



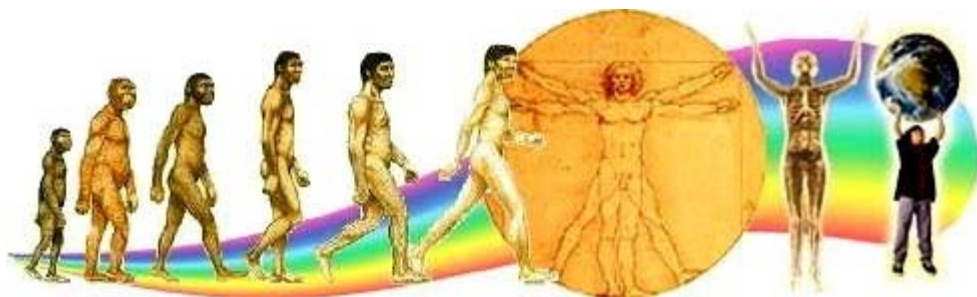
**Project
Powerful
and
Positive**

A Compilation

Volume I

from
Nancy Boyd and Bonnie Boots

Trans4mind.com



Comprehensive resources for personal growth and transformation of body, mind and spirit. The site includes excellent free personal development plans, courses, books, articles, quotes and videos ... and our great collection of [free ebook downloads](#). Plus the paid Trans4mind courses and programs for those who want to go all the way!

Why Do Personal Development?

Part of the nature of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. We are now paying the price for human selfishness and inconsideration. Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. It's our best hope for the future - and it's in our hands.

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Introduction

These are dark times. The fear mongers are out in full force.

The many negative voices that are broadcasting fear-based messages are driving people to panic -- and distracting them from everything that truly matters.

We must not let the voices of darkness predominate.

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The information contained within this book is for educational purposes only. For financial, accounting or legal advice, we suggest you consult an appropriately certified professional.

All contributors are in the business of helping others to lead great lives, full of power and purpose. We invite you to contact them for more information about staying positive, and for more powerful positive messages.

Thanks for passing the powerful messages along!

Warmly,

Nancy Boyd

www.brightwings.com

Bonnie Boots

www.theinternetwizards.com

(If you would like to contribute to **Project Powerful and Positive, Volume 2**, please contact **Suzanne Bird-Harris** at www.vAssistantSvcs.com.)

**A Message for You Today. . .
from Nancy Boyd**



*one kind thought . . .
one kind deed. . .
one world*

Please click here to listen to a positive audio message from Nancy Boyd:



6:13 minutes

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

- Marianne Williamson

be the peace you seek

be powerful

be present

be you



Nancy Boyd specializes in helping healers, Cultural Creatives/LOHAS activists, and indigo/Crystal children, teens, adults and their families to lead extraordinary lives of leadership and personal fulfillment. Visit her websites: www.BrightWings.com, www.IndigoCoach.net and www.DancesWithFlowers.com.

A Blind Sailor Keeps Me From Worrying About The Economy

By Bonnie Boots

I'm not worried about the economy because I know that somewhere out on the huge Atlantic Ocean, a blind man is sailing a tiny boat.

He can hear the waves crashing all around him, but he cannot see them. He can hear a huge whale breaching and spouting water over his deck, but he cannot see it.

And while most sailors can chart their course by the stars, he cannot see them twinkling in the sky.

I met this man about 6 years ago on the coast of Florida, where I live. He showed me the amazing electronic instruments that are his eyes at sea. With a digital voice, they speak to him, telling him what the date and time is, what the latitude and longitude are, and even when fish are under his boat and how big they are.

Still, I shivered, thinking of how frightened I'd be if I were out in the big ocean, alone and blind. I asked him how he had the courage to sail alone.

He said, "I know my abilities. And I trust myself."

And instantly, I understood.

There's a courage that comes from facing difficult situations and mastering them. And once you have that sort of courage, you have it for life.

I have that sort of courage. I've been through difficult times. Yet I've made it through and I've had the strength to help other people get through as well.

I've learned you can be put in situations where all the trappings of success — work, savings, home, business — are stripped away, and yet you can survive and go on to thrive.

Because of those experiences, I have tremendous confidence in myself. When the media cry, "PANIC!" I have the ability to look through my memories and see dozen of times I've stared down panic and walked through the fire.

Because of those experiences, I've learned that everything I need is already inside

me. I know that for a fact - not because any motivational speaker told me so - but because I've demonstrated it to myself time and time again.

You have, too. Time and time again you have overcome difficult situations. You have done what others thought you could not. You have had still moments when the resources usually buried deep inside you came to the surface and shone a light on your path showing you exactly what steps to take... and you had the courage to take them.

There are many things going on in the economy and in the world today that you and I cannot control. The only thing we really have control over is our thoughts.

When your thoughts are focused on your purpose in life and your strengths, you won't be swayed by fear mongers.

Now is the perfect time to take internal inventory. Make a list--actually write it out!--of the really difficult times you have faced and made it through. When you see that list in front of you, you will know, as I do, that you have what it takes--no matter what it takes.

Let me be very clear-- the only road that leads to security is the road that takes you inside yourself. True security lies in the deep knowledge of your own strengths and abilities.

Make that list. Keep it before you. And like the blind sailor, you will be able to look into the storm and say with confidence, "I know my abilities. And I trust myself."

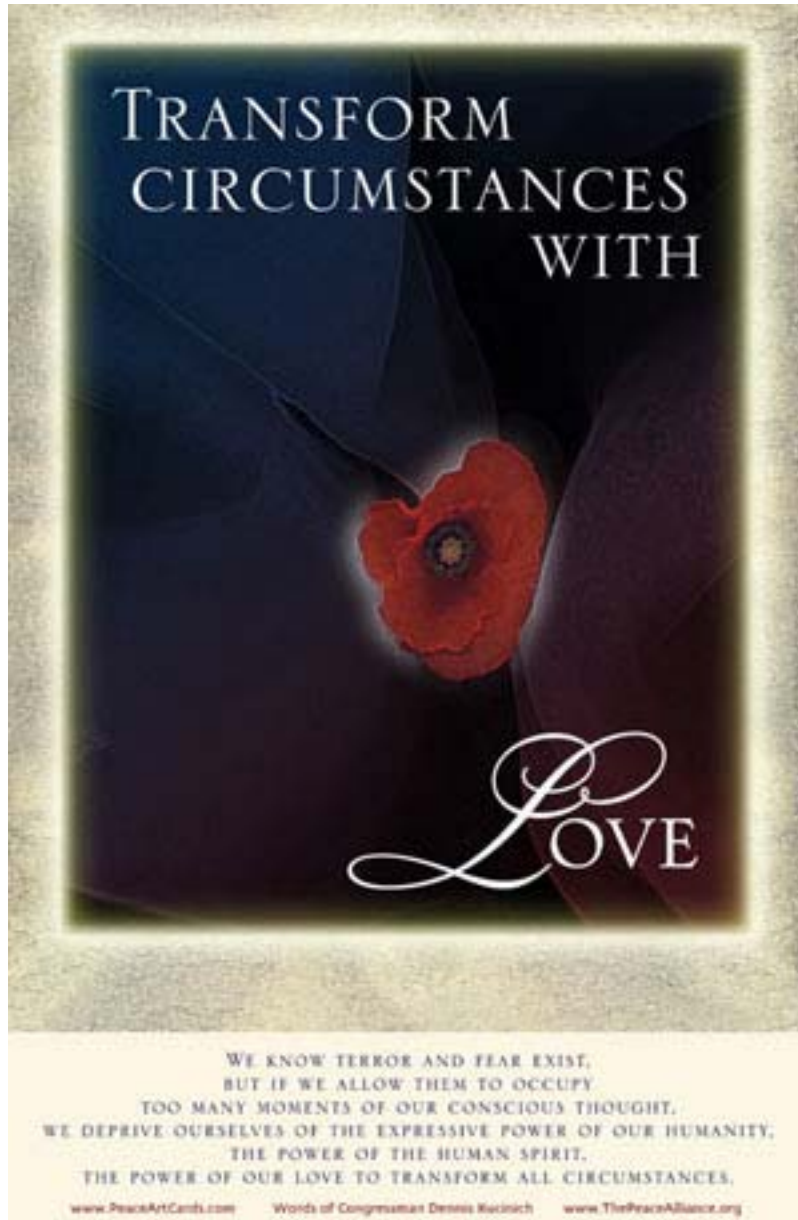
The sea may be rough. The boat may be rocking. But those of us who know and trust ourselves will sail past these troubled waters and even find ways to help those who are floundering.

