

Chapter 1 : Trusting God When You Don't Understand - Top 4 Things to Remember

The song that Greg sings to Rose in the episode Story For Steven.

I still call them surprises or coincidences - and to some extent they are. Any anyone can do it. But maybe you just wish that some of the seemingly good luck that happens to others happened to you. Here are my six tips to make it so. They work for me. I know they can work for you too. Having an attitude of gratitude really does go a long way. If you want something in life you have to will it. You have to open a layer in the Universe that is going to taking into consideration your request and to do this you have to be positive. Enthusiasm, a good attitude and sincere excitement goes a long way in this world. The crazy thing though is that when I am specific, what I want happens at a 4: But we can make something a habit, second nature, and then it starts to take care of itself. Treat your request to the Universe like invitations to a party with a specific day or industry or request. People will go out of their way for you. Whatever it is, that is time that could have been spent doing something else. So if someone makes an intro, follow up. From a Twitter DM, to a quick email to a hand-written thank you note, follow up with people. It makes a HUGE difference. You have to start saying yes! I know there is traffic and the gym and laundry and the need for downtime. Schedule all of those things too. But more often than not, people get stuck on this point. They had the best of intentions and really wanted to go the distance, but they forgot to say yes. You have to realize this is your brain trying to trick you from taking the most important step of all. You have to show up! And you have to show up ready to be enthusiastic and specific and take a look at a situation and own it. Drink coffee, take a power nap, give yourself a pep talk. Then walk out your door and proceed to show up. If good things happened to you and you passed it forward and that person passed it forward, think of all the good deeds and Universe-Bending that would be going on. Stop and open the door for an elderly woman walking by, pick up the change someone dropped on the ground and hand it back to them, pay for the person behind you in a toll lane! Big or small, being in the habit of giving back is what gives you the heads up to keep doing all the rest of the stuff and making your deepest dreams, aspirations, and goals a reality.

Chapter 2 : 7 Steps to Manifest Anything You Want -- Including Money | HuffPost

You have to open a layer in the Universe that is going to taking into consideration your request and to do this you have to be positive. Enthusiasm, a good attitude and sincere excitement goes a long way in this world.

In actuality, the phrase “the universe works” can be either an imminent warning of bad things to come or the assurance of something great just around the bend. And the way you perceive and actualize the expression has an extraordinary impact on the trajectory of your life. I recommended *The Alchemist* because I wanted to introduce you to a way of thinking – a philosophical approach which recognizes that the universe works to give you what you ask for. Yet despite our familiarity with the quote from Proverbs, we seldom apply it to our own lives. We are usually great at telling others to be careful about the words they use because we understand words have power. Yet, rarely are we so conscientious about words when it comes to the things we think and later speak. Rather than speaking words that only permit the universe to conspire in helping us achieve what we want, we use words that allow the universe to give us what we asked for. Sadly, more than you recognize, what you want and what you ask for are two entirely different things. Glum was one of the Lilliputians. Glum was always pessimistic or worried. No matter what was going on – there could be nothing but blue skies, sun, palm trees and a calm ocean breeze in Bora Bora – Glum expected dark skies, a snow storm and a wintry deep freeze to be right around the corner. Yes, Glum was a cartoon but Glum depicted how so many of us spend all our time consumed with what went wrong yesterday and anticipating the end of the world tomorrow. Glum rarely if ever focused on the fact that he was alive and able to enjoy the wonderful realities of the present. What I thought was valid pessimism and worry from Glum back in the day, I now know it for what it really is. Glum suffered from common everyday fear – False Evidence Appearing Real. R keep him from having the life he really wanted. There is no doubt in my mind that what Glum truly wished for was for things to go well for Gulliver and the Lilliputians. Yet, Glum could not stop thinking negatively. Glum was all consumed with fear and it showed every Saturday – false evidence appearing real. Glum, like many of us, was too afraid to admit to the universe that he wanted and needed good things to occur. Yet despite the overwhelming amount of true and real evidence depicting the abundance of good fortune on Gulliver and the Lilliputians, Glum managed each Saturday morning to let his thoughts and words work against him. And instead of asking the universe to conspire in helping the Lilliputians, Glum did the opposite. Glum did not ask for what he really wanted from the universe. Affirmations Now that I am older and a bit wiser, I understand that Glum was the real reason that Gulliver and the Lilliputians had so much drama every Saturday morning. How the Universe Works Do yourself a favor, stop being the Glum in your life. Pay close attention to the things you think and the words that come out of your mouth? If you are one who routinely thinks about how much you hate your job, you need to know that the universe hears you. And if you are smart you are already in the process of finding new employment. If you are one who regularly second guesses your talents and ability and doubts the probability to achieve your goals or realize your dreams, you need to know that the universe hears you as well. And if you are smart, you are preparing to drastically change your attitude or you are already developing some new goals and dreams. Like the employee lamenting their job, the universe hears you loud and clear and it will conspire to remove the trials and tribulations of doubt and second guessing from your life as well. There is no need for goals and dreams when your thoughts are consumed with negative and limiting beliefs. Are you the Glum in your own life? Do you make a habit of causing the universe to work to give you what you ask for or do your thoughts enable the universe to conspire to help you to achieve what you want? Now check your email to claim your free guide. There was an error submitting your subscription. First Name Email Address We use this field to detect spam bots. If you fill this in, you will be marked as a spammer. Unsubscribe at any time.

