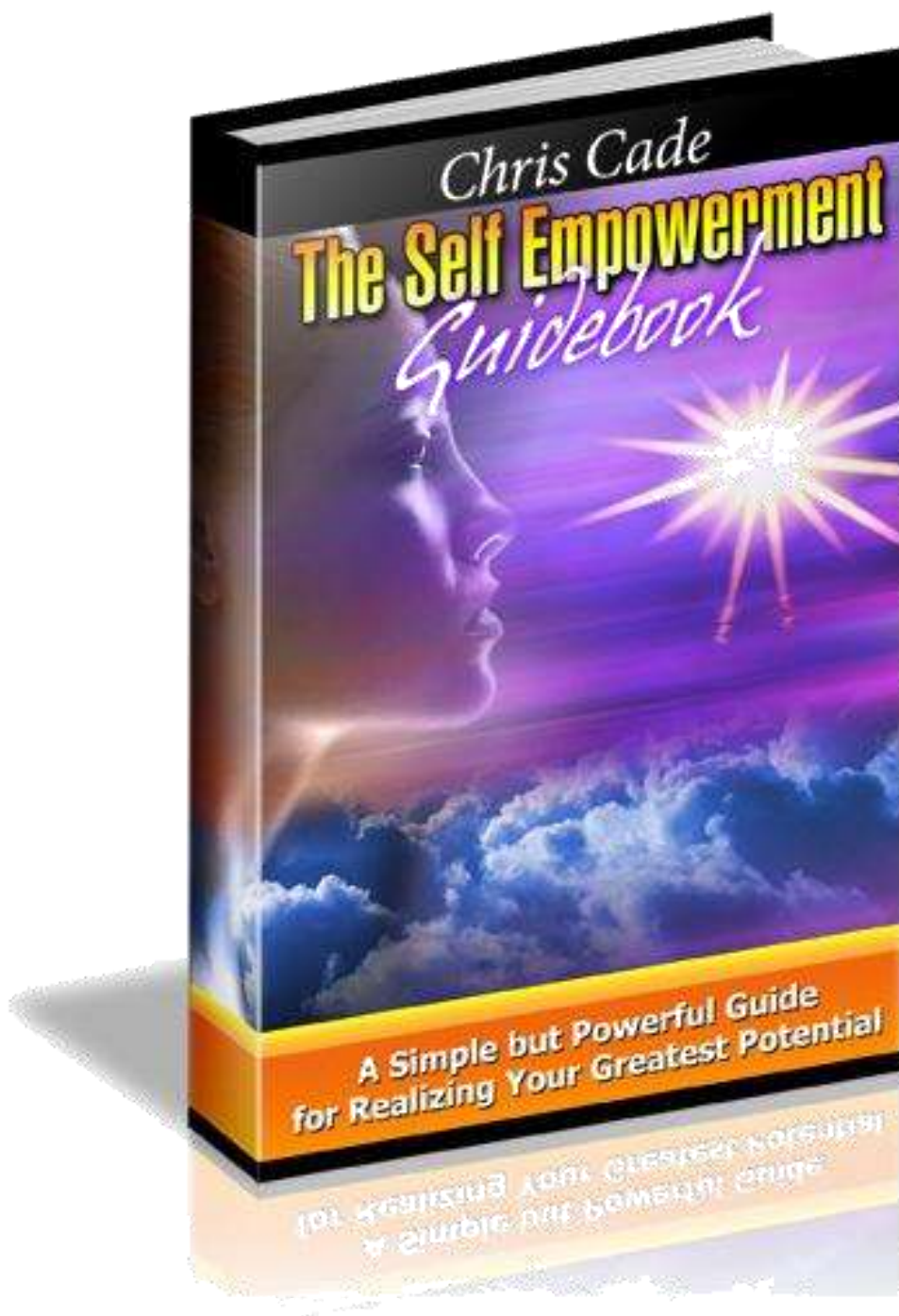




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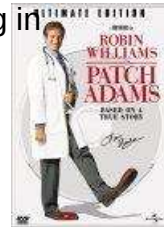
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Self Empowerment and Success

Everything that happens to us happens with purpose, and sometimes, one thing leads to another. Instead of locking yourself up in a cage of fear and crying over past heartaches, embarrassment and failures, treat these situations as your teachers and they will become your tools in both [self empowerment](#) and success.

Have you seen the movie [Patch Adams](#)? It's one great film that will help you empower yourself. Hunter "Patch" Adams is a medical student who failed to make it through the board exams. After months of suffering in melancholy, depression and suicidal attempts – he decided to seek medical attention and voluntarily admitted himself in a psychiatric ward. His months of stay in the hospital led him to meet different kinds of people, and especially physically and mentally ill people such as catatonics, schizophrenics, and so on.



Patch found ways of treating his own ailment and finally realized he had to get back on track. He woke up one morning realizing that after all the failure and pains he had gone through, he still wanted to become a doctor. He chose to carry a [positive attitude](#) that brought him self empowerment and success. He not only empowered himself, he empowered everyone he came into contact with. Did he succeed? He became one of the best doctors his country has ever known.

So, when does self empowerment become synonymous with success? Where do we start? Take these tips:

- **Stop thinking and feeling as if you're a failure, because you're not.**
How can others accept you if YOU can't accept YOU?
- **When you see others who you envy for any reason (beauty, wealth, etc), focus on your own self empowerment, not self pitying.** Self-acceptance is not about how you fit into other peoples' idea of the world, it is about accepting yourself in the world regardless of how others view you.
- **When people feel down and low about themselves, help them up.** Rather than join others in feeling low, choose to help them out through leading by example. The more you radiate confidence, the more others will also feel and start to absorb that confidence themselves.

- **The world is your classroom.**
Don't feel stupid or doomed forever just because you made a mistake or "failed" at something. See how your experience is a lesson to learn from. *Everything has a silver lining—no exceptions.*
- **Take things one step at a time.**
Don't expect massive changes overnight. Self empowerment is a process of taking lots of small steps that ultimately add up to something amazingly beautiful and profound.
- **Self empowerment results in inner stability, personality development and SUCCESS.**
It comes from self-confidence, self appreciation and self confidence.
- **Set meaningful and achievable goals.**
Self empowerment doesn't try to make you an exact replica of your idols or role models. Self empowerment is the process by which you dissolve all of the false ideas you've adopted over the years, and you learn to see yourself for the amazing person you already are.
- **Little things mean a LOT to other people.**
Sometimes, we don't realize that the [little things](#) that we do like a pat on the back, saying "Hi" or asking somebody "How are you?" are simple things that mean so much to other people. When we are appreciative and grateful of all that is around us, it eventually reflects back inwardly and we become more appreciative and grateful for who we are and our experience here on Earth.
- **Even though you're willing to accept change and go through the process of self empowerment, it doesn't mean that everyone else is.**
The world is a place where people of different values and attitudes hang out. Sometimes, even if you think you and your best friend always like to do the same thing together at the same time, be aware that not everybody realizes the value of a path of [self empowerment](#).



We should always remember that there's no such thing as 'overnight success'. Be grateful for every moment of your life which has brought you to this moment here and now. You have probably heard the classic quote, "*When the student is ready, the teacher will appear.*"

We are all here to learn our lessons. Our parents, school teachers, friends, colleagues, officemates, neighbors... they are our teachers. When we open our heart and mind to a path of self empowerment, we increase our chances of happiness, success, and lasting inner peace.

The Importance of Empowering Yourself

When all of our doubts, fears and insecurities get our attention, we usually come up with the idea of *"I wish I was somebody else."* More often than not, we think and believe that someone or rather, most people are better than us - when in reality, the fact is, *most people are just as scared as us, if not more scared.*

For example, imagine you notice a very attractive person sitting alone at a social gathering and you might think to yourself, "That person looks so perfectly calm and confident." But if you could read through that person's transparent mind, you would see a bunch of clouds of thoughts and you might just be amazed that person is thinking "Are people talking about why I am seated here alone?... Why don't people find me attractive? ...I don't like my ankles, they look too skinny... I wish I was as intelligent as my best friend."

We might look at a young business entrepreneur and think "He has everything! He couldn't ask for anything else." What you don't know is that each day, he stares at himself at the mirror and murmurs to himself, "I hate my big eyes... I wonder why my friends won't talk to me... sometimes I wonder if my parents really love me."

Isn't it ironic?

We look at other people, envy them for seeming so perfect and wish we could trade places with them, while they look at us and think the same thing! The people we are most insecure about are the same people who are insecure about us. When we suffer from low self confidence, lack of self- confidence, we lose hope in self empowerment because we are enveloped in quiet desperation.

Sometimes, you may notice that you have an irritating habit like biting off your finger nails, and you – of all people, is the last to know.

I heard a story about a man who never gets tired of talking, and in most conversations, he is the only one who seems to be interested in the things he has to say. So all of his other friends tend to avoid the circles whenever he's around, and he doesn't notice how he has become socially handicapped – gradually affecting the people in his environment.

