, I had a book to produce, people were waiting!

As I sit here preparing to move again in the next few days, I am reflecting on all the things that made up 2018. It certainly was a year of lessons, learning, persevering. I would gain a bit of momentum and lose it. I forgot what my motivation was numerous times. And if what we focus on expands and we are responsible for what we see on the screens of our lives, then my manifesting arrow needed some severe recalibration. Or did it?

I have learned to lean on myself more.

To reach out to friends and not let the darkness win.

To think of the best in people until they show you otherwise.

To trust when they show you otherwise.

To make time for self-care and make it a priority, or else the Universe will make it a priority for you.

To trust in signs, higher guidance, your own intuition and believe fully that somehow, someday, you will be taken care of.

===Even if it's not in the way you hope or expect, it will be in the way you need.

That there is an inner strength inside, a light that refuses to go out, no matter how dark it gets around you.

---Trust that light is there.

You do not have to give up.

Pain won't kill you, crying from the deepest place inside won't kill you.

---Only giving up will.

The feelings pass, the light grows brighter, you just have to get there.

I've learned my boundaries are non-negotiable. If I don't think a situation is okay, it's okay to say no and stick to it.

Actions are much more powerful than words—so says a writer. I'm easily convinced by words. But people show you a lot more about themselves in how they act, than what they say.

Trust that.

But also, when someone shows you their true feelings and beliefs, believe them.

Whether the feeling is love or hate.

Remember sometimes love isn't enough.

I cannot believe in the highest good of people and expect them to become that. That's not in my control, not my business. That's in their time and when they are ready, and some may never be.

Moving doesn't need to be feared. It's a new chapter, new experience, new lessons, new adventures. When you have outgrown one spot, let it go and be open to the new.

Remember any change, even the good ones, must be grieved. There is a process that everyone goes through, whether big or small. Work through it. Accept the journey. Release the past.

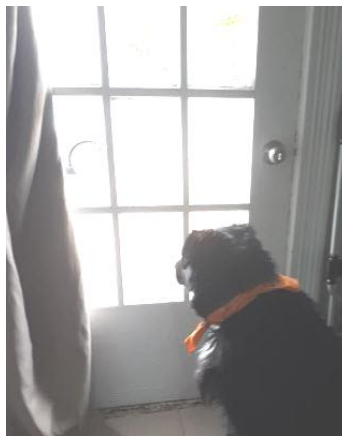
Sometimes when you move to the next chapter, things from the previous one aren't meant to come with. Let them go. Leave them behind. Donate them so someone else can breathe new life into them.

Trust the journey. Be open to learn from mistakes and course correct. Take the leap and decide to go for it, even before you're totally ready. You will succeed or learn. Trust the journey.

Listen and allow yourself to be guided by signs and don't doubt them. Yes, that was for you! And if you miss it, it will either come around again, or something better will. What's meant for you will find a way. That dream house, car, job, when you set the intention and start with the first steps, put in the work, things will align.

When you force or push thinking you know the better way, you will always have a lesson. Allow, be open, be flexible.

My life certainly isn't where I thought it'd be, approaching my 37th year, but I've had some amazing things happen and I am grateful for all the events that make up the tapestry of my life—even the crappy ones. I wouldn't be who I am without both the sunshine and the rain.



~Andrea Eygenraam~

The Side Shuffle

I've spent the last year recovering from a serious double concussion. The year has been filled with anxiety, blotted by perfectionism and shadowed by a terrifying fear of failure and loss. I have long term damage from the accident that affects my hearing, balance, sight, word recall and short-term memory. But recovery has also enriched my life in ways I would never have imagined. I have learned in a concrete way how a slow, unsteady, side shuffle can create momentum and reach goals.

Often as adults, when we set a goal we start by creating all these beautiful detailed plans. You all know the ones I mean: fourteen steps of perfectly thought out sub-steps with detailed lists and calendars with goals and goals upon goals. We get caught up in 'if I just plan it perfectly, everything else will go smoothly' and forget that we are learning how to do something new, as if by creating and controlling the lists we can control the learning process. We forget that learning to do something new looks and feels more like the ungainly side shuffle of a baby taking her first steps (filled with both breathless wonder and terrifying leaps) than the smooth, purposeful spin of an elegant waltz.

My experience of side shuffle began when I had to learn how to pace myself to accomplish activities I used to take for granted, activities like driving, exercise, reading a computer, watching television, shopping and writing.

After we determined the goal, we would figure out one small step I could take towards the goal. This step needed to be enough of a challenge to mean I had to work at it, but not so big that it would totally shut down my recovery. Trust me, when you go past the upper limit, you crash and burn and your inner editor shuts you down before you take step two and makes you feel worse than when you started.

Once I could take that step comfortably, we would figure out my next step forward.

My steps were all hesitant, shuffling side steps that lurched their way towards a goal, but working through the process helped me recover reading, music, writing, and driving.

The real trick to the side shuffle was learning to find the step that hits the sweet spot. The sweet spot is a spot just below your upper limit. When you hit that spot consistently, your upper limit moves higher and you can do more, but if you go past your limits, the upper limit moves down and you can do less. It was a bit of a dance.

Sometimes the steps we thought would be easy were more like running a marathon before learning to walk across the room. When the bumps happened, I learned to stop, re-evaluate, and figure out what I could do that would keep me moving forward instead of just giving up.

The real magic happened when I realized that I did not need to have every step figured out to achieve my goals. All I really needed to create forward momentum was a general idea of the direction I wanted to go and the willingness to take a small side step towards that goal. All movement brought me closer to the goal and it was easier to change directions when I was in motion. I learned that as long as I hit the sweet spot and didn't stick my head up past the upper limit, my inner editor really didn't care what I was doing. This held true for everything in my life: writing stories, blogging poetry, learning how to let go of my writing, and teaching.

Learning how to side shuffle has changed my life. I am more willing to try new things and I don't give up even when I look stupid and awkward and find the going hard. When I pass my limits and get pounded by the reality of concussion recovery (which, thankfully, happens less often now), I am more likely to try to figure out what I can do now that will get me closer to my goal than I am to wallow in my failure. I have learned to celebrate the little gains and accomplishments and to focus on my can dos. And my inner editor has much less to do.

~Eli Winfield~

The Tears That Never Fall

Long gone are the days of glory where the sun shone and the days never seemed to die. From my humble beginnings, to the life that I lead now, it is so hard to cry. Wetness in the face does not erase from time and space that hurt that never left me.

Instead I rise, with the surmise and demise of the lies that I inherited. Love is more than a device used as leverage in the eyes of teenagers who raged like me in their early teens and twenties feeling powerless and empty.

I tapped into the universe and found a vessel that held me tighter than any lover though there were many. So many hurts compounded, love stricken, I have written you off so many times as I follow this lonely road of a warrior.

My sadness turns to anger, and I am sorry you get the brunt of my wrath, but you are in the line of fire. All I want is time and freedom and to get there, I must let my Inner Child catch up with this adult vessel in order to fuse the two and heal my abandonment for good.

Why the fear you ask? What if you say? Let these tears fall where they may. To you I say, okay for I am tired of fighting the plight of the universe and you are tuned to me, but I want to tune you out and be with me.

See, I love people, and often thought of myself as a malevolent vessel, a physical instrument of suffering to give voice to the void. The determinism, in the human spirit unfound. Compassion and love compounded. Spirited away, like my love has no power as I have given it away, way too many times to people that are void of self but that love always remains.

True in depth, I dare shake these fears of mine like leaves gather, once again, you leave but no matter. Do you love yourself? Certainly, certainty that I can say with certain behind closed curtains, where most are uncertain about this kind of love.

I dare not peep through blinders for through dark shadows, this kind of depth in love and war finds you. I am the maker of my prison. These structures that keep me hidden, are also the same forces that have told me since I was a child, that these feelings and thoughts are forbidden.

Once bitten, twice shy, always the lessor of two but try finding the lessons in you. Stay tuned to this man who is tuned to the tune of the ruins of love that you ruined and you stand behind me looking for love for you have no knowledge of yourself.

I cry for my family, for our scope is so small.

I cry for my kinsmen for if they only knew the possibilities of unity.

I cry for the unsung heroes of every day life, the warriors like me who battle with heart and strife.

I cry for the lovers that were never there.

For the many tomorrows in the sky that were believed to always be here but we will never see.

For the plight of those in the struggle who wish to be in my shoes but could only dream of this life I have lived so far.

For gratitude surmised because if it were not for that, I would not have faltered and taken my own life long before the days before today.

The tears don't fall.

I don't fall, never fail, even back in the days when I was riddled with pain and using dope to heal, the heart is the only thing that remains.

The trick is to give like nobody is watching but these days the tears never come.

Until today...

As I Look in the Mirror

As I look in the mirror, I see the face of a child of God. But it is not the pristine, cherub-like face that you see in the paintings. It is a face full of scars and lines from a lifetime of facing the world. It is a face marked by time and experience. And behind that face there is a heart and a soul that are even more marked by the devastations of time. Too many shattered dreams. Too many dashed hopes to be free of scars.

As I look in the mirror, I see a woman who has largely given up hope. Today is all I have and I pray to God I can make it through to the night. And then that, perhaps, I might be spared another tomorrow. But tomorrow always comes.

There are ups and there are downs but the ups are sometimes hard to see through the scar tissue. Some days, the downs are almost impossible to navigate with the damaged equipment that is at hand to work with. I like to say, "but God is good." And it is true even when I cannot feel it or see it. But sometimes, my faith in what I know is profoundly shaken by what I feel. And yet, I know what is true so I go on in the face of it.

Some days when I look in the mirror, I wonder what the mirror is really made of. Can I trust it? Does it really provide a true reflection of the one peering into it? I don't know the answer. But I know my God is good and that I am His child and that He loves me even with the damage and scars.

Other days when I look in the mirror, I see nothing at all. My gaze is met only by fog and questions and I don't know if I even exist apart from being a figment of someone else's imagination. On these days, I am at a loss to say what or whom I see. I can only navigate by faith that there is a God who is navigating for me.

Some days, it is hard for me to see my face. It reminds me unflinchingly of the pain and circumstances that produced the scars and other damage I've endured. On these days, I see only damaged goods that are no longer good for anything. But God is still there even amidst the tears and despair. He does not leave me even when I would prefer to do so myself. He is ever my shadow, ever my endurance.

~Shelly Jordan~

The Climb

Again, I had fallen.

Was I feeling weak because I was giving up? Or giving up because I was feeling weak?

I had sensed that I had been slipping.

True all lives had their ups and downs,

This time it was different.

Aging was causing it to be increasingly challenging to recover from a fall.

Still, I felt a desire to BE, a nugget of will within, whispering,

Rise up, rise up!

Dig deep again!

Nudging me to muster the motivation to pull myself up,

Up over the edge as though my life depended on it.

To gain the momentum I craved,

Reflecting on the love for my family had always lifted me,

Though this time I understood,

Encompassing that same love for myself was equally essential.

The pay off, rewarding.

The view, spectacular.

Manifesting is easy when you are on top of your mountain,

Understanding the climb is the way there.

Resilience

The life of the poet, grand gestures in humanity, but you are not supposed to know it.
Ever since I was a kid, I was different. What makes me different is my unwavering strength.
My resilience is pain. My pain is lessons of a life borrowed. I have a gift. So does everyone else.
My gift was recognized a lot sooner than most. I will not kill myself for my heart has died too many times.
I will never give up on my brothers and sisters regardless of the pain they have caused me.
I will cry with you, I will laugh with you, I will try with you but I am not you.
For so long I was worried about making it in life when I have already made it.
While we leave people to die, at least there are people like me waiting to give you a try.
I am not special, I am not smart, I am not anything but a vessel of spirit that takes me there.
I forgot about the gift of desperation. Even if I think it is all over. I have progressed further and farther
Then I have ever expected. My pain stricken life would have killed you, at least my higher power gave me
The strength, the will and the strife to make a better life than the one predestined from my childhood.
I may fall, I may falter, I will never ever quit for I am the embodiment of the heart that never dies.
My life is not my own, my body is rented, my mind is questionable but my heart holds the most
Beautiful story of resilience never told.

