



TRANSFORM YOUR LIFE WITH ALCHEMY

TIPS TO CREATE A MAGICAL LIFE
FROM DAILY ALCHEMY

MICHELLE MARTIN DOBBINS

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September Do You Believe in Magic?

A while back, I watched an Oprah interview with JK Rowling, during which she said "I really don't believe in magic." OMG, did I hear that right? The lady who created Harry Potter and made so many of us believe in magic, doesn't believe in magic? Seriously? I was quite put out with her for a while. Of course, there were several groups who wanted to burn her books, etc. and she could hardly say her books were just harmless fiction, if she believed in them. Maybe she was just protecting herself. She has since redeemed herself, in my eye's, since I read this quote by her, "I don't believe in the kind of magic in my books. But I do believe something very magical can happen when you read a good book." But that made me wonder, am I a lone adult believing in magic?



I believe almost anything can happen. I am an author and film maker's dream, because it takes very little to suspend my disbelief. In fact, I can believe anything is possible. I believe that if an author creates a world, it has to exist on some level. Thoughts are things right? I like to think "what if .." and dream about it. I like to believe. I believe that Narnia could exist, wizards might be playing quiddich as I type, and Chris Angel can actually levitate. I have encountered Santa Claus and so I know that he is real (but that's a post for another time). What fun is life closed off to possibilities? What about you? Do you believe the word impossible really says I'm possible? What kind of magic would you like to see? Do you think it could happen?

EQ Magic

With school getting back in gear, it seems like I've been on a routine treadmill. I've missed the time I had with my kids during the summer. I have a habit of asking myself EQs, or effective questions, so I asked "How can I feel more connected with my family?" Once I do this I let go and forget it, and let the magic go to work.

The next day, my son asked me to play Bakugon with him and I took the opportunity and spent a nice half and hour or so playing with him and one of his sisters joined in. I had some nice conversations with my kids out of the blue. Then, my husband called a family movie night in our room on a school night. We all cuddled on the bed and laughed while we watched The Three Stooges. Finally, we were having dinner and talking and playing "Dinner Games" and my oldest daughter said "I love our family. We talk about intellectual things, but we know how to have fun too." At that moment, I not only felt more connected to my family, but I knew they felt connected to each other as well. Then, my son started the arm pit farting contest. Gotta love them!

In only a few moments a day, I was able to notice the connections I have with them and focus on that rather than the moments that aren't quite so memorable, and it was a magical week.

For anyone not familiar with effective questions, I learned them from Lola Jones at www.divineopenings.com. Noah St. James does something similar with his Affirmations program. Just ask the questions you want answers to. Like "How could this be the best week of my life so far?" or "Wouldn't it be fun to experience something new, exciting and fun this week?" Here's to a great week ahead!

Good Karma Magic

For the record, I don't believe in karma. I think that we get what we believe or what we vibrate. Still, in our house we will sometimes joke about how we have good karma or bad karma around a certain subject. For example, our family has good car karma. Our cars always run great and never seem to need repairs, just routine maintenance. There are some people you may know who seem to have bad karma in some areas of life. I have a friend who is always sick and always afraid getting sick.

I try to focus on the areas of life that are easy for me. In our house, we rave everyday about the things that are going well. I write in 750words.com on most days about what is going right. If something isn't going well, I'll write about that also, but I mostly focus on what I want to get more of. I'll make lists of areas in my life where my karma rocks. Here's my current list:

My cars always run properly and are a joy to drive. Tests are easy for me to take and I always score well. My children have inherited this skill. Our family is very healthy. We rarely have to go to the doctor or have any illnesses. I easily maintain a healthy body weight without worrying about what I eat. We easily pay off debts and we have plenty of money to live comfortably. My writing submissions receive quick, positive responses. My family always has my back.

Pregnancy and childbirth were easy for me. Even though I'm not doing that again. :) I always find great employees effortlessly. My husband and I get closer everyday. I love being married.

That's a short list. I make these a lot during my daily writing. Sometimes, I list the same things over and over and then new things will crop up to add. I make them to remember all I have going for me and to focus on what's right in my world. I invite you to make your own list, but first I want to share a secret that I learned this from Jeannette Maw, creator of the fabulous Good Vibe University. When I make my list I sometimes add a few things in my list that are not yet part of my reality. Then when I read the list of all the wonderful things in my life, the manifestations that I'm creating now are already on it. So a couple of the items on my list above are "in process" now but by putting them on the "done" list, I help my mind believe that I already have them.

I'd love to hear about any of the areas in your life that you have good karma and how you create more.

When the Magic Isn't Working

Things are a little wonky in my world right now and that's OK. Things have been breaking, I've been hurting myself, and I'm feeling a lack of love from a variety of sources that usually love me. What to do? First, I feel like crying, so I'm going to cry. Then, since I injured one ankle on Saturday and the other on Sunday, I pulled out Louis Hay's book *You Can Heal Your Life* and went to the section which lists causes of disease and I looked up ankles. The probably cause of ankles problems are inflexibility and guilt and not allowing one's self to receive pleasure. The affirmations are: I deserve to rejoice in life, I accept all the pleasure life has to offer. I am asking myself these effective questions: How can I allow myself to experience more pleasure in my life? What can I rejoice about now? What wonderful new things are just around the corner that I can rejoice about?

I'm going to buy myself a new special tea mug, since that was one of the broken items and some flowers. I'm going to be sweet and nurture myself this week and allow myself to enjoy life. I'll pray and meditate and all my normal things I do to connect to God and feel good too, but sometimes things going on in your world mean you need to try something different. I'll report back next week. If you have any thing you do to get through the wonky times in your world, I'd love it if you'd share.

The Magic Always Works

Last week, I posted that I was feeling unloved and not my normal self and I made a plan of action to deal with it. Part of the plan was just to be OK with feeling down and cry. I did that and I bought myself a nice bouquet of flowers and I told myself that it's OK for things to be just like they are. I opened an e-mail in the next day or two from Jeanette Maw's blog and it was a guest post about how rose quartz is a great crystal for self love, so I picked one up and started carrying it with me. I spent more time in prayer and meditation. The funny thing is my down feeling went away with in 24 hours and in about 48 hours after I started focusing on being loving to myself, I felt those around me be loving to me as well. I was also, able to boost someone I love up from my better feeling space.

I haven't found quite the perfect replacement cup for the one broken before last week's post, but I will. In the meantime, I'm going to continue to practice self love. Some of my favorite ways are taking time to write, to mediate and pray, to take a hot bath, to read a book, to watch a favorite comedy, and eating quality chocolates. I'd love to hear some of the ways you are good to yourself. If you're stumped, Jeanette Maw has a great e-book with tons of ideas. Just google Good Vibe Coach.

P.S. I just finished my first draft of my first complete novel. (I have several started that haven't gotten that far, yet.) I'm super excited. I will send it off to be edited after Thanksgiving and hopefully, it will be ready to submit sometime around January.

Magic Spell of the Week: Long Car Drives

A simple tip for long car drives: I used to get so tired and sore when making the long eight hour drive to visit my parents. Then, when I started doing Reiki, a natural healing technique, I began sending Reiki to all the cars as passed as I was driving. When I arrived at my destination, I would be full of energy and bliss. Over the years, my technique has evolved. Now I picture God's Love entering the top of my head and going out through my eyes to everyone I pass along my journey. If you have a long drive home after a Thanksgiving trip, I invite you to try your own version of this, sending out love, healing and/or prayers to the people along your route. I hope that you will find it to be just as uplifting as I do. Let me know if you give it a try.

Don't Apologize for Who and Where You Are

I grew up in a trailer and I am not ashamed of that, nor can I think of any reason to be. I now live in a very nice brick large house and I am not ashamed of that, nor can I think of any reason to be. In fact, I'm just as happy in the house as I was in the trailer and every place I've lived in between, except for the fact that I get happier every day and that's not because I keep moving to nicer houses. In fact, I think it's quite the opposite. Don't feel bad for what you don't have in life or someday you may end feeling bad for what you do have. That goes for material possessions and the non-material circumstances, like health, love, beauty, etc.



If you guessed that the person most needing this message right now is the author, you're probably right. I just bought a new vehicle and I thought I'd post a picture of Nali, our new Yukon Denali, on Facebook. (Yes, I name my cars and talk to them, which made it kind of tough to let go of Flexie, my old car, but our family has intended that she will be owned by a wonderful family who will love her like we did very soon.)

My next thought, maybe I shouldn't put her picture on Facebook. My friends might think I'm bragging or that think I'll get over my head in debt, etc. Maybe I could explain to them that we got a wonderful deal on this car, as I sometimes feel compelled to do with our house, but really it's just crazy. I'm tired of thinking I should worry about what anyone else thinks of who and where I am and I'm not going to do it anymore. I hope you won't either.

P.S. If your buying a car or doing anything else that requires the right frame of mind, I suggest Jeannette Maw's Blog Post on mental discipline. I opened it while I was waiting in the dealership for the salesman to give us a price and an offer on our trade-in. It put me in super mood, while I waited and my hubby and I had the best car buying experience EVER. And we got a great deal and a sweet ride, so there!

P.P.S. (Sorry, I can never do just one P. S.) I'm thrilled that my blog is going to be all prettied up very soon. I'm having fun here now and I couldn't create the look I wanted so Courtney at Designer Blogs is doing it for me. She sent me the mock for my header last night and it was so perfect, I teared up. I'm super excited to see it all done.

If you've given up apologizing for who or where you are, I'd love to hear about it.

Can Changing Your Hand Writing Change YOU?

Does our penmanship expose our personality? Handwriting experts would say yes. I just saw one on a news show analyzing the signatures of the staff. She gave some pretty good insights and then told them not to change some good aspects of their signatures because it could change them. Wow! But could it go both ways? If we change how we write, could it change aspects of our personality? Could we become better people simply by changing how we write?

Vimala Rodgers thinks so. She has invented the Viimala alphabet which I stumbled upon on Facebook a few days ago. (Note: When I randomly stumble upon similar advice in a short period of time, I take notice.) She has written books and teaches classes on changing your handwriting to change your life. She even has a testimonial from Louise Hay, one of my favorite authors. You can see most of the letters styles and the meanings behind them on Vimala's facebook page.

Vimala's alphabet is beautiful, but it may take a little while to learn it. I decided, perhaps, I should start with some small changes in my signature and see what I notice. My handwriting as a whole is not pretty and my signature is unique. Yes, that a nice way to say it looks like it was written by a gorilla, (no offense to gorillas). Here's what my current signature looks like:



In order, to make a quick change, I decided to add the M and the D from the Vimala alphabet and make my signature more legible and underline it once. My main line of thinking is that my current signature reflects someone who could be in a witness protection program, someone who wants to not be seen. It makes sense because I've always been an introvert, but I am an author and I want people to see me, remember me, and want to read me books once they are published. On the news show, the expert said that underlining once calls attention in a good way.

Underlining twice is too much and smacks of desperation. After a few pages of practice, here's my new and improved signature:



It needs some work, but I think its an improvement. Hopefully, I won't get a call from the bank. What do you think? Would you change your handwriting in order to change your personality? Do you think if our personalities changed our handwriting would naturally evolve with it?

I'd love to hear what you think.

10 Ways to Get Your Smile on Today

Sometimes, we get busy and we forget how wonderful life is. We get out of the habit of smiling and enjoying the little things. Let's take some time to smile today. Here's some ideas to get your smile going:

Just go to the mirror and smile at yourself, even if you don't feel like it. Maybe you'll even laugh when you see your reflection. That's bonus points.

Look at humor pins on Pinterest.

If you have a pet dress them up in funny clothes, take pictures and post on Facebook. If you don't have pets, dress yourself up in funny clothes, take pictures and post on Facebook.

Check out the Bizarro Blog comics.

Go to a public place and just sit for 10 minutes and smile at everyone that walks by.

Think about the people you love most in the world.

Watch funny cat videos on Youtube. If you don't like cats, watch funny dog videos on Youtube.

If you don't like dogs, I can't help you. Just kidding, there's always Jenna Marbles.

Close your eyes and think about your best day ever. Who was there, what were the sights, sounds, smells, tastes, etc.

Give a gift to someone: a stranger, a friend, yourself, whatever you feel inspired to do.

Listen to your favorite music or some new beautiful music

This is a wonderful piece from one of my twitter friends, Richard Maddock. I hope you smile a lot today and everyday! I'd also love to hear what makes you smile.

It's all a matter of perspective

I recently had my blog moved from Blogger to WordPress. It's been a little bit of a bumpy ride. My designer kept saying that my blog was there, but when I tried to go to it all I got was a big, fat 404 error. At some point in time we finally realized that she could see it because she was not using www and I couldn't because I was using www. Go Daddy eventually redirected it and all is well. It made me wonder though how sometimes from one person's perspective everything is good and from another's it's all wrong. Sometimes fixing our problems, is just a matter of shifting our perspective. I'd love to hear if you've experienced any perspective shifts that changed things for you.



This is short and sweet for two reasons. First, tomorrow the tax lady cometh to my office and I'm trying to get everything ready for her to fix for me. Second, I'm still trying to learn WordPress, so if you have any tips for me on WordPress or can explain to me what Jetpack is I'd love it. Seriously, I have no idea.

Who Cares What the Groundhog Says?

Ok, we all know that Groundhog Day is just for fun and the groundhog has been wrong before, but sometimes we need to remind ourselves that we hold the power in our lives, not the groundhog, not the Tarot cards, not the Guru, ...



It's fine to use any or all tools as long as they make you feel better. I do Angel Card readings occasionally using Doreen Virtue's angel card decks and find them fun. Many moons ago I use to do Tarot Card readings, but then some of the cards felt dark to me and I didn't like the negativity I started feeling around them. All of Doreen's angel cards are positive and uplifting. I, also, used a pendulum to ask questions and then one day it lost all its appeal to me and I never use it anymore. I think we can use any tool to make ourselves feel better as long as we remember in the end, it's all on us.

We hold the power in our hands to decide the direction our lives our going. So watch that cute little groundhog, but know that no matter what he says there's only blue skies ahead for us. We get to make our own predictions for our lives and we are much more accurate than Punxsutawney Phil.

I'd love to hear your predictions for your next 6 weeks and beyond.

Who "AM" You?

Do we really think about what we attach to our I AM? What is an I AM? It is simply the words we choose to utter after the words I AM. They can be positive or negative or even neutral but they can affect us in a big way. When I first started learning about positive thought principles, one of the first things I learned from Reverend Dick Andrews at the Unity Church in Augusta, Georgia was to be aware and choosy with what you attach to your I am. We put so many statements at the end of the phrase: I am hungry, I am tired, I am happy, I am sad, I am thirsty, etc.

These are strong affirmations and we might want to think about what we say we AM. Reverend Dick said he would apologize but he would not say I am sorry, because he didn't want his subconscious mind to hear I AM SORRY and picture himself as a sorry person. Our subconscious believes everything it hears and the more it hears a statement the more it believes it. Emotion, also, affects what vibrations these statements create in us, but it's still good to be aware of what we are saying we are.



In the bible, it says that when Moses asked God who he was, God answered I Am That I Am or the literal translation I Will Be What I Will Be. I believe that we have creative powers endowed on us by our creator and our I AM can be a powerful creative force in our lives. Whether or not you have any belief in God, positive affirmations can have a positive effect on your life. I'd like to invite you to think about how you use your I AM and make some changes if it feels right to you. Perhaps we might want to choose some words that we want to pair with our I AM. Some of my favorites are:

I AM WORTHY

I AM BEAUTIFUL

I AM UNIQUE

I AM ONE IN A BILLION

If you exist (and if you are reading this you do exist), I can guarantee that all of those four statements are true for you right now. Everything you attach to your I AM doesn't have to be true right now. You could say "I AM CONFIDENT" until you become confident. It won't feel true at first but that's OK. Give it

time. I've had fun with saying these out loud while driving in the car by myself, mediating on them, and writing them 10-15 times a day. I invite you to play with your I AM in any way that feels good to you.

I'd love to hear how you use your I AM or any other thoughts.

What Did You Give for Valentine's Day?

It's not Valentine's day, yet, be what are we planning on giving this year. I often get asked after Valentine's Day "What did you get?" Maybe it's different for men but it seems like women are often asked what they received, not what they gave. It seems when we're complaining about what we were given or not given, we're not happy. Givers, on the other hand, are usually happy.



When I was home at Christmas time, I found my old junior high journal. Uughh! It was painful to read, but one entry really struck me. The cheerleaders in our school did a fundraiser every year at Valentine's Day. They sold "lollipop grams." Students could buy a heart-shaped sucker and fill out a little card with a note to be delivered to any other student in the school. First of all, let me say not only was I not a cheerleader but I was painfully shy in junior high. Painfully. In this journal entry, I was complaining how I had heard the one of the cheerleaders say "We sold over a 1000 lollipop grams and there are only 600 students in the school." You do the math. Everyone in the school could have gotten at least one lollipop. The way it shook down was popular kids got lots, some kids who were dating got one from their significant other, and I got none. Well, not just me, there were lots of us sad souls, but back then I was only worried about me. That was my main problem.

