

# INSPIRED LIVING HANDBOOK

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## **A Pocketful of Instant Wisdom**

- Trying too hard is un-attractive (does not attract) and pushes away from you the very things you want.
- When you change how you think about other people, like magic, they will change how they think about you.
- When you encounter obstacles or roadblocks that are between you and what you want out of life choose to be like the "wind and water" and "flow" up, over, around or under them rather than fighting them and giving them power over you.
- We become free to follow the desires of our heart when we are influenced more by our own thoughts than the thoughts of others.
- Happiness allows us to walk over the top of our problems while unhappiness allows us to drown in them.
- In life, we always have two choices about our circumstances; we can change our circumstances or we can change our attitude about our circumstances. Once we change our attitude, our circumstances change naturally.
- When we stop finding faults in ourselves, we will stop finding faults in others.
- A relaxed mind solves even the most difficult problems, in life, easily.
- A stressed out mind delays problems being solved.
- A closed mind prevents problems from being solved.
- God most often answers our prayers in the form of an inspired thought or creative idea that either sets us free or moves us to tears.
- When you finally learn to love all of yourself, loneliness won't be a problem for you.

- If you can't fully love yourself, how can you expect others to love all of you.
- God lives in the moment. If you want to find God, live there too!
- Discarding the past and forgetting about the future by *living in the moment* will give you the peace of mind you seek.
- Being rejected is part of life, get over it.
- Life doesn't always go your way, don't take it personally.
- Most people are full of crap, love them anyway.
- Do you feel the need to prove to anyone that you exist? Then why do you demand that God prove to you that He exists?
- If you care about you, others will too!
- Putting other people first all the time will put you back at the end of the line.
- It doesn't matter if no one cares. What matters is if you care.
- Life is not difficult, it is only our thinking that makes it so..
- Sometimes it is the simplest solutions that solve our most difficult problems.
- Find humor in your problems and they will seem smaller to you.
- Love won't solve the problems of the world but it certainly makes the ride worthwhile.
- Don't take yourself too seriously, no one else does.
- An overly generous heart can lead you to the poor house.
- Sometimes it hurts to think, that's why people get headaches.

- Although you are angry and upset with others from time to time, who you are really angry at is yourself for allowing other people to have power over you. Take back your power and anger and upset will no longer be a problem for you.

- I used to blame other people for my troubles and in return they blamed me. Then, one day, my Spiritual Guide whispered in my ear; bless your troubles and God will turn them into good things for you and it has been that way ever since.
- If we see unhappiness in the people around us, it's a reflection of the unhappiness that lives within us. God's will for us is to be happy. When we are happy, the people around us are happy too.
- It's loving ourselves, as God loves us, that counts the most in life and when we do, the people in our lives reflect that love back to us and love us too.
- The decision to not make a decision allows life and other people to make our decisions for us.
- Attitudes and beliefs are more powerful than we think. They attract to us or push away from us the very things we want.
- Creating prosperity is "simple" to do and yet many people judge that "simple thought" as "too good too be true" while never judging the thought that scarcity and lack of money are "too bad to be true".
- The one real weakness we have is underestimating the part our very own thoughts played in creating our present set of circumstances.
- Every thought we think is a prayer to God.
- The only reason people don't have their prayers answered is because they quit praying before their prayer request is fulfilled.
- Expressing sincere prayers of gratitude for what we have guarantees that we will have more.
- Often times you pray to God and don't receive the answers you want. This is a result of pleading with or begging God for what you want rather than simply asking God for what you want and trust that God will give it to you.
- You can't force someone to love you or stay with you forever. If you do succeed in forcing someone to love you, they will resent it. And sooner or later they will stop loving you and leave you and there will be nothing you

can do about it. Instead of forcing another person to love you, "allow" them to love you and they will stay with you forever.

- When you see all that you do as God's sees it, perfect in every way, the universe begins supplying you with evidence that validates God's truth that what you do "is" perfect in every way...

Affirmation:

What I do is perfect in every way.

- Anytime you are feeling negative, you are not loving and approving of yourself. If you were loving and approving of yourself, you would never feel negative.

Affirmation:

I love and approve of myself "exactly" as I am!

(This affirmation from Louise Hay's Book, You Can Heal Your Life)

## **Moment By Moment Choices**

There are 86,400 seconds in a day and each day we have 86,400 opportunities to exercise our power of choice. It doesn't seem that way because a second is not a very long measurement of time. Nevertheless, in a second:

you can choose to save a life or let someone die.

you can choose to tell someone you love them and make their day.

you can choose to lift someone up with a kind word not expected of you.

you can choose to stop and help an person in distress.

you can choose to change your mood and see the brighter side of things.

you can choose to change the look on your face from a frown to a smile.

you can choose to pick someone up who has fallen down.

you can choose to appreciate yourself more than you did the second before.

you can choose to see a twinkle in someone's eye and return it back multiplied.

you can choose to say thank you, you're appreciated, I'm glad you're alive.

you can choose to raise your head high and overcome feelings of defeat.

you can choose to realize life is lived and choices made, one moment at a time.

## **Be Grateful for Your Disease**

There is so much misinformation about disease that I felt it was time to clear matters up. Here is what disease is not:

Disease is not punishment from God.

Disease does not mean you are flawed.

Disease does not mean you did something wrong.

Disease is not a bad thing.

Disease is not cured by doctors or drugs alone.

Disease is not terminal unless you believe it is...

Here is what disease is: In its simplest form, disease is a result of people being ill at ease with themselves. If you are not at peace with yourself, disease shows up in your physical body not as punishment but to show you the way to a better life than the one you were living before. A life free from the stress, anxiety and worry that contributed to your disease showing up in your life in the first place.

Disease makes you re-evaluate your life and what you think you know. Disease makes you stop long enough to question the things you have been doing for years that have not satisfied you. Disease give you the time to think about yourself and your needs rather than ignoring them.

Disease is your unhappiness, about your life, being manifested in physical form. Disease is a benevolent teacher, in disguise, that wants to teach you how to get in touch with your authentic power so you can create your future life exactly the way you want it to be.

I have had to deal with my share of illness down through the years and I can tell you from first hand experience, doctors and drugs, alone, do not cure disease. They are God's helpers but it is ourselves, working in



partnership with God, who creates the conditions that establishes fully restored health in our physical body.

Our part in curing ourselves of disease is to understand all the blessings our disease is lavishing upon us. When you understand what a incredible blessing your disease is, it will disappear from your life as quickly as it came into your life and you will miss it when it is gone...

## **A Life without Struggle**

**John:** God, I want my life to be easy. I don't want to struggle with my problems any more.

**God:** So make life easy on yourself

**John:** You don't understand God, it's hard, it's really hard for my life to be easy, there is so much struggle attached to it.

**God:** So, don't struggle.

**John:** But I must struggle....

**God:** Why must you struggle John?

**John:** I simply must struggle in life, doesn't everyone?

**God:** You are not everyone.

**John:** It wouldn't be fair if I didn't have to struggle in life and everyone else did, would it?

**God:** Who says it has to be fair?

**John:** I do

**God:** See, it is your attitude you have to struggle in life that makes you struggle.

**John:** If I didn't struggle, I wouldn't be normal.

**God:** So what is normal?

**John:** Isn't it normal to be like everyone else?

**God:** If you are being like everyone else, you are not being yourself, right?

**John:** That's true but it just wouldn't seem right?

**God:** What wouldn't seem right?

**John:** Not to struggle like everyone else.

**God:** So be like everyone else and struggle.

**John:** I don't want to struggle.

**God:** So don't struggle

**John:** Is it really as simple as all of that God?

**God:** It's that simple John.

**John:** It's too simple God, I would sooner struggle with my life.

**God:** You would???

**John:** Well, not really, but I have struggled all of my life, I wouldn't know how to act if I didn't struggle.

**God:** Okay, then struggle, it makes no difference to me John.

**John:** It is not possible to live life without struggle!

**God:** Who says so John?

**John:** I say so God!

**God:** John do you see how your WORD has become law in the universe?

**John:** What do you mean God?

**God:** You say it is not possible to live your life without struggle, right?

**John:** Yes I do.

**God:** Don't you see that you struggle every day because of what you BELIEVE? You believe in struggle John. Don't you know whatever you believe in always comes true?