Perseverance



Tell Me a Story

Tell Me a Story

Mad World

Sunrise

Getting Dry with a Little Help from My Friends

In Spite of Fear

The Car That Came to Stay

Invest

Tell Me A Story

One of the things that motivates me is the search for understanding. Sometimes this means doing formal research. Sometimes this means writing fiction to try to make sense of the things my research has turned up. There is a common saying, “Truth is stranger than fiction.” And it’s true. A story – even if it’s a work of fiction – can often make sense of mind-boggling aspects of truth that are otherwise almost incomprehensible. When we ask of our disquieting observations, “How can this possibly be?” it is often story, not further observation, that finally comes to our rescue.

By its very nature, story has a way of presenting the fullness of a set of facts that a simple statement of observation is unable to do. “Just the facts” is a great place to start, but then you have to tell a story about those facts in order for them to have any meaning. “Once upon a time”...where did this fact come from? Under what circumstances was it discovered? What is its relationship to other facts?

When things are *really* new, story can also give us metaphors and analogies from what we already understand, to enable us to work with the new things. Hopefully, this work will lead us to understand the new things in their own terms, and show us how to re-write the original story in light of the new information.

Story can also represent the essence of an experience in a way that simply recounting the events cannot. This is why so many kids grow up hating history. Without the “once upon a time” to set up the events and the build up of relational tensions that finally culminate and then wrap up in a way that gives us a glimpse of where the story may go in the future, the information has not been truly passed along. It’s a waste of time.

If you want to motivate me, tell me a story!

~Shelly Jordan~

Mad World

The despondent ones, who hear the cry of wolves from mountains wishing they amount,

the absorbent ones who feel the decay of leeches but reserve the right to teach us.

The believers who manifest positivity and light in this world.

The preachers who take commandments and dance prophecies from their tongues in speeches.

The leaders who pave the way for masses to follow systems that are created.

The seekers that manifest spirit in this structural plane,

the healers who bend the metaphysical to heal the body by healing the mind.

The radicals, who bend the plane of reality and morph it to unbelievable fears, the shadows that lurk in darkness and poison the mind and the soul thus corrupting the heart.

The sparrows who cast the shadows through seven deadly sins. They are still accepting the forces of time and space but remained glued to this plane.

The rulers, who refute over power and rule before anything, the rule. Know that we are all interwoven in this interdimensional myriad of worlds with just a few different types of vast hundreds who possess interdisciplinary arts, who call on forces and ignite sources to make or break your day but of course.

They can put you of course into remorse battling things that are not visible. Know that you are a human being but more than that a spirit.

In order to thrive in the times to come please seek the sources you require no matter who you are and what you carry for we all play a part.

It is in being apart and torn apart that you will hone your craft. The derivative of the movers and shakers.

~Abdulkarim Farah~

Sunrise

Bum in chair, pen moving on paper.
A writer writes.
I'm trying to find that voice, that call
The one that leads to peace, and joy.
So many ideas, so little focus
And so many other things calling my name.
Sit in calm and breathe,
A slow meditation of nothing.
Try to find the silence between the voices
The I am.

Even with the frustrations,
The heavy drag of pain and tire that is my now,
I am.
I choose to ignore the naysayers
The ones who belittle the effort of my now
The ones who don't see the heavy drag
Of the pain that is my companion.
I let their voices become cackles on the wind
Blow away by the love surrounding me
And stand on the rock
Cradled against the hurricane of gossip by
Wings of love.
I choose to find a way to contribute now,
To be part of community
Always the work of one day at a time.

I reject the weeing 'Oh woe is you' voices, too.
I will not carry your trauma, your emotions.
They are not my burden.
I have my own.
I will stay here on the rock
Enfolded by the wings of love
And rest.
The pain, frustration, tired,
All of these are mine.
Here I put them aside and
Breathe,

Find my blessings,
Turn my face to the light
To the warmth of love.
Each little inch better is a blessing.
Each new accomplishment is a gift.
That is where I choose to dwell, stand fast, focus,



~Eli Winfield~

Getting Dry with a Little Help from My Friends

A number of years ago, some friends and I spent a lovely weekend camping together at Bon Echo Provincial Park.

Our second day there was hot and sunny and a bunch of us decided to go canoeing. Now, as a paddler, I have a lot of power. What I lack is control and experience. I very much enjoy canoeing but I don't get to do it very often. Fortunately for me, most of the rest of the group were fairly experienced and they were happy to have me along. So, we paired up, signed out some canoes, paddles and life jackets and we set out.

After some time exploring the lake, we stopped for lunch on a small island. Some of the guys found a good-sized black water snake they were eagerly showing to our friend who is blind. She loves snakes but doesn't encounter them often so she was very much enjoying gently giving it a good 'look'. I will hand it to the snake, it put up with the impromptu and uninvited physical examination with remarkable patience. When its patience was clearly beginning to wear thin, though, they let it go on its way. Then we were back in the canoes.

Now, what is an afternoon of canoeing without a rousing game of canoe Frisbee? While the rest of the group settled on the house rules, my friend patiently showed me how to make the canoe move sideways so we could grab the frisbee if it landed near us. We were soon all having a great time. Then it happened. The Frisbee landed close to us and for just a split second my friend forgot that I had no idea what I was doing and forgot to tell me to stop paddling. The only thing I really remember about the next minute or so was seeing my friend and the other end of the canoe rising gracefully out of the water. Then we were wet. Oh, so very, gloriously, wet.

My friend was fairly athletic and a skilled canoeist and so was able to quickly right the canoe and climb back in. As for me, well, not so much. Among other things, I am fairly well endowed in certain feminine charms and that, combined with the 3 inches of foam that was my lifejacket meant that I could well and truly feel for poor T-Rex at that moment.

With only about 6 inches of arm length to work with, and that at a distance, on account of my lifejacket, my getting back into the boat was clearly going to be harder than it looked. I tried grabbing the side and swinging my leg over so I could just roll into the boat but the lifejacket kept getting in the way and twice I almost flipped the boat again. A couple of people tried to pull me up but again the lifejacket buckles kept catching on the edge of the canoe and their boat almost went over. Seeing that traditional efforts weren't getting anywhere they rafted the boats to see if they could get me back in that way but no luck. The force of physics was just not with me that day.

Being the practical person that I am, I suggested that if someone could just hold my lifejacket for a moment I could clamber into the boat and I would put it back on just as soon as I was in. No go. Three of our group were seasoned lifeguards and insisted beyond arguing, that I was not, in fact, going to take my lifejacket off because I could not swim well enough. Then I suggested they just tow me to shore. The sun was shining and I was happy and the water was the perfect temperature. Absolutely not, I was to get back into the boat, no arguing.

Eventually someone remembered seeing some fallen logs near the island where we had had lunch so they towed me over there to see if possibly there was a sunken log I could climb up on to get high enough to get back in the boat. The log we found was slimy and not necessarily stable but, in the end, it worked and I was back in the boat.

It wasn't until we were back on shore returning the lifejackets and paddles that I found out why everyone was so determined to cut my beautiful swim short. My friends could see, what I could not.

“So, did you see that water snake?” one of my friends asked casually as we were hanging our lifejackets.

“Yes,” I replied. “I’m glad it was Jen they showed it to and not me.”

She looked at me quizzically for a moment and then clarified. “No, I mean the one that was swimming in the water with you while you were trying to get back into the canoe.” It took a minute for her words to sink in.

“In the water with me?”

“Yeah. It was probably the one we saw on the island. We didn't want to say anything in case you panicked and freaked it out. Those things can have a nasty bite and they can wrap themselves around a swimmer's legs and drown them if they feel threatened.”

“Oh.” I said slowly. “I didn't notice it at all. It was probably good you didn't tell me because I hate snakes—but then again maybe you should have told me. Forget finding a log, I'd have just up and RAN to shore!”



~Shelly Jordan~

In Spite of Fear

It might have been a midlife crisis or perhaps a yearning for adventure, but shortly after my return from Vancouver Island in March of 2016, to care for my friend's dog, cat and home while she and her family vacationed in Portugal, I decided I would move there. The only way I could calm the unrest in my gut from the thought of being separated from my family and friends was to say I'd "give it a year." I didn't know if I would stay longer. I was going to give it my all for I had wanted to move to BC when I was a teen, freshly graduated from high school many years before, and as life would have it, things took a different turn. While in the midst of reaching a decision about whether I would take the leap, I asked for a sign to reassure me that I was on the right path.

One day, while imagining what it would be like to live on Vancouver Island I received a message from my friend stating that the house next door to her was going up for rent. I had been thinking about that house just minutes before! Is that my sign I thought? I asked her to send me a few pictures of the house. I received the pictures and was pouring over them when I noticed something very eerie! The house number was my birthdate! That was the ringer, the pivotal moment that I became committed. My sign!

I began to set a plan in motion, which turned out to be a huge personal transformation as I had decided to move across Canada driving my two-door hatchback. Almost everything I owned would have to fit into this tiny car. Though I had already downsized after my sons had grown, I needed to condense my belongings even more. Anyone who has had to go through a lifetime of "stuff" will understand the places it takes you and the memories it can stir. I organized a yard sale, donated to goodwill and stored some favorite pieces at my sister's and my mom's.

My sister and I set out for the road trip of a lifetime across Canada and it surely did not disappoint. Six days later, we arrived in BC late at night and my friend met us at the house; she had some food for us, along with clean sheets and a warm welcome.

In the morning, we mainly unpacked, organized and got acquainted with the house and grounds. While sitting on the patio that first day I heard rustling under the hot tub encasing. I grabbed a broom, thinking it was a squirrel or maybe a racoon. I banged the broom a couple of times against the wood to send the message not to make a home under there as it was the beginning of September and I did not want animals burrowing. Later in the evening, I heard sounds on the roof and thought it was birds. My sister's flight was leaving early the next morning, she would be returning to Ontario. We said our goodbyes and I began the adventure into the unknown, ultimately alone, but knowing I had a friend right next door.

The rustling at the hot tub area had continued and now at dusk I was also hearing noises on the roof of the house. I would rush outside and peer at the roof, seeing nothing. I was becoming increasingly anxious, puzzled at what could possibly be scurrying around up there. I thought possibly birds because the roof had moss on it so I thought the birds were eating bugs that were nestled in the moss. That made some sense until the noises continued on after dark. By chance, one day during a trip into town, I overheard a conversation about a problem someone was having with rats nesting in their barn. I came to the realization that there had been a rat problem in the area. Sadly, in the midst of my discovery of the rat infestation in the house, the owner of the home I was renting, who was living abroad, died. Now I was living in a house infested with rats with no real recourse.

My friend and I arranged to have an exterminator come in to assess the situation. I had found a temporary job working 10-hour days, harvesting potatoes, so my friend agreed to meet with the exterminator and relay the recommended course of action. The exterminator was mortified and had estimated a multitude of rats had been occupying the space for some time. He discovered scads of rat feces as well as nests at the top end of the house. There was a crawl space of approximately 12-18 inches under the house to which the exterminator was not willing to enter due to his fear of being cornered by the rats! So instead, he proceeded to hurl chunks of rat poison under the house like grenades.

Rat story aside, it had been overcast and/or raining since I had arrived, give or take a day or two, which was not unusual fall weather for Vancouver Island, yet quite different from what I was accustomed to. All three skylights were leaking. The nights had become increasingly cool and I needed to find firewood to buy, to warm the house. Overwhelmed, I repeatedly had an image in my head of packing all of my belongings in my tiny car and heading back to Ontario ... what had I gotten myself into?

I had briefly entertained the thought of paying someone to do all of the work but there was no guarantee that I would be reimbursed, not to mention, I really had not anticipated incurring such an expense when I had planned my move across Canada. When I had initially inquired about renting the house, it was listed as being furnished, so I hadn't needed to think about furniture; my furniture was in Ontario, and finding another place could take weeks, possibly months.