When I read this I wanted to do two things. First, I wanted to give twelve-year-old me a hug and tell her it's ok. Second, I wanted to ask her "Why in the world don't you send some lollipop grams?" Why did I think the popular girls got so many? It wasn't because they had 10 boyfriends. It was because they all send them to each other. Duh! I had lots of friends I could have sent one to, but I was so worried about not getting any that I never send any. Maybe I still wouldn't have gotten any, but I would have felt better because I made other people smile and chances are that next time one of them would have sent me one. I could have even send one to myself. Sadly, I never sent any and I never got any.

Why does this matter? Even though we are told always told it better to give than receive, it took me a while to get it. I always waited to follow someone else's lead, for way too long in my life. I wasn't very happy until I got this. I placed my happiness on hold while I waited for someone or something outside to give it to me. Not any more. As I studied positive thought, I found that giving to other's not only makes it

more likely for me to get what I want, it also makes me happy right now, whether I ever get a "lollipop gram" or not.

We can give all the time, not just at holidays. One of my favorite sites is 29gifts.org, where member's sign up to give 29 gifts in 29 days. If I ever get in a rut, I focus on giving for a while and it lifts me up. I like to give little anonymous gifts. When I was a teacher, I loved to put little treats in everyone's staff mailboxes. Now that social media and blogging are part of my life, I like to take the time everyday to find as many things to "like", comment on, share, and retweet as I can. Just as I can't sit back and wait to get a lollipop, I can't sit back and wait for comments to come to me, I have to give them to others. It makes me smile to think that my comment would let them know that someone cares what they have to say. There are so many ways to give, even just a minute of your time to make a phone call or a nice comment on Facebook. If you're one of those people who freely gives to others, but not to yourself, you might want to check out Crystal Nuding's post on being your own valentine.

Happy Valentines Day! I hope you give something special. I'd love to hear you thoughts.

3 Experiments for Valentine's Day

Here are three Alchemical Love Experiments for Valentine's Day:

If you don't have a spouse or significant other and want one:

Pretend you have the most wonderful perfect partner in your life and they are just temporarily away, on a business trip or whatever story works for you. Imagine how excited you will be to see them when they get back and fantasize about the good times you've already had together. When we do this we are tell are subconscious, the universe, etc. that we are already in a fabulous relationship and that is what will open us to finding that person for real. Not desperation, or wanting, but the feeling of this is already mine.



If you have a spouse or significant other and things aren't as wonderful as you'd like them to be:

Focus on the things about your significant other that are positive and the things about your relationship that are positive. List at least 5 wonderful things about your relationship and partner a day. Really appreciate what you have. Give them love and treat them as if they were the perfect partner. Get happy now and either the relationship will improve or you can happily move on.

If you have a great relationship with your spouse or significant other and you want to deepen it:

During quiet times either by yourself or with them, imagine love energy flowing out of your heart and into their heart and then back from their heart to yours, flowing back and forth in a circle, until you feel your heart opening or a connected feeling. If you feel nothing, it's ok, just do it for five minutes and intend that you will see the results in your relationship. It's wonderful if you can do this together, both imagining and intending, but it's fine if you do it without even telling the other person. It will still work.

Try these experiments for at least a week, maybe a month, before you decide they aren't working. As always, if we feel we don't have enough love in our lives the first place to look at is are we loving ourselves. If you need some self-love inspiration, check out Jeannette Maw's *The Art of Self Love* e-book. There's a link to it on her blog.

Alchewhaty and the Magic Bubble

Why call this blog Daily Alchemy? The quick answer is Daily Magic was taken, but I'm kind of glad it was. I like alchemy and the 18th century vibe I get from the word.

Dictionary definition of Alchemy: There are many different types of Alchemy, but most people are familiar with the definition: the art of turning lead into gold. Alchemists did experiments hoping for magical results. They wanted to make precious

metals, gems, and create eternal youth. I enjoy reading books about alchemy, both fiction and non-fiction. Some of my favorite fiction books are: *Discovery of Witches*, *Shadow of Night*, *The Alchemist* and *The Alchemist: The Secrets of the Immortal Nicholas Flamel*. If you are interested in the real alchemy, www.alchemystudy.com is a great site. I am currently taking classes there and will soon be have a certificate in Alchemy.

My definition of Alchemy: I'm no expert at real alchemy and that's not what this blog is about.. My goal is to enjoy my life and help other's enjoy theirs. I've experimented with positive thought process for over 20 years and would like to share some ways to turn the lead in our lives into gold and learn more techniques along the way. Hopefully, we'll all have more richness in our lives as a result. You don't need a laboratory to try my alchemical experiments, mostly just your brain. I am a member of the Unity church, but these experiments work for people of any religion or no religion. Here's one of my favorite techniques:

The Magic Bubble

How to Make a Magic Bubble:

Find a quiet place to sit or lie down. If you are out and about, you can even hide in a restroom. Close your eyes. Picture a beautiful, white light entering the top of your head and slowly filling up your whole body. I call the white light God's love, but you could call it universal love or whatever sounds good to you. As this light fills up you body, imagine it relaxing you and taking away any stress you may are feeling and replacing it with love. Once you whole body is



filled with this white light of love, let it expand out until it makes a bubble all around your body. Then, you can set an intention that no one can enter your bubble unless you wish them there or that this love bubble will stay with you all night or day, depending on your desires.

Why Would You Need a Magic Bubble:

I started doing this with my kids when they were little to help them sleep or to use it if they felt scared. I started using it myself when I was going somewhere that I might feel uncomfortable. I learned as I grew older that a lot of what I thought was social anxiety was actually an ability to feel other people's feelings, which can be a good thing but not when you don't want to. I felt a lot of anxiety at sporting events because I was picking up on everyone else's anxiety about the game. A lot of people have these empathic abilities and many don't even realize it. If you find that sometimes you feel emotions and you don't know why, this might be the cause. Try taking the time to surround yourself with a bubble of love and intend to only feel your own feelings and see what happens.

I'd love to hear your thoughts on alchemy, the magic bubble and any empathic experiences you've had.

The Golden Key

The Golden Key is one of the simplest problem solving methods in existence. I learned it 20 years ago from a unity minister. Emmett Fox wrote it the 1930s and it's a simple but powerful formula. I'm going to include a video of someone narrating his essay and a link to the a copy of the original written essay, but first a little background. Emmett Fox was a New Thought minister of the Divine Science church in New York City. His writings are still relevant today. He gives good practical advice and "alchemical" processes to improve life. His writings are Christian in nature and reference the bible, but you can gain a lot even if you don't follow that philosophy. For instance, The Golden Key is to stop thinking about your problem and think about God instead. You can easily change this into thinking about the universe or love instead, so try to look past the language and find the gift in his message. Every time the problem pops into your mind, stop and focus on God, or whatever positive thing you've chosen to focus on, that's all there is to it. You just have to do it every time you think of the problem until it is gone. The problem gets no air time in your brain. If worrying about your problems would solve them, they'd already be solved.



My grandfather has used The Golden Key many times to find lost items, as have I. Have you used the Golden Key or a similar technique in your life? I'd love to hear about it.

Bookmark This!

Do you highlight or bookmark your favorite passages in books you read? Bookmarking is another fun, alchemical process to help you focus on what's going good in your life. I started doing it when I heard psychic, Sylvia Browne, talking about how when something fabulous happens in her life, she will "bookmark" it in the Akashic records.

This is the name given to spiritual records of basically everything that has ever happened to everyone, forever. Some people believe Akashic records can be viewed in the afterlife.

Personally, I don't seek psychics much because I believe they can only see my probable future, if I continue in the same vibration or path. I can change that on a dime and I know by how I'm feeling if I'm on a good path or not. I not really concerned with the afterlife either. I'm a "let's enjoy right now kind of girl." Still, I've read a few of Sylvia's books over the years because she's fun and spiritual, even though I don't agree with everything she says. When she described bookmarking, it really intrigued me.

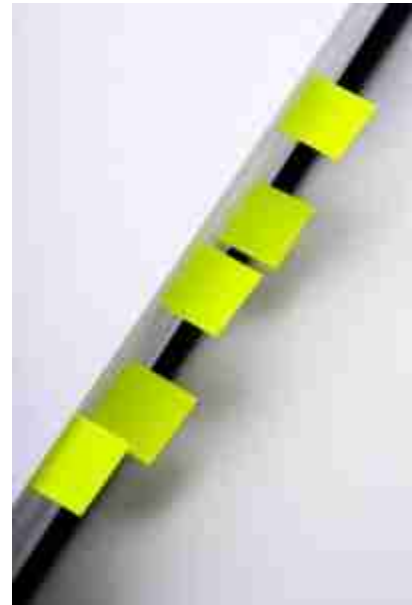
Sylvie said when she watched her granddaughter doing something that made her smile, she would say "bookmark", so when she passed over she could find and review these precious moments quickly. I started doing that in my own life, not so much to mark a moment for review in the afterlife, but to really savor it right now.

My kids playing and being sweet and silly with each other? Bookmark it. A yummy dinner, grilling out with friends? Bookmark it. A perfect sunset after a summer day on the beach? Bookmark it. Holding hands with my husband walking through our neighborhood in the evening? Bookmark it. A phone conversation with my dying grandmother? Bookmark it.

When I bookmark something, I try to take in the experience with all my senses.

What do I smell?

What do I see? What do I hear? What do I taste? What do I feel? I try to experience the moment as fully as possible. Why? Because it reminds me of how much I have in my life worth bookmarking. Because I want to savor the little moments that mean so much in life. Because I am practicing a higher vibration that I can tap into when I want to create more bookmark-able moments. Because I'm more likely to remember these moments at a quiet time later. I often do this instead of taking pictures, because as much as I love pictures,



they take me out of the moment and I become an observer instead of a participant and I want to be fully there during these precious moments of life. So I have photo albums and bookmarks in my head and each are precious. I don't worry that I won't remember what I've bookmarked, but intend that they will come to mind when I most want them to. Maybe they'll even be there for me once I've left this phase of life in the Akashic records.

I'd love to hear about the moments you bookmark in your life and how you savor all the richness of life.

Oopsie! Spiritual People can be Jerks, too!

Sometimes we do things that make ourselves wince. Things that we would take back if we could. If we think about it, we never do "bad" things when we feel good, but that doesn't help us when we are in the moment of "Oh, my what did I just do?!?"

Last week, I yelled at my kids on the way out of the door to school. Everyone was crying and upset in the car on the way to school. No raving this morning. I was just trying to breathe and calm down. Even though I was still angry, it was quickly turning to regret and guilt. I was going down the emotional



scale fast. What to do? Sometimes, we can't make everything right in this red-hot moment, but this is the three-step process I complete to get back to being the positive person I want to be.

Feel the feeling. It doesn't work for me just to pretend it didn't happen and smile. I have to take the time to feel the feeling and I try to feel it in my body. Maybe the guilt burns in my stomach or aches in my arm. Once the feeling starts to dissipate, I move step number 2.

Soothe myself. I have to tell myself a better story. Instead of "How could I yell and my kids and set them up for a bad day at school and lots of future therapy?" I shift to things like "My kids are resilient. They've probably already forgotten." or "Everyone loses it sometimes."

Re-Do it. Some people say you can't go back in time and what's done is done, but I believe time is relative and that I can change my past. I go back in my mind and see how I would have done things if I had been feeling good. Lola Jones teaches sending things back to the void, or the nothing that everything was created from.

Bonus** Make Amends. If you still can't let go or you it just feels right, make amends. I showed up with treats for my kids when I picked them up that afternoon. They came out of the school smiling and happy and didn't seem to remember that morning when I apologized for yelling. They didn't need the treats but liked them.

Here is a video from Abraham-Hicks during which a man asks about hurting his wife's feelings with things he had said. Abraham says that we aren't responsible for other's feeling and we just need to get

into our own vortex, ie. happy place, but for me if I feel bad about what I've done, I've got to own that before I can move on and get back in my vortex. Still, there's some good advice here.

We all need to accept that we are not perfect and that we all experience what we are vibrating and have compassion for each other. I always try to remember that a cranky clerk or an aggressive driver wouldn't act that way if they were happy. So if you make an Oopsie, forgive yourself and move on.

How do get back on track when you feel bad for something you've done? I'd love to hear your comments and ideas.

Manifesting like a 13 year old

Can you guess what my 13 year old has decided to manifest? She wants to be a gymnast, on a college team or an olympic team. She 13, 5'6" and she has not done gymnastics, except a few years when she was seven to eight years old. She can do a cartwheel, but she's starting almost from scratch. Some might say the odds are stacked against her. Not me.

Here's the list of what she's doing to line herself up with her desired goal:

1. Visualizing: She's been having dreams at night about being a gymnast and she decided that it was a message to point her to what would make her happy in real life. Even before we found a class for her to take, she's been practicing every day in her mind. She is seeing herself do what she wants to do. She is constantly watching videos of gymnasts competing and seeing herself do the same.

2. Scripting: She told me how excited she was to find the perfect coach and gym for her and one that will let her train with the team, BEFORE it happened. Now she is talking about how is it to learn how to do backhand springs and how support her coaches are, etc.

Being it: She has started wearing leotards and her hair up in ponytails and buns. She wears her leotards 24/7, under her school uniforms and she sleeps in them.

Find evidence that it could happen: She found a story about a girl who started training and made a competitive team only a year later. She, also, found a video of a professional gymnast who is 5'11". If someone can do it at 5'11", then 5'6" is a snap.

Take big action: She is ready to practice six days a week and be home school. My compromise is to let her take 3 classes a week now and train with the team this summer. Then, we'll take it from there, but if she makes the team and can train all day and has a coach that thinks it would be beneficial, I'd definitely let her go for it.

So, will you see her at the 2016 Rio Summer Olympics? Here's where the strength of desire comes in. Will she continue to follow this dream or will her passion lead her onto something new? Time will tell. I know she can reach her desire if she wants to. I've had many goals, such as becoming a Bradely Method Birth Instructor and a yoga teacher, that I know I could do but I no longer desire to do. I think following



our passions as long as they light us up is wonderful and whether or not we reach the goal is not always the point. The point is how we felt while we were on the journey towards the goal and right now gymnastics is giving her a reason to smile and be excited about life and that's enough for me.

How do you line up the energy to take on a new goal? Are you practicing manifesting like a 13 year old? I'd love to hear how you've done it in the past and or how you are doing it right now.

What's your story?

We all tell ourselves stories everyday. What kind of stories do you tell? Do you tell stories of how your spouse doesn't understand you, how your boss is incompetent, how you can't afford a vacation, or something along these lines? We all know these stories don't get us anywhere, but "it's reality," we say.



Maybe in this red hot moment it is, but is it really the story you want to tell? Why not create your own reality? It's easier than you think.

Words cast spells, that's why it's called SPELLING. Words are Energy. Use Wisely. – from a Pinterest pin. I can't find the author, but I love it.

Your words and thoughts have power. I recently read *The Power of Story* by Jim Loehr. He worked with elite athletes to help them achieve more. He says that he could tell very early on when he talked with an athlete if he would be able to help them or not. If their ultimate goal is just to be number one, he knew it wouldn't be enough to sustain them. He talked about a tennis player whose ultimate goal was to be sunshine for the world. She had what it took to keep going even when she didn't win because she could still meet her ultimate goal of being sunshine and bringing joy to others when they watched her play. That's not to say she threw out her other goals and that any goal is unworthy, but it helps to know what our true heart's desire is.

Here's the process in three simple steps:

1. Determine what your desire really is. It's ok to have any goal in the world, but think about why you want the goal. How will you feel when you get the goal? That's what you really want, the feeling. Hold onto the core desire. Even if what you want comes in a different way than imagined, would it be OK as long as you still got to the what you truly want?
2. Drop your old story. Jeannette Maw taught me that your old story is "not an approved chew toy." You have to drop it and replace it with your new story, just like she trained her foster dogs to drop the shoe and chew on an intended chew toy instead.
3. Tell your new story. Tell it to yourself. Write it down. Tell it to a trusted friend. Tell it with more gusto than you put into your old drama. Make it juicy. See it. Feel it. Touch it. Taste it.

Don't make it hard. Tell yourself the story of the perfect job, the hot date, boundless energy, whatever you want, tell the story of having it like you would tell it to someone after it's already yours. If you notice your old story running through your head or coming out of your mouth, STOP! Then pick up your new story.

Here's an example of what the process might look like:

Goal: to be in a wonderful romantic relationship

Deep desire: to feel loved

Old story: The only guys I meet are jerks or weirdo's. All the good ones are already married. I'll have to settle for less than I want if I don't want to be alone. I can't believe how bad my dates all turn out to be.

New Story: My new love is perfect for me. From the first date, we just clicked. We both love to dance and eat sushi. I love staring into his hazel eye's. I love the gentle strength he gives off when he puts his arms around me. It gives me goosebumps when I breathe in the scent of him, masculine and earthy. I love how he supports me and wants me to spend time with me friends. I love that he has a healthy ambition, but knows how to have fun. His deep laughter delights me and I get to hear it so often because we are always laughing. He was so worth the wait. How lucky can I be?