## Expressing the Powerful YOU

1. Expressing the powerful you begins with knowing what you want out of life.
2. Make a list of what you want and read it once a month so you can see the progress you are making. Make your list comprehensive and include the little things as well as the big things.
3. Writing down what you want is the first physical step to having it. Writing crystallizes thought and helps your mind focus on what it is you really want out of life.
4. Intend for your dreams to come true, no matter what, and always remember everything in life is created twice; first on the mental level and then on the physical level.
5. Live your life, fully present, in the MOMENT. You can only access your authentic power (divinely inspired thoughts and creative problem solving ideas) in the present moment.
6. Take all actions coming from LOVE and not the fear of losing something. Actions taken coming from the fear of losing something guarantee your loss in advance
7. Trust all the warm, light hearted impulses you feel and act on them. Do not trust those impulses coming from fear of loss because those impulses will cause you to take actions that will lead you away from what you want.
8. Your feelings are your internal compass. Negative thoughts and feelings are not to be denied. They are to be recognized as ALERT SIGNALS that your thinking is off-track.

Positive feelings are telling you that you are thinking thoughts and doing things that are taking you in the direction of your wants and desires. Negative feelings are telling you that you are thinking thoughts and doing things that are taking you further away from your wants and desires.

## **God Lives In The Moment, and I Live There Too!**

I could never find God when I was thinking about him. It was when I stopped thinking and started "observing life", on a moment by moment basis, that manifestations of God began showing up all around me.

Suddenly I saw people in my life as individualized expressions of God's love for me. I saw God smiling back at me through the eyes of little children on the street. I saw God saying hello to me every time the sun rose in the morning and watched him waving goodnight to me each time the sun set at night. I found God in the form of a delicate butterfly that landed on my shoulder the day before yesterday.

I felt God in the cool air that embraced me on a hot summer's night. I experienced God reaching down and picking me up when a stranger helped me find my way home when I was lost in the woods one day. Several years back, I experienced God taking care of a bill I couldn't pay, that was paid by someone I had never met.

And when my mind is quiet, I feel God beating my heart and filling my lungs with air that exhale and inhale on their own with no effort on my part. At one time, I took all of these things for granted, when I believed the future was more important than living life one moment at a time.

**Living in the moment is not so much about thinking  
as it is about OBSERVING and participating in life.**

Have you ever noticed when you are "living in the moment" interacting with others, thinking has very little to do with those interactions. If you are really enjoying being with your friends, you are not thinking, you are simply having a good time. The moment you stop enjoying them and begin thinking about "anything", you begin living outside the present moment of time.

Living in the moment requires us to "observe" the things going on inside of ourselves (our thoughts and feelings) as well as to observe things, going on outside of ourselves, in our physical world.

## **From Observation to Thinking and Back Again**

When you OBSERVE something uncomfortable going on inside of you such as a feeling of pain or discomfort, you don't simply "observe it" and move on to something else. You begin THINKING about it and that is when trouble begins for you because you start having thoughts such as these:

Why am I having this pain?

What does it mean?

What can I do about it?

Is it serious?

Will it kill me?

Should I see a doctor about it?

Should I leave it alone?

The more you think about your discomfort, the more your pain or discomfort increases. Thinking doesn't solve problems, it intensifies them. Observing problems make them disappear from your life while thinking about them makes them persist.

Have you noticed when you can't solve a problem and you stop thinking about it for a while, often times, the answers to the problem spontaneously show up in your mind when you least expect it? Spontaneous answers can only show up in your mind when thinking is suspended, here is why:

When you are thinking about a problem, it crowds everything else out of your mind including the answers you seek. It also crowds out the still small voice of God that makes it possible for us to create miracles in our lives.



## **OBSERVING, WITNESSING, WATCHING**

Do you know why you enjoy a good movie? For the most part, it is because you are observing, witnessing and watching the movie. You are absorbed in the movie, you are not thinking about it.

Thinking is an activity that takes us out of the present moment in time. Thinking is never about the moment... Thinking is always about some future moment in time, even if the future is ten minutes from now. It is also about things from our past, even if the past was five minutes ago.

There is nothing wrong with thinking, it just doesn't allow us to be fully present in the moment and live where God lives. Thinking is fine if it helps you to live in the moment, otherwise it has little value in allowing you the freedom to live a vital, happy, prosperous and carefree life.

**The "Art of Living in the Moment" is about observation, action and participation.**

Thinking, as most people know it, is vastly overrated. When you are thinking, what are you really thinking about? What people call thinking, for the most part, is:

"worry" thought

"fear" thought

concerns about the "future" thought

regrets of the "past" thought

trying to figure "something out" thought

In the moment, however, there is nothing to think about, nothing to fear, nothing to concern yourself with, nothing to regret, nothing to figure out, only life to be lived to its fullest, one moment at a time.

Thinking is about replaying past memories or making up thoughts about what your future moments in time "may" bring your way, it is not about living in the moment.

Living in the moment is about being full of the "spirit" of life. It is about being alive, curious, full of activity, animation and motion. Living in the moment is life in action, moving from place to place, observing, interacting and participating with everything and everyone that is of interest to you.

The less time you spend interacting with others or those things that interest you the most, the more time you spend thinking. The more time you spend thinking, the more difficult life becomes for you. If you don't believe me, check in with yourself and see the times when life was difficult for you. It was those times when you found yourself thinking too much rather than living life one moment at a time.

## **Who do you trust more, God or Religion?**

If you trust your religion more than you trust God, you are not trusting God. You have allowed your religion to become a substitute for God that stands between you and God and prevents you from having a powerful, unshakable, direct relationship with God yourself.

Religion is supposed to make you feel one with God in the "here and now." Instead, it has separated you from God by making you believe that God is not HERE, in this moment of time, but that He is THERE, somewhere in the future, at some future moment in time.

God lives in the moment which is now and eternal; if you want to experience the grace, power and presence of God now, live in the moment too!

If you fear God, for any reason, you are not trusting God. You are living in fear of God and it is not possible to trust that which you fear. Look into your own life and see if there is anyone you fear that you trust beyond all doubt....the only answer a reasonable person can come up with is; "No, I can not trust, absolutely, anyone that I fear."

And what you fear the most is yourself because that is the power religion has over you; to make you doubt and fear yourself. It is a power religion still has over you even if you abandoned your religion years ago.

And because you doubt yourself, you suffer in this life. Religion must keep you doubting yourself because if you didn't, you would have no need of it. Indeed, if you fully trusted yourself and your relationship with God, you wouldn't have a problem in your life, not one.

How could you have a problem in your life if your relationship with God was fearless and you knew with absolute certainty that God loved, guided, cared for and protected you always and in all ways? Do you know this about your God? If you don't, then your God is not the God I know.

Religion has done to you what God would never do to you; make you fear

and doubt yourself. Why would God make you fear and doubt yourself when he made you in his image and likeness? What power God has you also have and in partnership with God, you have the power to be a miracle worker, in this lifetime, in the "here and now".

## Getting what you want....

In order to get what you want, you must choose what you have....  
This sounds like a paradox but it isn't. Let me explain by starting with a quotation from Eckhart Tolle's book titled: Stillness Speaks.

*"True freedom and the end of suffering is living in such a way as if you had completely chosen whatever you feel or experience in the moment."*

If you are experiencing conflict (in the moment) and want peace, you must choose the conflict you are experiencing NOW. As long as you resist the conflict you are experiencing, in the moment, you will continue to experience conflict in your future moments of living.

If you suffer from lack or scarcity of money, in the moment, you must choose the scarcity you are experiencing NOW otherwise you will continue to experience scarcity and lack of money in your future moments of living.

If you are ill and want to experience fully restored health, you must choose the illness that you are experiencing NOW. As long as you resist your illness, in this moment, you will continue to experience your illness in your future moments of living.

Resistance makes undesirable conditions persist. Resistance is futile because it doesn't work. It doesn't change anything in our life, it doesn't improve anything and it doesn't make undesirable conditions disappear from our life.

If you have a "rule" that experiencing unhappiness, conflict, anger, scarcity or illness is a bad thing to do, you will resist what you are experiencing. And whatever you resist will continue to persist in your life until "you choose" what you are experiencing NOW.

In order to move beyond what you have (illness, unhappiness, lack of money) to what you want (happiness, fully restored health, love and money in abundance) you must, IN THE MOMENT, choose the condition/s you have now.