I decided to dig my heels in. I understood that there wasn't going to be a knight in shining armor arriving to save me from this mess. I had always been an independent and resourceful woman and so when tenacity showed up, we got to work. The list of recommendations from the exterminator included pruning a cherry tree that he believed was the most logical area the rats had been gaining access to the main attic. He thought they had been climbing the tree to the roof then entering the main vent near the eaves of the house and then into the attic.

I set out, in the rain, with a dull hacksaw and a stepladder I had found in the small tool shed, and began to "hack" at the cherry tree. When that job was completed, I then I found a misshapen piece of tin and what resembled tin snips and fabricated a couple of covers to seal off two gaping holes where the fascia and soffit met at the front and at the back of the house. I would need to cover all of the holes inside and outside of the house and clear the main attic of all of rat chewed and feces covered contents.

I purchased wire mesh and covered the vents at the eave. I sought out small wood pieces and covered the various holes peppered throughout the house, inside and out. The next day, I clad myself thoroughly head to toe in old clothing with only my eyes exposed, and shakily climbed the ladder to the roof at the back of the house. Frightened, I slowly opened the attic door and I proceeded to move the boxes out of the attic and onto the roof to carry down the ladder, then into the large shed. I am woman hear me roar!!!

I found a caulking gun in the small tool shed and had purchased some caulking to fill the holes in the sky lights. I thought that since I was on the roof, I might as well fix the skylights.

In the midst of all of the madness, I had contacted a local feral cat adoption agency and arranged a meeting to view their cats and that is when I met my wonderful Kit. He was a large tuxedo, with a strong and regal disposition. I was and still am so very grateful for the gift of Kit. He would prove to be that knight in “furry” armor that I had been hoping for.

Each night at dusk, the rats would seek shelter mostly in the main attic—as far as I could figure—and finally settle in the area above my bed after their terrifying behavior of scurrying back and forth and gnawing on stuff because that’s what rats do! Eeek! I learned that rats like to occupy the space nearest the warm-blooded human.

Eeek again! To drown out the noises, I would listen to podcasts or music on my phone. It brought me some comfort. At bedtime, I was constantly on guard for fear that one or more would come into my bedroom or bed at night through a missed unplugged hole, crack or crevice. It was a living hell! One night, their blood curdling screeches woke me from my sleep. I have no idea what had happened; I chalked it up to a rat fight. At times during the night, my darling Kit would pounce onto the floor off my bed and I was so petrified I would not even look. I sheathed myself in my bedding and hoped for the best. I had a sturdy fireplace poker within reach at all times. I am not sure what I was going to do with it exactly, though it did provide some peace of mind.

During the next several days, the rat noises had finally subsided and I had found solace, but it was short lived. The decay of the rat carcasses under the house became a breeding ground for blow flies paired with a nasty stench. I have always been very disgusted by flies; they make my skin crawl. Terror had returned. The house was now overrun with huge blow flies. As long as the weather temperature was fairly cool the flies would recede, but as soon as there was a wave of warmth they would rise again. I was worried about the potentiality of disease.

I had finally reached my limit and decided to get out. I desperately looked for a temporary place to live and luckily, I found a man, a friend of a friend, who was willing to rent me a room until I found a more permanent place to live. But now that's a whole other story.

~Cindy Bourgaize~

The Car That Came to Stay

I loved my little car, a pink Daihatsu Sirion. I called it Rosie due to the color. There was nothing fancy about it but, like magic, I could load it up with all sorts, including two dogs, and it would still tackle any hills I put it over. Rosie had served me extremely well for eleven years but I had the feeling I was soon going to get some big mechanical bills. It really was time for me to look at buying a new vehicle.

The thought of searching through car yards intimidated me. I could not just replace Rosie with a later model as the Daihatsu brand had been taken off the local market. Stupid reasons stopped me from looking. If I bought a new car, would my mechanic be offended as he would not be giving the vehicle its services under warranty? Would any new car be as good as Rosie? Would I get a good deal? So, I shelved the idea for a while.

Cue in a Facebook post. No, nothing as simple as a car for sale, rather, a friend wanting somewhere to stay. She did have her own vehicle, a Toyota Corolla, but she had no intention of getting rid of it.

Over more than a few glasses of wine, my friend offered to help me find a new car. I was unable to take up her offer as the pair of us never seemed to be home at the same time at the weekends. She did, though, assist me in planning a new kitchen. I poured my savings into that.

Then, after an earthquake rocked our lives, my friend made the decision to move on. She was not just shifting to a new house, not even a new city, she was heading overseas on a one-way ticket. To fulfil this desire to travel she had to shed most of her possessions. Her Corolla, now parked daily in my driveway, was one such possession.

Of course, I was interested. We had, on occasion, swapped vehicles and I liked driving the Corolla. I was not ready to say yes, though. There were a couple of major issues that needed to be addressed first.

Any car I bought was going to have to transport my dogs. I had crates designed for this purpose already fitted in Rosie. At nearly \$1000 to replace I was not about to buy a car I could not transfer them to. Well, some deft work with a hammer applied to the crates fixed that particular issue.

Another problem, much bigger was the price. I had spent all my money on my revamped kitchen. The price tag my friend put on the car was reasonable but to buy it meant I would have to borrow the funds. Or so I thought.

A letter arrived from the finance company which I had a superannuation scheme with. The scheme was being wound up. As long as I could prove my identity, they would pay me out. The payment was ample for me to buy the car.

I spoke to my mechanic. He checked the Corolla and declared it would be a good car for me. He then asked if I would be willing to sell him Rosie. He was looking for a little car for his daughter to learn to drive in.

So, I decided to accept what the universe was so blatantly pushing in my face. The car that had turned up on my doorstep was here to stay. As it is pale blue I have named it Skye.

Invest

So, I invested my time and resources. I invested a good chunk of my youth. I invested I businesses that flopped. I invested in investment, hoping and praying but the suspense was killing me, as none of it made any sense. Praying for a dollar to appear out of the cloud.

I invested in children, those branded with mental health and sickness. I invested in youth, those uncharted spirits who remind me of where I come from. I invested in educating, training and sharing ideas and feelings that metamorphosized into a career.

I invested in trades, I invested in sales, personal growth and health. I invested in others, took my skills, and passion and ran with this action. I invested in entertainment, the journey of two souls as one guiding each other in a map that does not align.

All these investments and like martyrdom, I put myself on the back burner thinking it will all come to fruition the day I would die. Well, I have been dying for so many years, rising and putting myself out there on the shelf like a hero for hire. Your cause was mine, pain inflicted, I shared the burden of your soul. I was that guy, ready to carry your load.

Today, it comes as no disbelief, I am finally meant to see that the true courage and outpouring of my heart's portal and energy has been submerged. Delve deep into the abyss of the hurt locker of kingdoms and heroes that forgot reposition their compass. We know the difference as we have studied in the background the best ways to be useful in this landfill of useless; We get what we are used to, being the clown bemused by the few.

Who knew from this Bello there would be a massive shift, an awakening of thought persists. Giants coin terms of ego while endearment makes warriors out of sharpness sharpening, sharpness. The blade is futile, the site inside is so swollen, more than thirty years in the making. This is the AWAKENING. Depth and healing for this mere mortal you have mistaken for another piece of bacon ready to be taken.

~Abdulkarim Farah~



Faith and Manifesting

Trust
Believer
The Search from Within
Faith
Be Careful What You Wish For
This is NOT About YOU
I Saw the Sign
What Animal Speaks to You?
It's All Been Waiting

Trust

The year of 2018 had started, and with it came a sense of urgency. Change was soon going to happen in our lives. The past ten years were coming to a close.

We had been given the amazing opportunity of living in a rural town, in an amazing house with a large and beautiful yard. It was a place of safety of security and calm. We had made many good memories here. Friends came over to visit; we had campfires; we all endured ice storms, with no hydro for a few days. This is when the neighbors all pitched in to get through. Some had no heat and came to sit by our wood fires and cook together. It was a great sense of community working and sharing together.

Then there were the not so good times ... in our house alone, we had to call the fire department out at least three times. Chimney fires ... it was a bit traumatizing for us. Sometimes a neighbor needed an ambulance and on occasion even the police were called.

So, our time in this wonderful little town was ending and with that knowledge came a certain anxiety of “what now,” and “where will we find a new house to live in, to make our home?” I was very grateful that one of my daughters was going ahead and checking out places to rent and because of that, I had an idea of what was around and what prices were.

During June, our deadline was coming closer and I still had no clue where we were going, and the anxiety began to grow. The unknown is scary and can cause fear. But at the same time, I knew that as a single mom there was no way that I was going to be able to figure this all out on my own.

So, despite my fears, I chose to trust that there was a plan and that God had already set that plan in motion. I just didn't know what the plan was and so I chose to trust.

I decided to make a list of all the things that were important to us when we thought of getting a new place to live.

“Trusting and waiting” doesn’t mean that you sit with your hands folded and wait for something to “fall into your lap.” Trusting is an action word and it’s hard to do at times. We told people that we were looking for a place to live and asked them to let us know if they heard of something. We checked places out.

Then one day, a family member said there was a house that had just sold and the new buyer was looking for someone to rent it. When we found out which house it was, we were excited. It was a property that we had admired and had been curious about when we saw the “For Sale” sign go up and shortly after, the “Sold” sign.

One can guess my amazement when I found out that *this* was the house that was available for us to rent. There wasn't much question as to whether we would take it or not. Though we needed to go look at it before we could make the decision.

We arranged to go see it to see if it would work for us. There were a few things we needed to sort out, but it didn't take long to say we would take it. It just felt right, and that for me is the most important part.

I am so blessed by how this situation turned out. It was so much better than I could have ever come across on my own. It is an experience that I can look back on and know that when I actively trust, I can be assured that God has a plan in motion for me, and I can find peace in that.

~Lucille Martin~

Believer

I was a non-believer for the longest time. I had heard about the Universal Laws many times and part of me always knew that this message of Universal Love was all that matters. But a much bigger part of me resisted it, even got angry about it.

I got mad because the Universal Laws just couldn't co-exist with my current situation. And it was much easier to dismiss something that I knew in my heart to be true, than to accept the fact that I have the power to create my own reality.

If that were true, why did every day feel like such a struggle? Why was I surrounded by people who tolerated me, instead of being around those who loved me for who I was? Why did I hate my job?

If that were true, what kind of twisted person was I for creating these circumstances and why was I too weak to change them?

If that were true, I would be so ashamed of myself for not being able to do better.

So, I ignored everyone who suggested that it was within my power to change things. Every sign the Universe sent my way. Every call from my inner knowing.

Until one day I couldn't anymore.

I had just given birth to my son, a beautiful, healthy boy. I was married to an amazing man, who loved me for me.

It was only two years after being left by my fiancé, who told me I was unlovable. I had lost the majority of our mutual friends and I was stuck in the house we had bought together to build our family, because the housing market had crashed. And after that, I had managed to create the most beautiful reality for myself.

But I felt nothing but fear and grief.

Eventually, I was diagnosed with postpartum depression. I started using medication and finally accepted help from my family.

My mom, who is a big believer in the Universal Laws, asked me to draw a card from one of her card decks. My card said spring had arrived for me, and that I could plant the seeds now and expect for amazing things to happen.

That felt so true in that moment. So, I decided to make it my mission to fulfill that promise. I have made it a daily practice to act as if I already know that everything is rigged in my favor. And all I need to do is tune in, act as if my new reality is already there, and believe.

Some days were easier than others, but believing in the Universal Laws became more natural to me every day.

Except for this one thing:

The question of why I created my previous reality still kept me up at night from time to time. I would feel so guilty, both towards myself and the people around me. I even got into the habit of apologizing for it to others.

That made for some pretty awkward conversations ...

The solution turned out to be so simple. I asked the Universe for help, and she delivered. She asked me how I could blame myself for creating something when I didn't know how to do it any other way? And she asked me if I would be able to accept the fact that I did that, and instantly forgive myself?

So now gratitude for the infinite wisdom of the Universe is at the top of my gratitude list. And instant forgiveness is added to my daily ritual.

I am a believer.

~Marianne van den Broek~

The Search Within

There was a time when I wanted to take my business to the next level and many times I wanted to make a change in my life or gain clarity. When we want to make big changes in our lives, I know that the motivation can only come from within.