Chapter 3 : How to Use the Law of Attraction: 7 Steps (with Pictures)

If you followed my suggestion and read this wonderful book, you may even remember reading a similar quote - "And, when you want something, all the universe conspires in helping you to achieve it. The universe conspires quote from The Alchemist and my universe works to give you what you ask for quotes are fairly similar with one exception.

They may pose the question in other ways as well- such as asking about your hobbies- special interests- volunteer commitments and extracurricular activities. What interviewers really want to know is if you will fit in with the company culture- if your outside demands will interfere with your dedication to the job and if your personality lends itself well to the job description. Ideal candidates will be able to communicate well with other employees- which is easier for people who have compatible temperaments. Understanding the motive behind the question can help you formulate the most agreeable answer- without appearing as if you are simply stating what you think they want to hear. With proper preparation- you can give an answer which will set you apart from the competition. Ideally- your response to the interview question will make it plain that your character- interests and disposition are an ideal match to the job you are applying for. By following these points- your response will demonstrate your commitment to your career and your likelihood to succeed in the job. Share how you stay current in your industry- such as attending seminars- reading relevant books and online materials and mentoring young people who are entering the field. If you maintain a blog or any type of professional journal- be sure to mention that as well. Often- extra skills such as writing well can be very appealing to potential employers. Also mention a few personal interests and explain how and why they are important to you and how they help you in your career. For instance- if you work at a desk most of the time- your passions for running and Sudoku might help you stay fit and keep your mind sharp. Making sure your answer is relevant to the job you are applying for should be your number one priority when answering tough interview questions. Show Enthusiasm for Your Activities and Interests: No matter what answer you give- be sure to speak clearly- concisely and with optimistic energy. Keep your list of interests brief- and remember the purpose of the question is to evaluate your personality- so maintain a positive tone but do not brag or embellish the truth. Also- mentioning activities you do not enjoy may be perceived as negative- so avoid talking about your dislikes. Keep It Clean and Neutral: In the interest of keeping a positive tone- never mention any activities which may be controversial. An exception to this rule would be if the position you are applying for is directly related to a controversial topic. In that case- stating your involvement is perfectly acceptable. Again- be sure your answer is upbeat- to the point and completely true. In my free time I like to stay current with the industry by reading trade journals and attending seminars put on by well-known experts in the field. I also keep a blog about current trends in our field- which helps me stay focused on how the business needs to evolve to meet market demands. On Tuesday evenings- I attend a book club for adults who are passionate about historical fiction. Most weekends are spent in my garden or hiking in the mountains with my rescue pup. Eating fresh and healthy food- clearing my mind and keeping my body fit are important to me so that I can focus on my career. My career is very important to me- but I realize that I have to take time to recreate as well. To help me transition from a busy day at the office to down time- I spend a couple of hours each evening reviewing spreadsheets- journaling my ideas and reading trade publications. I have a couple of favorite websites in our industry which I enjoy browsing- as well. I also enjoy gourmet cooking- which helps me learn to focus on detailed instructions and procedures; this is very important in our line of work. Good food also helps me relax and stay healthy. When answering this interview question, keep the following in mind: When answering this interview question, avoid the following: **SHARE THIS** Writing the perfect resume has never been easier Our easy-to-use resume builder helps you create a personalized resume that highlights your unique skills, experience, and accomplishments. First, tell us about yourself. We use this information to deliver specific phrases and suggestions to make your resume shine. Also, we guide you step-by-step through each section, so you get the help you deserve from start to finish.