## **Mind Created Reality**

The mind is constantly making up and imagining things, often times the worst of things. Pay no attention to the "worst of things" for they will not take you in the direction you want to go.

Instead, only pay attention to those things that bring you joy and happiness and make you feel good about yourself. Your mind is very powerful and it will always deliver to you more of what you pay attention to.

Whatever you pay attention to in your life EXPANDS.

If you pay attention to your problems, you will have more problems.

If you pay attention to things that make you happy, you will experience more happiness in your life.

## **A Simple LIFE Truth**

Do what you love, do what you love, do what you love!

Do what you love and all the problems, in and around your life, will simply melt away, from you, while you are doing what you love....

Forget all the self-help books you've read and forget all the formula's you've learned to help you live a healthy, happy and prosperous life.

The "shortcut" to achieving and obtaining all that you desire is:

**DO WHAT YOU LOVE FOR THIS IS GOD'S WILL FOR YOU!**

Doing what you love will elevate your "feeling" vibrations faster than anything else you can do and then watch how fast MIRACLES happen in your life. WOW! UNBELIEVABLE, AWESOME!

## **The Truth about Control!**

You have absolutely no control over what other people say and do. You may think you do but you are only kidding yourself.

People, who are in positions of money and power, believe they have control over others but they do not. It is only an illusion.

Yes, employer's control people who work for them and governments control people by laws, regulations, and force when necessary, but that is only because people agree to this and allow themselves to be controlled by others for their own reasons.

All control is fear-based. Control is not God's way. If people knew they only had to trust in the "organizing intelligence of the universe", that most folks call God, to make all of their dreams come true, control of others would be unnecessary.

In my own life, I know I have no control over what others say and do and I have total control over me. Control over myself is a full-time job, so why would I want to take on the burden of trying to control others.

Loving and "allowing" people to be exactly the way they are is God's kind of love. It is the kind of love I enjoy living my life by.

Granted, they are times when I have to set boundaries with people when are trying to control me, for their own selfish reasons, by being abusive or disrespect of me. Other than those rare times, in my life, I never attempt to exercise any form of control over others.

Quite frankly, I've tried "controlling" others and I am no good at it. I don't like it and I find when I have attempted to control others, it has robbed me of my joy, happiness and peace of mind.

Those things are priceless to me and I can't experience those things in my life if I am spending all of my time trying to control others.



## **Difficult Problems - Simple Answers**

What makes a problem difficult for you?

The belief that the answer or solution to your problem will be hard to find. And don't you know when you believe that the answer, to your problem, will be hard to find, it always is!

It doesn't matter that other people have the same problem as you do and it is hard for them to find the answers they seek, it doesn't have to be that way for you.

All it takes is living out of the "belief" that the "answers and solutions" to your problem will be easy for you to find and according to your thoughts, so shall it be for you.

## **You are Perfect in every way**

Are you one of those people always trying to improve yourself?

Are you one of those folks always working on yourself and tinkering with the perfection that you are?

Are you one of those individuals who secretly believes you are flawed or defective and therefore you find yourself on a "lifelong quest" trying to fix that which you think is wrong with yourself?

The good news is, there is nothing wrong with you. You ain't broke and you are not flawed or defective in any way. However, you have been programmed with beliefs that make you think otherwise about yourself.

It is those beliefs that have you spending hours, chasing your tail, improving yourself or trying to fix some "fatal flaw" in yourself that you can never find.

You can't find the flaw because it doesn't exist in you. Do you think God made a mistake when he created you? God does not create junk! He creates priceless gems and you are one of them.

If you would spend as much time loving every single thing about yourself (and I mean every single thing) as you do trying to improve yourself, your life would be MAGICAL and MIRACULOUS beyond belief.

Self-Love is the Answer, it is the only answer you need for all that life sends your way. If the voice in your head is constantly criticizing you or making you doubt your perfection, use every thought it serves up, in the negative, to create a positive affirmation for yourself.

Once you create a positive affirmation, say it over and over again to yourself. Say it a hundred times a day, a hundred times a minute, if necessary, until it takes root in your soul and then watch how quickly you start feeling good about yourself!

You are a powerful, magnificent and fully loved human being. See yourself as God sees you, my child, because quite frankly, you don't see yourself so

good at times. And because you don't, those thoughts you think about yourself that "lack love" cause you to suffer needlessly!

## **Bless the Darkness**

There are times in your life you when find darkness all around you. Life seems so unfair. People misunderstand you, take advantage of you and unpleasant problems show up in your life when you least expect them.

When this happens, your mood becomes dark and somber and you feel powerless and all alone. It is times like these where "blessing the darkness" you are experiencing is quickest way to see the sun shining once again.

Keep your focus on the LIGHT that lives behind the dark clouds, of life, that are "raining on your parade. Focus on the LIGHT, not the darkness and the darkness of your life will dissolve effortlessly.

Yes, of course, the "darkness" is uncomfortable but cursing the darkness obscures the LIGHT that is behind all things both in heaven and on earth.

When you are focused on the LIGHT, nothing can harm you and even the most unpleasant circumstances of your life will have a happy ending, if only you bless the darkness. The more you "bless the darkness", the quicker it will disappear.

You are not to judge or understand the "darkness", when it is upon you, only bless it. And, with the passage of time, you will see the "abundant blessings" coming your way that, in the moment, are hidden from view behind the dark clouds of your life.

## **Good News: You are not Powerless**

Some times you feel powerless but you are not. Feeling powerless is only a feeling produced by thoughts you think that make you feel that way. Here are some examples of the kinds of thoughts people think that make them feel powerless.

There is no hope.  
She/he will never change.  
I'll never have enough money  
You can't beat the "system"  
I don't know how I'll pay my bills.  
I don't know to solve it.  
I can't solve it.  
No one will ever love me.  
There is no way out.  
There is no answer to my problem.  
God is punishing me.  
There is no God.  
There is no such thing as spiritual guides (Angels).

Be "aware" of all thoughts that create the powerless feeling inside of you. Those thoughts will disconnect you from the God of your understanding and your spiritual guide (Angel), instantly.

## **Unconditional Love is Yours!**

People want unconditional love but in a world that operates on the principles of guilt, duty, burden and obligation, it is not easy for you to find the "liberating" love you seek.

Guilt, duty, burden and obligation are forms of "conditional love", with strings attached to them that take your freedom away from you.

Unconditional love is a gift freely given to you from God. You only have to let go of all forms of love that imprison you and accept the gift of unconditional love God is offering you.

"What does it mean to accept God's Gift of unconditional love?"

It means you are not alone and you don't have to do it all on your own anymore. It means it's okay to drop the guilt, duty, burden or obligation associated with any person or circumstance presently in your life.

It means that if you dare trust God's unconditional love of you, He will provide you with all kinds of support and assistance, in your physical world, so that none of what you are currently responsible for will be a burden to you.

By opening yourself up and "letting go" of other people's problems, that were never yours to own in the first place, you will be set free to experience the happiness and joy your heart has been yearning for, for such a very long period of time.

Dare to accept God's unconditional love of you and then watch how quickly your life turns around.

## **Trust: The Better Option**

You have ambivalent feelings about God. These ambivalent feelings were programmed into you by the people who taught you about God during your growing up years. Once you rid yourself of your ambivalent feelings about God, you will experience God being on your side a hundred percent of the time, all the time.

The lack of trust in yourself and your relationship with God, by whatever name you choose to call her, is the fundamental problem in life. You were not born distrusting yourself or the one who created you.

This fear was programmed into you by others. People who gave you well meaning but misguided advice, about yourself and your creator, motivated by their own lack of trust in themselves and their creator.

Trust is natural. Distrust is unnatural. All you have to do is look at the wonders of the Universe and you will see trust everywhere.

You never worry about the sun setting or rising because you trust that it always will and it always does. You never worry about looking up into the night sky and not seeing the stars and moon shining down upon you for they always do.

You never worry about summer turning into fall or winter turning into spring because you trust that it always will and it always does. You never worry about trees growing new leaves each season and flowers blooming, each spring, because they always do. Everything in nature does what it is supposed to do because trust is natural to them.

Trust is a choice you make and whatever thoughts you "trust in" always come to pass. That is how powerful your thoughts of trust are. Just as powerful are your thoughts of distrust. The choice to trust or not trust is a choice you make.