Sail on!



Bonnie Boots is an award-winning writer/publisher and internet marketing coach/consultant. Register for a free subscription to her entertaining and inspiring magazine, *The Internet Wizards*, at www.TheInternetWizards.com.

Peace Through Art by Alana Lee



Alana Lee is the founder and host of www.PeacePortal.tv. Find peace e-cards at www.PeaceArtCards.com, journals and posters at www.PeaceThroughArt.us, and meet others propagating peace at www.PeacePortal.info.

There Is That of God in Everyone **by William Wittmann**

This is a 50-Word Story, exactly. This experience with my mom changed my life forever and forms the fundamental principle of my life and my therapy practice.

There Is That of God in Everyone

At eight, I believed in bad guys. All my money was in the Sandy Springs Bank, a Quaker institution. Watching my wealth I asked, "Mom, the guards don't have guns."

"Well, they believe there is that of God in everyone." Bam! Kensho! I got it. Nothing has been the same.



William Wittmann, M.Ed., LMP

You can love your life wholeheartedly. Really. I can help.

www.BodyAndSoulMentor.com

You can get a free copy of my Life giving Manual -- [Altar Making - A Spiritual Practice to Deepen Your Connection to the Sacred](#)

10 Tips for Positive Thinking: Tips for a Happier and Healthier Frame of Mind

by Michael Lee

If you're down in the dumps for disproportionately long periods of time, and you find yourself blaming the rest of the world for your misery, then perhaps a change of attitude is in order.

These 10 tips for positive thinking may be able to give your outlook in life its much needed overhaul. So increase your chances for a more constructive perspective with these 10 tips:

1. Recognize negative thoughts as they take shape and bury them before they take root. If you feel your mood darkening again, put a stop to these dangerous musings before you succumb to them. Rule your emotions, don't let your emotions rule you.
2. Hang out with people who think positive as well. This condition can be quite infectious.
3. Just as contagious is a negative mindset. So avoid people who tend to think negatively on a constant basis. After all, who wants to hang around naysayers all the time?
4. Work out and eat right. If you look good on the outside, it'll be easier to feel good on the inside, too.
5. De-clutter. Surround yourself only with the things you love and that make you feel good-framed family photos, favorite books, potted plants, works of art, or whatever else that's meaningful to you.
6. If people tell you you can't do something, take that as a challenge and prove them wrong. Chances are, they themselves can't do it or are too afraid to try and are simply bitter about it. If you show them it can be done after all, maybe they'll even be inspired by your success.
7. Just when you're about to blow your top for all the seeming misfortunes that befall you, remind yourself of all your blessings instead. This practice can be very sobering, indeed.

8. Be a volunteer or get involved in charity work. Not only will you realize the sheer number of people who have bigger problems than you do, but there is also such an emotional and even spiritual high to be experienced in helping others.
9. De-stress. You're more likely to be cranky if you're perpetually stressed out. So get away from it all and recharge.
10. Keep it up. Getting started is easy. It's the maintenance that's tricky. Make a habit out of thinking positively till it becomes an indelible part of who you are.

Follow these 10 tips for positive thinking and be successful in your search for a happier and healthier frame of mind.



Michael Lee is a self-help expert, master persuader and professional copywriter. He is the author of "How to be an Expert Persuader... in 20 Days or Less," an astounding course that reveals powerful insider secrets of persuasion and conversational hypnosis. Go to his website at www.20DayPersuasion.com and receive free persuasion tips.

You Are A Gift **by Rosemary Heehan**

As holiday season approaches, my thoughts went to the whole gift giving process. Gifts are quite individual, both those you buy for others and those you might want to receive.

In a perfect gift buying scenario, when you think about buying gifts for the people you love, you think about what each person would most like to receive. You probably choose different gifts for each of those special people based on what you know they most like and you get a lot of pleasure out of making that choice.

Then you get all excited about buying the gifts and anticipating how much pleasure each person will have when they open the gift and see what you bought them. That pleasure extends when you think about how they will enjoy the gift in the future.

After you have the gifts, you wrap them so that they look beautiful. Each one looks different and even the wrap and bow you choose suit the size and shape of the box that holds the gift.

You think about those you love with joy as you are going through this whole process. You don't criticize them because they have different interests or tastes. You don't think they are bad because one's a man and one's a woman and one's a child. You don't care that one likes opera and one prefers rock and roll. Or one likes hockey and the other loves clothes. You're just focusing on finding that perfect gift and giving it to them and how happy they will be when they open it up.

In the eyes of the world, you are that same gift. You came here to contribute something that is needed by others. No one else can give, contribute or do what you do in your own unique way. Others may have similar qualities and ways of doing things, but no one else is exactly like you, so your contribution will always be special.

The size and shape of your box is slightly different from everyone else. You're wrapped with special paper that suits you and you have a different coloured bow.

To the rest of us, you are special and wonderful and perfect for us to receive. You bring something to us that we most want and/or need to receive.

Remember that what each of us came here to give is unique. I'm not supposed to be you and you are not supposed to be me, or anyone else.

What gift are you giving to the world? What do others tell you they love about you? What positive effect do they say you have on them?

Do you appreciate yourself? Do you put your attention on your gifts or do you compare yourself to others and think you should be more like them or good at something you're not

This holiday season give yourself the gift of unconditional love. It will have an amazing impact on your life.

When you appreciate the gift you are in the world, you contribute to others in a way that no one else can.

Thank you for contributing your gift to the world.