One key to self empowerment is to LISTEN and TALK to a trusted friend. Find someone who you find comfort in opening up with about the sensitive topics you

want to discuss. Ask questions like “Are there ways in which you think I am ill-mannered?”, “Do I often sound so argumentative?” “Do I talk too loud?” “Does my breath smell?”, “Do I ever bore you when we're together?” Those are a few examples, but most likely you have your own questions you would like feedback about.

Be sure to encourage your friend to give you honest, candid responses, and assure him that your goal is self empowerment. Lend your ears for comments and criticisms and be sure not to respond defensively with answers like “That’s just the way I am!” or “I guess you really don't know me all that well.” Open up your mind and heart as well to receive these gifts from your friend. You may also offer to provide your friend with constructive criticism, but never impose such criticisms without her approval first.



One of Whitney Houston’s songs says “*Learning to love yourself is the greatest love of all.*” True enough! In order to love others, you must love yourself too. Remember, you cannot give something that you do not already have.

Before telling other people some ways on how to empower themselves, let them see that you are a [living example of self empowerment](#). Self empowerment enables us to inspire other people, who then become empowered and inspire even more people.



It's sort of like that movie, “ [Pay It Forward](#),” where one 12 year old kid helps just three people and tells them to pay it forward. By the end of the movie, people all around the world are paying it forward. It only takes one person to start a worldwide movement. Gandhi did it. You can too.

Stop thinking of yourself as a second-rate being. Forget the repetitive thoughts of “If only I was richer... if only I was thinner” and so on. Accepting your true self is the first step to self empowerment. We need to stop comparing ourselves to others because the only thing we have in this life is ourselves.

We all have our insecurities. Nobody is perfect from the society perspective (although we are all perfect in “God's” eyes). We often wish we had better things,

better features, better body parts, etc. But life does not need to be “perfect” for people to be happy about themselves.

Self empowerment and loving yourself is not a matter of shouting to the whole world that you are perfect and you are the best. It’s the virtue of acceptance and contentment. When we begin to empower ourselves, we then begin to feel contented and happy.



Who Controls Your Self Confidence?

— Contributed by [Alex Shalman](#)

“Without a humble but reasonable confidence in your own powers you cannot be successful or happy.” ~Norman Vincent Peale.

Self-confidence is when you are free of self doubt and believe in yourself and your abilities. It is one of the main components needed in order to chase and achieve your dreams. [The Hidden Secret in Napoleon Hill's Think and Grow Rich](#) talks about persistence in it's key formula to achieving ultimate success, and I would add that self-confidence is the key to achieving this persistence.

What Self-Confidence Is and Isn't

“Speak Softly and Carry a Big Stick” ~Theodore Roosevelt

Self-confidence is not about posturing or body language. It isn't about what you tell others you are capable of, and it isn't about your track record of what you have accomplished. While these things can convey to others that you are a confident person, they aren't directly correlated. This is because of something I like to call false-confidence.

False-confidence is merely a projection of confidence and security in order to create an impression. It is often easy to see right through this facade, and to recognize that it isn't very genuine. People that exhibit false confidence will usually break at the first sign of failure, because they do not have the real power of confidence at the core to back them up.



Self-confidence lives in [the now](#), and has everything to do with your philosophy. Really confident people do not need to speak about or flaunt how confident they are. **Real confidence is unshakable and is not determined by any outside person, situation or event.** You don't need someone to boost your confidence, or to accomplish something to feel good about yourself. What you need is a philosophy that you can live by, and be proud of yourself for. When you are a good person, when you set out to [achieve your dreams](#), when your morals raise above laws and politics, you will be self-confident.

Self Confidence and Success

"You have to expect things of yourself before you can do them." ~Michael Jordan

Michael Jordan, one of the greatest athletes of all time, achieved the astounding level of success because he was confident in himself. Michael holds the basketball's leagues record for most missed shots. He was also cut from high school basketball tryouts and didn't make the team. This shows that he didn't let constant failure stop him from being persistent and pushing through to success and victory.

Thomas Edison, was another huge success because he was self-confident enough to endure ten thousand "failures." That's right, it took Edison that many tries before he successfully invented the light bulb. He just thought of the other 9,999 attempts as new discoveries as to how the light bulb doesn't work. Without self-confidence, we might still not have electric lighting!



Get the Self Confidence You Deserve

"Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy." ~Dale Carnegie

You aren't going to get confident by getting beat up, losing, sulking, and feeling sorry for yourself. Becoming self-confident is the proactive process of developing your philosophy and making the changes in your thinking that will get you results. Your philosophy shouldn't be something you instantly create right this moment after reading this (unless you have been thinking about it for months). Take a few months to discover for yourself what your life philosophy will be.

Things to consider when creating a philosophy that will lead to self-confidence:

- What goals you want to accomplish
- What fears you need to conquer
- What is really important to you
- What philosophy would serve you well for the rest of your life

Remember, **it is you that controls your self-confidence**. Now that you know that, you should be excited at the possibilities that are open to you. You can **choose** to be self-confident, it only takes one decision.

About the author of "Who Controls Your Self Confidence?"

Alex Shalman has been reading books, listening to audio tapes, going to seminars, and working with a life coach in the field of self-improvement for several years. He is passionate about human potential and personal growth, and writes on [his website](#) to help transfer his knowledge to you in a condensed, easy to understand, and practical to implement way.

Without This, You Can Forget About Self Empowerment

— Contributed by [Diane Brandon](#)

Finally! Self-development is finally being touted as a desirable process to cultivate! From articles on success to life coaching, everywhere we turn these days we see self-growth themes. As someone who has been facilitating unfolding in others for over fifteen years, this new trend is oh-so-very welcome to me.

I worry, however, because I very rarely see people talking about one of the most important components of self-empowerment. And this component is not only important, it is critical – and critical to the point where we simply will never be empowered without it. What is it? It's becoming thoroughly anchored in ourselves and in who we are on the deepest level inside of us.

I only came to know about this component through my facilitating work with others in which I increasingly found myself “reading” a client's essence. What is essence? “Essence” is the word I finally came up with to describe this factor I kept encountering, reading, and mirroring back to my clients – mirroring to some for the very first time in their lives.



Essence is who we uniquely are on the deepest level within ourselves and is our authentic, genuine self that lies underneath any inauthentic stuff (beliefs, mindsets, fears, etc.) layered on top of it. In the purest sense, it is the persona we came into this lifetime with that defines who we uniquely are on a very deep level, irrespective of that which lies outside of us.

How would you define yourself? Take a couple of minutes and think about how you would do that...

*

Did you define yourself in terms of your relationship with others (parent, child, friend), or in terms of the work you do? If you did, this is not your true essence.

Your [true essence](#) can never be defined in relationship or comparison to anything or anyone else. It's you on the deepest level on the inside, irrespective of anyone or anything else. Period.

As I mentioned above, quite often when I read a client's essence it's the first time their essence has ever been mirrored back to them. And they're rarely surprised by what they hear. Instead, they tend to matter-of-factly recognize it as something they did know somewhat about themselves and tended to take for granted or never looked at.

And yet our essence is huge in its importance for us and in its implications for our path in life. As well as to our empowerment. One of the greatest obstacles to our empowerment lies in not knowing our essence and then acknowledging it, embracing it, and allowing ourselves to express it – unfettered – in our lives.

We tend to grow up being taught to compare ourselves to others and to judge ourselves in comparison to others. We allow ourselves to revere authority



figures outside of ourselves – and, before you know it, we're living our lives according to what everyone else thinks and in comparison to what is outside of us. We try to bring ourselves up to others' standards – trying to fit in at work, being concerned about others think, focusing on what the latest trend is, etc.

Being empowered represents the opposite of this.

Once we have learned (or remembered) what our true essence is and have begun to embrace it, the next step is to allow ourselves to think for ourselves – to know what our truth is. And then to no longer care about what the thinking trend is or what everyone else thinks or even what our loved ones expect of us.

Does this mean that we then become solipsists (i.e. those who believe that they're the only ones in the world who exist or matter) or self-absorbed narcissists? No, it certainly doesn't. We still live in relationship to others, like and love others, and engage in an exchange of energy with others.

Relationships are vital to our lives, as is love, and both are to be embraced. It is not relationships to which we're referring. It's our minds, thinking, and knowing – and becoming empowered in those areas. We still go outside of ourselves for information and expertise, but we learn to bounce everything we hear or read off of our own guts. We come to know our own minds and outlook and embrace them.

Speaking of guts, this is another stage in the empowerment process: to find, develop, and heed our inner voice. Call it whatever you want – intuition, inner voice, inner knowing. It's still the same thing: the deepest part of ourselves that has a knowing. Our inner knowing allows us to become an independent thinker – and to become more empowered.

This, then, is the true way to become empowered:

1. Know your Essence, who you really are on the deepest level.
2. Embrace and express who you really are.
3. Remove any inauthentic stuff (wants, needs, fears, beliefs, mindsets, etc.) that clouds your essence and impedes your perceptual clarity.
4. Find your Inner Voice and listen to it – regularly.
5. Stop comparing yourself to others or caring about their opinions of you. (You can care for and love others without allowing them to think for you.)
6. Know your own mind and what you think and how you feel about things.