If trust is a problem for you today, it is a choice you made during your growing up years. You made the choice to trust in things outside of yourself rather than trusting in the "organizing intelligence of the universe", that lives

within you. This "intelligence" beats your heart and allows air to flow in and out of your lungs, naturally, without any thought on your part required.

If this intelligence can do that for you, it can do anything you ask of it.  
Ask for Trust and it will be given to you.



## **Releasing Negative Thoughts**

Thoughts are things, the most powerful things of all. They attract to you or push away from you the very things you want.

What stops people from having their dreams and desires fulfilled is holding on to any thought that is not in harmony with what they want.

Thoughts that are not in harmony with what you want cause you pain and keep what you want at a distance from yourself....

Release any thoughts that are not in harmony with what you want.

The simple phrase:

"I choose to release all thoughts that are between me and what I want" works like magic. However, it takes practice to make this "magical phrase" work in your life.

When people have thoughts that are not in harmony with what they want, they have a tendency to fight with those thoughts or resist and argue with them. This action causes emotional/physical pain and keeps people stuck with the very thoughts they do not want. Once the pain sets in, people begin to focus on the pain and the pain intensifies.

The "practice" is about focusing on and repeating the phrase:

"I choose to release all thoughts that are between me and what I want."

With practice, the mental conflict and emotional/physical pain associated with the thoughts you do not want will dissolve naturally and you will be one step closer to your desires being manifested into your physical world.

## **An Ode to Thoughts**

Thoughts are things.

Thoughts are invisible things

Thoughts are POWERFUL things

Thoughts connect you to God.

Thoughts separate you from God

Thoughts cause painful things

Thoughts cause joyful things

Thoughts create

Thoughts destroy

Everything you experience in your life begins and ends with a thought.  
Choose your thoughts wisely because the thoughts you think become your  
Reality.

## Letting Go

The reason people do not let go of the guilt, duty, burden and obligation they experience in life is because, for the most part, it is what they know best.

The moment a person makes the decision to let go of these things, they feel an emptiness inside themselves. Emptiness threatens people. It makes them feel anxious and insecure.

The flip side is, it's only when you feel this emptiness that you can "consciously choose" to fill the "empty space" with as much love, joy, adventure and happiness as you can handle.

If you don't "consciously choose" to fill the empty space with new things, it will fill itself back up with your "old things" because nature abhors a vacuum.

It is God's and man's creative nature to fill in empty spaces. That's why God is constantly creating new galaxies and why human beings create houses, building, businesses, freeways, and resorts that dot the landscape of your physical reality.

What is true in your outer world is also true in your inner world. Fill in your inner world with things that make your heart soar and emptiness will not longer be a problem for you. And soon guilt, duty, burden and obligation will be nothing more than a distance memory for you.

## **Dealing with Urgent Situations**

Sometimes you have situations in your life that have an "urgent" feel to them. They might even feel like a "life or death" situation to you if you don't come up with an immediate answer or solution to the circumstances facing you.

Often times, this "urgent feeling" masks the guilt you feel about the people involved in the situation. This "urgent feeling" will be especially noticeable to you if you are being held as an "emotional hostage" by someone in your life.

As an example, a boss, a spouse, a friend, a lover, a parent who keeps you in the relationship by always threatening to take something away from you or withholds, from you, something you want as a way to manipulate, dominate and control you.

After a period of time you will begin feeling stressed out, resentful and angry in the relationship. This is a sure sign you are being held as an emotional hostage. The price you pay by allowing yourself to be held hostage by another is that you have no life at all.

Turn these kinds of situations over to your Spiritual Guide. You will be guided in letting go of these people, "emotionally", in the most compassionate of ways possible.

The result is you will be set free and the people in your life will also be free to learn new ways of interacting with others that empowers rather than disables them.

You were created to empower people and to be empowered by them in return. Any other kind of human interaction makes you "wardens and prisoners" to one another.

## **Focus on your dream!**

Your dream, the vision of the way you want your life to be, is the spiritual magnet that will attract into your life the people, situation and circumstances you need to make your dream come true.

Do not focus on circumstances or situations, in your life, that you do not like otherwise you will receive more of the same. Do not judge your circumstances and do not feel obligated to do anything that does not please you.

As you let go of "present day" circumstances that no longer serve you, you will feel pulled by guilt, duty and obligation to not give them up. Turn these circumstances over to God.

You are not responsible for anyone's life but your own. In fact, you cannot be responsible for anyone's life but your own and to think otherwise is the cause of suffering, conflict and misery in your life.

You have a big heart, you want to help everyone. The best way you can help those that you care about is to let them be responsible for their own life as God allows you to be responsible for yours.

If you must help others, send a prayer to your Spiritual Guide asking your guide to make it possible for your friends and loved ones to connect with their own Spiritual Guide who will guide them, with great joy and happiness, to all that their heart's desire.

## **Fear Impulses.**

Unless your physical life is clearly in danger, do not trust your fear impulses, they are not from God.

Fear impulses, most often show up in your life when you are trying to make something happen in your life that is important to you. You may be trying to make your dream come true, develop a loving relationship with someone or heal yourself of what ails you.

If you act on your "fear impulses", they will push you away from what you are trying to achieve. If you act on your "gentle impulses" filled with warmth and love they will lead and guide you to the achievement of what is important to you.

## **Instant Forgiveness**

Instant forgiveness is something that happens the moment after you realize you hurt someone or made a mistake.

The moment you become aware of your mistake or shortcoming, is the moment to forgive yourself. Forgiving yourself is the logical thing to do because you cannot change what you did.

You can apologize for it, you can ask for forgiveness but genuine forgiveness takes place the moment after you forgive yourself. The reason is, the moment you forgive yourself God steps in and forgives you too!

You will make mistakes and hurt people in your life, from time to time. It is what human beings do. Punishing yourself or feeling guilty for your mistakes only guarantees that you will make the same mistakes in the future.

Instant forgiveness is the way you re-connect yourself to God's unconditional love for you.

In God's eyes all that has happened in your past life is forgiven with nothing left out. Be as generous when it comes to forgiving yourself as God is generous when it comes to his unconditional love of you.

Your world doesn't need more guilt or people punishing themselves for being less than perfect, it needs more love of Self. Work with God on this one!

## **You are Priceless!**

Approve of yourself and others will too!

Trust your highest thoughts of love, health and prosperity in abundance and allow your lesser thoughts of "scarcity and lack" to pass you by.

Your spiritual inheritance is for you to have it all.... All that is required is for you to claim your spiritual inheritance as your own.

In the eyes of the one who created you, you are priceless and so whatever you say and do has great value...

Value yourself as much as God values you and all good things will be added to you.

Visualize yourself being guided and protected on your journey through life and guidance and protection will always be at your side.

Visualize the "good life" for yourself for that is God's will for you!



## **Negative Feelings Cannot Harm You**

The feelings that negative thoughts generate cannot harm you unless you believe they can. If you believe negative feelings can harm you, it is that belief that keeps you stuck in negativity.

It is not negative feelings that cause harm to you, it is holding onto them that is the problem. The hot burner on your stove can not harm you but keeping your hand on it will. The same thing can be said in regards to holding onto to your negative feelings.

You will notice that if you cannot let go of your negative feelings when you are awake, you tire easily and find yourself wanting to go to sleep. Sleep is God's built-in safety mechanism when you are overloaded with negativity or cannot let go of negative feelings in the awoken state.

If negative feelings make you feel sleepy, go to sleep. As you drift off to sleep, repeat "I choose to release all negative thoughts and feelings now". Keep repeating that single phrase until you are asleep and you will wake up feeling refreshed.

## **According to your Thoughts**

According to your thoughts, so shall it be for you....and it always is.

Have you ever noticed you are rarely, if ever, wrong about your thoughts. If you believe you can't, you can't. If you believe you are not deserving, you are not. If you believe you can't change your thinking, you never do.

The problem my dear friend lies in your "attachment" to your negative thoughts. You have learned to trust your negative thoughts more than your positive ones. This "attachment" is not logical.

I must mention, at this point, logic has nothing to do with being attached to your negative thoughts. If it did, most people would be able to dismiss negative thoughts instantly.

