

3 Dimensional Success

Welcome to Inspired Living



Dear Friends,

Welcome to this edition of Inspired Living. This article is about accepting exactly where you are in your life right now. Why is this important? Good Question, it's important because, while on you are aware that you may not be totally satisfied on all fronts, it is actually exactly where you are supposed to be and accepting this is your ticket to moving forward. So make peace with it. How you ask? Read on.....

Make a list of all the different facets of your life and you are welcome to use the following as a guide. Spiritual, Mental, Physical, Vocational, Financial, Social and Familial. Below each heading list the things with which you feel satisfied and also list those for which you are not. For Example, have you met your personal goals in that area?

I'm tipping many of you are already thinking of the things with which you are not satisfied. You may be having thoughts such as, I want to drop 15 kilograms, or I'm so unfit, I'm so over this job, or I've got to get out of this rat race, Wish I had more time for my family and/or friends, wish I was wealthy and the list goes on. Are you smiling, mmm tell the truth even a little grin? If so you can relate.

Do you want to change aspects of your life, achieve your goals? Drop that dress size or the trouser size run that race, take that holiday? Well the first step to manifesting what you want is to accept or make peace with where you are now. Yep that's it folks. That's the secret.

As long as you focus on what you don't want, be they your current results with which you are not satisfied, then you are in prime position to get more of the same. It's a universal law which states that like attracts like. So if you are stressed, dissatisfied or angry then you will unconsciously create/attract situations in your life which will cause you more of the same feeling. Have you ever noticed that angry people get more to be angry about. Happy people seem to attract circumstances to be happy about? That's what we call Luck!

Start to be glad about where you are right now even if it's not quite where you ultimately want to be. Begin by "talking to yourself" in a more constructive way. Be at ease with where you are and you will send out a more positive energy which primes you for getting better outcomes.

Commit to changing one area at a time, start the new self talk and watch what happens. Good Luck and have fun. Remember what you focus on is what you get, so become solution focused rather than problem focused in order to increase your chances of coming up with creative ways to address an issue rather than stay stuck in it! It's all in the mindset.

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I would love to get some feedback on how you went.

If you'd like to know more about manifesting what you want and making peace with where you are first, Jerry and Esther Hicks have a range of excellent CD's, DVD's and books you will love. Just google them.

Please note dear readers that effective now, each of my bi monthly articles will be posted directly on my website rather than emailed to you. You can access them on the "Articles" page. Happy Reading and thank you for your support so far, it's appreciated!

Until next time
Keep Smiling

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