And don't forget passion! Whatever you feel passionate about (that's healthy) and allow yourself to do reinforces self and strengthens you. Usually our essence and our passion are two huge guideposts to purpose.

I'll repeat this because it's so very important: You simply cannot become empowered without knowing and embracing your essence. No matter who promises you what. No matter how many systems to success or empowerment

you buy. It's imperative that you know your unique essence and start to embrace it. That's your first step to self-empowerment.

About The Author of "Without This, You Can Forget About Self Empowerment:"

Diane Brandon is the Host of "Living Your Power" on the Health & Wellness Channel of VoiceAmerica.com and the new show, "Vibrant Living" debuting late May 2008 on Webtalkradio.net, as well as an Intuition Expert & Teacher, Integrative Intuitive Counselor, and Speaker, who has helped thousands of clients find more personal fulfillment in their lives.

She is the author of " [Invisible Blueprints](#)" and several articles on personal growth topics, as well as a contributing author to " [Speaking Out](#)" and " [The Long Way Around: How 34 Women Found the Lives They Love](#)." Her private work with individuals focuses on personal growth, working with dreams, and personal empowerment, and she has done corporate seminars on intuition, creativity, and listening skills.



More information may be found on her websites:

<http://www.dianebrandon.com>

<http://www.dianebrandon.net>

The Swan Story

One woman's journey to reclaiming her Divine beauty

— Contributed by [Dawn McIntyre](#)

My story, while very unique, speaks to the hearts of many. Most of us have had, or currently are, struggling with how we feel about the way we look, how we embrace the concept of aging and how we become our higher, more conscious selves. It is my experience, as I speak to and coach many women that inside we are all goddesses and gods, we are all beautiful and we all possess a unique gift that our souls are urging us to express to the world. We are being called to recognize this about ourselves and to embrace it fully. In so doing we can then express our gift to the world, without shame, without fear and without apology.

My journey was tragic. At the age of 3 my father moved my sister and I in with a woman he loved, a woman we had never met before. This woman had two children from a previous marriage. If you want to compare my childhood with a fairy tale I would qualify for two: Cinderella and The Ugly Duckling.

I was physically tortured on average 4-5 times per week. I have been cut, burned, stomped on, yelled at, and told that in no uncertain terms was I useless, ugly, stupid and fat. The venom with which these messages were relayed to me by my stepmother was very poisonous and nearly killed me twice. I have survived two NDE's, one when I was six and one when I was about 11. My step sister and brother quickly learned to remind me of the painful messages that were beaten in to me by step-mother. It was your classic Cinderella story gone very, very bad.

As I grew into a young adult, I grew to become extremely fearful and unsure of who I was, what love was, and what my real potential was. I was as insecure as they come. I attracted many men and sought the comfort of them which was always short lived and demeaning in many ways. I married many times, each time with the intention of it lasting forever and yet with the scars of abuse that I was carting around in my bag of goodies I could not attract a partner that would not abuse me. Each marriage got better, the abuse not as severe. I became the classic and ideal mate for any narcissist.

I have suffered the loss of two children, one daughter who was stillborn and one son who was taken from me through lies and betrayals at a time when I was at my worst and truly needing support versus being undermined and taken advantage of. After the loss of my son, I knew I had to make a choice.

To say Yes to life and commit to healing my wounds completely or to continue the down the same path and die at a very early age. I opted to Yes to life. And the healing and transformation began. This kind of healing required getting to know myself as a soul versus a personality and then to merge the two.

The healing process opened me up to sharing my intuitive gifts with the world, without shame or fear. I embraced my connection to the angelic realm and I worked at becoming whole. There were many days when a complete healing seemed impossible, there was so much trauma and abuse to work through. I found my strength in my connection to my soul, which was growing every day. I became determined to raise my first daughter, very much alive and well, unlike I had been raised. To guide her to a life that was an example of really reaching for the stars in everything, a life of living fearlessly and of being of service to humanity, and also a life of prosperity, of receiving as much as we give.

These lessons were difficult for me to learn. My hardest lesson was to recognize that deep down, I was OK, that I was beautiful. I had made a lot of mistakes and I had to do a tremendous amount of self-forgiveness but in the end I was freed to claim my divine light and beauty. And then I started to look in the mirror and see myself differently. I even started to dress differently; I used to dress to hide my body, now I dress to enhance my features. I am not so scared of aging, as a matter of fact I focus on the positive aspects of aging and I embrace it as part of the process of life, for all living beings and organisms. No one and nothing is excluded from this fact of life.

My greatest fear was to be seen, to be heard, to be the center of attention. I was very shy at the level of my personality and as I grew to be friends with my soul I was guided to its fire, its power and its voice. In looking back I believe it was the strength of my soul that helped me to survive the trauma and abuse over my lifetime. My soul never gave up on me and it was becoming my best friend. I decided to honour it and to get out and share my messages, my story, my visions, and my intuitive guidance with the world, through radio and TV.

It was very scary at first, the first year was very challenging but then it became second nature to me. I could not imagine anymore, not sharing my gifts passionately to the world. I continue to grow and heal and strive to become more whole, more conscious and more transparent. And I continue to look for ways that I can be of service to humanity, to share my message and to guide others down the same path.

I believe my journey had its purpose, as painful as it was. It has allowed me to open up to the beauty of life in very deep and profound ways. I can honestly say that the majority of my days are spent in joy and reverence for my life, for my relationship with my daughter, and for the fulfillment of my soul mission. I am still perfecting the art of relationships but my current marriage has helped me to say Yes to myself when my I was being asked to say No. I have become stronger for it and am fully able to stand up for myself and my core values.

And best of all, I have learned that the universe is indeed a very friendly and generous place to live in, and I no longer accept an environment that does not support that belief whole heartedly. I have grown from the ugly duckling into the graceful and beautiful swan. In being able to stand strongly in this place for myself I can also hold the space for you. There is nothing more that I would like to see than a large community of souls standing here with me, sharing this amazing journey hand in hand.



About The Author of "The Swan Story"

[Dawn McIntyre](#) is a trained and verified intuitive professional with a deep desire to enlighten those who want to know more about manifesting a life of beauty and truth. For the past 20 years, Dawn has honed her professional skills and training, including studying under world-renowned psychic Sonia Choquette in the Six-Sensory program, best-selling author Doreen Virtue in the Angel Therapy Practitioner® series and Orin & DaBen, founders of the Awakening Your Light Body program. Dawn has also studied the secrets of manifestation in great detail from many masters.

Always on a path to self-discovery, Dawn continues her 20 year metaphysical journey and education. Eager to share her insights, she is preparing to launch her book " [Boldly Beautiful](#) ...where divine beauty and bold expression dare to meet". Her skills as a psychic medium make her a preferred choice as an advisor on [12Angel.com](#).

She has a full-time practice, has hosted her own radio show and has regular guest appearances on radio and TV including Breakfast TV in Edmonton, Alberta.

Building Your Self Confidence

So how do you stay calm, composed and maintain self confidence in a tough environment? Here are some tips you may to consider as a starter guide to empowerment.

Imagine yourself as a Dart Board. Everything and everyone else around you may become dart pins, at one point or another. These dart pins will destroy your self confidence and pull you down in ways you often aren't even aware of. Don't let them destroy you, or get the best of you. So which dart pins should you avoid?

Dart Pin #1 : Negative Work Environment

Beware of “dog eat dog” theory where everyone else is fighting just to get ahead. This is where non-appreciative people usually thrive. No one will appreciate your contributions even if you miss lunch and dinner, and stay



up late to complete your tasks or go the extra mile. Most of the time you get to work too much without getting help from people concerned. Stay out of this environment because it will damage your self confidence. If you are in a situation like this then remember that there are other jobs out there which will not threaten your emotional stability—don't make excuses to keep your existing job. [Find a new one!](#)

Dart Pin #2: Other People's Behavior

Bulldozers, brown nosers, gossipmongers, whiners, backstabbers, snipers, people walking wounded, controllers, naggers, complainers, exploders, patronizers... all these kinds of people will pose bad vibes for your self confidence, as well as to your self empowerment journey. Just because a friend has been in your life forever does not necessarily mean he is a good friend. Be willing to cut ties with those people who do not reinforce the [positive life](#) you want to live and support you in your choice to succeed.

Dart Pin #3: Resistance to Change

Changes challenge our paradigms. It tests our flexibility, adaptability and alters the way we think. Changes may make life difficult for awhile and cause stress, but it also provides opportunities to empower ourselves. There's a classic quote, "The only thing constant in life is change." Change will happen. It's always happening. Accept change and learn to work with it, and you will succeed in everything and be happy while doing it. Resist change, and you will find yourself unhappy.

Dart Pin #4: Projecting Your Past Experiences Onto the Present

It's okay to cry and say "ouch!" when we experience pain. But don't let pain transform itself into fear. It might grab you by the tail and swing you around. Treat each failure and mistake as a lesson.