It comes from those quiet times I spend focusing and letting God guide me. It forms as I listen to the instincts of enthusiasm, creativity and ideas that come from those moments.

In fact, I always know I am on an upward trajectory in my life when I see this quote pop into my life again: **“What lies before us and what lies behind us are tiny matters compared to what lies within us.” ~Ralph Waldo Emerson.**

This quote has come in and out of my life for nearly 18 years. I read it for the first time during a period in my life where I was working on making a massive shift in direction. I was shifting out of an incredibly negative mindset into what I knew was truer to who I was— a mindset of positivity and happiness.

I immediately printed it and posted it on my wall. Even after I had moved, I posted it on the wall in my new office and again after yet another move. It’s a statement that seems to resonate with me more strongly during times of change and growth.

I am not sure what intention the author had when he made that statement, but since I first read that quote, it seems to stand out and act as a reminder to me right at the best possible moments when I need to be inspired to change.

It is the reminder to me that what makes life really incredible or what can make my life super challenging is so many things— circumstances and people—but I have the control over my perspective about them. My thoughts make these circumstances or people either incredible or challenging. How I choose to view a situation or interact in it, is how it will turn out.

Am I frustrated by a conversation I had with someone earlier in the day? Am I dwelling on a sale that didn't go through? Am I reacting to something someone did to me and carrying that attitude into my next interaction? Am I anxious about my kids?

I learned to stop to think about what I was thinking about before I did something and watch what happened. I learned to respond to it instead of react to it.

Once I learned that my thoughts actually do become the things of my future, I realized that must be the "within" the author was talking about. I find it so empowering, so freeing. I find myself looking within more and more and have found that the truer I am to what is within me, the more successful my life is.

I define success in two ways:

As Maya Angelou describes success: "**Liking yourself, liking what you do and liking how you do it.**"

As Earl Nightingale describes it: "**The progressive realization of a worthy ideal or goal.**"

Here's to your life's incredible quiet moments.

~Jennine McKenzie~

Faith

When I was growing up, I was taught to believe in an all-powerful God. He could literally do anything! I was also taught that human beings were created with free will. That never quite added up in my brain. If God was capable of doing anything, why did He simply not just stop people from making so many dumb and destructive choices?

One of those “light bulb” moments for me was reading the following quote from Marianne Williamson “God can not and will not do for you what he can not do through you.”

It did take a while for that concept to really sink in and for me to really wrap my brain around that idea. Once I had really gotten a handle on the idea of God doing things through me, I realized how this applies also to the concept of manifesting.

God, Universe, Source, the Divine—whatever you call your supreme being—will not go back on His decision to allow us to make choices. Therefore, He will not simply just give us things. God has, however, created a system that provides perfect order and limitless supply of everything.

A fundamental problem many people have with manifesting is that they think they are doing the things that will manifest good when their actions are actually contrary. Manifesting is simply tapping into what is already yours for the taking but the actions and the words have to match.

Someone put the question to me “How can you have faith so strong to know those things will happen?” I believe that faith is the link between the thought and the materialization of manifesting.

How can a person achieve that faith? To answer that I can only share what works for me. Faith is a very personal and private thing.

My connection to the Source is through prayer. Just like plugging a lamp into an outlet for electricity (the energy) prayer does not change the Source (the energy). My prayer changes me. I have turned on the switch for the energy to flow.

When I have a very large bill to pay without the means to do so, my prayer is not to receive a windfall of cash. Instead, my prayer is to understand and see opportunities to generate the needed means. This is in line with the earlier quote “God can not and will not do for you what he can not do through you”.

We must always let go of preconceived “solutions.” Many times, the solutions are significantly different than originally thought. God is not confined to a box and therefore our thinking must not be confined to the box either.

All of this must also be thought of in the context of my sole purpose on this earth, which is to serve. If whatever I hope to manifest is not in alignment with my intended service, it will not happen.

I feel that the biggest single stumbling block to manifesting is fear. Fear that things won't work out, fear that we are not good enough, even fear of abundance. A line in one of my favourite songs says “on the other side of fear is faith.” That is a very comforting thought, especially when one realizes that fear and faith can not coexist.

I believe it is also very important to realize that faith is something that grows but only when it is in connection with the Source. This means that we should never compare our faith to someone else's faith, just like we should never compare our service to that of our neighbor. You are responsible for you, supervisor is not part of your divine job description.

Faith grows out of trust (the other side of fear). Fear is not something we get punished for. Through prayer when I am faced with fear, I have an opportunity to do a reset. In gratitude I can start each day knowing that the reset button has been pushed.

~Norm Eygenraam~

Be careful what you wish for!

Do you ever wonder what your future holds? Do you wish for incredible things, or maybe even just simple things? What if I told you that you could have “whatever you wanted?”

Often, we feel that we are victims of our circumstances. I don't believe that we are.

Many of the personal development/personal growth gurus follow great American author, Napoleon Hill's philosophy, **“Whatever the mind can conceive and believe it can achieve.”**

When I reflect on my life, I have come to know this statement as being true for me, too. It took Earl Nightingale, a grandfather in the personal growth industry, from the time he was 12 until he was 29 to figure out that **“we become what we think about.”**

It took me from the time I was twenty-two until I was forty to really fully believe this, that my words have power and my dreams can come true. I control it!

It took me nearly twenty years to be able to verbalize it and understand that this is truth for me. In that time, I dissected decisions I have made, conversations I've had, questions I searched for answers to and memories I held and then consciously put into practice to see proof of what I have experienced in my past to now create my life more purposefully.

Over the last couple years, I have put this theory into practice. **My thoughts and ideas have power over how my life plays out and I have the ability to impact what it becomes.** I love the perspective of George Bernard Shaw, an Irish playwright, critic and political activist who passed away in November 1950. He said: **“The people who get on in this world are the ones who look for the circumstances they want and, if they can't find them, they make them.”**

These are my experiences that demonstrate this philosophy. When I was eight years old. I received a watch for my birthday and I took

care of it, but it broke. The following Christmas, I received a Walkman and shortly afterward it broke, too. I distinctly remember saying to myself, “Why? Why does everything that I own break?”

I wasn't a rough child and I didn't neglect the items. I didn't have such an abundance of toys that I was simply careless. It really bothered me.

The following Christmas, I really wanted this specific ghetto-blaster with a microphone. It was blue, with a radio, cassette deck and a microphone on the side that I could sing into where my voice would come out the speakers. I would look at it in the Sears catalogue forever. I so badly wanted it, but knew that it would break too.

Santa brought it for me and within a short time, sure enough, it was broken. I *knew* it was going to happen. I *knew* it would break. I was devastated. I kept it for so long even though it was broken. I didn't want any other electronic items for the longest time because I knew they would just break—so why bother.

I must have known inherently that we get what we think about because I said to myself, “Stop thinking that everything is going to break, because it will.” I made the decision to stop thinking that way about every electronic item I had.

A couple of years later, I was given my first ever alarm clock to start waking myself up for school. I reminded myself to think positive things about this alarm clock. I still have it today—twenty-nine years later!

Would you believe that even what we verbalize can penetrate into our subconscious mind and come about? That our points in conversations originate in our thoughts first?

In my fourth-grade year, one of my friends brought a Harlequin Romance novel to school. We huddled in the corner of the school yard at recess and she would read it aloud to us. I got up and left because it made me uncomfortable. It didn't feel authentic or realistic to me. There was nothing about this make-believe world they were reading about that made sense to me. I knew this was not

going to be my life, or anyone's life that I knew. I was not focused on marriage or relationships or even on boys to the degree the others were.

One of my friends confronted me about this in a mocking manner. I told her that I wasn't even going to get married until I was "like 30 or something anyway because I have so many other things I want to do first, so why bother with this?" She laughed so hard and said, "You're crazy! You will be so old!" Then the others told me the same and laid out their plans for their lives.

I have a very clear recollection of my vision of my life that was so different than my friends'. My vision included a detailed description of my future mate right down to his physique, his bald head and his executive/management career. Interestingly, I met my husband at 30 and married three years later—and he was the EXACT match to my description of the time. He is exactly the "different than the others" I had wanted, bringing so much more to my life than I could have anticipated and I love him more than I can describe. He is my perfect match!

What was that? Coincidence?

Upon reflection, I realized there were more examples such as this in my life. **I am the product of my own thoughts.** In my teen years, I would spend hours laying on my bed just escaping from everyday life by listening to music. I was not a scholarly student, but spent my time "doing homework" nonetheless, and as the time came closer, I needed to get more focused on a direction for college and my career. I realized I had no direction, no clue as to what I wanted to be when I grew up.

In one of my teenage meditations—as I know them to be today—I allowed myself to think creatively and dream and I wondered why others, many of whom came from far less than I, were so successful.

If they were capable of doing something great, then why couldn't I? Someone had to be doing what they were doing. Why couldn't it be me? It became a challenge to myself.

I also had an incredible example in my dad about what it meant to have a goal, a dream and a vision and work tirelessly towards it. He was doing exactly the same thing I was beginning to endeavor to do, and to this day, I am extremely thankful for his example in my life.

I decided, in one of those moments in my room, that I wanted to do something that nobody in my family had ever done. Because I could! I came up with the idea of working in the television industry or theatre. I didn't know anyone in my life that had done that and so it would be the perfect thing to do. I set out to make that happen.

Then, as time went on, my homework time became my thinking time, and my vision was becoming more and more clear. I would be working in part of the television industry that involved country music. It was my favorite thing to see how my dad would just light up when he had a good concert on the TV or good song come on the radio. I knew I wanted to contribute to that for him and others.

It was nothing more than a thought and decision to work towards that. I went on to study television broadcasting, move across the country by myself and work at the largest country music television network in Canada. I was meeting many of my idols and doing production roles and camera work for productions that would air on the network.

Even in my entry level roles my job was surreal, but then again, not really. I believed I could. It hit me shortly thereafter how odd it was that I made this leap and was successful in achieving it.

I came to expect this from myself. Whenever I put my mind to something, I knew it would come to me. I did this with a few little radio jobs I had too. Without even realizing it, I had perfected the “act as if” idea that we understand today from the personal development industry. I envisioned it and just focused myself on accomplishing each goal.

One advantage I had on my side was my mom's enthusiasm and encouragement, and only sharing my outlandish ideas with my closest confidants, tuning out all other voices and naysayers. I was what you call an “Unconscious Competent.”

Then things fell apart. I couldn't keep doing what I was doing. I couldn't "act as if" any longer. My paradigms of who I was "supposed to be" and what I was "supposed to do" came to the forefront. I wasn't taking care of myself in a way that served me. I was not sleeping properly, not having a balance. It was real life that I wasn't ready for. I had a very supportive partner at the time, that I didn't see the value in, and struggled to maintain a healthy relationship. I spent the next two years just escaping by traveling. Even then, this principle of "you are what you think about" was showing itself.

I knew that I wanted to travel by myself to "find myself." I felt this experience would serve me. I made the decision to travel to Europe, United Kingdom and then I jumped at an opportunity to travel to Japan and spent a year in Australia. All the places as a kid I thought I would love to go and explore became my real-life adventures! I had people I connected with along the way, but was essentially by myself.

I definitely had some experiences that helped me discover more about who I was and what I was capable of. Over a two-year window I travelled, came back to earn money and would leave again for another trip. After this window of time, I decided to move home to be closer to my family. At least I had the support I needed close by.

I floundered with direction and what to do with this self-discovery causing me to go into a deep depression for the next couple of years. It was an adventure and a journey of growth like no other.

In the middle of all of this, I had a "fall-on-your-knees" turning point. This was all an opportunity and a lesson for me! I leaned into all aspects of the turmoil I was in. I recognized that I got caught up in my old paradigms and the "should's" of life. There really are no should's, just people shoulding on you. It was up to me to choose what to do with that advice, if anything at all.

In my early adulthood, I was on the steepest learning curve of my life. I think that most people in their early 20's face this time of growth to one degree or another. For me, it was that I had forgotten

to keep dreaming. I had forgotten to make time to plan and envision the life I wanted, practicing the habits that worked so well for me up to that point.