That's it. Really, that's all you have to do. Now, you could do more. You could notice and appreciate the areas of your life that you already feel loved, maybe by family or friends, but if you keep focusing on your new story that's all it takes to make it into your real story.

It'd love to hear some of the stories you are telling yourself. Good or bad. Which stories are you going to keep and which ones are you going to change? Have you already made some stories come true? I know that we all have. I'd love to hear from you. To prove it, I'm giving away one of my Angel Card readings (see service page) to one of my commenters during the month of March. I'll put everyone's name in random.org and choose a winner to be announced here around April 1st. Then I'll email the winner with the details if I have access to their e-mail or you can check back here around the first and e-mail me if you're the winner.

If I'm driving crazy, maybe...

A few weeks ago, while driving my oldest daughter to school, a skidding car passed in a no passing zone and continued to zoom around cars. Once I got over the adrenaline rush, I said "Maybe she's in labor and she's got to get to the hospital NOW." My daughter replied "Maybe her bladder control medicine quit working, and she's got to get to a bathroom NOW." Then, we both laughed and decided we should create car magnet's to warn people about the reason you



might be driving crazy, so people would understand and not take it personally when you cut them off, etc.

Here's part of the list we brainstormed:

If I'm driving crazy, maybe...

My toddler just learned how to escape her car seat I'm in the FBI and I'm on my way to save the world
My library books are overdue My kid's will get suspended if they are tardy again My movie starts in 5 minutes and I already paid for the tickets on Fandango I don't want my bride to think I left her at the alter
I must get to this yard sale before the pickers do I need to get to my American Idol audition I'm running away to join the circus The parrot got out of its cage I'm missing the Justin Bieber Concert I'm just a jerk
(Hey, we all have those moments but never when we are feeling good, so compassion is still in order.)
Well, I don't think we'll be heading off to the printers to make our car magnets any time soon, but we were laughing about the crazy driver and not assuming that she was trying to mess-up our day.

So, if you spot someone driving crazy, or acting crazy, maybe you can assume that there's a reason that you don't know about and that it has nothing to do with you. Life is easier when we all give each other the benefit of the doubt. Sending love out while driving is another process that can quell road rage. I'm in a laughing mood today, so if you have any funnies to add to our list, or other way's you for give other's crazies, I'd love to hear them.

Where is your Treasure?

Yesterday, my family and I took a cruise on Captain Memo's Pirate ship and true to any pirate ship, there were treasure maps and treasure for all the little buccaneers. It reminded me of an old school law of attraction alchemical process.



Have you ever tried Treasure Mapping? This is one of the first techniques I learned when I joined the Unity Church. It's more commonly called a Vision Board. It's very simple, just place pictures of what you want up where you can see them daily. We made them in Sunday school and I loved hearing the wonderful magic that came into people's life's after creating them. Around that time, I read a story called Glenda's Goal Book in the first Chicken Soup for the Soul book about a single mom, who had gotten everything in her goal book, which was basically the same thing we had learned at church.

I decided to buy a blank photo album and make treasure maps for different areas of my life on the different pages. I was a young school teacher, who had just broken up with her fiancé after his suicide attempts. I lived in a town where I knew few people and I didn't like my job and I struggled to pay my bills. The one light in my life was that I had just found the Unity church. I placed pictures of what I wanted with positive statements. I want to share my experience with this book, because it can be an uplifting process and I want you to be aware that there can be a time delay.

I made my book and I looked through it every morning and every night for a long time. Then, I met my future husband and became so involved in that romance that I tucked the book away in a drawer. For me, that's when the magic started happening. I forgot about the book, but one by one everything in the book was coming true. Several years later, I pulled out the book and laughed as I went through the pages. Everything in the book was now a real part of my life.

A loving husband—check

A child—check

The ability to stay home with my child—check

A family that grew in love—check—3 more children

Vice president of a company—check

A tropical vacation—check

More than enough money to pay my bills—check

To own a home—check

Not only had everything in the book come true but things that didn't make sense at the time. I was a single school teacher, who wanted to be a stay at home mom. Why did I put down that I wanted to be a vice president of a business? Who knows? But I was now the vice president of my husband's business. The exact desk I had cut out was sitting in my home office. The house looked almost exactly like our own and my husband had all the qualities that I had listed that I desired in a husband.

Here's the thing, it took some time for me to manifest all of these things. It didn't have to, but I needed time to line up my vibration. You might or you might not. You might have manifestations show up very quickly. But when you make a treasure map, don't give up if everything doesn't happen in a month or two. It's coming, just give it time.

Here are a few more tips for vision boards or treasure maps:

Write your statements in present tense: For example, "I am happily married to the love of my life." or "I am working as the CEO of a consulting firm."

Thank God or the Universe now: I always add thanks to the pages before I receive my manifestation. Giving thanks before you receive anything shows your belief that you will receive it.

Ask for this or something better: Sometimes we dream small. Give God, or the Universe, room to deliver more than you ask for.

Look at as long as it feels good: Then put it up in a safe place. Some people might have more movement when they aren't looking at it everyday anymore.

Make a treasure map that you love. On a poster board or a photo album. You can even make one on a Pinterest board. I have used a secret Pinterest board for mine. Only let people see it who will be supportive. Mind movies will teach you how to make your goals into movies. You can watch other people's mind movies on YouTube for inspiration.

Mini-maps can be fun, too. A mini-map is just finding a way to see something you want to manifest several times a day. Sometimes I'll change my phone screen saver and background to something I want to create or carry a picture in my wallet.

I'd love to hear any comments you have or about your experiences with treasure maps.

Where There's Smoke...

Where there's smoke....

there's fire?

Not necessarily so. Last week, my family was awakened by a fire alarm around 2 am in the morning. We were staying on the 14th floor of a hotel in Clearwater Beach, Florida. When we opened our room door, the hallway was filled with smoke, along with the stairwells. People were panicking and rushing down the stairs. When one gentleman became upset and threatened to start pushing, my husband told him to calm down, there was no fire.



What? No fire? It turns out the smoke was from several fire extinguisher's that had been sprayed in an act of vandalism. It created enough chemical "smoke" to fill our hallway and 7 flights of the staircase. My husband had experienced this in the military and knew from the sulfur smell that the smoke didn't come from a fire. The rest of us didn't and we thought the danger was real.

What does this have to do with you? When you are focusing on manifesting something in your life, you might experience smoke. Smoke is just the appearance that things are going wrong. You desire to be debt free and end up with a large bill. You desire to be a professional actress and you don't get the part. You might be tempted to think law of attraction doesn't work for you. Don't! It is working for you. This is just smoke. Keep moving forward towards your goal. As Lola Jones says don't take score unless its in your favor.

Often, things might not look good, but you don't see what's happening in your vortex or the unseen. Don't look for smoke. Instead, do what Jeannette Maw teaches and look for driftwood. Driftwood is one of those little signs that you are getting closer to your desires. You might miss them if you're not watching. For example, you want a new job and you get a job offer for a job, just not for a job you want or you get a small check in the mail when you are hoping to manifest more money. You can learn more about driftwood here.

Don't let the smoke cloud you eyes. Look for driftwood instead. If you need help holding you vision, find a positive thought buddy or consider a coach. Crystal Nuding is a consciousness coach who is great at soothing people and helping them hold their vision. Janette Dalglish is a Law of Attraction coach who provides sweet relief.

I'd love to hear about any smoke or driftwood, you have spotted or any comments. To prove it, I'm giving away one of my Angel Card readings (see service page) to one of my commenters during the month of April. I'll put everyone's name in random.org and choose a winner to be announced here around May 1st. Then I'll email the winner with the details if I have access to their e-mail or you can check back here around the first and e-mail me if you're the winner.

By the way, it might seem like a middle of the night hotel evacuation wouldn't fit with my intention to have a fabulous trip with my family, but if it hadn't happened, I'd have missed: Seeing my husband remain calm and soothe strangers. Seeing my son hugging and comforting his sister. Feeling connected to my family as we stuck together through the craziness. Tasting the free breakfast the hotel comped us, along with 20 % off of our room fees Hearing my son's glee at having survived another one of the "worldest deadliest emergencies.' (We were trapped in an elevator on another beach vacation.)

Meeting some of our neighbors in the hotel and having nice conversations with them

Pretending to be Sweet Brown with my daughter and making up our own version of her famous Youtube video. Sweet Brown now has an agent, got a makeover and is going to be in some movies next year. I love it! Yep, it was a great trip.

How to Fall in Love with your Nose (or anything you hate)

Ok, confession time. I used to hate my nose. Really, really hate my nose. When I was teenager, I would literally try to rip it from my body. Crazy, I know. I wanted a cute, button nose that I thought all the cheerleaders had. I did not want a longish, nose with a slight bump on it. It didn't help when I heard one of the senior boys in high school saying that I looked like Barry Manilow in drag. The nickname "Barry" caused me a lot of pain. I planned for the day when I finished college and I could save my money and get a nose job.

Once, I was old enough to "buy" a new nose if I so chose, I was dating someone who liked me the way I was. I was, also, afraid of my families reaction should I get rid of the nose that their genetics had gifted me with. So, I ignored it and went on with my life. Still hating my nose, but not really focusing on it.

Several years later, when I realized how important self-love was, I decided I needed to love all of myself and began to think about my nose again. How could I learn to love it? It didn't happen overnight, but it did happen. Now I wouldn't change my nose for anything. I love it and how it is uniquely mine. Here are the steps it took for me:

Get neutral. It's hard to go straight from hate to love. So practice just being as ok with your nose (or thighs, etc.) as you can. You don't have to love it, but don't curse it either.

Increase love for other aspects of yourself. I still could not look at my nose and love it, so I chose to continue to mostly ignore my nose, but focus love on my blue eyes which I have always liked. I would look into my eyes for a few moments every time I looked in a mirror and appreciate them.

Look at your nose (or ears, etc.) though someone else's eyes. I imagined that my parents must think my nose was just fine and my husband, since he married me with the nose I have. I think all of my children have beautiful, perfect noses for their faces, so I decided to look at my nose as I thought my parents or my love would. I have to admit, I believed my parents and my husband probably loved me in spite of my nose, so I chose to look at my nose through God's eyes, as for me that was the only entity that could truly love my nose. You could, also, look at yourself as you would your child or any child you love.

Love something about your nose (or toes). By now, I didn't hate my nose anymore and I could think somewhat positively about it. I noticed that it seemed to have almost a heart shape on the end of it and I



could smile and enjoy how it looked. I began to focus on the end of it and not the bump. There has to be something you can appreciate about the thing you hate. Maybe your ears make you look like a Vulcan or you gained strength from being teased out your feet. Find that at least one good aspect.

Flow the love. Over time, I was finally able to flow love to my nose and look at my whole face and be happy with what I saw. The funny thing was after I started feeling better about my nose, other people did, too. My daughter was looking at a sketch of me and she said " You should be angry at the man who drew this. Your nose is way cuter than he sketched it." In the past, children had always told me I had a big nose, but now people were complimenting my nose. It was the same nose, the only thing that changed were my feelings about it.

One last thing, don't worry that loving yourself as you are will keep you from changing. It's much easier to lose cellulite or extra body fat, if you are not resisting it. Even if you decide you want to change something, you will likely have better results with dieting or plastic surgery, if you get ok with "what is" first and maybe you won't want to change anymore. Either way is ok.

One more confession, (this might be more information than you want to know, sorry.) I had flap of skin that hung over my c-section scar, that my doctor called "twin skin." I didn't hate it, but it caused some issues and I decided to visualize finding a fabulous doctor who would remove it easily without any issues. That's what happened and I love the results. I wonder if I had hated or resisted my body as it was, if I would have such a good experience.

My two cents: love yourself first and then do what feels right. Or you could follow Jeanette Maw's suggestion to "love that about me." She, also, has a great self love e-book. Or stop by the Daily Goddess and read how Luzia Light shares that the only resolution worth keeping is to love yourself more.

I'd love to hear any tips you have for loving all of yourself or any comments you may have.

Love is a Thousand Times Stronger than Hate

We are blessed to live in a world where more people love and help than hurt. Nobody wants to see a tragedy, but our society continually meets disaster with large out pourings of love and kindness everytime. No matter what happens, the love that reponds to it is always a thousand times stronger than the hate that started it. It makes me proud to be a citizen of planet Earth at this moment in time.



If you want to raise your spirits about what happened in Boston, check out the good news stories going on behind the scenes on Pam Grout's post [There is No Wisdom that Could Ever Trump Kindness](#).

If you want to send extra prayers and love to Boston, you can join in Leia Love's [Invocation for the Boston Massacre](#) or join Luzia Light in sending [Pink Light and Love](#).

Let us all remember to pour out our love on each other every day and not miss the little hurts that could use of attention and positive thoughts as well.

I'm beyond excited to have a guest post over on Jeannette Maw's [Good Vibe Blog](#) about how to let go and manifest 100,000 fold more. It's my favorite blog of all time, so stop by there and see my there.

Magic Manifesting Formula 1– Set It and Forget It

First the bad news, there is no magical manifesting formula. Now, the good news, we don't need one. We need a "feeling" formula. All you need to do is match the vibration of what you want by feeling now the way you will feel once you have what you desire to manifest. There are some easy formulas that we can use to line up our feelings. Once we are feeling good, results come so fast it feels like magic.

Over the next few weeks, I'm going to share many different formulas that I have had success with. Some techniques work better for certain people and in certain circumstances. A technique that has worked wonders for me is one I like to call set it and forget it. It has only two simple steps.



Make an intention. You can make a formal intention and write it down or speak it out loud but even just a passing thought can be an intention. I tend to get very powerful results from random "what if" thoughts that just flutter through my brain.

Do something fun. Go do something you love to do and forget about the intention. Some things I like to do are spend time with my family, read a book, or go out to eat. The trick is to really forget about the intention and just be in the moment. If you keep thinking that you are having fun to make something happen, it won't work. Have fun for the sake of enjoying life and feeling good.

Results:

This is just a short list of results I've had from using this simple formula:

I manifested a LOT of white feathers, using an experiment from Pam Grout's book E-Squared. Then, after thinking "some day when" I better at blogging, I'd like to have a guest post on the Good Vibe blog, I told this story to Jeannette Maw and she said I needed to write it and share it. This was on a Friday. I spend the weekend roller skating and grilling with my family and having a great time. On Monday, I quickly typed up the story and BAM! there it was on the Good Vibe Blog.

Several bloggers and coaches seem to do quite a few radio interviews. I'm not a big fan of public speaking, but I wondered what that would be like. I didn't intend to be interviewed. I wasn't even sure I would want to do it. A few days later, Pam Grout invited me to tell the "white feather" story on the

Design Your Life radio show with her. I would only have to speak for few minutes, but I would get the experience of being on a radio show. Of course, I was on board to give it a try.

3. I had a great time on the show, but the radio host, Kevin Kitrell Ross, asked Pam if she chose white feathers because it was something people were likely to see. Well, I don't normally see them, and Pam hadn't mentioned white feathers in her book. I had chosen white feathers because I had manifested white feathers years ago, when I had read Richard Bach's book Illusions. Pam's book mentions purple feathers and the thought "What would have happened if I had chosen purple feathers?" popped in my mind for a brief moment. I went out on a date night that evening with my husband and had a wonderful time. We went to a new restaurant that was incredible. Their wait staff was attentive and lively and the food...let me just say, the rolls were swimming in butter and fresh garlic. Yummy!

The next morning I woke up walked out of my bedroom into the kitchen and stepped on a purple feather. It stuck to my foot. I didn't think about it at first. I peeled it off and I made some oatmeal. I sat down to eat and there was...a purple feather sitting on the dining table. Then my daughter came up and said "Hey, Mom, look what the babysitter gave me." and she is carrying the purple feathered bird you see at the top of this post. Apparently, it sheds a bit and there were purple feathers in lots of random locations in my house. A moment later, my son said "Look our teacher is in the newspaper" and points to a picture of the cast of Rapunzel and one of the women in the picture is wearing a hat with a purple feather in it. I didn't even intend to see purple feathers! I just wondered and then went off and enjoyed my life.

4. This past weekend, we went to a park and met our extended family for my father-in law's birthday. Our children were playing and we were enjoying ourselves. We noticed a couple of young ladies set up their blankets and equipment in the park. They had stacks of brightly colored hula hoops and fire batons. My 10-year-old niece has won several talent shows doing hula hoop routines. She is quite talented and loves creating her own hula hoop shows. Her mother walked her over to the woman and began talking with them. It turned out, one woman is a profession hula hoop performer and teaches hula hoop classes. She spent at least thirty minutes teaching my niece a new trick and my sister-in-law acquired her business card to check into classes. My sister-in-law told me that my niece had learned everything they could figure out on their own and she had wished she could find a way to teach her something new. She made a simple wish and she's not a law of attraction practitioner, but Voila, her daughter got a free lesson a from a professional hula hoop performer.

Four fun stories, in just a few weeks time, of setting it and forgetting it.