Just because you have been severely hurt in the past by your exes, does not mean that your current partner will devastate you too. You have the choice to look at each moment as a fresh new opportunity, so don't hold onto the past and let it jade you from seeing the greatness in life.

Dart Pin #5: Negative World View

Look at what you're looking at. Don't wrap yourself up with all the negativities of the world. In building self confidence, we must learn how to make the best out of worst situations while not absorbing the energy of negative situations. Try taking a break from news and TV for a couple of days and see how much extra energy you feel.

Dart Pin #6: Determination Theory

The way you are and your behavioral traits is said to be a mixed end product of your inherited genetics, and your environmental surroundings such as your spouse, the company, the economy or your circle of friends. You have your own identity. If your father is a failure, it doesn't mean you have to be a failure too. Learn from other people's experience, so you'll never have to encounter the same mistakes.

Sometimes, you may want to wonder if some people are born leaders or positive thinkers. NO. **Being positive, and staying positive is a choice.** Building self

confidence and drawing lines for self empowerment is a choice, not a rule or a talent. God wouldn't come down from heaven and tell you – “George, you may now have the permission to build self confidence and empower yourself.”

In life, it's difficult to stay resolute when things and people around you keep pulling you down. When you get to the battlefield, choose the right weapons to bring and armors to use, and pick those that are bullet proof. Life gives us many options. Along the battle, you will get hit and bruised. And wearing a [bulletproof armor](#) ideally means 'self change'. The kind of change which comes from within. Voluntarily. Armor or self change affects 3 things: your attitude, your behavior, and your way of thinking.

Building self confidence will eventually lead to self empowerment if you start to become responsible for who you are, what you have, and what you do. It is like a flame that gradually spreads like a brush fire from the inside outwards. When you develop self confidence, you take control of your [mission](#), values and discipline. Self confidence brings about self empowerment, true assessment, and determination. So how do you start building your foundation of self confidence?

Be positive. Be contented and happy. Never miss an opportunity to show gratitude. A positive way of living will help you build self confidence, your starter guide to self empowerment.



Happiness Begins With Forgiveness

— Contributed by [Ricky Powell](#)

I would like to preface this article by stating that I am referring to people and occurrences that *can* be forgiven. There are some atrocities in our world that are simply too horrible to forgive. That said, even the most painful of experiences can be let go for the purpose of allowing happiness into our lives.

One of the major stumbling blocks on the road to happiness is the painful emotion of anger. Whether this anger is directed at a friend or loved one, or worse... yourself, it is a feeling that must be overcome and released if you are truly going to have a chance at lasting happiness.

Anger is something that we all have to deal with from time to time. It is virtually impossible to stroll through life without becoming angry with someone that you know and love. In fact, one of the worst bouts of anger you can have is actually with that person staring back at you in the mirror.

When something or someone upsets you, it is extremely important to vent your feelings. Ideally, it's best to deal with the offender directly. If that someone happens to be you, so be it. In fact, forgiving yourself is one of the most important steps you can take on the happiness path. If you are not worthy of forgiveness, how can you ever experience real happiness?

I'm not suggesting that you run out and berate everyone who has ever done you wrong, I am merely stating that harboring anger will eventually catch up with you making it very difficult, if not impossible, to partake in the happiness that would otherwise be available to you.

It is perfectly normal and natural to become upset or angry with others or yourself. Perhaps someone insulted you, hurt you, cheated or betrayed you. Maybe you actually let yourself down by not playing by the rules, or accomplishing a goal that you had set out to achieve. Conceivably, you unintentionally or worse, intentionally harmed someone. While none of this is noble, it is crucial to let it go.

If possible, try to talk through it. If you are angry with someone else, let them know how you feel. Try not to speak to them with phrases like, "You did this..." or "You made me feel like that...", but instead, use



expressions like, “After our conversation, I feel like...”. Use I’s rather than You’s. It will do wonders for hashing it out.

With forgiveness comes peace, and with peace, happiness may begin to flow. Therefore, it is important to remember that happiness begins with forgiveness.

About the author of “Happiness Begins With Forgiveness”

Ricky Powell owns the website [e I-Choose-Happiness.com](http://e-I-Choose-Happiness.com) where he shares an abundance of ways to ignite the happiness within you and all around you.



3 Hairs: A Humorous Story About Always Having A Positive Attitude

— Contributed by [Chris Cade](#)

There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day.

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "H-M-M, " she said, "I think I'll part my hair down the middle today." So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. "Well," she said, "Today I'm going to wear my hair in a pony tail." So she did and she had a fun, fun day.

The next day she woke up, looked in the mirror and noticed that there wasn't a single hair on her head....

"YEAH!" she exclaimed, "I don't have to fix my hair today!"

— Author Unknown

Reflection Questions:

Often when we read spiritual stories, they leave us feeling warm and fuzzy, but then we soon forget about them and miss out on an opportunity to be affected deeply and profoundly.

These reflection questions will help you get the most out of your experience with reading and exploring the story. The questions are designed to help you find your own answers.

- 1) List three things in your life that are currently troubling you, then pick one of them. What are 2 ways in which there might be able to positively view the situation you chose?
- 2) Obviously this story is trying to show us how we can maintain a positive perspective when bad things happen. If you've already answered reflection question #1, you've found how this is true in your own life as well. What is at least one other important message in this story?

- 3) From question one, take one of the two remaining situations that are troubling you. What are some humorous ways that somebody might be able to look at those situations to help ease a bit of the tension?

About Chris Cade:

Chris Cade calls himself a reluctant hero. He is a second-degree black belt and martial arts Champion who has swum with wild dolphins and tested software to find the bugs.

His journey – leaving a six-figure income and corporate life with Hitachi and Adobe for a spiritual one – has rewarded this visionary with the most popular spiritual story site on the internet.

A graduate of The Monroe Institute's Gateway Voyage program, and a student of The Diamond Approach, Chris is a spiritual teacher, lecturer, and father to four-year old son, Quantum.



Energy: The Current of the Universe — What We Think Is What We Create

— Contributed by Jackie Lapin, Founder of [United World Healing](#)

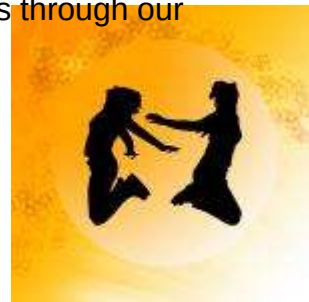
With every emotion we feel, we send out energy that either contributes to the construction or destruction of the peaceful world that most of us would like to enjoy. You don't have to be either the corporate raider or the abusive husband.

You just might be a man who feels guilty for not spending more time with his children or the woman who hates the figure she sees in the mirror because it carries a few extra pounds. Those energies log into the global “bank.” On the contrary, when you feel good because you have reached out to a stranger, taught someone to read, kissed your elderly grandmother, exercised your body or selflessly helped a co-worker stuck on a project, you've put healthy, high frequency vibrations into the “bank.”

For what we think and feel is what we create.

What we focus on, we [manifest and attract](#). If we turn our attention to envisioning the world in which we want to live, through time, effort and shared vision, we can begin to mold and shape it to that image. It is through our vision, the tool of our imagination, that we emit the energies that transform.

Through the harnessing of joyful imaging, [creating loving mind pictures](#) of a kinder world, we transform and replace the negative, low frequency energies that have dominated the past. This is because high frequency energies are far more powerful than the opposite. These energies resonate with the Universe's desire to give mankind the peace and contentment it desires.



So why have we come to this place of worldwide desperation? It is because we have relegated our creative visionary power to people who are consciously or unconsciously driven by fear. Fear is the most potent kind of global pollution. What we believe — consciously or subconsciously — determines how we perceive the world and, more importantly, the world itself.

It is time we [cleanse ourselves of fear](#) and take back the power. We are the ultimate creators. It is time we remember who we are and why we are here. Try manifesting in your own life first, using the positive techniques of Conscious Creation. Think about how many times before you've wished for something that came to pass. Your desires, your emotions and the positive energies you emitted manifest your wish. (You manifested it because on some level, you believed you could.)

We can do the same with the world around us by using Conscious Creativity — envisioning the world we want, making it real in our minds and hearts before it becomes real in the physical plane. There is no need to feel foolish or powerless thinking that you are just one person. Each one of us is an enormously powerful being for transformation. It only takes one person to ignite change in the world or inspire others.

Margaret Mead understood this when she said: “Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has.”

But you will no longer be just one, or even a few. We are approaching a spiritual crossroads on this planet, where millions of people are realizing there must be something more, something better. They are awakening to a call for spiritual self-responsibility and global cleansing. It is a summons for us to evolve to a higher consciousness of beings. It's time to learn we are one with the Universe and we have the power to create our own reality, both personally and as a consensus reality.



As you [begin your visions](#) for personal and global transformation, others will match your high frequency energies and desires. Like a tuning fork resonating with other vibrations on the same frequency, this united vision will be unlike any force ever before. It is a remarkable synergistic power that will be life changing for all of us.

