



Healthy Body... Healthy Planet



The energy to change things

I notice that Albert Einstein once observed that you cannot solve a problem using the same energy that created it. That is true. It must be a different kind of energy, but it must be of the same intensity. Whether you call the tools that you use to create this energy intensity, prayer, meditation, positive thinking, or personal creation, the mechanism of manifestation, the "formula," the "mystery," or the "secret," they are all the same thing. They are all part of a process than can bring us to greater happiness. They are all a functioning of, a putting to intentional use of, the process of life itself, the way of the universe.

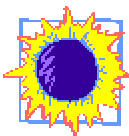
Historically humanity has sparked itself with a glimmer of hope, then returned to its sadness and its anguish, its turmoil and its conflict, its pain and its suffering. For the forces mounted against new revelations have throughout the ages (and yes, even in this "enlightened" time) beaten back the message of inner personal empowerment in favor of an edict of continuing reliance on exterior sources -namely, religion, government,& those in charge.

That's been the history, but all that can change if we will but place ourselves in the category of Those in Charge.

Will humanity do it? I believe the answer is yes, and that it will happen when People Power and God Power are reconciled; when one is not made to devalue or dishonor the other.

This was sent to me by Lucile Nichols several weeks ago and I wanted to share it with you. If you would like to contact Lucile your self email her at

visiblemeans@clarityconnect.net



So what's the big deal with change anyhow?

Does the thought of moving out of your comfort zone send you running for the hills? Does settling for mediocre sound better than nothing at all? Or is it possible that you do not realize you are stuck, settling or even "uncomfortable."

If our water pipes are old, rusty or leaky and haven't been taken care of properly, then how would the rest of the house be? As a life coach it is my job to create an environment conducive for positive changes. This environment is not only external but internal as well. The first step in making any changes is to know what we want to change. Now this could seem overwhelming and hard to figure out where to begin. But I am hoping this helps. I've created the

Four-C's Decision Making Process:

1. CLARITY-Be crystal clear in what you want. This eliminates chaos & confusion for yourself & others.
2. COMMITMENT-How much time are you willing to spend on this change. Time = Energy, Effort, Focus
3. COURAGE-Feel the fear and do it anyway. When everyone else doubts you-Find the courage and compassion to believe in yourself.
4. CONNECTION-Do you know the connection between your thoughts, feelings & emotions to your wealth, health & abundance? This is your motivator.

Example: If your mind is made up that you will not find that one true love, become an entrepreneur, or be rich. You are right! What is the reason behind this? Why do you feel that way?

So what if I told you, you could easily make friends with change by understanding what it means to you. The same attention, and compassion you give a loved one is used to make positive changes and fulfill your life's purpose.

Want to make some changes in your life?
Gain clarity on what you want and learn how to communicate better, earn money doing what you love, or find peace & order.

I AM OFFERING THREE 90 MINUTE SESSIONS FOR \$90.00 THAT'S 3 CENTS A MINUTE FOR A TOTAL OF 270 MINUTES TO TALK ABOUT WHAT YOU WANT AND HOW TO MAKE IT HAPPEN. CALL ME AT 607-656-5194 FOR A FREE CONSULTATION.