Magical Manifesting Formula 2-Be of Service

We all have obligations and tasks we do to be of service to others. What makes these tasks magical is how you feel about them. When my life gets stagnant and things just don't seem to be progressing, I have learned that I need to stop and look at my focus. If I'm only thinking about myself, eventually everything stops. Maybe I believe that I need to be of service to others and it's my belief that "kinks" my vibe if I'm not helping, but giving to others makes me feel good and causes me to manifest goodies, too. This belief that serves me and I don't want to change it.

I know Abraham-Hicks says we need to be "selfish" and follow our own desires and I agree to a certain extent. I almost feel like being of service is selfish. I choose to do it in a way that makes me feel good and that makes magic happen in my life.

I'm not talking about being of service to "earn" our desires. The service I'm referring to is a path to joy and joy puts us in alignment with our true selves and good outcomes are guaranteed. It doesn't matter how other people feel about of service. Who cares if they appreciate it. We are getting happy and that's where the magic is.



Here's my formula to unstop the pipes:

Be of service in a way that brings me joy. That's it. One simple action that makes all the difference. That's all you need to do. Just enjoy giving to others and you will receive back. Don't do it if doesn't light you up. Find a way to be a service that makes you happy. The trick is to do it for the joy of giving, then be open for the universe to respond in kind.

Here are some results:

I spent a day volunteering at my children's school carnival. I decided I was going to be as giving and as focused on being fully present to helping as I could all day. At the end of the day, I was filled with bliss. My kids and I had a blast at the carnival and my vibration was soaring from spending the day giving. When I arrived home, I had two phone messages. The first letting me know I'd won the family fun pack with over \$500.00 worth of tickets, gifts cards, etc. The second informed me that my daughter had won an iPod for selling raffle tickets. I had totally forgotten about the raffle. I wasn't intending to win. I just bought the tickets to be of service to the school.

I decided to give 29 gifts following the advice on 29gifts.org, but instead of spreading it out over 29 days, I did it all in a couple of days. I sent random care packages, cards and letters. I left anonymous gifts on my neighbor's doorsteps. I had so much fun doing all this and not giving a hoot if anyone responded or knew. It was fun to send most of the gifts secretly. The next month, our heating and cooling business doubled and we were able to easily buy and office and move the business out of our house. Cami Walker, the founder of 29 gifts, has some remarkable stories to tell as well and you can read people's giving journals on the site.

I have so much fun on social media. When I'm on twitter I look for people whose spirits I can raise or who I can retweet or who I can like or comment to on Facebook. I meet the nicest people online and never seem to have any issues. I do the same thing when I go to the store. I like to smile and send love to the shoppers at Wal-mart while I'm shopping. You won't believe the check-out clerks I get there. I have met some of the sweetest people, who are so kind and uplifting. Yes, I did say Wal-mart. This also works well for car trips.

I love the blog the Pollyanna Plan. She is spending a year focusing on the good in her life and raising money for Save the Children. I love this story about how her health insurance covered her medical tests that normally they wouldn't. I'm sorry I couldn't find your name on your blog, but I love your plan to improve your health. :)

I didn't get to post this on Friday as planned, due to some technical glitches and my daughter's community service day at another school carnival. Then, we headed out for my grandfather's 91st birthday party 8 hours away, so I've had a fruitful and love filled couple of days with not much computer time. It's good thing I believe I always have perfect timing.

What do you think? Do you find that you receive back when you give to others? I'd love to hear your thoughts.

Magical Manifesting Formulas 3-Mantras

According to Wikipedia, a mantra is "a sound, syllable, word, or group of words that is considered capable of creating transformation." I call any phrase that I repeat over and over a mantra. I use mantras most when I'm experiencing feelings I don't want and I've gotten too tangled up in them to just feel them and let them go.



Here's my formula:

Pick a mantra that resonates with you. Be it a Hindu or Tibetan mantra, a bible verse, chanting om, or just a simple affirmation in your own language.

Repeat as often as you can. You can use it while meditating, and I sometimes do, but if I really want to focus on a mantra, I repeat it in my mind as often as I can. I'll say it while driving, while cleaning, while doing any task that doesn't require mind power.

Bring your mind gently back when it wanders. You might need a reminder, a sticky note with the mantra on it, a rubber band around your wrist, or a chime on your phone. If you notice you are feeling bad, drop the thoughts that bring on those feelings and go back to the mantra.

Do it until it doesn't feel good anymore. I rarely use mantras anymore, because I'm happy most of the time and I have trained myself to focus on what is good. Once your mood lifts or the situation shifts, you can drop the mantra, unless it still feels good to you.

Here are some results:

1. There is no fear, there is only love. This is an old affirmation from Myrtle Filmore, the co-founder of the Unity church. I'm not a fan of public speaking and used to get very nervous. If I used this Mantra a day or two before having to speak, I was able to get through it with out shaking and sometimes even enjoy it.

2. I really love the cash flow. This one came from Abraham-Hicks. I heard them use it with a business owner on one of their recordings. It worked wonders for me when I didn't know how I was going to pay our bills. I seemed that repeating this kept me from worrying about it enough to let the money flow again and we were able to pay our bills on time.

All is well. I used this one along with the Unity Prayer for Protection to get through a period of time when I would wake up at night having panic attacks.

That was easy. I just started using this one a day or two ago when I became worried that we wouldn't find a technician for our heating and cooling company and keep up with our customer's needs. I started it yesterday, and we have two qualified applicants coming to interview today after almost a month of looking.

Deva Pernal and Miten perform some of the most beautiful mantras. I'd love to hear your experience with mantras or any comments you have.

I just remembered Catherine Ponder's books. They are full of affirmations. One of my favorites from her is "There is gold dust in the air for me."

What the *#%@?

We are good little positive thinkers and we know how to create our desires. We rave about what's going right and we focus on where we want to go. So what if we wake up one day and everything sucks?

Chemicalization is a crazy term that describes the situation that can occur when someone first starts engaging in positive thought processes and things get worse before they get better or the person might even



get physically ill. The sudden change in a person's vibration could be a cause. For the most part, chemicalization has gone the way of air sickness. Remember, when many people threw up on planes because that thought they should? Now that rarely happens to anyone. I think chemicalization is the same. We've learned to change ourselves without getting sick or creating chaos in our lives. Usually.

So why am I posting about it? I recently experienced a rough few days that I was not expecting. My life has been fun and I've been focusing on what I want. I've been having some fabulous experiences while meditating lately and I'd increased my meditation time to connect with these new energies more. Everything was going really well.

Then, I felt horrible, physically ill and mentally out of whack. I was crying for no reason and extremely nauseous. My body hurt. Luckily, I was able to stop and rest and my daughter cared for her siblings so I could take a bath and go to bed early. I honestly think I sped my vibration up too quickly and it overwhelmed me. I created that experience but I can create lots of new stories about it. I can decide that I handle quick changes in vibration with no ill effects or I can decide to slow down how quickly my vibration rises.

Sometimes, we just need to let go of old emotions we've held in our bodies that don't serve us anymore and they come up and out, as we grow. The good news is once their gone you'll feel fabulous, but if you are experiencing chemicalization, here's what you need to do:

1. Let it be. As much as you can allow any bad feelings or sickness without resistance, the easier they will be to move through. Don't judge yourself. If you need to sit and cry or take a nap, do it. Sometimes, in the moment, there's nothing to do but be where you are that makes you feel good.
2. Relax. When you feel a little better, take Crystal Nuding's advice and go fly a kite or draw or watch a funny movie. Do anything

3. Don't give up or push yourself. Be gentle with yourself. You wouldn't try to lift a 200 pound weight your first time to the gym, so don't expect to have perfectly positive thoughts if you are new to law of attraction. Even if you've been doing it for years, new processes can cause us to get out of alignment. It's not a failure. Abraham-Hicks says you don't need to be perfect to make change. I've always felt positive thought are stronger than negative ones, so it takes less of them to make a change.

4. See it as progress. You are powerful creator and you just stirred up some energy. As Marilyn Monroe once said, "Sometimes good things fall apart so better things can fall together."

For more inspiration, check our Jeannette Maw's how to come out of a spin post.

I'd love to hear your techniques for dealing with chemicalization or any comments.

Manifesting Playlist

This video came my way yesterday via Mike Dooley's Facebook page and it was too good not to share. I warn you, If you haven't listened to their music, some of it is quite explicit, but there's none of that in this video. It's just about how they use law of attraction to live their dreams. By the way livesif, the YouTube channel where this clip is located, has a lot of great law of attraction videos.

LMFOA is not what most would consider spiritual music, but I have many of their songs and other-songs from many genres that I use to raise my vibration and feel good. I'm decided to share of few of my favorite songs that always make me smile or shift my mood in an instant. Some are soothing and some are energizing. Here's a few from my energizing playlist: (they are all on iTunes and probably lots of other places too)

You Do by Douglas Kittle (a high school classmate of mine. It always raises my spirits to hear someone I know living their dreams and he has a beautiful voice)

Yes by LMFAO (explicit but any song that's chorus is "Everyday I live My Dreams" gets a thumbs up from me)

Coastin' by Zion I. and K. Flay

Girl on Fire by Alicia Keys

I'm on a Roll by Stefano

Born This Way by Lady GAGA

Defying Gravity from the Wicked soundtrack and there's a cool Glee version Don't Stop Believin by Journey

Dream On by Aerosmith

Feel this moment by Pitbull, featuring Christina Aguilera

It's a Great Day to be Alive by Travis Tritt

No Such Thing by John Mayer



Undefeated By Jason Derulo

For soothing:

I Believe I Can Fly by R. Kelly

Om Namoh Bhagavate By Deva Primal

Bad Day by Daniel Powter

Anything by Sri Ganapati Sachchidananda Swamiji, especially his healing music

Mozart's Magic Flute

And this piece by Bach was recommended by Bashar to help let go of baggage

Your turn! What music lights you and raises your vibrations or soothes you when you need it? Please share!

Couldn't you just...

Couldn't you just...

How to do we make decisions? A lot of controversy has been stirred up around Angelina Jolie's decision to have a preventative double mastectomy. Some say she is courageous and others think she is making fear-based decisions. Abraham-Hicks say it doesn't matter what we do, but how we feel about it. That's why the same actions have different results for different people. I think only Angelina knows if her decision is right for her by how she feels about it deep down.

I've been criticized for making a different choice about my health. I have chosen, for now, not to get mammograms. I turned forty a few years back and my doctor advised me that it was time. I researched it and I chose to do what felt best for my health, which was to employ a variety of natural cancer preventative measures and to have bi-annual breast thermograms. My doctor vehemently disagreed and told me that I might be able to get away with that choice for a few years but she didn't know how long "they" would let me not get mammograms. Wow! I chose to get a new doctor.

I share this not to be critical of anyone's choices, but to say that maybe we can all make the correct choice for ourselves, even when our choices are different. For some women I'm certain mammograms are the right choice, just as I am certain that right now for me they are not. I believe the more secure we feel in the decisions we make for ourselves the less likely we are to have anyone question them. If we don't resist other opinions, they probably won't continue to share them with us. However, I've had well-meaning people ask me "Couldn't you just get a mammogram, what's the big deal?"

Hello! The big deal is being authentic and following my feel good, not anyone else's. When someone asks me "couldn't you", they are usually asking me to do what everyone else is doing, even though it doesn't feel right to me.

Examples in my life are:

Couldn't you just get a real job?

Couldn't you cut your hair?

Couldn't you just put your baby in day care?

Couldn't you dress more conservatively?



Couldn't you just have your baby in the hospital like everyone else?

Couldn't you give you babies a little formula?

Couldn't your kids just go to their neighborhood school?

You might have the exact opposite questions asked of you, for example: Couldn't you quit working and take care of your kids? Maybe people asked Angelina why couldn't she just get checked every three months. Everybody will make different decisions about what is right for them. Then, we need to stick by what feels right for us and let other people's questioning go. I used to get upset by these "couldn't you" questions but now, I just say "I could, but right now I'm choosing to..."

Jannette Dalglish's 30 day Giving Up Should group has helped me to really focus on the decisions I'm making and if I'm making choices based on what I should do or what I really want to do. I invite you to check in with your higher self when you make big and small decisions. There are no wrong choices, but the ones that are in alignment with our true selves are more fun. Jeannette Maw is activationing Peace with Not Knowing which is great way to feel better about our decisions.

How do you check in to make important decisions and how do you handle criticism of your choices? I'd love to hear from you.

4 Magical Reasons to Love Your Brain

In law of attraction and positive thought circles, brains often get a bad rap. It's the "monkey mind" that we want to quiet. It's good for keeping us safe and helping us remember to pay our bills, but not so much for helping us achieve inner peace and joy. I recently found that our brains are a powerful force for manifesting. I meditate daily and I usually start by sending love to each part of my body, never realizing I'd been leaving my brain out of the equation. I sent love from my head to my toes but I never focused on my brain. Then, I had an experience during meditation that was the most intense, love-filled moments of my life. Really. And it originated in my brain. I could feel all these lovely sensations coming from the one part of me that I had been ignoring. I had treated my brain as a computer that processed information for me, but didn't give it credit for much else. I decided it was time to investigate and learn a little more about our brains and why my most neglected body part would shower me with love. I found some good reason to send your brain love.



It feels good. When we focus on love we feel good anyway, but our brains seem to really appreciate finally getting some care and they respond with sending us lots of good feeling emotions. You might not have the same experience that I did, but according to Neil Slade anyone can experience clicking their amygdala, two glands located behind on frontal lobes. Also, the pineal gland and frontal lobes are considered to be sites in the brain that activate in enlightened people, which Pam Grout tell us is just another word for being in alignment.

We learn faster. The video below shows how using the brain to imagine performing actions can improve our skills faster than just practicing the skill. The Russians found that gymnasts who visualized 75 % of the time and practiced 25 % improved faster than those who practiced 100 % or even practiced 75 % and visualized 25 %. Visualization and mental training trumps hard physical training every time.

We manifest faster. Anything that creates feelings of happiness and gets us in our vortex, will make us manifest faster. I've had several instances happen this week. I needed a mortar and pestle for some tinctures I wanted to make, but I didn't want to order one online because I wanted to see the size and check it out first. I forgot about it and the next day I went to Costco, of all places, and they had the perfect stone motor and pestle. I've never seen them there before and it was only fourteen dollars. Score! Neil

Slade calls it Brain Radar that allows him to easily find things he needs when his frontal lobes are activated.

We could experience ESP. Many people at the brain in experiences ESP without trying. TD Lingo, a brain researcher, found that he and the people who came to his retreat to focus on mediation and brain research experienced spontaneous extra sensory perception, even though this was not their goal.

I've just skimmed the surface here, there is so much more out there about our fascinating brains. Take it from me, just spend a few minutes a day, thanking your brain and sending loving thoughts its way and you will receive great dividends.

I'd love to hear your comments and any experiences you've had using your "brain power."

3 Ways to Be There for Others Without Keeping Them Stuck

Shower the people you love with love. –James Taylor

What do we do when the people we love have their lives crashing down around them? Our first reaction to sympathize and worry about them, but it's the wrong thing to do. What you need to do is LOVE them. We are deliberate creators and what do we create when we worry about people? More reasons to worry.



I tend not to share a lot of negative information about myself. Why? Because if I'm sick, I don't want others visualizing me as sick and adding to that energy. While our own vibration is what matters most in our lives, we live in a collective vibration and we can affect each others vibrations to a certain degree. The more positive your vibration is the stronger it is. Abraham-Hicks says "Someone who takes the time to understand their relationship with source, who actively seeks alignment with their broader perspective, who deliberately seeks and finds alignment with who-they-really-are, is more charismatic, more attractive, more effective, and more powerful than a group of millions who have not achieved this alignment. " Obviously, we can help other's more by staying happy and being in alignment than by worrying.

Abraham, also, says:

You cannot get sick enough to help sick people get better. You cannot get poor enough to help poor people thrive. It is only in your thriving that you have anything to offer anyone. If you're wanting to be of an advantage to others, be as tapped in, turned in, turned on as you can possibly be. — Abraham

So when a friend is diagnosed with cancer, announces they are getting divorced, or experiences some other life trauma, how can we best respond?

Be There. Give them a hug if you can. Listen to them, but don't keep them stuck in the story of what's wrong. Steer them towards looking for solutions. Not to say it's not ok for them to feel their feelings. It is important to feel the feelings, but don't let them keep telling the story of what they don't want, over and over.

Shower them with love. I pray for people by showering them with love. I imagine them healthy, happy, and whole and showered by the grace of God (You can visualize the Universe or Higher Self or whatever

you prefer.) I don't ask for them to be healed, I see them healed and give thanks. What we believe we receive, so why shouldn't we believe in and for each other? Positive thought is the best gift you can give.

3. Take action. Sometimes just being there and thinking positive thoughts for them is enough, but if they need money or some homemade soup or anything you can do to help and it feels right do it. Some of the answers to their desires might come from you.

A lot of people in my life are struggling right now and I catch myself thinking I'm not feeling bad enough for them, but then I remember, feeling bad does nothing to improve things and I shift to seeing solutions for them and just keep showering the love onto them. "Don't Worry, Be Happy" goes for our thoughts about others, too.