See it, feel it, so be it.

About the Author of “Energy: The Current of the Universe — What We Think Is What We Create”:

Jackie Lapin is a writer, speaker and visionary who is educating and uniting the

planet's people to manifest a better, healthier more peaceful and joyful world. She is revealing to humanity its ultimate power for global transformation and leading the call for synchronizing a vision for a new and better reality and is founder of the non-profit organization, [United World Healing](http://www.UnitedWorldHealing.org), an international organization designed to unite millions around the world in daily acts of Conscious Creation, to impact the future of the planet.

<http://www.TheArtofConsciousCreation.com>

<http://www.ManifestBooks.com>

<http://www.UnitedWorldHealing.org>

Spiritual Empowerment: The Challenge of Modern Times

To grow spiritually in a world defined by power, money, and influence is a Herculean task. Modern conveniences such as electronics, gadgets, and tools as well as entertainment through television, magazines, and the web have predisposed us to confine our attention mostly to physical needs and wants. As a result, our concepts of self-worth and self-meaning are muddled. How can we strike a balance between the material and spiritual aspects of our lives?

To grow spiritually is to look inward.

Introspection goes beyond recalling the things that happened in a day, week, or month. You need to look closely and reflect on your thoughts, feelings, beliefs, and motivations. Periodically examining your experiences, the decisions you make, the relationships you have, and the things you engage in provide useful insights on your life goals, on the helpful traits you must sustain and the obstructive traits you have to discard.

Moreover, it gives you clues on how to act, react, and conduct yourself in the midst of any situation. Like any skill, introspection can be learned; all it takes is the courage and willingness to seek the truths that lie within you.



The most important advice I can give is to be objective and [forgiving](#) of yourself.

To grow spiritually is to search for meaning.

Religions that believe in the existence of God assume that the purpose of the human life is to serve the Creator of all things. Several theories in psychology propose that we ultimately give meaning to our lives. Whether we believe that life's meaning is pre-determined or self-directed, to grow in spirit is to realize that we do not merely exist.

We do not know the meaning of our lives at birth; but we gain knowledge and wisdom from our interactions with people and from our actions and reactions to the situations we are in. As we discover this meaning, there are certain beliefs and values that we reject and affirm. Our lives have purpose. This purpose puts all our physical, emotional, and intellectual potentials into use; sustains us during

trying times; and gives us something to look forward to---a goal to achieve, a destination to reach. A person without purpose or meaning is like a drifting ship at sea.

To grow spiritually is to recognize interconnections.

Religions stress the concept of our relatedness to all creation, live and inanimate. Thus we call other people “brothers and sisters” even if there are no direct blood relations. Moreover, deity-centered religions speak of the relationship between humans and a higher being. On the other hand, science expounds on our link to other living things through the evolution theory. This relatedness is clearly seen in the concept of ecology, the interaction between living and non-living things. In psychology, connectedness is a characteristic of self-transcendence, the highest human need according to Maslow.



Recognizing your connection to all things helps you be more humble and respectful of people, animals, plants, and things in nature. It helps you appreciate everything around you. It moves you to go beyond your comfort zone and reach out to other people, and become stewards of all other things around you.

Growth is a process, and thus to grow in spirit is a day-to-day encounter. Sometimes it is two steps forward with a step backward, but the important thing is that we learn, and from this knowledge, further [spiritual growth](#) is made possible.



Spirituality: The Secret to Everlasting Success

*How One Blind and Physically Disabled Individual
Views Spirituality and Its Effects on Success*

— Contributed by [Shirley Cheng](#)

In life, everything is categorized into mainly two compartments: the spiritual and the worldly. What belong to the spiritual realm are everlasting. They do not know time; they do not know age. They withstand all trials and tribulations. Those who have the spiritual elements will achieve everlasting success and happiness.

The worldly, on the other hand, will only give you earthly success. When you die, they will die with you. These include money, fame, power, and lust. What good is a roomful of money to you after you are dead? When we live, we need to collect treasures that will last forever so we can enjoy happiness forever. Many times, we are so focused on achieving what our flesh wants, not knowing that what our flesh achieves will die with the flesh. So being a spiritual person, embracing the spiritual aspects of life—love, gratitude, faith, values, and hope--will lead you to a fulfilling life, not just for the life right now.

How does being spiritual help you conquer negativity or challenges in life?

Overcoming negativity is not necessarily about making a physical difference. Many times, we cannot physically change the situation we are in. I lost my eyesight, and I cannot magically make myself see again. Conquering negativity is about making a psychological difference for your spirit. By being happy when I am blind, I am successfully conquering negativity.

A method of spiritually conquering negativity is finding the [positive side](#) to a negative situation. I know it can be quite difficult to always be able to find the good side of something bad; you will have to look at your situation from every angle. While at times, the good thing does not come out of the bad until some time has passed. After I lost my eyesight, I became an author and motivational speaker; that was the good that came from the bad. This way, I am able to touch others in ways I could not have if I had not lost my eyesight; at least, it would not have been so soon or exactly in this way.

Another example is that I have periods of severe insomnia, and it is during my insomnia that many of my great writing ideas come to me, so that is the positive

side of insomnia. In life, there is always something good and something bad happening at the same time, and there is always a positive side to the negative, and even a negative side to the positive. And there are times where the bad actually becomes the good and vice versa.

So in actuality, it can be too hard at times for us to judge what is truly good or bad. What we can do is always try to look on the bright side and do our best to live our best, and put all faith in God--that is the secret that gets me going; everything else is just strategy!

What does it mean to be truly successful?

To me, success does not mean wealth and fame. Success is not about being a successful businessman, a successful teacher, a successful doctor; that all comes later. Success is all about being a successful human being. In order to be truly successful in life, you need to first establish your values.

- What qualities do you hold highest?
- What traits do you want to have and be associated with?

Think of what qualities are important to you and hold firm to them. Your values are what you will base your life's decisions on. You will make goals around your core values. For example, my value is goodness, so I make goals that will accomplish my value. I will be satisfied for having achieved that value if nothing else.

2 plus 2 equals 4. But if you think that 2 plus 2 equals everything and anything, then you are bound to encounter problems in your life. Nothing in life is ever guaranteed; everything you own--your car, your house, and even your friends and family, can be taken away from you. But nothing can take away your values if you do not let them. No one can destroy your values unless you destroy them yourself. Your values are what will guide you in the right paths in life.

The second secret on being successful is gratitude.

Start everything with appreciation. Before you do anything new, say anything new, go anywhere new, meet anyone new, first appreciate your current state in every aspect. This acts like a cushion in case what you do will bring you to your original state. So if you could be thankful for now, when you return to now, you will be thankful that you have not lost anything. So it is vital to appreciate your situation at every stage of your life.

So your values and gratitude will make you a successful human being, but the most important secret--and this is what really takes me far in life--is the deep, unwavering faith in something larger than myself.

It is this faith that has allowed me to move forward, one sure step at a time, as I know it is there guiding me, supporting me, and loving me. Keep your faith strong and sturdy, and your steps will be strong and sturdy in turn.

Also, do your best in everything you do.

Many people do a mediocre job and expect to be successful; they depend on luck to get them successful. But in the long term, luck will not bring you far. In life, no matter what position you are in--as a teacher, a doctor, as a parent, a child, a grandchild--do your best in being your best.

And make the most of what you have.

If you only have a spoon and a fork, use the fork to comb your hair and use the spoon to play music. Hey, some people do not even have a spoon and a fork. In my case, I lost my eyesight, but I still have my fingers so I can type; I still can hear, I am still alive. I use all those wonderful factors to become an award-winning author, motivational speaker, published poet, advocate, and I continue to love the life I live.

About the Author of "Spirituality: The Secret to Everlasting Success":

Shirley Cheng (b. 1983), a blind and physically disabled award-winning author, motivational speaker, self-empowerment expert, poet, author of seven books including her newest "[Waking Spirit](#)," contributing author of ten books, and a parental rights advocate, has had severe juvenile rheumatoid arthritis since infancy.

Owing to years of hospitalization, she received no education until age eleven. However, after only about 180 days of special education in elementary school, she mastered grade level in all areas and entered a regular sixth grade class in middle school. Unfortunately, Shirley lost her eyesight at the age of seventeen. After a successful eye surgery, she hopes to earn multiple science doctorates from Harvard University. <http://www.shirleycheng.com>



Motivation: The Heart of Self Empowerment

Pain may sometimes be the reason why people change. Getting poor grades makes us realize that we need to study. Debts remind us of our inability to effectively manage our income and expenses. Whether it is a bitter experience, a friend's tragic story, [a great movie](#), or an inspiring book, that experience will help us get up with just the right amount of motivation we need in order to empower ourselves.

