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The Best of You in 2011

Link in the chain

It takes many links to make a strong chain of love. The more links are made of steel, chances are that it will be hard to break. The more links joined together the further the reach and the stronger the chain becomes.

I was reading an inspiring exert from a book called "**Why Your Life Matters**" by Cash Peters. In this exert he shared a story about a woman who searches people out all over the world to deliver specific messages to them.

This woman searched him down to give him a message, which changed his whole mental state and inspired him to know that he made the right choices.

Cash calls this an act of divine possibility. I think that's a great phrase.

I understand not everyone can be like the woman he described being able to travel all over the world searching people out.... But, what if we offered our help or expertise on something we can do for someone around us?

Consider being one link in a chain. When your link is combined with other links, imagine the impact that you can have with so many people aligned to the same purpose.

Your link needs to be connected with other links to have the same intention and become a part of the process of becoming something more special and stronger

Imagine the power of intention that a chain of like mindedness can do for the betterment of... EVERYTHING.

Many times, when I'm doing a consultation with a client, I often get messages on the other side from

someone who the person sitting in front of me has a connection to on this side. The person in front of me may not have known the spirit that's coming through, but they do have a connection through 6 degrees of separation.

Often times the spirit wants to pass on a message to their loved ones and I deliver that message to the person sitting in front of me. In this situation I became part of the chain, another link to the Divine purpose.

Basically, what I'm saying is, help one another. Gather around like minded people for the common betterment of each of us. Think of this now, what if all of our individual smaller chains joined together to become one mighty super powerful indestructible chain. Think of the positive influence we can have on our planet. It's as simple as smiling at strangers. How would the world feel if everyone always smiled?

Love &

You have heard it before, love conquers all and that also goes for the act of healing.



The healing process begins with opening up our soul to divine love. We are all created alike, so it would only make sense that we all heal in the same ways.

The one common denominator is love. The energy vibration of love is felt so strongly and significantly that it is the most commonly described energy vibration known to man. Most times the descriptions are exactly the same or very similar.

When we are in pain and suffering with an emotional issue, it is love that will set in the healing process in motion. Love sometimes doesn't act by itself.

It's like a beautiful flower garden full of vibrant colour. It takes many different kinds of flowers and many different colours to make up this floral bouquet of beauty. Many who see this garden experience and witness the beauty of the love that went into creating it.

Focus on the vibration of love and will yourself to heal. Feel the difference of how you create this energy field of pure loving vibration. If you're ready, send this loving healing energy to someone you know.

Take Action

Did anyone make a New Year's resolution? How about a goal that you would like to accomplish? How is that going for you?

If you are needing a bit of assistance in order to succeed, It is time to form an action plan that includes all of the variables needed to make your goal a reality.

Be prepared for some sweat equity, as this may require you to get to work. Ask people who you respect and admire how they went about succeeding. Think of ways to accomplish your goals. if you are finding yourself still stuck then may I suggest making a vision board. I have found vision boards to be very helpful in keeping me focused on a goal.

Life Path Series

I am starting to write a series of Life Path situations to help our understanding about why specific things happen to some people but not to others.

Many of us know that we have a contract for living with God. Before we are born onto this Earth we get together with everyone that has been, is and will be around us in our next life to create our life chart. Souls sign up to be our mother, father, sister, friend, partner, boss, etc. The souls do this to help each other fulfill their spiritual contract of learning about humanity and to develop their skills further when asked to help guide us here on Earth.

When mapping in our chart, soul may want to learn something about happiness, pain, success, or trials and tribulations, etc. Once the map is finalized and all the souls are ready to come down at their appropriate times, your chart is set in motion.

This chart is not set in stone by any means. The chart is a guideline of what needs to be accomplished for your life. The variables involved arise throughout your life and we often say that this is “a part of the journey”.

Many may not know where the finish line is but, they have to be on a path to get there. Some of us decide to listen and take the path to get us there the most efficient way, while others take many detours to get to their appropriate destinations.

The journey between start and finish is our free will to make decisions on how we will tackle our life. Our choices what builds character and qualities. It's these decisions that help us learn the negative and positives of what life has to offer.

Many people will experience the same outcome but it's their individual learning path along the way that makes each experience unique. These learning experiences also help people around us to understand how to handle difficult situations in their lives as our life paths cross.

Guidance

The moment I wrote that word “Guidance” on a sheet of paper my thoughts went into overdrive. I was young when this happened. I remember sitting on the couch in the family room, the t.v. was on and for some reason I had a pen and paper around me.

I heard a voice that I often have heard before and it told me to get a pen and paper to write down a word. After I wrote down the word, the voice gave me a “crash” course on what guidance is and how I can help others as well as myself. being guided. The information helped me become who I am today.

I'm always learning and being guided to look beyond this subject or dig deeper into that interest. Over the years I have learned to listen to this guidance.

Many times in my practice I get asked if there is “Anyone watching over me”?

Potential

We all have potential, but what is it? We can't eat it or buy it. We can however nurture it and grow from it.

When we see people moving towards their potential we often remark about look “where he came from” or “She deserves to be happy”.

The definition of potential by dictionary.com is as follows;

- Possible as opposed to actual
- Capable of being or becoming
- A latent excellence or ability that may or may not be developed
- Someone or something that is considered a worthwhile possibility

Everyday I am faced with opportunities to turn potential into reality. I have countless phone calls, emails to respond to, articles

to write, people to help and my own life to live. I try everyday to reach my full potential in the framework of maintaining a sense of my own worth.

It's important to “harness a path of Potential opportunity” because without knowing who you are, you may find yourself lost or you may stagnate while others pass you by or to stop and help you. Since you don't see or understand your potential you may not move or grow and therefore not live up to become the best person that you can be

If you are living in your potential then bravo! You certainly must be a happy, well-rounded person.

If you find that you have an issue about understanding your potential, may I suggest you seek some guidance from someone you trust who may be able to shed some “light” onto the situation for you - a career counsellor, a Psychologist or even me.

I say the same thing to each one. “YES”! We all have spirit guides watching over us. They don't necessarily interfere with our living, but they simply help us get through the ups and downs. The ups and downs are as high or low as you make them and can be less so if you pay attention to subtle “pushes and pulls” from your guides. You're living your life for your learning and not the learning of your guides.

When listening to what you're being prompted to do, you can get a little closer to understanding more about your journey. Allow the mind to become quiet and listen to what's being asked of you to do. By doing this, you will begin to live more from the guidance of your soul and less from your heart and mind.

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