4 Magical Reasons to Love Your Body

A few weeks ago I posted 4 Magical Reasons to Love your Brain, and since I don't want to leave out the rest of our body, I decided to share some reasons why loving our bodies creates magic.

It makes you more attractive. If you love your body, you carry yourself differently. You walk and move differently. People can sense it and no matter what you look like, you become more attractive to other

people. When someone loves who they are, I've noticed that they have a glow about them that makes them beautiful even if they aren't good-looking in the classic way.

It helps you heal. The power of love is healing. You don't have to be a Reiki Master or any other type of healer. Just sending loving thoughts to your body can heal it. Carol Hanson, the creator of Lighten-Up, healed her body and lost weight just by loving her body every day. She said she had cursed her bad arm for years and all it needed was love. Your body needs to feel loved just like you do.

3. It makes it easy to lose weight. When you love your body as it is, you release resistance and losing weight becomes almost effortless. Lots of people who did this experiment in Pam Grout's book E-squared found that they lost weight without consciously changing anything except their thoughts.

4. Our body and the cells it's made from are intelligent. Our thoughts send signals to our cells and they respond to what we are feeling. Science has proven that each cell is intelligent and responds to our thoughts. Our cells have to operate on a higher level when we send them love than when we send them hate or disgust.

Take the time and effort to give your body the love it deserves. Thank it for being your vessel in this lifetime. I rave that my body has done so well overlooking many negative thoughts I've had in the past and yet it remains healthy. If you are experiencing illness, don't take it out on your body or judge it as a failure. Just keep sending your body love and focusing on telling a new story of how you feel a little bit better everyday. Tell your cells that you have faith in them, that they know how to help you heal. Work together with your body.



Why I Love Spammers

Lots of bloggers curse the spammers, but where does that get us? What we resist persists. I've gotten a LOT of spam lately, as in ongoing spam comments every 3 minutes for at least a week. Lots of spam to clean out of my comments folder. So what's a girl to do? Create a list of positive aspects of spam AKA the Why I Love Spammers list.

Here goes:

It means that my site is getting more well known. I never used to get any spam, so if the spammers can find me, other people can, too.

Lots of spam comments is driftwood for lots of real, interactive comments. It's a sign that I'm getting closer to what I want.

Spammers push me to learn more about how to prevent them and I love learning new things.

Spammers are persistent and apparently, creative in what they do. A reformed spammer could be an internet force to be reckoned with.

The spam has given me the push to hire someone to help me manage the things I don't know how to do on this site, like SEO and getting my spam filter to work.

It's fun to see a long list of e-mails in my inbox telling me I have comments awaiting moderation.

Since spammers are always telling me where to find online casinos and wanting to send me money from a foreign lottery, I must be really close to manifesting a large chunk of change.

If the spammers actually read my blog, they might get happy and stop spamming.

Spammer's help me remember that I create my own reality and I can experience it any way I decide and I'll have fun figuring out how to deal with them.

The spammer's gave me a great idea for a fun blog post and apparently, I qualify for a free casino bonus. So there!

If you got any more reason's to love spammers or other "unlovables" such as telemarketers, I'd love to hear them.



How to Fine-Tune Your Magic

We are deliberate creators. We decide what we want and we get it, but what if what we get wasn't quite what we asked for? We want a thousand dollars, but we get a hundred. We want a lead role, but we get cast in the chorus. A reader recently asked how we can fine-tune our magic.

Here are the steps I follow to fine-tune my manifesting skills:

Give thanks. The universe likes to know that we appreciate what we have been given. Rave about your creations. It always leads to more to be grateful for.

Celebrate. Getting close to what you want is something to be celebrated; it means you are making progress. Pop open the bubbly and toast yourself for being a skilled manifester. Do whatever will signal that you have achieved a goal.

Redefine. Go back to your original goal make sure you really want it. Ask yourself if there are any reasons that you be sabotaging yourself with counter-intentions. Sometimes we want money, but we are afraid of what people will think of us if we have it or we want a job, but we are afraid we can't handle it.

Re-activate. Do a manifesting technique that makes you feel good. Visualize. Write out the story. Tell it to manifesting partner. Do EFT. Send Reiki. Pray. Meditate. Anything will work as long as it activates the feeling of having what you want.

Be open. The universe may have something even better in store for us, so don't lock it out by insisting that your manifestation has to come in a certain form. The money you want doesn't have to come from a job. Maybe it could be a gift, bonus, or some other avenue that you can't even imagine.

Let Go. That's right, you did your part. Now, go play. Have fun and don't even worry about it.



Are you cutting you manifesting in half?

How much are we letting in? When we want things do we hold them at bay just by ignoring the resources that we have? Or do we selectively do what feels right to us? Do we cut our manifesting in half by not using what we have already manifested to create more?

I recently noticed that every time I needed to write a note or a list, I took a piece of 8 1/2 by 11 copy paper and cut or folded it in half. I guess that smaller size is just more comfortable to me. However, I was left with half as much paper than what was available to me. It made me wonder, am I cutting in half my resources in other areas as well? Am I more comfortable staying small in other areas of my life too? Am I using all that I have been given? Do I ask my friends, family, and mentors for help? Do I use the physical resources around me? What about the manifesting tools that I have? Do I take time to meditate or create an appreciation list? Do I seek out inspiration on the web and in books? Do I spend my money freely on the things I need and want?

How about you? How much of what the universe has provided do you take advantage of? Do you notice all the blessings that the Universe is trying to hand you? Do you give yourself credit for what you have created?

In truth, we all have way more resources than we can every use. This is a bountiful universe and sometimes it does benefit us to focus on what feels good and leave some resources untapped to avoid overwhelm. I would just invite you to be aware how you are choosing to use the resources that you have created in your life. You attracted them already, so take advantage of what you have lined in your life through your vibration.

As for me, I bought a couple pretty notebooks to write my notes on that are the perfect size, so I don't have to fold them in half and the paper is colorful, so I smile when I use them. I'm, also, taking a look at the other places areas where I might be cutting my manifesting in half and I'm starting to use the "full sheet of paper."

Do You Have an Emergency LOA Back-Up Plan?

Sometimes we all freak out. Things aren't going right and we wonder does all this "positive thought stuff" really work? If so, why are situations spinning out of control?

That's when we need our Emergency LOA Back-Up Plan. Mine is a tattered piece of paper, with a few paragraphs on it. I carry it in my wallet. When I get stuck in a whirlwind of emotions, I find a quiet place and pull it out. It always works to change my emotions. That's my story and it serves me well. I'll share what's on that sheet of paper, but first I want to let you know the words aren't magical. My belief in them is the magic.

Here's my Emergency LOA Back-Up Plan:

Feelings are just an indicator of vibration. If I feel bad, it just means I'm thinking something that doesn't match-up with my true self. I can change my thoughts to raise my vibration and feel better.

Feel now how you will feel "then" and then do what you are inspired to do I am creating what happens next.

Take the 1st step.

Ok, I warned you. It's not a deep dark secret, but when I read those words, I feel RELIEF. When I even pull out that piece of paper I feel RELIEF.

Your own LOA Emergency Back-Up Plan can be a wonderful tool to soothe you when you need it. Yours might be on a piece of paper like mine, or it might be a picture, or a crystal, or a voice memo on your phone of you telling yourself what you need to hear. The fun part is if you choose something that lights you up and reminds you that "all is well," it's easy to program it to bring you instant relief. Ahh, yes, all is well.

I'd love to hear about your LOA emergency back-up plans and we could all benefit from hearing how others shift their emotions. To prove it, I'm giving away a Facebook "manifesting plan" to one of my commenters during the month of July. I'll put everyone's name in random.org and choose a winner to be announced here around Aug 1st. Then I'll email the winner with the details if I have access to their e-mail or you can check back here around the first and message me on my Facebook page. Once you tell me what you want to create, I'll create a personal manifesting plan for you and we'll make sure it feels good to you.



Remember: There really are no LOA emergencies. We can shift situations, or how we feel about them, in a heartbeat.

Six Degrees of Connection & How to Work Them

There used to be popular saying that we are all no more than six degrees of separation from anyone else.

There is even a game based on this notion called the Oracle of Bacon, which shows the degrees of separation of any actor from Kevin Bacon.

Well, separation is not really my bag. People who followed this route were usually focused on "how can I get to Oprah, or some other powerful person, so she/he can help me out."



I'm a connection kind of girl and I have met so many wonderful people through others. It is just one mutually beneficial, link-building blast. I love tracing the trail of how I met some people from a chain of six or more different online connections. Connection is about reaching out to others and making everyone's world better in the process. I play the six degrees of connection, instead of the six degrees of separation. The universe often uses other people to help us manifest, so the more people we connect with, the more doors the universe has to work through.

Here are Four Ways to Leverage the Power of Connection:

Reach out: When I started this blog, I had a desire to help people and showcase the work of others who line up with my beliefs. I still do. I saw people on various social media that I found intriguing, so I decided to ask them to participate on my blog. I was so nervous to ask the first person to do an interview on my blog, but it felt right. In doing this, I made connections that led to more connections. I'll share a little secret, don't be afraid to ask. I've never had anyone say no, they didn't want to be on my blog, but if they did, I'd just go on to the next person. I can still make a connection. Ask people if you can help them or serve them.

Ask your connections: Ask the people you are already connected with who their favorite people are and why and would they introduce you or if they are online, point you to their website or Facebook page.

Stalk them: Not really, but almost every blog online has a blog roll or they link other pages in their posts. You can, also, see who follows certain people on twitter, connects on linked-in, etc. Go check those people out. They may have just what you need or you may have just what they are looking for. In real life, this might not work so well, but if you hang out with a person, you're bound to meet their other friends as

well. Reach out to them. Get to know them to. Also, go to places the people you want to meet hang out, but don't worry if you don't meet them. You can end up connecting most unexpected, synchronistic ways.

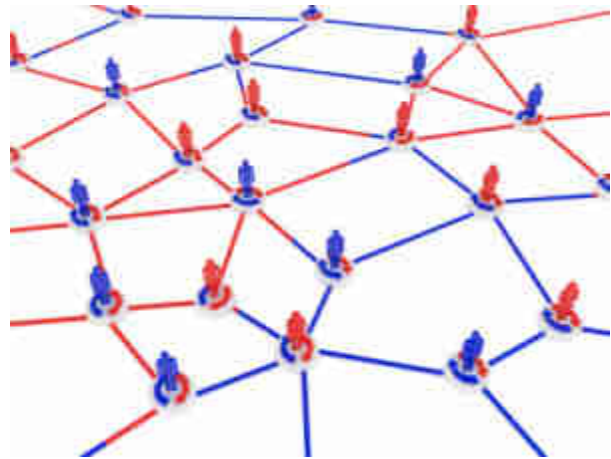
Let the universe do the heavy lifting: Set an intention to connect with a certain type of person or to make strong connections and let the universe lead you there. Your part is to take action by going places that feel right, following people who resonate with you online, and reaching out when you can. Let the universe work its magic. My cousin, who is a writer too, wanted to meet someone to give him career guidance. It turns out one of his favorite patients, in his day job, is a published author and is friends with a very famous author. She invited him to come to lunch with them. I believe this happened, not just because he set that intention, but because he truly liked this woman and connected with her before he knew who she was. I found that when I invited writers to share on my blog, they often reciprocated, which was not my intention. Then, out of the blue, a few weeks ago, I received an invitation from Julie Melges-Brenner to be a featured author one week on Kajama (I'm there this week!) through a twitter message. Don't worry about what someone can get you. Focus on creating a connection and let the universe surprise you.

It's so funny to me how I've connected with people who I never would have encountered, without the universe's coordination and the connections with other people. I've been so blessed to connect with so many people through this blog and so many who helped me get to a place where I could create it.

I'd love to hear stories of the surprising connections you've made.

The Magic Combination to Create Rockstar Kids (or Spouses, Employee's etc.)

All parents want their children to succeed and be happy. Sometimes the very fact that we want it so much causes us to derail their success, temporarily. In the long run, our children are in control of their own lives and will make their own decisions regardless of what we do or don't do. Still, we want to give them the best support we can.



As a parent of four children, I've had times when I was delighted because my kids were succeeding like rock stars and other times that felt fear that things weren't going well for them. We all want to be in that first category and have successful children. First, we need to be aware that our idea of success may not be our children's. We may dream for them to break records on the swim team, but they want to play the drums in a band. You can't measure your children's success based on your desires, if they feel successful then they are successful. End of story. It's their life and they get to pick what success means to them. Now as parents we can insist that they do what we want while they're young, but remember, how would you feel if you weren't following your passions, but someone else's? It doesn't work so well.

So, if we are on the same page that children should pick their own desires, then how do we help them follow their dreams? There's a magic combination that will give your child the best support to go out and succeed in the world.

The Magic Combination: Faith + Celebration

Faith: Have faith in your kids. Know that they can feel what is right for them. Know that they have the same inner guidance that you do. When we have faith in our children and we know they are capable, strong and passionate individuals, they can feel it. Our belief in them helps them, so much more than any doubt, worry, or mistrust would. As parents, we can help teach our children to believe in themselves by modeling it, when we believe in ourselves and them.

Celebration: Celebrate with your kids over their dreams and their successes. Just the fact that they are making plans and mapping out their dreams is something to celebrate. They need to know that we think they are fabulous and that we've got their back. They need lots high fives, fist pumps and cheers. Be their biggest fan club. Don't point out where they can improve, but rather focus on the things that they are

already doing right. If you need ideas on how to celebrate, I love this post by Pam Grout about practicing celebrating. Try these exercises with your kids. Your house will be filled with rock stars!

This magic combination, also, works on husbands or wives starting new business or careers, employees taking on new responsibilities, and retired parents. Having faith in someone and celebrating with them gives them a great jumping off place for their own success.

I'd love to hear how you support your children and other's in your life as they reach out to follow their dreams.

Develop Freaky Twilight Vampire Powers

Ever wish you could develop freaky Twilight Vampire Powers? Without the need to live off of blood, of course. Traditional vampires don't really have cool powers like the one's in Stephanie Meyer's books, but the ones in her books are different and some have unique abilities. Some people like her stories, some hate them and some don't care, but they inspired me recently to play with creating some powers of my own and you can do it, too.

I spent a good deal of time in airports, during layovers, while traveling recently and airports can be high stress environments. Lots of people trying to get lots of places and planes don't always arrive on schedule. While I was sitting at a gate waiting on my flight, an irate passenger was yelling at airline employee and I wondered if I could send some calmness to this situation. I focused on calming my own vibration and sending it out to the situation. Within moments the man lowered his voice and seemed to relax his stance. The encounter ended calmly and it appeared that the problem was solved. My first thought was "Oh, I'm just like Jasper from Twilight! I can help people be calm." Of course, I have no data to prove that my vibration really made the change, but I believe it helped.



I looked over some of the other characters to see if there were other vampire powers that would benefit us in creating our lives I noticed that the "bad" characters mostly had more negative powers that we probably wouldn't want, but there a lot of skills that a deliberate creator might want to develop. This wiki character ability list had some that I thought would be particularly fun.

Freaky Twilight Character Powers You Can Develop:

Pathoknesis: (Jasper)-The power to feel other's emotions and manipulate them. He used it to calm people's anxiety and we can all to that just by keeping our own calm. People and animals can feel our emotions and when we focus on keeping our vibration strong and calm, we can help calm other people. You don't even have to try to change other people's feelings, just focus on maintaining your own. Abraham-Hicks states that one person with a high vibration has more power than a lot of people who don't.

Happiness Induction: (Didyme)-She had an aura of happiness around her that caused others around her to be happy, also. I love the name of this one. How fun would it be to have this for a job description? I think we've all had this experience in life. Being around happy, vibrant people makes us feel happy, too. You can use your power to be that for other people when you are feeling happy.

Mental Shield (Bella)-Although I don't believe in the need for protection per se, we can shield our vibration and even the vibration of those close to us by maintaining our focus. When we meditate, journal, say mantras or whatever practice helps us focus on what we want to create, we aren't distracted by the vibrations or emotions or others that are in our space. They just pass by us. I've found that when I focus on filling my home and the places I go with positive thought vibrations, I can affect those close to me as well and help "shield" them

Telepathy (Edward) and Precognition (Alice)-I've had some strange experiences in these realms when I'm mediating, but really it's not my goal. If it happens it can be fun, but we deliberate creators know that we create our own reality so who needs telepathy or precognition, when you have magic manifesting ability. If this is something that lights you up though, you surely can manifest it.

Love (Esme)-According to the book, Esme's strong love of her family was her gift and allowed her to create a family from other vampires. We all have the capacity for great love and it's the strongest, mot-life changing super power there is. You can focus on your heart and visualize it opening or just intend to feel more love in your life. I love that one of the easiest powers is also the strongest.

So, go out and use your powers to expand to joy, love and happiness in the world. I'd love to hear any experiences you've had with realizing your own power in this world.

Is Your Trouble Light On?