Chapter 4 : How To Know If You're Living In Alignment With Your Soul's Desires - mindbodygreen

On my list of things to freak out about, is being single in the big, bad city. I'm relatively competent but still. Lucky for me, my boss is a black belt in karate and has taken many a self defense class so I went over to her house after work so she could show me the basics.

Alamy 1 What is the universe made of? Astronomers face an embarrassing conundrum: Over the past 80 years it has become clear that the substantial remainder is comprised of two shadowy entities – dark matter and dark energy. The former, first discovered in , acts as an invisible glue, binding galaxies and galaxy clusters together. Astronomers are closing in on the true identities of these unseen interlopers. Four billion years ago, something started stirring in the primordial soup. A few simple chemicals got together and made biology – the first molecules capable of replicating themselves appeared. We humans are linked by evolution to those early biological molecules. But how did the basic chemicals present on early Earth spontaneously arrange themselves into something resembling life? How did we get DNA? What did the first cells look like? Some say life began in hot pools near volcanoes, others that it was kick-started by meteorites hitting the sea. Astronomers have been scouring the universe for places where water worlds might have given rise to life, from Europa and Mars in our solar system to planets many light years away. Radio telescopes have been eavesdropping on the heavens and in a signal bearing the potential hallmarks of an alien message was heard. Astronomers are now able to scan the atmospheres of alien worlds for oxygen and water. The next few decades will be an exciting time to be an alien hunter with up to 60bn potentially habitable planets in our Milky Way alone. We do, however, have bigger brains than most animals – not the biggest, but packed with three times as many neurons as a gorilla 86bn to be exact. A lot of the things we once thought distinguishing about us – language, tool-use, recognising yourself in the mirror – are seen in other animals. Scientists think that cooking and our mastery of fire may have helped us gain big brains. The harder, more philosophical, question is why anything should be conscious in the first place. We spend around a third of our lives sleeping. But scientists are still searching for a complete explanation of why we sleep and dream. Animal studies and advances in brain imaging have led us to a more complex understanding that suggests dreaming could play a role in memory, learning and emotions. Rats, for example, have been shown to replay their waking experiences in dreams, apparently helping them to solve complex tasks such as navigating mazes. When they meet , both disappear in a flash of energy. Our best theories suggest that the big bang created equal amounts of the two, meaning all matter should have since encountered its antimatter counterpart, scuppering them both and leaving the universe awash with only energy. Researchers are sifting data from experiments like the Large Hadron Collider trying to understand why, with supersymmetry and neutrinos the two leading contenders. Our universe is a very unlikely place. Alter some of its settings even slightly and life as we know it becomes impossible. It may sound crazy, but evidence from cosmology and quantum physics is pointing in that direction. Now we have to put all that carbon back, or risk the consequences of a warming climate. But how do we do it? One idea is to bury it in old oil and gas fields. Another is to hide it away at the bottom of the sea. Our nearest star offers more than one possible solution. Another idea is to use the energy in sunlight to split water into its component parts: The hope is that these solutions can meet our energy needs. The fact you can shop safely on the internet is thanks to prime numbers – those digits that can only be divided by themselves and one. Public key encryption – the heartbeat of internet commerce – uses prime numbers to fashion keys capable of locking away your sensitive information from prying eyes. And yet, despite their fundamental importance to our everyday lives, the primes remain an enigma. An apparent pattern within them – the Riemann hypothesis – has tantalised some of the brightest minds in mathematics for centuries. However, as yet, no one has been able to tame their weirdness. Doing so might just break the internet. Antibiotics are one of the miracles of modern medicine. Yet this legacy is in danger – in Europe around 25, people die each year of multidrug-resistant bacteria. Thankfully, the advent of DNA sequencing is helping us discover antibiotics we never knew bacteria could produce. Our tablets and smartphones are mini-computers that contain more computing power than astronauts took to the moon in . But if we want to keep on increasing the