What attaches you to your negative thoughts is the "emotional energy" you put into them. Your fear of negative thoughts gives them the "emotional charge" that keeps them stuck to you like super glue. Fear is the "super glue" that keeps you attached to any form of negativity.

It is really quite easy to dissolve negative thoughts. Give negative thoughts no attention at all. Do not think about them. Do not play with them in your mind. Do not fight with them nor resist them. Simply allow them "to be" and they will dissolve of their own accord.

If you must do anything with your negative thoughts and feelings, **OBSERVE** them....

When you observe your negative thoughts and feelings, it is like shining a bright light into a dark room. The light makes the darkness dissolve. Observation is the "light" of your conscious mind that makes negative thoughts and feelings dissolve naturally.

Observe your "negative thoughts and feelings" and they will dissolve harmlessly without any thinking on your part required.

The moment you begin thinking about negative thoughts they increase in power and you feel them more intensely in your emotional world.

The moment you quit thinking about negative thoughts, they begin to dissolve effortlessly and you begin to feel better emotionally.

The tricky part of this process is to become as skilled at OBSERVING your negative thoughts and feelings as you are skilled at THINKING about them. Once you become a skilled observer, negative thoughts and feelings will no longer be a problem for you.

## **Anger: The Holy Emotion**

Anger alerts you when your sense of justice has been violated. Anger gives you the courage to take "compassionate action" to correct an injustice that has been done to you when you are paralyzed with self-doubt and fear.

Anger is God throwing a brick at you as a way of getting your attention to make changes in your life. He only uses this method when his more "gentle" ways of getting through to you have been repeatedly ignored.

The only time anger can be a dangerous thing is when it is denied or you become afraid of it and then anger works against you rather than for you.

Anger DENIED is the leading cause of depression, loneliness, ill health and lack of prosperity in a person's life. Yes, Anger denied is responsible for all of those things.

Anger is very powerful emotion, it is like electricity. Electricity can be used in ways that are "life affirming" such as heating a home or lighting a pathway or electricity can injure a person or take a life. The same can be said of anger DENIED.....

I want to make it perfectly clear; anger is a Holy emotion, an emotion from God. Anger has never caused anyone a problem but the DENIAL of anger has caused plenty of problems, in your society, including people going postal. Your society has condemned anger and because it has, angry people do their best to hide their anger from everyone including themselves until it explodes into violence or it is acted out inappropriately.

The psychological mechanism that makes people deny their anger is powerful. It is so powerful that the people who are the angriest, often times, appear not to be angry at all. You can tell if you have DENIED anger in your life. The symptoms include lack of love and money in your life along with chronic health problems that you can't seem to make disappear from your life no matter how hard you try.

If you get in touch with your anger and understand the "messages of love and guidance" anger is sending your way, you will wonder why you spent so many years denying your anger rather than being truthful about it.



## **The Magic of Your THOUGHTS**

There is absolute MAGIC in believing in your own thoughts.

Prosperity, in abundance, can easily be yours. All that is required is for you to believe more in your own thoughts about prosperity than the thoughts of those who believe "scarcity and lack" are a way of life that must be tolerated and endured.

Healing, from any illness, can come to you in an instant. All it takes is being firmly anchored to your own thoughts about achieving "fully restored health". Dismiss the thoughts of others who would deny your very real connection to the "Source" of all healing, that many people call God, and healing is yours for the asking.

You can experience all the love you want, in an instant, if you believe more in your own thoughts about "love in abundance" rather than the thoughts of those people who believe in the idea that "love is scarce".

When there is a conflict between your thoughts about love, health and prosperity in abundance, often times, you choose to believe the thoughts of others that take you away from the love, health and prosperity you desire.

Spend more time reinforcing your own thoughts about what you want and less time reinforcing the thoughts of others that stop you from having what you want. Believe a 100% in your own thoughts and MAGIC will happen in your life..

"Never "own" a thought of another unless it "rings true" for you in the deepest part of your soul."

## **Making Yourself RIGHT!**

You can make life easy on yourself by only changing one thing. Start making yourself "right" when things go "wrong" in your life, as they sometimes do.

Here are some examples of what I mean:

My lover or spouse left me, I must be an awful person (Making yourself Wrong)

My lover or spouse left me! WOW.... that means someone better is coming into my life although I can't imagine someone better but I am looking forward to it. Can't wait! Yahooo (Making yourself Right)

I have an awful illness, I am going to get worse, might even die. (Making yourself Wrong)

I have an awful illness. WOW....what a blessing this is to me. My illness is telling me to change my thinking and once I do my health will be better than I ever imagined it possible. (Making yourself Right)

I lost my job and don't know where my next dollar is coming from. (Making Yourself Wrong)

I lost my job and don't know where my next dollar is coming from. WOW... the universe really loves me. I didn't have the courage to quit my job that overworked me and underpaid me and now I have the time to find the job that is just right for me where I will be appreciated and paid what I am worth. (Making Yourself Right)

When things go wrong in your life, immediately make yourself right. You will feel a whole lot better about yourself and making yourself right will become self-fulfilling prophecies for you that will come true.



## **Why People work hard creating LACK**

People work hard creating lack. They experience worry, anxiety, stress, frustration and depression in abundance in their lives.

It takes hard work to create those kinds of feelings. Of course, it doesn't feel like hard work because many people have turned this kind of hard work into "automatic habits of thoughts."

In spite of this hard work being produced by automatic habits of thoughts, your body knows it is hard work because it experiences the consequences of your thoughts and it doesn't like it one bit.

When your body doesn't like what it is feeling, it lets you know instantly by making you feel poorly. When you continue to ignore the messages your body is sending your way, it starts screaming at you.

You know your body is screaming at you, to change your thinking, when you are experiencing so much emotional and/or physical pain that you just want to die.

Your body never lies to you. If your body is feeling good, that means you are nurturing it with thoughts of abundance rather than thoughts of lack.

"When you create lack in your emotional world, you create lack in your physical world."

## **What you want is coming your way**

What you want is coming your way. It is not a matter of if, only when. If it is taking longer than you expect, then expect to receive more of what you want when it finally arrives.

"A mind filled with thoughts of abundance produces abundance."

## **Trusting your "Higher Intelligence"**

You were not taught to trust the "higher intelligence" that lives within you that many people call God. Instead you were taught to trust rules, regulations, dogmas, doctrines and philosophies that separated you from the God within you that is as close to you as your very breath.

"Dare to trust the God that lives within you and then see what MIRACLES unfold in your life!"

## **Spontaneous Answers**

Often times you are faced with an urgent or pressing need to know the answer or solution to a circumstance, situation or problem life has thrown your way.

If your "need to know" is based on the fear of losing something such as love, money or health, this fear block you from receiving the very answers you seek.

Any time you put pressure on yourself or allow yourself to feel pressure from external sources, you unwittingly block the flow of knowledge coming into your mind, from your Spiritual Guide, that will provide you with the answers you seek and set you free.

Allow yourself to "not know" the answers you seek in order for the answers you seek to spontaneously show up in your mind, from your Spiritual Guide, without any effort or struggle on your part, required.

"Life is as easy or as difficult as you choose for it to be."

## **The Truth About Yourself, It's Very Good News**

There is an absolute truth about yourself. A truth you don't fully accept and believe and it is this:

You are a powerful, magnificent human being, loved beyond measure.

You are powerful because you and only you created your life exactly the way it is today.

You are magnificent because you and only you have the ability to make undesirable circumstances disappear from your life, as if by magic, simply by changing the way you think,

You are loved beyond measure and the only thing that stops you from experiencing that love is believing the lies others have told you about yourself.

Anything that makes you feel less than the powerful, magnificent, fully loved human being that you are, are LIES you have accepted about yourself as "truth".

Is it easier to believe the LIES about yourself than it is to believe the TRUTH about yourself? For some people it is...

"According to our thoughts so shall it be for us....and it always is."

## **Don't Ignore Your Negative Feelings**

Negative feelings are telling you when your thinking is off-track and taking you in a direction you do not want to go...

When you ignore your negative feelings or judge them as something bad, you disconnect yourself from your "internal compass" that can guide you, flawlessly, to making all of your dreams come true.

Negative feelings do not have to be understood. You only have to "allow" yourself to experience them passing you by just as you would "allow" yourself to experience a thunderstorm passing you by on a beautiful summer's day...