When the battery on my alarm system starts to go low, the trouble light comes on. If I ignore it and don't take time to replace the battery, eventually it will start to beep and get louder and louder and then it will stop working all together. As long as I tend to the situation, once the trouble light comes on all is well, but if I wait things will escalate.

Wish you had a built-in trouble light? You do! Your emotions.

Our emotions are wonderful tools. They let us know where we are vibrating. This is valuable information because we manifest what we vibrate, so we want to know where we are. Don't stuff your emotions down or try to ignore them and plaster a smile on your face if you're not really feeling it.

So what do you do? How do you know if your trouble light is on?

Feel your feelings. When you have an emotion that doesn't feel good, stop what you are doing, even if for just a few minutes and sit down and focus on your emotions and how they feel in your body. Sometimes this is enough to shift your vibration. You may get some ideas of stories you are telling that you need to change. You may feel the need to take some inspired actions.

Don't ignore your emotions. They are your guideposts and they deserve to be honored and fully felt.

If you find things are going wrong and you don't know why, take some time to sit with yourself and see if you are trying to cover your emotions. Often we believe that if we feel negative emotions we will get stuck in them, but the opposite is true. Feeling your feelings allows them to rise naturally. If we do watch our "trouble light" feelings and address them, then they won't turn into major drama, health problems, etc. It's so much easier to feel them now when it's just an indicator of where we are heading. We can shift it and focus on what we want to create.



3 Quick & Easy Ways to Manifest Money

I've noticed that I don't post much about money on this site and sometimes I worry that I'll be judged if I do. That's my cue that I need to write a post on money. A lot of spiritual people believe they are not supposed to want money. I know some people do very well without it, but they are people who believe so strongly in their own prosperity that they manifest what they need without money. Either way, we need certain things in the material world and money is the easiest way to get them, or at least that's my story.



I'm not a millionaire, yet, but I've gone from having eating cereal for every meal and having \$40,000 in credit card debt to living a comfortable life with my husband and four kids in wonderful house with a pool, going on vacations, owning rental property and our own business. I've learned a good bit about manifesting money on that journey. Here are three of my favorite easy ways to manifest money:

Let Go Of Guilt: If the thought of having money makes you feel guilty, let that go. We hold money away from us by thinking we don't deserve it or someone else needs it more. When you manifest money you are not taking it away from anyone else and it's a whole lot easy to help others when you have money. Since my husband and I increased our income we've been able to give over 50 people jobs at one time or another. We were able to help our family and friends and donate money to our kids schools and other charities that we believe in. You can do a lot when you have money, too. When we can pay our bills we help keep the economy going. Make a list of all the positive aspects of having money.

Stop Talking Trash About Rich People: This is another biggie. If you think badly of people who have money then how can you attract money? Instead, look at the ways wealthy people help society. Many give to charities, create products and services that help society, and pay a lot of the tax burden. If nothing else, the money they spend boosts the economy and helps create jobs for others. Read some biographies of wealthy people, who have created enormous good on our planet. It's not the only way to create change, but it's a valid way. Warren Buffet enjoys making money and he gives a ton of it away and encourages other wealthy people to do the same. Maybe he's not Mother Teresa, but he uses money to make a positive impact on the world and he's not the only one.

Give Some Away: Giving money away tells the Universe you believe you have more than enough and that signals law of attraction to make it true. I've always found that when I give away money or stuff, my

prosperity gets the flow going again. Setting up regular giving has worked for me, but when I need a boost I give more. You always have something to give. If you truly have no money or possessions, give of yourself. There is more than one reason many churches advocate tithing, it not only supports the church but it increases the wealth of their members who do it. You don't have to be religious to tithe, give to the place that nourishes your spirit or a favorite charity. The biggest rule about tithing or giving away money is you need to feel good about it. If it makes you feel fearful or anxious to give money away, wait until you can feel better about it. Give with a cheerful heart and the universe will give back to you.

Bonus: If you are all tangled up about money and can't get to a good feeling place, say a mantra or affirmation to change your thoughts. Something as simple as "I am rich" or "I am making a more money every day." Make sure it feels good to you. You could try the Buddhist Magic Money Mantra. Just listen or chant along 108 times and see what happens.

There's lots of fun ways to shift your thinking around money. This is just a start.

Bathroom Affirmations

The bathroom is the one place where I do most of my spiritual practice. Maybe it because I hide from my four kids in there. It's great for anyone to incorporate some mediation or affirmation practice there for several reasons. One it's usually a quiet, private space. Two you are going to be there every morning, evening, and several times during the day as well.

I always have affirmations on sticky notes on the mirror to remind me to focus on them in the morning and evening. I usually repeat them or meditate for five minutes or some other spiritual practice whenever I go into the bathroom during the day, even when I'm not at home. It's a great way to remember your spiritual or law of attraction practices and do them regularly (No pun intended ;0)



Here are some of the bathroom affirmations I currently have up on our mirror:



Here are some of the ones my kids and I made for their bathroom mirrors:



One of my other favorite things to do is mediate in the bath. For some reason, connection with water makes me feel closer to the divine. What about you? How do you fit spiritual practices into your daily routine? I

How to Find the Perfect Meditation for You

When most people think of meditation, they think of someone sitting in lotus position chanting "Om." While that certainly is one way to meditate, it's not the only or best way. If classic meditation doesn't appeal to you, that doesn't mean you can't find a way that you enjoy that will give you the same benefits. In fact, the benefits are greater if you find a technique that you enjoy.

One way to choose meditations for yourself is to look at your learning style. If you don't know your learning style, you can read about the different ones and take a test to discover your strongest styles. Here are a few meditation ideas that might appeal to different learning styles.

Auditory/Aural: Guided meditations, chanting, or focusing on music might be good meditations for auditory learners. You can find lots of guided meditations on YouTube.

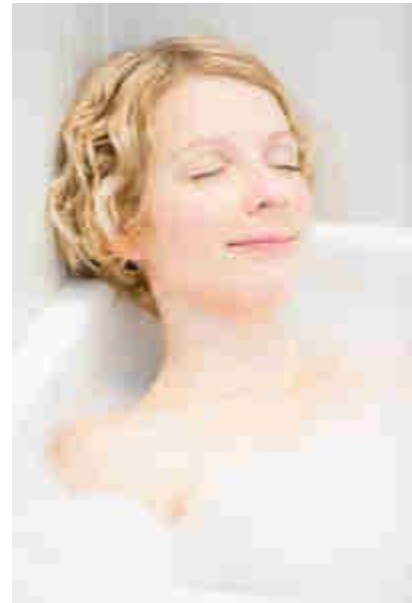
You'll find a nice lovely guided meditation for Joy Holland of Facets of Joy.

Binaural beats can also be fun and found on YouTube. I like to just listen to the Deva Premal or Sri Swamiji's music and try to focus so intently on the sound of the music that all thought stops. This song by Deva Premal immediately puts me in a peaceful place.

Visual: Visual Learners might enjoy focusing on a Mandela or gazing at pictures of Jesus, saints, gurus or whatever picture makes them feel spiritually connected. Another visual meditation technique is to focus on the flame of a burning candle. If you don't have a real candle handy, you can use this YouTube video or other similar videos.

Kinesthetic: Kinesthetic people can make walking their dog or doing dishes into a meditation. The trick is just to focus solely on the activity you are doing and do it slowly and deliberately so it becomes a moving meditation. You can, also, do slow motion Yoga, Kriya yoga or Tia Chi. Even just walking slowly with a heel to toe step and focusing on each step can be a meditation.

Verbal: Writing or orally repeating Mantras or affirmations might be appealing to this type of person. Some Hindus and Buddhists write out Mantra's over and over in sets of 108 and even sometimes work together to collect large numbers of these written mantra's as a form of meditation and service to God. You might want to get a notebook just for writing meditations.



Logical: If you have a very logical mind, you may want to consider trying types of meditation that have scientific research backing them or a prescribed step by step program. Transcendental Meditation or Holosync might appeal to you. There are many other options that are just a google search away.

Meditation is often thought of as a solitary activity, but if you find you enjoy learning and expressing yourself in a social setting, you can find group meditations, yoga classes, etc. in your local area. There is no one perfect meditation that suits everyone, but there are so many options, you are sure to find one or more that you can enjoy. Meditation is one of the processes that has most benefited my spiritual growth and I encourage everyone to consider making it part of their daily lives in a way that suits them best.

Just Because You Attracted Them Doesn't Mean You Have to Do Lunch!

Who are "them"? They are people, who are mean, disrespectful, or just don't jive with what you have going on in your life. Most of us, who study the law of attraction, alchemy, or other spiritual truths have heard the saying "like attracts like" or "they wouldn't be there if you didn't attract them." That's pretty much true, but what do you do if you attracted some bona-fide crazy into your life? Just because you are working on your own spiritual growth doesn't mean you have to be "nice" and let them into your life.



Just Because You Attracted "Them" Doesn't Mean You Have to Do Lunch!

So what should you do?

1. Don't feel bad that you attracted them. That just keeps you focused on the problem and brings more of "them." Just keep focusing on what you want to create. Maybe they are picking up on some old vibrations that are no longer yours or maybe they're here to help you learn to love yourself more. either way it's not a reason to feel negatively towards yourself. It's just a chance to change your story about the kind of people you attract into your life.

Remember, if you are in business or you have a big sphere of influence, there will be some crazies. I've been called the Anti-Christ a few times on my Facebook page, but 99 % of people are positive and kind, so I don't worry. Look at the percentage of crazy, if it's a small number of your customers or followers, don't worry. If it get's to be a problem, look at your story.

2. Set boundaries. If you have a person in you "real life" that treats you poorly, let them know politely but firmly, that you have lots of commitments now on your life and won't have time for them. Bless them, love them, but let them go. You deserve to live a peaceful life.

If they are on you Facebook page or other social media, block & ban and move forward. Don't feel bad. Your social media accounts are your own utopia. You get to decide who stays and who goes. Keep the energy up on the level with your own. You should smile when you open your accounts.

If you are a business owner and they are your customer, fire them. Refer them to another company. You are worthy of piece of mind and it's not worth the money. Focus on customers who enjoy and desire your services.

3. Focus on the type of people you want in your life.

Don't feel guilty or bad. You get to choose who you want in your life. Pick those who lift you up and protect yourself from those, who don't. It really is that simple. It's not mean. Send them light and love, but don't stand back and let them hurt you. Then make a list of the qualities of the people you want to attract for friends, lovers, or customers.

The nice thing is when you work on your own self-love, crazy people don't come into your life very often. When they do, it's just a reminder that it's time to do something nice for yourself. It's possible that when you shift how you treat yourself, their behavior will shift too. Happy people aren't mean so have compassion, but keep those boundaries when you need them.

Law of Attraction Lessons from a Puppy

Our family got a new puppy, Lilly, 4 months ago, and she has quickly become a cherished member of our family. She is a source of love and fun, but she is also a lot of work. As we've learned more about how to care for her, I've learned a lot of Law of Attraction Lessons from a puppy. I love how lessons about the universe works are all around us and puppies are no exception.



Five ways a Puppy is like the Universe:

Pretend that all is well, and the Puppy (Universe) will come out to play. Otherwise it's just content to sit under the bed and chew on a shoe. I learned this the hard way. I could cajole, fuss and beg and Lilly is content to sit under the middle of the bed and keep chewing on my Tiek flat forever. If I sit in the corner reading a book, she wants to come out and see what's going on. It's the same with manifesting, if we chase our desires around and beg them to come out, it's much more work than happily going on with life and letting them come to you. In fact, since I got this puppy, Jeannette Maw's advice not to chase a dog in order to catch it has helped me out quite a bit.

They need clear directions. I haven't had a puppy in over thirty years, so I'm finding out that puppy's need repetition, redirection, and reinforcement to know what we want from them. We tell them shoes are not for chewing, but we leave them right out there in a tempting location or we say "no begging" but we slip them food occasionally from the table. What if tell the Universe we want a fabulous new job, but we call in sick at our current one or we miss a job interview, what does that tell the universe? If we keep changing what how we think and act, the Universe doesn't really know what we want either.

You might need to change your strategy. What works to lure the puppy in her kennel one day may not work the next. The same goes for manifesting. If one strategy or technique stops working for you try something new. If you have been doing affirmations and gotten bored with them, maybe its time to try a gratitude journal or a vision board.

They respond to treats (appreciation) for a job well done. Puppies love treats for doing tricks. Lilly will sit and do tricks and play games for hours for little treats. The universe also likes to know it's doing a good job. When we appreciate and thank it for what it's given us, it inspires the Universe to give us more. So rave about what's good about your puppy or your Universe and see how they respond.

If all else fails try tummy rubs and kisses (adoration). Puppies want to please and so does the Universe. Chastising either and getting upset when we haven't provided clear directions and consistent training are not helpful. At that point, just look at all the positive things you've gotten and adore it and shower it with love.

4 ways to Lighten Your Load for Faster Manifesting

Sometimes, we can get bogged down and feel like we aren't moving forward and creating the things in life that we really want. If that happens, it's time for us to take a look around and see what needs to be removed from our lives. Once we drop things that are just taking up space and not bringing us joy, we make room for new manifestations to come in.



4 Ways to Lighten Your Load:

Physical Clutter: Sometimes "things" build up in our living space. Some we know we don't need, some that we are saving for later in case we need them, and maybe even some items that are pure trash. Get them out! Gone! Catherine Ponder says nature abhors a vacuum and it's true. Once you get that stagnant energy out of your environment, your vibration will lift and it will be easier to create what you do want.

Time-wasters: We all need downtime and things we do just for fun, so I'm not suggesting you give up DVR episodes of the Big Bang or playing Candy Crush. Just realize when it's bringing you joy or when it's bringing your vibration down because you are using them to avoid feeling your feelings or getting out and doing the activities you really want to do. How do you feel when you are doing them? If it's joyous and light, go for it. If not, turn it off and find something to do that will help you create your goals.

Activities You Don't Enjoy: A lot of us are on the go daily and we have lots of activities we can do. Choose only the ones you enjoy (or can't feel good about missing). If you don't enjoy going out with a certain group of people every weekend or doing spin class, don't do them. Find activities that you love and let the rest go.

4. Thoughts that Don't Serve You: You know that those thoughts that run through our mind that do nothing but drag us down. It's time to let them go. Create a replacement thought or mantra. If you have someone you haven't forgiven, that takes up a lot of our mental space, too. Give yourself the gift of letting go of thoughts that don't serve you.

Take out the "trash" in your life or even just items and activities that are second best and make room for your dreams to come in!

Dancing with Polly(anna)

Sometimes we all have times when things aren't going according to plan and we may think the wrong thing is happening. Is this the time to get mopey? NO! This is this time to go into Pollyanna mode. Remember her? The girl who saw the good in every situation.



In our house, if we like a song because of its catchy tune, but the lyrics are less than desirable, we change them and sing it our way. Miley Cyrus's song "We Can't Stop" was appealing but not the lyrics about doing drugs, "dancing with molly." So we changed it to dancing with Polly, as in Pollyanna. Now in our house when we ask "Are you dancing with Polly?" we mean are you looking on the bright side.

So how do you dance with Polly?

Step 1: Follow the universe's lead. We might not know why it took this step, but we can trust that it knows all the best dances and you'll get where you want to be. In hindsight, so many things that I thought were terrible when they were happening led to my greatest blessings.

Step 2: Allow yourself to feel how you feel, but let that be a positive thing too. Tell yourself that feeling really rotten right now gives you an excuse to lay in bed and eat ice cream and it's going to make the good feelings that much sweeter when they come. Whatever makes you feel ok with not feeling ok. That might be an oxymoron, but hopefully it makes sense.

Step 3: Make up the most outrageous story of how this "negative" situation could be the best thing that ever happened. I'll give you a recent example from my life. My perfect Spanish speaking home school helper, who we adored and who helped do my laundry (Seriously, in a months time, our whole family had fallen in love with this woman) hurt herself last weekend and now she is laid up awaiting hernia surgery. She's not going to be able to come back for quite a while, if at all. I could think this was bad news, but I decided to "dance with Polly" instead. How could this be the best thing that ever happened? First, I had a temporary replacement within the day and she is someone that we love too, even though she doesn't speak Spanish. Then, maybe this will give us a break from Spanish that we might have need. Our next person might be incredibly fabulous. She might speak Chinese, like to clean, and make cookies for the kids. She might be an art major with connections for my daughter who wants to apply to art school. Our original help might even get to come back in a few months and the time off might have given her much needed family time or helped prevent future health problems. I don't know why or how, BUT I know it's going to work out wonderfully.

I could write so many examples of how to make up outrageous stories and most of them have come true for someone. What if you lost your job and it led to you getting your dream job and making more money than you could have imagined? Or all your possessions were destroyed in a fire, but it brought you closer to your family and you got so much joy from starting over and re-building and you met someone important to your life because it happened. Even if you don't feel it yet. Make up the story. The more outrageous the better.

If you want more inspiration, check out *The Pollyanna Plan*. The author is making her dreams come true and healing her body through positive thought. Or download *Pollyanna* from Amazon. It's free! I just downloaded it on my Kindle and I'm going to re-read it. It's been a long time since I first read it and I'm looking forward to the inspiration.