amount of computing power we carry around in our pockets, how are we going to do it? There are only so many components you can cram on to a computer chip. Has the limit been reached, or is there another way to make a computer? Scientists are considering new materials, such as atomically thin carbon – graphene – as well as new systems, such as quantum computing. The short answer is no. Not a single disease, but a loose group of many hundreds of diseases, cancer has been around since the dinosaurs and, being caused by haywire genes, the risk is hardwired into all of us. The longer we live, the more likely something might go wrong, in any number of ways. For cancer is a living thing – ever-evolving to survive. Robots can already serve drinks and carry suitcases. Ninety-five per cent of the ocean is unexplored. In 1960, Don Walsh and Jacques Piccard travelled seven miles down, to the deepest part of the ocean, in search of answers. Their voyage pushed the boundaries of human endeavour but gave them only a glimpse of life on the seafloor. But on such scales quantum physics probably has something to say too. Except that general relativity and quantum physics have never been the happiest of bedfellows – for decades they have withstood all attempts to unify them. We live in an amazing time: Our knowledge of what causes us to age – and what allows some animals to live longer than others – is expanding rapidly. And since many diseases, such as diabetes and cancer, are diseases of ageing, treating ageing itself could be the key. The number of people on our planet has doubled to more than 7 billion since the 1950s and it is expected that by 2050 there will be at least 9 billion of us. Where are we all going to live and how are we going to make enough food and fuel for our ever-growing population? Maybe we can ship everyone off to Mars or start building apartment blocks underground. We could even start feeding ourselves with lab-grown meat. These may sound like sci-fi solutions, but we might have to start taking them more seriously. Time travellers already walk among us. At that speed the effect is minuscule, but ramp up the velocity and the effect means that one day humans might travel thousands of years into the future. Nature seems to be less fond of people going the other way and returning to the past, however some physicists have concocted an elaborate blueprint for a way to do it using wormholes and spaceships. The Big Questions in Science:

Chapter 5 : NASA - Living in Space

A part of you is ready. And a part of you is not. This is the essential atmosphere of any person on the precipice of wanting to trust the universe.

By Boni Lonnsburry The universe responds and sends you messages all the time. But here is the really exciting news—you can make your world change within hours. You can do a technique and watch your world respond—immediately! How cool is that? The universe responds, and will give you a sign within hours that you are creating your desire. I know—it always works—but you know what I mean. Even though a creation may take longer to fully manifest, we can know we are on the right track, simply by paying attention. So, the first step towards understanding signs and responding to them positively, is to recognize! What a sign looks like A sign is something that changes in your world around the issue you are trying to create differently. Signs will show up within a few days after completing any powerful technique. Here are some examples of signs: If your desire is to create a job you love with a company you believe in and one that values their employees, a sign might be: If your desire is to create elegant and easy weight loss while feeling full, satisfied and beautiful, a sign might be: While watching the news, a segment comes on about women healing their body issues. A friend calls—excited to tell you about the new Zumba class she is taking. You notice an article at a newsstand about a famous actress—formerly overweight—who has lost 50 pounds. If your desire is to create a vibrant and fun new friendship with someone you love to hang out with, a sign might be: You meet a stranger in line and a conversation ignites about a book you are both reading. She suggests coffee to discuss it further—although you are pretty certain she is not someone you want to become friends with. While channel surfing you become engrossed in a movie about two best friends who are there for each other their entire lives. You receive a postcard in the mail from a local spa with the headline: And if you miss the sign, you miss knowing that you are a powerful reality creator and that you are shifting your world and creating your dream. How you respond to a sign from the universe is critical. But the first thing to understand is how you are likely to respond, and how you could improve your response. To create a job you love with a company you believe in and one that values their employees. I wish I could work for a company like that. I am getting excited about my new job already! Your brother calls to tell you about his new job. Too little, too late. A sign if there ever was one. To create elegant and easy weight loss while feeling full, satisfied and beautiful. While watching the news a segment comes on about women healing their body issues. What if my issue is more than skin deep? Those women healed, and no matter what the underlying cause, I can too. To create a vibrant and fun new friendship with someone you love to hang out with. You meet a stranger in line and a conversation ignites about a book you are both reading—she suggests coffee to discuss it further—although you are pretty certain she is not someone you want to become friends with. I want to draw new exciting friends to me—not clingy, complainers. Where did I go wrong in creating this? I put out the vibe for friends and they come out of the woodwork. It just takes some practice. If you are super excited, you DO understand. It only takes one little yet powerful technique to shift your reality. A sign will show up within hours generally within 2 to Start looking for signs that your resonance is shifting and your dreams are coming true. Respond to them in ways that strengthens the flow of your dream. And begin to prepare for your new life. I would love to hear about the signs you have created. Tell me about them in the comments below.