Thanks to my parents and a couple of solid friendships and their ability to all work with me to be open minded and incredibly encouraging and supportive, I was able to stabilize, begin questioning things, and get back on my feet stronger than ever.

I went on to apply this concept of thinking and envisioning roles I wanted in my career, and then an incredibly wonderful marriage and two beautiful children. I have an amazingly blessed life as I continue to follow what I know to be true for myself.

I believe this is all created by design. **All of these key and amazing aspects of my life were brought about because of the thoughts I chose to have and then focus on. Life is much more fun and rewarding when I approach life with this belief.**

I work daily to change my paradigms and envision the life I want to create as my boys get older and my husband and I grow. This process takes time for everyone. I make mistakes and am not perfect at aligning with my higher self to fully embrace what I want. But I feel like there is nothing more important than understanding that you have the power and control over what happens to you, not the other way around. **Contrary to what most people think, we are not the circumstances of our lives.** I have big dreams and believe I have time to continue to create. I have plans to live into the triple digits!

This is an on-going process of making sure I take the time to build this habit into my life. We all stumble. Having post-partum depression after my second little guy was a similar blip on my radar of consciousness. I had a difficult time juggling the bigger picture of life again. Getting caught up in the weeds of life instead of making time for myself to stop and think and dream; to meditate. I made a key decision that allowed me to make this a priority, to learn more and move forward in my life in this new chapter as Mom and family.

My husband and I make decisions and are building our life based on these principles of you are what you think about. I love putting all of this to the test now. I have two things that I am in the process of manifesting—making the choice to consciously focus my thoughts in the direction of what I would like to see happen in my life. These are simple examples and I am working towards large and impactful visions and goals.

Firstly, a couple years ago, I learned about the idea that you can “Be, Do and Have” all you wanted. The coolest thing is happening! I was at a little market just outside of my town when I saw this beautiful white Lexus SUV in the parking lot. The owner was a woman who came out of the market and we exchanged niceties. As she pulled away I noticed her license plate said “BeDoHave”. I thought that she would be someone worth connecting with and getting to know. She clearly was living this Be Do Have lifestyle if she is driving a vehicle like that. But how would I do that? She could just be a passer-by or just be visiting someone here. I set into motion my thoughts to attract her back into my life. I said to myself “I will see her again.”

I thought about her sporadically over the coming months and with confidence assured myself I would see her again. A full year later, I saw her drive past me on the street as I walked my kids to school. I said, “I knew it! She must live somewhere locally.” Then I said to myself, “I will see her again,” and a few short months later, I saw her drive out of my neighborhood! About a month after that I saw her pull into a garage RIGHT BEHIND MY HOUSE!

As it turns out—our backyards touch! I am now waiting to see if we will pass each other at some point on a walk or in the neighborhood so that we can make an easy transition into meeting personally and having a meaningful conversation. I know this will happen. I won’t just knock on her door. But hey! Pretty cool! Right!?! (*Since the original writing of this, our kids have now had play dates!*)

The second item I have been putting to the test is my desire for a third child. I put it out there to my husband and God about three years ago that I wanted a third. Knowing how incredible being a parent and having a family is, I envisioned a party of five. My

husband has always been against having more than two children. Sure, there were windows of time he would try to feel the same or feel like a larger family was the right decision, but we were not able to get pregnant. I respected his views and counted my blessings spending the time after my second little guy to simply love to my fullest and appreciate the two healthy, fun, intelligent and adorable boys we have. Anyone who is a parent or wants to be a parent understands there is a process to this “being done”. I spent a bunch of money having this beautiful quilt made that incorporated pieces of all of the baby items I treasured the most. This was the perfect memory for me. I was now able to move forward.

My husband and I had a deep heart to heart very early last spring. We agreed that now was the time in our life to focus on the good things in our lives and what brought us the most joy, despite things that were not working in our favour in other areas of our life. We agreed that family was that joy for us. We would put our focus on our family and keep moving in the direction of things that brought us joy and making decisions accordingly.

Adding to our family was one of those key decisions. Within a month, we were expecting! Incredible! We are going to be a family of five!

Some may look at these situations as coincidence, but I just know there is something larger at work. You call it what you would like: God, Faith, the Universe, or Law of Attraction. I have heard it described as many different things. This is actually the next step in my journey, but at this point I can't get held up on a title.

For you, well, that will be for you to decide for yourself. But maybe reflecting on your history and putting into your awareness what you are thinking about most of the time and seeing for yourself how it shows up in your life would be an impactful place to start. You might be surprised at what comes to fruition ... or maybe you won't be surprised at all. You might want to be careful what you wish for.

~Jennine McKenzie~

Post Script from Jennine...

Due to delays in the publishing of this book, Jennine was able to add this to the story after her son Viktor was just born! We are grateful we could include it.

What a year! Last year in February Ian McKenzie and I took a trip south together to spend some time really getting focused on what life means to us. Not between us-he is perfect for me 😊- but to focus on the circumstances in our lives. We knew they could be whatever we made them, but we also knew we needed to make some changes for us to feel like we were on the right path for this phase of our life. We realized that whatever we decided to do we needed to make decisions based on what brings us joy. Joy together, individually and most importantly as a family. We dreamed big and planned big that week. Once we were home and began implementing these plans it soon hit us that, no matter what plan we had, our family with our two boys were at the core of everything and it's really them that brings us THE MOST joy. So... Why not expand on that!?! If we still wanted to, now was the time. If there was a little soul that was meant to be added to our family we would be open to that. A couple months later we were expecting! ❤️

Last Friday, February 22nd we got to welcome Mr. Viktor James McKenzie into our family. We are all so in love and are so happy he chose us.

What a journey already with this little guy. We look forward to the time ahead watching him have his life experience, seeing how incredibly quickly a bond can take place between siblings and us having joy at every turn on our house, even though the ups and downs and contrast of life. ❤️

We are also so incredibly thankful for our Midwives, our healthcare providers, the support of family, friends and our incredible community during our first week + with Mr. Viktor. They say “it takes a village” and I know this is true. This week we have experienced SO-MUCH-LOVE! ❤️

“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way” -Viktor Frankl

“Those who have a 'why' to live, can bear with almost any 'how'.” - Viktor Frankl

This is NOT ABOUT YOU

“Get out of the way!”

With a puzzled expression, I looked around. I could have sworn I was alone in the room. Where did the voice come from?

I had been struggling for days to complete the message I was working on. There had been a lot of distractions this week ... self imposed and otherwise. This distraction was different. I opened the door to check if there was someone outside the door.... nothing. Even the cat had left to do something “more important.”

This was baffling! I had heard the words as plain as day. “It is probably just the mounting stress of having to lead the worship service at church tomorrow,” I mused.

I did all the same things I had done 20 times before. The readings had been reviewed several times, all the appropriate back up information had been read and all the phrases that stood out had been highlighted. That day, nothing seemed to flow. The different thoughts which had been written down all seemed random at this point.

I felt haunted by a phrase which I had heard previously “You can’t force good writing.” I knew I had to be inspired, and it just wasn’t there that day. What seemed to add to the pressure was that I had given the outline to the church secretary the Wednesday before. This allowed the music leader to practice the songs and it ensured enough time to print the bulletins. Scrapping the previous thoughts and starting over was not an option!

The reading was quite ordinary. Everyone has heard the Ten Commandments many times. There had to be a unique angle to catch people’s attention. The title I had come up with was, “Have you taken your medicine today?”

Last week, it had seemed like a clever idea to focus on the Ten Commandments being medicine to correct (heal) our bad habits (condition) rather than creating this restrictive narrow path that would take all the fun out of life. Now, nothing seemed to come to fill in the sermon.

It was time to take a break, clear the head ... a nice cup of tea would be wonderful. As I savoured the aroma and flavour of the tea, I suddenly realized that in my rush to get started that morning, I had forgotten to start with my devotional time.

“Get out of the way, this is not about you!”

There was that voice again, but now I was feeling annoyed. This **was** about me. I was the one who was asked to deliver the message. People were counting on me to deliver something meaningful. I had a reputation to maintain.

As I stubbornly dug in my heels and picked up another book, I hoped to get some nugget of inspiration. Instead of a nugget of inspiration, I was hit with a jolt of realization.

“A lamp is just a useless paper weight unless it is plugged into its source for energy.” I suddenly realized that I was trying to be a light without being plugged in. If I wasn’t plugged into God, the universal source, there would not be a flow of energy.

By making the next day’s message about me, my ego was indeed getting in the way. Rather than a continued selfish prayer for inspiration, my prayer now became a request of how to be of service. It was a prayer to renew my connection to God.

Suddenly it was as if the blinders were removed. Phrases I had previously read now jumped off the page with new meaning. I realized that I had just witnessed a personal example of being punished **by** my mistake rather than **for** my mistake.

Now that I had stepped out of the way and let myself be plugged into my Source, I was able to write and write and write. The words flowed so effortlessly! Each time I referenced one of the books I had previously read, I saw the next nugget that had to be added.

The flow I had desperately searched for, less than an hour earlier, was now an unstoppable torrent. Just as suddenly as the flow started, it also stopped. At this point, I set out to type up my phrases and scribbles. Some of the words had been written so quickly, it took a moment to decipher the scribbles.

Some of my worry after I finished writing was the thought that I would need some time to do editing. Just as I was amazed about how the words flowed, I was even more amazed at the realization that no editing was necessary. Other than some punctuation, it was finished!

Even the tidy wrap up that I have so often struggled with, was right there. Everything was gift wrapped with the proverbial bow on top. Those voices I heard and words that I had written were all the words of God, right when I needed to hear them.

The next morning as I stood in front of the parishioners, I could feel a confidence I had not felt previously. There was a sense of humble awe knowing I could not go wrong by getting out of the way and delivering divinely guided words.

I Saw the Sign

Check points, markers along the journey, a nod from the universe that you're going in the right direction. Sometimes we notice, often we are too wrapped up in the busyness of our lives. Either we don't notice or we aren't conscious that the butterfly hanging around us is trying to tell us something, or we grab the fly swatter to get rid of the pesky fly or spider. Feathers falling in unexpected places, double-triple-patterned numbers we repeatedly see, noises, synchronicities, people sending us a message of what we just thought of or calling when they'd been on our mind.

How many things pass us by in a day that are the Universe trying to whisper guidance, to help us on our path? "Just send me a sign," we plead, but then we get wrapped up in the pain again, missing the money given randomly to help us, the people we cross paths with who have knowledge we need.

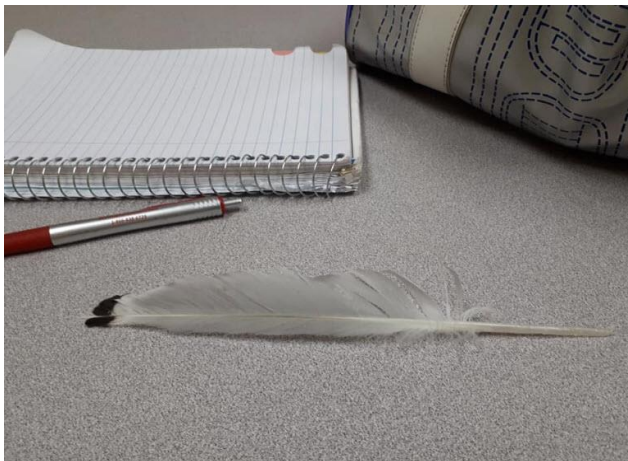
Check points. They come in all different shapes and sizes. The form is often unexpected. But when we open ourselves up and humble ourselves to allowing guidance to come in, we will be surprised how quickly it does. It's like the Universe saying "Finally! I've been waiting to tell you!"

When you see something repeated or out of the ordinary, try going to your search engine and typing, "spiritual meaning of _____," and read the text that is brought up and see how it applies to what you are going through, struggling with, thinking about or needing reassurance on. Often, what we are thinking about, consciously or subconsciously, is what will show up in that moment as a sign. To use this to its full affect, we must be mindful and present as to our thoughts each moment, or we'll miss these wonderful blessings.