Rosemary Heenan, The Heart Activist, has a big heart. She wants you to have what makes your heart sing. Rosemary is a certified coach whose life purpose is to work with healers. Heart Power Coaching supports you to live your life with passion and an open heart and to attract your heart's desires.

Heart Power Coaching at www.HeartPowerCoaching.com

Contact The Heart Activist at rosemary@rosemaryheenan.com

Appearance is Just That

by Kasey J. Claytor

Appearance is just that. Appearance. Here is the Encarta Dictionary definition: *an outward aspect of somebody or something that creates a particular impression.*

The particular impression pervading our media currently is fear, panic, uncertainty, anxiety—well, you get the idea. I don't have to go on. I do want to challenge that notion, however.

I pay attention to the news, but that *doesn't mean that I take it to heart.* It is our choice whether or not to buy in to the story out there.

Since my financial career began in 1982, we have been through several major upheavals and each time it feels like the worst time; it appears to be unprecedented, and there are always those who cry "the sky is falling".

Remember however, that this is a natural cycle. The expansion and recession of the economy is like a huge animal taking deep, long breaths. The bigger we grow, and the more technology we have, the more rapidly changes are expressed in our economy. It always reaches a point of excess and bounds back in the other direction. It really doesn't matter why we got here; all that matters is what your *perception* of it is. I want to share with you some truths you can believe.

Our *free market system* is efficient. It readily absorbs all good and bad news and carries on. We go through periods of consolidation of businesses that made bad decisions, and expansion of those that got it right. The economy goes through this expansion and recession also; it is its *nature*. In the short-term the markets move on emotion, in the long-term the markets move on the success of the free market system.

Our form of government was based on the premise that the free market system (of which supply and demand is an important component) is the most egalitarian economy possible. Back in 1776 a Scottish philosopher and economist, Adam Smith, wrote this sentiment in his book, *The Wealth of Nations*. He proposed what was a scandalous notion for the times; that society itself is able to price goods and services appropriately, and that when a populous is given the freedom to do this, the ensuing prosperity will be realized by the greatest percentage of the population. You can imagine how the monarchs of the times detested his views. They believed that the masses were inept, and needed a central ruling body to tell them what goods and services were worth. Thankfully, our founding fathers understood the amazing potential of a free market system, and you can find

Smith's influence in our Declaration of Independence and our Constitution. These documents resonate with a high level of consciousness. The ideals of our founding fathers are spiritual values, and we can see a deeper truth: there are no divisions between spirit and government. Just like some have the perception that prosperity is separate and unattainable and apart from spiritual values, some have the perception that government is "out there" and disconnected from us and our spirituality.

Let us not see the government as a parental power to be dependent upon; let us see our government as a vessel holding our highest ideals. Our government isn't any one person. It is us collectively. By bringing ourselves into our *own* power we raise our whole country. We can move from the fear that is overcoming so many and tap into unlimited abundance that is always available to us all.

We are on the leading edge. As we go out into our workplaces, our world, with our friends and family, we can be an example of these truths. We hold the key to our own perceptions. I heard recently that Jack Canfield (author of *Chicken Soup for the Soul*), when asked what he thought about the recession, stated that he wasn't participating. You don't have to participate.

Meditate, eat well, laugh, share, love, journal, and look inward for your answers.

I am preparing for great things. We have much to look forward to right around the corner. *You* are destined for amazing things.



Kasey J. Claytor has been a financial advisor since 1982, and opened her own business in 2000. She currently operates Osprey Money Management, LLC in Florida. She gives classes on *how the markets really work* and *why you don't need to listen to Wall Street*. Her business website: www.ospreywealthcoaching.com .

She has written numerous financial columns and two books, as well as a book of fiction. She is interested in studying the evolution of consciousness and explores this topic on her website: www.adventuresinconsciousness.net . She is certified as one of the **Chopra Center for Wellbeing** instructors, and teaches their Primordial Sound Meditation Course. She can be reached by email at Osprey@cfl.rr.com .

Inspiration for the Soul

By Peter Shepherd

I'd like to share the following three videos, hosted permanently at YouTube. Each video also has an accompanying hi-res version, an audio version, and a PDF poster version - all of which may be downloaded freely.

1. [Expressing Yourself Creatively](#)
2. [Find Your Life's Purpose](#)
3. [What is Love?](#)

These are part of our **Inspiration for the Soul** series, found at [The Meditation Room](#).



Peter Shepherd runs the personal development website Trans4mind, which includes many free resources for transformation of body, mind and spirit - including his full book 'Transforming the Mind,' the popular weekly magazine 'Cultivate Life!' plus a wide selection of free ebooks and courses, and much more...

Trans4mind

Website: www.Trans4Mind.com

Weblog: www.Trans4Mind.com/blog

"Minds, like parachutes, function better when open"

The New Professionalism: Connecting Science and Spirit By Steven Liebowitz, Ed.D.

Most of us are professionals with years of experience and try to be professional. But we're *old* professionals, not in age, but in how we think about things. To relate to others and even ourselves more effectively we need to be *new* professionals, filled with enthusiasm, warmth and passion; trust, creativity and courage.

Such a *new* professionalism would offer a way beyond the cold technique and icy expertise of old traditional professionalism, to enable us to connect with our spiritual power, what Ralph Waldo Emerson called the energy of the "divine circuits."

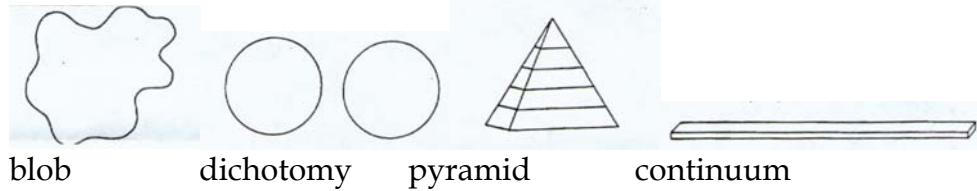
We don't have to put that energy into things, Emerson tells us, it's there already. To reach it in ourselves and others, we have to get the blocks, what Emerson called, our "bloated nothingness," out of the way.

Ring true? Emerson's saying we've had it backwards all this time. Spirit -- enthusiasm, warmth, creativity and trust -- is the rule, *not* the exception. If we can get our bloated nothingness out of the way, spirit is what's left.

Three steps do that. **First**, realize you *have* a bloated nothingness and it operates through your conceptual frameworks (conframes), the invisible patterns connecting thoughts, feelings and actions. **Second**, be mindful of which of the four conframes you're using. **Third**, consciously shift to the one for the *new* professionalism, the one that interferes least with the divine circuits.

Shape Shifting Consciously

The shapes below represent the thoughts, feelings and experiences produced by the four basic conframes. Since shifts between them are usually unconscious, if you become more mindful, you'll know which conframe you're using (Step 2) and which to shift to (Step 3). Only one conframe shape represents the *new* professionalism and connects scientific expertise with inner wisdom and spiritual power to provide the skill, enthusiasm, warmth and creativity we want in our lives. Before going on, look at the shapes and see if you can identify which that is.