With the countless negativities the world brings about, how do we keep motivated? Try these tips from **A to Z!**

- A. **Achieve your dreams.** Avoid negative people, things and places. Eleanor Roosevelt once said, [“The future belongs to those who believe in the beauty of their dreams.”](#)
- B. **Believe in your self**, and in what you can do.
- C. **Consider things from every angle and aspect.** Motivation comes from determination. To be able to understand life, you should feel both the light and the dark from both sides.
- D. **Don't give in and don't give up.** Thomas Edison “failed” thousands of times before he came up with his invention and perfected the incandescent light bulb. Make motivation as your steering wheel.
- E. **Enjoy.** Work as if you don't need money. Dance as if nobody's watching. Love as if you never cried. Learn as if you'll live forever. Motivation takes place when people are happy.
- F. **Family and Friends** – are life's greatest 'F' treasures. Don't lose sight of them.



- G. **Give more than what is enough.** Where does motivation and self growth take place at work? At home? At school? When you exert extra effort in doing things.
- H. **Hang on to your dreams.** They may dangle in there for a moment, but these little stars will be your driving force.
- I. **Ignore those who try to destroy you.** Don't let other people to get the best of you. Stay away from toxic people – the kind of friends who hates to hear about your success are not true friends at all.
- J. **Just be yourself.** The key to success is to be yourself. And the key to failure is trying to please everyone.
- K. **Keep trying no matter how hard life may seem.** When a person is motivated, eventually she sees a harsh life finally clearing out, paving the way to self growth.
- L. **Learn to love your self.** Love of self is what enables us to love others with our full heart.
- M. **Make things happen.** Motivation is when your dreams are put into work clothes.
- N. **Never lie, cheat or steal.** Always play a fair game, even if nobody is watching.
- O. **Open your eyes.** Observe the world around you. [Understand what motivates you,](#) and understand what demotivates you.
- P. **Practice.** Practice is about immersing yourself into something until you become one with it. There are few better ways to motive yourself than to become motivation itself.
- Q. **Quitters never win.** And winners never quit. So, choose your fate and commit to it.
- R. **Ready yourself.** Motivation is also about preparation. We must hear the little voice within us telling us to get started before others will get on their feet and try to push us around. Remember, it wasn't raining when Noah built the ark.

- S. **Stop procrastinating!**
- T. **Take control of your life.** Discipline or self control gives synonymously with motivation. Both are key factors in self empowerment.
- U. **Understand others.** If you know very well how to talk, you should also learn how to listen. Yearn to understand first, and to be understood the second.
- V. **Visualize it.** Motivation without vision is like a boat on a dry land. [Seeing your target](#) enables you to achieve it significantly more easily.
- W. **Want it more than anything.** Dreaming means believing. And to believe is something that is rooted out from the roots of motivation and self growth.
- x. **X-Factor is what will make you different from the others.** When you are motivated, you tend to have “extras” in your life like extra time for family, extra help at work, extra care for friends, and so on. These “extras” are often the things that distinguish you from the unmotivated.
- Y. **You are unique.** No one in this world looks, acts, or talks like you. Value your life and existence, because you’re just going to spend it once.
- Z. Zero in on your dreams and go for it!!!**



Who Will You Be?

— Contributed by [Karen Lynch](#)

The world is always ready to tell you who to be. Parents, teachers, friends, members of the clergy all seem to have their opinion of who you are, what you should do, how you should act, what should be important to you and who you will be.

But when someone else is telling you about your life, no matter who they are or how innocent, loving and caring their intent, *they just don't know*.

They don't what is in your heart. They don't know your hopes, desires and dreams. They don't know your purpose. They don't know what you can or cannot accomplish in your life. Only you do.

It's only you. You are the only one who knows what your life should be. You are the only one who knows who you will be.

But how often do we look to others for the answers to our own lives? How often do we look to others for guidance? And while others may give you advice and they may tell you of their experiences, they are not in your shoes. They are not part of your creative energy. They are living a different vibration than you are.

You are the only creator of your life experience.

No one else can make the decisions for you that will bring you happiness and joy. Only you can. Yet, often through fear or apprehension, habits or socialization we forget that we are the ones who know what is best for ourselves. The voices of the world, including the people that we love, our friends, family and even the media, movies, and advertising drown out the voice inside of us that is giving us our real guidance. Sometimes we even ignore our own intuitions to follow someone else's lead.

But if we are to truly [find joy and happiness](#) in our lives we need to learn to follow our own guidance.

“The wisest follow their own direction.”

~Euripedes

There are always clues as to what will bring you joy in life. We all have passions. We all have things that we would do “no matter what.” We all have things that make our hearts sing and bring fullness to our lives. There are always the things that call to us, the things that make us feel passionate and excited, happy and full of life. They are the things that we enjoy, the things that come easy to us.

And that is your clue.

When you have the good feelings, the [feelings of joy](#), passion and happiness you are on the right track. It could be no other way if you really think about it. Human beings will almost always choose what feels best, what feels right and good if left to their own devices. It is the way we are designed, the way that we know what is best. It is only when we are following some one else’s guidance or an arbitrary set of rules that we start believing, thinking, acting and even feeling as if life should be a struggle.

Life was never meant to be a struggle.

Look at [nature](#). Everything happens in perfect harmony, effortless and easy. Plants do not struggle to grow. Animals do not fret and worry about the food that they will eat. They just do, whatever they have to do, and whatever happens is just part of life. Life was never meant to be a struggle.

We can see those lessons in nature. The Life we see in nature never goes against it’s own instincts. There are no questions. In nature everything is what it is:



- An elephant never tries to be a Zebra.
- A zebra’s mother never tries to get it to become a monkey.
- A daisy never tries to be a pine tree.

And when we look at nature even in the face of destruction and tragedy, **nature always comes back to what it is**, just as beautiful as ever.

I recently saw a beautiful photograph. It was taken in the forest in what looked like an early spring storm. The clouds in the background were gray and full. The trees, which were Quaking Aspen, were stark black, white and gray and at the bottom of the photo was the most brilliant green and pink of new flowering blooms. It was breathtaking. I was drawn to the beauty of the photograph and as I got closer I was able to read the caption that had been provided.

The photograph was of the new growth that came after a devastating forest fire. That was the reason why the aspens were black and gray. That was the reason why it looked like early spring before the leaves came back on the trees. There were no leaves but the wild flowers were coming back, the foliage was reemerging. The natural beauty of the forest was returning.

Even in the face of devastation, nature always comes back. It doesn't struggle. It never tries to be something that it is not. It just comes back as beautiful and strong as ever, just as it is.

Life is not supposed to be a struggle.

When you do what you love to do and when you follow your own guidance, life is not a struggle. And even though there will be difficult times, like the plants in the forest you can rejuvenate and renew. **Your life can become what you want it to be.** There is always enough time to make a change when you really want to.

So find what you love, do what feels good, follow your own council and decide your own life. Disregard the opinions of the world and the opinions of other people. They aren't living your life. A passionate pastry chef with a law degree will find more joy, happiness and success than a dispirited and unhappy lawyer. A passionate writer or an inspired artist who just happens to also have a degree in medicine will find more joy, happiness and success than an unhappy doctor.

Find your passion...

- Regardless of what has come before.
- Regardless of what the world says you should be.
- Regardless of what happens.

The Universe has a way of making things work when you are following your right path and doing what you love. When you are on the right path for you, you'll know. You are the only one living your life. You are the only one who can take your mistakes and make them better.

That is the path to Joy.

That is the path to Happiness.

That is the path to follow.



About the Author of "Who Will You Be?"

Karen Lynch decided one day to change her life. She didn't know how but she was not going to "settle" for the way she was living. She had always loved to read so I started reading all of the self-help and inspirational books that she could find, everything from Tony Robbins to Norman Vincent Peale, new books, old books, everything. And as she read and studied, she discovered a great truth:

We are all responsible for our own lives and We Become What We Think About.

Now Karen shares what she has learned with other people through her website LiveThePower.com where she helps people like you discover some of the greatest truths to creating a happy life. "The Power of the Subconscious Mind" is one of her favorite books of all time and you can download it for free at LiveThePower.com

Empowering Yourself Using The Law of Attraction

— Contributed by [Gary Evans](#)

The "secret" to mastering the Law of Attraction is *feeling good*. This may not sound like much of a secret. In fact, it's so simple and straightforward that it can easily slip right past us.

It would be easier, in a way, if the secret were memorizing a long, difficult chant or mantra in an exotic foreign language while sitting in a special position with our hands clasped in exactly the correct position. This might be initially more difficult, but it would be more in line with the way our minds ordinarily work—master a hard task and get a result when you've completed it. Feeling good sounds simpler, but it can be tricky to master.



The other issue people have with feeling good to master the [Law of Attraction](#) is that it's a bit of a Catch -22. In other words, you probably are interested in the Law of Attraction in the first place so you can improve your life—so that you will feel better. If you have to feel better first, how can you even get started? It's a little like saying, "The secret to having enough to eat is finding a large bounty of food." In order to get beyond this catch-22 dilemma, we have to look at it a little more closely.