Arguing with, fighting or resisting negative feelings give those feelings power over you.

When you are feeling negative feelings, the easiest way to dissolve them, is to allow them to be. If you allow them to be, they will allow you to be....

Allowing negative feelings to exist is like allowing a traffic accident on the freeway to exist. When you see a traffic accident on the freeway, you don't fight with it, argue with it or resist it, you simply allow it to be and pass it by.

## **Notes from God/Universe**

I want to give you "all good things" but you doubt my desire to do so. You know I am powerful enough to grant your every wish and make every one of your dreams come true but you simply do not believe that I would do that for you.

And why not? After all, it is I who made you. It is I who beats your hearts. And it is I who makes the air you breathe flow in and out of your lungs without any effort on your part, required. If I would do those things for you, why would you doubt my desire to do more for you?

Do you think I am some kind of cruel and unfeeling God who would create you in my own image and likeness and then torment and tease you by planting desires in your heart and then not make it possible for those desires to come true?

Have a little faith in me and then see what happens. Turn every problem you have over to me. Let go of them and I will make them disappear from your life, effortlessly. Focus only on what you want....do not focus on what you don't want.

Focus on love, health, happiness and prosperity in abundance and I will bring those things into your life. Yes, there are things you have to do, to make your dreams come true, but only do those things that inspire you to action and make you feel good about yourself. That is the way you will know the "guidance" you are receiving is coming from me.

Trust your gentle impulses and dismiss all impulses filled with conflict, struggle and strife for they are not from me. They are impulses that deny my existence and prevent you from experiencing my desire to add all good things to your life.

All impulses, nudges and sparks of intuition you experience that make you feel good about yourself are coming from me as a way to guide you and show you the way to the fulfillment of every one of your heart's desires.

God/Universe

## **Follow your Heart**

I received a letter from a friend of mine, Syneca Featherstone, in 1998 that set me free to follow my heart. I would like to share it with you this morning because although the letter is brief, the words in her letter made all the difference in my life and they might just do the same thing for you.

“Few people are brave enough to follow their hearts. It’s all too easy to opt for the security of a 9-to-5 job with good benefits and tell that voice within to shut up.

Sadly, it seems that shutting up that voice tends to shut up some vital creative, spiritual element inside of us that becomes trapped, alone in the dark, able only to exert strange longings within us.

However, for a fortunate few, the strange longings become too strong to ignore and the prisoner is released.”



## **The Universe is on our side!**

The "Organizing Intelligence of the Universe", that some people call God, wants for us what it is we want for ourselves. Our job is to decide what we want, let go and trust that the Universe will guide us to the fulfillment of our desires.

We are guided through impulses, nudges and inspired thought. Any thought or feeling that makes us feel powerful, loved, peaceful and secure is guidance from the Universe. When we consistently act on those thoughts and feelings our desires always come true.

Any thought or feeling that does not uplift us or make us feel good about ourselves should be ignored. These are not coming from the Universe; they are coming from our fears that some people call the Ego. The best our fears can do, for us, is keep what we want at a distance or push it away from us entirely.

If your fears are preventing you from having what you want, ask the Universe to dissolve them for you and it will.

## **DON'T Wants to DO Wants**

Do you find it difficult to get what you want? Are you struggling? Are you feeling more negativity in your life than you would like too?

If you are, that's GREAT NEWS! You are on the verge of turning your life around.....and the circumstances that go along with it. This is as easy to do as flipping a light switch. Let me explain.

If you are feeling negative, the thoughts that are producing those feelings are coming from your list of "don't" wants. To flip the switch, first make a list of all of your "don't" wants... Here are a few examples to get you started:

I don't want to struggle any more.  
I don't want people criticizing me anymore.  
I don't want to feel so down on myself any longer  
I don't want to feel unloved.  
I don't want to be without enough money ever again  
I don't want to feel tired any longer.  
I don't want to feel sick.  
I don't want to be unhappy one more moment.  
I don't want to feel unworthy or undeserving any more.

Every time we say don't.....our mind immediately has us focus on what we DON'T have. There is nothing worse than focusing on what we don't have because this produces feelings of lack, scarcity and insecurity within us. Complete your "don't list" now. Once you have completed your don't list, turn it around by telling your mind what you do want.

I want my life to be easy.  
I want people to praise and respect me.  
I want to feel good about myself.  
I want people to lavish love upon me.  
I want to feel worthy and deserving.  
I want money flowing into my life, effortlessly.  
I want to feel healthy.  
I want to feel happy right now...

As soon as we tell our mind what we do want, it immediately has us focus on our wants and it starts producing feelings, within us, of our wants fulfilled....

A "don't want" list makes us feel powerless, angry, depressed and frustrated. A "want" list, however, makes us feel the opposite of those things. That's because we have instructed our mind to start bringing our wants into our physical reality. Once you have completed your "want" list, go over your list and "image what it FEELS like" to have those wants fulfilled. Imagine how good you feel.

#### IMPORTANT NOTE:

We are not required to know how to make our wants become our reality, we are only required to know what we want and the organizing intelligence of the universe that I call God will lead, guide and inspire us to make our wants come true with effortless ease..

"God most often answers our prayers in the form of an inspired thought or creative idea that either sets us free or moves us to tears."

You see, when we focus on our "don't wants" we attract more of the things we don't want into our life. When we focus on what we "do want", we begin the process of attracting what we do want into our life, almost immediately, as if by magic. It is that simple!

Keep your focus on your wants and do not concern yourself about how they will come true. Your job is to know what you want, and FEEL your wants as fulfilled.

The thing that stops most people from making their wants come true is BELIEVING they must know how to make them come true. If it was a requirement of God's that we had to know, in advance, how to make our "wants" come true then none of us would be able to read, walk, talk or write.

You see, as a baby you didn't know how to walk but you did. You didn't know how to speak but you did. You didn't know to read as but you did. You didn't know how to write but you did.

We are born into this world with the God given gift to WANT and from our wants comes our natural ability to make our dreams come true. If you know what you want, like a baby does, you will automatically make your wants become a reality for yourself.

## **The Secret to Dreams coming True**

Every successful business, hit song, or bestselling book began as someone's dream.

A dream is a collection of thoughts "imagined and visualized" as real in a person's mind.

Whatever becomes real in a person's mind will eventually manifest itself into the person's physical world. It's the law...

Our job is to have the dream, believe in our dream, make the dream real in our mind's eye and we will be led, guided and inspired by an "intelligence" unseen to make our dream of today our reality of tomorrow.

This is the very same force of "intelligence" that grows the flowers, makes our heart beat, paints the sunset, and makes the stars in the sky twinkle at night.

## **20 "Life is Easy" Aphorisms**

1. Life is easy when we realize that it is not other people or our circumstances that can make us feel depressed or unhappy, it is only our own thoughts that can do that to us.
2. Life is easy when we realize that no one can appreciate or understand us as well as we can appreciate and understand ourselves.
3. Life is easy when we realize that no one can have our own best interests at heart as much as we can.
4. Life is easy when we realize that the people who are suppose to love us the most, often times, appreciate us the least.
5. Life is easy when we realize that people who accuse us of being selfish are usually the most selfish people of all.
6. Life is easy when we realize that when we think well of ourselves, others will too!
7. Life is easy when we realize that caring for others more than we care for ourselves is a sure-fire way to make life difficult and hard for ourselves
8. Life is easy when we realize that what we think about ourselves is more important than what other people think of us.
9. Life is easy when we realize that we have no control over what other people say and do to us and we have total control over what we say and do for ourselves.
10. Life is easy when we realize that the only way other people can make us unhappy is when we give our power away to them.
11. Life is easy when we realize that most people are more interested in what they have to say to us rather than hearing what we have to say to them.

12. Life is easy when we realize that expressing ourselves to other people takes less effort than trying to impress other people.

13. Life is easy when we realize that the quickest way to get people to think well of us is to listen more and talk less.

14. Life is easy when we realize that changing ourselves to please other people only guarantees that we will never please ourselves.

15. Life is easy when we realize that the greatest gift we can give to others is our own sense of happiness and well-being.

16. Life is easy when we realize that people will follow our example more than they will listen to our words.

17. Life is easy when we realize that most people don't want us to "fix" them, they want us to love them exactly as they are.

