Create Your Possibilities

One thing I've learned in doing readings for people and communicating with spirit is never limit yourself. Often, spirit comes through to express their regret that they didn't live their life to the fullest or do all the things they really wanted to do. They allowed circumstances to control them, rather than them controlling their circumstances. From spirit's vantage point in the afterlife, they now realize that because they control their mind, they therefore control what they can do without limits. As Buddha said, "All that we are is a result of what we have thought."

One way to do this is to allow your imagination to run free and create a list of possibilities for your life and how you would like it to become. Don't hold back, don't let anything stand in your way and don't allow false beliefs to stop you. Imagine what your life could be like if you removed all limitations and were able to achieve any goal you set. Suddenly you see before you a world of endless possibilities.

The biggest issue people have is uncertainty or self limiting beliefs. All success really requires is three things: 1) a clear goal, 2) a passion that drives you to take the needed steps to achieve that goal and 3) the vision and positivity to see the goal has already been achieved. Spirit has taught many through the ages that time is not linear like on earth, but in fact is vertical. In other words, if you think of something, it simultaneously happens. It may not be delivered to us until later (or at all) due to the strength or weakness of our thoughts and actions. Thoughts are the most powerful force in the universe. As the saying goes, "Thoughts become things."

Another way to approach this is to pretend you had one month left to live on the earth. What would you do that you always wanted to do but hadn't done yet? This is often what occurs to those now in spirit. They may have had a sudden or unexpected passing like a heart attack or car accident and discovered that they never did the things they wanted to do in life. Another well known saying comes to mind: "Don't put off until tomorrow what you can do today." Tomorrow might not come....

This isn't meant to scare you, but it is meant to shake you into realizing that you need to wake up and begin living your life to the fullest. Draw up your list of desires for your life and implement them now. You have total control and nothing stands in your way. Create your possibilities.