Most people do not, in fact, want to master the Law of Attraction in order to feel better. Well, ultimately that's what they want, but at a conscious level they think they want [more money](#), an attractive lover, a better job or a brand new car. They focus on the physical manifestations rather than the feeling that they think they will get from these things. This is one of the major stumbling blocks in the process.

Once we consciously understand that our real goal is to feel good, or be happy, then we are much closer to mastering this Law of Attraction "secret."



While we can use the [Law of Attraction](#) to drastically improve any aspect of our lives, we cannot always directly impact physical reality. That is, we cannot simply snap our fingers and make a million dollars appear on the table in front of us.

We can, however, with a little focus, put ourselves in a state of being that is abundant. In other words, we can make ourselves open to receiving a million dollars, or whatever it is we want. By trying too hard to manifest a specific physical event, object or person, however, we subtly but importantly misunderstand how the universe works and often slow down the process unnecessarily.

When we consciously put our intention on the goal of [feeling good](#), or at least feeling better than we do right now, we are headed in the right direction. If, for example, you find yourself depressed over a lack of money, there are several ways you can react.

1. "I never have enough money."
2. "Why don't I ever have enough money?"
3. "I don't have enough money right now."
4. "How can I attract more money?"
5. "How can I feel more abundant than I do right now?"
6. "I am gradually feeling more and more abundant and [magnetic to money](#) and other good things."

In the above, numbers 1 and 2 are not going to help you at all. They will only perpetuate your feeling of lack. Number 3 is not great, but it's moving in the right direction. Numbers 4, 5 and 6 are all helpful and pointing you towards a state of greater abundance.

Another thing you can see from this is that changing statements into questions can be helpful --provided they are positive questions! Never ask, for example, "Why don't I ever have enough money?"

There is no good answer to a negative question.

When you ask a question, your subconscious automatically starts to look for an answer. So if you ask a question about why you are lacking in some way, as in #2 above, there is really no good answer. Whatever answer comes up, no matter how valid, you are still in the same state. On the other hand, if you ask a positive question, as in #4 above, you will start to generate helpful answers.

By focusing on how you feel, and on the words you speak to both others and yourself, you can begin to move in a more positive direction. This is how you start to master the secret of using the Law of Attraction by feeling better --so that you can feel better still.

About the Author of "Empowering Yourself Using The Law Of Attraction"

Gary Evans is a Law of Attraction practitioner, author and owner of the company [Good To Feel Good](#) whose mission is to "Teach by Example."

Gary is dedicated to supporting people in their understanding of Deliberate Creation and has been applying the principles of Law of Attraction for several years now. He empowers others with his free ebooks [Manifesting Reality Isn't Hard Work After all](#) and [The Law of Attraction Report](#), and his website [Positivity Space](#).



Crash Course 7-Day Program to Self Empowerment

I have lost count of how many times I've read and heard of celebrity marriages failing. Not that I care (and personally I don't), but it seems strange that we often see movie and TV stars as flawless people, living the fairytale life of riches and glamor. I suppose we all have to stop sticking our heads in the clouds and face reality.

There are many ways to lose your sense of self confidence despite, but whatever happens, we should try not to lose our own sense of self. So what does it take? Here are some of the things you can think and focus on that should be enough for a week.

Day 1: Know your purpose.

Are you wandering through life with little direction - hoping that you'll find happiness, health and prosperity? [Identify your life purpose or mission statement](#) and you will have your own unique compass that will lead you to your truth north every time. This may seem tricky at first when you see yourself to be in a tight spot or even dead end. But there's always that little loophole to turn things around and you can make a big difference to yourself if you have your focus.

And if you don't know your purpose, spend some time [meditating](#) in thought about the things which spark your spirit the most. Chances are, your purpose lies somewhere in those sparks.

Day 2: Know your values.

What do you value most? Make a list of your top 5 values. Some examples are security, freedom, family, [spiritual development](#), learning. As you set goals - check your goals against your values. If the goal doesn't align with any of your top five values - you may want to reconsider it or revise it.

The number shouldn't discourage you, instead it should motivate you to do more than you can ever dreamed of.

Day 3: Know your needs.

Unmet needs can keep you from living authentically. Take care of yourself. Do you have a need to be acknowledged, to be right, to be in control, to be loved? There are so many people who lived their lives without realizing their dreams and most of them end up being stressed or even depressed for that matter. List your top four needs and figure out what it will take to support those needs, and be honest with yourself without judgment as to what those needs are.

Day 4: Know your passions.

You know who you are and what you truly enjoy in life. Obstacles like doubt and lack of enthusiasm will only hinder you, but will not derail your chance to become the person you ultimately are. Express yourself and honor the people who have inspired you to become the very person you wanted to be.

Day 5: Live from the inside out.

Increase your awareness of your inner wisdom by regularly reflecting in silence.

Commune with nature. Breathe deeply to quiet your distracted mind. For most of us city slickers it's hard to even find the peace and quiet we want even in our own home. In my case I often just sit in a dimly lit room and play some classical music. There's sound, yes, but music without words does help reinforce inner peace.



Day 6: Honor your strengths.

What are your positive traits? What special talents do you have? List three - if you get stuck, ask those closest to you to help identify these. Are you imaginative, witty, good with your hands? Find ways to express your authentic self through your strengths. You can increase your self-confidence when you can share what you know with others.

Day 7: Serve others.

When you live authentically, you may find that you develop an interconnected sense of being. When you are true to who you are, living your purpose and giving of your talents to the world around you, you give back in service what you came to share with others -your spirit - your essence. The rewards for sharing your gift

with those close to you is indeed rewarding, and even much more if it were to be the eyes of a stranger.

Self empowerment is indeed one type of work that is worth it. It shouldn't always be within the confines of an office building, or maybe in the four corners of your own room. The difference lies within ourselves and how much we want to change for the better.

As the book is coming to an end, I'd like to share with you some 10 of my favorite quotes on empowering yourself. I hope you find them useful!

Collective Fears

A. And How They Are Fed To You

— Contributed by [Cyndi Krupp](#)

Most of us have a set of unique fears that relate to our own lives, like concerns about loved ones, financial worries and so on; but there are also many 'universal' fears – or perhaps you might call them 'collective' fears – that are communicated to us through our environment.



These fears often relate to situations and events that leave us feeling vulnerable and defenseless, such as worldwide 'pandemics' (...and 'vaccines'), 'terrorist' attacks, economic and financial crises, and so on.

Not only do we see and hear constant references to these frightening scenarios in the media and from the people around us...

...the energy of collective fears also seeps into the very fabric of our reality (the quantum field) and continues to resonate around and within us.

Since we are all connected to the collective consciousness, we can actually absorb this 'fear energy' as we go about our daily lives – even if we don't pay attention to the media hype and mass hysteria.

In other words, if society's desire was to manipulate and control people by keeping them suppressed in a low vibratory state of fear ...this can affect everyone...

Have you ever felt nervous, edgy, tense, or vulnerable for no apparent reason? Even when everything in your own life was going fine, you may still have been affected by these collective fears and felt uncomfortable as a result...

...And to make it worse, the moment you begin focusing on these fearful feelings, the more you begin to magnify the collective fear energy without even knowing it...

It's not easy to avoid absorbing these fearful messages, especially when you seem to be surrounded by endless examples of them every day. However, there are a few things you can do to minimize the impact they have on your life.

An obvious first step is to limit your exposure to news broadcasts; especially when they always seem to pertain to frightening events that are beyond your control...

Focusing on this force-fed fear programming only makes you feel more vulnerable and adds to the energy of the collective fear. Certainly you can stay informed about world events but it is advisable to seek independent, unbiased news sources on the internet, and then immediately start shifting your focus to something less fearsome.

Empower yourself by remembering that most of the things you fear will never come to pass. In fact, when you remember that giving your attention to anything only makes it seem bigger and more intimidating, you can surely see the wisdom in being more discerning about the things you think about.

Deliberately focusing more on positive things will help override the negative input you receive each day too. When you take greater control of your focus and place it decisively upon the creation of a joyful and positive reality, you contribute that same energy to the quantum field. This helps minimize some of the fearful energy being contributed by others around the world.

It's true that there are many horrible, scary things to worry about – but there are equally as many wonderful, joyful things to ponder. Spend time each day thinking about the people you love, happy memories, and the great experiences that may be waiting just around the corner for you. It may not make the scary possibilities go away completely but it will lighten your mood, leave you feeling happier and less fearful.

Cyndi Krupp is the managing editor for Real Mind Power Secrets and Evolution Ezine. She teaches people how to evolve their consciousness.

To receive several free gifts, including a brainwave entrainment healing audio, visit her website at <http://www.Super-Mind-Evolution-System.com>

Meditate To Release Fear

— Contributed by [Kevin Schoeninger](#)

Meditation is a practice of consciously focusing your attention for a period of time. While there are many keys to effective meditation, the essence of the practice is learning to focus your attention as you choose.

How does this relate to fear? You may have heard it said that every moment in life offers you a choice: you can come from “love” or “fear.” There are many ways of stating the contrasting choice that each moment offers, but the basic idea is the same: you can live from a positive life-affirming place or in a mode of negativity and protection.