Chapter 6 : The Universe Responds (Within Hours)â€™But Are You Listening? - | Live a Life You Love

Trust the Universe. Imagine an alternate dimension that is almost exactly like the real world but whatever you truly desire comes true in an instant. See yourself in that dimension, where whatever you ask the Universe for comes to you in an instant. Don't look for what you asked for; this is where.

Many things are different. Our bodies change in space. The way we stay clean and neat is different too. Learn how astronauts stay strong, clean and neat. Staying Strong Image above: An astronaut walks on a treadmill to stay strong and healthy Living in space is not the same as living on Earth. On Earth, our lower body and legs carry our weight. This helps keep our bones and muscles strong. In space, astronauts float. They do not use their legs much. Their lower backs begin to lose strength. Their leg muscles do too. The bones begin to get weak and thin. So, how do astronauts help their muscles and bones? They must exercise in space every day. The heart and blood change in space, too. When we stand up on Earth, blood goes to our legs. The heart has to work extra hard against gravity to move the blood all around the body. In space, without the pull of gravity, the blood moves to the upper body and head. Water in the body also does the same thing. The blood and water are fluids in the body. These fluids move from the bottom of the body to the top. The brain thinks that there are too many fluids. It will tell the body to make less. When the astronauts come back to Earth, they do not have enough fluids in their systems. It takes their bodies a few days to make more blood and water. The astronauts have to rest so their bodies have time to make new blood and water. They might even faint! Staying Clean Image above: An astronaut brushes his teeth while in space On Earth, people need to stay clean. In space, astronauts need to stay clean, too. Staying clean takes more work in space. In space, the astronauts do not have a bathroom as we have at home. But, they do have their own toothbrushes, toothpaste, combs, brushes, and shavers. These are kept in a Personal Hygiene Kit. Astronauts use toothpaste and toothbrushes just like yours. There is no sink like yours on the Space Shuttle, though. Astronauts have to spit into a washcloth. People take baths a different way in space, too. Astronauts use special kinds of soap and shampoo. These soaps do not need water to rinse. Astronauts must use them carefully. They do not let the soap bubbles go all over the place. After washing, they use a towel to dry off. They do not rinse. These special soaps and shampoos were made for hospitals. Patients who cannot get in the water use these soaps. Staying Neat Doing chores is not always a fun thing. But we have to keep our rooms and houses clean and neat. In space, astronauts live in a very small space. They have to keep their area clean in space just like we do on Earth. In space, the astronauts wipe the walls, floors, and windows to keep them clean. They use a soap that kills germs. The astronauts also use wet wipes to wash things. They use the same kind of wipes and cleanser on their forks, spoons, and eating trays. Astronauts have to take out the garbage, too. There are four trash bins on the Space Shuttle. Three are for dry trash and one is for wet trash. Wet trash is anything that could smell bad. Each trash container has a trash liner placed inside. It is like a plastic garbage bag. If the liner becomes full, it is closed. Then it is moved far away from the astronauts. The wet trash is closed up tight. It is then connected to a hose. The hose helps move bad smells away from the astronauts. Astronauts must use a vacuum cleaner in space. The vacuum has a normal hose. It also has extra parts. These parts can clean areas that may be hard to reach. They also use it to keep dust out of the air filters. And sometimes things get loose. When things get loose, they float. Astronauts use the vacuum to "catch" floating objects that are out of their reach.

Chapter 7 : This Is How You Should Open Yourself Up To The Universe | Thought Catalog

That's the first paradox of living in the moment: Thinking too hard about what you're doing actually makes you do worse. as part of a greater universe." That's why highly mindful people such.