When using the **Blob**, you'll have blah experiences. Everything will seem the same, without meaning or significance. Nothing will matter very much and no thing will be all that different from any other thing. Key word: *one dimensional*.

With the **Dichotomy**, things are experienced as two dimensional. As in: "you're either for me or against me," and, "things are either good or bad." Key word: *either/or*. With the Dichotomy there's no middle ground.

Key words for the **Pyramid** are *hierarchy and scarcity*. Judgments and rankings are instantaneous and automatic. Best is at the top, worst at the bottom. The moment we experience something, we judge it.

The **Continuum** connects. Its keyword is *both/and*. By virtue of its shape alone, the Continuum communicates a sense of wholeness and completeness; without barriers, levels or other forms of separation. Striving and proving are replaced by flow and intuition. It is the shape of the *new* professionalism, a *relationship* with customers and others emphasizing trust and cooperation instead of the strife and struggle represented by the Dichotomy and Pyramid.

Next time you reach the limits of your expertise or feel you're losing it with yourself or others, shift to the Continuum. And remember, shifting begins in the easiest and hardest places -- your own heart and mind.

Easy because believe it or not, in spite of what your parents, teachers or society did to you, your heart and mind are, and always have been, 100% your own. And hard, because being 100% your own, you have to face yourself and accept responsibility for what goes on there. The most difficult journey is the eighteen inches between head and heart.

Let the Continuum Work for You

Though the Continuum's best, it's not the most popular. Just as people thought the world was flat in 1492, so now most people think professional relationships and life in general, are best understood as a Pyramid or Dichotomy -- the conframes of the old professionalism -- the bloated nothingness that blocks the divine circuits.

You have to *consciously* choose the Continuum. It will not operate automatically as our bloated nothingness, the Dichotomy and Pyramid, do. Here are a few

examples that show both how to use the Continuum, and it's superiority.

Put **water on a continuum** of hot and cold. Ice at one end, steam at the other, liquid in the center. You can differentiate between them and simultaneously understand that they're different forms of the same thing, water. The Blob couldn't do that.

With the Blob, you'd perceive only water and wouldn't be able to make the very useful distinctions between its solid form, ice, and its gaseous form, steam. The Dichotomy would reduce the three -- ice, liquid and steam -- to two. And the Pyramid would arrange them into a hierarchy with one at the top.

Here's another. Put the **skin color of human beings** on a continuum with one end being white, the other, black. Each color is visible but we can clearly see the larger truth, all are part of the same thing -- humanity. The Blob wouldn't detect differences at all. The Dichotomy would focus only *on* differences, missing the connections. While the Pyramid would include them all, but suggest some differences, those at the top, are better than others.

Do **emotions**. With the Blob we'd have nothing *but* emotions. The Dichotomy makes emotions *either* good *or* bad. While the Pyramid says some emotions are better than others, perhaps love at the top and hate at the bottom, except during a war, when it would be reversed. The Continuum shows all emotions have a place.

The Continuum connects you, your reader, agent and publisher instead of separating them. By adding warmth, creativity and enthusiasm to expertise and technique it creates a *new* professionalism, one that is more effective and life-affirming than the tired, over-worked old professionalism we're used to.

Become a *new* professional. Use the three steps. **First**, realize you *have* a bloated nothingness and it operates through your conceptual frameworks. **Second**, be mindful of which of the four conframes you're using. **Third**, shift to the Continuum. Put your thoughts, feelings and experiences on it and let the Continuum's level flow become the pattern for your life.

SELF TEST

What conframe are you using, right now?

To know, be aware of the shape your thoughts, feelings and experiences seem to have; the patterns in your life, the things that keep happening month-to-month, week after week. Since each conframe has its own shape, the patterns in your experience tell you which conframes you usually use.

How do you know when you're using the Continuum?

Life flows. Decision making is straight forward. Fear, doubt and worry are minimal. You feel lighter and more buoyant. Time is not pressing in on you. You laugh more often; are more attractive and enjoy yourself, what you're doing and who you're with.



Dr. Steve has 30+ years of management, training and consulting experience. This article is based on his book, The New Professionalism: Connecting Science & Spirit. To get more -- workshops, speeches, one-on-one coaching or team building -- call him at **305-595-2338**.

Take Your Power Back!

by Elyse Hope Killoran

"The thing to do is keep your mind when the world around you is losing theirs." --
Warren Buffet

Dear Friends,

In early September the American Psychological Association circulated a report stating that 8 out of 10 Americans were stressed about their personal finances and the economy.

People who were interviewed reported:

- lying awake at night
- feeling angry and irritable
- feeling less productive at work
- experiencing physical symptoms (muscle tension, headache, difficulty falling asleep)
- using unhealthy coping mechanisms (such as becoming socially isolated or consuming fatty, unhealthy food) to deal with the stress

Note that the survey tracked people over the first 8 months of 2008.

If the conversations that I've been having with clients and colleagues are any indication, the number of people experiencing stress and the severity of their symptoms have climbed significantly since that time.

There is a great deal of turbulence in the outside world - and it does not look as though it is going to stabilize soon.

But the world's panic and sense of instability is exacerbating the very problem that we need to correct.

If you are feeling fearful, stressed, angry or in despair – you have given your power away...and you need to take it back!

If you are finding yourself knocked off center by current events, I implore you watch the video that I have posted at:

<http://prosperityportal.com/site.php/spgs/read/challenge/>

The video itself is short and sweet. In it I reveal:

- 1) The only thing that you can do in the next 30 days that will truly have an impact on your economic stability.

- 2) Just how far out on a limb I'm willing to go to help you experience this "truth" for yourself.

Take 3:20 minutes to watch the video and open your mind. (There is a written message there as well for those of you who don't love videos.)

With total faith in you and in your inner resources,

Elyse Hope Killoran



Elyse Hope Killoran, Law of Attraction Coach

Facilitator of the "[Prosperity Partnership Program](#)" (Presenting weekly classes since 10/2000.)

Find tools and resource for creating "Prosperity from the Inside-Out" at www.ChoosingProsperity.com. Explore our Membership Site at: www.ProspertyPortal.com with a 30-day free trial.

Elyse also recommends you read, watch and listen as Byron Katie (one of Eckhart Tolle's favorite people) helps audience members shift their stories about money including:

- "I need money to be safe" (with video)
- "Fear as a motivating factor" (with video)
- "Money Obligations" (with video)
- Decisions based on fear
- Conversation: "I'm not succeeding on my own"
- Product: DIGITAL DOWNLOAD - "Panic in the Stock Market"

Find all of this in her most current newsletter at:

http://www.byronkatie.com/newsletter_oct08.html

Economic Worries

by Laura Whitelaw and Liz Lichti

We are pleased to provide you with two video resources that will help you to ease your fears about an economic crisis. Know that this too shall pass. You are as resourceful as you choose to be and so there is nothing that cannot be overcome. The good news is that there are proven techniques to help you to return to a place of peace and balance. From this place you are better able to attract your personal resource state and not only handle whatever comes your way but also attract your ideal life.

Visit these links and you will be taken to view two short videos which will guide you through two of these techniques.