I've seen bedraggled hawks when I've been down and out; I've seen hawks just devouring a fresh catch when I've needed to be assertive and go after an opportunity; I've seen hawks surveying the big picture when I need the reminder to step back and pause.

I've had crows not shut up outside my window until the moment I looked up their meaning. I've had so many butterflies helping me through transitions. I've had spiders reminding me of my creativity and cats randomly showing up when I needed to remember my playfulness. Deer cross my path to remind me to be self-assured and confident, just as I'm embarking on new opportunities. I once had 14 swans FLY OVERHEAD when I was leaving a business meeting.

Feathers have shown up when I'm about to be presented with a decision I should act on because my angels watch out for me. Repeated numbers occur often on my odometer, clock, even corresponding time, temperature and radio station, to remind me I'm not on this journey alone. Beautiful signs come to me, when I'm open to seeing them. And I've been able to share messages with so many other people and give them guidance and reassurance. They are waiting to help you on your journey. You are not alone.



~Andrea Eygenraam~

What Animal Speaks to You???

(Donna's Dragonfly)

September 19, 2018

I was wondering which of my many stories I would share in this book when a Facebook memory flashed on the screen of my phone. This story happened exactly two years ago. I figured this is the one that wanted to be told.

March 13, 2017

For me, butterflies have woven themselves in and out of the tapestry of my life. I've always marveled at how they come to me, in the most interesting ways. I am surprised but then again, I'm not. I just smile and say thank you for yet another miracle. I caution people, whom I give caterpillars to, that they may just get caught up in the Monarch magic too! ... and usually, I'm right!

For other people, they may connect with other members of the animal kingdom. I have heard many stories about cardinals, dogs, cats, owls, elephants, blue herons, etc. that speak to people in some mystical way.



September 19, 2016.

One day a mysterious dragonfly showed up in my life. I was walking through one of the most beautiful gardens here in Stratford, on my way to work: The Shakespearean Gardens!

Out of the corner of my eye I saw a turquoise and black dragonfly, sitting on an eye level tree branch. Curiously, I put my hand out to it, and it crawled onto my hand as if it had been waiting for me to give it a ride. I was able to admire it more closely. It was adorned in jewel-like hues and seemed to be at peace with the world.



I offered to release my little hitchhiker upon the beautiful florals surrounding us but it was quite content to stay with me. Perhaps, it was trying to camouflage itself against the turquoise and black outfit I was wearing. We seemed to match! It traveled to the downtown area with me, and it could have flown off at any moment, but it chose not to.

I paused at the garden in front of our City Hall and tried to convince it that this was the perfect place for a dragonfly, but it didn't agree. It clung to me like a terrified child on the first day of school.

Finally, we arrived at the ladies' store where I worked. The store was unusually quiet and it was just the dragonfly and me. I must say, I enjoyed being with my new-found friend. I couldn't help but feel I was holding it for someone else, but for whom I was not sure.

This exquisite creature showed me it's amazing colors under the magnification of my cell phone's camera! It made an excellent photographic model.

Before long, a lady named Lois came into the store. I introduced her to my new friend. She quickly said, "Oh! That's Donna!", as if it was no surprise.

Perplexed, I asked, "Donna?"

Apparently, she had a friend pass away from cancer many years ago, and before she died she said she was going to come back as a dragonfly. So, Donna's family and friends see dragonflies in unusual, unexpected places and they are no longer surprised at these occurrences.

Who would expect to find a dragonfly waiting for your arrival, at a clothing store?

I photographed the dragonfly with this lovely lady and she was going to share this experience with Donna's family. As soon as the photo shoot was finished, the dragonfly flew out of the open door. It didn't fly around the store trying to find its escape route. It knew exactly where it was going, and its mission was accomplished.

I looked at the photos when I got home, and I noticed that Lois had a butterfly on her dress... and the dragonfly had a butterfly on its thorax. The next customer that came into the store had a dragonfly on her outfit. The first customer of the following day had a dragonfly on her jacket, both front and back. I just smiled!



In March, 2017, Lois came into the store. I hadn't seen her since our dragonfly encounter, six months earlier. I happened to be working on my book and asked her if I could read her the story, about Donna. I wanted to see if her perception of that event matched mine...and it did. As I finished reading the story, she looked at me with tears in her eyes, and you'll never guess what Lois said ???, "Today is the anniversary of Donna's passing."

I hadn't seen Lois since that glorious September day when we shared those precious moments, with the dragonfly who came for a visit. Donna had brought us together once again! That day I told her about Chantelle's wish to come back as a butterfly, if she didn't survive her surgery. No sooner did Lois leave the store, when Chantelle appeared outside the store window. I invited Chantelle in to tell her about this strange morning.

That is not the last time I heard Donna's name. I was telling my friend, Ev about the mysterious visit from the dragonfly. She remembered an incident one summer, when she was vacationing in Newfoundland with several women. They were outside, and a dragonfly joined them. They too, took photos of this tame creature. One of the ladies just happened to have been a friend of Donna's, and she too believed that Donna had something to do with this special visit. There just has to be something more to life after death. Donna gives us hope that this is so.



So, it appears that one must be open to miracles, and take the time to see the events around them. I was reminded that although butterflies miraculously show up in my life, I should be open to other animal messengers as well.

September 19, 2018

As I reflect on this occurrence, I have to wonder what magical powers there are in the animals that surround us. Monarch Butterflies have always spoken to me in many ways, thus my book, **When a Butterfly Speaks... Whispered Life Lessons.** Dragonflies lately, have also shown up in my life in very interesting ways.

Recently, my friend lost her beloved dog. The very next day, she was walking in the woods missing her walking companion very much, when she spied a red dragonfly. Apparently, a red dragonfly symbolizes transformation into the next life. It reminds us of eternal love.

That very same day I was eating at our kitchen table and noticed an orange dragonfly outside the window. I had never seen one before so I raced outside to take a picture as it posed so nicely for me.

Shortly thereafter, I was releasing a butterfly with a young girl. Dragonflies began to circulate around us. I jokingly said, “My friend saw a red one. I saw an orange one, so perhaps you will see a yellow one and we will begin a rainbow of dragonfly sightings.

The very next day I was in the store where this young lady worked and she was just leaving in her car. She ran into the store and excitedly said, “You are not going to believe this! There is a yellow dragonfly flying around my car!” I went running outside and it was still there. I happened to get a video of it, but it was fast and seemed to be dodging my camera.

From that moment on I was in the lookout for a green, blue and purple dragonfly!

When on a recent holiday in France we were hiking around a pond and had a visit from a blue dragonfly. It kept circling around us. I couldn’t believe it. A rainbow was manifesting!

The next day we were at the palace of King Louis XIV in Versailles. I thought I could see two butterflies dancing around a fountain. When I approached them, I discovered a red and green dragonfly!

Now I am on the lookout for a purple dragonfly. They do exist as a friend of mine saw one and took a photo of it. My biologist husband researched to see if purple dragonflies exist and he verified that they in fact do!



Can we really manifest events with our thoughts?

After writing this story this morning, a dragonfly cloud appeared in the sky tonight. I guess we can in many different ways.

~Barb Hacking~

It's All Been Waiting

When I stood in front of the open door
I put my hand on the handle
My knee jerk reaction to slam it shut
But I paused
Why was I always shutting doors?
Why didn't I embrace my ever-present curiosity to find out what was
just beyond the threshold?
I paused, hand still on the handle
Staring blankly into the abyss
I didn't know what I was looking for
But I felt like my heart would know it when I saw it
But how can I see it when the light isn't even on?
The lights are off and no one is home?
No, that's on.
But I haven't even turned it on yet
Like a knob, I have my hand on it doing nothing
Why am I so scared to cross the threshold?
I always sit here frozen
Paused
Not moving forward
I took a step
Hand off the doorknob
I was free to turn on the light
A big beautiful ballroom illuminated
Inside were all the ideas and dreams I ever had
Written all over the walls
Beautifully laid out as if they've been collecting, waiting all this
time for me to take the step and turn on the light
Now what?
More questions?
Action.
I walked up to one idea and touched the glowing words, a book idea,
long shelved
A portal opened up under my hand
I pulled my hand away
And it shut.
I touched it again and it opened more
I was able to open it further

Expanding out from my hand
I climbed through the wall
And into a world beyond my wildest dreams
I saw the book finished, on the shelves of bookstores, me on stage
promoting it
Others telling me how it's helped them
As I turned around it all disappeared
And in a flash I was all alone in a room
In front of me was a table, chair and notebook
And this message was on the wall:
It's time to start writing and manifesting your dreams to reality!



~Andrea Eygenraam~

Gratitude

Danielle Carson
Shelly Jordan
Lucille Martin
Cindy Bourgaize
Norm Eygenraam
Denise Beaulieu
Jennine McKenzie
Andrea Eygenraam

GRATITUDE

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

- Melody Beattie

Shelly:

Gratitude is the act of respectfully acknowledging that the world and I are interdependent entities. I am not alone in the world. I owe the world as much as it owes me, and by working respectfully together we're gonna make it!

Cindy:

I am thankful for times that do not go as planned, for I am nudged to change my perspective and shift my thinking into being grateful in all things, trusting that the Universe is always taking care of me.

Danielle:

I'm grateful for laughing at work. To be precise, giggles at work. What a delight when I'm working with clients and we just have a full-on giggle fest.

I'm grateful for genuine belly laughter. You know the kind, when our faces crinkle up and make ugly faces because we are laughing so hard. I'm grateful for the almost peeing your pants moments ... Or peeing in your pants moments. [#nojudgement](#) here.

Today is a great day, full of laughter, and connection. You can do this. Choose joy.

Today I'm grateful for knowing what makes me feel happy to be alive. When struggling with anxiety, stress, or overwhelm we unconsciously look for the negative. Often forgetting to be happy to be alive.

Another common thing is to spend time on soul-sucking tasks for too long. We need to stop the unhealthy behavior. Discovering, practicing, and knowing what brings you happiness can help with the negativity. Help you feel grateful to be alive. Start living.

Currently, I'm happy to be alive when I find time to go stand up paddle boarding, walking with my family, laughing with friends, seeing hummingbirds, connecting with others, guilty pleasures, and loving my car.

I'm grateful for the flexibility and grace to complete the self-care as I need today. There doesn't have to be a right or wrong. [#breaktherules](#) Breathe in the freedom of self-love. Flexibility and grace can lead to beautiful new views.

Lucille:

Today I am thankful for ... water. ... because we don't have any this morning 😊 I hear there is a problem and it is being fixed ... thankfully and on Thanksgiving Day.

I am thankful for the chance to sleep in and enjoy the luxury of staying in bed longer than I usually do on a Monday morning. I am thankful for the moments of closeness, fun and togetherness I can have with my kids.

I am thankful for health. And the knowledge I have gained on how to keep healthy. The importance of letting go of negativity ... anxiety ... worry. Of learning to get rid of toxic thoughts that affect our health.

And importantly the need to love ourselves. There is a bible verse that goes something like this: "Love thy neighbor as thyself."

Seems we're always taught we need to love those around us (which we need to do) but I have found that we are also missing the part about loving ourselves the way we were intended to. When we love ourselves in the right way, we have a much healthier love to share with those around us.

I have taken to doing a "body-scan" of each part of my body and being grateful for it.

It can help reduce pain and help sleeplessness and brings relaxation. By doing things like this we are loving ourselves the way we were meant to.

This will radiate out to others

Andrea:

I have realized the integral part gratitude needs to play in my life, particularly over the last couple of years. When I'm in my routines of making my list first thing in the morning, it sets me up for a perspective shift on the day. If I miss doing that, I am a lot quicker to annoy or lose my temper, feel frustration with things, feel anxious and depressed. However, if I have started the day thinking of the blessings in my life, then I'm preconditioned to look for the good instead of the bad, to look for the lessons instead of the challenges, to find things going right not wrong, to assume good in people and that they have the best of intentions rather than feel suspicious or hurt. Gratitude really is a determining factor of how I want to live my life.