One guy wants to help me train physicians in the Whole Health approach to patient care I used in my clinical practice, which I also teach in my upcoming book *Mind Over Medicine*: I also just saw the documentary film *Escape Fire*, about how to rescue our broken health care system, and at the screening, I met Dr. Ornish battling Congress, Medicare is now covering. There have also been other big shifts. After ten years of not working outside the home, my husband just took a job with a charitable nonprofit involved in education. And I just started a mentorship program for my art, and after nearly three years of essentially neglecting my art career, my visual arts gears are churning again. Things Are Shifting All this movement is exciting though it means change is afoot, and anyone who knows me well knows that, like most people, I can be incredibly resistant to change even good change! When stuff shifts like this and lots of decisions appear on my plate, I tend to get spinnny. Here are some of my frequent prayers: I can tell the Universe is trying to communicate something strange coincidences happen, serendipities abound, books fall open as if by accident, dreams appear. I start feeling lost. I must get quiet. I was feeling just like this on Monday morning, when I found out that my plans for Monday night had to get rescheduled. Because I was supposed to be working on the last round of edits for my book, but because my editor had a delay, my calendar was unexpectedly empty Sign 1. I had been saying I needed to get quiet so I could listen to Guidance, so I asked my assistant to book me a room at Harbin Hot Springs, where I usually go when I need to get clear. But they were booked, something that rarely happens Sign 2. I took it as evidence that I was supposed to go back to the Esalen, the seat of my soul, where I used to go all the time before I moved further away. Ask Directly I was planning on doing some automatic writing when I got to Esalen just sitting down with my journal and seeing if anything came through but, not to waste time on the four hour drive, I put in some didgeridoo music on the car CD player and started trying to tap into my Inner Pilot Light. I then started asking questions, expecting more subtle but confusing signs. This time, however, when I asked specific questions, the answers came transmitting through clear as day in a voice in my head that spoke in a voice quite different than mine very authoritative and firm, but also comforting, compassionate, and nurturing Signs I questioned the answers. Were they really coming from a place that serves the highest good? Or could they be coming from my ego who I call Victoria Rochester or my Gremlins. After all, there are many voices inside us that LOVE to give advice. How could I be sure the answers were trustworthy? Seek Confirmation I asked any negative energies that might not wish me well to get the hell outta dodge, and I asked that only light-filled, spirit voices speak about these important decisions. Signs affirming that the answers were trustworthy followed shortly thereafter. I went running around the whole Esalen property trying to see if any of the other metal rails pulsed. I had been back several times since, and the pulse had disappeared. But I asked the Universe to speak to me via the railing. If I was on the right track, I asked the railing to pulse for me. It did Sign That night, at dinner, I met a guy who had more answers for me Sign And it just so happened he knows one of my BFFs as well Sign It was exactly what I needed to hear Sign So when that voice turns on in a reliable way, I keep asking. What were the soul agreements I was making with this new friend? The answers came pouring in. What about my husband? Was this new job a good thing or a bad thing? What about my mother? Anything I can do to be a better daughter? How about any open ended guidance? The Three Essential Prayers. Express boatloads of gratitude. Bake the Universe cookies. Never forget how blessed you are. You know how you feel when you give a friend advice and they flat out ignore you? What works for you? Have you had any miraculous stories of guidance?

Chapter 8 : What Do You Do in Your Free Time? | MyPerfectResume

When you do the work you need to do and trust in the higher order and your own intuition, you are attuned to the soul of the universe and together you can create such magic! Thank you for sharing this insight and wisdom!

You were never in control anyway. I often use perfectly good energy trying to plan, predict, and prevent things that I cannot possibly plan, predict, or prevent. For example, I wonder if my baby is going to get a proper nap when we travel and, if not, just how crabby she might be. I also think about the weather a lot when out-of-town guests are visiting. As a recovering control freak, there are three things I know for sure about trying to control things: In other words, control is rooted in fear. The energy of surrender accomplishes much more than the energy of control. My vision gets very narrow and focused, my breath is shallow, adrenaline is pumping and my heart rate increases. My mind shifts from topic to topic and from past to future very quickly, and I have little concentration, poor memory, and almost no present-moment awareness. Breathing deeply, present in the moment. I see clearly and my vision extends out around me, allowing me to literally see the bigger picture. So the great irony is that attempting to control things actually feels less in control. The Art of Surrender Surrender literally means to stop fighting. Stop fighting with yourself. Stop fighting the universe and the natural flow of things. Stop resisting and pushing against reality. If letting go of control and surrendering not only feel better, but actually produce better results, then how do we do that? When I choose to let go and surrender, I visualize the boat turning around, me dropping the oars, and floating downstream. Here are a few questions that can help: What am I afraid will happen if I let go of control? When you pinpoint the fear, question its validity. Ask yourself, Is it true? Can you really know the night would be ruined without the eggplant? Your business is the realm of things that you can directly influence. Would letting go feel like freedom? It almost always would. Let that feeling of freedom guide you toward loosening your grip. Being receptive and allowing things to happen is a skill that can be practiced and improved upon. We can always choose to do things the easy way or the hard way. We can muscle through, or we can let go of the oars and let the current carry us downstream. There is a peaceful, yet focused energy that accompanies holding the intention of what I want, but not forcing myself to do it. That energy is magic.