This first video features a process known as ZPoint. ZPoint is a meditation of sorts which helps you to release negative emotional debris. It works with the subconscious mind and by repeating a cue word, you are able to access those hidden negative emotions, uncomfortable memories and limiting beliefs to clear them away for good. The result is a return to peace and wholeness.

<http://www.youtube.com/watch?v=tb39eTJYLuM>

This second video features a process known as EFT or Emotional Freedom Techniques. EFT is a technique whereby you tap on various points on your face and body while repeating an affirmation. Essentially, you are making friends with the truth on how you really feel and neutralizing the negative charge associated with the thoughts which are plaguing you. The result is that events that used to bother you will no longer and you will approach perceived problems from a state of peace and resourcefulness.

<http://www.youtube.com/watch?v=D26Zo1K7Ek0>

Something to note about these techniques is that you should drink water to help the energy move through your body either before or after you watch these videos. Also, everyone is different and although some people may experience complete relief the first time they view these videos, others may need to repeat the process several times to find relief. If at any time, you have any questions or need additional support, please email us at the addresses below.



Laura Whitelaw and Liz Lichti are both Certified ZPoint Practitioners and EFT Practitioners. You may visit their blog at www.thewaytoblissnow.com/blog. Email Laura at laura@thewaytoblissnow.com and Liz at liz@thewaytoblissnow.com.

How to Recession-Proof Your Life

by Anisa Aven

"The sky is falling! The sky is falling!"

What's wrong with all these new age fruit-loops that are ignoring the fact that we are on the brink of global and economic catastrophe!?!?

There's nothing wrong with us! We just know that all is well - all the time. Are we blind? Yes, sometimes we are blind and neglect to see what's 'real' and thus unconsciously add to the dilemma. However, sometimes we are mindfully blind by conscious choice. We are consciously choosing an intentional vision as opposed to the 'reality' that others think they see.

"But... what do we do when everyone is talking about the impending Great Depression part II? It's being called the mother of all depressions; the financial and economic implosion is already occurring! How are we supposed to ignore this and more importantly, how are we going to get through this?!"

Lions and Tigers and Bears! Oh My! And.....Sigh.... and PHEWY!...

Many reading these words will not 'get' what I'm saying and although their inner guide desperately wants them to know that all is well and that they DO have a choice, they will be unable to silence the deafening roar of gloom and doom from their radio, newspapers, televisions, peers, and family circles.

"... unemployment is escalating; the US dollar is falling; the banking system is caving in around us..."

SILENCE!

If we are to be masterful conscious creators - we must command silence while still showing up authentically in the moment.

This means walking a fine (but fun) line between conscious optimism and inspired, practical, positive action. As conscious creators, we know that we are powerful. However, often, when we are speaking of this power with others, not only do they look at us as though we were 'mad' but our optimism will often make them 'mad' as well - even enraged!

Ever attempted to convince someone that just lost their job that 'somehow this is all perfect?' How about comforting a friend that has lost a ton of money in the stock market with 'this is just part of the Divine Plan?' Or, how about trying to persuade someone that their missing lover 'could not really be their Divine match if they are no longer available?'

No. These are not conversations that we want to have (even if they *are* likely to be more true than any other words of comfort we may provide); nor are they conversations that most people are capable of hearing.

The reason 'Truth' is not well received for most of us during times of crisis is because each of us is on a very different personal growth path and thus our levels of consciousness are simply not aligned. Imagine explaining quantum physics to a 3 year old. When we 'force' our view of '*life is all good and cannot be any other way*' upon those who are experiencing the pain and fear of loss, we are essentially expecting 'the 3 year old to understand physics'.

We create disharmony both for them and for ourselves. And, it is simply not essential for others to 'get' our view that all is well. We can come together and co-create a return to wellness without them. There are enough conscious creators reading these words or similar ideas at this very moment for the world to be healed.

Einstein's famous words, "*A problem cannot be solved on the same level of consciousness at which it was created,*" reverberates as we realize that we cannot solve nor course correct a global depression at the same level of consciousness with which 'WE' (yes, that includes you and I) created it.

Additionally, we cannot rally those around us to 'see' things our way -when our vision is coming from 'this level of consciousness' and they are on 'that level of consciousness'.

This does not mean that we do not look for ways to bridge the gap. Nor do we ignore the fact that there is indeed a gap (or a Grand Canyon in some cases); nor do we stoop to their level of consciousness and get swept up in the flow of fear.

As conscious leaders of this 'Light-Worker' era, it is up to us to command a new vision of global prosperity, harmony, and wholeness. Maybe, in fact, we've conjured these 'crises' up from our inner desire for a BETTER even more harmonious and prosperous world?! (OHHHH, how glorious and exciting!)

Like the soil that must be aerated and cultivated before new seeds can be planted, it is up to us to look at what others are saying and *SEE for them* a more harmonious future - one aligned with the Truth that we are unlimited, abundant, and powerful children of a loving God.

If you can't speak to your friends and loved ones in a voice they can hear, then simply empathize, detach, and bless. Whatever you do - do not engage in the fear.

If you cannot stop yourself from worrying about your own situation, then find a confident, spiritual friend (or coach) and ask them to TALK you up the vibrational ladder, now. (Make that sooner if possible!)

If you cannot help but feel frightened when you watch the news, then stop watching the news.

If you realize that your own level of consciousness lacks the confidence required to 'trust that all is well' while simultaneously taking responsible, consistent, and aligned action, then find a mentor and ask for help.

If you do not know how to boost your consciousness to the level of confident optimism and absolute certainty (the ingredients for powerful conscious creation), then read everything you can about how to manifest and live intentionally while putting down or turning off everything that suggests you do not have a choice.

If you find yourself in an argument over your beliefs, bless your opponent, send them love and take your conversation to a different level in your head and in your heart, not through your words.

If you really want to consciously create the most prosperous and harmonious time that our world has ever seen, then step-up to that consciousness by claiming it now! (Notice I didn't say want it, or ask for it - I said - CLAIM it!)

Here's a quick prayer - living vision to get you started...

I hold the vision of a socially and environmentally honorable economic model. I hold the vision of a world where every child's belly is full and every one with a dream is free to pursue and fulfill it. I hold the vision of our economic sustainability and ease as we make this transition. I hold the vision that we attract the resources and the means to transform any and all previously negative perceived ideas about our economy. I refuse the idea that we are headed for any kind of recession and instead I look for the examples of extreme prosperity ... which I see everywhere! Globalization means more opportunity, not less. Open borders, means greater possibility, not less. Less big-industry and governmental help, means more solutions, not less... I am grateful that fresh air fills my lungs and beautiful art is everywhere I look... these are the signs of a prosperous and stable world. I see JOY! I see Abundance! I see and give thanks for incredible opportunities for adaptation, comfort, and safety. I give thanks that I instantly and immediately have the courage to hold this vision from this moment forward! I give thanks for my ever-increasing supply and for this wonderful opportunity to be a conscious creator! Oh - my- all things are perfect exactly as they are!