Maybe the Universe is Bored

Things not going your way? Feeling Stuck? You are doing everything you are supposed to do, but you aren't creating what you want in your life?

Maybe the Universe is Bored!

That's right. If you aren't excited and passionate about your life, chances are the Universe isn't either. If you are choosing to go after goals that don't light you up, angels are probably not scurrying about rushing to make them happen. The universe doesn't respond well to whining or desperation either.



So what does the universe respond to? What gets the manifesting wheels moving?

Here are Three Ways to Excite the Universe and Wake Up Your Manifesting:

Follow Your Passions: You know that dream that makes your heart skip a beat just thinking about it?

That's the one to go for. It will bring you and the Universe to life. If you just trying to meet this month's bills or get a job you don't really care about, chances are no one is going to be excited. No you and certainly not the universe.

Take Inspired Action: You don't have to know how to get all the way to your goal, but take every little step you can. It not only leads you to the next step, but it tells the Universe that you are serious this time and it will wake up and take attention. Just make sure it's fun action that feels good. If it makes sense to take an action, but it doesn't feel right or exciting, try a different action. Maybe going out to lunch will give you an opportunity to meet someone who can help you get a job even better than mailing out resumes.

Do Things Differently: Even if we are following a dream that excites us, sometimes we get in a rut and start doing things that same way. Try a different manifesting technique or way to mediate. Maybe even try a brand new approach to your goals. Be open to new ways to meet people, make money, etc. If you don't know where to start, just drive home by a different route or use your non-dominant hand for an hour, then think of other ways to shake things up.

Chances are if you are excited about the possibilities in your life so is the Universe. One of the best ways to spark your manifesting is to do what gets you excited. If you are having trouble getting passionate about your own goals, you might find someone who is excited about theirs and pitch in a help them. You'll pick up some of that energy for yourself and who knows where it'll lead.

One Last Suggestion:

Take some time to make a list of everything you love and keep adding to it over time. Add everything you love to do, eat, watch, read, etc. Having a list of things that excite you can be great for jump starting your dreams. Looking over this list might give you the perfect idea for a new business to start or a family vacation to plan. It's a great tool to have when you need a reminder or some inspiration for "what next."

Don't be afraid to go all out when you follow your dreams, put a little sprinkles and a cherry on top and have fun creating your life! It might help you attract everything you want.

Is it OK?

Is it OK? Is it OK to break the rules? Is it OK to mess up and start over? Is it OK to date the wrong guy or girl over and over? Is it OK to quit a job you hate? Is it OK play in the rain? Is it OK to be afraid to apply for a job you think you'd love?

Is it OK to jump for joy when your neighbors are sad? Is it OK to think negative? Is it OK not to use sunscreen? Is it OK to make money without working hard? Is it OK to curse and throw things? Is it OK to pretend to be someone you're not? Is it OK to not post on Facebook for a week? Is it OK to take a vacation during the busy season? Is it OK to not to meet your deadlines? Is it OK to eat chocolate for breakfast? Is it OK to try something new and fail? Is it OK to crawl in your bed and pull the covers over your head for a day? Or a week? Is it OK to feel depressed? Is it OK to think things aren't OK? Is it OK to live fully and all out, even when things don't always go right? YES! YES! YES! Whatever your asking yourself, the answer is YES, it's all OK. So follow your heart and do what makes it sing, even if it's not always the "right" thing. Is it OK to ask other people their opinions? Yes, but I wouldn't recommend it. Ask you heart and soul. Ask God and the Angels. Ask the Universe. Then do what you must. The "wrong" decisions often lead us to the right place, so make them when you need to. Live your life. The beauty of life is in living it. If you have questions on your mind about where you want to go, know that whatever you've done or decide to do, it's all going to be OK. You will always be loved and the BEST thing you can do for yourself is remember that you are OK and you are worthy of love. Right now. Right where you are. Always.

Is it OK that this post is not like what I normally write? YES, It feels right to me and it speaks to my heart. Ultimately, it's how we feel that is the best indictor of how our choices will turn it. I think it is great to make some "bad" choices and learn from the process who you really are and what you really want. Eventually, you'll remember that you are OK and enjoy following you bliss that much more after any detours you took down dark alleys. So don't over think it. Just live. When you follow what you love it doesn't matter. You'll get were you want to go and you'll enjoy the ride.



No Time to Meditate?

Life is busy for most of us, no doubt, and we can often feel like we don't have time to fit everything in. Still, you don't have to give up on meditating or feel that you have no time to meditate. The rewards are so worth your time and you can work meditating into your daily routine.

I've had lots of fun finding more ways to work meditation into the activities I already do in my life. I'm guessing you do many of these activities daily, too. When you link meditation with these activities, it can help meditation become a natural part of your life.

Here's some of these ways you might be able to add meditation to your daily routine:



Bathing or Showering

This is a great time to either just relax and focus on the sensation of the water on your body or send love to each part of your body as you wash yourself. I like to sit in a bubble bath and close my eyes and focus on the vibrations of my body or picture my body bathed in love.

Brushing Your Teeth

Try a [rampage of appreciation](#) from Abraham-Hicks. See how many things you can appreciate and/or how many positive thoughts you can have in a row, for two minutes twice a day. They say it only takes 17 seconds to activate a thought and you have way more time than that while brushing.

Cleaning

Most cleaning tasks do not take much brain power so I either like to chant a mantra while cleaning, such as "I am worthy" (usually inside my mind since the rest of my family is usually close by) or just focus on being fully present and focusing completely on the task. I especially like to focus on wash dishes or vacuuming. There's something so soothing about these tasks when you give them your full attention.

Driving

It's fun to say affirmations while driving like "I am loved and loving" or "Life gets better every day" If I'm driving alone, I will say them out loud. I, also, like to direct [Reiki](#) or just loving thoughts at all the cars I pass.

Eating

Mindful eating is a wonderful meditation. It's not only great for you spiritually, it's great for you body and your digestion. Just take you time and enjoy your food. Chew and savor every bite. Really taste your food.

Surfing the Internet

This one is a little trickier, but there are two activities I often do that are somewhat meditative even though you can't really meditate while you are googling. The first is taking 2 or 3 minutes to go to YouTube and watch a meditation video before you start surfing. There are so many you can surely find one you like. Either try a new one every time or find one you like and stick with it. Your time surfing will probably be more beneficial since you took a few minutes to meditate first. Then, you can find a subliminal music on YouTube that you can play in the background while you surf. Not exactly mediation, but it still might be helpful.

If you look at your daily routine, I'm sure you can find ways to add meditation to your life without taking time away from other activities. Once, you do this for a while and see the benefits, you might want to create a special meditation time.

One Caveat:

If you start pairing meditation with your daily tasks, you might want to just try one each month. Beginning them all at once, could be overwhelming and have the opposite effect.

Life itself can be a moving meditation. Take the time to fully immerse yourself in your life and see how it begins to flow.

What Kind are You?

What kind are you? The answer doesn't matter so much. What matters is that you are expressing and enjoying the kind that you are and in truth the answer is you are one-of-a kind. We all are, but we try to fit in. We want to be part of the gang and that's fine as long as we don't sell ourselves short and change ourselves to do it. Who we are and what makes our heart sing is important and we will find more joy if we live our lives authentically.



I've spent a lot of my life trying to blend and be normal. When I first starting writing this blog I was very nervous to put myself and who I really am out there for anyone to read, especially my family members and neighbors. The funny thing is it's hard to hide who you really are and most people know anyway, so it's not the big deal we think it might be.

I love Miranda Lambert's song All [Kinds of Kinds](#) because it reminds me that we are all necessary for the world to work.

So don't be afraid to be a little different! Be who you are and you'll be rewarded!

I've found that being true to yourself brings many gifts. Some of those are:

- 1. You are happier and you feel free.** It's hard work pretending to be someone you're not and changing who you are to try to please everyone. Let go of trying to be perfect. People like you more you are yourself and you're not trying to be the person you think they would like. We all like real people.
- 2. You can make a real difference in the world.** We are who we are for a reason and when we follow our dreams and desires, we make life better for others, too. Someone wants to read your book, learn algebra from you, eat your pastries, etc. Whatever it is that you want to do, there are people in the world who will be blessed from you being you.
- 3. You will manifest your desires quicker.** It's much easier to create a life you love and have what you want when you know what you want and you are going after your dream, not what you think your dream should be. The universe loves passion and truth and when you express yours, doors will open up for you in ways you can't even imagine.



Don't be afraid to reinvent yourself or try something new if it brings you joy. You don't have to stay one "kind" of person. Follow your heart and do things that make you excited about life. What can happen when you do? Check out Phyllis Sues, who will be 90 in April but continues to try new activities and love life. She's amazing, but I think this is possible for us all.

Thanksgiving: Can You Feel It?

You have a list of all the reasons you should feel thankful, but do you really feel thankful? As most of us in the law of attraction circles know, it's the feeling that counts. If we say an affirmation over and over and don't believe it or feel good when we say it, it may not help our situations change very quickly.

Thanksgiving is a wonderful feeling. It's made up of love and appreciation for all you've received and it can open your heart and create feelings of total bliss. Turkey and pumpkin pie are nice, but you don't want to miss out on the feeling of Thanksgiving.



How do you connect with the feeling of Thanksgiving if it's just not there?

1. Explore with your senses. As an example, if we want to feel thankful for water we can: feel it on our skin soothing we as take a shower, savor drinking a cold glass of it, look at a video or picture of water in nature, listen to the sound of a babbling brook or a roaring waterfall, or smell the clean air by a mountain stream. We don't have to engage all of our senses, even just one or two can help us connect with why we are thankful.

2. Share your stories of why you're thankful. Thanksgiving is a time when we often come together as a group of family and friend to celebrate. Instead of just sharing what you are thankful for when you go around the table, why not share a story about a blessing and why you are thankful for it. Sharing your positive stories and hearing other's stories can create a feeling of shared thankfulness.

3. Meditate on thankfulness. Since I love to meditate already, sometimes I will just chose a word such as love or thankfulness and just repeat that word over and over in meditation with the intention of experiencing that feeling deeply. Even if you are not a seasoned meditator, taking some time to quiet your mind will raise your vibration and that is something to be thankful for.

If you need some more ways to get in the spirit, check out Jeannette Maw's [Gratitude with a Twist](#) post for a great thankfulness workout.

3 Simple Ways to Raise the Vibration of Your Home (or anywhere you hang out)

Our home is our sacred space and for many of us we spend quite a lot of time there. Another place that a lot of us spend time is at work. Any place that you spend a good amount of time at you want to feel good in. There are some simple actions we can take to raise the vibration of homes without re-decorating or any major undertaking. That's why these ideas work great for work as well, because you can do them without moving furniture or changing things in an obvious way.



3 ways to Raise the Vibration of Your Home:

1. Create an Intention Vortex. I do this at my own house but I, especially, I it first thing when I go into the office to work. My husband and I own a heating and cooling business and so it's not necessarily a spiritually minded environment. I set the intention that our office is filled with love and attracts loving people. I picture the highest good for our employees and our customers. Our business runs very smoothly with few problem customers and I believe my picturing this on a daily basis creates a vibration that attracts the best customers and employees. I do the same thing at my home. When you put love into a place over and over, it builds up into its own vortex of love. This is my favorite way to raise the vibration of a place because you can do it anywhere without anyone else knowing unless you tell them. They'll probably feel it and maybe wonder why they feel so peaceful, but no one will disapprove or tell you to stop.

2. Mini Feng Shui. Feng Shui encompasses a lot of different ways to direct the energy flow of buildings. It can be very complicated, but I prefer easy-peasy Feng Shui. I do two things to improve the energy of my environment using Feng Shui. The first is to cut the clutter. If I don't love it and use it, it goes. This frees up so much energy. It's easy to do, but if you'd like some guidance I recommend the book [Clear Your Clutter with Feng Shui](#) by Karen Kingston. It's a simple to follow book that I pull out every year or so and every time I release more and more baggage from my home and it feels so good!

The other Feng Shui technique I do uses the Bagua or the energy map. I look at the map and desire what vibration I want to increase. If it is the love vibration, I will take something that stands for love in my

mind (a piece of rose quartz, a statue of love birds, a picture of a heart, etc) and place it in the love area of the house, room or even space on my desk. It can be out for others to see, such as a statue or picture or you can hide it. I keep a picture of happy customers under my phone which I put on the career section of my desk. As with everything, the magic is in how much you enjoy it. So if you want to play with this make it fun not work.

3. Add a Pleasant Aroma. I am partial to essential oils and I love my diffuser. You might like candles, incense, or fresh flowers. Everything has a vibration and for that reason I like natural scents instead of synthetic ones but if it makes you feel good that's what counts the most. If you want to raise the vibration in a work environment where you have to keep it low-key, you could keep flowers on your desk, or put a cotton ball with a drop of two of essential oil on it somewhere in or on your desk. If even that's too much for your environment, just keep a bottle of your favorite oil (or other good smell) somewhere that you can grab it for a quick whiff. Even a nice flavored lip balm could work.

Manifesting: Your Choice or the Universe's?

Now is the time of year when lot of list writing tends to happen, at least in our house. My children are writing lists of what they want for Christmas and I'm writing lists of intentions of what I'd like to create in my life in the New Year. I've been thinking as I write these lists, does it really serve us to plan out what we want in our lives or are we better off letting the Universe choose for us? There are benefits to both.



Why it's good to set our own intentions:

- It gives us something to use to create juicy visualizations
- We definitely know we created it when we receive it
- It gives us a point of reference to focus on
- It may make inspired action easier to take
- We build confidence in our manifesting skills when we create something we chose

Why it's good to let the Universe choose for us:

- We aren't worrying that a specific thing won't happen
- We don't have to question if we are good enough to get what we've asked for
- The Universe knows what we would love to experience
- We don't have to work to manifest, just get happy & live
- Surprises are fun

I believe both are great and so I chose me and the Universe, not one or the other. In fact, when I create an intention list, I always add "this or something better" because I'm open to the fact that my creator can dream even bigger than me. What about you? Have you had any experiences when you know that your clear intention of what you wanted worked like magic? Or have you had an experience where just being

in the happy, expectant zone brought experiences in your life that you could never have dreamed of or intended on your own? Or both?

Calling All Undercover Angels

You, yes, you are invited to join the League of Undercover Angels. Membership is free and easy. Just decide that you'd like to be an undercover angel and state your intention to God or the Universe or whatever works for you. Ask for assignments and wait for them to appear or you can make up some of your own assignments until you get an urgent dispatch. How do you know if an urgent dispatch? You'll know it's your job when you see a need in front of you that you could easily fill. If you're asking yourself if this is an assignment for you, it probably is.

Don't worry or make this hard. God wants to send you angel assignments that light you up and make you feel joyful and excited to be of assistance, not something that you don't really want to do. This won't be hard work like cooking cookies for a bake sale when that is your least favorite thing to do. The universe knows you and how you can best participate in the magic for everyone's highest good, including yours.

I used to play this game quite often and I recently realized I'd gotten too serious lately and I wasn't experiencing as much magic in my life as I usually do. When I asked myself how I could invite back in more magic to my life, the answer was embrace my undercover Angel status again.

I set this intention two days ago, then that evening I took my dog for a walk around my neighborhood. Lilly started barking and I saw a majestic bird standing in front of us. It was gorgeous and staring right at us. I felt an immediate connection with this bird. Then, I realized it couldn't fly and it was hurt. I went to get my husband to help the bird. We all have certain kinds of magic and my husband is magic with animals. He picked up what turned out to be a great blue heron with a broken wing and carried it under his arm back to our house and placed it in a crate in our garage. Later, the animal rescue works were amazed that he did this as these birds have razor-sharp beaks and can strike very quickly. However, animals always seem to know that my husband is there to help and they never resist him.

This bird brought a sense of peace with it and I could feel it through out our house that night as we slept with the heron in our garage. I called many rescue workers and vets and tried all I could to save the bird. I found a wonderful vet who tried to stabilize it so it could go to a rescue center and save its wing. She ended up having to put the bird to sleep and I wanted to judge the mission as failed. Then, she reminded me that this bird would have probably starved or been attacked by predators and had a slow painful death



had we not rescued it. Instead, it spent its last night in a warm safe place receiving healing energy and prayer from all over the world (I have awesome Facebook friends!)

In the end, I asked for an assignment and I was given a gift. I felt a lot of peace from this bird and was guided to look up the totem meaning of the great blue heron and found that it stand for peace, uniqueness, and the ability to stand alone. I, also, found that although it can stand alone, it also communes very peacefully in a large group during certain times of the year. I felt like this bird had a beautiful message for me on my journey.