Choice is a skill.

It means that you can see alternatives and focus on one versus the other. In other words, you can consciously focus your attention according to how you choose to be. This is where meditation comes in. Meditation trains your awareness and your skills of attention.

For example, one way to meditate is to focus on your breathing. You keep your attention centered in your breathe. You find a comfortable, upright, seated position in a quiet, private space, relax your body, and focus on following the natural rhythm of inhaling and exhaling.

The skill comes in when something enters your mind that is other than paying attention to your breathing, say a thought about other things you have to do, a memory, or some feeling or sensation in your body. In meditation, you deal with your wandering thought, feeling, or sensation in three steps:

1. You recognize the thought, feeling, or sensation that is other than your point of focus (in this case your breathing). You become aware that your attention has wandered. You accept whatever has grabbed your attention. You welcome it into your awareness.
2. You gently release the thought, feeling, or sensation that has grabbed your attention. You are aware of it, but you let it go, without giving it any more time, energy, or attention.

3. You return to your meditative focus (again, in this case, your breathing). As many times as your mind wanders to other thoughts, feelings, or sensations, you repeat these three steps. I call these steps the 3Rs: recognize, release, and return.

The more you meditate, the better you become at maintaining your focus and the easier it becomes to let go of anything that pulls you away from your focus. This is a skill that you can apply to anything that you do in life.

For example, you might desire to build a better relationship with someone. That is a conscious focus for you. As you become close, fears might arise as a result of painful relationship experiences in your past. You can treat these fears as you would treat any thought, feeling, or sensation that arises in meditation.

First, recognize your fear, honor it, and welcome it into your awareness. Fear has its greatest power when it lurks in your subconscious. Become aware of your fear and accept it. Don't be afraid of it. Observe it without reacting to it. This begins to take the emotional edge off of it.

Second, consciously release your fear. Make a decision that you will not give it any more time, energy, or attention.

Third, return to focusing on your conscious intent to build an intimate relationship. Focus on the feeling of open, honest communication that you desire and bring that into the moment. Be that. Act in that way.

As many times as fear resurfaces, go through the 3Rs.

Most people find that progress in meditation, as well as progress in keeping focus in life, follows stages over time. As you practice consistently, you may find that, at first, you become more aware of your thoughts and feelings than ever before. You may not have been so aware of your fears until you started to pay attention to your inner life. It's O.K. That's natural.

Second, you will begin to relate to your thoughts, feelings, and fears differently. You'll see that they come and go. You'll learn that as you become aware of them and accept them, they begin to lose their grip on your attention. You'll be able to release them more and more easily over time.

Finally, you'll be able to center yourself in your chosen point of focus, whether it's in deepening a meditative experience or any other experience that you desire in life.

Whatever you focus on increases. Therefore, your ability to consciously focus your attention is the most essential skill you can master. Meditation is the best way that I know to gain this skill.

Kevin Schoeninger teaches people how to discover the benefits of meditation. To learn a simple meditation technique (it only takes a few minutes) you can use to instantly release any unwanted thought feeling or belief, visit his website at EnergyMeditationSecret.com

10 Spiritual and Self Empowerment Quotes

1. **"There are no accidents... there is only some purpose that we haven't yet understood."**

— [Deepak Chopra](#)

Learn from experience, even if it seems random or is painful. All experiences are lessons that can help us improve.

2. **"Heaven on Earth is a choice you must make, not a place you must find."**

— [Wayne Dyer](#)

On the spiritual self empowerment path, there is no destination. If you are not [consciously choosing to be happy](#), then you are unconsciously choosing to be unhappy. Period.

3. **"Simple kindness to one's self and all that lives is the most powerful transformational force of all."**

— [David Hawkins](#)

It is important to realize that you are human, you will make mistakes, you will hurt others accidentally, others will do the same, and that it's all okay. Learn to forgive yourself and others even before these things happen, and you will find that the strength of compassion within overcomes anything.

4. **"The lust for comfort murders the passions of the soul."**

— [Kahlil Gibran](#)

When we stay within our comfort zones, we do not grow. If you are serious about self growth and spiritual growth, then you must be willing to challenge your comfort zones and do things that force you to grow. Anything less is selling yourself short.

5. **"If you realized how powerful your thoughts are, you would never think a negative thought."**

— [Dorothy Thompson](#)

Over 50 years ago, Vincent Normal Peale wrote “ [The Power of Positive Thinking](#) ” and people have been saying and believing it ever since. There's a good reason for this. When we see the world in a negative light, then we close ourselves off to all the good things, including great opportunities, that surround us. By viewing the world positively, we are putting on X-Ray goggles that zoom right into the opportunities that make life wonderful.

6. "Do or do not. There is no try."

— [Yoda](#)

Make no mistake about it, there is no substitute for action. All the positive thoughts in the world will not make your life better unless you use those positive thoughts to power your actions. You will find that the more you act upon your self growth and spiritual growth, the more both of those will become reality.

7. "To touch the soul of another human being is to walk on holy ground."

— [Steven Covey](#)

Humans are innately social creatures and we have an innate drive to connect with others. When we embrace this connection and improve the lives of others, we not only make a great difference in the world around us, we also make a great difference in the world within us. Your own growth will be amplified twice as much when you are helping others than when you focus only on helping yourself.

8. "I am only one, but still I am one. I cannot do everything, but still I can do something. I will not refuse to do the something that I can do."

— [Helen Keller](#)

Every person makes a difference in the world, including you. If you always remember that you are capable of great things, then you will be surprised how many great things you discover in life.

9. "Joy is what happens when we allow ourselves to recognize how good things really are."

— [Marianne Williamson](#)

Life is a miracle, so throughout each day take a moment to remind yourself what you are grateful for. Gratitude is an extremely powerful force that unlocks our potential and opens us up to a wide range of incredible opportunities and experiences.

10. "Courage is fear that has said it's prayers."

— [Karl Barth](#)

When we learn to dissolve and/or overcome our fear, we act in courageous ways. So courageous, in fact, that we begin to live life on our own terms and fulfill our destiny of living a [joyful and abundant life](#).

Resource Guide

Recommended Self Empowerment and Spirituality Websites

[Chris Cade's Blog](#) – If you want to connect with Chris further, this is the perfect place! He writes about everything from self empowerment to parenting, from finances to environmental awareness, and more.

[Core Energy Technique MP3](#) – This free healing audio will help you overcome anxiety, frustration, and limiting beliefs. You'll also experience a deeper sense of peace and relaxation.

[How To Manifest A Miracle](#) – Discover the exact methods that thousands of skilled creators use every day to deliberately design their day to day experiences. Learn the step-by-step daily processes that you must go through to manifest your hearts desires.

[9 Manifesting Secrets and Tools](#) – This free video will introduce you to 9 secrets and tools to support your manifesting.

[Inspirational and Fantasy Books and Poems by Shirley Cheng](#) – Be empowered, inspired, and motivated through the inspirational writings, radio interviews, and life story of miracle survivor Shirley Cheng, a blind and physically disabled motivational speaker, poet, author and contributing author of seventeen books by age twenty-four. Subscribe to her monthly newsletter, Inspiration from a Blind, to receive words of inspiration, news and updates on her books.

[Discover Mind Movies](#) – These movies combine the best of positive thinking, the law of attraction, and visualization to help make your inner dreams become a tangible reality.

[Future of the New Earth](#) – This is a complete collection of expert opinions about the spiritual awakening happening on our planet... the same awakening that will lead us to a "New Earth."

[I Choose Happiness](#) – At this site, Ricky shares an abundance of ways to ignite the happiness within you and all around you.

[Beyond The Law Of Attraction](#) – If you've heard about the Law of Attraction, you're only a tenth of the way there. In order to truly take charge of your future, you must begin pro-actively Consciously Creating your life—marshalling all of your intent, your energy, your creative visionary skills and your power of creation to manifest the future you choose to live.

[Boldly Beautiful](#) – The greatest journeys are those that transform us from the inside out. While in the midst of them it may seem confusing and painful, it is my hope to bring some light and peace to you so that you can move through all aspects of your life with beauty and grace.

[Find Your Perfect Business](#) – This program will help you identify which of your strengths and passions will align you with your 'perfect' business. Just one exercise in this program has made a significant impact in my life... in fact, you might not be reading this if it weren't for me taking this program!

[Self Improvement Starter Kit](#) – In this free kit from Guy Finley, you'll get multiple ebooks and an audio mp3 all to help you learn to change your destiny, live fearlessly, and learn to live in the now more effectively.

[The Untold Manifesting Secrets](#) – In this free PDF report, you'll learn the secrets left out of "The Secret" that will kickstart your manifesting into overdrive!

[Real Mind Power Secrets](#) – Claim your free gifts, including the PDF books "Mind Surge: The Consciousness Revolution" and "Free From Fear: 22 Powerful Tools to Transform Your Fear Into Happiness, Peace, and Inspiration. You'll also receive the brainwave entrainment mp3 audio "The Garden of Enlightenment."