I challenge you to co-create with me the most abundant, authentic, spiritual, and wondrous time we've ever known. It's time for an adventure. Do we shy away from adventure or do we sink our excited teeth into it like it's the most delicious adventure of our lives?!?

I know what VISION I'm holding for you... do you know what vision you're holding for us?



© 2008 Anisa Aven is the CEO of TurnKey Coaching Solutions, a global life and business coaching program management and contract coach staffing company, a Law of Attraction expert, mom, wife, and spiritual activist. Her most passionate desire is to unite capitalism with humanitarian intentionality to heal the world and save our planet.

For a special gift for fellow conscious creators of Project Powerful and Positive, please visit www.CreataVision.com/projectpositive.htm and receive your 45 minute interview with Anisa Aven (on creating peace prosperity and sustainability even in times of crisis), a 20 minute video presentation (why we've asked for this and why it's your responsibility to contribute your creative powers) and additional Living Visions for self love and global peace. You are on your Divine Right path, learn more by visiting www.AnisaAven.com

You are an unlimited child of God; worthy of all that you desire. This is the only vision we hold for you.

How to Life an Extraordinary Life

by Suzanne Bird-Harris

In every way imaginable, I am an ordinary person. The facts of my life reveal me to be a single, self-employed mother of three. My children are six years apart in age, so my active mothering years overlap my grand-mothering years, which have just begun. I have an adult child out in the world trying to make his way, one in high school trying to find his way and one in elementary school trying to get her way. I have a mortgage, a car payment, more credit card debt than I like and the occasional bad hair day. I grocery shop, clean the house, change the oil in my car and bake the occasional cookie.

So, when asked if I would like to contribute to Project Powerful and Positive, I knew the best contribution I could make would be to share the most profound realization of my life:

I am a spiritual being, temporarily manifested as a human being, NOT the other way around.

This realization is what makes my life extraordinary, and will yours, too, if you internalize it and use it as the compass by which you live your life.

When the 'issues' of my human existence threaten my sense of peace and challenge my positive outlook, I only have to connect with my *real* self – the spiritual being that I am, a part of All That Is – to regain my balance and respond, instead of react.

Recognizing that I am a spiritual being, first, is what allows me to express who I am in this lifetime, experiencing far *less fear* and far *more joy*, as a result.

When we operate from this spiritual point of view, we can find common ground where our human eyes see none, we can hear music when our human ears hear noise, and we can be open to possibilities when our human minds remain closed.

In short, we can make the most powerful and positive difference when we remember, and live as, what we *really* are: Spiritual Beings – part of All That Is – temporarily manifested as humans...not the other way around.



Suzanne Bird-Harris is a [web designer](#) and [life coach](#) whose purpose is to use her experience, strength and hope to support and inspire others to live a life authentically their own, realize their potential and leave their mark in a way that is meaningful to them.

The Yes, A Rose Opens & Deep Bliss: An Introduction to The Energy Transformation and Healing Open Source Method by Maryam Webster

Got fear? Get ETHOS!

Hi, my name is Maryam Webster. Want to know something cool? I've developed a technique that can have you relaxed - and eliminate fear, anger, sadness and the effects of trauma - in seconds, once you learn how. Though I developed it, the whole technique is now in community development as a completely open source tool. Stay tuned, because I'll tell you more below about where to get the free eBook, audios and video tutorials for this method.

Oh and here's the kicker: it's all absolutely 100% FREE.

Yep, gratis. You won't pay a dime. When you go to the URL below, you can start changing your life and those of others in the most deliciously relaxing way. And using the method takes only a minute or two at most, down to five seconds at the super-fast end.

But first a bit about me. I've dedicated my life to helping people find their inner strength, live their dreams and prevent needless fear. First as a psychotherapist of twenty-five years, then as a high performance coach and teacher. I married the swift and deep acting energy therapies with performance coaching created the new profession of Energy Coaching now taught at The Energy Coach Institute.

Though the methods all energy healers teach work superbly well, I have always been on the hunt for those that work better and faster and would also be entirely free for humanitarian purposes. I also wanted it to be free for worldwide use by the widest variety of people, both those learned in energy therapies and those with little formal education alike. And, it had to be good at removing fear, anger, guilt, shame and all those other things that tie us down and don't let us live in our truly Unlimited Self where all things are possible.

Towards this end, I developed the Energy Transformation and Healing Open Source, or ETHOS Method. Ethos comes from a Greek word that means "moral character" and "the underlying spirit or genius of a community" As a change method, ETHOS was created to address the needs for a well-working personal transformation vehicle that cut across cultures in being non-dependant upon phrasing, viewpoint, education, personal history or spiritual preference. But we've found ETHOS also works uniquely well for fear, anger, sadness, trauma, negative thinking, physical symptoms and changing past, present and future.

How Does It Work?

The prime directive of most of the existing energy therapies today lacks the one major dimension that would automatically ensure a higher rate not only of effectiveness, but personal evolution. Creating an energy transformation method with a prime directive that has no concept of limitation and directly targets all the areas human beings encode their experiences has significantly increased the effective range, speed and scope of what ETHOS is able to accomplish.

Specifically, ETHOS uses a triple-cueing system that signals your entire mind and body to go back to that Unlimited Self that you truly are, where all things are possible and all resources you'll ever need are present. The three cues are heard, seen and felt: the word "yes" in whatever language the user speaks, the symbol of an opening rose and the feeling of deep relaxation, such as you have after a nice warm bath, a massage or when first waking up, cosy and warm, first thing in the morning.

If you can get a handle on each of these three things - and we've many videos and other prompts to help - you're almost 99% there!

The rest is just holding a few acupoints on the head, and being willing to step into your Unlimited Self - that place you started out in life, as a little baby, where everything is possible and nothing is inconceivable. You'll get back there, and find that Unlimited Self is like a toy store: full of all the resources you'll ever need to solve any problem you'll ever be presented with. How's that for awesome?

Who Can Use ETHOS?

If you like Emotional Freedom Technique, Acupressure, ZPoint Process, Touch For Health, Educational Kinesiology, Therapeutic Touch, Neurolinguistic Programming, Quantum Touch or other, similar methods, you'll love ETHOS.

ETHOS is a Free Gift To The World for people to use, teach and even profit from if they wish. It is easy enough for children through seniors to learn, use and benefit from. Our hope is that this method spans the world in record time, and helps every person in it.

And as I mentioned above, you won't pay a dime for it. You're welcome to use ETHOS to heal and transform your own life and those of others, to make money with it if that's what you decide you want to do. You won't be restricted from speaking about ETHOS, writing about it or teaching it. Or healing all your problems and those of your family, friends and clients if you want to take them using ETHOS to heal, counsel or coach with. This is the essence of the term "open source".

What are Some Results People Have Gotten Using ETHOS?

In coaching people with ETHOS, I have seen shy and timid people go from stuttering in casual conversation with the boss to boldly asking for - and getting - raises and promotions. People who had held crippling lifetime guilt and shame over things that were not their fault being able to near-instantly release these crippling emotions and step into brilliantly fulfilling lives. And while ETHOS is not a medical cure, like most energy therapies, I've even seen people cure themselves of symptoms such as headaches, stress-induced heart and blood pressure problems, rashes, hot flashes and too many other ailments to mention.