18. Life is easy when we realize that the work we do in life (such as writing, creating music, building a house or cooking a meal) should be for the benefit of ourselves and not for others and if others happen to benefit from what we do, that is icing on the cake.

19. Life is easy when we realize that no one can disappoint us unless we have the expectation that they owe us something and they don't.

20. Life is easy when we realize that our life can be as carefree or as difficult as we want it to be depending on the thoughts we choose to think.

## **Insights into Suffering**

Suffering starts with our thoughts (how we think), then it is felt emotionally, and finally, if we don't change how we think, eventually we experience suffering in our physical bodies in the form of sickness and disease.

The purpose of suffering is to teach us how to think thoughts of love and understanding rather than thoughts of conflict and discord. When we change how we think, our suffering dissolves naturally.



## **Turning Thoughts into Physical Reality**

Do not limit yourself when it comes to what you want. You may have limitations but the "organizing intelligence of the universe" that I call God does not and as your partner, working on your behalf, can bring into your life anything you want.

As an example, I am currently visualizing my own private jet or at least the use of one when I need it, fully paid for by someone else because I don't have the money to purchase such a plane. I also know I don't necessarily need money to make this plane become a reality for me if I leave the details of how this plane will come into my life, up to the universe, who works on my behalf.

In order for the universe to work on my behalf, I must have a non-attached state of mind about wanting this plane. If I don't have a non-attached state of mind, since what I want is huge, I will become overwhelmed by negative thoughts logically explaining to me why it is not possible for me to have this plane.

A non-attached state of mind prevents negative thoughts from taking control of my mind and raining on my parade. The way I became non-attached to my thought of wanting a jet plane is that I ended that thought with a simple prayer to the universe that goes like this:

"This or something better, for the highest good of all concerned, thy will be done."

I can't imagine anything better than having the use of a private jet plane whenever I need it but I am certainly open to something better and that's why I say this prayer at the end of every thought I have about what I want.

I remember, one time, losing a woman I loved. I was heartbroken. I couldn't imagine a woman better, for me, than the one I lost but my simple prayer brought another woman into my life far better, for me, than I could ever

dare imagine possible for myself. That is how powerful that simple prayer is and it works for me every single time, without fail.

It is never a matter of if I will get what I want, only when. I trust the timing of the universe in regards to when my wants will show up in my life. In the meantime, I do what I can to make my dream of having a jet plane come true like sharing it with you.

I then let the details of how my dream will come true up to the guiding light of the "organizing intelligence of the universe" that I call God. After all, if God can create the sun, moon and stars, a jet plane showing up my life will be a snap for him.

The prayer, "this or something better", makes life easy for me because it allows me not to be attached to what I want and it makes it easy for God to operate on my behalf and fulfill my most heartfelt desires as quickly as possible.

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The prayer "this or something better" comes from Joe Vitale, author of: The Attractor Factor, available through Barnes and Noble and Amazon.Com. His web site URL is [www.mrfire.com](http://www.mrfire.com)

## **Did you know this about Thoughts?**

1. Thoughts are things.
2. Thoughts are invisible things to everyone except the person having the thoughts.
3. Thoughts become visible things when they are expressed through our words, deeds and actions.
4. Thought have consequences; the immediate consequences of thought are felt in the body.
5. Positive thoughts make our bodies feel lighter and our moods carefree and lighthearted.
6. Negative thoughts make our bodies feel heavy and our moods dark and somber.

Thoughts are powerful things. Thoughts created guns, bullets, and the atomic bomb. Thoughts created our existing medical and scientific breakthroughs and landed a man on the moon.

Thoughts have the power to sustain life or destroy it. Each act of love and kindness begins with a thought. Each act of violence and destruction begins with a thought.

The thoughts people think make a difference in life, they make all the difference and because they do, we should never take for granted or underestimate the power of our own thoughts.

## **Respecting Yourself**

Self-respect requires you:

- to be gentle with yourself in all circumstances.
- to forgive yourself for not being perfect.
- to love yourself more and judge yourself less.
- to be compassionate with yourself.
- to be understanding of yourself.
- to think the best about yourself.

You should especially think the very best about yourself when your mind is trying to convince otherwise. Self-Respect isn't a gift you earn from another, it is a gift you give to yourself because you are worth it!

## **Your Best is Good Enough!**

I often hear people say that no matter what they do in life or how hard they try, their best isn't ever good enough.

The thought that "your best isn't good enough" will produce evidence, in your life, on a daily basis that it isn't..... That is how powerful that particular thought is.

The difference between people who make things happen in their life, with effortless ease, versus people who don't is that one singular thought. Always think "your best is good enough" and over time, with practice, what you think will become your reality.

## **Seeing yourself as a Powerful Person**

Whether you are aware of it or not, each day, all day long, you are judging and evaluating yourself. Throughout the day you are collecting evidence for or against yourself depending on whether or not you see yourself as a powerful person or a person with no power.

If you collect evidence during the day that you are a powerful person, at the end of your day you will feel pretty darn good about yourself. If, on the other hand, you collect evidence that you are not a powerful person, you won't feel so good about yourself.

The evidence we collect tells us which direction our thoughts are taking us. When I see I am collecting evidence against myself that is a signal that my thinking is off-track and is taking me in a direction I do not want to go.

Once I become aware my thinking is off-track, I change my thinking so the evidence I collect allows me to come to the conclusion, at the end of my day, that I am a person of power.

The great thing about collecting evidence that you and I are powerful people is that it allows us to be in control of our destiny. On the other hand, if we collect evidence against ourselves, it allows other people to be in control of our fate.

## **Thought Creates Reality**

As a man thinketh, so he is  
As you sow, so shall you reap  
According to your thoughts, so shall it be

All of the above statements are saying the same thing; it is our thoughts that create our reality. If this is a universal law, I wonder why it is difficult for many people to choose thoughts that make life easy for them.

I have come to the conclusion that the self-defeating judgments people harbor against themselves prevent them from "choosing" the kinds of thoughts that would make life easier for them than they dare imagine possible.

The universal law that thought creates reality gets sabotaged every time we judges ourselves as undeserving or not worthy of living a life filled with love, health and prosperity in abundance and to live that kind of life with effortless ease.

## **Ending the Blame Game**

I frequently hear people say that they are stuck in a job they don't like, a relationship they don't like or stuck with a situation or circumstance that is unpleasant for them. When I ask them what is causing them to be stuck, they usually blame the other person or the situation they find themselves in.

When we blame other people for being stuck, what we are really doing is giving our power away to them. When I catch myself blaming someone, I immediately stop myself, take back my power and change my thinking. When I change my thinking from being stuck to being free to explore other options and make new choices, my circumstances change naturally.



## **Imagine the Very Best for Yourself**

Do you have any idea how powerful your imagination is? Do you have any idea how often you use it? When you are worried about something, you are using your imagination.

Don't you find it interesting that it is easier for many people to imagine the worst for themselves than it is for them to imagine the best?

People who are constantly worried, anxious or feeling depressed are unconsciously using their imagination against themselves. They are allowing their imagination to control them rather than them controlling their imagination and visualizing the very best for themselves.

Interesting thing about the human nervous system is that the nervous system can't tell the difference between a real or imagined experience. That's why when you are worried or depressed, it feels so real to you even when, in reality, there is nothing, in the moment, going on in your life to be worried or depressed about..

If you are skilled at imagining the worst for yourself, with practice, you can change that and use your imagination to imagine the very best for yourself. When imagining something you want, use the A.C. E. formula.

Action: See yourself in action, on the road to the vacation of your dreams, driving the fancy car you want, or making mad passionate love to your soul-mate.

See yourself living in that house you want. Buy magazines that have pictures of what you want in them and use those pictures to help you imagine what you want.

Color: See everything you are imaging in vivid colors. See the color of the car you want, change it if you wish. See deeply into the color of the eyes of your soul-mate. See the trees, flowers, oceans and mountains in vivid color.

Take in the beautiful colors of the sun rising and the sun setting. The more you can make your imagination work in vivid colors for you, the easier it will be for you to imagine the best for yourself.

Energize: Feel what you are seeing, energize it, add aromas to your imagination process that awaken the senses and make you feel more alive. In addition, add music that inspires you and helps you imagine what you want.

When you catch yourself imagining the worst for yourself use that as a signal that it's time to go practice imagining the very best for yourself. You're worth it!