Chapter 9 : Universe Quotes (quotes)

Also don't forget that, at least in my case, the Universe seems more likely to guide you if you're actually brave enough to follow the guidance. You know how you feel when you give a friend advice and they flat out ignore you?

Instead, trust lives in the heart. The heart gives and receives non-stop to the whole body through blood. Energetically, our heart space expands and contracts with compassion, love and forgiveness for all beings. It physically feels bliss and grief and everything in between. Its beat is taken for granted, yet an ever present reminder of our aliveness – our connection to each other. Whether it was illness, injury or trauma, our bodies have their own timeline and way of healing or not. An even deeper core belief that I could never be good enough. Not for God or anyone. I should have done more. Feeling not good enough erodes trust. Unhelpful religious beliefs that drive you away from the universe tend to be very ingrained and even subconscious – after all, they shaped or continue to shape the social, moral and ethical aspects of your life. You are a creation of the Divine. Nobody can take that away from you. By your very nature, you are good enough and worthy enough. When you start to believe this, trust will follow. Become more discerning about the types of things you genuinely believe about God, rather than the beliefs that were handed to you by someone else. What beliefs can you eliminate or trim? In *The Alchemist*, the shepherd Santiago goes on an adventure to seek treasure. After selling his sheep and traveling to a new land, he loses all his money to a man whom he trusted for help. At times, it feels like life itself fails us. Life should be fair, we think. If we put in the time, want it enough and do the work, we should get the reward. But whoever said life was fair or that it should be fair? In the wise words of one of my favorite singers, Alanis Morissette: This spiritual truth has been passed along for centuries, reminding us that we can ease suffering by loosening our attachment to a specific outcome. After the robbery, Santiago discovers he still has two stones given to him for the journey that help him access intuition and read omens. It may not have been socially acceptable or encouraged for you to cry, so into the deep well they went. So it stays inside and festers into discontent and distrust. During my Path of Love retreat, tears were the first thing to arrive as I talked about why I was there. What happened next was not what I expected. Perhaps for the first time, I was genuinely encouraged to cry while being supported and accepted – not criticized or told to stop. But in at Path of Love, the deep fountain of sorrow inside me finally drained. All the pent-up misery from depression, failed relationships, difficulty with family and anxiety from misophonia poured out of my body. In the shedding not a drop is wasted. One of the retreat leaders kindly told me something I will never forget: Let the music move you into any current sadness, disappointment or grief you may be feeling. Know that it is safe to feel and express it through tears. Let it last for however long is comfortable. When you are finished, say a prayer for support and help to continue to move through the sorrow. The experience of your mind is very personal. The same goes for not trusting in the flow of life. When a few things go poorly, our minds can get in the habit of automatically assuming the worst. The moment something negative happens, we recoil and reinforce the belief that the world is out to get us. When we numb [hard feelings], we numb joy, we numb gratitude, we numb happiness. It means that certainties begin to crumble back into uncertainty. It means recognizing the stories that you have built in your mind to numb yourself against life. Which provide momentary pleasure, but then induce pain? Which brings us to – back to top Recognize that you are not a victim of your thoughts. To prevent yourself from ping-ponging between trust and non-trust, you must begin to recognize that you are not the contents of your mind – you are the Consciousness that gives life to it. When we identify strongly with the mind, any thought could be seen as true. What kind of person would you be? What type of things would you say and do? It would be exhausting to act out the dialogue of the mind – all voices competing for attention and space – many of which have been lodged there because of other people. When you are seated in a place of observation, you can watch what the mind says as easily as if you were watching a movie. It becomes easier to recognize your own blind spots when you take the time to get outside of your own story. From this detached place, thoughts no longer have control over you. You take back control. You are no longer a victim. Press play, listen and follow along with my guidance.