Case Study: Refugees Realize They Live Without Limits

The applications of ETHOS are much more diverse than I was first aware of. My colleague Erica (not her real name) is a trauma therapist at a humanitarian mission overseas where there has been much violence, warfare and violation of human rights. I've been asked not to name Erica's location due to legitimate concern for the safety of the doctors, therapists and clients alike, but I do have permission to share something wonderful that she and her clients have experienced.

Erica works with women who have been horribly traumatized, in some cases, survivors of multiple rape and other atrocities. They are all deeply wounded. Therapy has gotten some of these women significant gains in mental health but standard therapy takes a long time, other energy therapies were clunky and difficult to learn, and these doctors and therapists only have a short while to work with the average client.

Erica asked me if she could try ETHOS with her lady clients. I was dubious, as ETHOS was developed for people to use as a personal transformation tool, not necessarily for deep trauma work. But I made the method specifically to be free to everyone, so trusting in Unlimited Self, I said yes. Within two weeks of use, Erica reported each one of the eighteen of women she worked with had learned to smile again. In another month, they were laughing over a minor incident involving chickens and children playing in a mud puddle, dropped vegetables in the kitchen and one of the cook's many comical love affairs.

Their greatest triumph was when a convoy truck with several soldiers pulled into the compound. To their extreme credit, the ladies simply went on with their handcrafts, paying close attention, but not freaking out. Before, they would have frozen in fear, run, or been reduced to a quivering, tearsoaked mass flattened as tight to the floor as their bodies would go. Erica reported that the ladies cast a few glances at the truck and wanted to know the soldier's business, but didn't stop what they were doing or react badly.

One of these ladies said later to Erica: "When I saw soldiers in the past, from my limited self, I saw my little brother who was killed by soldiers, dead on the floor of our home. I wanted to kill them all, but I was so frozen with fear I could not

move. When I see these boys now from the Unlimited Self, I see that they ARE my little brother. All I feel is love for them. And that is why I think they do not bother me now."

I don't think I can convey how very much this meant to Erica, myself and particularly to these special ladies. Though I will never know them, they brought immense meaning to the work we have all done in creating this method. Now I know that ETHOS isn't just meant for those who have dealt with their issues and are ready to transcend to a higher level, but is also here to help people transcend those limiting issues they do still have. How very, very humbling. And how wonderful!

What Else Is Possible?

When we come from a place of living in Unlimited Self all of the time, no fear can find us, for fear means living outside Unlimited Self in an artificially imposed belief system of limitation, that we place upon ourselves.

All we have to do is wake up to the fact that we've been asleep and living a greatly limited dream of what we thought life was. Fear is part of that dream. Feelings of inadequacy, self-loathing, guilt and shame are all part of that dream as well. You came into this world unlimited and slowly grew limitations around you. But waking up is easy, and the fruits of waking and staying fully conscious are so many! The riches of the conscious world are literally limitless.

Please accept my invitation to download the entire ETHOS tutorial pdf, listen to two teleclasses, plus future videos on how to use ETHOS, and to updates when they become available. Read more and join us, all free, right here:

<http://community.ethosmethod.com>

And when you're ready, step fulltime into that Unlimited Self you really, truly are.

Welcome!



Maryam Webster, M.Ed, M.NLP is a transpersonal psychotherapist, highly performance coach and is known for having created the profession of Energy Coaching. Author of four books on energy transformation, coaching and healing, her latest book Everyday Bliss For Busy Women went into its second printing just a month after its initial release. Creator of The ETHOS Method, Maryam holds a place in the ongoing ETHOS Creators Group and is Director of The Energy Coach Institute. You can find out more about Maryam at her website:

www.MaryamWebster.com

Are these Dark Times?

An Invitation to See the Yes/No of It All...*

by Annette Waya Ewing

It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to heaven, we were all going direct the other way - in short, the period was so far like the present period... - Charles Dickens, A Tale of Two Cities

Consider the idea that it is also the lightest of times:

- We are waking up! Our personal and collective messes can now be acknowledged fully, and dealt with.
- Our relatedness/interrelatedness, to each other, to All Our
- Relations cannot be denied now.
- This is both a comfort and a responsibility.
- We are all in this together, what each individual thinks/says/does affects all.

Consider good and bad as partners in change:

- Consider the Taoist Yin/Yang symbol: each extreme has a dot of the other within it.
- Consider that labels are static: an attempt by the mind to create a kind of psychological permanence.

Consider the cyclical nature of all things and the truth in these phrases:

- This Too Shall Pass. (Hebrew, King Solomon)
- Everything the power of the world does, is done in a circle. (Black Elk)

Consider these truths on Native American Medicine Wheel outlined by Jim PathFinder Ewing:

In Native way the world outside reflects the world inside. They are one. But we don't try to manipulate the world to create inner states. That's backwards, male thinking: Doing to achieve, rather than achieving to do. We achieve an inner state and it reflects in the world, ever outward into The Sacred Hoop of Life, where it's reflected back to us as part of The Sacred Hoop of Life.

The Great Secret is that we always carry The Sacred Hoop of Life within us all the time. It is up to us to use it, keep it whole.

This is reflected in The Medicine Wheel, which incorporates male (straight line) and female (circular) energies as one.

If you look at the Medicine Wheel, it is first a set of lines. To create one outside yourself, put a rock in the middle, then a rock in a straight line outward in each direction: One to the East, one to the South, one to the West, and one to the North. It describes a straight-line equal cross.

This is the male energy. Each direction has a power, and each direction has a color associated. Different tribes used different colors, reflecting where they were. But we use the colors red, yellow, black and white here to reflect that we are all members of the five-fingered tribe, one people of many hues, one humanity.

The colors and directions are:

East, red - Newness, beginnings, new awareness, dawn

South, yellow - Healing, growing, vigor, youth

West, black - Inner vision, reflection, soul-searching, endings

North, white - Wisdom of ancestors, Higher Power, guidance

Now that you see the powers of the directions, notice that it actually is a circle. You could place stones outward from the center indefinitely, and it would be a stone circle, which is what the lodges of the Hopi and the ancient Celts used as sanctuaries for healing ceremonies and prayer time.

We are each and all "minute." But the saving grace is that we each have the power of the Creator within, which is greater than all. That is the power we access in giving our prayers. And that is the power we use to change our Dream of the World to bring balance to it. Balance is at the heart of the Flow of Creation.

See the light, feel it, become it. Open your heart, and the Creator will do the rest. We are one Sacred Circle in one Hoop of Life. No point in that circle is any "better" or "less" than any other. Each point in the circle holds the circle together. Each point is essential and we all are one. Know it. It is true.

In many ways, this Autumn, we are at the Western Gate of the Medicine Wheel. People sometimes call this the long dark night of the soul. That is a time when most all /outside/ efforts at change fail. The more frightened and desperate we become, the more we look to the /outside/ world for help, the more things fall apart. The key? Grow the light within!

Consider the great power of being present, in the "now", that is universal in all wisdom traditions.

