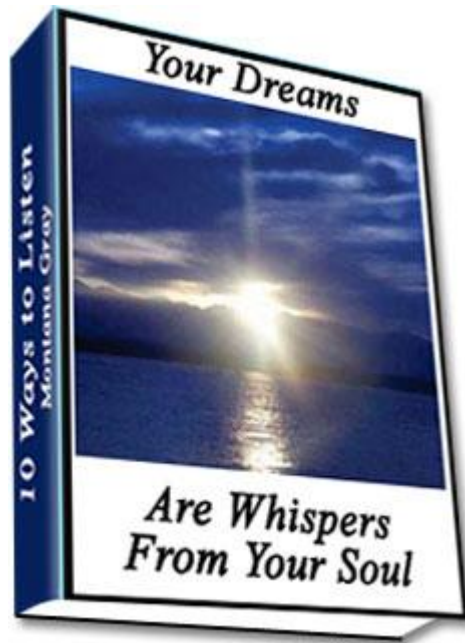


Ten Ways to Listen to the



Whispers from Your Soul

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Ten Ways to Listen to the Whispers from Your Soul and Allow Your Dreams to Come Alive

Story of the Blessing Box (from the book "The Prayer of Jabez")

A soul dies and crosses over to the other side. There, his Guide meets him and immediately takes him into this large building that looks very much like a warehouse.

Shelves rise to the ceiling and on each shelf are many beautiful boxes, wrapped in white glorious linens, satins, and exotic fabrics. The Guide climbs the ladder and pulls down one of the boxes from a shelf near the top.

He opens it and inside you can see many engraved, white invitations – that look like wedding invitations, again covered in white satins and elegant fabrics.

The soul, confused, asks "What are those?"

The Guide answers. "These were all the blessings that were waiting for you that you did not claim."

Live your life so that when you stand in front of the God you believe in you can say, "I used your blessings well."

Ten Ways to Allow Your Dreams to Happen Now

1.) Remember the power of FOCUS. What you focus on expands. Therefore, focus **ONLY** on that which you desire.

Exercise: Every time you catch yourself thinking of something that is fearful or anxious or worrisome, ask yourself "Is this what I want to create?" If the answer is "no," change the channel of your thoughts.

Train your mind, moment to moment, thought by thought, to do this.

2.) Turn off the TV. Unless there is a motivational or inspirational program. TURN IT OFF. TV is one of the biggest diluters of your energy. And, one of the most damaging programming tools for your subconscious and super conscious minds.

Exercise: How many hours a day do you average with the TV on? (Even if it's just on in the background, the energy is diluting your creative self.) Now multiply those hours times the number of days a year times the number of years.

Scary isn't it? Add up those hours and imagine what you might have done with your life if you'd used them creatively.

3.) Suspend judgment of all kinds. Of self and others.

Exercise: Every time you catch yourself in judgment, replace it with a blessing. Send a beam of light to the one you were judging (self included) and in that light send peace and joy.

Side Bar (Humorous) – I often do this when in the grocery store if people are acting agitated or yelling at their children or a spouse. Since I started this practice, many times I will be standing in line to check out and a checker will come over to me personally, open a lane so I can check out – and then they close the lane! It's like the blessings just make them offer this wonderful experience!

4.) Dust off your vision board and journal and update them. Add images and phrases and review them at least 2X a day – best before sleep and upon awakening.

Exercise: FEEL yourself in your dreams as you do this. Continue to FEEL yourself there with all the senses activated until you can do it on a moment's notice – without the images or words. Then, during the day, whenever you need to change the channel of your thoughts, go into your FEELING place.

We know now from quantum physics that it is intention + attention + EMOTION that creates our desires. Practicing **really feeling the emotions** of having already received your dreams accelerates their manifestation.

5.) Go into Gratitude throughout the day. Train yourself to find a way to be grateful for EVERYTHING.

Exercise: Learn to ask yourself, "Where is the gift in this?" Then BLESS IT. Train your mind to look for the gift in all experiences. Train your "seeing" self to see the world as one big gift basket.

6.) Begin seeing all people in your lives as souls. Ask yourself "Why is this soul in my life? Why am I in theirs?"

Exercise: Start pretending you can see other souls' energy fields – if you were to pretend what color their aura was, what might it be? Begin using your child mind to start seeing outside the realm of the physical and from the realm of the Spiritual.

7.) Read or listen to at least one inspiring message a day. Then ask yourself, "What can I do to inspire others? What can I do right now? How can I live as a blessing for others?" POWERFUL QUESTION: "How can I serve?"

Exercise: Imagine that you have a big secret. That secret is that you choose to make a positive difference in the lives of others – and never tell anyone that you did. You are a secret dreamweaver for others. Now, let your subconscious self guide you on how best to do that – and to it at least once every day. It will become positively addictive AND raise your vibrations so you can receive greater good in your own life.

8.) Remember that your spoken words are a command on the Universe. Clean up your language. Every time you catch yourself saying (or thinking) anything negative, change the channel and change the words or the thought ON THE SPOT.

POWERFUL Exercise: (This one WILL change your programming if you read it daily for at least 3 weeks. Personally, I read it every day.) Read the following affirmation daily before sleep:

"The storehouse of my mind is now cleared of all negative, limiting, non-productive thoughts, memories and beliefs. As the storehouse is cleared, only positive thoughts and beliefs are allowed to enter and remain. The force field of my mind is now easily able to reject all negativity in any form and release it harmlessly into the ether. I command the force field of my mind to do this now and in every moment."

9.) Join a mastermind group and find a spiritual mentor. Be in the energy of high vibrational individuals frequently. This has HIGH SOUL BENEFITS.

Without exception, ALL successful individuals surround themselves with high minded others and participate in some form of mastermind group. Can't find the right people to be in your mastermind?

Exercise: Do what Napoleon Hill did. He created an "imaginary council" of people living and dead and daily he imagined meeting with them and asking them questions. Want to learn how this powerful exercise changed his life? Get his book "Think and Grow Rich" and read Chapter 14. Actually read the entire book and study it -- it is a manual for riches in every area of your life.

10.) Learn to live from Spirit not Ego. Learn to live without defining yourself by what you do, what you own, who you know. Learn to just BE the best soul vibration you can be and learn to listen to your inner wisdom – your own intuition. This is the voice of your soul.

Exercise: In every decision, no matter how small, start tuning into your "inner self," and listen to your "gut." Then follow your gut. The previous owner of Sony Corporation was interviewed by Deepak Chopra and when Deepak asked him how

he created a company worth trillions – that’s right trillions. The owner told him that he made every decision by analyzing the facts and then choosing to listen to his gut over even his logical mind.

Exercise: Keep an intuition journal. Record daily your “hits” – when you just knew something and it was later verified. Also record when you went against your “gut” and you realized you made a mistake.

I do intuitive counseling and I cannot tell you how many men and women have told me that they knew it wasn’t right when they married that person who is now the divorced other. I also have been told by many people that had they listened to their “gut,” (their intuition) in other matters, they would not be in the situation they were in.

Your intuition can save you money, heartache, and in many cases, even your life!

Summary:

These are only ten ways you can begin – but they are all excellent ways to start living from the Truth of Who You Are – which is Spirit. A Spirit of Life, Love, Light, and Joy!

There is only one you. And only you can leave the unique fingerprint on the Universe that is yours alone. Want to live a fulfilling life? Give the world back the gifts that only you can and USE YOUR BLESSINGS WELL – ALL OF THEM!

Namaste,

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Your Personal Dream Weaver

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