



Making Change a Peaceful Journey

“To change what you’re getting, you must change what you’re doing (and what you’re thinking.)” Anonymous

Let me ask you something. Let’s say you’re now 40 years old. That means you’ve been alive for 350,400 HOURS!

Now, if you decided to devote just 10 minutes a day to journaling, writing your desires, focusing your intent on what you want, IMAGINING your happiest life ...that would equal 300 minutes a month – or 5 hours.

Is a new life worth 5 hours a month? When you’ve already been here (if you’re 40) 350,400 hours?

If you haven’t made the commitment to spend time with your dreams, why not? During our seminars, a constant theme has emerged: “But changing is so difficult. I don’t know how to change these limiting belief systems. I am a sedentary person and I’m not sure how to change that “

In the book “Who Moved My Cheese?” by Spencer Johnson, we learn the story about Hem and Haw and Sniff and Scurry. The essence of the theme is about ALLOWING and even WELCOMING change, rather than resisting it.

Sniff and Scurry are two little mice who see that their cheese supply is dwindling – so they go out into the maze in search of more cheese. Hem and Haw, however, keep trying to hold onto their dwindling cheese, hoping it will somehow magically re-appear. Eventually Haw leaves Hem behind and goes in search of and finds a HUGE supply of cheese. He writes:

“Imagining myself enjoying new cheese, even before I find it, leads me to it.”

Here is a BIG KEY to making your changes comfortable and progressive – IMAGINE yourself in the life you seek. Imagine yourself at your perfect weight, with fabulous

financial abundance, living with your rightful soul mate, ENJOYING your life moment to moment.

- IMAGINE yourself exercising and loving it
- IMAGINE yourself writing your desires and getting BIG AHA'S
- IMAGINE yourself experiencing huge abundance & joy
- IMAGINE yourself walking into the maze and EXPECTING great results

IMAGINE your heart's deepest desires, PLAY or PRETEND if have to, but IMAGINE your highest and best life and the more you do so, the more you will raise your frequencies and therefore attract what you really desire.

"You are never given a dream without also being given the means to attain it." Deepak Chopra

While you are standing in line at the store, or waiting in traffic, or curling your hair, or walking to your car, use your IMAGINATION to propel you to the life you desire.

Your imagination can activate the frequencies you desire, and when you focus your attention and intention on only what you desire, you change your frequencies to bring you that which you truly desire.

So, instead of focusing on your limiting belief systems, change your frequency to: "I am a possibility thinker – I see the opportunity in everything."

Or, if you are trying to get motivated to exercise, do NOT focus on what you are NOT doing – focus on seeing yourself getting dressed in workout clothes, and walking or going to the gym.

If you worry about your bills all the time, "flip the switch," each time you catch yourself thinking of them, and IMAGINE the feeling of having more than enough money for all your wants and needs.

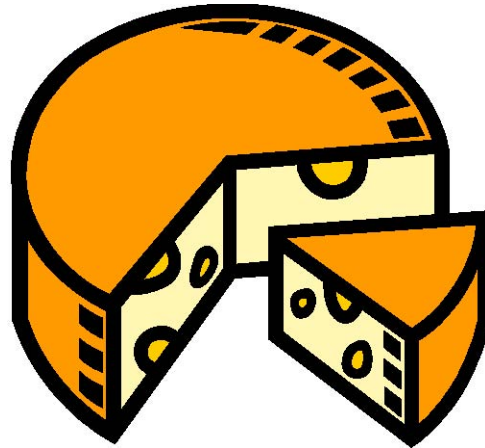
Moment by moment – thought by thought – CHOOSE to walk into the maze of change with expectation, anticipation and confidence.

As you begin to make small changes, your frequencies change and you will automatically desire to make more changes. You do not have to make huge changes at once ...just as you work out in the gym, you do reps – building muscle tone and muscle memory.

Remember, action does not follow emotion – it is the other way around. Emotion FOLLOWS action. Get started even if you don't believe it. Your mind will catch up.

"You don't have to believe it to begin it." Montana Gray

Now, in the time you've read this, you've invested 5 minutes toward possibility thinking and positive change. Can you double that – and do it daily? We promise you, that when you do, you WILL see huge changes in your life and will be motivated to really go for YOUR CHEESE.



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