I do not want to live in suffering or anger, hope and joy are much easier to embrace. It's easier on my health, both mental and physical. Stress is a killer, and Gratitude is a great starting antidote.

I have a few different gratitude practices I will do.

- 1) Like I mentioned, I try to start my day with gratitude. I have a small book, and I fill one to two pages. It's my target to really pull out of me all the things I'm grateful for and blessed with.
- 2) If I'm feeling flustered, frustrated or upset (likely because I didn't do #1), I slow myself down and focus on **THIS MOMENT NOW**. What am I grateful for this moment, in the present?

3) The other type of gratitude I will practice is future gratitude in the present. I will write things I am working to manifest, in the present tense, as if I already have them and am enjoying them in my life. “I am so happy and grateful now that I am speaking in every country I’ve wanted to visit. I am so happy and grateful now that I am living in my ranch style home on the water with a large yard for Koda. I am so happy and grateful now that I enjoy my healthy fit body with ease.” This helps me to get into the FEELINGS that bring about manifesting in my life. When I am in alignment with the feelings, I feel more motivation and momentum to do the things I need to do, to help those things fall into place. When I do my part, the universe helps and shows up for the rest.

Gratitude is the starting point though. If we aren’t grateful for what we have here in this moment, we will not be able to bring about more of what we want. However, on the flip side, when we fill ourselves with gratitude, looking for the multitude of blessings in every day, we are sure to find even more to be grateful about. We really can live an abundant life of our dreams, once we realize the abundance that already surrounds us every day!

Denise:

Why is gratitude so powerful?

- **Gratitude is a super attractor!** It is one of the highest vibrational frequencies – when you’re in the field of gratitude, you raise your vibration and attract from a high-vibe frequency
- **Gratitude is the energy of receiving.** When you’re grateful, you’re in the present, allowing, and open to receiving – there’s no resistance. And when there’s no resistance, you’re not allowing fear or other negative energies to affect you.
- **Gratitude dissolves fear.** If you become grateful instead of fearful in the moments that fear is stopping you – you change how you see the situation. Being in a higher vibration opens you up to more possibilities too.
- **Gratitude places you in a high vibrational frequency.** When you’re grateful for *what you have now* you attract from that frequency and bring more good to you

- **When you live in a field of gratitude**, you're in tune with positive energies, you're happier, more present and you see the positive in life.

Since we see what we're looking for—the person who says, “it’s always one bad thing after another,” or “it never works out,” is aligned to the negative, looking for the negative and will find the negative.

In order to prove ourselves right—we will always see what we expect to see.

The person who wants to see the good—and aligns with the positive side of life— will see more good. It’s that simple.

To Live in Gratitude:

1. **Start your day** from a place of gratitude and align with positive energy first thing every morning.

Think, say or write just one thing you're grateful for each day—the more you can think of, the better off you'll be.

This is a great habit to create, because it primes your subconscious to notice more good than bad in your life.

2. **Choose to see the positives in life.**
Reframe any negativity or “failures.” As Oprah says, don't waste your suffering—find the lesson so you don't have to go through it again.

When you “fail,” see it as a stepping stone— it's only feedback. You're just one step closer to success.

*You can manifest faster with gratitude too. When you say “Thank you” for what you want to happen—to be grateful now and feel those feelings now, you begin to align with that energy and close the gap on the time it takes to manifest

Raise your vibration – Attract positive energy – Manifest faster!

Norm:

On January 1, 2015 I made a decision that has changed my life. I made a conscious decision to start every single day by adding one item to a gratitude list and then spending a little time to review what was written previously.

The premise behind this practice was to acknowledge the importance of imprinting the positive on my brain BEFORE anything can start unfolding in a typical day.

Sharing HOW I do this is irrelevant, since I feel it is more important that each person establishes a pattern of what works for him.

I believe that there are four important elements of the exercise:

1. It needs to be done as close to daily as possible so that it really becomes a habit. Having the habit is much more important than the details. Just like each person learns in a different way, each person will be impacted in a different way.
2. It is important to do it before checking emails or news. We do not realize how we “contaminate” our mental space until we start doing things differently.
3. It is important to at least mentally say, “I am grateful for ...” (or some variation of expressing gratitude) before each statement or entry so that it does not just become a list.
4. That you spend a bit of time reviewing what has been added previously before proceeding with your day so that gratitude really becomes the mental starting point of each day.

I add dates to my entries so that this has become a gratitude diary for me.

Initially, I committed to adding one item per day but after I got into a gratitude frame of mind, most days now have two, and occasionally three, additions.

With over 2500 entries, this has become a very powerful tool in helping me focus on the positive in my life.

For myself, my gratitude exercise has grown to include my time of meditation so it really has become a time of self-care.

When previously I saw my life as too busy to make time for this “stuff,” now I look at it as a conscious way to ensure I am not constantly running on fumes.

Jennine:

I just learned that this week is community appreciation week. How timely! I was walking home today from bringing my kids to school—so filled with gratitude— FOR MY COMMUNITY.

Community

[kuh-myoo-ni-tee]

noun, plural com·mu·ni·ties.

1. a social group of any size whose members reside in a specific locality, share government, and often have a common cultural and historical heritage.
2. a locality inhabited by such a group.
3. a social, religious, occupational, or other group sharing common characteristics or interests and perceived or perceiving itself as distinct in some respect from the larger society within which it exists

On my walk home from dropping my kids at school, I reflected just on my last two weeks.

I have interacted with friends, acquaintances, other parents of kids in my school, neighbors, parents of my kids friends, the crossing guard, my besties, the principal of my kids school, a cousin, the guy who cuts many of the lawns in our neighborhood, a father of someone who I just met over the last year, my husband, my mom-crew I walk my kids to school with, my local market, my kids, the wife of my pastor.

When I look at those interactions I am feeling so uplifted for so many reasons.

Let's start with the school interactions: My regular morning walk to school with my kids and my Mom-crew. These are two women I can share the hectic-ness of my morning with and parenting woes on the way back with. I can wave and say good morning to other parents doing the same thing with their kids and sometimes their own crews.

I don't know who was more thrilled that it was the first day of school—the kids or the parents—everyone was getting reconnected. The buzz was contagious, enthusiasm and apprehension, but it reminded me that parents have many of the same concerns. There are people looking out for my kids' well-being and safety just as much as I do for their kids. It's also a great example that everyone is just doing the best they can in whatever their life is right now. Plus, relationships can take a two-month break and pick up where you have left off.

My kids' teachers and the principle which I entrust my child's daytime hours to. Welcoming a new teacher and feeling empathy for someone starting something new. They are humans too looking out for our kids' best interest to the best of their ability. Life has a lot to juggle for our teachers and the leadership team at this imperfectly run institution. I know this and yet we were still able to spontaneously collaborate on finding a solution for concerns parents were having about changes this year. I feel like together we can make our kids experience a positive one and help them become contributing members of our world and the beings they want and are meant to be.

I'm really grateful for friends who share in our enthusiasm for our new little one in February and have generously given us items that they no longer need but will benefit us when the time comes. How thoughtful!

An acquaintance who I appreciate in my life and was able to wish a happy birthday to in passing. You never know how you will touch someone. So, you just be you.

The father of someone I met a year ago who lives in my neighborhood, who I waved to as we drove/walked past each other. These pleasantries just bring a smile to me. A simple hello can make a difference in someone's life.

So many familiar faces as I pass through my day which have touched my life at one point.

My on-line communities. These are important to me as someone who works from home. I value the ideas shared, the discussions had, the perspectives gained and the relationships with extended family I would otherwise not have.

As do so many of you I am sure, I have my chat group with my sisters and mom, which helps us stay connected during the busyness of life.

The guy who cuts the lawns in our neighborhood. Today I walked by and waved. He stopped and we had the opportunity to share some niceties about the summer and share about the struggles of weather in his line of work, somehow that turned into conversation about worries with our children—his are 18 and 20 and mine five and seven. We share that desire to see success in our children and help them make their way in the world working with the information we have and the knowledge and desires our kids have. We agreed it's an incredible journey.

My children are such an incredible part of my community. They make me laugh, want to pull out my hair, cry, have to tolerate a messy house and too much laundry, feel emotions I never knew I had and I wouldn't change it. I love seeing them grow and be a part of it in a big way. They make me appreciate life so much and it gives me a chance to see the world through innocent and pure eyes. Amazing really. Parenting is not for the faint of heart as they say though. It's like a rollercoaster. Highs and lows on this journey. A friend once told me about a time when she was struggling to juggle many things alongside motherhood. I really value this perspective: "The biggest contribution I can make in this world, right now, is to be the best mother I can be for my kids so they can be the best them and make their positive impact on the world". Truth!

My husband. He is a highlight of my community. We are good for each other. His weird and my weird work well together. He has had some tough times at work lately. The day to day of adulthood and life, people, policies and procedures can frustrate the heck out of anyone right!?! The exciting part is that he is finally seeing windows of opportunity to be the change he wants to see in his working world. To be able to share that with him through a quick phone call was awesome this morning. It's also a treat when he stops by one of those roadside stands that sells bunches of flowers for five bucks and brings them to me. It's the simple things! Maybe he'll read this and stop today!

Our neighbors have been such a blessing to me. Some are new, some are older. They give me perspective. I think the best part about people living differently than you is that you get to see a different way. I can implement the things that make sense in my life to make my own better or I can just enjoy them being them.

One particular neighbor has really been a gift to me. An example: last weekend, I had left my front door wide open at 10:00 am. We were gone until 11:00 pm, celebrating my parents wedding anniversary two hours away. We live in an amazing little community that—even though I found out this happened— I knew I didn't have to worry. I knew things were safe, but I was so appreciative of my neighbors taking notice and checking in on things, sending me a message and checking in with us again to make sure we didn't need anything else.

There have been times in my life where I have lived in places and not even known my neighbors to see them let alone message them or even bother to notice if something is different at their place. This happened when I lived in both major and smaller cities, but in hindsight it would have been great to know them and offer the benefit of a community to each other.

My pastor's wife. I am constantly getting uplifting messages that inspire me. I don't always make time to respond to them, but they still come.

The thing is, I guess, is that we all have our own little community. We choose who we let into it and by how much. We choose what we contribute to it and how. Some days your best towards all these relationships within your community are better than others. Sometimes you need them or they need you. We choose our attitude towards it each day.

The sense of community I have in this place I live is just awesome. My husband and I constantly talk about moving for one reason or another. It's tough for us to justify making the leap. We have both done it several times successfully before, but we know that all these little things in this community that we have built for ourselves and our boys makes it. Because of all this my kids will benefit and I experience SO-MUCH-JOY and isn't that what life is just ultimately all about?

Rebecca:

I set foot on my yoga mat, this small dedicated space that is all mine. I am alone with myself even if I'm surrounded by other hearts beating, lungs breathing.

This yoga mat is my happy place to meet myself. I get to have a conversation between my body, my brain, my breath, my soul.

I often feel things rise up that I ignore off my mat. It's a lot at times. Waves of emotion, release, inwardness.

My body moves with my respirations, the inhales lifting, the exhales softening. Energy is connected all around me. I am in flow with a heightened awareness of what it is to be me.

The other practitioners in the room are dialled in to the same frequency. A community of people joining together to be alone. Breathing at the same pace, synchronizing movement like a gorgeous dance. The life force pulsates around the space connecting each and every one of us, yet letting us be.

I love the privacy of a packed yoga class. Sometimes only inches separate our mats, but mine is my oasis. My yoga mat is clearly defined, a sacred space for my practice.

It's almost over.

Savasana, the sweetest surrender as I sink into my yoga mat at the end of practice. My opportunity to ground myself after all of the Prana has been moving through my body. Alone with my breath, feeling the rise and fall of my belly, the expansion and contraction, the spaciousness and the letting go.

Shanti, Shanti, Shanti
(Peace, Peace, Peace)



Affirmations to Help Your Alignment

From Denise:

- I raise my vibration now and surround myself with a field of love, joy, and gratitude!
- I vibrate at higher frequencies now and heal my body temple. Mother Earth cleanses my body temple with powerful light energies that flow through me now and connect me to higher energy planes. I am tapped in!