So, if you are ready to add some magic to your life here's a list of easy assignments for new angels:

1. When you are shopping, look for people in need. Just helping someone reach a product on the top shelf, letting someone ahead of you in line, or putting someone's buggy back for them can be a big help. You may even have the opportunity to help purchase something for someone who really needs it. Take it if you can.
2. Pay for someone's meal in a restaurant or coffee in a Starbuck's drive-thru. Any random act of kindness that feels divinely guided is an undercover angel assignment. If you feel inspired, go for it.
3. Print up little uplifting cards and put them in books or places where someone will find them. My kids and I had great fun doing this in the library. You can print out [kindness cards](#) or make your own with your favorite quotes.
4. Take one of these cards or a sticky note with an uplifting message and put it with five dollars and place it somewhere that someone will find it and brighten their day.
5. Pack [care kits for the homeless](#). My kids and I plan to do this and keep them in our car so we can hand them out to people who are standing by the road asking for donations.

How does this create magic in your life? *When you decide to be part of the magic of life you can't help attract more magic into your own life* -tweet that. Also, I've found, as in the case with the great blue heron, when you reach out to help someone one, you are often the one who receives the bigger gift. So intend it and go undercover, you angel you.

I can't resist adding a little theme song to inspire you. <http://youtu.be/TaG9SDxwPBg>

4 Steps to Create a Magical New Year

I hope 2013 was fabulous for you. Whether it was a year that you loved or a year you're more than ready to say good-bye to, there are some easy ways to set ourselves up to create a magical New Year in 2014.



Since 1993, my first New Year's at a Unity Church, I have celebrated New Year's with a Burning Bowl ceremony. A Burning Bowl ceremony is a way to let go of the old year and invite in what you want for the New Year. It's usually done with two guided meditations. After the first, you write down all that you want to let go of in your life and place it in the burning bowl to release it as the paper burns to ashes. After the second meditation, you create a list of what you want to experience in your life that year and the list is placed in safe keeping for a year.

I find these ceremonies wonderful to close out the New Year and if you have a Unity church near you, almost all of them have one of these ceremonies on New Years Eve that you can participate in. You don't need to go anywhere though; we usually have our own ceremony at home. One year we even just burnt our papers on the grill. Just do your own meditation or you can follow these quick little instructions, I recorded on Sound Cloud. Start with [Burning Bowl part 1](#) and then do Burning Bowl part 2. Be Safe! You don't want to start out your new year with third degree burns or a visit from the fire department.

While the burning bowl is an incredible ceremony, there are a few additional steps that will greatly add to your Magical New Year.

Here are 4 steps to the most Magical New Year of your Life:

1. Celebrate What's Good. I know it may seem redundant that I make a rave list every Monday about what's going right in my life and invite everyone else to do the same, but there's a reason. Some weeks, I honestly don't know how I'm going to come up with my list, but once I start realize there was a lot going right. Even if 2013 sucked eggs, there were still some good moments. Celebrate them! Write a list of them, see if you can get to 100 and enjoy the feelings of those precious moments were things were pretty sweet.

2. Let Go of the Past. This could be done with the bowling bowl ceremony or some other way that lights you up, but don't carry old hurts with you into the New Year. It doesn't matter what has happened, your

life isn't flawed and you can start fresh. Just make that decision. Even if 2013 was great, there are probably still some things that you need to let go of in order to make 2014 even better.

3. Follow Your Bliss. There's something out there that makes you light up. Maybe it's cooking, or skating, or drawing, who knows. Whatever it is, make time for it. Make as much of your time enjoyable as you can. If you aren't happy at your job, start looking for a change and enjoy where you are as much as you can until you can make that change. Just don't wait too long. Sometimes we have to take the scary leap of faith, so we can follow our bliss.

4. Take Inspired Action. When you get an idea to take action that feels really good. Even if it sounds a little silly or you're afraid people might think you are crazy. Do it anyway. When you take a step towards your goal the universe rushes in to support you, so take the steps that are given to you. The ones that make your stomach queasy but you know if you did it might just change everything, go do them! The ones that seem silly and unrelated but you can't get them out of your head, go do them, too.

May 2014 be the best year of your life, until the next year rolls around. Please step out of your comfort zone and let magic into you life. Love yourself and your life and magic will come.

You are Worthy. End of Story.

On my [Daily Alchemy Facebook page](#), my intention is to expand love in the world. Love for ourselves and others. I aim to post words that will uplift people. A few days ago I posted this in my Facebook page *“If you exist, you are worthy. End of story. You are worthy. You matter. Your dreams matter. #livefullout”*



Someone responded with this comment.

“Murders/Rapist’s exist...Are they worthy, too?”

I missed the comment for a few days somehow in the midst of New Year’s “goings-ons” and when I saw I didn’t want to respond right away. I felt it deserved an answer from a place deep in my heart because unworthiness is the worst disease we have on this planet. It most likely kills more people than any physical disease and creates much more pain. It causes people to live unfilled and just getting by, dying inside each day with their light hidden from the world.

Unworthiness has caused me more pain than anything else. I struggled for many years with depression and anxiety from childhood through my twenties. I’m thankful for it because it ultimately led me to a rich spiritual life, but I am still working on my own worthiness. I spend much of my childhood trying to not be seen. In elementary school, I didn’t want to read my story out loud because I feared being laughed at. In high school, I hated my nose and always wanted to hide my face after a boy said I looked like Barry Manilow in drag. I didn’t want to be questioned about the way I dressed or did my hair. I just wanted to hide. I was the introvert, who liked to read and write and spend time alone and I branded myself unworthy because of it. I had parents who loved me, a safe home and a comfortable life and yet, I still felt unworthy. I didn’t know how cool I was. I was brave enough to create my art, dress funky, and do what I liked to do, but I didn’t love myself enough to stand up to bullies or feel worthy. I didn’t know it then, but the people I feared would ridicule me didn’t like themselves any better than I liked myself. In fact, I shudder to think of the level of self-hate some people may have who didn’t grow up with the support and love I had. I know not everyone has a safe landing-place like I did. Even with the self-loathing in the background, I was able to attend college and get my teaching degree and when I found the Unity Church and the Law of Attraction in my early twenties everything began to change for me.

After teaching school for eight years, I decided I wanted to go back to school to become a psychologist because the kids were coming to my classroom lacked love and stable families. How could we ask them

to learn when their lives were so broken? After a year of taking courses and working as a case manager in mental health clinic, I knew that this setting was no better than the school system. People came in and we gave them a diagnosis, pills, and a letter that said they needed a disability check. I'm sorry, but 100% of my clients suffered from "I don't love myself and I don't believe I'm worthy of having a good life." They stank of it. Lack of love came out of their pores and I could smell it the minute they walked in my office. They were lost souls in pain. The pain of not loving themselves. They came in the door, knowing they weren't going to get a better life there; they just wanted something to numb the pain that not loving themselves caused them. Sadly enough, most, if not all, of us counselors treating the clients suffered from that same disease, the only difference is the some of were raised to believe we were worthy of a little more. This disease comes in so many forms, from "I don't feel worthy, so I'm going to eat a family size bag of M&Ms every day and stay in a job that I hate because I'm not brave enough to look for a new one" to "I hate myself so I'm going to get high on drug and can get my hands that numbs the pain and I'll do anything to get it." Whatever we use to hide the sting of unworthiness, it's all heartbreaking.

Worthiness is work in progress for me. Some days I am blissed-out just to be me. Other days, I have moments when I feel nauseous because I found a typo in a post (and let's face it, that happens a lot) or I haven't spent enough time with my kids for a few days. I've let some wonderful experiences into my life and I've been shown that I still lack worthiness in some areas. I know I'm not that only one. So many people message me because they have difficulty forgiving and loving themselves. I can almost feel how much each person loves or doesn't love themselves and how much they are able to know their own worthiness when I connect with them. I can feel it when I slip back into that place of unworthiness myself. Self-love has to be a part of my routine. If I stop meditating, writing, drinking my tea, and taking time daily to show myself love, I can lose that connection. The good thing is once we've reached a certain point of self-love, it's easier to get back to that level when we slip.

Still, I haven't murdered or raped anyone. Does that change the stakes? Is there a line that once we cross it we are no longer worthy? If so, where do we draw that line? Are people who have murdered or raped no longer worthy? What about people who have shoplifted or cheated on their spouses? People who take paper clips home from the office? When we start judging some unworthy where do we stop? Does our planet have violence because people love themselves too much or not enough? Every time I've seen someone who committed a horrible crime, I can always feel their lack of self-love. They might look or act cocky or over-confident, but underneath there is pain.

So, yes, I think people who have murdered and raped are worthy. (I don't, however, condone their behavior and I agree that they need to face justice for their crimes.) I wish they knew they were worthy

because I don't believe a person who feels worthy commits violent acts. Maybe a person who feels entitled, but not a person who feels loved and worthy. Violent acts come from rage and hate, not love and worthiness. When you love yourself, your focus is on creating a wonderful life for yourself and those around you. When you truly love yourself, you can't help but love everyone else too. I've screwed up and I've hurt people in my life, but it's never been at a time when I felt worthy. It's been when I hated myself and I thought I could take some action that would make me happier, but actions stemming from self-hate only bring more pain. Could a murderer who finally feels their own worthiness not become a force for good in the world, even if it's within prison confines?

The more people who know their own worth, the more love will fill our planet. Maybe I'm over-optimistic in believing that love can heal our planet, but hating people we deem unworthy sure hasn't worked. Ultimately, I believe this is the biggest element that is missing for most people who try positive thinking and the law of attraction and believe it doesn't work for them. You can only go to let good into your life if you feel you are worthy of it. The more love you allow yourself, the more good you will let in. If you create a vision board with pictures of a life you want to experience but you don't feel that you are worthy of it, it's going to be very hard to let it into your reality.

So I say *"If you exist, you are worthy. End of story. You are worthy. You matter. Your dreams matter. Live full-out."*

I love you. God loves you. The Universe loves you. Angels love you. Your higher self loves you. Everyone on this planet loves you whether their small selves know it or not. Accept that love. Soak it up and make it your mission in 2014 to love yourself and believe in your own worthiness. Start where you are. Like yourself first if you have to, but give yourself a little bit more love every day until you are immersed in it. We can change the world.

How to Survive a Crisis with Your High Vibration Intact

We can all get hit with tragedy. I'm no stranger to crisis myself. I've learned a few things about how to get through them. I know that wallowing in a story won't heal us. I know that it can feel like life will never be joyful again. I know it doesn't mean you are a bad person if it takes you longer to heal or if you heal quickly. I know that life will be magical again if you let it. I know we are all unique and we deal with crisis in our own way, but there are a few things that we can do to help us survive with a high vibration.



First of all, some people believe becoming spiritual or practicing the law of attraction, should insulate us from crisis. I don't agree. As Marilyn Monroe says "I believe that everything happens for a reason. People change so that you can learn to let go, things go wrong so that you appreciate them when they're right, ... and sometimes good things fall apart so better things can fall together."

I do believe three things. One is that when you have a strong spiritual practice you will have less crisis in your life, the ones you experience won't feel as painful, and there is a gift in any crisis that comes, no matter how bad feels at the time.

Unexpectedly crisis can happen: a car crash, a lost job, the sudden death of someone near and dear. It sucks and you can't pretend it doesn't. But according to the law of attraction, you are supposed to be happy or more bad things will happen, right? No, be true to yourself. Don't judge yourself for attracting a tragic situation. It's not helpful and won't help you heal. That said, you can't fake happy, but you can take some steps to get through this crisis and be in an even better place on the other side. You'll get back to a higher vibration faster if you don't try to resist negative emotions and pretend you don't have them.

Steps to Survive a Crisis:

Phase 1: Be with it: If you've just been hit by something which feels very tragic, don't pretend it didn't happen. Be with it. Feel the hit. Be sad, cry, throw things. Crawl under your covers and hide. Do whatever it takes for you to feel all the emotions that you are swirling around you. Just don't talk about it over and over. You will need to talk out what happened, but pick one or two trusted people, who won't get you stuck. We can replay things over and over, but I don't think it serves us. Yes, we need to feel our emotions. No, we don't need to keep telling the story over and over. Give yourself compassion and love.

Don't judge yourself for what you are feeling, just let yourself feel it. Take comfort wherever you can get it. Let people love you and take care of you. Lean on others. Lean on God.

Phase 2: Start to shift it: Usually, pain from a crisis doesn't go away overnight. Eventually though, you will need to make some movement to allow some joy back into your life. You don't have to be sparkly and happy every moment of the day, but you do need to create some moments of levity. Create a vibrational shifting toolbox and put in things that will make you happy. Some ideas: funny movies, good books, your favorite chocolate, a phone call to your best friend, buying flowers for no reason, old notes that make you smile. Do something that makes you laugh and smile at least once a day. As time goes by make it at least three times a day. You might get sad or mad again in between. That's Ok. Give yourself permission to feel how you feel, but make a conscious decision to feel good at least part of the time.

Phase 3: Take the Gift and Move on: Guess what, you will never be the same person you were before this crisis happened and that's good news. While I prefer to grow through joy instead of pain, all growth is good. Being a more understanding, vulnerable person is good. The new person you are now has insights that you didn't have before. The new you has gifts that will help you create beauty in the world that the old you wasn't capable of. You are beautiful and strong. Everything that happens to you becomes part of your resonance. It makes you more you. You get to decide how you are going to integrate everything and if you are going to treat it as a tragedy or a gift. Let it be ok that out of tragedy can come a magical, new you. That doesn't mean what happened was good, it means that you accept the gifts the Universe gives you and you use them to add more love to the world.

Today is the Best Day to Start Living Your Dreams

I'll do it tomorrow.

I'm too young.

I don't have enough education.

I'm not talented enough.

Maybe I should wait until my kids are in school.

Maybe I should wait until my kids graduate.

I don't have enough money

I don't have enough time.

I'll do it when I retire.

I'm too old.

Any of these excuses sound familiar?

We invent so many reasons not to act when we are afraid to follow our dreams. All of the above excuses have one thing in common: they are all lies we tell ourselves. None of these reasons will stop us if we can face our fears and keep going.

I've had a dream of being an author and holding my book in my hands since before high school. It was beyond anything I believed I could accomplish, so I majored in education and became a teacher instead. Still, I hoped someday I could be a writer. I wrote on and off through my twenties, but never worked up the nerve to submit anything. I fretted about never being able to get published instead of actually writing.

In my thirties, I submitted one picture book manuscript to one publisher. I got back a personal and reassuring rejection letter, and I shut down and stopped trying. Looking back, I can't believe I let one rejection keep me from sending my manuscript to any other editors. In my extreme fear of rejection, I didn't realize that an editor's taking the time to send a personal rejection was a good sign and that needed to move forward. Now I know rejections are a sign of progress and that all writers get them.



When I hit 40, I decided it was do-or-die time. I was going to be an author someday, somehow. I started writing every day, took writing courses, and connected with other authors. After a year, I started to submit my writing and learned how to accept rejection.

Now I am 43 and I have an award-winning blog that I started a year ago. I won third place in a writing contest last year, and I have several completed manuscripts that I am submitting now. I don't have a book to hold in my hands yet, but I don't hope to be a writer anymore.

I am a writer. Holding my published book in my hands no longer feels like a dream. It feels inevitable. Why? Because for the past three years I have pushed past fear and took baby steps toward my goal every week. Now I've picked up momentum and it's easier and easier to keep moving forward toward my dream. I can see progress and I'm not deterred by small failures. I know that if I keep going, I will achieve success.

You can do it, too. Following your dreams makes life feel richer, even when you hit bumps along the way. You will grow and change and be a different person from the one you were before you started.

Here are three ways to push past fear and start living your dreams today:

1. Take baby steps. Break big goals down into small steps and just keep taking one or two small steps week. Maybe you need to sign up for a class or even just research what classes are available. Maybe you need to purchase art supplies or practice your performance.

Do something that puts you just a little bit closer to your goal. Even if you don't know all the steps, you'll find that taking one action will lead you to the next. The path to your goal is often different from and better than what you picture in your mind.

2. Find an accountability friend. If you know someone who has a similar goal, pair up. Tell each other what steps you are going to take that week and then check in and make sure you each completed your goals.

If you don't know anyone, you can find accountability partners in classes or on message boards related towards your goal. There are many places online and in person to connect with people who have the same or similar dreams you do. It helps to work together and support each other.

3. Do it for others. It might be hard to believe, but whatever you dream of doing, there are people who would be blessed by what you have to offer. Someone wants to read your book, decorate with your art, or

needs your accounting skills. Thinking about how you can help others with your gifts can give you the confidence to push through.

Now go on, take some action, and start living your dreams today. It may take a little while to reach them, but probably not as long as you think, and the journey, with all its ups and downs, is so worth it. As Eckhart Tolle says “It is not uncommon for people to spend their whole life waiting to start living.” Don’t be one of them.

Remember you don't have to "be there" to be living your dream. Once you commit to following them, then you are living them. They'll always be another step you want to achieve. So keep moving forward and enjoy the ride.

About the Author

Michelle Dobbins is author, spiritual alchemist, & reiki master who shares tips, "spells" and true stories of magic, creation and love in everyday life on her blog at <http://www.dailyalchemy.com/>. She supports people to transform their lives using love and joy. You can connect with her and get her Magic Question of the Day and motivational snippets throughout the day on Facebook at <https://www.facebook.com/MichelleDobbinsAuthor?ref=hl> and Twitter at <https://twitter.com/MichelleDobbins>.