Buddha told a parable in a sutra:

A man traveling across a field encountered a tiger. He fled, the tiger after him. Coming to a precipice, he caught hold of the root of a wild vine and swung himself down over the edge. The tiger sniffed at him from above. Trembling, the man looked down to where, far below, another tiger was waiting to eat him. Only the vine sustained him. Two mice, one white and one black, little by little started to gnaw away the vine. The man saw a luscious strawberry near him. Grasping the vine with one hand, he plucked the strawberry with the other. How sweet it tasted.

-Paul Reps, Zen Flesh, Zen Bones

Are these End Times? Consider this...

It is always the end time, and always the beginning time. There is much dispute amongst experts and visionaries about the end of days in the Mayan calendar, and other speculative end time scenarios. In every moment there are infinite variables, infinite possibilities for change, no matter who predicts what.

Consider your own fuel efficiency:

- Venerable Dhyani Ywahoo advises, "Power the Light. Grow those things which are positive and life giving, and do not give your attention, thought, emotion or energy to those things which you do not wish to grow."
- Resistance drains energy, and what we resist, persists.
- When asked what his 'secret' was Krishnamurti replied, "I am not bothered by what is."
- Allow, Accept, Acknowledge and Be Grateful - Jim PathFinder Ewing

Where do we go from here?

Consider this, written by the late Sir Laurens van der Post in 1972:

At the moment, there was not a plant, bird or animal in all of Africa that would not breathe a profound sigh of relief if the last of men should suddenly vanish from the earth.

They would have to change.

If life on Earth were to survive, not a single man, plant, bird or animal must be allowed to lose life except through some great necessity of life

itself. And in the losing all men should join in with every plant and animal and bird to praise it and to mourn its passing as that of something infinitely precious that had given life the service for which it had been conceived and rendered itself well.

This journey to total reconciliation within depended on man standing fast at last in his surroundings and refusing to give in to any assault on his integrity...Man had to give all his imagination, all his devotion, before it was too late, to whatever was nearest at hand, refusing nothing, however humble or insignificant or even distasteful-- that came out of him and at him from his immediate surroundings, but accepting all as the raw and only material.

How to deal with despair?

Consider these words written by Wendell Berry:

The Peace of Wild Things

*When despair grows in me
and I wake in the middle of the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting for their light. For a time
I rest in the grace of the world, and am free.*

-Wendell Berry

Many Blessings on Your Path!



Annette Waya Ewing resides in Lena Mississippi with her husband Jim PathFinder Ewing. Annette is a Karuna™ Reiki Master teacher, jewelry maker, artist, retired college professor, webmaster, avid cook and gardener, among many other things. Their website: www.blueskywaters.com

Change Your Thinking - Change Your World

by Buz McGuire

Are you afraid right now?

If you are, I'm not surprised. Lots of people are choosing fear these days.

Fear-mongers are everywhere - on the news, running for office, sitting beside you in church, meeting you at the water cooler at work, maybe even sleeping beside you every night. And they are touting fear, preaching fear, shouting fear from the rooftops.

To them, everything is bad. Gloom! Doom! The sky is falling!

But is it?

Is everything bad?

This time, is the sky really falling?

I enjoy travel shows - particularly those that teach something significant about a country's history and culture. I watch them every chance I get, and just today, I watched one on Public Television featuring Rick Steves in Turkey.

And, as I watched, something important occurred to me. Throughout history and across all cultures, you will find happy people and sad people. You will find successful people, and you will find people who are less than successful. No matter what situation these people face...no matter what kind of system governs their country...no matter where they fit in class or society, some will be happy and some won't. Some will be successful and some won't. Some will prosper and others will languish. No matter what.

So, what makes the difference?

If you find people in the exact same circumstances getting different results, what's the reason?

I'm convinced that the real difference is in the thoughts that you think. And that fact should make you happier than anything else you've considered in a long time. That fact, properly accepted and utilized, will change your life.

In Hamlet, Shakespeare writes, "...there is nothing either good or bad, but thinking makes it so."

Consider that truth - *thinking makes it so.*

So, right now, if your world is good - if your life is good - it is because of the thoughts you choose to think. And, by the same token, if your world is bad - if your life is bad - it's because of the thoughts you choose to think.

So, if you are afraid right now, it's because you are choosing to entertain fearful thoughts.

Okay, okay. I know what you're saying as you read this. "Buz, I don't want to be afraid. Man, it really is scary out there. The economy is tanking. There's war. People are losing their houses and losing their jobs. I'm scared because it's scary!"

I promise you, I'm not blind. And I don't look at the world through rose-colored glasses. I am fully in touch with reality.

And I'm not scared at all.

These are tough times, but this old world has always seen some tough times. And there are always people who prosper mightily during tough times. You need to make up your mind that you are going to be one of those people. And I assure you, you have everything you need to guarantee that you will be one of those people who are living happy, successful lives.

You simply begin by choosing the right thoughts.

So, when you consider that the quality of your life begins in the quality of your thoughts and when you consider that you are fully in charge of what you think, then that means....

You are fully in charge of the quality of your life.

Let that sink in for a moment, and answer the following question: is that good news or bad news?

It should be the most exciting news you've ever heard, because it means that you can change your world at the speed of thought, and that's blazingly fast. Some people think that changing their lives is complicated and time-consuming. I'm telling you that it can be simple and fast.

The brilliant T. Harv Eker teaches a formula that I find extraordinary. The formula is T-F-A-R:

- Thoughts lead to
- Feelings which lead to
- Action which leads to
- Results.

So, if you want better results, you begin with better thoughts.

It works the same way in nature. If you want an apple crop, you begin with apple seeds, and, if you plant those apple seeds, you'll grow apples. On the other hand, if you plant thistle seeds, you can wish for apples with all of your might, but you won't get them. You'll just get thistles.

Have you ever heard of the band Sister Hazel? One of their hit songs contains the following lyrics:

*"If you want to be somebody else,
If you're tired of fighting battles with yourself,
If you want to be somebody else,
Change your mind..."*

I heard this song on the radio when it was first released, but I didn't pay it much attention. Then one day, my teenage daughter said, "There's a Sister Hazel song that sounds just like the gospel you continually preach. Listen to it, and you'll love it."

So I did. I listened to it carefully, and I googled the lyrics. My daughter was absolutely correct.

Anyone familiar with my work knows that I believe and teach this: the only way to change anything in your life is to change your thoughts - and the only way to change everything in your life is to change your thoughts.

Are there things in your life that need changing? Do you long for more happiness? More abundance? More passion for living? More satisfaction? More success?

It all begins by changing your thinking.

So, let the pundits cry, "The sky is falling!"

Let them convince the unenlightened that the world is crashing down around their ears.

And all the while, for those who think correctly, the world is not crashing down; it's waiting for you to conquer it. And the sky is not falling; it's wide open and waiting for you to soar.



Buz McGuire is a friend, husband, father, business owner, writer, entrepreneur, bank director, forward thinker, counselor, life-student and the director of the [Viral Happiness Expansion Initiative](#).