From Jennine:

- I love the contrast of life because when I have an experience I discover what I don't want and that allows me to know what I do want so I can continue to move in that direction. Thank you for life's ever giving experiences.
- I AM THAT I AM.
- I am always exactly where I need to be. Life is always working out for my highest good.
- I am intelligent and smart.
- I am valuable, loved and worthy.
- I am smart and deserve all the good life has to offer.

From Andrea:

- I am good enough.
- I am important.
- I am worthy and deserving of my dreams.
- I see myself through the eyes of love. I love myself. I am lovable.

From Louise Hay

- I believe in myself. I say affirmations that reflect what I really deserve.
- I attract prosperity of all kinds and share it generously. The more I share, the more I have.
- I respect my boundaries. I insist that others respect them too.
- I love and accept myself exactly as I am.

From Gabby Bernstein:

- I surrender to a power greater than me.
- My energy creates my reality.

From Paula Onysko:

- It is safe to be successful. It is safe to receive. It is safe to dream.

Florence Scovel Shinn:

- I have magical work in a magical way, I give magical service for magical pay.
- All that is mine by Divine Right is now released and reaches me in great avalanches of abundance, under grace in miraculous ways.
- New fields of Divine Activity now open for me. Unexpected doors fly open, unexpected channels are free.

From Anonymous

- I choose to be patient. I choose to trust the process. Everything I have visualized, intended, prayed about and worked on is in the process of manifesting. I will remain centered and at peace. I will be strong and continue to believe. It's all about to happen for me.

The Awesome Authors in this Book



Abdulkarim Farah Was born in Somalia in 1981. Currently working with Dual Diagnosed Children through Lynwood Charlton. Aspiring entrepreneur. A poet, Story teller, comedian and day dreamer. Involved in Multi-Level Marketing and Real Estate Investment. looking to be a healthier and wealthier person through personal development and Networking. Thank You and god bless.



Barbara Hacking is a retired elementary teacher and has published “When a Butterfly Speaks... Whispered Life Lessons” featuring 111 True Stories of magical Monarch moments, blending science and spirituality. Her second book, “When a Butterfly Speaks...The Return of the Silent Messengers” will be available shortly. Barbara’s passion for Monarch butterflies is shown by having raised them in her classroom for 30 years, giving presentations of how to help increase the populations of them and other pollinators after she retired, as well as travelling to the mountains in Mexico where the Monarchs go in the winter. www.barbarajhacking.com or on Facebook “When a Butterfly Speaks”.



Cindy Bourgaize was born amidst the grandeur of the ocean and mountains in the picturesque town of Gaspé, Quebec, her first love. She is passionate about being one with Mother nature. Cindy believes that simplicity is beauty and considers herself a budding minimalist. She currently resides in Cambridge, Ontario



Danielle Carson is a fan of Prince, Coldplay, Tom Hanks, shopping, hummingbirds, and standup paddleboards - not in that order. As a reformed overachiever and anxiety warrior, Danielle is a directly curious Anxiety to Happiness Coach and the founder of Focused Outcomes Coaching & Consulting. Danielle practices Occupational Therapy “on the side” treating humans with Traumatic Brain Injuries and helps people with all areas of life. Danielle's a plant lover yet sometimes a plant killer (not premeditated!), wife, mom, cat parent, coffee/water/tea drinker, laughs inappropriately and often, and actively seeks Freedom, Luxury, Growth, Connection, and Health while living in Lawrence, KS. www.focusedoutcomes.life

Christina Hollis was born in 1978 in Hamilton, Ontario. She was blessed to be raised by Jewel and Dennis Hollis and is surrounded by the most loving family and friends. She feels so very lucky! Her greatest purpose and driving motivation to live her best life, is all for the love of her son Cyrus. He is truly a gift; the best one she has ever been given in her entire life. Last but not least, Missy Madam (her dog). She has literally been by Christina's side through it all, over the past 15 years providing her with an endless supply of love and comfort.



Jewel Hollis is Christina's mom and has a special entry in this book, found and included by Christina to honour her after her passing. Here's Christina's tribute to her.

My mom Jewel Chaves was born in Georgetown, Guyana in 1954. She was the seventh child born of eight children. Her four brothers and three sisters all have names starting with the letter J. Her brothers and sisters were her best friends. My mom noted in her writings "My mother was described as love, passion and determination. And so is my father". She gave birth to me 1978 against all odds. She was told by health professionals she would die if she had me because of her rare heart condition she was born, and had lived with her entire life. My mom was talented, creative, skilled, the most caring, thoughtful person you would ever meet. Anyone that ever met her would remember her forever. All of her family and friends cherished her, as she did them. Just like my mother's mother and father, my mom lived her life with an abundance of love, passion and determination, till her very last breathe. Jewel was an angel walking on this earth. Anyone that knew her would definitely describe her the same.



Deb Robert is a freelance writer based in Kitchener, Ontario. Does she follow the roadmap to a blissful state? Not nearly enough. She's off the road more than on it. She has danced with the reaper who couldn't keep her (she's clear of the 'Big C') and is 'ticked' off about having Lyme but she's conquering it and will flourish as never before. She's borne witness to her family's battle with harsh torments and their valiant attempts to reclaim the best of themselves. Deb fully believes in manifesting a vibrant, creative life, grateful for each remarkable day. [linkedin.com/in/debrobert](https://www.linkedin.com/in/debrobert)



Denise Beaulieu lives in New England and is the founder of Inspire Good Vibes - a site dedicated to connecting people to positive energy so they can vibrate higher, attract more positive energy and manifest the life they want. *In raising our frequency and connecting to Source we can begin to live our light and be available to life's magic.* She's also an artist and loves to create anything and everything that will connect us to positive energy each and every day: from inspirational canvas prints, quote coloring books, inspired and aligned cards, tees and more ..
<https://inspiregoodvibes.com>



Eli Winfield writes in a variety of genres (Poetry, Medieval Fantasy, Fantasy, Science Fiction, Romantic Thriller and just straight up Thriller). The oldest daughter of a nurse and a rocket scientist, she was born in Texas, raised on a farm outside of Toronto, and studied Medical Microbiology at Guelph University. She wrote her first novel on an antique Underwood typewriter at the age of 7 and never stopped. She is the mother of two creative daughters, wife to a taxation specialist, and has a fish named Fred. She blogs about life and writing at eliwinfieldauthor.com



Jaye Graham is the founder & owner of H2O Works Canada where the main focus is water therapy/rehab. Jaye brings over 25 years of education, experience and leadership. As a National Presenter, she is a Certified CALA Trainer / Assessor / Instructor, AquaStretch provider, Ai Chi student, certified Personal Trainer, recipient of the Women of Distinction Award in Health and Wellness. Jaye is an active Second-Degree Black Belt in Karate, and continues her teachings as a Health and Nutritional coach helping women with “Embracing Hormones”. She has two amazing adult kids as well
h2oworkscanada.com

FB page: [H2O-Works-Canada-363788803693635/](https://www.facebook.com/H2O-Works-Canada-363788803693635/)
Embracing Hormones FB page: **EmbracingHormones**



Jennine McKenzie is a wonderful mother of three and happily married for 10 years. She is very involved in her community, including her “We Love You a Latte” morning program, and her developing program to “save the vegetables”, teaming up with others just as passionate about positively impacting the world around her to create the ripple effect of love. She is the founder of Art Club, a creative workshop with a purpose. The process represents so many of life's experiences where they are exciting in the beginning, messy in the middle and a fabulous, satisfying accomplishment in the end. She has a huge heart and is always thinking to check in with those who need it most. **JennineMcKenzie.com**



Liz Homes lives in New Zealand and has been putting pen to paper for over 40 years. She never tires of it. She has completed several writing courses, mainly studying fiction. She has had success in the Rotorua Daily Post short story competition and in Hubbard’s 40th anniversary booklet “Kiwi Gemlets”. She also writes blogs for two websites. Her fantasy novel Dragon Charm is available on Kindle:
<https://amzn.to/2ZbWoib>



Lucille Martin is the mother of three grown daughters. They live in a small rural town near the city of Waterloo, Ontario. The last dozen or more years she has spent her time raising her daughters alone and working at different jobs in order to keep the household running. Her interests are nature, being close to it, spending time and walking in it. It speaks to the very soul of her. She also enjoys reading and learning and gaining knowledge. More recently she has realized that writing is something that brings her fulfillment and joy



Marianne van den Broek: Dr. Marianne is an expert in personal leadership. She helps ambitious women achieve their big bold goals with joy, love and ease. She spent 17 years in academia collecting titles (MD, Ph.D, psychiatrist), while doing clinical work. Meanwhile, she had 2 children in 1 year, 3 if you count her business. Marianne is now a full-time online entrepreneur. She has never been happier and is the living proof that it's never too late to start living from the heart.

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Norm Eygenraam has a small manufacturing business in Palmerston, Ontario. The spiritual journey which he has been on has been full of surprises with many twists and turns. He is now able to be more of a blessing to others and they to him as he discovers his purpose for being on this earth and his place in this universe. His buddy Rocky (horse) continues to be an amazing source of grounding and connection to what is real.



Rebecca Lofsnes resides in lovely Downtown Kitchener. Mother to two teenage boys, she's also a very passionate yogini guiding yoga practitioners of all ages and levels with her business Flow State Yoga. A brain health advocate and ambassador for Allysian Sciences, she truly leads a life of health and wellness for the mind, body and spirit. **www.flowstateyoga.ca**
[instagram.com/flowstateyoga](https://www.instagram.com/flowstateyoga)



Shelly Jordan lives in Kitchener, Ontario with her husband, two cats, and many, many books. She works as a Survey Management Associate with the ITC Project at the University of Waterloo. As life allows, she is an avid hand crafter with a passion for the history and philosophy of science.

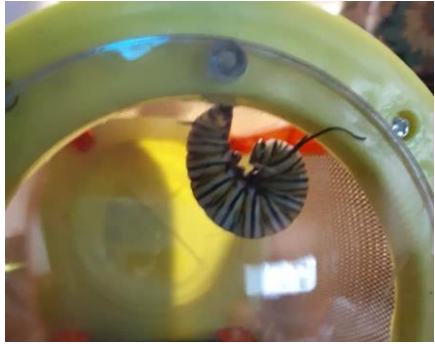


Sue Ellis-Saller is a tarot card slinging transformational life coach. She helps her clients identify and get in touch with their true desires in life and then helps them create a game plan to achieve them. When Sue isn't studying cards or mysticism, she's laughing with her children, swinging on a pole, stretching, exploring the world with her husband, or trying to train her pups! Read more about Sue's life and business <http://sueellissaller.com>



Andrea Eygenraam is an Author, Speaker and Certified Life Coach specializing in Writing and Empowerment, living in Listowel, ON with her border collie and tabby cat. She helps people heal through creativity and live an inspired life. She runs workshops and does one on one coaching, combining metaphysical and traditional approaches to help people feel important and live their best life. She has wanted to be a published author since she was 3 years old, and now is living her dream, as well as helping others discover theirs. It really is possible to live your dreams, and she can help show you how. To find out more, visit MyInspiredCommunications.com or email andrea@myinspiredcommunications.com





Your Voice Matters

Our words always sound better when spoken from the heart and shared, as many brave authors have done in this book. These books are created to help others express themselves and build self-esteem. We hope you will begin creating, or continue creating and find the courage to share your words.

If you are struggling, open a book and point to a sentence and use that as your starting line, or find daily prompts online, or in our online group and get in a daily writing habit. Use the starting line/prompt to write without thinking for 10 or 15 minutes, even 5 minutes if that's all you have. Turn off the editor and don't worry about spelling or grammar. Give yourself that creative time and space and develop a daily writing habit and you will be surprised what you can create from your heart!

There are guided meditations on SoundCloud and YouTube to help you get in the writing space (you can search Andrea Eygenraam as well) and then use your prompt and connect with your soul. It's worked to help hundreds heal, and it can work for you as well. If you feel compelled to share, email Andrea at **andrea@myinspiredcommunications.com** and maybe you will end up in our next book!

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