## **Hitting Obstacles and Roadblocks.**

Question: What should you do when you hit an obstacle or a roadblock that is between you and what you want?

Answer: Nothing, absolutely nothing.

If you do anything with an obstacle or roadblock, you will strengthen it and make it more powerful than you are. All obstacles and roadblocks are illusions. Granted, they feel real, very real, but they are not real.

They only become real when you are afraid of them, resist them or fight with them. If you leave them alone, they will dissolve naturally, and in many cases instantly, that is if you leave them alone and do nothing.

I have experienced, in my own life, time and time again, that when I resisted or fought with a roadblock or obstacle that it only became stronger. The moment I left it alone and did nothing, the roadblock or obstacles disappeared instantly, as if by magic.

If you have tried everything else, in your life, to remove an obstacle or roadblock that is between you and what you want, try doing nothing.

You have everything to gain and nothing to lose by doing NOTHING! Do nothing with the obstacle or roadblock and do something else, something that makes you happy.

There are many ways to get past an obstacle. The easiest way is to be like the "wind and water" and flow up, over, under or around it but do not insert your head into it, that hurts too much. :)

## **Being Yourself**

What does it mean TO BE Yourself?

When you are BEING yourself, you do not rush yourself. You do not motivate yourself with harshness. You treat yourself with respect at all times and under all circumstances.

You accept yourself as you are, with your strengths and weaknesses. You do not doubt yourself. You are at peace with yourself.

When you are being yourself, you accept that you are enough and that you are worthy of all the good things God wants to lavish upon you.

Every time you are feeling "ill at ease" with yourself that is a SIGNAL that you are not being yourself. When you feel that way, ask yourself how you would feel if you were being yourself.

All the actions you take, in your life, coming from BEING YOURSELF will work for you and serve the highest good of all the people in your life.

Being yourself is the person you have always wanted to be. Be that person and your life will spontaneously turn into a living, breathing miracle and you will wonder why you spent so many years trying to be anything other than yourself.

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Author Note: All conflicts and upsets between people are a result of people not being themselves and trusting in themselves.  
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## **The Magic in LIFE....**

All the MAGIC in life happens when we live in the MOMENT.

Training ourselves to live completely in the moment is the most powerful and loving thing we can do for ourselves. When we live in the NOW, we realize our past is nothing but a memory and can not harm us and our future can only be what we IMAGINE it to be.

What you imagine NOW becomes your REALITY tomorrow.

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Author Note: If you look back on your life, you will see that what you imagined and focused on yesterday is your REALITY of today.  
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## **What is Acceptance?**

Acceptance is accepting, in the **MOMENT**, your condition or circumstance exactly the way it is.....and **KNOWING** that in the next moment things can reverse themselves completely....

Acceptance does not mean accepting some condition or circumstance, in your life, as final, fatal, terminal or inevitable.

Acceptance, from a spiritual point of view, is about accepting "what is" in the moment and not using "what is" to determine what will be in your future moments of living.

People who heal themselves **NEVER ACCEPT** their disease or unpleasant circumstance as final, fatal, terminal or inevitable. They accept, in the moment, they have a disease or unpleasant circumstance and know how it will all turn out, in the future, is up to them and no one else....

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## The Power of Your Feelings...

**Trust your feelings always and in all ways.** Good feelings mean you are in the process of manifesting good things in your life and bad feelings mean you are in the process of manifesting bad things in your life.

Good feelings tell you that **your thoughts are in alignment** with the "organizing intelligence of the universe." Bad feelings tell you that **your thoughts are out of alignment** with the "organizing intelligence of the universe."

Feelings **are your internal compass**, infallible and completely trustworthy. Good feelings ALERT you to the fact that you are going in the direction of your dreams. Bad feelings are telling you that you are moving further away from your dreams.

Good feelings alert you to the fact that, **through the power of your own thoughts**, you are in the process of creating good things in your physical world. Bad feelings alert you to the fact that, through the power of your own thoughts, you are in the process of creating bad things in your physical world.

If you are experiencing "**negative**" feelings, it doesn't mean there is something wrong with you. It doesn't mean you are flawed or defective in any way. It doesn't mean you need to see a therapist. It doesn't mean you are crazy. It doesn't mean anything more than you are **moving further away from what you want**.

Negative feelings are "**benevolent teachers**" in disguise. They're ASKING you to change your thoughts. Once you change your thoughts, your feelings change too! Without feelings there would be no way for you to know if you were moving closer to your dreams or further away from them.

## **The Power of Our Thoughts**

"If we have any real weakness at all, it is underestimating the power of our own thoughts to make our dreams come true or make problems disappear, from our life, with effortless ease". Whatever thoughts we focus on in life expand and eventually manifest themselves into our physical reality.

If we focus on thoughts of lack and illness or thoughts that life is hard we automatically say and do things that produce those results in our physical world. That is how powerful our thoughts are.

I have a question for you.

Wouldn't it be great news to know that through the power of your very own thoughts you create all the problems in your life including ill health, lack of money or getting involved in relationships that don't work out for you? Most people would say no.

I say it is great news because once I discovered I created all the problems in my own life, by how I thought, I made an extraordinary discovery. I discovered I also had the power to make every one of my problems disappear from my life, with effortless ease, simply by changing my FOCUS in life.

Once I changed my focus from thoughts of lack to thoughts of abundance, and started doing this on a consistent basis, I have been able to create my life exactly the way I wanted it to be. I have been able to accomplish this, independent of anyone or anything outside myself, using the power of the "organizing intelligence of the universe" that I call God. A divine spark of this "intelligence" lives inside each of us and connects us to one another in very real and powerful ways (More about this later).

The power of thought, in simple terms, is like the power of electricity. Electricity can injure us or light up our homes. The same thing can be said of our thoughts. The power of our thoughts can light up our lives by producing love, health and material abundance for us or they can injure us by producing lack, disease, and the absence of love from our life.



Contrary to what some people believe, as scientific studies are beginning to prove, our thoughts are not limited by time or space and extend out far beyond our physical bodies therefore what we think has far reaching consequences. In addition, our future destiny is not cut in concrete because the thoughts we choose to empower today will change what the future brings to us tomorrow.

## The Living in the Moment Prayer

- When I live in the moment life is always very good to me.
- When I live in the moment illness keeps its distance from me.
- When I live in the moment my dreams become a reality for me.
- When I live in the moment stress and worry melt away from me
- When I live in the moment the love I seek finds its way home to me.
- When I live in the moment happiness and prosperity increase for me.
- When I live in the moment other people never cause problems for me.
- When I live in the moment my thoughts never cause inner conflict for me.

The Power of this Prayer is not found in a set of words we repeat, rather it is found in what we do. The article that follows explains why this is so.

When we LIVE IN THE MOMENT, everything we need to know, in the moment and for the moment, is known to us therefore we should not be too concerned about the future.

However, we should use our mind to look into the future long enough to see if there is anything we need to do NOW to make sure our future turns out exactly the way we want it to. *(This paragraph inspired by Eckhart Tolle's book The Power of Now)*

If there is nothing we can do NOW to influence the outcome of our future moments in time, we should bring our mind back to the present moment.

When our mind begins to make demands on us to know things that we cannot possibly know beyond the present moment, it's a sign. It's a sign that our mind is trying to take control of our life and cause trouble for us rather than allowing our higher self to be in charge.

When your mind starts making demands and begins putting pressure on you to know things, in the future, that you can not possibly know NOW, bless it. Bless it means to invoke divine favor upon it.

Non-acceptance or resistance to your mind making demands on you, to know things you cannot possibly know now, is the opposite of blessing it. It

is cursing your mind and cursing is an appeal or prayer for evil or misfortune to befall on someone or something.

When you resist your mind's demanding ways, you curse it. When you do that you, unwittingly, wish misfortune on your mind. And as a result, you always feel the consequences of this negative prayer in your body in the form of emotional distress or physical illness.

By blessing everything, in the moment, that troubles your mind, you are invoking God's power to turn your troubles into something good for you.

You only have to bless what troubles you, and God, working in partnership with you, will help you turn your troubles into amazing gifts that will both delight and surprise you. Often times, these gifts will move you to tears and take your breath away!

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\* The term “organizing intelligence of the Universe” that I use in the handbook comes from George’s Jaidar’s excellent book titled: The Soul: An Owner’s Manual

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